



## INSIDE

CHOC Clinic  
Features Leading-Edge  
Technology  
page 4

Fruit Juice is  
“Liquid Candy”  
page 6

Are Your Children’s  
Vaccines Safe?  
page 7

# Spotlight on Epilepsy

Epilepsy is a neurological condition that is often misunderstood. As a result, children with epilepsy may face significant challenges at school.

CHOC Clinical Educator Coordinator Debbie Jones, R.N., M.N., is equipping Orange County school nurses with the information and tools to help students with epilepsy succeed. In October, 100 nurses attended “Managing Students With Seizures,” a CHOC and Epilepsy Foundation co-sponsored program to help school nurses better understand seizure disorders, treatment, and the impact on learning and behavior.



continued from page 1

## Pediatric Epileptologist Joins CHOC

A pediatric epileptologist with advanced fellowship training in neurology and neurophysiology recently joined the CHOC staff. Leigh Ramos-Platt, M.D., provides advanced care for pediatric epilepsy and other children's neuro-muscular disorders.

Dr. Ramos-Platt is board-certified in general pediatrics and neurology with special qualification in child neurology. Additionally, she is board-admissible in clinical neurophysiology.

### **Pediatric Neurology**

**Fellowship:** Medical College of Wisconsin

### **Clinical Neurophysiology**

**Fellowship:** Medical College of Wisconsin

### **Pediatric Residency:**

Loma Linda University

### **Medical School:**

University of Hawaii, John A. Burns School of Medicine

### **Undergraduate:**

University of Michigan

# Spotlight on Epilepsy

Jones points out that not all forms of epilepsy are immediately noticeable. During "absence seizures," a child is simply unaware for usually less than 10 seconds at a time. Experiencing numerous seizures over the course of the school day severely impacts attention and learning.

"There is such a stigma associated with seizures, but the more information people have, the more comfortable they will feel," Jones says. "Our goal is to make sure our patients receive the support they need at school in order to improve their overall quality of life."

For more information about epilepsy or upcoming educational programs, contact CHOC Clinical Educator Coordinator Debbie Jones, R.N., at (714) 516-4353.

## Comprehensive Epilepsy Program, part of the CHOC Neuroscience Institute

CHOC and UCI are collaborating to develop a regional center for the research and treatment of seizure disorders. Under the medical direction of Ira Lott, M.D., the program will include a research and teaching component based at UCI. All patient services and treatment will take place at CHOC:

- State-of-the-art assessment, neurodiagnostic evaluation and monitoring
- Leading-edge treatment and medical management, including surgical intervention

"In addition to caring for children with routine seizure disorders, we will become a center for children who have intractable epilepsy," Dr. Lott says.

## If Your Child Has A Seizure

- Don't panic or attempt to restrain your child.
- Note the time when the seizure starts.
- Keep your child away from hazards or dangerous objects.
- If your child is having a convulsive seizure, turn him on his side and cushion his head.
- Remove glasses and loosen tight clothing.
- Do not put anything in your child's mouth, including liquid or medication.
- If it is your child's first seizure, call 911. If your child has a known seizure disorder, follow your health care provider's guidelines.

# Enthusiastic Crowd Brings in \$1.5 Million for CHOC

The annual event exceeded all expectations and raised more than \$1.5 million for CHOC, with nearly 13,000 walkers participating in the event.

On October 19th, thousands of CHOC supporters strolled through the Disneyland Resort at the 18th annual CHOC/Disneyland Resort Walk in the Park, in honor of children fighting illnesses and in memory of those who lost their battle. The annual event exceeded all expectations and raised more than \$1.5 million for CHOC, with nearly 13,000 walkers participating in the event. In addition, more than 60 businesses and corporations sponsored the walk — the largest number of CHOC Walk sponsors ever.

“We experienced a tremendous increase in the number of corporate sponsors this year. From CHOCO bear-shaped popcorn to free milkshakes at Chick-fil-A, companies signed on in record numbers this year to help CHOC,” said Patrice Poidmore, special events director at CHOC.

