

Los Angeles Pediatric Society E-Newsletter

Volume 5 No. 1

July 2018

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Greetings from President Sloane Sevrان, MD

Welcome to the July Edition of Our E-Newsletter!



Sloane Sevrان, 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 the historic landmark celebration of our **75th Diamond Brennemann Lectures!** Please mark your calendars, rearrange your call schedules, and come join us September 21-23.

LAPS will be kicking off the weekend on Friday from 2-5 pm with three (3) FREE lectures from the Orthopaedic Institute for Children - *It's Not Just a Knee Sprain* delivered by Jennifer Beck, MD, *Developmental Dysplasia of the Hip (DDH)* by Rachel Thompson, MD and *Back Pain in Young Athletes* by Anthony Scaduto, MD. Following the lectures, all attendees and their families are welcomed to join us for entertainment and light refreshments in celebration of our 75th Diamond Brennemann Lectures.

On Saturday and Sunday, we will start our days with Mindfulness Lectures delivered by Dr. Paula Whiteman and continue with engaging lectures in Neonatology from Dr. Alison Chu, Ophthalmology from Dr. Kenneth Wright, and Psychiatry from Dr. Derek Ott. Our Cliff Rubin Lecture will be an historic look back at *50 Years of Adolescent Medicine, Lessons Learned* by LAPS Past President, Dr. Richard MacKenzie, from Children's Hospital Los Angeles. Don't miss what is sure to be another inspiring, educational, historic 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 faculty, Dr. Beck and Dr. Thompson, a synopsis of our 2018 Summer Medical Career Program, as well as the

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.

Part time Board Certified Pediatrician needed in Long Beach

Looking for a board certified bilingual (English/Spanish) part time pediatrician in Long Beach who will be responsible for diagnosing, treating, and helping to prevent children's diseases and injuries. If interested please call **310-729-3433** Leila Yoonessi, MD, MPH at MY Pediatrics & Respiratory Care Clinic, P.C.

Locum Tenens Pediatrician available

Experienced board certified pediatrician available October to February for a 3-4 month locum tenens outpatient position. Ideal for maternity/ short term sabbatical coverage.

E-mail: drima@sbcglobal.net
Tel: 818-930-1337
818-462-0097 ext. 2

[See current classified ads](#)

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

popular "What's Your Diagnosis", Dermatology column 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

Come and Join Us for the 75th Diamond Brennemann Lectures September 21-23, 2018



This year again at
the *Disneyland Hotel*



RESERVE YOUR HOTEL ROOM NOW AND PURCHASE
DISCOUNTED DISNEY TICKETS

BEGINS:

Friday, September 21, 2018: 2 - 5 pm

FREE CME Lectures (3 CME Credits)

are sponsored 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

Topics:

It's Not Just a Knee Sprain: Jennifer Beck, MD, FAAOS
Developmental Dysplasia of the Hip (DDH): Rachel Thompson, MD
Back Pain in Young Athletes: Anthony Scaduto, MD, FAAOS

Followed by the 75th Brennemann Celebration Reception from 5-7 pm

Speakers and Topics for Saturday and Sunday

MINDFULNESS: Paula Whiteman, MD, FAAP, FACEP

NEONATOLOGY: Alison Chu, MD, FAAP

OPHTHALMOLOGY: Kenneth Wright, MD, FAAP, FAAO

PSYCHIATRY: Derek Ott, MD, FAPA, FAACAP

CLIFF RUBIN LECTURE: 50 Years of Adolescent Medicine: Richard MacKenzie, MDCM, FAAP, FSAHM

[REGISTER HERE](#)

[Meeting Brochure](#)

or email:
eseaman@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.

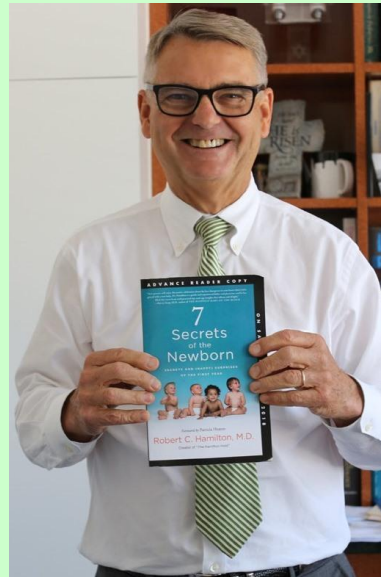
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our current donors.) We hope
we can continue to count on
you and your generosity. And
for those that are not yet
involved, we hope you will



LAPS Log - News from our Members



7 SECRETS OF THE NEWBORN

Secrets and (Happy) Surprises of the First Year

Robert C. Hamilton, MD
St. Martin's Press. Available in September

From the pediatrician who became an Internet sensation with the "Hamilton Hold" in a YouTube video about how to calm a crying baby, comes a one-of-a-kind resource to guide you through the earliest moments of your child's life-and help you to parent with common sense and confidence.

