Mayo Clinic
Children’s Center

MAYOCLINIC.ORG/PEDIATRICS
Mayo Clinic Children’s Center provides comprehensive pediatric care, advanced treatment options, and a seamless health care experience. Referring your pediatric patient to Mayo Clinic means you gain peace of mind by working with physicians who are highly invested in the health and recovery of your patient. The Center understands and supports the importance of the relationship you have already defined with your patient and family, and recognizes that ongoing collaboration and communication with you is essential. From outpatient services to complex inpatient care, when you send your young patients to Mayo Clinic Children’s Center, be assured coordinated care from a multidisciplinary team will be provided.

A referral to Mayo Clinic Children’s Center means you have:

- Subspecialists working in a multidisciplinary center to care for the whole child
- Proven quality outcomes
- Committed, full-circle, physician communications
Referral process

Referring physicians can call Mayo Clinic Children’s Center 1-855-MAYO-KID (1-855-629-6543, toll-free) to:

- Consult with one of our pediatric specialists
- Refer a patient
  - Pediatric medical or surgical specialty care evaluation
  - Multidisciplinary diagnostic evaluation and plan of care
- Request medical transport for emergent or urgent care
- Coordinate nonurgent hospital referrals

Referral information

To request an appointment for your patient, Mayo Clinic will need the following information:

- Name
- Address
- Phone number
- Date of birth
- Indication or reason for referral
- Insurance information
- Referring physician National Provider Identifier (NPI) number
- Services you would like Mayo Clinic to provide

Patient referrals can also be submitted online via the Mayo Clinic Referring Physician Office: www.mayoclinic.org/medical-professionals
Meeting your young patient’s needs

The Children Center’s multispecialty clinics are organized around a child’s primary diagnosis. For best care, more than one subspecialist will routinely participate in a child’s evaluation and treatment. Conditions treated in the center’s multispecialty clinics include:

- Aerodigestive disorders
- Angelman's syndrome
- Anorectal malformations
- Autism and other developmental disorders (Dana Neurodevelopmental Disorders Program)
- Brachial plexopathy
- Brain injury
- Brain tumor
- Cerebral palsy
- Child maltreatment*
- Chronic pain
- Cochlear implant
- Complex oral reconstruction
- Complex scoliosis and spine
- Craniofacial disorders*
- Cystic fibrosis*
- Diabetes*
- Eosinophilic esophagitis
- Epilepsy
- Erythromelalgia
- Facial paralysis
- Feeding disorders
- Fertility preservation for boys and girls
- Fetal surgery
- Friedreich’s ataxia
- Genetic dermatology
- Hemophilia*
- High risk neonatal follow up
- Inflammatory bowel disease (including very early onset)
- Kidney stone*
- Klippel-Trenaunay Weber syndrome
- Lipid disorders
- Marfan syndrome
- Metabolic bone diseases
- Mitochondrial disorders
- Neurofibromatosis*
- Neuromuscular disorders
- Obesity
- Pain rehabilitation
- Palliative care and integrative medicine
- Peroxisomal disorders
- Skeletal dysplasia
- Skin cancer, including melanoma
- Spina bifida
- Sports medicine injury and performance
- Thyroid disorders
- TMJ and facial pain
- Transgender and intersex
- Transplant
  - Bone marrow and stem cell*
  - Heart*
  - Liver*
  - Kidney *
- Trauma
- Turner syndrome
- Vascular anomalies
- Velopharyngeal insufficiency

*Designates nationally recognized Center of Excellence, special accreditation or similar award.
### Pediatric Specialties

Mayo Clinic Children’s Center offers numerous pediatric specialties, often, with more than one subspecialist participating in the care of a child’s treatment.

#### Allergy

- Allergy clinical laboratory and immunizations
- Anaphylaxis, eosinophil and mast cell disorders
- Asthma
- Dermatitis and eczema
- Eosinophilic esophagitis
- Food and drug allergy
- Primary immunodeficiency*
- Rhinitis and sinusitis
- Urticaria and angioedema
- Post-surgery nerve block treatment at home
- Scoliosis surgery enhanced recovery
- Spinal anesthesia for infant circumcision and hypospadias repair

