Adolescence is a distinct period of development that is marked by physical, cognitive and emotional changes. These changes occur roughly between the ages of 12 to 21. During this time, adolescents begin to assume more responsibility for themselves, including their health care. They also increasingly begin to make decisions, which will impact their health. These choices occur among a myriad of influences and judgments about relationships, drugs, alcohol, diet and exercise that adolescents are called upon to negotiate. The Adolescent/Young Adult Health Center for Health is a place where adolescents can receive health care and discuss their concerns and decisions in a developmentally, supportive and knowledgeable setting. Although adolescent health services were originally provided at Morristown Memorial Hospital, since 2001 the Goryeb Children’s Hospital has been the home to the Center. Recently, the services have expanded to better serve the region.

Under the direction of Walter Rosenfeld, M.D., a board certified pediatrician with specialty board certification in adolescent medicine, the Center is staffed by a multidisciplinary team. Three additional physicians board certified in adolescent medicine; a nurse practitioner and nurse; psychologist; registered dieticians; social workers; and health educators are available to provide health care to adolescents that is sensitive to their unique physical and emotional concerns.

“Though emphasis is placed on good health and disease prevention, there are a growing number of patients who are faced with complex situations that require many of our services.”

— Walter Rosenfeld, M.D.
Living in our culture, many adolescents and young adult women feel they have to look a certain way to be happy or even healthy. However, what they sometimes do to achieve these looks can quickly spin out of control and become a life-threatening disease. Bulimia nervosa is one eating disorder that affects one to two percent of all girls between the ages of 11-21 who often appear to be of average body weight.

Andrea Hollander, now 18 years old, was not about the way she looked, but more about how she dealt with her emotions and changes in her life.

Growing up in Westfield, Andrea had always been a happy and healthy child. She did well in school and sports, and had a lot of friends. Life began to change for her when she was 13 and completing the eighth grade. It was a period of transition and confusion. “I felt very insecure and alone,” said Andrea. “My parents were going through a divorce and my older brother was leaving for college in a few months.”

It was a day like any other and Andrea found herself in the cycle of eating and purging. It began as a “sometimes” occurrence until the start of her freshman year of high school. After only two weeks of school, Andrea’s best friend since the second grade tragically died.

For Andrea, bulimia became her “best friend.” It was her way of dealing with her losses and emotions. “For me, bulimia was a false sense of comfort,” said Andrea. “I began to hold in my emotions and purge as a way to deal with them.”

Not only was Andrea in denial, but so was her mom. Since Andrea was not a binge eater, the obvious signs were not there. Although during the last few days of her freshman year, Andrea’s mom questioned her about the purging and Andrea said, “I think I have reflux.” They went to see her pediatrician who ordered blood tests. When test results revealed that her potassium level was 2.1 (well below the normal levels) she was immediately admitted to an eating disorders inpatient program. Susan Brill, M.D., adolescent medicine physician, Goryeb Children’s Hospital, was brought in for a consultation.

“They [medical team] included me in almost every decision of my treatment. I never felt confused about what I should be doing to get better.”

—Andrea Hollander

Andrea spent two weeks in the hospital and appeared to be doing well. She then spent that summer in France with her family and met her first love. The relationship continued through the fall of her sophomore year but ended abruptly. “My self-esteem began to drop again and I slowly found myself losing control,” said Andrea. She was not ready to help herself and had many ways to hide what she was doing. “I became a great manipulator,” she added.

Andrea continued to battle with her disease and was again hospitalized in the winter of her sophomore year. Though Andrea was being treated as an outpatient by doctors and psychologists, she kept falling into the same cycle. It was not until the winter of her junior year that Andrea recognized the dangers of what she was doing and sought out help. “I was sick of being sick and did not want to live this way any longer,” she said. Andrea told her mom that she wanted to go to the hospital and fight this disease.

Andrea spent one month in the hospital. Upon her discharge, she continued to see Dr. Brill who had been following her since her first hospital admission. This time, Andrea immediately began intensive outpatient therapy three days a week in the eating disorders program. This intense program takes place in the afternoons and joins six to eight other girls at varying levels of the disease. “Talking to and helping other girls in the beginning of the disease turned out to help me face my own problems,” said Andrea.