Robert C. Hamilton, MD, has spent more than three decades caring for newborns. In his practice, Dr. Bob has seen it all-what works, what doesn't. In his upcoming book, Dr. Bob shares his clear, sensible, warm advice-as well as all the latest scientific data and research. Dr. Hamilton is the chair of the Eve & Gene Black Program and coordinates his own summer program for 12 students in Santa Monica.

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

eseaman@lapedsoc.org or 424-262-6590.

We look forward to hearing from YOU!

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

Specialists' Corner

Flexible Flat Feet: Who and How Should I Treat Them?



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 (UCLA)

Lower extremity and foot "deformities" are a common cause for evaluation by pediatricians and pediatric orthopedic surgeons. Often, it is the grandparents who feel that this grandchild's legs or feet look different than their other grandchildren that causes the visit to be scheduled. In our previous article on flexible flat feet, clinical exam maneuvers of standing heel rise, seated foot position, and subtalar motion were discussed assisting in the diagnosis of flexible flat foot. But, what do you do now that you've made the diagnosis?

The first step is talking with the child and their caregiver about any associated symptoms. Most often the caregiver will say the child runs and plays with friends without hesitation, they never see them limp, and the child has never taken themselves out of activities due to pain or symptoms. Yes, even children can have occasional foot pain from prolonged walking (I use the example of a day at Disneyland where everyone is tired and sore at the end of a long, exciting day) but that does not mean they need treatment. The complaint is usually just about the look of the feet. Parents and grandparents need to be reassured that flexible flatfoot is a completely benign condition, and that the cosmetic look of their foot will remain the same no matter the use of inserts or orthotics. No special braces or shoes will change the look of their feet. Most importantly, most children and adults with flexible flat feet will be pain-free, active, athletes who may notice that they wear out one side of their shoes more than others, nothing more.

[Read More](#)

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 424-262-6590 or Ellen at eseaman@lapedsoc.org

Specialists' Corner

The Importance of Hip Surveillance in Cerebral Palsy



Rachel M. Thompson, MD

Pediatric Orthopaedic Surgeon, Assistant-Professor-in-Residence, David Geffen School of Medicine at University of California, Los Angeles (UCLA), Associate Director for the Center for Cerebral Palsy at UCLA/Orthopaedic Institute for Children

Cerebral palsy (CP) is a descriptive term for a group of disorders affecting motor function as a result of non-progressive disturbances that occur in the developing brain. It is the leading cause of childhood disability worldwide, affecting nearly 3 in every 1000 live births. Over 17 million people are living with CP globally, all of which are at risk for hip dislocation. The severity of each individual's risk is directly related to severity of neurologic involvement and level of gross motor impairment. The overall resulting incidence of hip displacement in children with CP is estimated to be 35%. In the most severely affected children - those who are non-ambulatory - the risk of hip displacement exceeds 85%. Displacement has been associated with increased pain levels, impaired quality of life, functional impairment affecting ability to sit, stand or walk and difficulty with hygienic care.

Proactive surgical intervention for displaced hips in ambulatory children is universally accepted, as reduced hips provide a stable platform for walking. For non-ambulatory patients, maintaining hips in a reduced position allows for proper perineal care, sitting balance, maintaining the ability to perform standing transfers and possibly reducing the risk of developing neuromuscular scoliosis. Regardless of ambulatory status, well-reduced hips are associated with improved quality of life in all children with CP. As such, it is imperative to maintain located hips whenever possible.

[Read More](#)

**Annual S. Michael Marcy, MD Memorial Lecture at the Parmelee
Spring Meeting was held on May 10, 2018**



Ron Nagel, MD, FAAP
Vice President of Program

On the evening of May 10, LAPS cosponsored the Annual S. Michael Marcy, MD Memorial Lecture at the Parmelee Meeting with Children's Hospital Los Angeles (CHLA). After a lovely meal in the Saban Center Research Institute Courtyard, attendees matriculated into the auditorium.

