

Los Angeles Pediatric Society E-Newsletter

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December 2017

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Greetings from President Sloane Sevrans, MD

Welcome to the December Edition of Our E-Newsletter!



Sloane Sevrans, MD

We are happy to bring you our latest e-newsletter, specialists' articles, and news about our programs for 2018. We are excited to announce that the S. Michael Marcy, MD Memorial Lecture at the Parmelee will be held at Children's Hospital Los Angeles at the Saban Research Institute & Courtyard on May 10, 2018. The lecture will feature Thomas G. Keens, MD on the topic of *Sudden Infant Death Syndrome & Safe Infant Sleep*. We are also busy planning for our **75th** Annual Brennemann Lectures, which will be returning to the Disneyland Hotel on September 21-23, 2018. You will want to be a part of this historic event!

This summer, with your help, the Eve and Gene Black Summer Medical Career Program continued to expose more 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 becoming involved by offering a rotation and/ or a contribution to this program as a tax-deductible charitable donation for 2017. **[Click here](#)** to donate.

I am proud to be a part of an organization that for so many years has been engaged in the Los Angeles community, supporting the medical professionals who provide care for so many children. I hope you have a wonderful holiday season

MEDICAL EDITOR

Richard G. MacKenzie, MD



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.

[See current classified ads](#)

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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!

and a healthy and happy New Year and I hope to see you at the Parmelee and Brennemann lectures.

- Sloane Sevrans, MD, FAAP

Save the Date for the 75th Brennemann Lectures

September 21-23, 2018

Once again at the *Disneyland®* Hotel
Come celebrate this historic event with LAPS!



With Lectures on Friday September 21, 2018 presented by



Orthopaedic
Institute for Children

IN ALLIANCE WITH **UCLA** Health

GROW WELL. PLAY WELL.™



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

Palpitations, syncope and sudden death in children: Who's at risk?



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

Palpitations and syncope are not infrequent presenting complaints to primary health care providers. Although mostly benign, these worrisome symptoms may be the prodrome of significant cardiac events. Their devastating end results may include brain damage and sudden cardiac death (SCD). It is important to differentiate the relatively benign forms of palpitations and syncope from those that are associated with an increased risk of SCD.

Palpitations

Palpitations are a subjective sensation of an unduly strong, rapid or irregular heart beats. These may or may not be related to cardiac arrhythmias. They may be due to physiologic causes like sinus tachycardia associated with anxiety or exercise. Conversely pathologic causes like ventricular tachycardia in the long Q-T syndrome may be at fault. Patients who have had palpitations should be carefully evaluated to rule any significant arrhythmia before being allowed to participate in any competitive sports.

A complete history is necessary to understand the nature of the palpitations. Inquiry should be made into such things as the timing and circumstances that led to the palpitations. Other associations with the onset of palpitations like behavioral change should be sought. Likewise, questions should be asked about a family history of syncope, palpitations or SCD. A physical exam should be undertaken to rule out structural heart disease and systemic disorders. While laboratory tests are most often normal, a chest X-ray is advised to rule out congenital heart disease and lung disease. An ECG is needed to evaluate P waves, the presence of premature atrial beats or premature ventricular beats, and the Q-T interval. Commonly these tests indicate a benign nature of the palpitations leading to the great relief of those involved.

Asymptomatic patients with premature atrial contractions and/or premature ventricular contractions, even if frequent, or short runs

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
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

of unifocal ventricular tachycardia do not need a referral to a cardiologist. Only reassurance is needed for the patient and family. If a suspicion of cardiac origin of the palpitations is discovered an extended work-up is usually undertaken in collaboration with a pediatric cardiologist. This may include an echocardiogram, holter monitor and exercise stress test and possibly electrophysiologic testing.

[Read More](#)

Specialists' Corner

Help! My child has flat feet! Is that bad?



Jennifer Beck, MD

Associate Director of Center for Sports Medicine at Orthopaedic Institute for Children (OIC), Assistant Professor of Orthopedic Surgery at David Geffen School of Medicine, University of California, Los Angeles

A frequent concern of parents is the shape and size of their child's feet. Acutely aware of what their child's foot look like (as they buy new shoes every year or even more often), parents often wonder what lumps, bumps, and curves are normal or worrisome.

Parents often bring this up at doctor's appointments. Typically, the child is asymptomatic, pain free, running and playing as normal. Unsure of what else to do, Pediatric orthopedic surgery referrals are often made.

The most common diagnosis that must be delineated are flexible or rigid flat feet. The much more common diagnosis is flexible flat feet. This often runs in families, is asymptomatic to the child, and is of little long-term concern. The most common complaint of parents is that the child wears out their shoes in an unusual pattern. Mom, who more typically brings the child into the appointment, may answer positively when asked if anyone else has this shoe wear pattern in their family. Most are just too busy to have thought about it. The important thing about this diagnosis is that the foot remains mobile.

[Read More](#)

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 remaining **unidentified** and will

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

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



Tracy Zaslow, MD

Medical Director

Sports Medicine Program

***in Children's Orthopaedic Center (COC) at
Children's Hospital Los Angeles***

Getting enough sleep is challenging for the young athlete. Athletes are often over-scheduled with after school activities, heavy workloads of homework and time commitment to training, in addition to their school day. Sports participation often involves participation in travel teams requiring long-distance travel, crossing time zones and staying in unfamiliar settings. Additionally, athletes often experience pre-competition anxiety which interferes with quality sleep. And, sports-related injuries can interfere with sleep. Musculoskeletal injuries can cause pain and discomfort disturbing sleep; while concussions affect sleep quality and rhythms.

What Can You Do in the Office?

