

Awesomely Aware BY JEN WONG

In 2012, we started Cri du Chat Syndrome International Awareness Week to help raise awareness so that parents would not have to go through the same outdated inaccurate doom and gloom speech many of us went through when our child was first diagnosed. We nervously launched Awareness week unsure of the response we would get. I was pleasantly surprised by the positive response from around the world. I was encouraged by last year's activities and excited to see what our CdCs family would create for this year. After this year's Awareness week was over, to say I was blown away is an understatement. It was incredibly exciting to see Facebook lighting up with all the different ideas families were doing to raise awareness. I love that one parent came up with a simple idea to wear stripe socks, one long and one short, to represent the missing 5th chromosome. How awesome is it to see your idea being used around the world!! I loved all the creativity; using Smarty candies, Fruit Striped gum, wearing 5P- shirts from either the spring fundraiser or CafePress or some creating their own. We had many brave parents give presentations at schools, community organizations, grocery stores, and hospitals, some for the first time! We even had a few CdCs children make their "celebrity" debut in news articles and even on TV!! Our children are definitely some of our best Ambassadors. Who could resist their bright smiles and personalities?!!

What I loved most about this year is how simple ideas created such a HUGE response. Raising awareness or fundraising can seem overwhelming to many. Trying to figure out how to accomplish such a monumental task seems too much to take on for some. Yet this year, many of you showed us how it doesn't have to be big, expensive, or a large event to be successful. Reaching out to simply your child's community of teachers, medical professionals, therapists, and friends can create a big impact. Also, starting out small can give you the confidence to try a bigger event for next year. I am already eagerly anticipating what families are going to come up with for next year. However, remember awareness is not a once a year event. You can create awareness all year long. Awareness week is just the beginning to what we can do the rest of the year.

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Meet the Super Heroes of 5p-

<http://5pminus2014conference.blogspot.com/>

The Grand Hyatt is sold out!! We have an overflow hotel. La Quinta Inn & Suites San Antonio Riverwalk, 866-527-1498 opt 1 and tell them you are with the 5p Minus Society. The hotel's address is 303 Blum, San Antonio, TX 78205. The room rate is \$139 plus taxes and there is a parking fee of \$21 per night. The hotel has complimentary breakfast. The La Quinta is about a block away from the Grand Hyatt. If you have any problems making your hotel reservation, please contact Laura at director@fivepminus.org.



Next year, I would love to see more families getting together with each other in their local areas. It can be as simple as a fun day at the park or at someone's home. When the simple seed is planted, it can grow to get-togethers like the Ohio families weekend of fun and support.

I would like to thank Laura Castillo and the International Awareness Committee for all their pre-planning in creating such a successful week. Also, I would like to thank all the families and friends who participated. The world should not be deprived of knowing the beauty of our children and all they have to offer.

I hope to see you in San Antonio!

5P– HALL OF FAME NOMINATIONS NOW BEING ACCEPTED

It's that time of year to honor those Parents, Grandparents, Siblings, Therapists, Doctors, Friends, Teachers, Relatives or Support individuals for going above and beyond to assist not only their relative or friend with Cri du Chat Syndrome but also the 5p– Society. This year the 5p– Society has added a fourth category of Superhero of the Year. Please get your nominations in to the 5p– Society office by June 25th. Nomination forms can be obtained by contacting Laura at director@fivepminus.org or download a copy at <https://www.facebook.com/groups/385907554759706/882004381816685/>

LEARN SHARE CONNECT

Blogs to follow:

- * <http://livingwithcriduchat.blogspot.com/>
- * <http://elastamom.com>
- * <http://livingwithcriduchatmosaicism.blogspot.co.nz/>
- * <http://mikeandbrittanierickson.blogspot.com>
- * <http://thissideofordinary.blogspot.com>
- * <http://beautifulunexpectedjourney.blogspot.com>
- * <http://www.cdcslovehope.com/blogspot.com>
- * <http://clairematilda.wordpress.com>
- * <http://crazyincognito.blogspot.com>
- * <http://myriversride.wordpress.com>
- * <http://allaboutvayla.blogspot.com>
- * <http://brennanandcalebsmom.blogspot.com>
- * <http://praiseyouinthestorm.com>
- * www.prayforellee.org
- * <http://notquiteearthmother.wordpress.com>
- * <http://tricia-themama.blogspot.com>
- * www.angelarichey.blogspot.com/
- * <http://lessonsfrommydaughter.me>
- * <http://martianmommy.blogspot.com>
- * <https://www.facebook.com/sophieourgift>
- * <http://mydanceintherain.org>

