On the 25th of March of this year I had the privilege and pleasure of attending the party for Eve Black, celebrating her 90th birthday. I want to dedicate my final column of the newsletter as president of LAPS to this incredible woman.

Eve has been a fixture in the LA Pediatric Society for as long as most of us can remember. She was selected as its Executive Secretary forty five years ago (as well as Executive Secretary of California Chapter II of the American Academy of Pediatrics). She continued in these positions until health problems slowed her down last year. Her skills in administering pediatric activities and continuing medical education programs earned her well deserved national recognition.

Eve calmly and competently grew with the organizations and skillfully managed other programs developed by both groups. No matter what the task, in Eve’s hands it was always done. And it was always completed with a seemingly effortless accuracy and attention to detail.

Over the years LAPS has had many talented and dedicated members and officers who have supported the organization and its programs with their time and donations. Eve has been a stalwart for more than half of the Society’s existence. She is a woman of incredible ability and integrity as well as goodness and kindness. She has left LAPS in the able hands of her successors but her contributions will always be remembered.

Thanks so much, Eve, for your myriad contributions to our organization and to the well being of children throughout the country. Happy 90th and many more.
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2005-2006

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FUTURE MEETINGS

November 16-19, 2006
Pediatric Update, 28th Annual
Las Vegas Seminars
American Academy of Pediatrics,
California Chapters, 1, 2, 3 & 4
Venetian Hotel, Las Vegas Nevada
(310) 540-6240 or
email meetings@aap-ca.org
Register online: www.aap-ca.org

May 2007
Parmelee Memorial Lectures/
Spring Meeting
Date, Location, and Topic TBA

THE MAGIC KINGDOM AWAITS

R

emember the dates: September 28-October 1, 2006! The 63rd
Brennemann Lectures are coming to Disneyland. The main
theme will be Pediatric Pain, Death, & Dying. A rather morbid subject for such
a happy site but as we all know, not only is the issue mandatory for C.M.E.
but important, although fortunately rarely, in our practices. We encounter the
death and dying aspects so rarely few of us are comfortable in our approach to
the unfortunate children nor
to their families. We will all
benefit from the knowledge and techniques to be offered
by our faculty. With the help of Dr. Lonnie Zeltzer, we are
fortunate to have attracted an all-star group of speakers.
In fact, in Dr. Zeltzer’s opinion (and who could be more
knowledgeable with these issues?) we have arguably the
finest group of speakers in the country. I urge you all to
take advantage of this unique opportunity.

In addition, Dr. Michael Marcy will be delivering
the keynote address. A most important and topical subject: Immunizations: 2006 Update. With
an almost bewildering array of new vaccines this is an area of
extreme interest. Those of you who have heard Dr. Marcy speak
can testify to his commanding knowledge and his lucid and articu-
late presentations. It is a real treat to have Mike with us!

And of course, the Paradise Pier Hotel in Disney’s California
Adventure Park provides a new and very inviting site for attend-
ees and their families. The kids should love it. We’ll have access
as well to Disneyland. Discount coupons are available for early registrants. What could be better? The site is closer to Los Angeles
and in these days of $3.00 gasoline the new location has definite financial advantages.

So again, I look forward to seeing you in Disneyland.

Marshall G. Goldberg, M.D., FAAP, FAAPA&I,
Program Chairman
Today pediatricians face innumerable daily challenges, many of which would even be unfamiliar to our predecessors of two decades ago. Over the past twenty years of private practice, children have become more overweight and yet when this issue is addressed during the annual checkup, parents frequently play it down as a problem that is only a concern in adulthood. Yet nothing could be further from the truth. Pediatricians recognize that pediatric obesity is a health care crisis tumbling out of control. Internists may utilize pharmaceutical agents like Meridia and Xenia (remember Phen-Phen and Redux) or gastric By-pass/Stapling surgery.

However pediatricians advocate a more conservative approach that prefers intervention at an early age by educating parents and teaching children to eat healthier so they can avoid the late sequelae of obesity.

What is the cause of this epidemic? It can’t be attributed solely to genetic predisposition, as this has not changed over the millennium. It is the fast food diet, lack of exercise and the excessive usage of “screen” devices (TV, videos, computers, cell phone) that are so much apart of our children’s daily lives. Over hundred years ago if you wanted to eat a piece of cake you needed two hours of time to grind up the flour, add the necessary ingredients, and bake it. Today with the help of Duncan Hines, you can make a delicious microwave brownie in two minutes. Society might call this progress but unfortunately in 2006 such luxuries are having a detrimental effect on the health of children.