#### Anesthesia

- Critical care anesthesia
- Inpatient acute and chronic pain consultation
- Intrathecal injections of Spinraza for SMA
- Management for complex pediatric patients (e.g., congenital heart disease, pulmonary and tracheal diseases, epidermolysis bullosa, spinal muscular atrophy)
- Multiple procedures under one anesthesia (e.g., combine MRI, EMG or any other procedure or surgery under one anesthesia)
- Outpatient pain, including medication management, injections and blocks
- Pectus excavatum surgery enhanced recovery
- Post-surgery nerve block treatment at home
- Scoliosis surgery enhanced recovery
- Spinal anesthesia for infant circumcision and hypospadias repair

#### Cardiology

- Cardiac catheterization and interventional cardiology
- Cardiac CT and MRI
- Cardiac intensive care unit
- Cardiomyopathy (hypertrophic, dilated, noncompaction, restrictive, arrhythmogenic)
- Congenital heart disease
- Echocardiography*
- Fetal cardiology
- General pediatric cardiology
- Heart failure*
- Heart rhythm and arrhythmias
- Heart transplantation
- Long QT syndrome, sudden death, Mayo Clinic Heart Rhythm Clinic
- Pacemaker and defibrillator implantation
- Pericardial disease
- Pulmonary hypertension
- Sports cardiology
- Syncope
- Thrombotic disorders heart disease
Cardiovascular Surgery

• Congenital heart disease
• Ebstein’s anomaly
• Extracorporeal membrane oxygenation (ECMO)*
• Hybrid procedures
• Hypertrophic cardiomyopathy
• Minimally invasive and robotic surgery
• Neonatal and pediatric cardiac surgery
• Thoracic aortic and endovascular surgery
• Total artificial heart (TAH)
• Valve repair and replacement
• Ventricular assist devices (VAD)

Critical Care

• Continuous renal replacement therapy
• Extracorporeal life support (venovenous and venoarterial ECMO)*
• High frequency oscillation ventilation
• Inhaled nitric oxide therapy
• Invasive and noninvasive mechanical ventilation
• Ventricular assistive device

Dental Specialties

• Complex malocclusion, such as combined jaw surgery and orthodontics
• Orthodontics
• Major oral reconstruction
• Obstructive sleep apnea support
• Orofacial pain
• Periodontics

Child Maltreatment

• Inpatient child maltreatment consultation
• Mayo Clinic Child and Family Advocacy Center*
• Outpatient child maltreatment
**Dermatology**
- Birthmarks
- Complex and routine medical dermatologic disorders
- Connective tissue disease
- Dermatitis and eczema
- Dermatopathology and cutaneous immunopathology
- Diagnostic services for pathologic skin specimens
- Erythromelalgia
- General skin diseases
- Infantile hemangiomas
- Patch testing
- Pigmented lesions
- Psoriasis
- Sturge-Weber syndrome*
- Vascular malformation overgrowth syndromes (ex., Klippel-Trenaunay syndrome)
- Vascular malformations

**Endocrinology, Diabetes, Metabolism and Nutrition**
- Diabetes*
- Lipid disorders
- Metabolic bone disease
- Parathyroid and calcium disease
- Pituitary, gonad and adrenal disorders
- Thyroid disorders/diseases
- Transgender health
- Weight management

**Gastroenterology & Hepatology**
- Advanced therapeutic endoscopy
- Celiac disease
- Esophageal disease
- Familial adenomatous polyposis syndrome
- Gastrointestinal neoplasia
- Inflammatory bowel disease
- Liver disease
- Liver transplant
- Motility disorders
- Pancreaticobiliary diseases

**Developmental & Behavioral Pediatrics**
- Autism spectrum disorder
- Developmental delay
- Intellectual disability
- Neurodevelopmental (Newborn Intensive Care Unit) Follow-up Clinic

**General Pediatric & Adolescent Medicine**
- Autonomic dysfunction
- Complex Care Clinic
- Complex primary care with integrated clinic specialty clinics including asthma, sports medicine, ADHD and developmental
- Inpatient general pediatrics
- Newborn nursery
- Preventative health services
- Community primary care

**Emergency Medicine**
- General pediatric emergency medicine
- Trauma (Level 1 Pediatric Trauma Center)*
**Genetics (Clinical Genomics)**

- Birth defects
- Chromosomal anomalies (such as Down syndrome)
- Conditions that can cause disabilities (such as fetal alcohol syndrome, fragile X syndrome)
- Connective tissue disorders
- Genomics of hearing and vision loss
- Metabolic, neurologic and multisystem disorders (such as mitochondrial disorders and congenital disorders of glycosylation)
- Phenylketonuria
- Rare, single-gene disorders
- Sickle cell disease
- Tuberous sclerosis
- Von Hippel-Lindau disease*
- Williams syndrome

