



Oncology Updates

for the Children's Cancer and Blood Disorders Center



Clinic News



Survivor Day 2018

has been rescheduled for

Sunday, October 28, 2018

1 – 4 p.m.

Bayville Farms Park
4132 First Court Road
Virginia Beach, VA 23455



Clinic Fall Party

Join the Children's Cancer and Blood Disorders Center for our Fall Party! There will be games, spooky fun, and food for everyone. Costumes are welcome.

Thursday, October 25, 2018

6 – 8 p.m.

CHKD, 6th floor conference room
Please use the visitor elevators across from the cafeteria on the first floor.

For questions about the event, please contact the clinic at (757) 668-7243 or 8B staff at (757) 668-7773.



Clinic News (continued)

Welcome, Dr. Melissa Mark!

Dr. Mark earned her medical degree from our neighbor, Eastern Virginia Medical School, and received residency training right here at CHKD. She completed two fellowships at Cincinnati Children's Hospital – one in pediatric palliative care, and the other in pediatric hematology/oncology, with a focus on brain tumors.

During her time in Cincinnati, Dr. Mark also received a master's degree in clinical research, where she focused on evaluation of symptoms and quality of life in pediatric cancer patients. Dr. Mark is a passionate advocate for the integration of palliative care as a standard of care in pediatric oncology and has spoken on this topic nationally. Her clinical focus is on pediatric brain tumors and she is excited to continue to grow the CHKD's pediatric brain tumor program, including expanding local access to clinical trials.

Dr. Mark is board certified by the American Board of Pediatrics and serves as co-medical director for Edmarc Hospice for Children in Hampton Roads.



Support

Parents/Caregivers Support Group

Tuesday, October 23, Noon – 1:30 p.m.

CHKD, 8th floor HemOnc conference room

Join other parents and caregivers of children with cancer for a support lunch. Please RSVP to Rebecca Ruck at (757) 668-9617 or Kelly Trejo at (757) 668-7931 to attend.

Education Corner

Trick or Treat and Teeth

The arrival of October means colorful leaves and crisp weather. It also means princesses, pirates, monsters, and other characters searching for treats on Halloween.

Candy seems to be everywhere this month and, within moderation, should not be restricted from your child unless your physician says otherwise. But for parents with kids actively receiving chemotherapy and/or radiation, it's important to keep in mind how these treatments affect a child's teeth. Chemotherapy and radiation can affect saliva production, normal tooth and root development, and the health of protective enamel – all of which can put your child at risk for developing cavities if teeth aren't brushed correctly after eating that delicious Halloween candy.

Cavities are holes in the teeth that form when plaque, a sticky substance made of bacteria, clings to the teeth and is not cleaned properly. Some cavities do not have any symptoms, but others can cause pain and visible holes in your child's teeth. If left untreated, they can lead to infections.

The best way to protect your child from cavities is to practice good oral hygiene. This includes having your child brush their teeth at least three times a day (after meals and at bedtime) with a soft, nylon toothbrush, and toothpaste containing fluoride. After brushing, rinsing with a bland solution such as salt water or an alcohol-free mouthwash will help replace some of the moisture in the mouth that may be missing from decreased saliva. Flossing is also important in oral care to prevent plaque from building up between the teeth. **Please note: To prevent bleeding gums, flossing is only advised when your child's platelets are within a safe range.** Also, make sure your child sees their dentist at least every six months for a checkup and professional cleaning.

