

# IBD Newsletter

PENN STATE INFLAMMATORY BOWEL DISEASE CENTER

[hmc.PennStateHealth.org/ibd](http://hmc.PennStateHealth.org/ibd)

**IBD Direct Line 717-531-3998**

## Welcome New IBD Care Provider!

### Kristin Amicone, PA-C



Kristin Amicone, PA-C, physician assistant and registered dietitian, joined the Penn State IBD Center in 2016 bringing with her a new nutritional

support service for IBD patients. In this new role, Kristin is solely dedicated to the Center, seeing new IBD patients, as well as patients in follow-up and post-surgery. She provides specialized guidance and education for patients having difficulty gaining weight and those who are at high-risk for nutritional deficiency. In addition to dietary education, Kristin is also experienced in critical care.

Prior to joining the IBD team, she worked in emergency medicine and bariatric surgery. Kristin earned a Bachelor of Science in nutrition and dietetics from West Chester University, followed by her master's degree in physician assistant studies from the Philadelphia College of Osteopathic Medicine. Her clinical interests include alternative and complementary therapies, nutrition research and integrative medicine.

Kristin lives in Lititz, Pennsylvania. She is an avid reader, gardener and Lego builder extraordinaire.

## Nutrition

*Having trouble tolerating fruits and vegetables? Enjoy these healthy options to beat the summer heat*

Fresh whole fruits and vegetables can be difficult to digest for some individuals with IBD. Here are some creative ways to add them to your diet, and enjoy them:

- **Wake-up to fruit.** Make a habit of adding pureed or finely chopped fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
- **Get saucy.** Puree apples, berries, peaches or pears in a blender or food processor for a thick, sweet sauce. Add to grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
- **Shred it.** Add grated, shredded or chopped vegetables, such as zucchini, spinach and carrots, to lasagna, meat loaf, mashed potatoes, pasta sauce, soups and rice dishes. Sometimes breaking down the cellulose—the fibrous part—in vegetables makes them more tolerable.
- **Dip it.** Dip pita wedges in hummus with pureed vegetables. Or, dip tortilla chips in salsa, finely chopped strawberries or applesauce. Try graham crackers in applesauce.
- **Drink it.** Blend a breakfast smoothie made with milk, frozen strawberries and a banana. Add peanut butter or protein powder for extra protein. If you're brave, add chopped kale or carrots!



## Pediatric Corner

### Introducing Bianca Whittington, MSW



Prior to entering the medical social work field, Bianca Whittington, MSW, worked with adults with intellectual developmental disabilities. Since joining Penn State Health Milton S. Hershey Medical Center, she has worked as a behavioral specialist consultant with both children

and adults in the hematology/oncology unit. Her current role utilizes her experiences to assist pediatric and adult patients in the outpatient setting. Bianca assists her patients in many ways: connecting patients and families to community resources, establishing home health services, obtaining durable medical equipment, transportation arrangements, assisting with prescriptions and applications for medical benefits, monitoring the Brady fund and providing emotional support to the patients and their families.

## Research

### Clinical trial to evaluate use of ustekinumab (Stelara) for managing ulcerative colitis - participants welcome!



Ustekinumab, or Stelara, is a targeted medical therapy that affects the immune system by blocking two specific receptors that contribute to inflammation. Stelara, originally used for patients with psoriasis and psoriatic arthritis, is now approved for the management

of Crohn's disease. Penn State Health Milton S. Hershey Medical Center and Penn State College of Medicine is proudly participating in a multicenter study evaluating Stelara's effectiveness in managing ulcerative colitis.

*To participate, patients must be over the age of 18, have had ulcerative colitis for more than 3 months, and must have the severity of their diagnosis documented by endoscopy.*

For more information, please contact the IBD Center at 717-531-3998.

## UPCOMING EVENTS

### Patient Symposium - IBD: Taking Control of Your Disease

**WHEN:** Thursday, June 1, 2017 at 6 p.m.

**WHERE:** Penn State York Campus

**REGISTRATION:** [hmc.pennstatehealth.org/ibd](http://hmc.pennstatehealth.org/ibd)

### Support Group Meetings (Registration is not Required)

For information, email Rachael Hays, IBD Support Group Facilitator, at [gotgutshhmc12@gmail.com](mailto:gotgutshhmc12@gmail.com)

**TOPIC: New and Upcoming Therapies to Treat IBD - Kofi Clarke, MD, Chief, Penn State Gastroenterology**

**WHEN:** Wednesday, May 3, 2017, from 6-8 p.m.

**WHERE:** University Physician Center, Room 4200

**TOPIC: Health Promotion: Wellness Activity - University Fitness Center Team**

**WHEN:** Wednesday, July 12, 2017, from 6-8 p.m.

**WHERE:** University Fitness and Conference Center, Room 302A

**TOPIC: Mental Health Assessment and Stress Management in IBD - Sanjay Yadav, MD, Penn State Psychiatry**

**WHEN:** Wednesday, September 6, 2017, from 6-8 p.m.

**WHERE:** University Physician Center, Room 4200

### CCFA Take Steps Walks

**WHEN:** Saturday, May 20, 2017 at 10 a.m.

**WHERE:** Canton Waterfront, Baltimore, MD

**REGISTRATION:** [online.ccfa.org](http://online.ccfa.org)

**WHEN:** Sunday, September 17, 2017 at 11 a.m.

**WHERE:** City Island, Harrisburg, PA

**REGISTRATION:** [online.ccfa.org](http://online.ccfa.org)



FOR CROHN'S & COLITIS