



# Subspecialty Resource Guide

This guide outlines several pediatric specialties within UPMC Children's Hospital of Pittsburgh. An overview of services offered, contact information, and web links to further information is included for each specialty.

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## Adolescent and Young Adult Medicine-

Main Hospital Contact 412-692-6677

<http://www.chp.edu/our-services/aya-medicine>

The Center for Adolescent and Young Adult Health (CAYAH) provides medical care for adolescents (ages 10–26) for a wide range of health issues.

As a Primary Care Clinic, we conduct routine physicals for school, sports, driving, and work, including vision and hearing screening and immunization updates. We also see our primary care clients for acute and chronic health problems including:

Acne, asthma, rashes, viral illnesses, concerns about pregnancy or sexual health, depression, weight and eating problems.

We also see patients for consultations, meaning that young people are referred by other health professionals (like their pediatrician) to seek our opinion and recommendations for managing special health concerns such as:

Hormone problems, menstrual period irregularities, pediatric and adolescent gynecologic problems, contraception, STD testing and treatment, sexuality issues, gender concerns

We provide confidential services for most issues including:

Sexuality, pregnancy testing, sexually transmitted infection (STI) testing and treatment, birth control, substance use, mental health, questions about your body

Parental permission is **not** required for the evaluation and treatment of sexual health concerns, including family planning, sexually transmitted infections, pregnancy testing, and initial evaluation of alcohol and other drug problems. Young adults are eligible to receive these reproductive health services with no or minimal charge regardless of insurance status.

### Gender and Sexual Development Program-

The Center for Adolescent and Young Adult Health (CAYAH) offers LGBTQIA-friendly care. The Gender and Sexual Development Program is an integrated and coordinated collaboration of the Division of Adolescent and Young Adult Medicine, Pediatric Endocrinology, and Behavioral Health. The program serves children and youth (up to age 26) with questions around gender and sexual identity development, gender non-conforming behaviors, and transgender care. When making an appointment, ask for “gender care”.

## **Asthma Center-**

Main Hospital Contact 412-692-LUNG (5864)

<http://www.chp.edu/our-services/pulmonology/services/asthma>

Experts on asthma, lung function, breathing sensitivities or allergies, and the immune system team up to provide the highest level of care for their patients in the Pediatric Asthma Center. This multidisciplinary approach maximizes our expertise in each of these areas to greatly enhance the early diagnosis and treatment of children with asthma. We also focus on education on asthma awareness and prevention and on specialized programs to diagnose and treat children from all socio-economic groups.

Services offered by the Pediatric Asthma Center include:

Educational programs, community outreach programs and screenings, clinical research studies, basic research to investigate the impact of environmental/lifestyle factors on children, continuing medical education and training courses for healthcare providers

Physicians in the Pediatric Asthma Center are available to give talks in the community. Contact Melisa Kennedy, administrative coordinator, at 412-692-8736.

Education Resources:

[Dry Powder Inhaler \(PDF\)](#)

[Metered Dose Inhaler \(MDI\) with a Chamber with Face Mask \(PDF\)](#)

[Metered Dose Inhaler \(MDI\) with a Chamber with Mouthpiece \(PDF\)](#)

[Nebulizer with Face Mask \(PDF\)](#)

[Nebulizer with Mouthpiece \(PDF\)](#)

[Pulmicort Flexhaler \(PDF\)](#)

Online Asthma Resources:

[Allegheny County Health Department](#)

[American Lung Association](#)

[American Respiratory Alliance of Western Pennsylvania](#)

[Centers for Disease Control \(CDC\) Environmental Health](#)

[Environmental Protection Agency \(EPA\)](#)

[Mothers of Children with Asthma](#)

[Pennsylvania Asthma Partnership](#)

## Behavioral Health-

Main Hospital Contact 412-692-5100.

<http://www.chp.edu/our-services/behavioral-health>

Outpatient services are provided by the Child and Family Counseling Center (CFCC) and at many Children's Community Pediatrics (CCP) practices. CFCC staff members have experience providing cognitive-behavioral, individual and family-focused therapies for:

Anxiety/Fears/Worries, Attention Deficit-Hyperactivity Disorder, Chronic Illness & Behavioral Medicine, Defiance and Acting-Out Behaviors, Depression or Problems with Mood Disorders, Loss & Grief, and Obsessive-Compulsive Behaviors

Referrals are required from primary care physicians or other Children's Hospital specialty services. Referrals for patients enrolled in managed care insurance plans also may require authorization from the insurance provider and primary care physician.

