

MAY 2026



Child Neurology &
Consultants of Austin
Neurology – Rheumatology – Sleep

CN&CA SNIPPETS

CN&CA Updates and Helpful Health Tips



WELCOME!

Dear CN&CA Families,

Welcome back to **CN&CA Snippets!**

We're excited to share another edition of our clinic newsletter - a quick way to stay connected and keep you in the loop with health tips, clinic news, and helpful updates for your family.

Whether your child sees us for neurology, rheumatology, or sleep care, we're grateful to be part of your team and appreciate the trust you place in us.

Warmly,
The CN&CA Team
Child Neurology & Consultants of Austin

NEWS AND UPDATES

*New Migraine Treatment
Infusion Center*

Is Your Child Hypermobile?

Epilepsy Support Groups

TNS Honors Dr. Keough

Headache School Forms

Sleep Hacks

2 Sisters. 2 Rare Diseases.

San Antonio Clinic

Super Doctors

Hope for Harvey

CN&CA in the Community



www.childneurotx.com



(512) 494-4000



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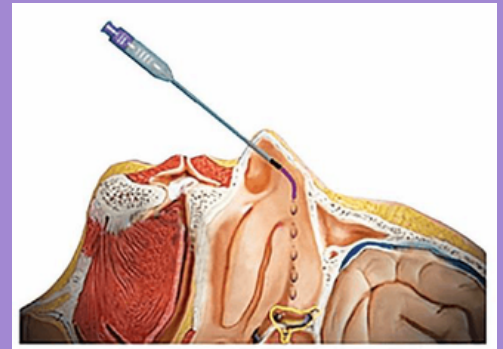
NEW MIGRAINE TREATMENT OPTION

If your child struggles with migraines, there may be another treatment option to help. An SPG (sphenopalatine ganglion) block is a gentle, quick treatment that may help calm migraine pain fast.

This non-invasive treatment targets a group of nerves linked to headaches and migraines. The procedure only takes a few minutes and does not involve needles.

SPG blocks are offered through our Headache & Migraine Program, where our team works closely with families and their child's neurologist to explore additional treatment options when migraines continue despite other therapies.

To learn more about SPG, see our [headache & migraine injections](#) page or speak with your CN&CA care team.



Did you know?

Your child can receive infusion treatments at CN&CA even if their specialist is outside our practice.

Families love our:

- ✦ Kid-friendly environment
- ✦ Experienced pediatric team
- ✦ Personalized, compassionate care

Our pediatric infusion center cares for children with:

- Neurologic conditions
- Rheumatologic conditions
- Autoimmune and inflammatory diseases



**We accept most commercial insurance plans for infusions.*

Contact your CN&CA care team to learn more

COULD YOUR CHILD BE HYPERMOBILE?

Some kids are extra flexible or “double jointed.” For many children, this is normal. But for others, hypermobility can cause problems like:

- Joint or muscle pain
- Frequent sprains or injuries
- Tiring easily
- Dizziness
- Digestive issues

These symptoms are sometimes brushed off as “growing pains,” but they can affect a child’s everyday life. The good news is that help is available. With the right care, many children feel better, get stronger, and stay active.

Dr. Joginpalli is now accepting new patients for hypermobility evaluations and treatment. If you think your child may have hypermobility, our team is here to help answer questions and guide you through next steps.

To schedule an appointment, contact our office today at 512-494-4000.



EPILEPSY SUPPORT GROUPS

The Epilepsy Foundation is hosting an Epilepsy Caregivers Virtual Support Group as well as an Epilepsy Young Patient Virtual Support Group. If you’re interested in attending, **CLICK** below to sign up for reminders!

Virtual Caregiver Support Group

A virtual space for parents, guardians, and caregivers of anyone living with epilepsy. This group offers a safe and understanding space to connect with others, share experiences, ask questions, and build community with fellow caregivers walking a similar path.

Meets the first Thursday of the month



7:00 PM - 8:00 PM



Virtual Youth Support Group

A virtual peer-focused group for children, teens, and young adults with epilepsy to connect and share experiences. The focus of these sessions is peer connection.

