



PennState Health
Milton S. Hershey
Medical Center

IBD News

Inflammatory Bowel Disease Center
Spring/Summer 2021

IBD Direct Line: 717-531-3998
pennstatehealth.org/services-treatments/ibd-center

IBD and Pregnancy

Comprehensive Management with Nana Bernasko, CRNP, DNP, WHNP-BC

The Penn State Health IBD Center is proud to offer our pregnant patients the opportunity for enhanced follow-up with Nana Bernasko, an IBD Nurse Practitioner who is also board certified in Women's Health. Bernasko will see each patient once during each trimester of pregnancy. During the visits, she will focus on strategies to help patients maintain remission, nurture a healthy pregnancy and manage medications appropriately. She will also transition them to post-delivery IBD care. Bernasko focuses on the effects of medical therapy on mom and baby, as well as nursing and well-baby care after delivery. We are fortunate to have this program as part of our IBD Center.



Crohn's & Colitis Foundation Virtual Walk, Saturday, June 12, 2021

Join Our Team

As described on the Crohn's and Colitis Foundation (CCF) website, Take Steps is more than just an event. It is a community that brings together patients, caregivers and friends in a celebration that will leave you feeling empowered and inspired. The central Pennsylvania walk is virtual again this year and planned for Saturday, June 12, 2021. Please join our Penn State Health team and help us raise funds for this organization that has done so much for the IBD community. Last year, the central Pennsylvania walk raised \$54,000. This year, the goal is \$76,500, so we need all of you to help. Please go to the event page below and join our team!



Event Page: cctakesteps.org/centralpa

Hershey Team Page: online.crohnscolitisfoundation.org/goto/Hershey

Pediatric Corner

The Pediatric IBD Clinic Now Sees Patients in Reading

It can be overwhelming to learn that you or your child has IBD. People ask questions such as: How will this be treated? Will it go away? What can I eat? How do I tell my friends? Is it safe to receive vaccines?

The pediatric IBD clinic is a place where all these questions and more will be answered. Inflammatory bowel disease doesn't just affect the intestines – having the disease affects all areas of life, including the family's. In our clinic, a physician, nutritionist, social worker and nurse work together to provide education and care for all areas of life affected by IBD. We recommend that pediatric IBD patients be seen in the clinic annually to make sure everything medically possible is being done to keep them as healthy as possible. Routine care will still be provided by the primary pediatric gastroenterologist.

The pediatric IBD clinic in Hershey will continue to be located at the Milton S. Hershey Medical Center in the University Physician Center, Suite 1100. Dr. Marc Schaefer, nutritionist Tammy Drasher and social worker Kayla Teeples provide the pediatric clinic once a month at the Penn State Health St. Joseph Medical Center Medical Office Building in Reading, Pa.

If you are interested in scheduling a pediatric IBD clinic appointment, please call:

Pediatric IBD Clinic
University Physician Center, Suite 1100
Hershey, PA
717-531-6807

Pediatric IBD Clinic
Penn State Health St. Joseph Medical Center
2494 Bernville Road, Suite 106
Reading, PA
610-898-1800

UPCOMING EVENTS

Crohn's & Colitis Foundation (CCF) Take Steps Virtual Walk

Saturday, June 12, 2021

Gastroenterology and Colorectal Surgery Update, Internet Live Course

Friday, June 11 and Saturday, June 12, 2021

IBD Support Group Reunion

Outdoor picnic tentative date:

Wednesday, August 4, 2021

6 – 8 p.m.

For more information, email Rachael Wentzel
at gotgutshhmc12@gmail.com

IBD Patient Symposium

Tuesday, September 14, 2021

6 – 9 p.m.

Spooky Nook, Lancaster, PA

Contact Anne Bobb at 717-531-3998, option 2
then option 3



The lion stands watch in front of Penn State Health St. Joseph Medical Center in Reading, Pa.

