

# Los Angeles Pediatric Society E-Newsletter

## Volume 4 No. 1

## April 2017

### Los Angeles Pediatric Society Newsletter

#### In This Issue

##### From the President

##### Save the Date for Brennemann

##### Physicians in Training

##### Members Giving Back

##### Wrapup on S. Michael Marcy.

##### MD Lecture

#### Quick Links

##### Physician Locator

##### Sponsors and Donors

##### Apply for Membership

##### Donate Here in Memory of S.

##### Michael Marcy, MD

##### Meeting Exhibitors

#### EXECUTIVE COMMITTEE

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#### Greetings from President Sloane Sevrان, MD

Welcome to the April Edition of Our E-Newsletter!



Sloane Sevrان, MD

We are happy to bring you our latest e-newsletter, which includes a thought provoking piece in our "Physician in Training" column, an inspiring article in our "Members Giving Back" as well as an informative article on *Clostridium difficile* in Children by our newest Board member, Dr. Doron Kahana.

Our 2<sup>nd</sup> Annual S. Michael Marcy, MD Memorial Lecture at the Parmelee Spring Meeting on March 14 was a fabulous evening from start to finish, thanks to our co-sponsor, Mattel Children's Hospital UCLA and the Department of Pediatrics, who provided the beautiful newly opened Meyer and Renee Luskin Conference Center, the delicious food and the renowned Zika specialists: Dr. Karin Nielsen and Dr. Neil Silverman. We hope you were there!

On September 8-10, 2017, the 74th Annual Brennemann Lectures will again be held at the Disneyland Hotel. Friday afternoon will feature three free lectures from the Orthopaedic Institute for Children, featuring Lewis Zions, MD on Club Foot, Jennifer Beck, MD on Hip Issues and Richard Bowen, MD on Scoliosis. On Saturday and Sunday, we look forward to hearing from Anjan S. Batra, MD on cardiology, Shelia F. Friedlander, MD on dermatology and Andrew L Freedman on Urology. Rabbi Jason Weiner, BCC will present the Cliff Rubin Lecture on Medical Ethics. We think it will be an exceptional event!

Bradley Bursch, MD

MEDICAL EDITOR  
Richard G. MacKenzie, MD



**LAPS Log - News from our Members**

**J. Patrick Whelan, MD, PhD, LAPS**  
**Secretary/Treasurer was quoted in a February 14, 2017 article in the Los Angeles Times on editing people's DNA.**

For more information or to send us your posting, contact us at:

[eseaman@lapedsoc.org](mailto:eseaman@lapedsoc.org) or  
310-347-8087.

We look forward to hearing from YOU!



**ONLINE CLASSIFIED ADS  
ARE FREE TO MEMBERS!**

This summer, with your help the Eve & Gene Black Summer Medical Career Program will continue to expose high school students to the exciting possibilities of a future in medicine. Every year we are amazed by the quality of the applicants and each year we hope to give even more high school students this great opportunity. Please consider helping with this program either with a monetary donation or through the gift of your time by hosting a student at your practice. If you have questions or want to help, please contact Mary Ellen Osborne at [meosborne@lapedsoc.org](mailto:meosborne@lapedsoc.org). Please consider a contribution to this program as a tax-deductible charitable donation for 2017. Click here to donate.

*-Sloane Sevrin, MD, FAAP*

## **Save the Date for the 74th Brennemann Lectures**

**September 8-10, 2017**

**Again at the Disneyland® Hotel**



As to Disney properties/artwork: ©  
Disney



**Orthopaedic  
Institute for Children**

IN ALLIANCE WITH **UCLA** Health

GROW WELL. PLAY WELL.™

**Friday, September 8, 2017 ~ 2 - 5 pm  
FREE CME Lectures (3 CME Credits)**

**HIP ISSUES: Jennifer Beck, MD  
SCOLIOSIS: Richard Bowen, MD  
CLUB FOOT: Lewis Zions, MD**

LAPS offers a classified ads service on our website.

Ads may include position postings, locum tenens, sale of practices or medical equipment.

All ads are subject to approval prior to posting.

[See current classified ads](#)

[Click here for more information on classified ads](#)



We are always looking to expand our organization.

Please encourage your fellow Los Angeles doctors to become LAPS Members.

Remember that a One Year Membership is FREE to all Graduating Residents!

[Membership Application](#)

Help us better serve you and all of our members.



**September 9-10, 2017**

**Exciting lectures on the Pediatric topics of:**

**Cardiology:** Anjan S. Batra, MD, MBA, FHRS, Children's Hospital of Orange County/University of California Irvine

**Dermatology:** Sheila Fallon Friedlander, MD, FAAP, Rady Children's Hospital/University of California San Diego

**Urology:** Andrew Freedman, MD, FAAP, Cedars-Sinai Medical Center

**Cliff Rubin Lecture on Medical Ethics:** Rabbi Jason Weiner, BCC, Senior Rabbi & Manager of the Spiritual Care Department, Cedars-Sinai Medical Center

[RESERVE YOUR ROOM TODAY](#)

[PURCHASE DISNEY TICKETS HERE](#)

Laps from L.A.P.S.

