

Turner Syndrome



The Turner Syndrome Center at Cincinnati Children's Hospital Medical Center provides patients with Turner syndrome comprehensive, interdisciplinary care throughout childhood, adolescence and adulthood. Our pediatric and adult endocrinologists collaborate with specialists throughout the medical center to meet patients' needs at every stage of life. They also engage in novel clinical research that is helping to advance the understanding and treatment of Turner syndrome.

CONTACT US

For patient referrals and non-urgent consultation during business hours, contact the program directly at:

Phone: **1-513-636-0226**

www.cincinnatichildrens.org/turner-syndrome

HOW WE'RE DIFFERENT

The hallmarks of our program are extensive care coordination, lifelong medical supervision and continuity of care for patients with Turner syndrome.

- The Center's core team includes pediatric endocrinologists with extensive experience in caring for patients with Turner syndrome.
- Cardiologists, gynecologists, psychologists, neuropsychologists and otolaryngologists collaborate with our center, providing focused expertise. We can provide referrals to other specialists throughout the medical center, such as nephrologists, audiologists and orthopaedic surgeons.
- A dietitian is available in the clinic to address nutritional concerns, such as failure to thrive, obesity and high cholesterol.
- Although based at a children's hospital, our center provides care for patients through every stage of life. At our adult clinic, patients benefit from the expertise of our clinical staff, who offer expert hormone therapy management, careful monitoring for common comorbidities such as aortic dilatation and, when needed, aggressive treatment.
- A reproductive specialist and genetic counselors are available at Cincinnati Children's to provide further evaluation and discussion for patients seeking additional insight about their reproductive health.



Cincinnati Children's is ranked #3 in Diabetes & Endocrinology and #3 in the nation among Honor Roll hospitals.

TREATMENT TEAM

Endocrinology

Iris Gutmark-Little, MD
Medical Director

Nicole Sheanon, MD
Pediatric Endocrinologist

Sarah Corathers, MD
Adult TS Care

Lori Casnellie, RN
Clinic Coordinator

Adolescent Gynecology

Lesley Breech, MD

Tara Streich-Tilles, MD

Nutrition

Amanda Bachman, RD

Cardiology

Ashley Neal, MD

Nicole Brown, MD

Laura Riley, NP

Psychology

Laura Smith, PhD

Neuropsychology

Melissa Gerstle, PhD



250+

Patients receiving care at our center, which opened in 2000

60+

Patients followed in the adult clinic (established in 2008)

TREATMENT APPROACH

Care coordination begins before the patient's initial visit, when our nurse spends time talking with the parent/caregiver on the phone to learn more about the child's health history, share educational resources and answer questions. Our nurse also obtains the patient's medical records and works with a physician to identify which tests should be scheduled prior to the clinic visit, such as screening labs, echocardiography and renal ultrasound.

Our physicians work closely with other specialists at Cincinnati Children's to develop a treatment plan that addresses the unique needs of each patient. This plan can include:

- Growth hormone therapy
- Estrogen/progesterone replacement therapy, timed carefully to optimize growth and sexual development
- Further testing to detect any cardiac, renal or hearing issues
- Counseling to help patients dealing with anxiety or cognitive learning deficits
- Nutritional counseling and support
- Psychoeducational testing for learning concerns

After the initial clinic visit, patients return every four to six months for checkups. These visits are comprehensive, addressing the patient's medical, emotional and psychosocial needs.

Our team supports special events that bring families together for social interaction and education. We encourage patients and families to attend local Turner syndrome support groups, including one for children and another for adult patients.

RESEARCH TO ADVANCE CLINICAL CARE

Our clinical team conducts novel research studies to identify more effective treatment protocols for patients with Turner syndrome. Some of our current research involves:

- Working with engineers at the University of Cincinnati Medical Center to construct a virtual aortic model using magnetic resonance imaging in order to study specific flow features
- Evaluating hormone replacement therapy, and how it results in ideal uterine size
- Studying how Madelung deformity develops and changes in youth with Turner syndrome

The **Cincinnati Foundation for Research and Education of Turner Syndrome** was created at Cincinnati Children's to raise money to support education and research similar to this, for girls and women with Turner syndrome.

We also support a large database that contains de-identified patient information for clinical and research purposes.

Our physicians publish frequently and speak at national and international conferences on the subject of Turner syndrome treatment and research.