Greetings from President Sloane Sevran, MD

Welcome to the August Edition of Our E-Newsletter!

Greetings! We hope you are enjoying your summer. Looking ahead to the fall, the Los Angeles Pediatric Society is returning to the beautiful Disneyland Hotel for our 74th Annual Brennemann Lectures. Please mark your calendars, rearrange your call schedules, and come join us September 8-10.

Register by August 18 to avoid late fee!

LAPS will be kicking off the weekend on Friday from 2-5 pm with three (3) FREE lectures from the Orthopaedic Institute for Children - "Hip, Hip Hooray!" delivered by Dr. Jennifer Beck, "The Latest on Idiopathic Scoliosis" with Dr. Richard Bowen, and "The History and The Future of Treatment of Idiopathic Clubfoot" by Dr. Lewis Zionts. On Saturday and Sunday, we will start our days off with Mindfulness Lectures delivered by Dr. Paula Whiteman and continue with engaging lectures in Cardiology from Dr. Anjan Batra, Dermatology from Dr. Sheila Friedlander, and Urology from Dr. Andrew Freedman. Our Cliff Rubin Lecture will be given on the thought-provoking topic of Medical Ethics by Rabbi Jason Weiner from the Cedar-Sinai Medical Center. Don’t miss what is sure to be another inspiring, educational, and entertaining weekend of CME and family fun.

Also make sure to review all the great information in this latest issue of our E-Newsletter - there are informative articles from two of our Brennemann lecturers, Drs. Batra and Freedman, a synopsis of our
2017 Summer Medical Career Program, as well as articles in our ongoing columns on Sports Medicine by Dr. Tracy Zaslow and Dermatology by Dr. Tsippora Shainhouse. Please feel free to forward the newsletter and the invitation to register for the Brennemann to any colleagues who may be interested. We hope to see all you there!

- Sloane Sevran, MD, FAAP

74th Brennemann Lectures
September 8-10, 2017

Register by August 18 to avoid late fee!

This year at the Disneyland® Hotel

RESERVE YOUR HOTEL ROOM NOW AND PURCHASE DISCOUNTED DISNEY TICKETS

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 Zionts, MD
Prevalence and Spectrum of Sudden Cardiac Death Predisposing Diseases: Are They the Same for the Athlete as the Non-Athlete?

Anjan S Batra, MD, MBA, FHRS
Director of Electrophysiology - Children's Hospital of Orange County
Professor, Division Chief and Vice Chair of Academic Affairs
University of California, Irvine

Introduction

Sudden cardiac death (SCD) is a rare but devastating problem in young people. The sudden unexpected death of a young athlete is a highly visible event that stimulates considerable concern. It has now become common for the media to report SCDs especially when it occurs in athletic teenagers while playing sports. Such reports create understandable anxiety and elicit clamor to do something to prevent SCD in the young. These uncommon but devastating catastrophes are usually proven to be the consequence of a variety of unsuspected congenital or acquired cardiovascular diseases. It is important to understand the incidence of SCD and the causes of SCD in young people in order to design rational approaches to the prevention and management of this devastating problem. This manuscript will highlight the prevalence and spectrum of SCD predisposing diseases and how they are affected by athletic participation. Current guidelines on how to limit athletic participation in patients with these diseases will also be addressed.

Epidemiology of SCD

So far there have been limited population based studies on SCD in children in the United States and Europe estimating the incidence between 1 and 3 per 100,000 person-years (table 1). Note that this is per population and not per children in the population. The precise frequency with which SCD occurs in young athletes is not known. There are a number of practical obstacles to the collection of such data. Estimates that rely on reporting from individual schools and institutions, as well as on media accounts, probably underestimate the occurrence of these events [22]. Most studies on the prevalence of SCD are retrospective and based upon death certificates. Such studies carry intrinsic bias and can be highly inaccurate. Also, the incidence of sudden cardiac arrest is clearly higher than that of SCD especially with the recent emphasis on CPR education and widespread availability of automatic external defibrillators.
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

Specialists' Corner

The Most Revolutionary Thing about the 2012 AAP Policy Statement on Infant Male Circumcision that Nobody Noticed

Andrew L. Freedman, MD, FAAP

Walter & Shirley Wang Chair in Pediatric Surgery, Cedars-Sinai Medical Center (CSMC), Los Angeles; Vice Chair of Pediatric Surgical Services, CSMC; Director of Pediatric Urology, CSMC; Urology Residency Program Director, CSMC; Professor of Surgery, CSMC

Department of Surgery

In 2007, I was granted an invitation to participate as the Urology representative on the task force charged with reviewing the AAP Policy Statement on Infant Male Circumcision. The AAP was very anxious to incorporate the growing body of literature on male circumcision and HIV transmission that was just developing in a series of large trials in Africa. The task force instead chose to completely re-evaluate the policy and review the entire literature not just update a paragraph on HIV. That decision led to a 5-year long process resulting in the policy statement and technical report published in 2012.