YouTube Videos to Watch

- [5p– Society “I Can” video](https://www.youtube.com/watch?v=2AEvN0-6M6I)
<https://www.youtube.com/watch?v=2AEvN0-6M6I>
- [Adam & Tyler Buckner on KASA morning news! 5/30/2014](http://kasa.com/2014/05/29/cru-du-chat/)
<http://kasa.com/2014/05/29/cru-du-chat/>
- [Cri du Chat Awareness US](https://www.youtube.com/watch?v=GbWDG3JXFL4)
<https://www.youtube.com/watch?v=GbWDG3JXFL4>
Video to increase awareness of Cri du Chat in the US and across the globe. By Larry McSeed
- [Cri du Chat Awareness Video—Australia Support Group](https://www.youtube.com/watch?v=V6wk4bFVz2g)
<https://www.youtube.com/watch?v=V6wk4bFVz2g>
Australia Support Group awareness video for 2012 Awareness Week.
- [Cody promotes the 2012 Denver Conference](https://www.youtube.com/watch?v=A47tRTi8YPw)
<https://www.youtube.com/watch?v=A47tRTi8YPw>
- [International Cri du Chat Syndrome Awareness—Meet Nellie](https://www.youtube.com/watch?v=zw2joxiYjR4)
<https://www.youtube.com/watch?v=zw2joxiYjR4>
- [Emma's “Steps of Faith”](https://www.youtube.com/watch?v=giW_iP5ibr8&feature=youtube_gdata_player)
https://www.youtube.com/watch?v=giW_iP5ibr8&feature=youtube_gdata_player
- [Documentary by Maria Ripoli](http://www.cromosomacinco.com/)
<http://www.cromosomacinco.com/>

Books to read:

A Book to my son Nathan: <http://www.mixbook.com/photo-books/interests/blank-canvas-8309369?vk=ymWDIdOAWC>

Raised by my Child by Sally D. Yantis-Grube, 2011—Mom to Heidi, 18-year-old with Cri du Chat Syndrome.

Her Name is Montel, by Casey Evans, 2005—Dad to Montel, 20-year-old with Cri du Chat Syndrome.

5P- SUPPORT CREW—BARSTOW HIGH SCHOOL

On May 8, 2014, Laura and Katie Castillo came to Barstow High School, in Barstow, CA. This was not a short trip for them, but spanning the miles resulted in a bridging of the gap between academically “learning” about 5P-, and really “understanding” 5P-. What a magnificent opportunity for BHS students, and (as the result of media coverage), the High Desert.

It started with T-shirts.

Three sophomore English classes were told about Cri du Chat Syndrome as a preparation for a research assignment on syndromes and disabilities. Three of the students made T-shirts stating that they were the **5P- Support Crew**, while others made the commitment to wear “stripy socks” the following day. Laura Castillo saw the T shirt pictures and was moved enough to come to BHS with Katie, the following day!

Here is a bit of what the students wrote, when asked to summarize the visit:

“As coming from a family with many severely ill family members, I had an understanding of what it is like for Katie and her family. When she came to our class I did not see her as a woman with an illness, I saw her as an average person; my average. I admired the way Mrs. Castillo and Katie were honest with us and I was proud that my class showed that we care.”—Vanity A.

“After the video and after we looked at the fact sheet, the real learning began when they (Laura and Katie) asked us if we had any questions...I know how it feels to be looked at differently, so I talked to her (Katie) like I would talk to any of my friends. I asked her what her favorite movie is and what kind of music she listens to... In all reality, there isn't too much separating them (people with 5P-) from us.”—Treston S.