The multidisciplinary team of physician, nurse, nutritionist and psychologist all met to confer on Andrea’s progress. During these sessions, Andrea also learned how to continue to handle her emotions, confront issues with her parents and how to have a well-balanced meal.

It has been almost one year since Andrea took control of her life. She has caught up in school and is enjoying her senior year. Andrea knows she cannot do this alone and is not afraid to ask for help. “I still have some moments of weakness but look for positive outlets,” said Andrea.

Andrea will be attending college this fall in Colorado where she plans to major in international business and minor in psychology. She feels confident about herself and feels that as long as she is open about her disease and faces it head on, she will be able to conquer it someday.
Specialized services in the Adolescent/Young Adult Center for Health include:

**Consultative Services**: evaluation and management of adolescents referred by community physicians. Gynecology, including menstrual disorders; contraception and the diagnosis and treatment of sexually transmitted diseases; and assessment of complex bio-psychological difficulties including school performance problems, substance abuse and those associated with chronic illness are among the services offered.

**Eating Disorders Program at Atlantic Health System**: provides comprehensive evaluations and management of adolescents with anorexia nervosa, bulimia and related weight or dietary problems. Patients may receive a range of services including individual and/or family therapy, art and creative movement therapy, and nutritional counseling. Medical supervision is offered as well. A weekly therapy group allows adolescents struggling with eating disorders to receive further treatment within the context of supervised peer support.

**Girls Street: A Young Women’s Health Program**: delivers consultative care to meet the unique physical, psychological and developmental needs of adolescent girls aged 11 to 21. Staffed by adolescent medicine physicians at Overlook Hospital, a social worker and nutritionist so that these needs can be identified and treated in a comprehensive setting.

**Adolescent/Young Adult Health Clinic**: offers a full range of health services, including sports and work physicals and immunization updates, for adolescents who may not have health insurance or a primary care provider or those requiring confidential care.

**TeenHealthFX.com**: a nationally recognized, award winning web site designed for teenagers operating as a collaborative effort of the Adolescent/Young Adult Center for Health and the Community Health Department. TeenHealthFX.com provides accurate, factual and up-to-date health information within the anonymous milieu of the Internet. Adolescents can log on to ask questions about topics that concern them and be answered by experts.

The Adolescent/Young Adult Center for Health strives to develop services that meet the needs of today’s teenagers. The eating disorders program is expanding to include a five day-a-week, full day program, as well as an inpatient unit. These services will be the only such programs exclusively for adolescents in New Jersey. TeenFit.com, a web site aimed at middle school students, is currently under development. Its goal is to raise awareness about obesity and its relationship to sedentary lifestyles.

For more information about The Adolescent/Young Adult Center for Health at the Goryeb Children’s Hospital, please call 973/971-5199.

For more information about ways you can support the Adolescent/Young Adult Center for Health and other pediatric specialties at the Goryeb Children’s Hospital, please contact Kathleen DeSantis or Geraldine King at 973/971-7256.

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**Paying Tribute to a Leader**

Leonard G. Feld, M.D., Chairman of Pediatrics at the Goryeb Children’s Hospital, recently left the hospital to head the 234-bed Levine Children’s Hospital, a brand new facility under construction on the Carolinas Medical Center campus in Charlotte, North Carolina. This is a tremendous opportunity for Dr. Feld, and the realization of a career goal.

During his tenure here, Dr. Feld has served as Atlantic Health System’s Chair of Pediatrics since 1997, Residency Program Director, and Physician-in-Chief for the Goryeb Children’s Hospital. He oversaw a rapid development in pediatrics during those years, and has been involved in a wide variety of efforts, including hospital facility and physician practice management, marketing, fund raising and research program development.

As a tribute to Dr. Feld, the Morristown Memorial Health Foundation is delighted to create the Leonard G. Feld, M.D., Ph.D. Pediatric Research Fund. To pay tribute to his leadership and dedication to improving children’s health, it is the Health Foundation Board’s pleasure to establish this research fund and provide a seed gift of $25,000.

