

Los Angeles Pediatric Society E-Newsletter

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August 2017

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Greetings from President Sloane Sevrn, MD

Welcome to the August Edition of Our E-Newsletter!



Sloane Sevrn, MD

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 Zions. 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

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ONLINE CLASSIFIED ADS

ARE FREE TO MEMBERS!

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.

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*LAPS Log - News
from our Members*

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

eseaman@lapedsoc.org or
310-347-8087.

**We look forward to
hearing from YOU!**

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 Sevrin, 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**



**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



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.



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

Specialists' Corner

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

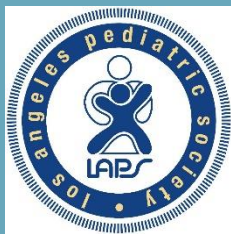
So far there have been limited population based studies on SCD in children in the United States and Europe estimating the incidence between 1 and 3 per 100,000 person-years (table 1). Note that this is per population and not per children in the population. The precise frequency with which SCD occurs 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.

or email:
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)



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
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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

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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

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!

Here's another way to donate to LAPS



You may electronically transfer securities to the Los Angeles Pediatric Society, by following the steps listed below:

Write a letter or direct your broker to transfer a specific number of shares in a particular company.

Provide your broker with the following delivery instructions:

Morgan Stanley DTC Instructions

For the benefit of: Los Angeles Pediatric Society
Morgan Stanley branch address:
444 S Flower Street, FL 34,
Los Angeles, CA 90071
Morgan Stanley LLC DTC: #0015

Mail, email or fax LAPS a gift letter or a copy of the directive you sent to your broker.

When you initiate a stock transfer, please let Morgan Stanley know. This will prevent gifts from

moved on with varying degrees of acceptance. And for parents, did it make a difference?

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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

affect injury rate, but 7-12th graders who slept ≥ 8 hours had $\frac{1}{2}$ 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 $< 5 \frac{1}{2}$ 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?



(c) Tsippora Shainhouse, MD



(c) Tsippora Shainhouse, MD

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,

technicians, pharmacists, physical therapists, Chaplains and countless other healthcare professionals.

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 Ordonez, 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

Patricia Sandoval - Medical Student Coordinator/MITHS Assistant & Stephanie Gates - Director of Medical Education

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

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2017

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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.](#)