



# The Vanderbilt Pediatric Functional Gastrointestinal Disorders (FGID) Program

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## What to expect during your child's visit:

During your child's visit you and your child will meet with Dr. Anderson, MD, and Dr. Walker, PhD, in the Doctor's Office Tower at Monroe Carrell Jr. Children's Hospital at Vanderbilt. Dr. Anderson is a pediatric gastroenterologist with a special interest in IBS and nutrition. Dr. Walker is a pediatric psychologist with a special interest in treating chronic pain and functional gastrointestinal disorders. Depending on your child's needs, a dietitian may also participate in the visit.

## These are some of the questions that can be addressed at the clinic:

- ❖ Why does my child continue to have pain when all the tests are normal?
- ❖ What did the tests check for? Are any more tests needed?
- ❖ Can any medications, supplements, or dietary changes help my child?
- ❖ What else can help? What about exercise, better sleep habits, relaxation techniques, distraction, breathing techniques, pain coping strategies?
- ❖ Does stress play a role in pain? How? What if my child hurts even when he's not stressed -- does that mean stress doesn't play a role in his pain?
- ❖ My child worries a lot and puts pressure on himself. Could that influence his pain?
- ❖ What can we do to help my child cope with his symptoms and get back to his regular activities?
- ❖ What should I say or do when my child is in pain?
- ❖ Should my child go to school even if he's in pain? Why don't you recommend Homebound schooling? How can we get him to school if he's hurting? What should I tell teachers about his symptoms?
- ❖ Some people think that my child's pain is "all in his head" or that he is "faking it." Is that true? What should we tell people who think that?
- ❖ What are functional gastrointestinal disorders (FGIDs), irritable bowel syndrome (IBS), and functional dyspepsia (FD)? Where can I find good information on the web?
- ❖ Are there any online apps that can help my child cope with pain?