“I’d like to acknowledge our Gold, Silver and Bronze sponsors. Sincere thanks to the Disneyland® Resort and Downtown Disney®, Broadcom, Kia Motors, Chick-fil-A, Mimi’s Café, Build-A-Bear Workshop, Citizens Bank, Arrowhead, Schaller Anderson of California, the Quiksilver Foundation, asics, WeDo Graphics, Brandeis Portraits,

the Charming Shoppe, Nordstrom, Jacobs, HUB International, The District at Tustin Legacy, Mitsubishi Materials, and Swinerton Builders.”

“I’d also like to thank our many other generous sponsors for their dedication and support. Our sponsors are the reason the CHOC Walk is such a memorable, fun experience for the community. We truly couldn’t put together such a world-class event without them,” Patrice concludes.

For information on next year’s CHOC/Disneyland® Resort Walk in the Park, please contact the CHOC Foundation at (714) 532-8690.



# Renovated CHOC Clinic Features Leading-Edge Technology, Shorter Wait

Equipped with state-of-the-art technology, the new 85-room CHOC Ambulatory Care Center has opened on the renovated first floor of CHOC West. The center offers primary care plus 23 different specialty clinics within the field of pediatric medicine.

A new pediatric surgery clinic provides services for patients requiring special outpatient care after surgery. Also added is a children's dental clinic provided through Healthy Smiles of Orange County, in collaboration with the University of Southern California dental residency program.

## You'll Love

- Friendly, family-centered care
- State-of-the-art technology
- Easy appointments and registration
- Less waiting

## Your Child Will Love

- Our caring physicians and staff
- Bright, colorful play area and Disney-themed artwork
- Choco's Reading Room with friendly volunteer readers
- Visits from CHOCO the Bear and literary characters from Barnes & Noble

"Our goal is to provide a family-centered environment," says Kathy Kolodge, executive director of CHOC Ambulatory Care Services. "We want visits to go as quickly and pleasantly as possible."

The CHOC Ambulatory Care Center is located at 455 S. Main St., in Orange. For more information, please call (714) 289-4196.



# CHOC Opens Subspecialty Center in Newport Beach

Children from Orange County's coastal communities will soon no longer need to travel to the CHOC campus in Orange for pediatric subspecialty care. CHOC has partnered with Hoag Hospital to provide these specialized services much closer to home — at the new Hoag Health Center in Newport Beach.

The CHOC pediatric subspecialty center, which opens in January 2009, will offer the following subspecialties: diabetes, endocrinology, hematology, cardiology, neurology, gastroenterology, and urology, among others.

Hoag Health Center-Newport Beach is located at 500 Superior Avenue. For hours and more information, please call (800) 514-HOAG (4624).

## UrgiKids Moves To Newport Beach in January

The UrgiKids pediatric urgent care center will relocate to the new Hoag Health Center-Newport Beach early next year. Until then, services will be provided at Hoag Health Center-Costa Mesa.

Hoag Health Center-Costa Mesa is located at 1190 Baker St. For hours and more information, please call (714) 668-2540.



# Fruit Juice is “Liquid Candy”

It sounds healthier than soda, but “100% fruit juice” may actually contain far more sugar than you bargained for. A recent study released earlier this year by the American Academy of Pediatrics found that children are getting too many calories through “liquid candy” such as sodas — and fruit juice.

For this reason, pediatric experts are recommending no more than eight to 12 ounces of juice per day for children ages 7 to 18. Younger children should consume no more than four to six ounces a day.

“Excess sugar is not healthy for children,” says CHOC Certified Diabetes Educator Jill Nowak, R.D. “Sweetened beverages are one of the contributing factors to the obesity epidemic in children. Obesity puts them at risk for multiple health issues, such as type 2 diabetes, hypertension, cardiovascular disease, fatty liver, sleep apnea and orthopaedic problems.”

Nowak says that artificially sweetened sodas

and beverages are okay in moderation. Artificial sweeteners have been approved by the Food & Drug Administration for children. Still, she advocates healthier choices, such as milk.

Remember milk? In recent years, milk consumption has actually declined in children ages 2 to 5.

“You cannot go wrong with serving milk or plain water,” she says. For more information about childhood nutrition, Nowak recommends the American Dietetic Association at [www.eatright.org](http://www.eatright.org).

## Make Every Calorie Count

### Read Nutrition Labels

- Does your child’s juice contain added sugars, such as high fructose corn syrup?
- How many ounces are in a recommended serving?
- Does one serving fulfill your child’s daily requirement of vitamin C? Not every fruit drink does.