### *Resolve Crisis Network*

Resolve Crisis Network provides round-the-clock, mental health crisis intervention and stabilization services for residents of Allegheny County in Pennsylvania. Contact Resolve Crisis Network 24 hours a day, 365 days a year: **1-888-YOU CAN (1-888-796-8226)**.

Mobile dispatch unit: Our trained crisis counselors will travel to anywhere in Allegheny County.

Walk in: No appointment necessary at the North Braddock Avenue location, near Pittsburgh, Pa.

Residential services: Accessible for individuals ages 14 and older whose crisis extends over a period of time. Up to 72 hours of residential services provided at our North Braddock Avenue location.

## Cancer Care-

Main Hospital Contact 412-692-5055

<http://www.chp.edu/our-services/cancer>

Our pediatric hematology/oncology experts use state-of-the-art technology to provide the most current childhood cancer treatments. Our patients receive complete care from a wide range of pediatric medical experts — from surgeons to social workers. Our pediatric hematology/oncology team not only provides outstanding patient care, but also helps family members cope with a cancer diagnosis. A counselor, child-life specialist, and social worker are all part of the health care team.

Educational resources-

[Blood Draws \(PDF\)](#)

[Bone Marrow Aspiration and Bone Marrow Biopsy \(PDF\)](#)

[Therapeutic Spinal Taps \(PDF\)](#)

Camps and Family Retreats- Camps and retreats give our patients and families some well-deserved time away from the stresses of everyday life.

Flying Horse Farms provides magical, transforming experiences for children with serious illnesses. Located on 200 acres in Mt. Gilead, Ohio, Flying Horse Farms hosts more than 2,500 children each year — free of charge. A full member of the Association of Hole in the Wall Camps, founded in 1988 by Paul Newman, the world's largest family of camps for children with serious illnesses.

Seven Springs Retreat A weekend getaway for teenage oncology patients to socialize and bond in a non-medical environment.

Camp Courage Located at The Woodlands in Wexford, PA, Camp Courage is a week-long, stay-over summer camp dedicated to serving the needs of children and adults with disabilities and chronic illnesses

Sibling Day Workshops (SIBS)- When a child or adolescent has cancer, the diagnosis impacts the entire family. Children's Child Life Department offers SIBS Day, a workshop for siblings ages 6–16 to help them better understand cancer. The four-hour, parent-free workshop for brothers and sisters of Children's oncology patients includes tours of: the operating room, helipad, an inpatient unit and an outpatient clinic. Participants will learn about cancer, its treatments, including chemotherapy and radiation, and their side effects.

Contact Laura McCullough at 412-692-5798 or [laura.mcculloch@chp.edu](mailto:laura.mcculloch@chp.edu)

## Cardiology & Heart Institute-

Main Hospital Contact 412- 692-5540

<http://www.chp.edu/our-services/heart/cardiology>

Children who are born with a heart defect or acquire heart disease, have access to complete cardiac patient care and all cardiology programs at the Heart Institute at UPMC Children's Hospital of Pittsburgh.

Our heart care team offers:

- Standard Electrocardiogram (ECG) and Extended Monitoring
- Echocardiography (ECHO) - In 2017, Children's Hospital's Division of Pediatric Cardiology was awarded an additional three-year term of accreditation by the Intersocietal Accreditation Commission (IAC) for pediatric transthoracic, pediatric transesophageal, and fetal echocardiography.
- Exercise physiology assessments

Educational Resources-

[Echocardiogram \(ECHO\)](#)

[Electrocardiogram \(EKG or ECG\)](#)

[Electrophysiology Study and Ablation](#)

[Exercise \(Stress\) Test](#)

[Heart Catheterization](#)

[Holter Monitoring](#)

Patient and Family Support

[Annual Heart Institute Family Picnic](#)

[Beads of Courage®](#)

[Child Life](#)

[Heart Camp](#)

