



# The Poop Scoop



## KidsFACT NEWSLETTER

APRIL 2015  
volume 1

We are excited to announce the launch of **"The Poop Scoop,"** a newsletter designed for those with Inflammatory Bowel Disease, as well as their loved ones. KidsFACT wants to keep you informed about the latest medical, dietary, and psychological advances and recommendations for those suffering from this disease. We hope to engage you in all of the things KidsFACT is doing to help spread awareness and support for those with IBD.



KidsFACT is dedicated to making strides towards an improved quality of life for those with Inflammatory Bowel Disease (includes both Crohn's Disease and Ulcerative Colitis) and to advancing knowledge in order to contribute to better treatments and ultimately a cure. KidsFACT supports and promotes these endeavors through education, family support, and research.

### Important Dates To Remember

- **May 1, 2015:** KidsFACT College Scholarship Deadline
- **June 2, 2015:** KidsFACT Support Group Meeting (6:30pm @ East TN Children's Hospital in Koppel Plaza Schmid B conference room. Everyone is welcome)
- **August 29, 2015:** 2nd Annual KidsFACT Casino Night

### 2015 KidsFACT College Scholarship

We will be taking scholarship applications through May 1, 2015 for those students who are high school seniors and plan to attend college. Information regarding the KidsFACT scholarship and to obtain a copy of the application, please visit our website [www.kidsfact.org](http://www.kidsfact.org)

## 2014 First Annual KidsFACT Casino Night



Our first annual Casino Night Fundraiser, held at the Crowne Plaza on September 20th, was a huge success. Our goal was to raise awareness of IBD and how it impacts children and their families, raise money to give back to this community, and to help reach the goals of KidsFACT's mission. We had a fantastic turnout and a great evening filled with dancing, dining, and conversation. Our guest speaker for the night was Chansen "Trey" Jones, a 19 year old who was diagnosed with severe Crohn's Disease at age 9. Trey has had a long and hard battle with his disease, but he has a very positive outlook on his future.

***"...it can get hard at times knowing that you are living with a disease that doesn't have a cure of any kind. But to know there are people that genuinely care and understand what we are going through makes it easier. To know that there are people here looking to find a cure makes it easier to sleep at night. There are many people that have lost their battle to IBD, but KidsFACT is here to win the war." – Trey***

## KidsFACT Casino Night 2015

### Save the Date: 08.29.15

Our 2nd Annual KidsFACT Casino Night will be held at the Knoxville Marriott on August 29, 2015. For information regarding the event or purchasing tickets, please e-mail Callie Jubran or Ashley Treadway at [kidsfactcasino@gmail.com](mailto:kidsfactcasino@gmail.com)

## New Drug in Clinical Trials

"Mongersen" GED-0301 is being developed by Celgene. Mongersen (GED-0301) produced clinical remission rates as high as 65.1% in a Phase II trial in 166 patients with moderate to severe Crohn's Disease. GED-0301 is an oral, antisense drug that targets the messenger RNA (mRNA) for Smad7, thereby reducing Smad7 protein levels. In patients with Crohn's Disease, abnormally high levels of Smad7 interfere with TGF-β1 anti-inflammatory pathways in the gut, leading to increased inflammation. GED-0301 is presently entering Phase III clinical trials.

Grogan, Kevin. "Celgene oral Crohn's drug impresses in Phase II." PharmaTimes Digital. 20 October 2014. Web.<[http://www.pharmatimes.com/Article/14-10-20/Celgene\\_oral\\_Crohn\\_s\\_drug\\_impresses\\_in\\_Phase\\_II.aspx](http://www.pharmatimes.com/Article/14-10-20/Celgene_oral_Crohn_s_drug_impresses_in_Phase_II.aspx)>  
Carroll, John. "Celgene's \$2.6B deal for Crohn's drug pays off with promising PhII." Firece Biotech. 20 October 2014. Web.<<http://www.fiercebitech.com/story/celgenes-26b-deal-crohns-drug-pays-promising-phii/2014-10-20>>

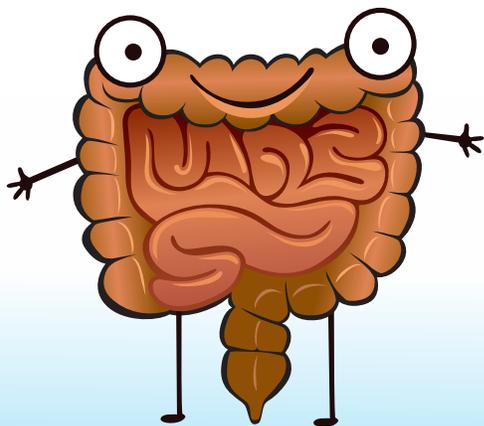
### Do You Need More Support?

Please contact any of our board members with any questions or concerns you may have.