### Serve Whole Fruits Instead

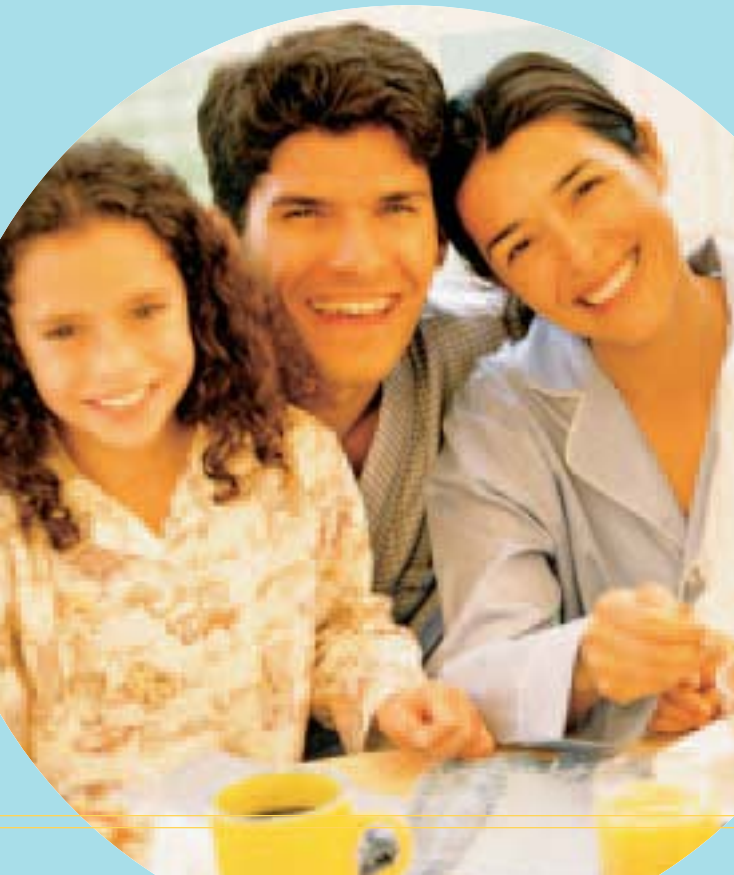
- Whole fruit contains the fiber and healthful benefits that juice leaves behind.
- Eating a whole piece of fruit will leave your child feeling less hungry.

### Get Milk

- Milk contains calcium for your child’s growing bones.
- Soy milk is an acceptable substitute for cow’s milk.

### Can The Soda

- Soda contains phosphoric acid, which leaches calcium from bones and puts your child at risk for osteoporosis.
- Just one 12-ounce soda contains 10 teaspoons of sugar and 150 calories, far exceeding your child’s recommended daily limit.



# Are Your Child's Vaccines Safe?

## Absolutely

"All childhood vaccines are approved by the Food & Drug Administration and reviewed again by the Centers for Disease Control (CDC), the American Academy of Pediatrics (AAP) and the American Academy of Family Physicians before they are officially recommended to be given to children," says CHOC pediatrician Maria Tupas, M.D., medical director of the CHOC Primary Care Clinics. "Each lot is safety-tested and monitored for adverse reactions."

Vaccines are necessary — and effective.

"For more than 50 years, vaccines have saved the lives of millions of children," Dr. Tupas says. "Most childhood vaccines are 90 percent to 99 percent effective in preventing disease. And if a vaccinated child does get the disease, the symptoms are usually far less serious."

### Measles Making A Comeback

Many childhood diseases still exist in other parts of the world, and international travel could bring them back to the United States in a heartbeat. Dr. Tupas notes that 12 cases of measles were reported in San Diego from January to February of this year.

"A vaccinated population creates 'herd immunity,' protecting those who may not be able to have vaccines because of medical reasons," she says. "For example, children who have cancer cannot receive either the MMR or the chicken pox vaccine because of a weakened immune system."

### No Proven Link To Autism

The alleged link between the MMR vaccine and autism has been vigorously studied and disproved by extensive and well-controlled studies, including those by the Institute of Medicine and Centers for Disease Control. Dr. Tupas says current research on autism points to multiple factors, including the possibility of a genetic component or exposure to toxins or viruses during pregnancy.

