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even though other hospitals are closer to their home.

When Sofia was 2 years old, the McDowells rushed her to the pediatric emergency department at the Children's Hospital because of a high fever. She was diagnosed with pneumonia and stayed in the hospital for three days until she recovered.

The McDowells were impressed with the care Sofia received, and didn't hesitate to take her to K. Hovnanian Children's Hospital again for the MRI.

Special Expertise for Small Patients

MRIs provide a clearer, more detailed look inside the body than X-rays. However, they also require patients to hold still during the procedure. Any movement can blur the image, which can affect the ability to reach an accurate diagnosis. Remaining motionless is difficult for little ones, so K. Hovnanian Children's Hospital offers what's called procedural sedation. The hospital performs up to 600 sedated procedures each year on infants, children, and young adults.

"Procedural sedation can make certain procedures as stress-free and pain-free as possible," says Bruce J. Grossman, M.D., a board certified pediatric intensivist at the Children's Hospital. "We develop an overall sedation plan for each patient that keeps the child comfortable during procedures like MRIs."

Attentive Care Makes Test Easy

When the McDowells arrived at K. Hovnanian Children's Hospital for Sofia's scheduled MRI, they met with Dr. Grossman. "He was extremely personable and made us feel at ease about the procedure," says Chris, a police officer in Toms River. "It felt like he never left our side. If he wasn't with us, he was with our daughter."

During the MRI, Dr. Grossman carefully monitored Sofia's breathing and vital signs. The test revealed good news: Sofia didn't have any serious issues. Instead, she had a stubborn sinus infection, which was treated with antibiotics. Today she's entering kindergarten, headache-free.

"We don't mind driving in the car 20 minutes north for the quality care," says Chris. Fortunately, neither of Sofia's siblings — Marisa, 12, and Christian, 10 — has needed emergency treatment, but if they did, the McDowells wouldn't hesitate to take them to K. Hovnanian Children's Hospital. "Every experience we have had there has been great." ★

Five Ways to De-Stress Your Day

Between errands and work, car pools and chores, the life of a mom is never dull — and often stressful. Here are some tips Steven Morgan, M.D., a board certified OB/GYN from Jersey Shore University Medical Center, suggests to help you find relief from stress:

- Take a quick walk during a stressful day at work, either to the water cooler or outside for some sunshine and fresh air.
- Meditate or pray. Just sit and try to clear your mind while breathing deeply.
- Watch a funny video online or a favorite sitcom on TV.
- Get moving. Try to fit in some physical activity every day — even when the weather gets chilly. Remember that fun activities, like playing tag with the kids, count as exercise, too.
- Listen to music. Download an old song that brings back memories or just puts you in a good mood, make a CD and play it in the car, or simply put on headphones and relax.

Get more ideas on how to de-stress today from moms like you. Check out our discussion forum on ways to reduce stress at Community.MeridianMomtourage.com.



Comprehensive Specialty Care

K. Hovnanian Children's Hospital at Jersey Shore University Medical Center is the heart of Meridian Pediatric Network, which includes the most pediatric subspecialists in the region. Learn more about all of our subspecialties at www.MeridianPediatricNetwork.com.

