The Pancreas Programs at Mid West sites provide specialized care for children with pancreas disorders. We offer organized, coordinated and efficient means to find out if kids have pancreatitis and to treat them. We closely work with pain, endocrinology and surgery teams to provide the best of patient care.

The INSPPIRE 2 study is recruiting children with acute recurrent and chronic pancreatitis from all corners of the United States, Canada, Israel, and Australia. In this newsletter, we are highlighting our sites in the Midwestern United States. Please see below for contact information.

**Consortium for the Study of Chronic Pediatric Pancreatitis and Diabetes and Pancreatic Cancer (CPDPC)**

Identifying the cause and progression of acute recurrent and chronic pancreatitis and how it affects patients and their families. We are looking for treatment options for these children to improve their quality of life.

**Our Team: 26 Centers Worldwide- Meet Our Mid West Teams**

**Masonic Children’s Hospital University of Minnesota**

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Many pain plans include:

1. Use of acetaminophen or a non-steroidal anti-inflammatory drug (for example, ibuprofen). This is a good option right when the pain starts, before it is too severe.
2. A “back-up plan” with a stronger pain medication for times acetaminophen or a non-steroidal anti-inflammatory drug do not produce relief.
3. Tips for when to call the doctor or go to the emergency room, for example, if your child is vomiting, or cannot eat or drink, cannot sleep because of pain, has a fever, or the pain is becoming worse rather than better.
4. A pain management plan for the emergency department, that tells them about your child’s condition and suggested medications to treat them. Be sure and carry a copy in your wallet just in case.
5. Activities your child can practice that will make them feel more in control when they have pain and be able to do more activities when they feel better. Some ideas include:
   a. Physical therapy, stretching exercises
   b. Cognitive behavioral therapy (“talk therapy”)
   c. Aromatherapy or other integrative therapy
   d. Evaluation and treatment for anxiety and depression, if appropriate

Watch your inbox!

Seattle Children’s and the University of Iowa invite you to complete a survey! We want to help youth reduce the impact of pain in their lives by learning more about pain, health, and medication use in youth with pancreatitis and their parents/families. If you receive an email with the subject “Pediatric Pancreatitis Survey Study (INSPPIRE-2)” or similar, please click the link to learn more about the study and participate.

Parents who complete the survey earn a $15 Amazon.com gift card, and youth who complete the survey earn a $10 Amazon.com gift card.