The increase in autism diagnoses may be at least partially attributed to pediatricians simply becoming better at recognizing symptoms at earlier ages. In fact, the American Academy of Pediatrics now recommends autism screenings at 18 months and 24 months.

Greater awareness has led to some children being diagnosed before age 1. As children with autism spectrum disorders benefit from early intervention and behavior modification, Dr. Tupas advises parents concerned about possible symptoms to contact their pediatrician.

For more information about recommended childhood immunizations, including recommended schedules, visit CHOC at [www.choc.org](http://www.choc.org), the CDC at [www.cdc.gov](http://www.cdc.gov) or the AAP website at [www.cispimmunize.org](http://www.cispimmunize.org).



### No Thimerosal in Children's Vaccines

This additive was removed from all childhood vaccines in 2001. Thimerosal-free flu shots are also available for children.



CHOC pediatrician Maria Tupas, M.D., is the Immediate-Past President of the California Chapter 4 of the American Academy of Pediatrics



# making a mark

Eric Mammen

CHOC's Music Therapist  
Eric Mammen Provides  
Unique "Medicine" for Kids

If you hear the sounds of drums, a guitar and young voices singing "Twinkle, Twinkle Little Star" coming out of a room at CHOC, chances are you will find Eric Mammen, the newest member of CHOC's Child Life Department and the hospital's first part-time music therapist.

It is a known fact that listening to music can soothe one's soul, but studies have shown that music can also promote the physical healing process. Music therapy is a recognized discipline that employs music to achieve non-music goals. When using music in a therapeutic context, the patients' abilities are strengthened and transferred to other areas of their lives. Some of the benefits revolve around cognitive stimulation, pain management, relaxation, motor movement, the enhancement of self-esteem and other social skills, and providing a positive diversion.

With his music, Eric has played a unique part in the recovery of patients and in the enhancement of their quality of life. He vividly recalls working with a Pediatric Intensive Care Unit (PICU) patient who was generally unresponsive. After just one music therapy session, the child opened his eyes and began interacting with the treatment team and visiting family members — to their delight.

Eric, who has been a music therapist for seven years, said it is a dream come true to work at CHOC and be part of the miracles that happen here every day.

# 102.7 KIIS FM Raises Money for CHOC in Live, On-Air Fundraiser

On September 16, 102.7 KIIS FM broadcast live from CHOC as part of “Lollipop Live!” — the first on-air fundraising event benefiting the hospital. The event, which raised about \$60,000 for CHOC, also celebrated the second anniversary of Radio Lollipop, CHOC’s in-house radio station for its patients.

According to Emily Grankowski, special programs coordinator for CHOC and manager of Radio Lollipop, “‘Lollipop Live!’ will likely make the record books for CHOC as one of the most memorable days for our patients and their families.”

The day began with Ryan Seacrest broadcasting his top-rated morning show from inside CHOC’s Radio Lollipop studio. Other celebrities stopped by throughout the day, including pop singer and actor Jesse McCartney; pop and R&B singer Ne-Yo, who made a generous donation to CHOC; professional beach volleyball player and Olympic gold medalist Misty May Treanor; Disney sensation Raven Symone; actors Shawn and Kim Wayans; Heidi Montag and Spencer Pratt from the MTV series “The Hills,” and more.

The event also featured crafts and activities with help from merchants from the Downtown Disney District and from Children’s Miracle Network (CMN) sponsors. Volunteers from Money Mailer, Costco, area credit unions, Marriott, Rite Aid, Experian, Disney VoluntEARS, Foresters and the Kiwanis manned the phone banks throughout the day, and Wal-Mart/Sam’s Club held a carnival in front of the hospital for the kids. The event was advertised in Money Mailer’s “Miracle” envelope.

In addition to phoning in pledges, listeners were able to donate via text message, a new program sponsored by GOT Toyota. Texting made it easy for KIIS listeners to make a gift using their mobile phones, and the donations were collected by a mobile giving company. In an additional show of support, GOT Toyota donated \$20,000 as part of an on-air challenge.

The Anaheim Ducks also donated an additional \$10,000 to CHOC as a result of viewers clicking on an online video featuring KIIS FM deejays and Anaheim Ducks players.

