

LATEST FROM LAPS

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Greetings from President J. Patrick Whelan, MD, PhD

Welcome to the December Edition of Our E-Newsletter!



The conception of Janus -- the Roman god who looks both forward and back -- was popularized by the great poet Ovid and the legendary orator Cicero, one who was born and the other who died in the same year. From the chaos of that year, 43 BCE, began 500 years of the Roman Empire. In that spirit we celebrate this year two great legacies of our work in the Los Angeles Pediatric Society, at a time when all of us are facing new challenges and working harder than ever.

Last September marked 75 years of Brennemann lectures, which have featured such luminaries in the past as Linus Pauling and Albert Sabin. The meeting brought together many of our most loyal supporters, some exceptional speakers, the national president of the AAP, and 60 young singers in the Southern California Children's Chorus (!). This next summer we will herald the 50th incarnation of the **Eve & Gene Black Summer Medical Career Program**, which has helped cultivate an interest in Pediatrics for thousands of Southern Californians across a full half-century.

In between, we have big plans for this year. First, we have partnered with the Los Angeles Dodgers to host an **LA Pediatric Society Day at Dodger Stadium** next summer for all our members and summer interns (details forthcoming). Second we have been in conversation with the LA County Medical Association, the Southern California Society for Child and Adolescent Psychiatry, the American



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](#)

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



LAPS Log - News from our Members

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!



We are always looking to expand our organization.

Academy of Pediatrics, and the 2028 Olympic Organizing Committee to initiate partnerships that will help all of us to be better advocates for child health in Los Angeles.

There is a grand tradition of LAPS helping to keep all of us current on science and clinical care, and we have tried in this year-end issue of the newsletter to feature the best of that effort. With articles about anaphylaxis, pediatric dermatology, and the reminiscences of the Past Presidents Dinner at the Brennemann weekend, we hope to bring all our members closer together and feeling empowered in the high calling of caring for children.

We're hoping to entice you into joining us for the **Parmelee meeting** in March, which will feature two national experts (from Alabama and Massachusetts) on the **Vaping Crisis** among teens that threatens to both reverse our gains against smoking and to turn more kids into marijuana users. We'll be meeting March 19 at Providence Saint John's Health Center in Santa Monica, and we hope you can join us.

Ovid and Cicero cited the Latin verb *ire* ("to go," like the Spanish verb *ir*) as the inspiration for Janus, and similarly we won't be standing still in the year to come. Like Ovid, we celebrate our love for what we do by reaching out each summer to a new generation of future pediatricians. Like Cicero, we celebrate a love of learning by gathering together in the spring and the fall for the Marcy and Brennemann lectures. *Vi et animo*, with heart and soul, with strength and courage, we continue to celebrate our accomplishments and to chart a new course into 2019-our 85th year as a society.

Patrick Whelan MD PhD
UCLA Pediatric Rheumatology
President, Los Angeles Pediatric Society

Please plan on joining us for the

Annual S. Michael Marcy, MD Memorial Lecture At the Parmelee Spring Meeting

Tuesday Evening

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

or email:

eseaman@lapedsoc.org

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

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

March 19, 2019

**Co-sponsored & hosted at
Providence Saint John's Health Center**

**Saint John's
Health Center**

 **PROVIDENCE** Health & Services

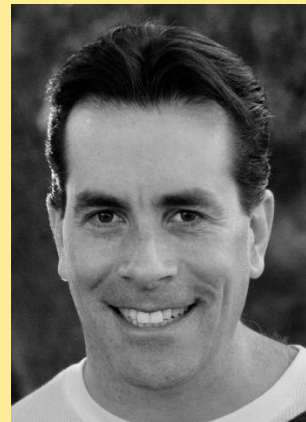


*Program will feature two national experts on the **vaping epidemic** in teens:*

**Dr. Christopher Harris (Boston)
& Dr. Alan Blum (Tuscaloosa)**

Specialists' Corner

Anaphylaxis in Children



David Epstein, MD, MS, FAAP

Medical Director, MVP Pediatric and Urgent Care
Pediatric Intensivist, Division of Anesthesia and
Critical Care Medicine, Children's Hospital Los Angeles

Introduction

Anaphylaxis in children is one of the most feared acute systemic reactions that any pediatric physician, generalist or subspecialist, may ever come across. The fear stems from the cardiorespiratory compromise that can result in neurologic injury and even death in an otherwise normal, healthy child. However, with the recognition, anticipation of symptom progression, and prompt management of anaphylaxis, these devastating sequelae can be avoided.