“Mostly it's an issue of understanding and adapting our world to make it a safe and loving place for people with Cri du Chat to reach their potential. Katie is a unique individual and this is a once in a lifetime opportunity to get to know her.”--Bernace F.

“I'm sure it is hard for parents when their child is different from what they had expected. I want to thank Mrs. Castillo and Katie Castillo for helping us to understand this syndrome and for inspiring us. Someday we could have a child with a genetic abnormality. They

showed us that we can live with that possibility. Mrs. Castillo is amazing!”--Eric P

“Someday, Cri du Chat/ 5P- Syndrome will be a household name and people will be as aware as we are about Down's syndrome or Autism.” --Briana R.



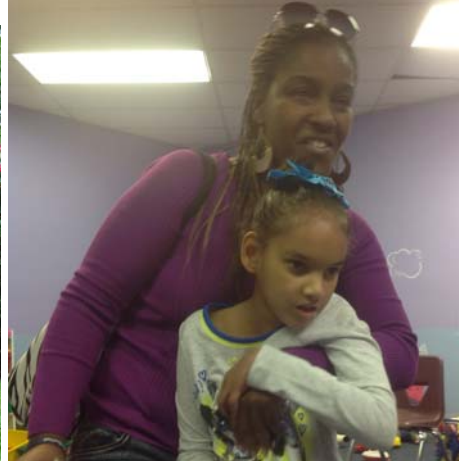
Katie Castillo, a 26-year-old with Cri du Chat Syndrome, became an Ambassador of the 5p- Society, spreading awareness during International Cri du Chat Awareness week with a tabling event in front of Ralphs Super Market on Sunday, May 4, to kick off the week.

On Wednesday, May 7, Katie was asked to aide in her aunt's Kindergarten class. Katie handed out cards to the class, the *Smarties* candies to represent the two 5th chromosomes (one was whole and the other was missing a few candies). She also handed out a sticker of the International Cri du Chat Syndrome Awareness Week mascot C5 to the kiddos. She led them in singing and read a story to the kids. She also played shark and minnows. Guess who was the shark??



SOUTHEAST MINI CONFERENCE *BY SHARI CAMPBELL*

On Saturday, May 10, International Cri du Chat Awareness Week ended with a bang as eleven families attended the "Mini Conference" in Alabama. Great day of fun with many thanks to Saraland Shiloh Baptist church where Robert Lutz is Pastor. They did a fabulous job entertaining us, feeding us and most importantly keeping our children safe and occupied during the sessions and chat times!! Volunteers from Camp Smile were on hand to assist and keep the kiddos entertained and safe.



KAYLA SPREADS AWARENESS *WITH A LITTLE HELP FROM HER MOM, DENISE!*

Kayla enjoyed spreading the word of Cri Du Chat!! 1st we had an article put in our local paper, then we had a yard sign made and placed it in the yard for the week. On Sunday we set up a table at our local grocery store to hand out information. We had pencils with blue ribbons, wrist bands, small disk flyers, and sign language print outs to pass out along with Cri Du Chat information sheets. We also went to Kayla's dentist office, her doctor she had as a

child, her current doctor, the local clinic, Camp Evergreen and TLC day care to spread the word. We went to her old classroom from High School and passed out information there as well. We contacted our 3 elementary schools and they all said NO THANK YOU for us to come in which really surprised me. Why not is what I thought, but we tried. I think in all we passed out over 400 information sheets :)



Denise and Kayla Ladwig



FAMILIES SPREADING AWARENESS



The Hammond Family of Ingersoll, Ontario, Canada participated in International Cri du Chat Awareness week. Board member, Christy Hammond, bought striped socks for 11-year-old Grant's entire class to help kick off the week on Monday. This was a big hit. The school Principal was so taken by the idea that he declared Friday "Stripe Day" and encouraged all students and staff to wear stripes that day in recognition of Cri du Chat Awareness Week.