CHOC employees and volunteers joined in the festivities by donating their time during the event and contributing gift baskets for a silent auction that raised over \$4,000.

“It was heart-warming to see the kids’ faces light up as the celebrities came through to meet them. Our patients truly felt like stars that day,” Emily concludes. “We sincerely thank KIIS FM, Children’s Miracle Network partners, and the other donors and sponsors who made this such an amazing event for our patients.”



## CHOC Achieves Coveted “Magnet” Status



CHOC has received the highest honor bestowed to a hospital for nursing excellence. In July, our hospital received “Magnet designation” from the American Nurses Credentialing Center (ANCC).

With this award, CHOC has joined an elite group of hospitals nationwide.

Only 24 children’s hospitals in the entire country have achieved this distinction.

Magnet recognition honors healthcare organizations that demonstrate excellence in nursing practice and adherence to national standards. Magnet hospitals have been shown to:

- Consistently outperform other facilities in recruiting and retaining nurses
- Attract the highest caliber of physicians and specialists

Magnet status officially recognizes our tireless commitment to the highest standards of nursing practice, quality of care and patient safety.

## community education classes

### school/children's classes

**Programs can be brought to your school or group. To schedule a visit, please call (714) 532-8887.**

#### **Buckle Bear/Booster Bear (Grades Pre K–2)**

Children will learn the safest way to ride in the vehicle through interaction with Buckle Bear.

#### **Germbusters (Grades Pre K–2)**

Kids will become "GERMBUSTERS" when they learn how to protect themselves against germs when someone coughs or sneezes.

#### **Healthy Habits (Grades K–6)**

Through this program children will be encouraged to adopt healthy habits. The five basic food groups and the importance of eating balanced meals will be taught using an interactive activity.

#### **Heads Up for Helmet Safety (Grades K–6)**

Assembly format for students teaching the importance of wearing a helmet for all wheel-based sporting activities.

#### **Body Image (Girls, Grades 6–12)**

This presentation focuses on media's impact on the body image of adolescents.

#### **Media Violence (Grades 6–12)**

This presentation focuses on the amount of violence children are exposed to through media.

#### **Media Literacy: Alcohol, Tobacco and Other Drugs (Grades 6–12)**

In this interactive class, teens will understand how alcohol and tobacco companies target their specific age group and the hidden messages behind their ads.

### safe sitter program

**Held at both CHOC in Orange and CHOC at Mission.**

#### **Safe Sitter — Now in one day!**

A seven-hour, nationally accredited childcare course for children ages 11–13.

### adult programs

**Programs can be brought to your community group.**

#### **Home Safety Presentation**

This program educates parents and caregivers about the dangers present in the home and how to prevent unintentional injuries.

#### **Child Passenger Safety Classes**

A Certified Child Passenger Safety Technician will cover current California laws regarding restraining children and adults in the car.

#### **Well-Fed**

This program will discuss how to make feeding time a positive, stress-free experience.

#### **Media Violence: Parents**

Learn what the violence portrayed in media is teaching young children, and how to help your child distinguish between fantasy and reality.

#### **Three Tragic Seconds:**

##### **Drowning Prevention & Sun Safety**

Parents learn about the problem of drowning: why it happens, where it happens, and how it happens. We will also cover the importance of being sun smart by using sunscreen and wearing protective clothing.

#### **Active Communication:**

##### **How to win cooperation with your child**

Learn how to send clear and powerful messages to children, engage them in problem solving, and strengthen the parent-child relationship.

#### **Effective Discipline:**

##### **How to raise a responsible child**

Learn proven non-violent discipline techniques that will teach our children responsibility and acceptable behavior while still showing them that we care about them.

#### **Building Character, Courage, and Self-Esteem in Your Child**

Learn how to strengthen your child's self-esteem that will produce more positive behaviors and give them the perseverance to keep trying even when things get tough.

#### **The Magic of Family Meetings:**

##### **Teaching problem solving and positive values**

Learn how to instill qualities of character in your children that will enable them to make good decisions when events start getting out of hand.

#### **Parenting in the 21st Century:**

##### **What's your parenting style and how does it influence your child?**

We will explore three types of leadership styles and how to apply the new techniques at home.

