



o o o o



Rady Children's Health

SALTY TIMES

SUMMER
2026

Inside this Issue

- Labs: What Are We Looking For?
- Tips for Summer
- Recipe Corner
 - Ravioli Lasagna
- Protein Power
- Team Spotlights
 - Sarah Cuevas, PharmD
 - Tricia Lenhart-Pendergrass, MD, PhD
 - Martha Lum, RRT, RPFT
- Clinic Artwork
- Patient Spotlight: Jackson

Also Featuring...

- CFF San Diego and Imperial Counties info & events
- Experience of Care
- MyChart Sign-up
- Clinic Contacts

Routine CF Monitoring Labs: What Are We Looking For?

Stacey Mount, RN

Each year, you hear the dreaded words – “It’s time for labs!” But do you know why or what we are looking for?

True, it is part of the guidelines from the Cystic Fibrosis Foundation, however, it’s not just a check in the box. Each lab test helps the CF Team to take a look inside the body and see if anything isn’t working the way it should be. Below is a brief description of the lab tests we order and what your providers are checking in on.

Comprehensive Metabolic Panel (CMP): this test looks at different substances in the body (proteins, enzymes, electrolytes and minerals). This test is good to screen for or monitor certain health conditions. It is another good indicator of overall health and can show how well the kidneys and liver are working.

Complete blood count (CBC):

this test looks at the amount of and quality of blood cells. This test is a good indicator of overall health. Abnormal findings can help detect a possible medical condition that may need further attention.

A complete blood count test measures the following:

- Red blood cells, which carry oxygen
- White blood cells, which fight infection
- Hemoglobin, the oxygen-carrying protein in red blood cells
- Hematocrit, the amount of red blood cells in the blood
- Platelets, which help blood to clot (Mayo Clinic)

Routine Labs Continued...

Basic Metabolic Panel (BMP): similar to a CMP but does not include the blood tests that help monitor liver function

Hepatic Function Panel: measures different substances produced by the liver to monitor overall liver health and detects signs of liver injury or disease. The values in this test can be increased during a cold/illness and often return to normal after a few weeks.

Vitamins A, D, E: Measures the amount of these vitamins in the body. This shows the team how well the body is absorbing nutrients from foods and vitamin supplements. Having too much or too little of these vitamins can have side effects that may or may not be obvious.

IGE: Immunoglobulin E is an antibody that is made by your immune system in response to allergens or certain types of infections. It helps the doctor evaluate for allergic bronchopulmonary aspergillosis (ABPA), which occurs in some people with CF who have been exposed to *Aspergillus fumigatus*. This test is included with yearly labs starting at age 6. It is important to screen each year so that specific treatment can be started if needed.
(CFF.org)

GGT: Gamma-glutamyl Transferase is an enzyme that helps doctors monitor the liver. It is used in combination with the Hepatic Function Panel or the Comprehensive Metabolic panel to look at liver health.

DCP: des-gamma-carboxyprothrombin is a protein that is caused by low levels of vitamin K. We use this test to see if vitamin K is being absorbed by foods and/or vitamin supplements.

Have more questions?

Please ask your care team at your next visit.

Need help getting labs done?

Ask your CF nurse for tips and tricks.

Glucose Tolerance Test or Oral Glucose Tolerance test (OGTT):

This test is the standard test to diagnose diabetes. CF related diabetes is a complication of cystic fibrosis. Screening begins at the age of 10 and continues yearly. If abnormal, the test is repeated with more lab draws to check blood sugar and insulin at various times. This is to confirm results as well as give our Endocrinologist (diabetes doctor) more information about how the body is processing glucose and making/using insulin.

This test requires fasting (no eating or drinking) for 8 hours. After baseline blood glucose levels are checked, a sugary beverage (glucola) must be drunk. Then blood is drawn again 2 hours later. During the expanded OGTT, blood is drawn every 30 min after the glucola.

Team Spotlight

Sarah Cuevas, PharmD ★

Pediatric Clinical Pharmacist

Hometown: Bishop, CA

Q:How many years have you worked in CF at Rady's?

A: 10 years!

Q:What does it mean to you to be the biggest San Diego Padres fan in the region?

A: It was an honor to just be nominated.
I proudly accept. Go Padres!

Q:Who is the funniest person on our CF team?

A:Jenn or Stacey (*the entire team disagrees with this answer and unanimously votes that Sarah in fact wins this title)

Q: If you could only eat dessert for the rest of your life what would you choose?

A:Mango Sorbet

Q:Ocean or Pool?

A:Ocean. I want to see the sea animals.



TIPS FOR SUMMER

Summertime is coming! Many times, during summer, we become a little more laid back and take breaks from scheduled regular exercise. If you don't already have something planned and in the books for your children to keep active and get moving, here is a list of things you can do to keep lung health going in the right direction. Many of these activities can be done at any age. Even some of the activities designed for toddlers.