**Sports Medicine Corner**

**Sports Hydration:**

**What Should Young Athletes be Drinking?**



**Tracy Zaslow, MD**

**Medical Director, Sports Medicine Program in Children's Orthopaedic**



1. What specific subjects/topics would you like to see addressed in LAPS CME meetings and/or in our newsletters?

2. Would you be willing to speak at a meeting or submit an article?

Please submit your articles or suggestions for topics for future meetings by:  
Fax: (310) 782-9856

or email:  
[meosborne@lapedsoc.org](mailto:meosborne@lapedsoc.org)

or mail to: LAPS, PO Box 4198, Torrance, CA 90510-4198.

A checklist of suggested topics is available [here](#)

(You may download, complete and email, fax or mail to LAPS)



## Center (COC) at Children's Hospital Los Angeles

With literally a rainbow of different "sports drinks" on the shelf it's often hard to know what the right beverage is to recommend for your young athletes. Maintaining appropriate hydration before, during and after physical activity is the key to maximizing sports performance and decreasing the risks of heat illness.

### So, what should young athletes drink, how much, and when?

For the young athlete that is exercising for less than one hour, that wonderfully clear, colorless, odorless, readily accessible fluid of choice is water. While the exact amount of water needed to maintain hydration varies based on the age of the athlete, level of activity, temperature, humidity and many other factors, the *American Academy of Pediatrics* recommends the following age-based guidelines for hydration during exercise:

- For 9-12-year-olds: 3-8 ounces (100-250mL) every 20 minutes
- For adolescents: 10-15 ounces (300-450mL) every 20 minutes

### [Read More](#)

## Physicians in Training

### Medicine's Firsts

**Lauren Rissman, MD**

**Children's Hospital Los Angeles, PGY-2**



## **The Eve & Gene Black Summer Medical Career Program**

If you would like to learn more about the program, please visit

[Summer Program Explanation and Activities](#)

In this document you can find information about how you can become involved in this program by hosting students in your offices/practices.

We thank our many members and donors for their past support. (Please click here

[Donors and Sponsors](#)

if you wish to view for a list of our current donors.) We hope we can continue to count on you and your generosity. And for those that are not yet involved, we hope you will join us. Your efforts will forever change the face of the future of medicine in Los Angeles!

[Click Here to Donate to this life-changing program](#)

Thank YOU!

Medicine is full of firsts. The first time someone calls you "Doctor". The first time a patient says "Thank you for saving my life". After these moments, you leave the hospital remembering why you went into medicine in the first place: You like to help people. Sometimes that means curing; sometimes that means easing someone's suffering; and sometimes that means helping families cope with terminal conditions. You want to save the world one person at a time. And then, of course, there's the first time you-The Helper, The Saver, The Life-Changer-call Time of Death.

### **Read More**



### **Update on the 48th Annual Eve & Gene Black Summer Medical Career Program**

The selection process for this year's students is almost completed. LAPS received 310 applications from qualified, deserving students and our existing participating facilities are able to accept approximately 67 students. It is not too late to become involved in the 2017 program, either by assisting an existing program by offering a rotation for some students or by hosting a few students at your location. Please let us know if you are interested in being a part of this life changing program!

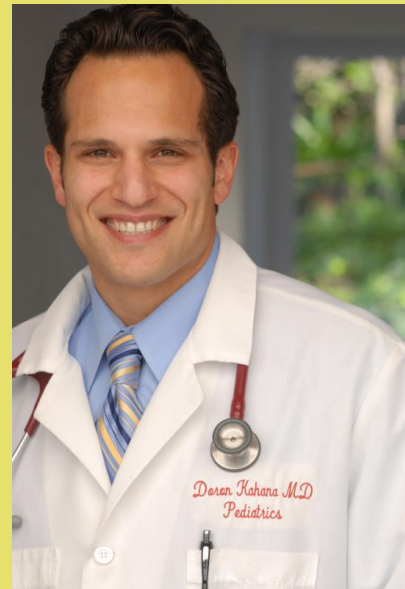
[Summer Program Documents](#)



### Clostridium difficile in Children

*Clostridium difficile* (C. diff) was first described as a component of normal neonatal flora in 1935.<sup>(i)</sup> A spectrum of disease has since been characterized, from asymptomatic carriage, to diarrhea, colitis, and toxic megacolon with shock; C. diff infection (CDI) is strongly associated with antibiotic therapy and is currently a leading nosocomial burden in adults, carrying a significant mortality rate and financial cost. Hospitalizations in children for CDI have also increased, with rates more than doubling from 1997 to 2006.<sup>(ii)</sup>