The story published in 3 local newspapers with a combined audience of 105,000; The Woodstock Sentinel Review, The Ingersoll Times, and the Oxford Review



July 26th, 2013 was the first time I saw my father cry. It was a day that changed my family forever. It was the last day that I would look at my 2 ½ year old sister without hope, curiosity, and faith. It was the day that answered our questions and concerns. It was the day that Kaya became rare, a miracle, a blessing, a celebration, a fighter, a hard worker, strong, motivated, and stubborn. It was the day that my family officially became part of the Cri du Chat Syndrome/5p- family.

That moment on July 26th, 2013 when Kaya's geneticist told my family that she had Cri du Chat we were heart broken, devastated, in disbelief. How could this be? I for one was in major denial. She could talk, walk, but she chooses to run mainly. She was delayed, yes, but she was figuring things out. I did not want to believe that she was going to struggle for the rest of her life. I worried that people wouldn't accept her, or would treat her badly. I asked my mom to not tell people with the exception of close family. I wasn't ashamed, I was just scared for her, I guess I was scared for all of us. I thought about how I would handle the first time I witnessed someone making fun of Kaya or teasing her. Just the thought made my blood boil. As time went on, my family became more aware of Cri du Chat. I realized that Kaya was still the same feisty happy little girl that she was before she had a diagnosis. I realized that she could do anything with help and support.



As Awareness week was approaching my mom started talking about how she wanted to promote awareness. That's when I came up with the idea to send the board of directors of my swim team a letter to ask if I could raise donations for Cri du Chat by swimming 500 yards for Kaya. What started off as a one person swim a thon, turned into so much more. About forty swimmers ranging in ages 5 to 18 from my team joined me on May 5, 2014 to participate in the first annual "Kickin' it for Kaya" Cri Du Chat Awareness Fundraiser. It was amazing, swimmers and their families came out to support not only Kaya, but all of you. With the support of my wonderful swim team Tinley Park Thunder, "Kickin' it for Kaya" raised \$3,325.21. Best of all, my Go fund me fundraising site <http://www.gofundme.com/8k9fdc> had over 900

views, how's that for spreading awareness? Mira Cutrara (14) (Proud sister of Kaya- 3 years old CdCS) Tinley Park, Illinois

FAMILIES SPREADING AWARENESS BY ASHLEY ROUILLARD



as we wanted families to enjoy a very fun and affordable afternoon out! As the weekend approached I carefully peaked through my fingers each day to see that the weather was going to co-operate.....it looked like rain up until the morning of. It was like someone was watching over us....the clouds rolled away and the sun popped out and it turned into a most beautiful afternoon!!

One of the greatest part's of the afternoon that day though was getting to meet two other families who have children with Cri Du Chat. We have never been to a conference, but after meeting these two families I cannot wait to attend one. For a moment in time you just feel so normal. It was the greatest feeling ever and we are so glad to have gotten to meet those two families :) The evening event was for adults and featured live music by Now and Then, a husband and wife team who sing along to the likes of Jimmy Buffet. We also had a penny sale, half and half draws, and a late night buffet.



On Saturday, May 10th, 2014 in honor of Cri du Chat awareness week, we held our first Cri du Chat awareness fundraiser in Fonthill, Ontario. After Nolan's rough patch last year and being in and out of the hospital, my husband and I decided it was time to pay it forward to some of the great organizations who have been so very helpful to us over the past six years and we thought what a week to do it...we can raise awareness and funds all at the same time. The event was an all day event which was geared towards children during the day and included.....bouncy castle's, face painting, live music by Please and Thank You children's hip hop, magic show, Elmo, Raffle table, penny sale table, games, balloon twisters, cotton candy, and BBQ lunch. We kept the cost of this extremely low

The event raised just over \$3,000.00 with \$500.00 going to the 5p- society, \$500 to the Niagara Children's Centre where Nolan attends therapy, \$500 to the Niagara Children's Centre School where Nolan currently attends, \$500 to the Ronald McDonald Room at our local children's hospital which provides snacks, drinks, laundry facility, internet, and toiletries while staying at the hospital with your child. The remainder was used to help offset some of the cost's of Nolan's new communication device that he will be taking with him to his new school this September. During the event we were so very lucky to be in the spotlight of not one but two of our local newspapers, as well as on a local radio station to raise the awareness for Cri du Chat. Looking back it was definitely a lot of work but I would do it again in a heartbeat, if it meant raising awareness for Cri Du Chat. As parent's we are Nolan's #1 advocate and we believe the first step is educating others!!!!!!

