
November E-Newsletter



Welcome to the November CVSA ENewsletter!!



#GIVINGTUESDAY™

November 27, 2018

Save the Date!

Did you miss the Facebook Q&A with Dr. Boles?
Or do you wish you could watch it again?
Well you are in luck.....

[Watch Here](#)

11th Annual CVSA Fundraiser

Silent Auction and Dinner

Sunday November 11th, 2018

1:00-5:00 p.m.

Drkula's

6710 Cahill Avenue

Inver Grove Heights, MN 55076

pulled pork sandwiches, Hawaiian chicken sandwiches, chips,
beans, coleslaw & fixins'

Contact Maria Buhl at 651-238-6946 with any questions.

Support us when you shop this holiday season

Buy your gifts and holiday essentials
at smile.amazon.com.
You shop. Amazon donates.

amazonsmile



Thank you to all that set up fundraisers on Facebook with Facebook Donations!

October Fundraisers

Kennedy Looch
Stephanie Dillon
Kait Haras
India Watkins
Pat Headd
Brittany Dull

Brittany Czerniakowski
Dianna Sivels

*Please note that due to Facebook Privacy settings the CVSA is not always aware of all of the fundraisers that are or have taken place. If you set up a fundraiser please share it with us so that we can Thank You!!

The American Neurogastroenterology and Motility Society recently shared this review on their Facebook Page.

Please note: We try to make every effort to share information regarding advances in the field of functional gastroenterology as soon as possible. Unfortunately, some journals do restrict access and request payment to view the article. We try to share access through PubMed, which has free but limited information on the publication, but we have no control of the access to content thereafter.

Cyclic Vomiting Syndrome in Children and Adults: What Is New in 2018?

Cyclic vomiting syndrome (CVS) diagnosis is rising in adults. CVS is typically seen in children, but there has been a rise in adult diagnosis.

In this review article, they discuss updates on treatments (abortive and pharmacotherapy), diagnostic criteria (The Rome Foundation and NASPGHAN), and comorbidities (#migraine, #anxiety, #IBS, #gastroparesis, #GERD, chronic cannabis use, and #hypertension).

According to the review, adults with CVS had approximately \$400 million in inpatient hospital charges in a two year period, have a worse quality of life when compared to other functional GI disorders, and many adults who are diagnosed with it are disabled with high health care utilization.

Here is a brief summary of the review. Unfortunately, we cannot legally share the entire content of the article.

Of adult CVS patients, 63% were Caucasian, 18% African American, and 6% Hispanic. Adults experience greater delays in obtaining a correct diagnosis of CVS, which are approximately delays of 2.5 years.

On average, children with CVS miss about 24 days of school and approximately 1/3 of adults are disabled and have high health care utilization. Abdominal pain is reported in 67-80% of children and 58-71% of adults and about half of the groups also have migraines as well. Physical and psychological stress were identified as causes of episodes in 76% of patients and in one study (<https://bit.ly/2CXMAzB>), 67% of patients said an unpleasant event was a common trigger.

Comorbidities associated with CVS in children included anxiety and depression, irritable bowel syndrome, limited stamina or chronic fatigue, sleep disturbance, postural tachycardia syndrome, and complex regional pain syndrome. Adult comorbidities included migraine, autonomic dysfunction, anxiety, irritable bowel syndrome, gastroparesis, gastroesophageal reflux, asthma, hypertension, as well as cigarette and marijuana use.

With regards to treatments listed in the review, topics included comprehensive patient education on lifestyle modifications, trigger avoidance, sleep, use of mitochondrial supplements (co-enzyme Q10, L-carnitine, and riboflavin) to improve energy, abortive therapies and antiemetics, prophylactic therapy, tricyclic antidepressants, and additional medications that may help symptoms. Patients benefited from multidisciplinary treatment (gastroenterologist, primary care provider, psychologist, nutritionist, neurologist, and nursing staff).

The review concluded on the need for further research to identify the specific reasons for the cause of the nausea and vomiting and called for an increase in clinical trials to improve treatment options and management of CVS.

[Link to PubMed Article](#)

**Join CVSA President Blynda Killian on
Monday November 12th
See below for more details**



Finally a way to meet people without having to leave your home!

This opportunity is offered by Blynda in California and she hopes it will give the callers a consistent place to get support and hope. Please remember that **you can call in from anywhere in the World!!** Please note the time zone!

Blynda will be holding a meeting **every 2nd Monday of the month at 6:00 PM (Pacific Time)**. This would be 7 PM Mountain Time, 8 PM Central Time and 9 PM Eastern time.

Blynda is a mom of a CVSer and has lots of wisdom and support to offer you .

The meetings usually last about an hour but you are free to hang up when you need to and you are welcome just to listen.

You will dial the call in number which is **1-866-203-9939 (toll free)** promptly at the time the call is scheduled. When prompted you will enter the participant code number which is **62519**

You will be asked to state your name and then you will be joined into the call.

Blynda will greet you and when all callers are on the meeting will start.

If you have any questions , you can email me, Debbie, at the CVSA Office at cvsa@cvsasonline.org. Or call me at 414-342-7880.

I hope you will take advantage of these calls!!



Cyclic Vomiting Syndrome Association, Inc.

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