

pediatric cardiology



division update



paving the way to a healthier future

Several health problems such as high cholesterol and blood pressure run in families. Improving health during childhood helps reduce risk for heart disease, hypertension, and stroke in later life - even in families who already have had these for multiple generations.

The preventive cardiology clinic at Dayton Children's helps identify early warning signs and show how to even reverse some negative changes that may already have set in.

Patients in the preventive cardiology clinic enjoy learning from our friendly and non-judgmental team the how and why of good health. They receive a variety of services, including a full evaluation of the heart using a variety of tests such as electrocardiogram (ecg), echocardiogram, ambulatory blood

pressure monitors, Holter monitors, and event recorders when medically indicated.

making care convenient

Dayton Children's is making it easier than ever to schedule an appointment in the preventive cardiology clinic. Online scheduling is available for in-person, new patient appointments only. Visit childrensdayton.org/schedule-mehta to schedule an appointment for your patients in the preventive cardiology clinic.

Video visits are currently available for some appointment types and conditions. If your patient family is interested in a virtual appointment, advise the family to ask their scheduler if a video visit is an option for care.

did you know?

About 5% of children and adolescents are estimated to have hypertension, and many more have elevated blood pressure.

A combination of environmental, genetic, behavioral, and physical causes results in disease patterns that often run in families.

A family history of early stroke, high blood pressure, heart attack, high cholesterol, metabolic syndrome, or obesity is more likely to result in children having these same health problems, but at an even younger age than their parents or grandparents did.

Twinking simple and easy changes into our lives can reduce the risk of familial health problems.

NO big or difficult changes are necessary to start improving our future!



5 tips for talking to patients about a healthy lifestyle change



1. Sharing interesting medical trivia
2. Discussing how children (and all of us!) are being gamed in multiple ways
3. Showing children strategies to win back control of their life
4. Educating them in the use of helpful online tools for fat loss they can readily access
5. Locating online communities for the family adults for their support

Want to learn more about incorporating these tips into your conversations with patients?
Contact Dr. Mehta for an informal one-on-one consult.

meet Dr. Mehta



healthy habits for a healthy heart

Gigi Baldwin, 7, was at her annual well-visit when her pediatrician, Julie Fennig, MD noticed her pulse to be a little high. In addition to her fast heart rate, Gigi also shared that she had been having pains in her chest. Dr. Fennig referred Gigi to Chris Bugnitz, MD in the cardiology clinic at Dayton Children's.

During her appointment, Gigi had an electrocardiogram done to measure her heart's electrical activity. Her results from the test were normal. After further conversation Dr. Bugnitz learned that Gigi came from a family with a history of hypertension and heart disease. He knew that Gigi would benefit from a visit to the preventive cardiology clinic with Smita Mehta, MD. Dayton Children's preventive cardiology clinic is designed to help children avoid heart disease in the future.



As luck would have it, Dr. Mehta was walking through clinic when Gigi was leaving her appointment. Dr. Bugnitz asked Dr. Mehta if she had time to consult with Gigi and her grandmother since they were already at the hospital. Without hesitation, Dr. Mehta was happy to help.

Dr. Mehta consulted with Gigi and her grandmother to introduce healthy lifestyle changes, starting with nutrition advice. "Dr. Mehta was a shining star! She explained so many things to me regarding Gigi's health, and particularly as it relates to prevention of future cardiac and other health problems" said Gigi's grandmother, Cheryl.

Gigi's family is so thankful for Dr. Mehta's advice and they look forward to getting the whole family back on track to a healthier lifestyle.

their self-confidence and self-esteem as their health improves.

Dr. Mehta is happy to consult with any provider who might have questions or want to learn more about the preventive cardiology clinic. Please email her at MehtaS@childrensdayton.org



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