(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 the future of medicine in Los Angeles!

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

Thank YOU!

Anaphylaxis is the term used for the most severe and, potentially, life-threatening manifestation of an allergic reaction incited by an allergen. The most common allergens that we associate with childhood allergic reactions are foods (37%-85%), insect bites/stings (5%-13%), and medications (5%-12%).¹ For foods, milk products (19%-29%), peanuts (9%-36%) and tree nuts (9%-19%), eggs (5%-22%), shellfish (4%-17%), and fruits/vegetables (9%) are the most common offenders.¹ But, allergic reactions can stem from almost anything. The severity of the allergic reaction can range from mild cutaneous urticaria to severe anaphylaxis.

Pathophysiology

Anaphylaxis is mediated by immunoglobulin E (IgE). An allergen induces IgE activation and binding to basophils in the blood and mast cells in the tissue, as well as various other cell types. However, it is the stimulation of mainly mast cells and basophils that causes the release of histamines, various proteases, and other inflammatory mediators, such as leukotrienes (i.e., cysteinyl leukotriene), platelet-activating factor, prostaglandins, and cytokines/chemokines, which cause the various clinical manifestations that we witness (Figure 1).² While the clinical signs and symptoms of anaphylaxis occur quite rapidly, a minority of patients may exhibit a biphasic allergic reaction, where signs and symptoms of anaphylaxis recur hours after the initial reaction has subsided.² Blocking the effects of the histamines and various inflammatory mediators is the foundation of anaphylaxis therapy.

Read More

Specialists' Corner

When It's Not "Just" an Ankle Sprain?



Jennifer Beck, MD

Associate Director of Center for Sports Medicine at Orthopaedic Institute for Children (OIC), Assistant Professor of Orthopaedic

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 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

Surgery at David Geffen School of Medicine, University of California, Los Angeles

Lateral sided ankle injuries are very common in kids. Whether rolling their ankle while scoring the game winning goal or awkwardly falling on a pillow during a sleep over, it's often difficult for parents and providers to evaluate the severity of the injury. Concern amongst pediatricians and sports medicine providers revolves around the growth plates of growing children and preventing any long-term complications from their injuries.

Anatomically, lateral ankle injuries can involve the distal fibula physis, the lateral aspect of the distal tibia physis, the peroneal tendons, the base of the fifth metatarsal, or the lateral ankle ligament complex (ATFL, CFL, PTFL) (Figure 1). It is important to examine each of these structures to determine any injury and if radiographs are needed for the patient. Ottawa ankle rules for adults are not as consistently validated in children due to the overlying ligamentous attachment near the distal fibula physis but can be successfully applied to reduce the number of radiographs in children. Clinically it can be very difficult to determine pain in the ligaments vs distal fibula physis in an acutely injured ankle. Careful physical examination for point tenderness and associated swelling/ecchymosis are the main clinical findings that can help differentiate the injuries.

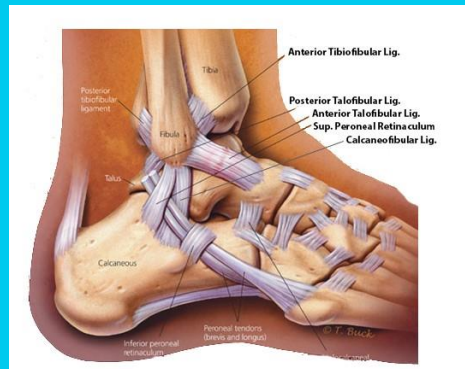


Figure 1: Lateral Ankle Anatomy

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UNILATERAL RASH IN A TODDLER

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

A 20-month-old male presents to your busy, winter, flu-ridden clinic for evaluation of a persistent, spreading rash that began in the left axilla and is spreading locally to the peri-axillary area and left trunk area (see photo). There is no similar rash on right axilla/trunk, nor is there a similar rash in the neck or inguinal folds. Rash is comprised of pink flat spots and pink bumps, with some scaly patches. It has been present for 2 weeks. He is not scratching or visibly uncomfortable. He has no household contacts with a similar rash. Mom denies using any new soaps, lotions or laundry products. Upon questioning, mom reveals that he might have had a runny nose and low-grade fever about a month ago.

What is your diagnosis?