Here, they were honored to have LAPS member, Dr. Thomas Keens present a timely lecture on "Sudden Infant Death Syndrome (SIDS) and Brief Resolved Unexplained Events (BRUE)". As expected his presentation was awesome, as we had chosen an individual who is both the chair of the California SIDS Advisory Council and a full professor of Pediatrics at Keck School of Medicine and CHLA. His 90-minute lecture walked us through the history of SIDS, its risk factors, and why the term ALTE is no longer used. A detailed discussion was conducted on the definition of BRUE and why this condition evolved. Most importantly Dr. Keens emphasized that a BRUE does not predispose your patient to SIDS.

As expected with this informative an evening, participants walked out of this lecture with a better understanding of these conditions and how they should apply this knowledge to their practice. In closing, LAPS would like to thank CHLA and their marketing staff for cosponsoring this superb, educational event.

WHITE TRUNKAL PATCHES IN A TEENAGE BOY

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



A 15-year-old, African American male presents to clinic for evaluation of progressive, asymptomatic, hypopigmented, slightly scaly patches on his skin. They began on his upper back and have spread to his shoulders and chest over the summer season, which he does spend swimming and playing sports outdoors. Mom says that she only really sees his body during the summer, when he isn't wearing a shirt. She does think that he had a similar rash last summer, but does not recall him having similar patches at birth or in early childhood. He doesn't have a history of eczema or sensitive skin, he has no similar patches in his scalp or along his hairline and eyebrows, and he feels well. He has no personal or family history of autoimmune disease.



Tsippora Shainhouse, MD, FAAD

What's Your Diagnosis?

- A) CARP
- B) Tinea Versicolor
- C) Seborrheic Dermatitis
- D) Pityriasis Alba
- E) Vitiligo

[Read More](#)

**The Los Angeles Pediatric Society's
Eve & Gene Black Summer Medical Career Program
Celebrates Dr. Katherine Galos**



Incoming LAPS President Patrick Whelan, MD, PhD and Mary Ellen Osborne, LAPS coordinator, present Dr. Galos with a plaque celebrating her over 40 years of commitment to the Summer Medical Career Program during the orientation for the Valley Combined Program students

You simply cannot talk about the Summer Program in general or the Valley Program in particular, without mentioning Dr. Galos. Here are a few notables.

- **She started the Eve & Gene Black Program at the Kaiser Panorama City, 40 years ago, involving the late, Dr. Ed Rissman, who later went on to Chair the entire program and whose name is now part of the scholarship award.**
- **When she moved to Kaiser Woodland Hills, she began an Eve & Gene Black Program there.**
- **When she retired from Kaiser Woodland Hills, she inspired the late, great Dr. Al Miller to assist her in creating a program in the Valley. Together she & Dr. Miller were Co-coordinators, arranging rotations at Los Robles Hospital, Simi Valley Hospital & Kaiser Panorama City for 12 students per year.**

Some of her former students say it best.....

Here is a pediatrician who could be enjoying happy retirement on the sunny beaches of Florida, but instead chose to take the time and energy to develop an experience to inspire potential physicians of the next generation like myself. Every day without fail one or both of the doctors would call to inquire about the day's activities: whether the staff had been accommodating, whether it was a worthwhile rotation, whether I had seen anything exciting; they truly cared about me and this

program. Even though they received nothing other than perhaps an added workload in coordinating this program, their attentiveness to every detail in trying to construct the perfect agenda for myself and the fellow students struck me on a much deeper note.

*I think what's amazing about Dr. Galos, though, is that she not only sparked my interest in medicine, but also inspired me personally. Although I don't remember the details of that first day, I **do** remember feeling inspired by her stories of resilience and perseverance and of being a woman in medicine - at a time when it was a male-dominated field. I also remember her passion for teaching, which is something that impacts me even to this day.*

She is doing something truly wonderful for the community by continuing this program and for all the years that she has coordinated in the past. It is rare to come by to be able to shadow in a hospital as a HIGH SCHOOLER. It is very rare for high schoolers to be able to get exposure. In fact, I have met upperclassmen in college who have never even shadowed before. She has been extremely helpful in my path toward medicine and is one of the people that I will not forget about. Right now, I'm only a medical student, but I know that when I become a physician, I want to mentor and inspire others, just as she inspired me. Thanks!