Take a sleep history. Common questions to discuss include:

1. Current sleep habits
2. Changes from baseline sleep habits (sleep diary)
3. Prior past medical or family history of sleep disorders (e.g. narcolepsy, insomnia, sleep apnea, etc.), psychiatric conditions (e.g. depression, anxiety, ADHD, etc.) and other relevant health issues
4. Medication use (past and current), both prescription and OTC

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

5. If using sleep aids, what is used and how often?
6. Caffeine or other stimulant substance intake
7. Recreational drug use history
8. Sleep habits: bedtimes, time of awakening, nap history
9. Subjective assessment of sleep quality: average, better or worse than average, did you feel "rested," presence of fatigue, daytime somnolence, etc.
10. Sports and other extra-curricular activity schedule

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Brennemann 2017 Review



We certainly hope you were with us at the Disneyland Hotel on September 8-10, 2017 for the stellar 74th Brennemann Lecture conference! Attendees' feedback placed it as one of the best in many years. The Lectures kicked off on Friday afternoon with three top UCLA orthopedic professors from the Orthopaedic Institute for Children: Drs. Jennifer Beck, Richard Bowen, and Lewis Zions presenting relevant and informative lectures on Hip Joint, Scoliosis and Clubfoot.

On Saturday and Sunday, we were dazzled by another three top full professors discussing Dermatology, Cardiology and Urology. Dr. Sheila Fallon Friedlander, from Rady Children's Hospital educated us on Acne, Vascular Lesions, Hair Disorders, and Atopic Dermatitis. Professor Anjan Batra, MD from Children's Hospital of Orange County lectured on Syncope, Arrhythmias, Cholesterol Testing, and Congenital Heart Disease. Lastly, Dr. Andrew Freedman from Cedars-Sinai Medical Center discussed the Hot Scrotum, Kidney Stones, Reflux, and Dysfunctional Voiding. The Keynote Cliff Rubin Memorial Lecture was given by Rabbi Jason Weiner from Cedars-Sinai Medical Center, who spoke about the challenging topic of End of Life Treatment and related it to baby Charlie.

Finally, there was a real treat for the "students" with a 6:00 a.m. discussion each morning, on Mindfulness, given by our own past President, Dr. Paula Whiteman. YES, we did indeed have a weekend of superstars and the program committee is on a mission to make the 75th Annual Brennemann even better! So, please stay tuned.



Ron Nagel, MD
Vice President of
Program

IN MEMORIAM

Alvin A. Miller, MD, FAAP

1926- 2017



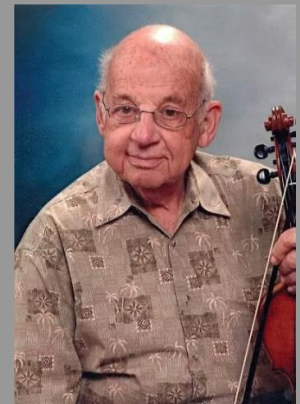
"Al Miller was one of a kind"; He was a force to be reckoned with"; "He was a great guy and a devoted physician"; "He was passionate about medicine & I was impressed with how he stayed on top of the latest research..." "I will never forget the 'Miller Law', which will forever impact my perspective on life, education and my future career: 'The smaller they are, the sicker they are. The greater the challenge, the bigger the reward.'"

These are just a few of the comments that fellow physicians, friends and students shared about LAPS Life Member, perinatal/neonatal specialist, teacher and beloved Coordinator of the Valley Eve & Gene Black Program, Alvin Miller, MD. Dr. Miller's practice of medicine spanned over 60 years and touched the lives of countless babies, children, parents, doctors and future medical professionals. Dr. Miller delivered the keynote address at the 18th Annual Neonatology Conference, giving an overview of how this discipline had evolved over the years. You may view Dr. Miller's lecture here: [Neonatology: 50 Years of Historical Perspectives](#)

In 2006, at a time when most octogenarians would be relaxing, with the encouragement of fellow LAPS member Dr. Katherine Galos, Dr. Alvin Miller became the Coordinator of the Valley Eve & Gene Black Summer Medical Career Program. Dr. Miller mentored over 100 students and encouraged numerous medical professionals to become involved in this life-changing program.

What a huge, full legacy Dr. Alvin Miller left; he will be sorely missed by the many people whose lives he touched. [Click here](#) to see a detailed memorial which includes information about Dr. Miller's many accomplishments and contributions, as well as additional reflections from his colleagues and friends.. If you wish to acknowledge the passing of Dr. Miller, notes of condolence can be sent to eseaman@lapedsoc.org and at Dr. Miller's request, donations can be made to the Eve & Gene Black Summer Medical Career Program. You may make donations online [Donate here](#) or by check made payable to the Los Angeles Pediatric Society. Mail to P.O. Box 4198 Torrance, CA 90510-4198.

READ MORE



The 49th Annual Eve & Gene Black Summer Medical Career Program is underway!



Applications are NOW available for the 49th Annual Eve & Gene Black Summer Medical Career Program. Applications packets have been emailed to over 750 high school counselors in the Los Angeles area. The entire packet is also available online, including a fillable application, FAQs, facility requirements and checklists. The deadline for the application is February 21, 2018.

Last year LAPS received 350 applications from qualified, deserving students. Unfortunately, our existing participating facilities are only able to accept approximately 70 students. It is not too late to become involved in the 2018 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

WELCOME NEW MEMBERS

2017

Regular Members

Jennifer J. Beck, MD - Los Angeles
Nicholas M. Bernthal, MD - Los Angeles
Richard E. Bowen, MD - Los Angeles
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[Click here for complete list of members for prior years.](#)

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

IN MEMORIAM

*Alvin A. Miller, MD - Encino, December 2017

[\(Click here for In Memoriam article\)](#)

Burton W. Fink, MD - Encino, December 2017
(LAPS Past President 1968-69)

* Life Member

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