The policy was met as expected with a wide range of reviews. Anti-circumcision activists vilified the report and the authors, often very personally. (I have subsequently received over 20,000 angry emails. Most are a form letter, though many are hate filled curses and more than a few include threats of violence.) Pro-circumcision forces, to the small extent that they exist, welcomed the report, though they were disappointed that it did not go far enough. European medical societies published detailed critiques, while pro-circumcision researchers equally published rebuttals of their critiques. The circumcision battle raged unabated and has continued to generate hundreds of pages of scientific reports. Yet for most of the clinically practicing medical community, it was quietly received and life
moved on with varying degrees of acceptance. And for parents, did it make a difference?

Read More

Laps from L.A.P.S.
Sports Medicine Corner

Young Athletes' Secret to Success: Sleep!
(Part 1 of 2)

Tracy Zaslow, MD
Medical Director
Sports Medicine Program
in Children's Orthopaedic Center (COC) at
Children’s Hospital Los Angeles

Athletes of all ages are always looking for that secret weapon to give them an edge in their performance. Now more and more research is affirming sleep may be that magic bullet. Sleep is essential to enable brain restoration and repair, yet 30-40% of youth experience inadequate sleep.

So how much sleep should young athletes be getting?

- Young Children: ≥ 10 hours per night
- Adolescents: 8-9 hours per night

So, what's the evidence?

Sleep and Injury
Sleep deprivation in children and adolescents has been shown to be associated with increased risk of injury and increased risk of injury-prone behaviors. When evaluating high school athletes for risk factors related to sports injuries, mean hours of sleep made a difference. This study found that hours of athletic participation per week, number of sports played, and use of a private coach did not...
remaining unidentified and will help us follow up on gifts that were lost in transit.

Indicate the fund you wish to donate to: LAPS Summer Program Fund or S. Michael Marcy, MD Fund

Any questions? Please contact LAPS at 310-347-8087 or Ellen at eseaman@lapedsoc.org

7-12th graders who slept ≥8 hours had ½ the number of sports injuries. High school students who slept ≤7 hours/school night demonstrated significantly increased rate of injury-related risk behaviors (i.e. no seatbelt or bicycle helmet, driving drunk, etc.) vs students who slept 9 hours. Sleep deprived adolescents were more likely to experience a bicycle accident or an accidental injury at school or home with adolescents sleeping < 5½ hours/night at the greatest risk.

Sleep and Performance

Sleep:

- Improves performance in sport-specific tasks, such as shooting accuracy and sprint times.
- Improved mood and recovery in rowers who underwent a 4-week training regimen with longer sleep and more time off exercise.

Lack of Sleep:

- Leads to faster time to exhaustion and decreased exercise ventilation in sleep-deprived 17-18-year-old male volleyball players and runners.
- Associated with higher symptom scores on baseline ImPACT testing.
- May masquerade as depression or other psychiatric illness

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DERMATOLOGY CLINIC
What's Your Diagnosis?

FACIAL LESIONS in a PRE-TEEN

Tsippora Shainhouse, MD, FAAD, DAAP, FRCPC
(Dermatology and Pediatrics)

An 11-year-old Hispanic male with moderate mental retardation and a very happy disposition presents to your clinic for management of worsening pink-tan bumps on his cheeks, nose, chin and perinasal skin. He has had them for over 5 years. On history, mom reports that he has a fairly well-controlled seizure disorder. On examination, he also has many oval-shaped hypopigmented macules on his trunk, a few larger and indurated
plaques on his back, as well as discrete café au lait macules. Mom is unsure if he has a heart murmur and he has no history of renal disease. There are no immediate family members with similar skin findings. Assuming a genetic condition, which of these skin findings was likely the first to develop?

What's Your Diagnosis?

A) Shagreen patch (collagenoma)
B) Café au Lait macules
C) Hypopigmented 'Ash Leaf' spots
D) Sebaceous Adenomas (angiofibromas)

Read More

It Takes a Village!