The American food industry seduces our innocent patients to eat fast food in order to get a free toy or to play on a fun playground. Our government even allows the fast food industry to participate in school lunch programs and to have vending machines on campus. Moreover, physical education classes have been cut back and there is not enough money given for patient education and nutritional counseling. The situation is so ridiculous it’s overly counterintuitive: the less money you have, the more likely you are to be overweight. Why is that? The food industry manufactures food products packed with sugar, fat, and refined grains. These processed foods are cheap, tasty, not filling and more easily available than healthy food.

The health of America’s children however is not entirely hopeless. I would like to present a number of proactive measures that I am using in my private practice to confront this crisis head-on.

1 Parents should not give their babies any juices.
2 Infants over one year of age should be restricted to two bottles per day, with the goal of having them off the bottle by age two.
3 Health care providers should look for ADIPOSITIVITY REBOUND (AR) at the three year old check up even though AR is normally seen after age six. The BMI of children is a measure of adiposity and increases normally during the first year of life but then it declines to its nadir around 6 years of age (BMI 15). At age six, a child achieves maximum leanness and the lowest BMI, and this is followed by a natural rise referred to as ADIPOSITIVITY REBOUND. Recent data has shown that the younger the AR begins, the greater the chance for adult obesity.

Pediatricians recognize that pediatric obesity is a health care crisis tumbling out of control.

The Question Facing Pediatricians in the Year 2006

Ron Nagel, Vice President

Health Alert Network

We are encouraging all Los Angeles County physicians to register with our Health Alert Network (HAN) at lahealthalert.org and are requesting your assistance. The HAN is a system that sends critical health alerts to our healthcare partners via email, phones, or fax. Using the HAN will address the information gap that exists between local and community partners.

Where we are asking for your help is in broadcasting our health alerts to your members. We would be happy to broadcast to them directly, but if you feel it isn’t appropriate to give us their e-mail addresses or fax numbers, then the other method works well for us too. There might be situations where we will want to alert all pediatricians in Los Angeles to an emergent health issue that concerns their specialty specifically.

For more information, contact:
Carrie A. Brumfield, MPH, Epidemiology Analyst, Los Angeles County Dept. of Public Health, Health Assessment and Epidemiology, 313 N. Figueroa, Room 127, Los Angeles, CA 90012, tel: 213.240.8427, fax: 213.250.2594, email: cbrumfield@ladhs.org

Continued on page 10
An experience that changed the way I thought…

During this experience I was able to shadow nurses and doctors in the labor and delivery unit of the hospital… I was also able to learn how to take blood pressures, check contractions, and monitor the baby’s heart rate. I learned how to check a pregnant lady’s uterus to see if she’s ready to have the baby. I took an ultrasound to check the baby and I learned that you can check a baby’s age by measuring the fetus, the abs and many other things… everything the nurse was doing, she was explaining to me.

I was able to see a cesarean section (C-Section)… I stayed in the labor and delivery unit of the hospital for the rest of my stay. I was able to get an even better experience and knowledge. I was able to see more C-Sections about becoming an OB/GYN. I was able to learn a lot more from the Drew medical students… This program really benefited me and I learned more than I thought.

Candice Glasgow
King/Drew Medical Center

Great Exposure to Medical Professions

After completing the Gene Black Summer Medical Career Program… I am sure that much time and effort went into making the program special. Allowing me to enter the world of health care professionals for only a short time was very special and it meant a lot to me. I learned so much during the time I spent with them. My time at Olive View Medical Center has been very helpful because I have learned more about what is involved in the various fields of medicine. As I begin my undergraduate pre-med course work at UC San Diego this fall, my experience at Olive View will help me decide what specialty I might choose in the future. Thank you again very much.

Roy Heltsley
Olive View Medical Center

New Insights on an Unknown Department

During the summer of 2006, I participated in the Gene Black Summer Medical Career Program… I am glad to have participated in this program because not only did it make me see that pediatrics would be a good choice for me, but it also exposed me to fields I had not previously considered… The variety of patients and the amount of interaction was a very pleasant surprise. The visits were all interesting and different… This program opened my eyes to new opportunities. Because of that, and the fact that it was just a great program in general, I am very thankful to have been chosen to participate in it. It was a great way to spend my summer.