## **Child Advocacy Center-**

Main Hospital Contact 412-692-8664

<http://www.chp.edu/our-services/child-advocacy-center>

The Child Advocacy Center (CAC) at UPMC Children's Hospital of Pittsburgh provides comprehensive evaluations for children and adolescents who may be victims of physical or sexual abuse, or neglect. Services include forensic interviews, psychosocial history-taking, medical examinations, support service referrals and behavior therapy. All staff members have expertise and experience in child maltreatment

### *Arch Outpatient Clinic*

The CAC houses an outpatient clinic that provides several services. The focus is providing primary medical care to any child involved in the Child Protective Services system, especially when the child is in a nonpermanent living arrangement. This service involves comprehensive age-appropriate medical care, as well as medical case management. The case management team assists in coordination of care, securing past medical records, arranging for subspecialty referrals, obtaining durable medical equipment and medications, and referring to community resources. An emphasis in the clinic is the necessary communication between health care providers, caregivers, caseworkers, families and foster families. Other services provided in this clinic include follow-up for recently hospitalized patients and Emergency Department patients, serial appointments for a specific medical problem involving social concerns, and transfer physical examinations for children in the Allegheny County Children, Youth and Family (CYF) Program.

Appointments to the forensic program typically follow referrals from a primary care physician, from a subspecialty physician, or from a child protection service agency. However, families in Allegheny County may self-refer, and an intake process will determine the most beneficial evaluation service. Referrals from primary care physicians, as well as prior authorizations from insurance companies, will expedite the process. Patients without insurance or for whom insurance claims are denied will be referred to a state victim's compensation program or to Children's Free Care Fund.

Appointments to the ARCH Clinic can be a one-time consultation by a medical specialist, which requires a referral from the primary care provider. Alternatively, the physicians in the ARCH Clinic can serve as a child's primary care provider, especially appropriate for children with active Allegheny County CYF status.

Appointments for the ARCH Clinic can be made by calling 412-692-8662.



## **Child and Family Counseling Center (CFCC)-**

Contact 724-933-3910 or toll free 1-877-933-3910

<http://www.chp.edu/our-services/behavioral-health/counseling>

The Child and Family Counseling Center (CFCC) provides empirically based behavioral health therapies to children/adolescents and their families.

We work closely with community pediatricians, medical specialties, schools, and families to provide family-centered behavioral treatments, teaching children and families skills to minimize distress and maximize wellness.

Treatment begins with meeting one of our Behavioral Health therapists for an evaluation that will result in recommendations about ongoing treatment. Patients who are best served by our providers will be referred to psychiatry as appropriate.

As part of UPMC, we collaborate with specialists from Western Psychiatric Institute and Clinic (WPIC) to assist our patients with medication issues and complex diagnoses as needed.

Clinical Specialties:

CFCC staff members have experience providing cognitive-behavioral individual or family-focused therapies for:

Anxiety/Fears/Worries, Attention Deficit-Hyperactivity Disorder, Chronic Illness & Behavioral Medicine, Defiance and Acting-Out Behaviors, Depression or Problems with Mood Disorders, Loss & Grief, and Obsessive-Compulsive Behaviors

When behavioral therapies do not reduce symptoms, we work closely with psychiatrists from WPIC to determine whether medications or other therapies might be helpful.

Referral Requirements- no referral is needed from the primary care physician.

## **Endocrinology, Diabetes, and Metabolism-**

Main Hospital Contact 412-692-5170

<http://www.chp.edu/our-services/endocrinology>

The Division of Pediatric Endocrinology, Diabetes and Metabolism Consultation provides diagnostic and therapeutic services for children with diabetes mellitus, hypoglycemia and disorders of physical growth, sexual maturation, thyroid function, pituitary function, and calcium and phosphorous metabolism. The Pediatric Endocrine Testing Center provides diagnostic endocrine tests for patients (both children and adults) in areas of endocrinology and carbohydrate, amino acid, and mineral and lipid metabolism. The center addresses growth abnormalities and the range of conditions that can cause them. The Nutrition Consultation Service provides consultative and follow-up service by a physician and dietitian for children up to 18 years of age with obesity problems and associated disorders.