#### **Sidestepping the Power Struggle: Redirecting your child's misbehavior**

Develop an understanding of how and why children behave as they do, learn how to apply methods to redirect them towards positive behavior, and avoid power struggles without fighting or giving in.

#### **What You Need to Know About Your Child — Ages 1 to 4**

Parents will learn the ages and stages of child development and how to enhance your child's learning at each stage.

#### **Discipline and Beyond**

Learn non-violent discipline skills that really work, and how you can set rules that your toddler can understand and follow.

#### **Building Better Behavior**

Discover how the power of encouragement helps children learn positive behavior at an early age.

#### **CPR for Family and Friends Class**

This two-hour training is designed for those who wish to learn when to act and what to do in an emergency. Those who successfully complete the course will be given a participation card, not a CPR credential.

#### **Active Parenting Now! — Six-Week Series (For parents of children 5–12 years of age)**

The Active Parenting Program will teach you a consistent model of parenting, enabling you to act with confidence and clarity.

#### **Cooperative Co-Parenting — Six-Week Series**

Parents will learn how divorce affects children and how to move beyond the anger and put the needs of their children first.

#### **1, 2, 3, 4 Parents! — Three-Week Series (for parents of children 1–4 years of age)**

Through this series parents will learn the value of the child and the job of parenting, methods of bonding and non-violent discipline skills.

#### **Understanding Childhood Asthma**

Families will learn how to manage their child's asthma at home and school. To register for this class call (714) 289-4783 or for Spanish call (714) 532-7577.

## Important Resource Phone Numbers

**For emergency medical care call: 911**

#### **Cardiac Parent**

(714) 532-8521

#### **Cystic Fibrosis Parent**

(714) 532-8521

#### **Diabetes Parent and Children**

(714) 532-8330

#### **Healing Hearts Bereavement Group**

For parents who have lost a newborn or chronically ill child.  
(714) 532-8521

#### **HIV Parent**

(714) 532-8521

#### **Living Options**

A family cancer support group.  
(949) 364-1770

#### **Lupus**

(714) 532-8521

#### **Oncology Parent**

Hosted by OCFOCF.  
Spanish speaking also.  
(949) 472-2051

#### **Orofacial Guild of Orange County**

For parents of children with cleft/craniofacial disorders.  
(714) 532-8521

#### **Parent to Parent**

For parents of children receiving care in the NICU.  
(714) 532-8521

#### **Pediatric Advice Line (PAL)**

(714) 289-4500

#### **South County Postpartum**

For families having difficulty adjusting after the birth of their baby.  
(949) 364-1770

#### **Rheumatology Parent**

For parents of children with rheumatic disorders.  
(714) 532-8521

#### **Sickle Cell**

For individuals affected by sickle cell anemia.  
(714) 532-8521

#### **Spina Bifida Parent**

For information call Diane Cohen.  
(714) 532-8521

#### **Epilepsy Alliance of Orange County**

English and Spanish educational support groups.  
(714) 557-0202

# save the date!

## DECEMBER 6

Los Niños Guild Breakfast with Santa  
St. Edward's Church, Dana Point

## DECEMBER 7

Mother Goose Guild  
47th Annual Christmas Tree Brunch  
Hyatt Regency, Garden Grove

## JANUARY 24, 2009

CHOC Cherishes Children Gala  
The Island Hotel, Newport Beach

## FEBRUARY 9

Ducks Wives and Significant Others  
Fashion Luncheon  
Location TBD

## FEBRUARY 15

CHOC Family Night at the Honda Center  
Honda Center

## MARCH 17

Los Niños Guild Bingo Luncheon  
Heritage Grill at Talega Golf Club, San Clemente

## MARCH 21

Small World Guild Dinner Dance  
Irvine Marriott

## MARCH 27

Tres Osos Guild Santa Anita Park  
"Day at the Races"  
Santa Anita

## MARCH 28

Littlest Angel Guild "Pursenally Yours" Luncheon  
Nixon Library East Room, Yorba Linda

## APRIL 2, 3 & 4

CHOC Follies  
Orange Coast College

## APRIL 18

Tinkerbell Guild Gala  
Fairmont Hotel, Newport Beach

## MAY 2

Jack & Jill Spring Fling "Dos de Mayo"  
Location TBD

## MAY 9

Glass Slipper Gala  
Fairmont Hotel, Newport Beach

## JUNE 20 - 21

Little Mermaid Surf City Chili Cook-off  
Huntington Beach

# 2008 CHOC KIDS' CARDS Collection Unveiled

The CHOC KIDS' CARDS Holiday Card Collection is now available! The 2008 collection, including cards, gift tags and pins, are in stock and ready for immediate delivery.