The 48th Annual Eve & Gene Black (EGB) Summer Medical Career Program has come to a close with a total of 69 participants completing this amazing medical internship. Students had the opportunity to observe a variety of medical procedures in hospital and office settings; visit an array of departments, labs, clinics and medical offices; shadow and interact with physicians, residents, interns, dentists, nurses,
As we receive and read the Exit Essays from this year's participants, we are astounded, as always, at the many, many dedicated medical professionals throughout our 12 hosting facilities, who volunteer their time and energy to mentor these students. On behalf of the Los Angeles Pediatric Society, we sincerely thank you; we know that this program depends on the efforts of each and every one of YOU! We would especially like to list and thank two groups of people: the coordinators of each program and the administration and volunteer staff at our participating facilities.

Here are our fearless **Program Coordinators**, who interview, select, orientate, schedule, direct and mentor their charges through an array of departments, labs, clinics and medical offices.

**Cedars-Sinai Medical Center**  
Joanne Ordone, CCLS

**Children's Hospital Los Angeles**  
Julie Pratt, MD and Kameelah Gateau, MD

**Harbor UCLA Medical Center**  
Carol Berkowitz, MD & Nilou Tehrani, MD

**Huntington Memorial Hospital**  
Mark Powell, MD assisted by Ernie Maldonado, MD

**LAC+USC Medical Center**  
Laura Wachsman, MD

**Martin Luther King, Jr. Outpatient Center**  
Lorraine Grey, Director of Health Career Enrichment Programs

**Olive View UCLA Medical Center**  
Amy Shekarchi, MD, assisted by Yasangi Jayasinha, MD

**Providence Tarzana Medical Center**  
Daniel Bruckner, MD

**Providence Saint John's Health Center, Santa Monica UCLA Medical Center**  
Robert Hamilton, MD, assisted by Cheryl Tormey

**UCLA Medical Center**  
Stella Tripp - Coordinator Residency Recruitment, Medical Students, Observerships  
James Lee, MD - Associate Director, Pediatrics Residency Training Program

**Valley Combined Program**  
Katherine Galos, MD

**White Memorial Medical Center**
And then there is the other mighty group, **the Administrators and Volunteer Departments**, who expertly and tirelessly guide the participants through the long and complicated application and clearance process to ensure that the students are selected, screened, scanned, badged, oriented and in all ways ready for their first day!

**Cedars-Sinai Medical Center**
Andrea Perry - Program Administrator Youth Employment & Development (YED) / Health Careers Academy
Daniela Garay-Villegars - YED Health Careers Academy, Organization Development & Learning

**Harbor UCLA Medical Center**
Sara Stewart, MD (Interviewed Candidates)
Bernice Hill-Shepherd, BS, MA - Volunteer & Programs Director
Felicia Melocoton - Volunteer Supervisor

**LAC+USC Medical Center**
Diana M. Roman - Pediatric Medical Administration

**Martin Luther King, Jr. Outpatient Center**
Denise Gordon - Volunteer Services Coordinator

**Olive View UCLA Medical Center**
Adrianna Gonzalez - Pediatric Office

**Providence Tarzana Medical Center**
Nancy Alaniz - Volunteer Office

**Providence Saint John's Health Center**
Phoenix Enkieluna - Administrative Associate, Medical Staff Services

**Santa Monica UCLA Medical Center & UCLA Medical Center**
Lily Zhang - Direct Referral Coordinator-Sr. Admin Analyst-Dean's Office, Dept. of Volunteer Services, Ronald Reagan Medical Center

**Valley Combined Program**
Irene Brennick - Director of Community Services, Los Robles Medical Center
Cynthia Perez - Director of Student Programs, Patient Education Department
Kaiser Permanente, Panorama City
WELCOME NEW MEMBERS
2017

Regular Members
Carly Ilana Alexander, MD, FAAP - Los Angeles
Inessa Grinberg, MD, PhD, FAAP - Beverly Hills
Michelle Shireen Kolsi, MD, FAAP - Glendale
Luke Macyszyn, MD - Santa Monica

Graduating Residents
Laleh Bahrami, MD - Los Angeles

Click here for complete list of members for prior years.

A One Year Membership is FREE to all Graduating Residents! Join Now!

IN MEMORIAM

* Frank M. Crance, Jr., MD - Colton, May 2007
Robert C. Weiss, MD - Manhattan Beach, November 2008
* Joel A. Streng, MD, FAAP - West Covina, September 2015
* Gwen Huffer, MD, FAAP - Thousand Oaks, July 2017
Eric Walter Fonkalsrud, MD - Santa Monica, April 2017

* Life Member

Click here for complete In Memoriam list for prior years.