Jenny Ingersoll
UCLA Medical Center

This year, the Gene Black Program placed 51 students in 15 hospitals. As you can tell from these excerpts, it was an experience that truly changed the students’ lives. Thank you to the many donors that make this program possible. If you are interested in information on how your practice or hospital can participate in 2007, please contact coordinator Mary Ellen Osborne at (310) 328-2036 or meosborne@lapedsoc.org by December 15, 2006.
My Personal Experience of the Gene Black Medical Summer Program

Since I was a little girl, I’ve always wanted to become a pediatrician…I was lucky to be a part of the Gene Black Medical Summer Program and to get experience and exposure that helped me in my decision to become a pediatrician…While exploring different specialties and observing their day to day action, I was really able to choose what interested me the most…I started to like the emergency room more and more and this made me think about my future plans…The team of doctors and their support staff feel the joy of having made a difference in someone’s life by making split-second decisions in a number of emergency cases. I hope one day I can perform any medical practice at the emergency room of a hospital. I really enjoyed being part of this month-long program and I strongly recommend the Gene Black Summer Program to any student who might have an interest in pursuing a medical career.

Taline Soghomoniantz
Huntington Memorial Hospital

Los Angeles Pediatric Society

I had the opportunity to observe two amazing surgeries, cardiac cath lab procedure, mammograms, X-rays, ultrasound, CT scan, a delivery in NICU, and most importantly, the ER…Now, I could only dream of working in the ER, a place where I truly enjoy…From this program, though I might not have found my calling yet, I certainly found a place where I want to be…This journey has been unforgettable.

Tiranun Rungvivatjarus
St. Mary Medical Center
THE GENE BLACK SUMMER MEDICAL CAREER PROGRAM

The Summer Medical Career Program was established by the Los Angeles Pediatric Society in 1969. The purpose of the program is to stimulate high school students to choose careers in the health professions. This is accomplished by providing first hand experience observing doctors, nurses and allied health professionals at work in hospitals and through career guidance provided by counselors at each participating institution. For a period of four weeks students take part in a variety of activities affording direct contact with both the medical staff and patients. They rotate through the various departments in hospital and observe the role of health-care personnel in providing medical services. The program is different at every location and is usually tailored to meet the interests of the participants.

A weekly stipend of $75.00 is given each student to cover incidental expenses and a certificate of completion at the end of the program. In addition two $500 scholarships are awarded each year from the Edward M. Rissman Scholarship Fund.

Funding is provided by contributions from individuals and groups, Medical Careers Unlimited Medical Group Members and our new Circle of Friends and Donors. To show our appreciation, contributions received this year are listed below. All are cordially invited to join. You will help students get started in the right direction just as perhaps someone helped you.

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In Honor of . . .

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Columbus McAlpin, MD
By: Ronald A. Nagel, MD
Eugene Gettelman, MD
By: Arnold “Bud” Zukow, MD

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By: Maritza L. Garrido, MD
Shirley Whiteman
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Marjorie Tasem (my wife)
By: Walter Tasem, MD
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Audio Digest Foundation
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We regret the omission of any names. If you find an error, please call our office and we will print a correction in the next issue.

2006 Hospitals

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GENE BLACK SUMMER MEDICAL CAREER PROGRAM

Would you like to participate in the Gene Black Summer Medical Career Program? Do so by giving your monetary support to:

MEDICAL CAREERS UNLIMITED 2005/2006 MEMBER

☐ Individual $50.00  ☐ Donor $100.00  ☐ Medical Group $100.00

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Donors will be recognized publicly in the newsletter. Donations of $1000.00 or more will be recognized for five years from date of donation. (Make checks payable to the Los Angeles Pediatric Society and mail to P.O. Box 4198 Torrance, CA 90510-4198.)

DR. JIM SEIDEL MEMORIAL FUND

The Los Angeles Pediatric Society has established the Dr. Jim Seidel Memorial Fund in support of the Gene Black Summer Medical Career Program. Once the goal of $25,000.00 is reached, we will issue a Dr. Jim Seidel Memorial Scholarship to one student in this program each summer. Selection of the student will be based on Hospital Counselor recommendations and the student’s essay about their experience in the program.

Please make donations payable to the Los Angeles Pediatric Society, with “Dr. Jim Seidel Memorial Fund” in the memo section of your check and mail to P.O. Box 4198 Torrance, CA 90510-4198. Tax ID #95-2673275.

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Los Angeles Pediatric Society
63rd Brennemann Lectures
Pediatric Pain, Death, & Dying
September 28–October 1, 2006

Reduced Disneyland tickets are available with registration by September 5, 2006. Call (310) 540-6240 or visit www.lapedsoc.org.

Faculty

HEATHER KRELL, MD
Assistant Clinical Professor of Psychiatry and Pediatrics Block Chair, Human Biology and Disease Curriculum UCLA Neuropsychiatric Institute and Hospital David Geffen School of Medicine at UCLA, Los Angeles, California.