A) UNILATERAL LATEROTHORACIC EXANTHEM

B) CONTACT DERMATITIS

C) SEBORRHEIC DERMATITIS

D) TINEA CORPORIS



[Read More](#)



Current and Past Presidents of LAPS
(l to r) Patrick Whelan, Carol Hurvitz, Paula Whiteman & Ron Nagel

In today's world any organization that can state that they have been in existence for 75 years deserves recognition. The first Brennemann Lecture was delivered by Dr. Francis Scott Smyth, Professor of Pediatrics and Dean of the Medical School, University of California, San Francisco, on December 4, 1944 at 8:00 p.m. at Cedars of Lebanon Hospital. His topic was "*Periosteal Reaction, Fever and Irritability in Young Infants - A New Syndrome?*" In fact, the following year the disease was labelled Caffey's Disease. This past September the LAPS celebrated its 75 Diamond Brennemann lecture year by carrying on the tradition of presenting an outstanding assemblage of professors discussing relevant pediatric topics, which this year included orthopedics, ophthalmology, neonatology and psychiatry.

Friday afternoon featured the 3rd year of LAPS' partnership with the Orthopaedic Institute for Children with lectures on three current orthopedic problems facing primary care doctors. Dr. Jennifer Beck spoke about Knee Sprains, Dr. Rachel Thompson discussed Developmental Dysplasia of the Hip, and Dr. Anthony Scaduto lectured on Back Pain in Young Athletes. The lecture room was full with over 75 students.

The Friday lectures were followed by a reception celebrating our 75th anniversary. Light refreshments were served and the audience was entertained by the Southern California Children's Chorus. Their selections included Broadway shows and popular American songs and at times the crowd was singing along. This was followed by a special visit from the President of the American Academy of Pediatrics, Dr. Colleen Kraft, who spoke on issues that we are facing in pediatric medicine in the year 2018, including the rising cost of health care and the dangers of vaping, also known as juuling.



Dr. Colleen Kraft

Both Saturday and Sunday mornings began early with discussions and techniques on mindfulness from Dr. Paula Whiteman, continuing her lessons from last year. Over the next two days we were dazzled by Dr. Ken Wright who lectured on Strabismus, Pink Eye, Vision Screening and a potpourri on eye disorders. Dr. Derek Ott spoke on the changing behaviors on Autism, alternative treatments in Psychiatry, Stimulant Safety Issues and new ADHD

medications. Lastly, Dr. Alison Chu taught the students about formula composition, Neonatal Sepsis, Respiratory Distress, and Premie Graduate care.

The Cliff Rubin keynote lecture was given by our well-known professor Richard Mackenzie on the past 50 years of Adolescent Medicine. If one attended all of the lectures then one would be eligible for 15 CME credits. And for the first time, we offered MOC part 2 credit, with nearly one third of the attendees taking advantage of this free perk. We also hosted a beautiful dinner to honor past LAPS presidents on Saturday night where two dozen docs got together at the Disney's Grand Californian Hotel & Spa to discuss and reminisce about the "good old days".

My time is now focused on next year and the 76th Brennemann Lecture series, which will be held once again at the Disneyland Hotel, on September 6 - 8, 2019, with topics on endocrinology, adolescent medicine and nephrology. Happy holidays and a healthy New Year. Hope to see you there.



Ron Nagel, MD
Vice President of
Program

PLEASE SEE NEXT PAGE

Wow, We Are Still Going Strong!

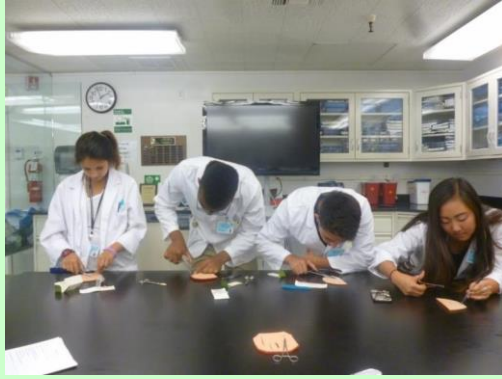
It is our **50th Annual Eve & Gene Black Summer Medical Career Program & the Applications are Now Available!**



Applications are NOW available for the 50th Annual Eve & Gene Black Summer Medical Career Program. Application and program information has 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 18, 2019.



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 2019 program, by either assisting an existing program or offering a rotation for some students at your location. 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 2018. [Click here](#) to donate.



SUMMER PROGRAM DOCUMENTS

WELCOME NEW MEMBERS 2018

Regular Members

Joshua Sherman, MD, FAAP - Los Angeles
Joni Arti Bhutra, MD, FAAP - Simi Valley

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

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

IN MEMORIAM

* Lloyd Carnahan, MD - Fullerton, July 2012
Arnold H. Zukow, MD - Tarzana, September 2018

* Life Member

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