IBD AND COVID-19

Special Supplement
Spring/Summer 2021

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IBD and the COVID-19 Vaccine

The Penn State Health IBD team of physicians and health care professionals are so grateful that we can finally discuss protection from COVID-19 with our patients. All vaccinations have been developed and approved through a three-phase clinical trial process. In an effort to get vaccines to market quickly, the Food and Drug Administration (FDA) implemented a process of reviewing and approving a vaccine under Emergency Use Authorization (EUA). An EUA enables the FDA to speed up the review, approval and availability of vaccines during public health emergencies, like the COVID-19 pandemic. It's important to understand that, even with the expedited approval, all COVID-19 vaccines approved went through the three phases of vaccine clinical trials.

The vaccinations currently available are Pfizer BioNTech, Moderna and Johnson & Johnson. Here's what you need to know about all three vaccines:

The **Pfizer-BioNTech** and **Moderna** vaccines contain messenger RNA (mRNA), which is genetic material. The vaccines contain a small piece of mRNA from SARS-CoV-2, the virus that causes COVID-19. It instructs cells in the body to make the virus's distinctive "spike" protein. When people receive this type of vaccine, their bodies produce copies of the spike protein, which does not cause disease, but triggers the immune system to learn to react defensively, producing an immune response against SARS-CoV-2.

The **Johnson & Johnson** vaccine contains a modified version of a different virus than the one that causes COVID-19. Inside the shell of the modified virus, there is material from SARS-CoV-2. This is called a "viral vector." Once the viral vector is inside our cells, the genetic material gives cells instructions to make a protein that is unique to SARS-CoV-2. Using these instructions, our cells make copies of the protein. This prompts our bodies to launch an immune response and it will remember how to fight the virus if we are infected in the future. This vaccine is currently on hold secondary to concerns for blood clots found in a small number of patients.



- The Pfizer-BioNTech COVID-19 vaccine is an intramuscular injection administered as a series of two doses, three weeks apart.
- The Moderna COVID-19 vaccine is an intramuscular injection administered as a series of two doses, four weeks apart.
- Johnson & Johnson, the vaccine currently on hold, is a one-time intramuscular injection.
- Some individuals are questioning whether getting the COVID-19 vaccine is right for them. We have all heard conflicting reports, which can add to anxiety. Here are some recommendations from the CCF to help to manage your worries as you consider the COVID-19 vaccine:
 - Limit your information sources to reputable medical organizations that provide specific data and references about the vaccine instead of message boards, blogs or other websites that may be vague about their sources of information.
 - Any extreme language – either positive or negative – about the COVID-19 vaccine is probably incorrect.
 - If you are unsure about getting the COVID-19 vaccine, try creating a pros and cons worksheet.

Discuss your worries with your IBD team. If this does not help with your anxiety, you may want to meet with a counselor or therapist. Our message is clear: get whichever vaccine you can get, as soon as you can get it!



PennState Health
Milton S. Hershey Medical Center



Penn State Health Milton S. Hershey Medical Center
Marketing and Communications, CA260
P.O. Box 855
Hershey, PA 17033

Inflammatory Bowel Disease Center Locations

Adult:

Penn State Health IBD Center
200 Campus Drive, Suite 3200
Entrance 4
Hershey, PA 17033
Phone: 717-531-3998
Fax: 717-531-0567
Hours: Monday - Friday, 7:30 a.m.-5:00 p.m.

Penn State Health Medical Group – Colonnade
32 Colonnade Way
State College, PA 16803
Phone: 814-272-4445
Fax: 814-272-4450
Hours: Monday – Friday, 8:00 a.m.-5:00 p.m.

Pediatric:

Penn State Health IBD Center
200 Campus Drive, Suite 1100
Entrance 4
Hershey, PA 17033
Phone: 717-531-3998
Fax: 717-531-0783
Hours: Monday–Friday, 7:30 a.m.-5:00 p.m.

Penn State Health St. Joseph Medical Center
2494 Bernville Road, Suite 106
Reading, PA 19605
Phone: 610-898-1800
Hours: call for availability

Have you just discovered our newsletter? Sign up for email delivery of future issues on our website at pennstatehealth.org/services-treatments/ibd-center