[Information for Schools](#)

[Diabetes Patient & Family Resources](#)

[Sick Day Guidelines](#)

Diabetic Patient Procedures:

[Continuous Glucose Sensor \(PDF\)](#)

[Growth Hormone Treatment \(PDF\)](#)

[Stimulation Testing \(PDF\)](#)

DKA Prevention Tree:

[View the DKA Prevention Tree guidelines.](#)

## Epilepsy Center-

Main Hospital Contact 412-692-6928

<http://www.chp.edu/our-services/brain/neurology/epilepsy>

The **Epilepsy Center** at UPMC Children's Hospital of Pittsburgh's Brain Care Institute is a nationally recognized joint effort of Children's Hospital and the University of Pittsburgh Epilepsy Center. Our center is accredited by the NAEC as a level 4 epilepsy center. Level 4 epilepsy centers have the professional expertise and facilities to provide the highest level medical and surgical evaluation and treatment for patients with complex epilepsy. It is the only center in the region that provides comprehensive evaluation and surgical treatment options for children with hard-to-manage, or intractable, epilepsy.

Children's Epilepsy Monitoring Unit, or EMU, is one of the most technologically advanced facilities of its kind in the nation. Each of the eight private rooms in the EMU is fully equipped with state-of-the-art EEG equipment, video monitors, and intercoms to ensure instant communication with the EMU technicians and nurses.

For more information:

[Epilepsy Monitoring Unit](#)

[Epilepsy Foundation of Western/Central PA.](#)

## **Food Allergy Center-**

Main Hospital Contact 412-692-5630

<http://www.chp.edu/our-services/allergy-immunology/services-centers/food-allergy>

At the Food Allergy Center, our doctors see children with the entire spectrum of food allergies. UPMC Children's Hospital of Pittsburgh is one of 22 hospitals from across the nation — and the only hospital in western Pennsylvania — named a Center of Excellence and founding member of the Food Allergy Research & Education (FARE) Clinical Network.

The Food Allergy Center at UPMC Children's Hospital conducts more food challenges than other providers in this region. While we only offer food challenges at our main hospital clinic, our allergists see children with food allergies at all UPMC Children's allergy and immunology locations.

For more information:

[What Are Food Challenges?](#)

[Reasons Why Your Child Might Need a Food Challenge Test](#)

[Before and After Your Child's Food Challenge](#)

## **Gastroenterology-**

Main Hospital Contact 412-692-5180

Fax 412-692-7355

<http://www.chp.edu/our-services/gastroenterology>

The staff of the Division of Pediatric Gastroenterology, Hepatology and Nutrition includes experts in general clinical pediatric gastroenterology and a broad range of specialty areas, including:

Abdominal pain	Feeding disorders
Gastroesophageal reflux and esophagitis	Intestinal failure (short-bowel)
Eosinophilic disorders	Motility disorders
Gastrointestinal bleeding	Constipation
Ulcer disease	Liver diseases
Inflammatory bowel disease (Crohn's disease and ulcerative colitis)	Liver transplantation
Irritable bowel syndrome	Small bowel transplantation
Diarrhea	Acute and chronic pancreatitis
Poor growth	Metabolic disorders affecting the liver or intestines

Enterostomal therapy is offered for children with stomas, incontinence, dermal ulcers and other select skin conditions or those needing wound care.

Referrals are not required from primary care physicians or other Children's Hospital specialty services.

### **Patient Procedures**

[24-Hour pH Probe](#)

[Capsule Endoscopy](#)

[Colonoscopy \(PDF\)](#)

[Esophagogastroduodenoscopy \(EGD\)](#)

[Gastric Emptying Study](#)

[Liver Biopsy](#)

## Headache Clinic-

Main Hospital Contact 412-692-5520

<http://www.chp.edu/our-services/brain/neurology/headaches>

The Brain Care Institute's multidisciplinary Headache Clinic at UPMC Children's Hospital of Pittsburgh focuses on the diagnosis and treatment of headache disorders in children and adolescents. Treatment is offered both in inpatient and outpatient settings and is tailored to each child's individual needs. A wide variety of treatment alternatives are also offered, which may include medications, counseling, behavioral medicine, or a combination.

Headaches are one of the most common disorders seen in children. Some headaches may have no identifiable or obvious cause, as in the case of migraine headaches, or they may be caused by another condition, such as sinusitis, a virus, something in their environment that they may be sensitive to, or even an abnormality in the brain. Some headache-related symptoms include nausea, vomiting, light and noise sensitivity, and sometimes, lightheadedness. Although many headaches and related disorders may not be a serious health concern, they can result in other problems, such as social dysfunction and school absenteeism, which can have a great impact on the quality of life for the child and family.

