






pediatric endocrinology

about us

6 physicians		1,597 diabetes patients	
1,000 visits to the online diabetes resource center		3 social workers	
		2 dietitians	

highlighted programs

- American Diabetes Association accredited multi-disciplinary diabetes program
- On-staff social workers and dietitians dedicated to endocrine and diabetes patients
- Prediabetes clinic in collaboration with Healthy Me, obesity/weight management clinic
- Transgender clinic in partnership with adolescent and young adult medicine team
- Hematology/oncology long-term care clinic post-treatment, including neuro-oncology
- Diabetes and endocrine clinics operate out of four centers and are staffed by physicians

caring for the whole child: providing food boxes for families



The care a child receives in a hospital is a small piece of their overall well-being. Dayton Children's is committed to helping children reach optimal health by addressing not only their medical needs, but also their social needs. This year, the endocrinology team launched a new food box program in collaboration with the Center for Health Equity. In the program, families are surveyed during their clinic appointment for their social needs like food, housing and transportation. If a

family's responses show a need for food, they will be referred to our food program and leave their appointment with a box of healthy items. "This is one way we're helping address families' needs beyond their diabetes or endocrine care. We know there are a lot of important factors that play into a child's overall health, and we are pleased to offer our patients this help," says Paul Breyer, MD, division chief of endocrinology.

gender diversity team clinic

Mental health and well-being is an important factor in a child's optimal health, and children who are transgender can have greater risk for developing mental health issues. A key in helping to mitigate these concerns is providing support and advocacy for children and their families early on. "When children hit the middle school phase, we start noticing new challenges. They can't use the bathroom like they used to, they may want to change their name, miss school frequently and be scared to play sports. Things that they used to do can become

very challenging as they explore their gender identity," said Krishnamallika Mutyala, MD, endocrinologist at Dayton Children's.

Our gender diversity team clinic run by Heather Stewart, MD, FAPP, division chief of adolescent young adult medicine and Dr. Mutyala is designed to help support these children. If a child presents to Dr. Stewart in the adolescent young adult medicine clinic and is appropriate for the team clinic, Dr. Stewart and Dr. Mutyala will meet with the child and

then collaborate on a plan of care that meets the child's needs.

"Research has shown that using puberty blockers in gender diverse youth helps reduce suicide rates over their lifetime. Having access to these blockers in a clinic like this one helps children long term. They also know that they have a contact and support as they go through their gender identity journey," said Dr. Stewart. "We are pleased to offer this gender-affirming clinic close to home for these children and their families."

strength in family



For mother and daughter Heather and Chloe Storts and their family, what once was a "mystery" condition is now a well-known and important part of their story, hypophosphatasia (HPP).

When Heather and her twin brother Justin were born in the early 1980s, hypophosphatasia was still a relatively unknown condition. "The doctors didn't even really know what we had or how long we would survive. They told our mom we likely wouldn't make it through the night, then through the week, and so on. Thankfully, that wasn't the case, and we know a lot more now than we did then," Heather shared.

When Heather became pregnant with Chloe, her doctors knew of her HPP and monitored Chloe's development throughout the pregnancy. Early on, Chloe's bones weren't mineralizing or hardening properly, her hands seemed permanently closed, and the long bones in her arms and legs were the same lengths as her short bones. At her six-month ultrasound, Heather says, "They started to notice changes. Chloe's bones started to mineralize. The length of her arms and legs evened out. They were a little bowed at birth, but they corrected themselves, too."

Chloe immediately began seeing Stacy Meyer, MD, an endocrinologist at Dayton Children's. Now, Chloe is 12 years old and Dr. Meyer is an important part of the Storts' care, checking in on Chloe every three months. "Dr. Meyer is a great doctor and is very knowledgeable about our disease. Chloe is her patient, but she has been helpful in providing resources and support to me too," says Heather.

Heather and Chloe both take Strensiq® three times a week. While it won't fix any of the symptoms HPP has caused

for Heather, it is helping slow the progression. For Chloe, the medicine has been a great help.

"Amazingly, Chloe has never broken a bone. That may be because that she just has less severe symptoms than I did, but it's a blessing for my daughter to have medicine that can help her at a young age that I didn't have access to until I was older and my symptoms were worse," Heather said.

Since Heather's diagnosis, knowledge of HPP has increased tremendously, and there are now HPP support groups and organizations. Heather is involved in the National Organization of Rare Diseases and participates in a "Soft Bones" Facebook group.

Every October 30, Heather and Chloe wear shirts and bracelets to share the message of HPP, in hopes that by raising awareness they can make life a little easier for others dealing with HPP.