According to Flossie Thwing, Littlest Angel Guild member and CHOC KIDS' CARD representative, "We have 16 new card designs this year, and the artwork is done by children who are either current or former CHOC patients. In addition to holiday designs, the 2008 collection also features a photo card, a Thanksgiving card and a heart-themed note card suitable for use all year long."

Each design is packaged in boxes of 20, and has either a preprinted greeting or is blank inside. Personalization and envelope imprinting is also available for each design.

For additional information or to order cards, please contact KIDS' CARDS Central at (714) 970-2462 or visit [www.choc.org](http://www.choc.org) to order online.



# Ask our experts

## Should I let my baby cry it out?



**MARK COLON, M.D.**  
CHOC PEDIATRICIAN

“Crying is not always a bad thing. It is the way babies express their needs.”

**A. There are many philosophies about this.** Crying is not always a bad thing. It is the way babies express their needs.

First, let's assume you are talking about a healthy baby of at least 6 months of age who does not have an underlying illness:

- Is your child hungry?
- Does your child have a dirty diaper?
- Is your child too cold or too hot?
- Is your child afraid?

Assuming these basic needs are being met in a loving, nurturing environment, the next thing to ask is how you are feeling. Some parents can tolerate a child crying more than others. Is your baby's nighttime routine affecting you, your marriage, your job or the relationship with your other kids? Are you reasonably rested, healthy and happy? If not, it is time to make a change in your routine.

I am not opposed to picking up a crying child. But it is also important for babies to learn how to soothe themselves to sleep. A baby who is used to falling asleep in your arms may be frightened upon waking up alone.

Try to understand why your child is crying and then do what works best for you and your child — while always providing a caring, loving and nurturing environment.



**Want to receive your subscription to *Kids Health* Newsletter?**

KIDS HEALTH NEWSLETTER PROVIDES HEALTH AND WELLNESS INFORMATION ABOUT YOUR GROWING CHILD FROM THE EXPERTS AT CHILDREN'S HOSPITAL OF ORANGE COUNTY AND CHOC AT MISSION. TO HELP US BETTER SERVE YOUR FAMILY, PLEASE TAKE A MOMENT TO COMPLETE THE FOLLOWING:

YES, I WOULD LIKE TO CONTINUE RECEIVING *Kids Health*. (YOU ONLY NEED TO RETURN THIS FORM ONCE TO STAY ON OUR SUBSCRIPTION LIST.)

PLEASE CORRECT MY NAME/ADDRESS. (MAKE CORRECTIONS DIRECTLY ON LABEL AND RETURN.)

I AM MOVING, EFFECTIVE \_\_\_\_\_ AND WOULD LIKE TO CONTINUE RECEIVING THIS PUBLICATION. PLEASE SEND TO THE ADDRESS WRITTEN BELOW.

PLEASE SEND A SUBSCRIPTION FOR *KIDS HEALTH* TO MY FRIEND. (FILL OUT NAME AND ADDRESS BELOW.)

HOW DID YOU RECEIVE THIS NEWSLETTER? \_\_\_\_\_

BIRTH MONTH/YEAR OF YOUR CHILD(REN): \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

**DO YOU WORK WITH CHILDREN AND FAMILIES?**

IF YOU ARE A TEACHER, COUNSELOR, SCOUT LEADER, ETC. AND WOULD LIKE TO HAND OUT *KIDS HEALTH*, WE WOULD BE HAPPY TO SEND YOU A BULK SUBSCRIPTION EACH QUARTER:

NAME \_\_\_\_\_

ORGANIZATION \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

DAYTIME PHONE \_\_\_\_\_

QUANTITY NEEDED: \_\_\_\_\_

27700 Medical Center Rd. • Mission Viejo, CA 92691  
T 949.347.8400 F 949.365.2498

455 S. Main St. • Orange, CA 92868  
T 714.997.3000 F 714.209.4007



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