C. diff is an anaerobic, Gram-positive, spore-forming bacillus that is found in the environment as well as the intestinal tract of animals and humans. The pathogenicity of C. diff is attributed to production of two protein toxins: A (enterotoxin) and B (cytotoxin). The toxins enter the cytoplasm of colonocytes by binding to receptors on the luminal side and then inactivate several proteins involved in cytoskeleton organization, triggering apoptosis and resulting in colitis and diarrhea. Average colonization rate in neonates (<1 month of age) is 37% (range 0-61%); between 1-6 months of age colonization rates remain high at 30% but then drop to 10% by the end of the first year of life. By 3 years of age, carriage rates drop further to 0-3%, similar to that found in adults. The exact mechanism of protection in infants remains unclear, theories include the lack of surface toxin receptors, protective factors in breast milk, and the defense provided by the neonatal flora. Breast-fed infants have lower rates of colonization with C. diff than formula-fed infants; although this difference does not appear to carry over beyond weaning.<sup>(iii)</sup>



**Doron D. Kahana, MD, PNS**  
**Center for Digestive Health**  
**& Nutritional Excellence**

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i Hall I. and O'Toole E. Intestinal flora in new-born infants with a description of a new pathogenic anaerobe, bacillus difficilis. Am J Dis Child 1935; 49(2):390-402.

ii Nylund CM, Goudie A, Garza JM, Fairbrother G, Cohen MB. Clostridium difficile infection in hospitalized children in the United States. Arch Pediatr Adolesc Med 2011; 165:451-457.

iii Jangi S, Lamont JT. Asymptomatic colonization by Clostridium difficile in infants: implications for disease in later life. J Pediatr Gastroenterol Nutr 2010; 51:2-7.

## Members Giving Back

### Jeffrey Wasson, MD

Pediatrician

Tenth Street Pediatric Medical Group

Santa Monica

### 20 Year Journey: Medical Missions to Honduras



On October 29, 1998, Hurricane Mitch struck Honduras, a Category 5 in intensity. Its effects were devastating, with at least 11,000 mortalities and leaving 1.5 million people homeless, about 20% of the country's population. The 2nd worst Atlantic hurricane in history. Due to the heavy damage, the World Meteorological Association retired the name Mitch from the Atlantic hurricane naming list.

I, like most Americans, experienced this tragedy via CNN reporting, with the satellite images of its grey swirl as it headed to Central America and the subsequent videos of the human tragedy.

I never realized this event would change my life.

In December 1998, three months' post hurricane, I was approached by members of All Saints Church in Beverly Hills about the possibility of leading a small team of four volunteers from their church to go to Honduras to assess the situation. The church already had a relationship with an Episcopal church in Puerto Cortes, an industrial seaport of 200,000 residents on the Caribbean coast. All Saints was hoping to perhaps develop a medical outreach to needy communities impacted by Mitch.

**[READ MORE](#)**



## The Los Angeles Pediatric Society presents the



**Annual S. Michael Marcy, MD Memorial Lecture at  
Parmelee Spring Meeting, March 14, 2017 at**



On March 14, LAPS held the 2<sup>nd</sup> Annual S. Michael Marcy, MD Memorial Lecture at the Parmelee Spring Meeting in the newly opened Meyer and Renee Luskin Conference Center on the UCLA campus, where over 70 physicians were privileged to hear from two professors on the timely subject of the Zika virus.

The Los Angeles Pediatric Society warmly thanks Mattel Children's Hospital UCLA and the UCLA Department of Pediatrics for graciously co-sponsoring the lecture in such a beautiful and elegant venue and providing a most enjoyable welcome reception in the sun-lit foyer, followed by a delicious dinner of farm to table entrees.

Dr. Neil Silverman, an OBGYN, started the evening with *The Buzz on Zika: An Update on the Impact for Pregnancy and Outcomes*. His lecture focused on epidemiology, how to diagnose Zika and the pregnancy complications. This was followed by Dr. Karin Nielsen, a pediatrician at the Division of Infectious Diseases, who is directly involved with the Rio de Janeiro Zika unit. Her topic was *Zika Virus: Lessons Learned about a Newly Identified Congenital Infection Syndrome* and she focused on the neurodevelopmental sequelae of this infection. Both speakers provided the pediatric audience with

information for speaking to parents about visiting a Zika locale.

Ronald Nagel, MD, FAAP

Program Chair



## **WELCOME NEW MEMBERS**

2017

### **Regular Members**

Caroline Altergott, MD - Los Angeles  
Lekha Matsumori Rao, MD - Santa Monica  
Sarah Greene, MD - Los Angeles  
Farid Hassanpour, MD - Sacramento  
Shahrourz Daniel Ganjian, MD - Santa Monica  
Tanya Remer Altmann, MD - Calabasas

[Click here for complete list of members for prior years.](#)

**A One Year Membership is FREE to  
all Graduating Residents! [Join Now!](#)**

## **IN MEMORIAM**

Melville I. Singer, MD - Orange, January 2017

Solomon A. Kaplan, MD - Los Angeles, January 2017

[\*\(please see Barbara Lippe, MD's Memorial statement for Dr. Kaplan\)\*](#)

Kenneth Owen Williams, MD - February 2017

***LAPS Past President 1970-71***

Allan Stuart Lieberthal, MD - Agoura Hills, December 2016

Frederick L. Humeston, MD - San Leandro, February 2015

Laurena Booker Japenga, MD - Indian Wells, March 2015

Stanley H. Lann, MD - San Carlos, May 2012

\* Life Member

[Click here for complete In Memoriam list for prior years.](#)