**Gynecology (Adolescent)**

- Adolescent breast disorders
- Complex contraception
- Fertility preservation
- Menstrual disorders
- Menstrual management in developmentally delayed and/or medically complex children
- Polycystic ovary syndrome
Hematology & Oncology

Malignant
- Brain tumors
- Bone and soft tissue tumors
  - Ewing sarcoma
  - Non-rhabdomyosarcoma soft tissue sarcoma
  - Osteosarcoma
  - Rhabdomyosarcoma
- Cutting-edge therapies for cancer
  - Proton beam radiation
  - CAR-T (chimeric antigen receptor T) cell therapy
  - Haplo SCT (haploidentical stem cell transplant for patients in need of a bone marrow or stem cell transplant who do not have a matched family or unrelated donor)
  - Therapy directed by genomic sequencing
- Germ cell tumors
- Leukemia and lymphoma
- Liver tumors
- Neuroblastoma and other adrenal tumors
- Other rare tumors (e.g., nasopharyngeal carcinoma, melanoma)
- Phenylketonuria
- Rare, single-gene disorders
- Retinoblastoma
- Wilms tumor and other kidney tumors

Nonmalignant
- Anemia, neutropenia, thrombocytopenia
- Benign tumors
- Bone marrow failure
- Coagulation disorders
  - Bleeding disorders (e.g., hemophilia, von Willebrand disease, platelet disorders, others)
  - Thrombotic disorders (e.g., protein C deficiency, protein S deficiency, factor V Leiden)
- Langerhans cell histiocytosis and related disorders

Infectious Diseases
- Bone and joint infections
- Hepatitis
- HIV and AIDS
- Infections in immunocompromised patients
- Infections in the returning traveler
- Lymphadenitis
- Meningitis
- Recurrent fevers and infections
- Respiratory infections
- Skin and soft tissue infection, including recurrent MRSA infection
- Tuberculosis
<table>
<thead>
<tr>
<th>Maternal &amp; Fetal Medicine</th>
<th>Nephrology &amp; Hypertension</th>
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<tbody>
<tr>
<td>• Abnormal alpha-fetoprotein (AFP)</td>
<td>• Ambulatory blood pressure monitoring</td>
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<tr>
<td>• Complex maternal or fetal cardiac disease</td>
<td>• Complicated nephrotic syndrome</td>
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<tr>
<td>• Fetal anemia</td>
<td>• Congenital renal tract anomalies</td>
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<td>• Fetal arrhythmia</td>
<td>• Critical care, including continuous renal replacement therapy</td>
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<td>• Fetal bladder outlet obstruction</td>
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<td>• Fetal congenital diaphragmatic hernia</td>
<td>• General pediatric nephrology, including acid-base and electrolyte disorders</td>
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<td>• Fetal surgery</td>
<td>• Hypertension</td>
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<td>• Gastroschisis or omphalocele</td>
<td>• Inherited renal diseases</td>
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<td>• Inherited and acquired thrombophilias</td>
<td>• Polycystic kidney disease*</td>
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<td>• Lower urinary tract obstruction (LUTO)</td>
<td>• Kidney stones, including Mayo Clinic Hyperoxuluria Center</td>
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<td>• Maternal rhesus (Rh) factor disease or atypical alloimmunization</td>
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<td>• Placenta previa or placenta accreta</td>
<td>• Kidney transplant</td>
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<tr>
<td>• Pregnancy complicated by cancer or transplant</td>
<td>• Pediatric dialysis, including peritoneal dialysis and hemodialysis</td>
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<tr>
<td>• Spina bifida</td>
<td>• Renal parenchymal diseases, including hematuria</td>
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<td>• Twin reversed arterial perfusion (TRAP) sequence or acardiac twin</td>
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<td>• Twin-twin transfusion syndrome</td>
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<tr>
<th>Neonatal Medicine</th>
<th>Neurology</th>
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<tr>
<td>• General care nursery</td>
<td>• Cerebrovascular diseases</td>
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<td>• Neonatal intensive care unit</td>
<td>• Developmental delay</td>
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<td>• Neonatal intermediate special care nursery</td>
<td>• Epilepsy</td>
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<td>• Neonatal medical transport</td>
<td>• Headache</td>
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<td>• Telemedicine</td>
<td>• Leukodystrophy</td>
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<td>• Movement disorders</td>
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<td>• Multiple sclerosis and autoimmune neurology</td>
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<td>• Neurogenetic disorders</td>
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<td>• Neurometabolic disorders</td>
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<td>• Neuromuscular disease</td>
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<td>• Neuro-oncology</td>
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<td>• Peripheral nerve</td>
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<td>• Sleep neurology</td>
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</table>
### Neurosurgery
- Arachnoid cysts
- Brain tumor
- Cerebrovascular disease
- Chiari malformation and syrinx
- Craniosynostosis
- Deep brain stimulation
- Epilepsy and seizure
- Fetal surgery for myelomeningocele
- Gamma Knife radiosurgery
- General pediatric neurosurgery
- Hydrocephalus
- Myelomeningocele/spina bifida
- Peripheral nerve tumor
- Pituitary tumor
- Skull tumors and lesions
- Spasticity surgery
- Spinal cord tumor
- Spine disorders
- Stereotactic radiosurgery
- Tethered cord
- Trauma