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AWARENESS WEEK—IN THE NEWS!!!!

It was an exciting week for the 5p- Society and Cri du Chat Syndrome. Several families shared their stories, received media coverage and were even on live television. Thanks to Chairperson, Nick Wallace, and committee new comers Julie Faqir and Evelyn Sifuentes for their time and involvement in helping to make this an event to remember. Here is a small sample of what happened:

- * **Disability World** lists International Cri du Chat Awareness Week in the calendar of National Health Observances and May 5 as Cri du Chat Day;
- * Jacob Losen, of Illinois, was in a newspaper article entitled "Living With Cri Du Chat," which ran Thursday, May 8. It can be found on pg 33 and 46, at <http://etypservices.com/SWF/LocalUser/Kendall11/Magazine52978/Full/files/mobile/index.html#1>;
- * Adam & Tyler Buckner, of New Mexico, were interviewed live on 2KASA This Morning News. See the interview at <https://www.youtube.com/watch?v=Gg8wZ4qBi3E>
- * Fact Cards were created for awareness week and over 1000 handed out all over the world!! First Responder Cards were also created and posted on the National Fraternal Order of Police website;
- * Maria Jose Rodrigo and her daughter Maggie on Argentina's "Los Doctores" medical information show;
- * Stripy Socks Campaign goes viral with individuals around the world participating. FaceBook and Twitter posts used #criduchat.



STRIPY SOCKS CAMPAIGN—A WEEK IN PICTURES

Enjoy pictures around the world shared during awareness week. Yes, even the pets got involved!!



Every year, there are children that are born with **Cri du chat syndrome** and due to the rarity of the syndrome and the lack of information, these children slip through the cracks and are not diagnosed, or are **misdiagnosed**. Every year, there are families that are presented with information, about their child's syndrome, from the 1970's. Stating that their child **will not walk, talk, and may die at an early age**. This information is not necessarily true, and something needs to be done about it. We are here to remedy these issues. Our **hope** is that we are able to raise **awareness** of **Cri du chat syndrome** and to get the most up to date information into the hands of medical professionals around the world. We don't want another family to slip through the cracks and for another family to **live-in-fear** that their child may die at an early age.

The only special need I have is to be accepted just the way I am.

Both children and adults with this syndrome are usually **friendly** and **happy**, and enjoy social interaction. With early and consistent educational intervention, as well as **physical** and **language** therapy, children with **SP-syndrome** are capable of reaching their fullest potential and can lead full and **meaningful** lives.



Remember adding #CriDuChat when you post a photo showing your support for Awareness



CdCS Motor Skills Study
Columbia University
Department of Physical Therapy



Dr. Laurel Daniels Abbruzzese, professor at the Columbia University in the Department of Physical Therapy, and her research team are conducting an investigational research study looking at motor skills in children with Cri du Chat Syndrome (CdCS). Dr. Abbruzzese is inviting you and your child to be a part of this study. The research team is learning how individuals with CdCS balance, walk, and perform everyday functional activities. Participants should be between 5 and 15 years of age and be able to walk 3 meters (~10 feet). Dr. Abbruzzese will report her findings in a future newsletter.

If you and your child would like to participate in this study, your child will be asked to do a few tests that involve him/her to perform activities that he/she would usually do at home or at school. The tests will assess your child's strength, balance, and coordination. All of the tests will be explained to you and your child before performing them. Your child does not have to perform all the tests. The research team will also ask questions about what activities your child is able to do well and those that are difficult for him/her to perform. All personal identifying information will be kept confidential and will not be used in the study.

