

How do we supplement the picky eater and food averse?

- There is no one answer to this question – different supplements work best for different children but here are some tips:
 - Calcium and Vitamin D are both available as fruit/chocolate chews, wafers, suspension, chewable and swallowable tablets, and supplement powder
 - Remember to be sure you are looking at the **elemental calcium** content. The chart provided at the end of these slides is a quick reference on how to calculate the calcium content in each calcium salt form.
 - May high concentration vitamin D drops can be mixed into food or drinks

Tips on Calcium Supplements:



Many anecdotally report tolerating calcium citrate from GI standpoint over calcium carbonate



HOWEVER, Calcium citrate is only 20% elemental calcium while calcium carbonate is 40% elemental calcium



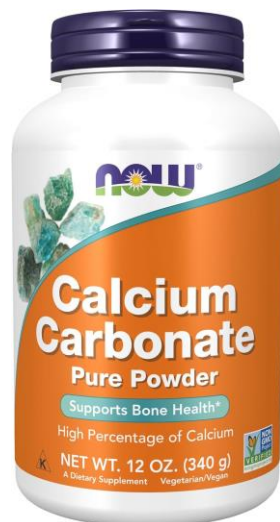
Calcium carbonate prescribed as a suspension (1250mg/5mL) is often able to be run through and covered by most insurances.



On the next slides are some of the ones I direct my families, especially TUMs and their generic varieties, which can be bought in bulk.



For cost purposes, I send them to look on Amazon, Walmart, and Costco/Sam's etc.



Tips on Vitamin D Supplements



Inconsistently, covered by insurance but I always try to send it.



Preemptively explain to families that pharmacy coverage most likely will not cover so they may have to go to the supplement aisle



Be very careful with high concentration drops and capsules due to risk of hypervitaminosis D and hypercalcemia



Always verify concentration of the liquids being purchased by families, ask for pictures, have them bring bottles into clinic or pull up images on Google.

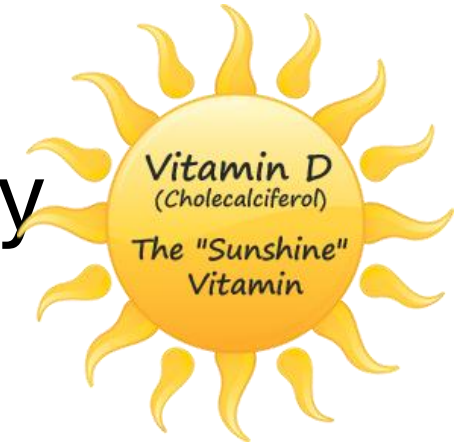


	Elem Ca/tablet	Ca compound	Vitamin D
Caltrate + D	600 mg	Carbonate	800 units
OsCal 500	500 mg	Carbonate	
OsCal 500 + D	500 mg	Carbonate	200 units
Oscal 500 + Extra D	500 mg	Carbonate	400 units
Oscal Ultra	600 mg	Carbonate	500 units
Tums	200 mg	Carbonate	
Tums EX	300 mg	Carbonate	
Tums Ultra	400 mg	Carbonate	
Citracal Ultradense Petites	200 mg	Citrate	250 units
Citracal caplets + D	315 mg	Citrate	250 units
Citracal 250 + D	250 mg	Citrate	200 units
Citracal + D Slow Release	600 mg	Citrate	500 units
Caltrate 600 + soy	600 mg	Carbonate	200 units
Cal-100 with vit D	1000 mg	Carbonate	400 units
Citracal gummy	250 mg	Tricalcium phosphate	250 units
Viactiv plus D + K	500 mg	Carbonate	500 units

	% Elem Calcium
Calcium acetate	25
Calcium carbonate	40
Calcium chloride	27
Calcium citrate	21
Calcium glubionate	6.4
Calcium gluconate	9
Calcium lactate	13
Calcium phosphate, tribasic	39

Recommended Daily Intake

Institute of Medicine and Endocrine Society



Age	Elem Calcium (mg/day)	Vitamin D (IU/day)
0-6 mo	200	400
6-12 mo	260	400
1-3 yr	700	600
4-8 yr	1000	600
9-18 yr	1300	600

Institute of Medicine: 20 ng/mL

Endocrine Society: 20 ng/mL

Most bone docs :

-At risk populations > 30 ng/mL

-Everyone else > 20-30 ng/mL



THE HSC HEALTH CARE SYSTEM

Health Services for Children
with Special Needs, Inc.

DXA Ordering

- Referring physicians are able to order a DXA in advance of a Bone Health appointment, for children > 5 years.
- We do not generally use DXA < 5 years, only in exceptional circumstances
- Please obtain DXAs for children/adolescents only at locations with pediatric specific normative software – typically only pediatric hospitals.
- DXA – Code 77080



PATIENT INFORMATION:

MRN # _____ Name: _____ DOB: ____/____/____
 Parent/Legal Guardian Name: _____ Daytime Phone# _____
 Insurance Information: _____ Authorization# _____
 Required - ICD9/10: _____ Reason for Exam/Symptoms/Diagnosis: _____
 Physician Signature _____ Print Name: _____ Date: _____
 Office Phone: _____ Special Instruction: _____