[www.kidsfact.org/contact-us/](http://www.kidsfact.org/contact-us/)

### We Want To Hear from You!

Are there certain topics or questions you have regarding IBD that you would like to read about in our next issue? If so, please send your questions, recommendations, and/or feedback to [kidsfactnewsletter@gmail.com](mailto:kidsfactnewsletter@gmail.com)



# Emotions and IBD

It's amazing how well our mind and body are interconnected! We can all think of times when we have gotten butterflies in our stomachs when we were nervous or excited. Sweaty palms, shaking hands and elevated heart rate are also examples of our body's reaction to emotional stress. For young people with IBD, the connection between emotions and physiological functioning is important to understand and address.

Chronic emotional stress takes a toll on our bodies. During times of high emotional distress, our bodies secrete higher levels of the hormone cortisol. It is responsible for several stress-related changes in the body. During periods of increased stress, cortisol suppresses the immune system, causing the body to be more susceptible to illness and prolonged healing time. In order to heal in the fastest way possible, stress management should be included in a young person's treatment plan. Addressing stress proactively, rather than denying or avoiding it can promote better health in young people healing from this disease.

To keep cortisol levels healthy and under control, the body's relaxation response should be activated after periods of high stress. It is possible to learn to relax your body with various stress management techniques. Young people can also make lifestyle changes in order to keep their bodies from becoming overly stressed in the first place.

— Regina Hummel, PhD, Clinical Psychologist

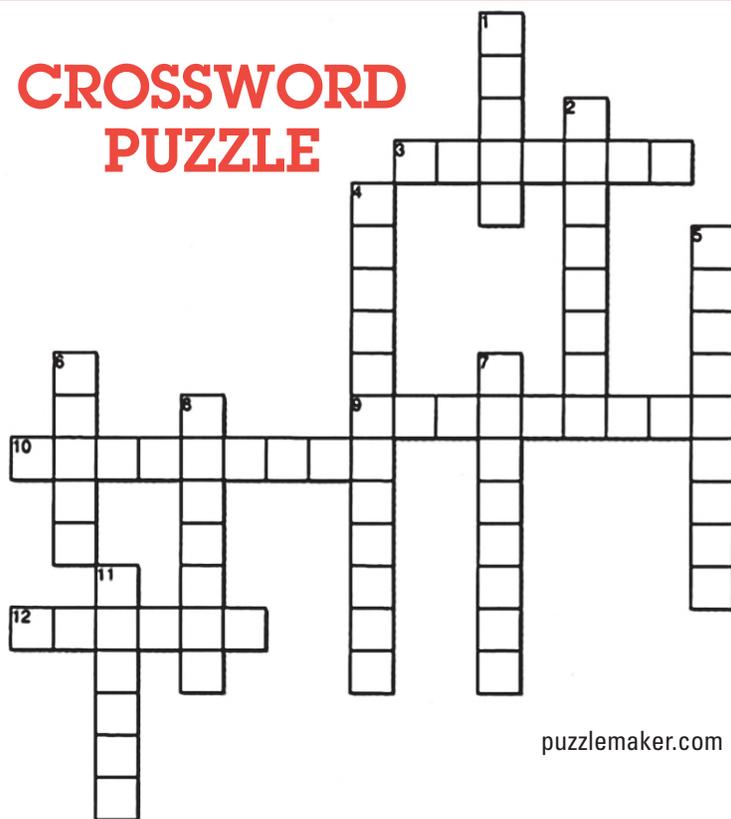
The following have been found to be very helpful in relaxing the body and mind, aiding the body in maintaining healthy cortisol levels:

- Guided Imagery
- Journaling
- Self-Hypnosis
- Exercise
- Yoga
- Listening to Music
- Breathing Exercises
- Meditation

## What is a 504 Plan and Why Do We Need One?

Section 504 is a part of the Rehabilitation Act of 1973 that prohibits discrimination based upon disability. Section 504 is an anti-discrimination, civil rights statute that requires the needs of students with disabilities to be met as adequately as the needs of a non-disabled student are met. The purpose of this plan is to maintain the student's optimal participation in academic curriculum and educational goals, aid in the management of his/her illness, and reduce student's stress. Work with your doctor and your child's school to develop a plan to suit your child's needs.

## CROSSWORD PUZZLE



puzzlemaker.com

### Across:

3. A sack-like organ in humans and certain animals for storing, diluting & digesting food
9. An organ in vertebrates which consist of a fibromuscular tube through which food passes
10. The components in food that an organism utilizes to survive & grow
12. A feeling of strain & pressure

4. A system of biological structures & processes within an organism that protects against disease
5. The lower part of the alimentary canal, extending from the pylorus to the anus
6. The opening through which an animal or human takes in food
7. A narrow, blind tube protruding from the cecum, having no known useful function in humans

### Down:

1. The part of the large intestine extending from the cecum to the rectum
2. Microscopic living organisms, usually one-celled, that can be found everywhere
8. A particular abnormal, pathological condition that affects part or all of an organ
11. Type of inflammatory bowel disease that may affect any part of the gastrointestinal tract from mouth to anus

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