Important Dates/Upcoming Events:

Jan 2017: Registration for Camp Cambria opens

Mar 2017: Giving Back Hope Fundraiser with the Toronto Marlies Toronto, ON

Apr 2017: SickKids new patient education night Toronto, ON

For more events visit: http://bit.ly/2fe2qXv

Announcements:

New Recruits in the Division of Rheumatology
Clinical fellows:
- Dr. Jennifer Lee
- Dr. Grace Chiang

Research fellows:
- Dr. Julie Couture
- Dr. Anita Dhanrajani

Clinic manager:
- Stephanie Lappan-Gracon

Promotions in the Division of Rheumatology
- Dr. Laxer received the POWER Teaching Award
- Dr. Levy was promoted to Associate Professor and received the Clinical Excellence Award, Early Career
- Dr. Yeung received the Research Award, Mid-Career

Research Update: Chicken or Egg? The Relationship Between Sleep and Pain in Our Patients
By Brian Feldman

Teenagers are notorious for poor sleeping habits. (And probably pediatric rheumatologists aren’t much better, at least not the ones I know.) The average teenager gets about 7 hours of sleep each night, but needs about 9 hours or more.
I’ve had a personal interest in sleep, especially its relationship with pain, in my patients for years. I’ve followed a large number of chronic pain patients who report poor sleep; for many of these children, formal sleep studies have shown abnormalities (often in the deep stages of sleep).

See SLEEP on page 2

Feature Article: What is juvenile idiopathic arthritis (JIA)?
by Sherene Chen-See

Arthritis is inflammation in the joints, the places where the bones come together. Children and teenagers can develop a type of arthritis called juvenile idiopathic arthritis (JIA). "Juvenile" means young (16 years of age or younger) and "idiopathic" means the cause is not known. JIA affects about 24,000 children and teenagers in Canada. JIA is more common in girls than in boys.
In arthritis, changes in the immune system cause the lining of the space between two bones to become inflamed and thickened. Extra fluid is produced, which contains inflammatory cells. These inflammatory cells make and release substances that can cause redness, swelling, warmth, stiffness, and pain. If left untreated, joint inflammation can damage the cartilage and underlying bone. JIA may affect only one joint or it can affect many joints and other body systems.

See JIA on page 2
Facility Updates:

There’s a new information and research board on the right side of the rheumatology clinic waiting room.

The information board has brochures about several pediatric rheumatic diseases such as arthritis and lupus. These brochures are free for you to take and read.

The research board has advertisements of current research studies as well as updates on the status of ongoing studies.

If you would like to contribute to the next newsletter or have suggestions for content, let us know:

rheumatology.newsletter@sickkids.ca

2016 Camp Cambria
by Dr. Deb Levy

The first annual Ontario-wide Childhood Arthritis Camp sponsored by The Arthritis Society (TAS) was held in The Kawarthas on the site of Camp Maple Leaf from August 21-26, 2016. Over 100 children from across the province attended the 6 day session, with more than half of the campers referred by their SickKids rheumatologist. Several SickKids staff attended “Rheumatology Day”, to observe camp activities and facilitate short (and enjoyable!) educational sessions with the campers. The enthusiasm of both the Camp Maple Leaf staff and the Cambria and TAS volunteers was evident, and clearly had a positive effect on all of the campers who regularly broke out into (loud) songs during meals and other gatherings. We were impressed by the close friendships and camaraderie that had developed amongst the campers, most of whom were complete strangers only a few days before. Moreover, we witnessed extraordinary ability, not disability. From swimming, archery, fishing, arts and crafts, boating, basketball, ropes, dancing, and that (huge) rock wall, these children had “typical” summer camp experiences.

For many of these children and adolescents, it was the first time they felt “normal” and “just like everyone else”, surrounded by supportive friends in a non-judgemental environment. The adolescents were happy to have (finally) met others who were “dealing with the same issues” as they were, and it was great to see these new friendships blossom in an environment free of digital distraction as well as parental worry.

JIA (continued from page 1)

Some children and teenagers with JIA may also have eye inflammation. JIA can be diagnosed through a combination of health history, examination, blood tests, and various forms of imaging. There are a few different types of JIA, and once the doctor determines which type your child has, they can more easily treat it. JIA can be managed through a combination of medications; physical treatments such as massage, exercise, physiotherapy, and occupational therapy; and psychological therapies such as relaxation and distraction.

Does poor sleep cause pain or pain cause poor sleep? (continued from page 1)

I suspect that this relationship (that is, between poor sleep and more pain) also exists for the inflammatory diseases that we treat. In fact, Yoni Butbul published a study with us showing that children with rheumatic illness often sleep poorly, and that poor sleep is linked to increased pain.

But, it does seem possible to convince teenagers to change their sleep habits. In one Dutch study, in which healthy teens were given 30 Euro gift certificates for participating (so, maybe, bribing is the answer), a combination of progressively earlier bedtimes and sleep hygiene instruction improved sleep and depressive mood significantly.

To read the entire article visit http://bit.ly/2hNIXBY
**Singer Songwriter Tell All a Success!**

By Kristen Vecchio

On September 10, 2016 music lovers of all ages came out to a unique and intimate singer-songwriter concert in support of the Division of Rheumatology. The Singer Songwriter Tell All event was held at Humber College in Etobicoke and featured performances by Canadian Idol winner Theo Tams, First Lady of Canadian Hip Hop Michie Mee, hockey-player-turned-singer Jonathan Roy (son of Hockey Hall of Fame goaltender Patrick Roy), and The Fourth Floor which included singer-songwriter Shobha and multi-platinum, award winning producer Rob Wells.

Artists shared their stories of difficult times and how it was these moments that helped inspire them in the writing of their music. Each artist took turns sharing their stories and performing their music. From Theo Tam’s emotionally charged performance of *Time for Change* to The Fourth Floor’s beautiful and heartwarming performance of *I Look for You*, guests were left with the message that even in difficult times, beauty can be found.

Special guest appearances included SickKids very own Jessica Vecchio and Olivia Gallo. Seven-year-old Jessica graced the stage as Honorary MC for the evening, sharing her story of what it meant to live with juvenile idiopathic arthritis. Olivia Gallo blew the audience away with her awe inspiring performances of *Dust Me Off* and *Last*.

This was the first year this event has taken place and based on the feedback, will definitely continue for years to come.
Kids Korner:

Hi! Can you help me locate all the words below before my next appointment arrives? Thank you!

ACUTE  AUTOIMMUNE  CHRONIC  DISEASE  INFLAMMATION  JOINTS  PROGNOSIS  TENDONS  TREATMENT  MUSCLE  SYNOVIM

Rheumatology Superheroes
We received so many amazing superheroes during the last month. Look for more superheroes in the next newsletter.

Bandaid Girl by Oceana, age 5
Her superpower is healing people and making them better

By Rihanna, age 6
She has super strength, eye lasers, healing powers, flying, flexibility, super speed. She is flexible, fast, helpful, strong, brave, kind, sporty, awesome, fierce, giving, busy, happy, great, stops crime, saves people

By Ivana, age 14
He’s strong, can fly, fast, can microwave lasagna under a minute. He has a red cape, blue body suit, muscular, Gucci belt, chains, Timberlands, man bun, Adidas pants