Please Necessary Exams and LT or RT

DIAGNOSTIC RADIOLOGY

- R _____ L _____
- Airway/STN 70360
- Abd (KUB) 74000
- Abd (Flat/Erect) 74020
- Abd (Flat/Decub) 74020
- Ankle 3v 73610
- Bone Age 77072
- Chest Single 71010
- Chest PA/Lat 71020
- Ch. PA/LT/Decubs 71030
- Elbow 2v 73070
- Elbow 3v 73080
- Femur 2v 73550
- Foot 3v 73630
- Hand 3v 73130
- Hip Unilateral 2v 73510
- Knee Bilateral 1v 73565
- Knee 2v 73560
- Knee 3v 73562
- Pelvis 1-2v 72170
- Ribs Bilateral 3v 71110
- Ribs Unilateral 2v 71100
- Scanogr/Bone Len 77073
- Shunt AV
- Shunt VP 70250 74000
71010
- Skeletal Survey 77076
- Skull 2v 70250
- Skull 4+v 70260
- Sinus 3v 70210
- Spine 2v C T L 72010
- Spine inc/Bending 6v72114
- Spine Cervical 2-3v 72040
- Spine Lumbar 2-3v 72100
- Spine Thoracic 2v 72070
- Spine Scoliosis 1v 72069
- Tibia/Fibula 2v 73590
- Wrist 3v 73110
- Other _____
- BONE DENSITY**
- Dexa Scan 77080

FLUOROSCOPY

- w/Sedation **AN Anes**
- Barium Enema 74270
- Esophagram/UGI 74220
- Feeding Jey Tube P 49441 & 74340
- Feeding GI Tube PI 49440
- Modified BA Swallow 74230
- Small Bowel Follow 74249
- VCIUG 51600 74455
- Other _____
- ULTRASOUND**
- Abd Complete 76700
- Abd Limited 76705
- Abd r/o Pyloric Stenosis 76705
- Brain 76506
- Brain w/Doppler 93888 76506
- Breast 76645
- Extremity R _____/L _____ 76881
- Ankle Elbow
- Foot Hip
- Knee Shoulder
- Wrist
- Other _____
- OB LMP _____ 76805
- OB Twins 76810
- Pelvic 76856
- Pelvic & Transvag 76830
- Renal/Bladder 76775
- Scrotum 93976 76870
- Spine 76800
- Soft Tissue Mass 76536
- Mass _____
- Testicle w/Dopp 93888 76870
- Transcranial Doppler 93886
- Other _____
- PET**
- PET Brain 78814
- PET Comp-skull to thigh 78815
- PET Limited 78814
- PET Whole Body 78816

MRI

- w/Sedation
- Abd w/o & w contrast 74183
- Abd/ Pelvis w/o & w con 74183 72197
- Brain w/o contrast 70551
- Brain w/o & w contrast 70553
- IAC/Brain w/o & w con 70553
- Brain & Sp w/o con 70551 72141
- C T L 72148 72146
- Brain & Sp w/o & w con 70553
- C T L 72156 72157
- Cardiac w Stress 75563
- Face w/o & w contrast 70543
- Ext UP w/o R _____ L _____ B _____ 73221
- Ext UP w/o & with con R _____ L _____ B _____ 73223
- Wrist Shoulder
- Elbow Humerus
- Ext Low w/o R _____ L _____ B _____ 73718
- Ext Low w/o & with con R _____ L _____ B _____ 73720
- Ankle Foot
- Knee Tib/Fib
- Hip Other _____
- MRA/MRV Brain 70544
- MRA Neck 70547
- MR Arthro Joints w con 73721
- MR Enterography 74183
- MR Spectroscopy 76390
- Spine
- C T L 72156 72157 72158
- Neck w/o & w contrast 70543
- Orbits/ w/o & w contrast 70543
- Pelvis w/o & w contrast 72197
- Other _____
- NUCLEAR MEDICINE**
- w/Sedation **AN Anes**
- Bone Scan 78306
- Brain Scan 78606
- Cystogram 51702 78740
- DMSA 78700
- Heart 78459
- Lung 78580
- Liver 78215
- Meckels Scan 78290
- MIBG 78802
- Milk Scan/Gas. Emp 78264
- Renal Cortical 78700
- Renal w/GFR 78707
- Renal Scan/Lasix 78708
- Renogram 78709
- Other _____

CT

- w/Sedation **AN Anes**
- Abd/Pelvis w/o contrast 74176
- Abd/Pelvis with contrast 74177
- Brain w/o contrast 70450
- Brain w/o & with contrast 70470
- Cardiac 75574
- Chest w/o contrast 71250
- Chest with contrast 71260
- Ch/Abd/Pel w con 71260 74177
- CTA Brain 70496
- CTA Abd 74175
- CTA Neck 70498
- Face w/o contrast 70486
- Ext Up w/o R _____ L _____ 73200
- Ext Up with con R _____ L _____ 73201
- Wrist Shoulder
- Elbow Humerus
- Ext Low w/o con R _____ L _____ 73700
- Ext Low with con R _____ L _____ 73701
- Ankle Foot Knee
- Hip Other _____
- Neck w/o contrast 70490
- Neck w/o con & w con 70492
- Orbits w/o con & w con 70480 70481
- Pelvis w/o con & w con 72192 72193
- Sinus w/o contrast 70486
- Spine Cerv w/o contrast 72125
- Spine Lum w/o contrast 72131
- Spine Thor w/o contrast 72128
- Spine
- C T L 72125 72128 72131
- Temporal Bones w/o contrast 70480
- with contrast 70481
- Other _____