

Dr. Lonnie Zeltzer: Abdominal Pain, Anxiety, and How to Help Your Teen During COVID-19 Part Three

COVID-19 and online school have created extra stress and anxiety for teens, especially for those with pain. Both anxiety and stress can be triggers for pain that can lead to weight loss, weight gain, abdominal pain, and gastrointestinal issues. Teens who have pain with eating may even begin to develop disrupted eating patterns as an attempt to escape these symptoms. Stress-related disrupted eating patterns can lead to weight loss or weight gain. The mind-gut connection is a powerful one... but we know how it works!

Creative Healing for Youth in Pain (CHYP) hosted an ONLINE community event for parents about teen eating, abdominal pain, and food avoidance during COVID-19. This 3-part webinar series was designed to flow together, however you may choose to watch one at a time. Participants guided the conversation with an interactive Q+A during the course of the event (by using the chat function of Zoom).

March 16th - Lonnie Zeltzer, MD, Distinguished Research Professor of Pediatrics, Anesthesiology, Psychiatry and Biobehavioral Sciences at the David Geffen School of Medicine at UCLA - Director of the UCLA Pediatric Pain Research Program - Co-Director of the Whole Child LA Pain Clinic - President of Creative Healing for Youth in Pain - Author of Pain in Children and Young Adults: The Journey Back to Normal

<https://www.youtube.com/watch?v=G-Wk1odD3XU&t=264s>