Some of the types of headaches and associated disorders that we treat include:

- Abdominal migraines
- Cyclical vomiting
- Hemiplegic migraines
- Migraines
- New daily persistent headaches
- Paroxysmal vertigo
- Pseudotumor cerebri (idiopathic intracranial hypertension)
- Tension headaches

## **Infectious Disease-**

Main Hospital Contact 412-692-7438

<http://www.chp.edu/our-services/infectious-diseases>

The Division of Infectious Diseases provides consultation in the diagnosis and management of infectious diseases in children – especially recurrent, rare, or difficult to treat infections, including HIV/AIDS.

Consultative services are provided for children with:

- Common and uncommon infectious diseases or disorders
- Problems that might be infectious
- Infectious disease complications of other underlying problems
- Management of recurrent MRSA infections
- Lyme Disease

Physicians also conduct follow-up for children admitted to Children's Hospital for infections. In addition, they assist in the laboratory diagnosis of infections and in the selection of therapeutic and preventive strategies including antimicrobials, vaccines, and immunoglobulins. Consultation is available for international travelers.

Referrals are required from primary care physicians or other Children's Hospital specialty services. Referrals for patients enrolled in managed care insurance plans also may require authorization from the insurance provider and primary care physician.

## Neurology-

Main Hospital Contact 412-692-5520

<http://www.chp.edu/our-services/brain/neurology>

Our neurology team has deep knowledge in treating a broad range of childhood brain and spine conditions, such as:

Headache

Movement disorders

Stroke

Muscular dystrophy

Mitochondrial and metabolic disorders

Neuromuscular diseases

Rare brain diseases

Neuroimmunology

Epilepsy

*Resources for neurology related topics:*

[Neurocritical care and trauma](#)

[Tuberous Sclerosis Clinic](#)

[Neuroimaging](#)

[Neurofibromatosis Clinic](#)

[Childhood Stroke Program](#)

[Headache Clinic](#)

[Ketogenic Diet Clinic](#)

[Fragile X](#)



## Otolaryngology (ENT)-

Main Hospital Contact 412-692-5460

<http://www.chp.edu/our-services/ent>

The Division of Pediatric Otolaryngology provides a comprehensive diagnostic and treatment program for all diseases involving the ear, nose or throat. Ear surgery, placement of ear tubes, removal of tonsils and adenoids and sinus surgery are performed. Special testing for nasal and eustachian tube function, as well as audiologic examinations, is available. The Division of Otolaryngology requires referrals from primary care doctors or other Children's Hospital specialists. For questions, call the nurse line at 412-692-5460 option 1.

Resources (PDF):

[Upper Aerodigestive Tract Endoscopy](#)

[Direct Flexible Laryngoscopy](#)

[Bilateral Myringotomy and Tubes BMT](#)

[Tonsillectomy and Adenoidectomy \(PDF\)](#)

[Tympanoplasty / Paper Patch Myringoplasty \(PDF\)](#)

## Rheumatology-

Main Hospital Contact 412-692-5081

<http://www.chp.edu/our-services/rheumatology>

The Division of Pediatric Rheumatology evaluates children with symptoms suggestive of an autoimmune/inflammatory disease or musculoskeletal pain. Presenting symptoms may include joint pain, muscle pain, weakness, rash, and fever. Clinical care is directed by faculty rheumatologists experienced in diagnosing and managing childhood conditions, including:

### Juvenile idiopathic arthritis

### Lupus

Joint and muscle pain

Vasculitis

Uveitis

Raynaud's phenomenon

Rash

Connective tissue diseases:

Pediatric Systemic Lupus Erythematosus

Dermatomyositis

### Scleroderma

Mixed Connective Tissue Disease

Overlap Connective Tissue Diseases

Antiphospholipid Syndrome

Chronic Pain Conditions:

Patellofemoral Syndrome

Musculoskeletal Pain with Underlying Hypermobility Syndrome

Chronic Regional Pain Syndrome

### [Reflex Neurovascular Dystrophy](#)

Juvenile Fibromyalgia Syndrome

Vasculitides:

Granulomatosis with Polyangiitis (formerly known as Wegener's Granulomatosis)

Microscopic Polyangiitis

Takayasu's Arteritis

### [Kawasaki Disease](#)

Hennoch-Schoenlein Purpura

Fevers of Unclear Origin

Periodic Fever Syndromes

Resources:

Parent Advisory Committee- The purpose of this committee is to get feedback from parents about improving our service to patients and families. Meetings are held every three months (four times a year). Meetings are held at the main campus in Lawrenceville from 7:30 to 8:30 p.m. Space is limited and not guaranteed. Contact us by phone or fax: 412-692-5258, Fax: 412-692-5054.