Meets the last Thursday of the month



6:00 PM - 7:00 PM

TNS Honors Dr. Keough as President-Elect

CN&CA is proud to share this special recognition from the Texas Neurological Society honoring Dr. Karen Keough as President-Elect. [Read more here.](#)



SLEEP HACKS FOR KIDS JUST IN TIME FOR SUMMER

Revisiting Dr. Elton's tips for better sleep. [Read more](#)

1. Set a good example. "If parents are having a hard time relaxing and sleeping, kids often see this and may also struggle," says Dr. Elton. Model good sleep hygiene for your children by setting aside work and devices before bedtime so they see you are committed to getting a healthy night's rest. Put your pajamas on when they do and wind down together.

2. Stick to a schedule. Try to keep roughly the same sleep schedule in the summer as during the school year, especially for younger kids. A standard routine at bedtime and when waking up can help them to feel less anxious. Definitely relax though for weekend nights and time spent on vacation.

3. Tire them out. "Make sure your child is getting enough physical activity during the day to tire them out," advises Dr. Elton. There are endless summer activities to keep kids busy and wear them out before bedtime. Take a hike or swim, try a new sport, or take a dance class. Doing a less intense, but still physical activity, just ahead of sleep could also be helpful, like walking around the block a few times.


4. Turn off screens. With so many kids and teenagers having been on screens and devices for an unprecedented amount of time this past year, dialing them down for the summer is probably a good idea. Encourage reading, simple arts and crafts, building Legos, or games before bed.

SAVE THE DATE

FOR

Headache School Forms Day




TUESDAY, AUG 4, 2026

Complete school forms, explore Cefaly, and learn headache-relief stretches from a physical therapist – all in one visit!

More details coming soon!

Two Sisters. Two Rare Diseases. One Powerful Story!

Inspired by her sister Solice's rare disease journey, CN&CA family member Solana created an award-winning artwork that was recently displayed on Capitol Hill in Washington, DC. [View her story here.](#)



We welcomed our very first patient to our new San Antonio office! We're grateful for the chance to care for incredible kids and support families beyond Austin. Visits at this location will be by appointment only for now.

Milestone Moment!

CNCA San Antonio



Thank you Ariel!



EXCELLENCE IN CARE, RECOGNIZED AGAIN!

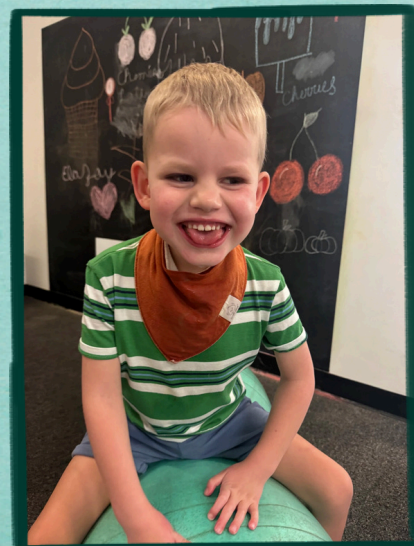
These CN&CA doctors were named 2025 Super Doctors®! We're so proud of them and grateful to the families who make this possible by trusting us with their children's care.



HOPE FOR HARVEY

We're honored to share Harvey's story. His journey with DLG4-related synaptopathy has included years of testing, therapies, seizures, and challenges, but also resilience, advocacy, and hope.

Through his family's nonprofit, HOPE for Harvey, important work is being done to advance research and pursue genetic therapy for children with DLG4.



[Read Harvey's full story here](#)

CN & CA IN THE COMMUNITY



Professional Development
Panelist at the Texas Cannabis Policy Conference
Attending the Texas Neurological Society Conference
Poster at the St. David's CHPR Conference



We love connecting with families, sharing knowledge, and giving back! Here's a peek at what our team has been up to:



Community Engagement
Hosting a table at CPATH's Community Party
Dr. Joginpalli in the news as Medical Honoree
at the Jingle Bell Run!



TSC Picnic
Hosting a TSC picnic in partnership with the TSC Alliance & Dell Children's Comprehensive Care Clinic