### Ophthalmology
- Advanced ocular imaging
- Cataracts
- Corneal transplants
- Eye disorders
- Eye trauma
- Eyelid disorders
- Glaucoma
- Medical and surgical disease of the retina and vitreous
- Neuro-ophthalmology
- Oculoplastic and orbital surgery
- Refraction
- Retina
- Strabismus

### Oral & Maxillofacial Surgery
- Cleft lip and cleft palate
- Congenital maxillofacial malformations
- Facial cosmetic
- Facial reconstruction
- Facial trauma
- Implants
- Malignant diseases
- Odontogenic lesions
- Orthognathic surgery
- Salivary gland diseases
- Sleep apnea
- Temporomandibular joint surgery (TMJ), including joint replacement

### Orthopedic Surgery
- Benign bone tumor
- Cervical spine deformity and spinal injury
- Clubfoot care and foot deformity correction
- Developmental hip dysplasia
- Hand
- Limb lengthening and reconstruction
- Non-fusion spinal surgery
- Scoliosis, including early onset scoliosis
- Sports surgery
- Trauma and fracture care
### Otorhinolaryngology – Head & Neck Surgery (Ear, Nose & Throat)

- Airway, laryngeal, and tracheal reconstruction
- Audiology and hearing loss
- Choanal atresia and nasal obstruction
- Cleft lip and cleft palate
- Congenital High Airway Obstruction Syndrome (CHAOS)
- Fetal and newborn airway problems
- Hoarseness, vocal cord lesions, and vocal fold paralysis
- Pediatric head and neck masses and tumors (benign and malignant)
- Sinusitis
- Surgical management of sleep apnea and snoring
- Swallowing and aspiration

### Physical Medicine & Rehabilitation

- Amputee
- Brain injury and stroke
- Cancer
- Concussion
- Developmental delay
- Functional movement disorder
- Inpatient rehabilitation unit*
- Musculoskeletal
- Plagiocephaly
- Seating and wheelchair
- Spasticity
- Spinal cord injury
Plastic & Reconstructive Surgery

- Breast
- Cosmetic
- Craniosynostosis
- Facial reconstructive
- Hand and upper extremity
- Head and neck
- Plagiocephaly

Psychiatry & Psychology

- Addiction
- Anxiety, including weekly groups and intensive program
- Attention-deficit/hyperactivity disorder (ADHD)
- Behavioral Medicine Program
- Bipolar disorder
- Child, Adolescent and Family Services Program, including mood and adjustment disorders
- Chronic illnesses
- Depression
- Integrated behavioral health
- Neuropsychological assessment
- Pain rehabilitation
- Self-injury behavior
- Young child behavioral clinic
Pulmonary

- Asthma
- Bronchiectasis
- Chronic cough
- Cystic fibrosis*
- Hereditary hemorrhagic telangiectasia
- Primary ciliary dyskinesia
- Pulmonary hypertension
- Rare and diffuse lung disease
- Sleep medicine
- Ventilator dependence

Rheumatology

- Autoinflammatory conditions
  - Periodic fever syndromes
- Connective tissue diseases (immune-based)
  - SLE
  - Sclerodermatous conditions
    - Linear scleroderma
    - Morphea
- Inflammatory arthritis
  - Juvenile idiopathic arthritis
  - Spondyloarthropathies
- Inflammatory muscle disease
  - Juvenile dermatomyositis
- Vasculitis
  - Kawasaki disease (usually cardiology)
  - Henoch-Schonlein purpura (HSP)