Dr. Laurel Daniels Abbruzzese and her team will be conducting the research at the San Antonio Conference this summer (you do not have to attend the conference to participate). If you are interested in participating or if you have any questions please contact Dr. Abbruzzese at (212)305-3916 or by email at la110@columbia.edu.

NEW MEMBERS 2013-2014

Welcome all the new members to the 5p-
Society families from around the world . . .

Aker—Cullman, Alabama
Alberino—Westerly, Rhode Island
Arafat—Palestine
Avery—Ashburn, Georgia
Bailey—Cheyenne, Oklahoma
Berry—Morton, Minnesota
Blakely—Buena Park, California
Bourne—Rochester, New York
Buckner—Albuquerque, New Mexico
Burger—Centurion, Republic of South Africa
Carter—Essexville, Michigan
Carvin—Tacoma, Washington
Cepero—Lawrenceville, Georgia
Chamlee—Ellenwood, Georgia
Comegys—Bear, Delaware
Cutrara—Tinley Park, Illinois
Daley—Lynnfield, Massachusetts
Dziedzic—Chicago, Illinois
Erdly—Lewisburg, Tennessee
Estep—Sias, West Virginia
Felice—Coram, New York
Giaccone—Farmingville, New York
Gregory—Bedford, Texas
Guzman—Wood Dale, Illinois
Herrera—Mabton, Washington
Herrera—Elizabeth, New Jersey
Hurley—Springboro, Ohio
Koop—Surrey, British Columbia, Canada

Kuklina—New York, New York
Lambert—Mobile, Alabama
LeFort—Summerside, Prince Edward Island, Canada
Leming—San Diego, California
Liska—Chandler, Arizona
Loveless—Suphur Springs, Indiana
Lutz—Saraland, Alabama
McClellan—Cedar Park, Texas
Man—Montreal, Quebec, Canada
Martin—Ripley, West Virginia
Martinez—Fayetteville, North Carolina
Martinez—Poteet, Texas
Masson—Sullivan, Missouri
Matthews—Stafford, Texas
Morin—Terryville, Connecticut
Nielsen—Doha, Qatar
Nigrelli—Narragansett, Rhode Island
Paddock—Waterbury, Connecticut
Palsson—Reykjavik, Iceland
Pasquale—St. Augustine, Florida
Perez—Pomona, California
Provencher—Rumford, Maine
Ragland—Wallan, Victoria, Australia
Reed—Centerville, Ohio
Reid—Fullerton, California
Rondeau—Oxley Park, Australia
Rouillard—Welland, Ontario, Canada
Sanchez—El Centro, California
Sheppard—Lewiston, Idaho
Shipek—Eastlake, Ohio

Sierra—Country Club, Illinois
Soza-Cotton—Santa Cruz, California
Staton—Overton, Nevada
Stone—Norman, Oklahoma
Suhocki—Millstone, New Jersey
Summers—Pittsburg, Pennsylvania
Thornhill—Pittsburg, Pennsylvania
Van Broeck—Gaverland, Belgium
Walker—St. Louis, Missouri
Williams—Pearland, Texas
Wilson—Meridian, Idaho
Wood—Boise, Idaho
Wright—Princeton, Illinois
Wright—Chesterville, Ontario, Canada
Zamudio—Burbank, California

If your name is not on this list it could be that you are not on the 5p- Society's database. To become a member of the 5p- Society, please fill out and return a basic membership form. You can send an email to director@fivepminus.org to obtain a form, or go to <https://adobeformscentral.com/?f=%2ArmXLNoDY7rJ8I4Z4iU2dA> and register and pay online. For more information please contact Laura at 888-970-0777.

CONSTIPATION AND PROBIOTICS *BY TAMMY DAWSON*

Hi Parents & Family of CDC children. I wanted to share my discovery & experience of PROBIOTICS.

Like so many of our sons/daughters, they battle with constipation issues. My son, Allan, has battled this issue all his life. We have tried mineral oil, prune juice, enemas and daily doses of Miralax as well as adding extra fiber as much as possible with no luck. The norm for him all his life has been having perhaps "1" Bowel movement every 7 days which we all know would be discomfoting to say the least. I have been looking for answers all his life to try and help him find relief in this area.