Parent-to-Parent Connection - is a program for parents and families with a child who has been newly diagnosed with a chronic illness or for those who would like to connect with other families who have a child living with the same chronic illness. Please call Jessica Standish, Rheumatology social worker, at 412-692-5258 to join this group. Jessica will contact you within one week with the name and e-mail and/or phone number of another family who has given Children's Hospital of Pittsburgh of UPMC permission for you to contact them.

[Frequently Asked Questions About Medicines](#)

[Frequently Asked Questions About Conditions](#)

[Frequently Asked Questions About Additional Topics](#)

## Ronald McDonald Care Mobile-

Contact 412-352-1059

<http://www.chp.edu/our-services/mobile-medical-clinic>

The Ronald McDonald Care Mobile, in partnership with Ronald McDonald House Charities of Pittsburgh, is a state-of-the-art pediatric primary care center on wheels. Pediatricians, nurses, nurse practitioners and respiratory therapists from UPMC Children's Hospital of Pittsburgh provide medical care to children and adolescents who are unable to visit a doctor regularly.

Services offered:

Adolescent health care

Asthma care

Hearing and vision screenings

Immunizations

Referrals for specialty care

Routine physical exams

Sick child visits

Well-child and infant care

To support the healthy development of children, Care Mobile staff members provide health education on board for:

Asthma

Injury prevention

Health and safety

Nutrition

### *Referral Requirements*

For more information, please **call the Care Mobile at 412-352-1059** between the hours of 8 a.m. to 5 p.m.

Cheryl Krause, Care Mobile Manager, 412-692-7777

## **Sickle Cell Program-**

Main Hospital Contact 412-692-5055

<http://www.chp.edu/our-services/cancer/conditions/sickle-cell>

The goal of Children's Sickle Cell Program is to identify children with sickle cell disease as early as possible and effectively manage their condition to adulthood. An expert team of medical professionals who specialize in hematology/oncology make up the Sickle Cell Program staff. The team includes physicians, clinical nurse specialists, social workers and behavioral health specialists. Children's offers two sickle cell clinics each week, and staff travel to two satellite clinic locations three times each year.

Children's also is actively involved in both institutional and national studies that are investigating sickle cell disease and its management in an effort to improve the care of children with the disease. In addition, Children's hematologists provide training for community physicians, nurses, nurse practitioners, social workers, school officials and others regarding the proper treatment of children with sickle cell disease.

Resources:

For information about what to expect and how to care for a child with sickle cell disease from infancy through young adulthood, visit the links below:

[Infants and Toddlers](#)

[Preschoolers](#)

[Elementary School Age](#)

[Teens](#)

Transition from Pediatric to Adult Care-

In an effort to make a smooth and successful transition from pediatric to adult care, Children's Sickle Cell staff can help parents and patients to connect with adult care providers. For guidance on how to select an adult care provider, please contact Children's Sickle Cell staff at 412-692-5055.

Sickle Cell Teen Group-

Children's Sickle Cell Program offers a group meeting at least once a month for youth ages 12 to 21. This group brings together teens living with sickle cell disease to discuss issues surrounding their medical illness. Some of the topics addressed are the transition from pediatric to adult care, self-esteem and pain. For more information, please contact Kimberly Washington at 412-692-6073 or [kimberly.washington@chp.edu](mailto:kimberly.washington@chp.edu).