Radiation Oncology

- Abdominal
- Anatomical 3D printing lab
- Body MRI
- Cardiovascular
- Fetal MRI
- Musculoskeletal
- Neuroradiology
- Nuclear medicine
- Thoracic
- Ultrasonography, including small bowel ultrasound to follow inflammatory bowel disease
- Vascular and interventional
<table>
<thead>
<tr>
<th>Sleep Medicine</th>
<th>Speech Pathology</th>
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<tr>
<td>• Center for Sleep Medicine*</td>
<td>• Alternative and augmentative communication</td>
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<tr>
<td>• Central apnea</td>
<td>• Apraxia of speech</td>
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<tr>
<td>• Circadian rhythm sleep disorders</td>
<td>• Autism</td>
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<tr>
<td>• Hypersomnia disorders, including narcolepsy</td>
<td>• Cleft palate and velopharyngeal insufficiency</td>
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<td>• Insomnia</td>
<td>• Dysarthria</td>
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<td>• Obstructive apnea</td>
<td>• Extended evaluation and diagnostic therapy</td>
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<tr>
<td>• Restless legs*</td>
<td>• Flexible endoscopic and videofluorographic evaluation of swallowing</td>
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<tr>
<td>• Sleep problems related to underlying medical, neurological or psychiatric disorders</td>
<td>• Hearing impairment and cochlear implant</td>
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<td>• Inpatient speech and language consultation</td>
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<td>• Outpatient speech and language assessment and treatment</td>
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<td></td>
<td>• Speech and language delays</td>
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<td>• Stuttering</td>
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<td>• Voice disorders</td>
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Sports Medicine

- Athletic training
- Comprehensive evaluation and treatment of sports injuries
- Nutrition analysis and counseling
- Sports concussion
- Sports psychology
- Sports-specific performance training programs

Surgery

- Achalasia and intestinal motility disorders
- Advanced pediatric surgical care, including minimally invasive surgical techniques, separation of conjoined twins and fetal surgery
- Anorectal malformations and acquired anal disorders
- Congenital anomalies, including pulmonary malformations, bowel atresia, diaphragmatic hernia and Hirschsprung’s disease
- Familial adenomatous polyposis syndromes
- Hernia, hydroceles and other scrotal conditions
- Ileoanal anastomosis (J-pouch) surgery
- Inflammatory bowel disease, including Crohn’s disease and ulcerative colitis
- Liver and biliary disorders, including biliary atresia, choledochal cyst and gallstones
- Multidisciplinary care of gynecologic disorders including tumors, cysts and congenital anomalies
- Pectus deformities
- Solid organ tumors, chest wall masses and pulmonary nodules and malignancies

Urology

- Bladder extrophy and cloacal anomalies
- Disorders of sexual differentiation
- Fertility preservation
- Genitourinary cancers (Wilms’ tumor, testicular, rhabdomyosarcoma)
- Hydronephrosis
- Hypospadias
- Kidney stones
- Undescended testicles
- Ureteropelvic junction (UPJ) obstruction
- Urinary incontinence and voiding dysfunction
- Vesicoureteral reflux

*Designates nationally recognized Center of Excellence, special accreditation or similar award.
Children’s Research Center

The Mayo Clinic Children’s Research Center collaborates on pediatric and adolescent research projects focusing on a wide range of topics including cancer, congenital heart conditions, chronic complex disorders, mental health, infections, wellness and more. For more information, please visit: mayo.edu/research/centers-programs/childrens-research-center
REFERRING PROVIDER PORTAL
Use our referring provider portal to submit referral requests and view your patients’ Mayo Clinic medical records at the same time we do.
mayoclinic.org/medical-professionals

INSURANCE
Mayo Clinic has agreements with many insurance carriers, third-party administrators and employers. Patients should check with their insurance plan for specific coverage details before confirming an appointment with our scheduling office.
mayoclinic.org/insurance

CONTINUOUS PROFESSIONAL DEVELOPMENT
Mayo Clinic School of Continuous Professional Development offers a unique learning experience for today’s health care professional. Educational activities enhance and enrich your medical knowledge and improve your service to the patient.
ce.mayo.edu