We ask you to join us in recognizing Dr. Feld’s many accomplishments by making a contribution to this fund. Please visit www.mmhf.org or call the Health Foundation office at 973/971-7256 for more information.

As we continue a nationwide search for a new chairman, the Department of Pediatrics has been transitioned to the interim leadership of Walter Rosenfeld, M.D., who has served as Vice Chairman for the Department of Pediatrics at the Goryeb Children’s Hospital and is a nationally recognized leader in adolescent medicine.

We wish Dr. Feld all the best and thank him for his leadership in bringing the Goryeb Children’s Hospital to reality.

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Missed an issue of **Kids Count**?

Log on to www.mmhf.org and visit the What’s Happening/Foundation Publications section of the web site where you can access past issues.
Thank you to the New Jersey Nets, Sharp and Starlight Foundation for donating a Fun Center to the Goryeb Children's Hospital. The Fun Center, a game cube system/DVD player with flat screen TV and games on wheels, will be used in the Gagnon Children's Emergency Center. Child Life Manager Lisa Ciarrocca and Child Life Specialist Stephanie Popek, along with patient Joe Rocha were on hand at the Nets game on January 16 to accept the donation (pictured right). Additionally, on February 3, Forward Scott Padgett from the New Jersey Nets basketball team brought smiles to the faces of pediatric patients and their families by stopping by the Child Life Center at the Goryeb Children's Hospital. He spent over two hours with the pediatric patients posing for photos, signing autographs, and distributing team shirts, calendars and hats to everyone.

Elisa Ann Csorba, a patient at the Goryeb Children's Hospital since 2001, wanted to bring smiles to children's faces who have to visit the hospital on a regular basis. So the 11-year-old decided to collect boxes of children's band-aids at her school and donate them to the hospital. In both 2004 and 2005, Elisa collected more than 200 boxes.

Many thanks to Maryann Corey and her volunteers from “Portable Playhouse” for donating their time every Wednesday afternoon to the patients in the Goryeb Children's Hospital. They help to provide a creative distraction by working with the children on beading projects.

There are many individuals and groups who make cloth dolls that will be used by the pediatric patients to help them understand medical procedures they will need, as well as to better cope with their hospital experience. Thank you to “our miracle workers” which include Linda Jelly, Suzanne Dobbin, Mrs. George Livingston, Jane Bryan, the Cromwell-Olive Twigs, the Women’s Association of Morristown Memorial, students from Delbarton School, Oak Knoll School, Academy of St. Elizabeth, Seton Hall Prep, Villa Walsh Academy, Morristown-Beard School and Oratory Prep, as well as those who wish to remain anonymous.

Goryeb Children’s Hospital Wish List: Help Continue Its Success

Thank you to the generous donors who have helped fund items on the Goryeb Children's Hospital Wish List. We depend on the support of community groups, individuals, corporations and foundations to help us continue to enhance the quality of care and services we provide our patients and their families. As of February 1, the following 30 items have been donated or pledged:

**Neonatal Intensive Care Unit** • Digital Camera and Printer; two Cribettes; six Bassinets; one Transilluminator; Bedside Carts; Phototherapy Lights

**Pediatric Cardiology Department** • Electronic Stethoscope; Heart Model

**The Valerie Fund Children's Center** • DVD players; iPODs

**Child Neurology and Developmental Medicine Center** • Autism Diagnostic Scales; Infant Scale

**Aresty Day Hospital/Department of Gastroenterology and Nutrition** • Blanket Warmer

**Pediatric Intensive Care Unit** • Bereavement Package; four Chair Beds; Sleeping Room for Parents; Drager Bili Lights

**Child Life Department** • Infant Entertainment Package; Infant Scale; Pet Therapy; DVD Vending Machine

To view the most recent Goryeb Children's Hospital Wish List, log on to www.mmhf.org and visit the Pediatrics page under Hospital Services. If you are interested in learning more about an item on our Wish List or would like to reserve an item, please contact Kathleen DeSantis or Geraldine Kling at 973/971-7256.