-Amanda Zhou (2012 & entering her 2nd year at Yale Medical School)

BUT SHE HAS BALANCE....

*One of my most important takeaways from Dr. Galos wasn't strictly medical, however. **Her dedication to music and playing in the orchestra showed me how important it is to keep up ones interests outside of practicing to stay mentally sharp and create bridges to bond with patients.** Thank you Dr. Galos for mentoring me on this journey.*

DEFINITION OF DR. GALOS...

*One of the most extraordinary moments during my rounds was when I was able to speak to a patient's mother and comfort her with my words. I was able to see how important support and consolation are for a patient's family... she seemed just comforted by the fact that I was reassuring her that she had done all the right things and that the doctors would try all they could to help her daughter. Later, I recounted the experience to my mentors, Dr. Miller and Dr. Galos. **Dr. Galos told me, 'Medicine is reaching out to those in need and above all making a difference in someone's life.' This, to me, is the true definition of medicine, and one that I will carry throughout my journey to become a doctor.***

And Dr. Galos epitomizes this definition of medicine. LAPS and the Eve & Gene Black Summer Program, along with 100's of students, will be forever grateful to this woman of medicine.

Thank you, Dr. Galos!

LAPS wishes to thank ALL of the following



The 49th Annual Eve & Gene Black (EGB) Summer Medical Career Program is well underway with a total of 66 participants completing this amazing medical internship. Students are observing a variety of medical procedures in hospital and office settings; visiting an array of departments, labs, clinics and medical offices; shadowing and interacting with physicians, residents, interns, dentists, nurses, technicians, pharmacists, physical therapists, Chaplains and countless other healthcare professionals.

There are many, many dedicated medical professionals and staff throughout our 13 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 tireless **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

Gelline Anne Ibarrola - Academic Program Coordinator

Children's Hospital Los Angeles

Kameelah Gateau, MD and Alana Ju, MD

Harbor UCLA Medical Center

Carol Berkowitz, MD & Nilou Tehrani, MD

Huntington Memorial Hospital

Ernie Maldonado, MD assisted by Mark Powell

LAC+USC Medical Center

Laura Wachsman, MD

Martin Luther King, Jr. Outpatient Center

Eileen Forbes-Hill, MS Executive Director, Pipeline & School Partnership Programs

Alexis Cabarga, Pipeline Programs Coordinator

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, FAAP - Associate Director, Pediatrics Residency Training Program

Valley Combined Program

Katherine Galos, MD, assisted by Mary Ellen Osborne

Adventist Health White Memorial

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 with endless patience, kindness and personal attention, 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

Children's Hospital Los Angeles

Martha Bustamante, Medical Education Program Coordinator

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

Alejandra Dorado, Volunteer Services

Claudia Mata, Volunteer Department Director

Martin Luther King, Jr. Outpatient Center

Denise Gordon - Volunteer Services Coordinator

Olive View UCLA Medical Center

Adrianna Gonzalez - Pediatric Office

Orthopaedic Institute for Children

Danielle Barrios -Assistant Director of Volunteer Services

Sheryl West-Rainey

Providence Tarzana Medical Center

Pam Egendorfer -Volunteer Manager assisted by Nancy Alaniz

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

Judy Cannings Volunteer Coordinator. Los Robles Hospital

Cynthia Perez - Director of Student Programs, Patient Education Department

Kaiser Permanente, Panorama City

WELCOME NEW MEMBERS

2018

Life Members

(Former Regular Members)

Tsippora Shainhouse, MD - Beverly Hills

Patrick Whelan, MD, PhD - Los Angeles

Regular Members

Horacio G. Lopez, MD - Los Angeles

Nancy Niparko, 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

* Sidney Smith, MD, FAAP - Los Angeles, November 2010
Nord S. Nation, MD, FAAP - Long Beach, December 2012
Marilyn A. Nelson, MD, FAAP - Huntington Beach, December 2015
Natalie H. Schuckmell, MD, FAAP - Tustin, November 2016
*Jerry Z. Finklestein, MD, FAAP - Long Beach, December 2016
Mario S. Silvestre, MD - Palos Verdes Estates, April 2017
Charles A. Markman, MD, FAAP - Los Angeles, May 2017
Patricia E. Patterson, MD - Port Arthur, Texas, August, 2017

* Life Member

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