CLINICAL TRIALS
Research is an integral part of Mayo Clinic. Mayo Clinic physicians are actively engaged in a wide range of novel clinical research, offering patients promising experimental agents and devices. Mayo Clinic investigators work together with the referring physician to optimize patient care.
www.mayo.edu/research/clinical-trials

MAYO MEDICAL LABORATORIES
Mayo Medical Laboratories (MML) is the global reference laboratory of Mayo Clinic. MML provides highly specialized testing and pathology consultation across all medical sub-specialties for patients around the world.
mayomedicallaboratories.com
Mayo Clinic Children’s Center

1-855-MAYO-KID

(1-855-629-6543, toll-free)
Complex Pediatrics Care Model

Mayo Clinic Complex Care Program

Mayo Clinic Children’s Center provides comprehensive pediatric care, advanced treatment options, and a seamless health care experience for children and their families. With more than 200 medical providers in 40 medical and surgical specialties, Mayo Clinic experts provide care to more than 50,000 children and teenagers every year.

EXPERTISE AND EXPERIENCE
Mayo Clinic pediatric specialists have significant expertise and experience in treating children with all types of diseases and disorders, including complex and rare diseases. Mayo Clinic Children’s Center ranks highly in numerous pediatric specialties in the annual U.S. News & World Report rankings for best children’s hospitals.

COMPLEX CARE COORDINATION
Mayo Clinic’s pediatric and adolescent medicine team serves families of children and teenagers who have complex conditions as well as physicians who refer patients to help manage complicated cases. Many parents turn to Mayo Clinic when they haven’t found answers for their children at other medical centers. The General Pediatric and Adolescent Medicine Clinic offers comprehensive evaluations and treatment for children with problems that may not fit into a single subspecialty.

TEAM APPROACH, TAILORED TO EACH CHILD’S NEEDS
Mayo Clinic pediatric experts focus on one child and family at a time. Working as a team, medical professionals from various specialties communicate with families to set goals and develop a customized evaluation and treatment plan for each child.

ALL THE ADVANTAGES OF MAYO CLINIC
At Mayo Clinic Children’s Center, teams of experts from various specialties collaborate to create a patient-centered practice for children and their families. Pediatric and adult specialists work together to provide the best expertise and transition of care when it’s appropriate — creating a continuum of care throughout every stage of life.
Physicians and scientists at the Children’s Research Center at Mayo Clinic are at the forefront of research, including groundbreaking clinical trials that lead to innovative therapies and the best care models to improve healthcare for newborns, children and teenagers.

Our pediatric experts use state-of-the-art diagnostic and treatment techniques and the latest technology, including the Proton Beam Therapy Program for children with certain types of tumors. Compared with conventional radiation therapy, proton beam therapy targets the tumor more precisely, allowing controlled doses while sparing surrounding healthy tissues and organs.

**COMPREHENSIVE CHILDREN’S HOSPITAL AND OUTPATIENT SERVICES**

In Mayo Clinic’s family-friendly environment, pediatric specialists work as a team to meet each child’s needs, as an inpatient or outpatient. As a Magnet hospital recognized for nursing excellence, children are cared for by dedicated pediatric nurses. Child life specialists offer unique services for our smallest patients. Mayo Clinic also offers medical transport services, critical care response teams, pediatric pharmacists, dietitians, social workers, family advisors, spiritual care and many more pediatric services.

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**PATIENT STORY**

*From restless legs to dancing feet.*

For the first four years of her life, Savannah Brock didn’t sleep more than a few hours at a time. Though desperately tired, the child couldn’t fall or stay asleep due to an unrelenting urge to move her legs.

While Savannah’s parents knew something was wrong, medical tests didn’t reveal the cause and medication didn’t help. Then they met a Mayo Clinic pediatric sleep specialist who listened to the family’s story and pinpointed the problem.

“It is not unusual for children with restless leg syndrome to go untreated for years,” says Suresh Kotagal, M.D., Department of Neurology at Mayo Clinic. “Restless leg syndrome is underrecognized and underdiagnosed in children.”

Treating patients with restless leg syndrome involves providing enough iron supplementation to cross the blood-brain barrier to correct the neurodeficiency.

For Savannah, who had a severe case of the illness, intravenous infusion therapy was required to provide an adequate amount of iron, while avoiding gastrointestinal side effects that are typically seen with oral iron treatment. Dr. Kotagal also prescribed Savannah the nerve medication gabapentin.