TONYA PALERMO, PhD
Assistant Professor, Department of Anesthesiology and Peri-Operative Medicine, Oregon Health and Science University; Assistant Professor (secondary appointment), Department of Psychiatry, Oregon Health and Science University, Portland, Oregon.

ARY WALCO, PhD
Professor of Pediatrics, UMDNJ, New Jersey Medical School. Director, The David Center for Children’s Pain and Palliative Care, Hackensack University Medical Center

STEVEN WEISMAN, MD
Jane B. Pettit Chair in Pain Management, Children’s Hospital of Wisconsin; Professor of Anesthesiology and Pediatrics, Medical College of Wisconsin; Milwaukee, Wisconsin

LONNIE ZELTZER, MD
Director, Pediatric Pain Program, Professor of Pediatrics, Anesthesiology, Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine at UCLA, Los Angeles, California

Accreditation
This activity is offered by a CMA-accredited provider, the Los Angeles Pediatric Society. Physicians attending this course may report up to 15 hours of Category I credits toward the California Medical Association’s Certificate in Continuing Medical Education and the American Medical Association’s Physician’s Recognition Award. The California Board of Registered Nursing approved 15 hours of continuing medical education. Provider number CEP11121.

MEETING INFORMATION
(310) 540-6240 or (310) 328-2036
bcarr@lapedsoc.org; meosborne@lapedsoc.org
fax: (310) 543-2375

63rd Brennemann Lectures Meeting Advance Registration
Name.......................................................... Date ................................
Address .......................................................... State ................................
City.......................................................... Zip ................................
Phone ( ) .......................................................... Fax ( ) ................................
Email ..........................................................
Tuition Fee Before 9/5 After 9/5
Physicians: Members of LAPS $500 $550 $
Physician Non-members $550 $600 $
Pediatric Residents: Hospital: $100 $125 $
Allied Health Personnel Category: $250 $300 $
Emeritus with LAPS $125 $175 $

Reduced Disneyland tickets available with registration by September 5, 2006. Please make checks payable to: Los Angeles Pediatric Society and return to: P.O. Box 4198 Torrance, CA 90510-4198. We regret credit cards cannot be accommodated.

63rd Brennemann Lectures Hotel Advance Registration
Name.......................................................... 
Address .......................................................... 
City.......................................................... State ................................ Zip ................................
Phone (Please include area code) ................................ 
Number in Party ............................................
Hotel Accommodations Requested: _____ Double _____ Single
Arrival: Time................................ Date ................................
Departure: Time................................ Date ................................
Your check or credit card is acceptable in payment.
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Signature ..........................................................

60 rooms are available to registrants at the special rate of $149 (plus tax) per day single or double occupancy, plus resort fee of $10. These rates apply from September 26-October 1, 2006. Note: Special rates will be available only until September 2, 2006 or until all 60 blocked rooms are taken. Once these rooms are taken, regular hotel rates will apply.

WE RECOMMEND YOU MAKE RESERVATIONS FAR IN ADVANCE OF THE MEETING.

The Los Angeles Pediatric Society disclaims any responsibility for hotel arrangements. Please make check payable and send to Disney Paradise Pier® Hotel 1150 West Magic Way, Anaheim, CA 92802. Phone Number: (714) 956-MICKEY (6425).

By the end of 2006, all physicians in California are required to fulfill twelve CME credits in pain management as mandated by the California State Legislature, Measure AB 487. Attendees will be able to satisfy their complete CME requirements by attending this meeting.
4 Explain to parents that infants and children do not need to eat all the time. This “Humming Bird” mentality exposes them to unnecessary calories and teaches them that one needs to eat constantly. There is no need for parents to give their children snacks when they are quiet. Food should not be used as a substitute for boredom.

5 Portion control should be monitored at a young age. If a child eats more than a parent, it is probably too much. Super-size servings lead to super-size waistlines.

6 Teach children to drink water. It is common knowledge amongst pediatrics that sweetened drinks like fruit juices, soda, and Gatorade are “empty calories.” Even the shift toward artificial sugar or sugar substitutes is not a very wise compromise. Most scientists today feel that saccharin (Sweet’n Low), Aspartame (Equal), and the recent Sucralose (Splenda) are safe but what is not known is that the human palate is altered by these super strong sweeteners. Humans may lose their innate ability to gauge the caloric content of food or affect appetite suppression when exposed frequently to these heavy sweeteners.