## **Spanish Clinic: Salud Para Niños (Health for the Children)-**

At SALUD PARA NIÑOS, culturally and linguistically competent primary care for children and families is complemented with activities oriented toward prevention and towards empowering the community about its own health. Some of the activities and services that SALUD PARA NIÑOS offers include:

Bilingual Pediatric Primary Care and Immunizations Clinic: Every Tuesday morning, Thursday evening after 5 p.m. and Friday morning at the Primary Care Center of Children's Hospital in Oakland (appointment and health insurance are required), 3420 Fifth Avenue Pittsburgh, PA

Free Bilingual Pediatric Primary Care and Immunizations Clinic: Every second Saturday of the month at the Birmingham Clinic in the South Side (appointment and health insurance are NOT required), 54 S. 9th Street Pittsburgh, PA

Free Bilingual Pediatric Primary Care Clinic: Every fourth Tuesday of the month at the Birmingham Clinic in South Side (appointment IS required - health insurance is NOT required,) 54 S. 9th Street Pittsburgh, PA

Bilingual Literacy Program

Reading materials and information about health promotion for parents in Spanish

Injury prevention programs

Spanish phone line

Hispanic Car Seat Checks

For more information, please call 412-692-6000 Option 8 (during business hours).

<http://www.chp.edu/our-services/spanish-clinic>

## Weight Management -

Main Hospital Contact 412-692-5200

<http://www.chp.edu/our-services/endocrinology/endocrine-wellness>

The mission of the Weight Management and Wellness Center is to help children in our region achieve and maintain a healthy weight and to prevent, identify and treat weight related problems such as diabetes, high blood pressure and high cholesterol. Fulfillment of this mission requires the involvement of a multidisciplinary team that includes physicians, nurses, nutritionists, exercise specialists, and behavioral specialists.

### Services Provided:

The Weight Management and Wellness Center provides a comprehensive evaluation to new patients that includes the following:

- Medical assessment of weight, body composition analysis, and clinical and laboratory evaluations to identify weight related diseases

- Nutrition assessment to identify current dietary habits and willingness, ability, and resources available to change current habits to promote weight loss

- Physical activity assessment to identify current level of physical activity and willingness, ability, and resources available to increase physical activity

- Psychosocial screening assessment to identify problems that may interfere with a child's ability to participate in a lifestyle program designed to promote weight loss

Treatment of overweight children involves one or more of the following:

- Negotiation and implementation of a Healthy Lifestyles Goals Agreement. This is a contract between the Center and each child's family that specifies behaviors that should be adopted within three to four months.

- Individual counseling with a wellness advisor for families struggling to reach the goals specified in the Healthy Lifestyles Goals Agreement or in need of additional help in unsuccessful with other types of treatment general

- Medications for a small number of children for weight loss or treatment of weight-related problems

- Assessment and referral for bariatric surgery for a very small number of older adolescents and young adults who have major comorbidities and who have been

- Regular follow-up, every three to six months in the Center to reinforce the Healthy Lifestyles Goals Agreement, monitor progress, and provide counseling and other help as needed

A referral from a primary care or another physician is required. Prior to appointments, the following information from your primary care physician should be received by the Center:

Growth chart and/or current height and weight, history of any weight-related diseases such as high blood pressure or sleep-related breathing problems, any involvement in other weight loss programs (i.e. what have you already tried either with the help of your doctor or someone else?)

#### Community Outreach-

**Healthy Habits 4 Life** - To extend our services throughout the region, Children's Community Pediatrics offers Healthy Habits 4 Life, an innovative program designed for children and families interested in learning more to maintain a healthy weight. Healthy Habits 4 Life is provided by pediatricians and trained lifestyle coaches who help children and their families learn and practice healthy lifestyle habits. Lifestyle coaches are conveniently located at Children's Community Pediatrics offices throughout the region. Talk to your Children's Community Pediatrics pediatrician to find out if your child might benefit from the program. Learn more.

**Family Care Connection** – UPMC Children's Hospital of Pittsburgh Family Care Connection Centers provide both general and specialized social services for all members of the family, particularly children, adolescents and mothers. Located in six Pittsburgh neighborhoods — Braddock, Lawrenceville, Mt. Oliver, Rankin, Penn Hills, and Turtle Creek — the Family Care Connection Centers offer a unique setting in which to translate our clinical service into a community program.

Our services include:

- Nurse home visiting
- Mental health services
- Substance abuse prevention and treatment
- Child development and school readiness
- Parenting education
- Community building

#### 2017 Annual Report

- <http://www.chp.edu/-/media/chp/healthcare-professionals/documents/annual-report/weight-management-and-wellness-center.pdf?la=en&hash=A0E669AFBB3DC38A2493B55F3FBE802A5B3A8475>