Not only did Savannah’s first infusion allow her to sleep for sustained periods, but as a result of the treatment, Savannah became less emotional, more focused and better at managing relationships, says Savannah’s mother, Kelly.

Savannah returned home to Mississippi and to the care of her local pediatrician who’d been given literature from Dr. Kotagal on the condition and how to manage it. Every six weeks, she received a blood test. The results were sent to Dr. Kotagal who closely monitored her iron levels to ensure that she didn’t develop an iron excess.

Two years ago, when Savannah was nine, her medical team began decreasing the iron supplements. “As of today, she’s on no medicine at all, and she’s doing great,” adds Kelly.
Mayo Clinic Children’s Center

With more than 200 medical providers in 40 medical and surgical specialties, our experts provide care to more than 50,000 children and teenagers every year.

**MAYO CLINIC CHILDREN’S CENTER SPECIALTIES AND SUBSPECIALTIES**

- Allergy and immunology
- Anesthesiology
- Cardiology
- Cardiovascular surgery
- Child and family advocacy
- Community pediatric and adolescent medicine
- Critical care
- Dermatology
- Developmental and behavioral pediatrics
- Emergency medicine
- Endocrinology and metabolism
- Gastroenterology and hepatology
- General pediatric and adolescent medicine
- Genetics (medical)
- Gynecology, adolescent
- Hematology and oncology
- Infectious diseases
- Maxillofacial surgery
- Neonatal medicine
- Nephrology
- Neurology
- Neurosurgery
- Ophthalmology
- Orthopedic surgery
- Otorhinolaryngology
- Physical medicine and rehabilitation
- Plastic and reconstructive surgery
- Psychiatry and psychology
- Pulmonology
- Research
- Rheumatology

**MULTISPECIALTY CLINICS AND CENTERS (3 OR MORE SUBSPECIALTIES)**

- Adrenoleukodystrophy Clinic
- Aerodigestive Clinic
- Angelman Syndrome Clinic
- Asthma Center
- Bariatric Surgery Clinic
- Brain Injury Program
- Brain Tumor Clinic
- Cerebral Palsy Clinic
- Chemotherapy/Radiation Long Term Effects Clinic
- Childhood Sarcoma Clinic
- ComPASS (Palliative Care and Integrative Medicine)
- Congenital Heart Clinic
- Craniofacial Clinic
- Cystic Fibrosis Center
- Dana Child Developmental and Learning Disorders Program
- Eosinophilic Esophagitis Clinic
- Epilepsy Clinic
- Erythromelalgia Clinic
- Feeding Program
- Fetal Surgery Program
- Friedreich’s Ataxia Clinic
- Hemophilia/Coagulopathy Clinic
- Immunodeficiency Disorders Clinic
- Inflammatory Bowel Disease Clinic
- Long QT Syndrome Clinic
- Marfan Syndrome Clinic
- Neurodevelopmental Follow-up Clinic
- Pain Clinic
- Pain Rehabilitation Center
- Pediatric Diagnostic Referral Clinic
- Pediatric Level 1 Trauma Center
- Renal stone clinic
- Spina Bifida Clinic
- Spinal Deformities Clinic
- Sports Medicine Center
- Transplant Center
- Travel Clinic
- Vascular Malformations
- Velo-Pharyngeal Insufficiency Clinic
OTHER SPECIALTY CLINICS AND PROGRAMS

- Attention Deficient Hyperactivity Disorders (ADHD) Clinic
- Anxiety Disorders Clinic and Intensive Therapy Program
- Arrhythmia and Device Placement Clinic
- Child and Adolescent Intensive Mood Program (CAIMP)
- Constraint Induced Movement Therapy Program
- Dermatology Genetics Clinic
- Diabetes Clinic
- Facial Paralysis and Reanimation Clinic
- Fertility Preservation
- Functional Movement Disorder Program
- Heart Failure Clinic
- Hyperlipidemia Program
- Learning Disorders Assessment Clinic
- Metabolic Bone Clinic
- Mood Disorders Clinic
- Neuromuscular Clinic
- Plagiocephaly Program
- Proton Beam Therapy Program
- Pulmonary Hyper tension Clinic
- Thyroid Nodule/Thyroid Cancer Clinic
- Transitions Program
- Transgender Clinic
- Voiding Clinic
- Weight Management Clinic