- **Blowing bubbles** Not just the soapy kind. Try blowing bubbles at bath time, in the pool, in your glass of milk (sorry mom).
- **Straw Wars** Use straws to blow cotton balls across the table. Use tape to design a football field with markings to see who can blow the cotton ball the furthest.
- **Go Swimming** Take lessons, see how long you can hold your breath, swim across the pool under water, throw toys that sink and retrieve. If you don't have a pool available, the beach is a great free alternative. Some of these "games" may not be able to be done, but just getting in the water would be great for lung health.

These are just some examples to stay moving this summer. If we make any of these a competition; our teens will get involved and keep their lungs healthy. Make a sticker chart or keep track of progress and see if they can beat their personal best next time.

HAPPY SUMMER & STAY ACTIVE

- **Take a Hike** The beauty of living in Southern California is that we have many places to hike. You can do easy hikes or for our more advanced hikers, go all out and do the hard trails. Take a picture of yourself at the summit and share them with us at your next CF clinic appointment. Walking in our neighborhoods is also a great way to get some exercise. Be sure you're walking at a nice brisk pace, so you get all the benefits.
- **Learn to play a wind instrument** There are many instruments that are great for our lungs. Playing the flute, trombone, saxophone, clarinet, or even the harmonica. They take a lot of breath control and are great at getting your lungs a great workout.
- **Bagpipes** Another beautiful wind instrument. If you have ever wanted to learn to play the bagpipes, please check out [Pipes for the People](#). They are offering free lessons and instruments to our patients with CF. YAY!!!



Recipe Corner - Ravioli Lasagna

This is a quick, easy, and perfect dinner. for everyone Enjoy! - Sandy

Prep time: 20 Min, Cooking time: 40min, Serves 8

Ingredients:

2 (9 oz) packages four cheese ravioli,
prepare according to directions,
15oz ricotta cheese, whole milk
1 package of frozen chopped spinach,
thawed and squeezed dry
2 large eggs lightly beaten
1/3 cup whole milk
1 jar (24 oz) Marinara Sauce
1/4 cup grated parmesan cheese

1. Preheat oven to 350F degrees
2. Grease a 9 x12 baking dish
3. Combine ricotta cheese, spinach, eggs and milk in a medium bowl
4. Place 1/2 the pasta in baking dish
5. Cover 1/2 of the sauce
6. Spread the cheese mixture on top
7. Repeat pasta, sauce layers
8. Sprinkle with parmesan cheese
9. Cover with foil and bake 40-45 until heated through
10. Let it stand for 10 min before serving



Protein Power

By Sandy Salzedo, CF dietitian

Protein is an essential nutrient for everyone, and it plays an especially important role in the diet of people with cystic fibrosis. Every cell in the body contains protein. Proteins are made from chemical building blocks called amino acids, which the body uses to build and repair muscle, and to make enzymes and hormones. Protein can also serve as an energy source. For children and teens, adequate protein is crucial for healthy growth and development.

Protein is found in a wide variety of foods, including beef, lamb, pork, poultry, fish and seafood, dairy products (such as milk, cheese, and yogurt), nuts, seeds, and legumes (such as lentils, tofu, and beans).

The nutritional value of a protein depends on the amount of essential amino acids it provides. There are 20 amino acids, and 9 of them are considered essential, meaning the body cannot make them and must obtain them from food. Animal-based foods (like chicken, beef, fish, and dairy products) contain large amounts of all essential amino acids and are considered high-quality proteins. Some plant-based foods, such as soy products (like tofu), quinoa, and buckwheat, also contain all essential amino acids, though in smaller amounts. Other plant proteins—such as beans, lentils, nuts, and whole grains—are considered “incomplete” because they are low in one or more essential amino acids. However, eating a variety of plant foods throughout the day can help provide all the essential amino acids the body needs, alongside additional nutrients like fiber.

Good Sources of Protein

Food	Protein grams
4 ounces tuna, salmon, haddock, or trout	27
3 ounces cooked turkey or chicken	19
1 cup plain Greek yogurt	17
½ cup cottage cheese	14
½ cup cooked beans	7
1 Cup milk	8
¼ cup or 1 ounce of nuts (all types)	5-7
1 Egg	6
1/3 cup Quinoa	6
1/3 cup Rice, Pasta	3

*Note that this is a general list and does not account for your child's specific food allergies/intolerances.

Team Spotlight

Tricia Lenhart-Pendergrass, MD, PhD 🌟

Assistant Clinical Professor

Hometown: Seattle

Q: How many years have you worked in CF at Rady's

A: Almost 4!

Q: What would you be doing as a career if you were not a Pulmonologist?

A: I would run my own bakery/coffee shop 🍪🍰☕

Q: What would your perfect meal be?