7 Parents need to be better role models for their children. There is a great hypocrisy when parents complain about the lack of fruits and vegetables in their kids’ diet but they themselves do not eat these foods regularly. This also applies to the lack of daily physical exercise and excessive TV watching.

8 It is a good general rule not to eat anything your great-great-grandmother would not recognize as food.

9 Educate your parents to avoid foods containing high-fructose corn syrup (HFCS). The U.S. produces so much corn and uses it in plastic, polymers in fuel, and most of all in our food. It is cheaper and sweeter than plain sugar and is contributing to the obesity epidemic.

10 Discourage watching TV during dinner. The child who is inactive can be given the choice that if he watches TV, then he must be walking on a treadmill.

The last point I would like to make is that parents need to make this a family concern. The nanny, housekeeper, grandparents and siblings all need to be involved. How often are you asked by the parent of an overweight child not to discuss this in front of him? How do you respond when a parent says to you that the child gets very upset when this is brought up or that his self-esteem is affected by his weight? I remind parents that THEY ARE IN CHARGE and that speaking to their child in a non-confrontational manner in the long run is the only way to bring about change. Initiating this at an early age and providing positive rewards with plenty of encouragement is the best approach. Remember the old adage; an ounce of prevention is worth more than a pound of cure.

Ultimately, a physician can not alter the genetics of his patient. If the child was born to be a person WHO LIVES TO EAT, then modifying the eating environment that the child is exposed to daily remains essential. The younger this intervention is started the better. Good luck to all of you in dealing with this most difficult challenge.

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**California Wellness Foundation**

The California Wellness Foundation recently launched [http://www.MakeItInScrubs.com](http://www.MakeItInScrubs.com) for young Californians interested in a health care career. The interactive site enables visitors to explore dozens of careers, map out a personal educational plan and find schools, financial aid, volunteer jobs and internships. The site also features a career match quiz, job hunting tools, “Ask a Counselor” and interviews with health care practitioners.

For more information about [http://www.MakeItInScrubs.com](http://www.MakeItInScrubs.com), please contact Saba Brelvi, TCWF program director, at (415) 908-3000.
Pediatricians as well as other physicians, surgeons, and licensed allied health professionals who have a particular interest and concern with the health and welfare of infants, children and adolescents are eligible to apply for membership. Members residing outside of California will be classified as affiliate members. Membership for all categories is $125 a year. Please complete each of the following items as applicable. *Life membership is available at a one-time fee of $1,250.

### 1. Full Name: ___________________________________________ Birth Year: ____________

First  Middle  Last

Academy and College members are urged to add affiliation initials after degree.

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  City: ___________________________ State: ___________ Zip: ___________

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- Specialty: _____________________________  Bd. Cert. Date of Cert.________ Date of Re Cert.__________ Bd. Elig. [ ]
- Subspecialty: ___________________________  Bd. Cert. Date of Cert.________ Date of Re Cert.__________ Bd. Elig. [ ]

Note Board Name for Specialty:

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### 3. Medical School: ___________________________________________ Year Graduated: ____________

Internship: ___________________________ Years: ____________

Residencies: ___________________________ Years: ____________

Other Professional Training:

_____________________________

_____________________________

Hospital Staff:

- [ ] Private Practice: Total Years: ____________  Academic Practice: Total Years: ____________

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### 4. Member in good standing of other medical and scientific societies:

_____________________________

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### 5. References (Name of two physicians, preferably members):

1. ___________________________________________

2. ___________________________________________

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### 6. [ ] *LIFE MEMBERSHIP

7. Date: ___________________________ Signature: ___________________________

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YOUR CHECK FOR FIRST YEAR’S DUES ($125) MUST ACCOMPANY APPLICATION

LIFE MEMBERSHIP: $1,250 (One-Time)

Make checks payable to: Los Angeles Pediatric Society • P.O. Box 4198, Torrance CA 90510-4198

Update 8/06
**FREE MEMBERSHIP**

Free membership in LAPS until June 30, 2007 to all third-year pediatric residents graduating this June, 2006. Our gift to you. Just fill out the application on page 11 or at www.lapedsoc.org and return to PO Box 4128 Torrance, CA 90510-4198 or fax to (310) 543-2375.

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Name........................................................................................................

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Specialty .................................................................................................

☐ Certified ☐ Eligible

Pediatricians as well as other physicians, surgeons, and licensed allied health professionals who have a particular interest and concern with the health and welfare of infants, children and adolescents are eligible to apply for membership. There are no geographical limits. Annual dues of $125, includes partial fees to the Annual Brennemann Lectures and Spring/Parmelee meeting. For an membership application, see page 11 or visit www.lapedsoc.org.

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