I honestly believe that our sons/daughters just learn to live with this chronic condition as uncomfortable it must be. I have even thought to myself that it may even play a role in their behaviors which so many seem to have more so at a younger age, at least for my son it was far more difficult. LIKE so many of you, we have had this discussion with our Dr.'s over the years about how to overcome the constipation issue and all I ever got from Primary Dr.'s as well as specialist was to add more fiber and take Miralax daily which as we all know if taken daily will only lead to loose runny stools and a mess and headache for those whom are caring for them. So while using that method I had to learn to try and find the right dosage and amount to give Allan. And here again would basically only lead to one bowel movement on a weekly basis. I also started giving him active yogurt and more peaches and pears as apart of his daily diet.

Then recently I discussed with my Specialist (Gastro) this matter not only about myself as a IBS sufferer but about " Constipation" in general. I was told to research "Probiotics" and that they are finding that this dietary supplement is finding to be a relief to many whom suffer various Digestive issues that often lead to constipation / diarrhea.

So I took his advice and did some research and spoke with a friend of mine whom is into all natural holistic medicine/ treatment. She said it saved her from having to take various prescription medications for her issues and has given her so much relief over the last couple of years. So long story short, I took Allan to see his primary doctor because I have been finding him sitting on toilet for hour at a time struggling to have a bowel movement and she as well informed me that I need to start him on " PROBIOTICS." She said we should see a change very soon. So Allan and I left there and went to local Drug store and I ended up purchasing " Natures Bounty Ultra Strength Probiotics" and gave him the recommended dosage in the car and went about our business. We were out running errands and Allan informed me he had to go pooh pooh so we went home and sure enough he had a bowel movement. At that time I gave no thought to it. Was just thinking it was time.

I give the probiotic to Allan each day when he would arrives home from school, and sure enough he has a bowel movement every night. So a week went by and was thinking perhaps a coincidence; the 2nd week went by and he was still continuing to go each and every day. This now has been going on for approximately 6 to 8 weeks. I have been very happy with the results. For us it has been a life saver. I will say though that I thought I would buy in bulk at Costco a different brand. But that brand did not work for Allan. I had a difficult time finding the original product so I ordered online. Sure enough as soon as it arrived, I gave Allan the recommended dosage and he had a bowel movement within 3 hours. If you decide to give this a try you may have to find what band works for you.

I have heard that for some refrigerated Probiotics is supposedly even better but I figured if it isn't broke why fix it for now. So my advice would be, if you are looking to administer to anyone younger than 18, discuss with your Pediatrician or doctor before giving to your child. I hope that I have shed some light in regards to possibly finding something that will actually conquer our sons/daughters constipation issues. And perhaps in due time we will find out if indeed this is something that definitely needs to be apart of CDC children's daily diets. Good luck to you all.



Do you like to shop at Amazon.com? Do you have AmazonPrime? Help the 5p- Society raise some *easy* money by shopping through AmazonSmile. When you go to <http://smile.amazon.com/ch/48-1022202> and register the 5p- Society (Lakewood) as your charity of choice, the 5p- Society will receive a percentage of your purchase. It works with AmazonPrime too!! Thanks for your continued support!!!

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groups/385907554759706/](http://www.facebook.com/groups/385907554759706/)

Yahoo Group Page: 5pminus
[http://health.groups.yahoo.com/
group/5pminus/join/](http://health.groups.yahoo.com/group/5pminus/join/)

HAVE YOU SEEN IT?

Thanks to Adam Greenberg and his team the "I Can" video production is complete. You can see it at [https://
www.youtube.com/watch?
v=2AEvN0-6M6I](https://www.youtube.com/watch?v=2AEvN0-6M6I)



SUPPORT AND REPRESENT—WEAR YOUR GEAR



Hats and wristbands can be purchased through the 5p- Society. Clothing, drinkware and other items through www.cafepress.com/5pshop. 5p- logo t-shirts will be offered again in the fall or in limited sizes at the conference.