A: Sushi, sushi, and more sushi! 🍣🍣🍣🍣

Ice cream for dessert. 🍦🍦

Q: Share 3 words to describe our CF Team:

A: Committed, Connected, Caffeinated :)

Q: What are the top 3 things playing in your earbuds on repeat lately:

A: Birds of a Feather - Billie Eilish 🐦

All Too Well (10 min version) - Taylor Swift (never gets old as far as I am concerned!)

Amy Poehler's podcast "Good Hang"





Team Spotlight

Martha Lum, RRT, RPFT ✨

Respiratory Care Practitioner

Hometown: Escondido, CA

Q: How many years have you worked in CF at Rady's

A: 9!

Q: Share 3 reasons you love working with our CF families?

A: I want to walk along side them, help them succeed and watch them live the best lives they can live!

Q: What is the best movie you've ever seen?

A: Anne of Green Gables!

Q: If you could travel to any place in the world right now, where are you heading?

A: I'd go on a European River Cruise (Budapest to Prague with a side trip to Austria to see the Sound of Music sites)

Q: Favorite cuisine?

A: Italian.

Tips for getting more protein in your diet:

- Add a nut-butter sandwich. Choose natural peanut butter or other nut spreads with no added sugar or fillers.
- Use cottage or ricotta cheese. Both low-fat and full-fat versions are high in protein. Stir them into scrambled eggs, casseroles, mashed potatoes, or pasta—or simply spread on toast.
- Incorporate nuts and seeds. They add crunch and protein to salads, roasted vegetables, and curries. Toasted pine nuts or flaked almonds are especially delicious in a green salad.
- Boost meals with beans. Add beans to soups, casseroles, and pasta sauces. A drained can of cannellini beans blend easily into vegetable soups or stews.
- Enjoy hummus as a snack or spread. Pair it with fresh vegetable sticks or use it on sandwiches for an easy protein boost at lunch.
- Use Greek yogurt throughout the day. Add it to breakfast cereal, swirl a spoonful into pumpkin or vegetable soups, or serve it with fresh fruit for a simple dessert.
- Make the most of eggs. They're versatile, quick to prepare, and work well on their own or mixed into many dishes.

Patient Spotlight

Patient Spotlight: Jackson Gould

By Kate Gould (mother)

"Jackson is a competitive gymnast at North County Gymnastics. This season he competed at Level 5 Division 1 and qualified for Regionals in Reno, NV where he placed first in rings and first in vault with a perfect 10.0! Now that season is over, Jackson has started training Level 7 skills and can't wait for next season. When he isn't in the gym you'll find him on the wrestling mat, hanging out with his friends, and getting ready for his freshman year of high school."



Get Involved With Your CF Center!

Become a **Parent Advisor** to the CF Team!
Interested?

Email Stephanie at
slord@palloaltou.edu
for more info.



Submit an article!

We accept submissions from families to share their perspective of living with CF.
You can also share a cool experience your child had or any of their artwork.
If interested, please send a MyChart message to your team!



Contact Us

Stacey Mount, Program Coordinator (858) 966-1700 ext 224562
Jenn DePoy, Clinic Nurse

Denay Gonzales, Social Worker (858) 966-1700 ext 225340

Ashley Henderson, Social Worker (858) 966-1700 ext 224212

Sandy Salzedo and Katie Horton
Dietitians (858) 966-1700 ext 225016

Martha and Savannah
Respiratory Therapists (858) 966-5982

Dr. Akong and Dr. Pendergrass (858) 966-5846, option 1

Lisa Ramos, Research Coordinator (858) 966-1700 ext 224127

How to sign up for Mychart

Please visit:
www.rchsd.org/mychart-information/enrollment/

Or

Sign up at your next visit at the
check in desk





Patient Artwork



CF FOUNDATION CARES



WE HAVE A NEW NAME!



SAN DIEGO AND HAWAII CHAPTER



For San Diego,
Imperial, and
the 5 Hawaiian
Counties

CF Ravioli Lasagna		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	275.6	
	% Daily Value*	
Total Fat	14 g	18 %
Saturated Fat	7.1 g	35 %
Trans Fat	0.2 g	
Cholesterol	88.7 mg	30 %
Sodium	757.1 mg	33 %
Total Carbohydrate	25.3 g	9 %
Dietary Fiber	3.1 g	11 %
Total Sugars	7.2 g	
Added Sugars	1 g	2 %
Protein	13.5 g	
Vitamin D	0.6 mcg	3 %
Calcium	227.6 mg	18 %
Iron	1.9 mg	11 %
Potassium	554.5 mg	12 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at cronometer.com

References:

1. Rady Children's Protein education list
2. Cleveland Clinic, 12/06/20200, what are complete proteins?
<https://health.clevelandclinic.org/do-i-need-to-worry-about-eating-complete-protein>
3. National Cancer Institute, Ways to add protein to your diet. <https://www.cancer.gov/about-cancer/treatment/side-effects/nutrition/add-protein>
4. Cystic Fibrosis Foundation Nutrition Basics.

○○○

Rady Children's Health

SALTY TIMES