

Los Angeles Pediatric Society Newsletter



President's Message

Neville Anderson, MD

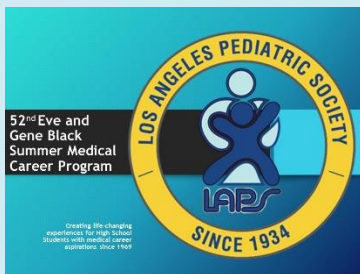


I hope this finds you healthy and vaccinated! We are happy to bring you our latest e-newsletter. We missed seeing you in person last year and were sorry that we weren't able to host our S. Michael Marcy, MD Parmelee Lecture and Brenneman Series. With the Covid-19 pandemic still present, the Board decided to have our S. Michael Marcy Parmelee Lecture be virtual. It is on May 12, 2021 at 6:30 pm. Dr Amy Weimer from UCLA will speak on *Generation Z and Gender X: Gender-Affirming Care for Today's Youth*. She is teaming up with Dr Paria Hassouri from

Cedars-Sinai who will speak about her family's experience with her child's transition. We also have several transgender teens who will tell us about their journeys. This event is very timely with all the recent news about transgender laws being proposed. It is not to be missed (and won't be just another Zoom webinar)! And there will be a social half hour after the program to get to know other attendees and discuss what promises to be a very engaging and interesting evening.

[READ MORE..](#)

The 2021 52nd Eve and Gene Black Summer Medical Career Program is ready to Zoom!

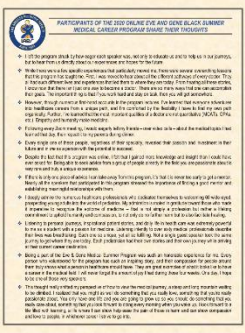


We are busy reviewing the 370 applications that we received for our 2021 Summer Medical Career Program! The Program will take place Monday through Thursday with 2 - two weeks sessions during July.


In this our second year of an online Program, we are delighted to be able to increase the number of selected students to 85 per session. We look forward to using all we have learned over the last year and the feedback from last year's participants and presenters to fine tune and enhance our students' online experience.

We will soon reach out to our Program Coordinators, LAPS members and fellow medical professionals with an invitation for you and your colleagues to present to the entire group. For the last 51 years, participation in the LAPS Summer Program has been an important experience for young people in Southern California interested in the world of medicine. We hope that you will join us this year.

Click Image below for Quotes from 2020 Program Participants



How can I help? Visit our website



LOS ANGELES PEDIATRIC SOCIETY
ANNUAL S. MICHAEL MARCY MD
MEMORIAL LECTURE
AT THE PARMELEE

Please join us online
Wednesday evening – May 12, 2021

The program will feature Dr. Amy Weimer speaking on:
Generation Z and Gender X: Gender-affirming care for today's youth

Program Schedule

- 6:30 pm - 7:30 pm:** Lecture with Dr. Amy Weimer on gender-affirming care
- 7:30 pm - 8:00 pm:** Dr. Paria Hassouri, author of *Found in Transition: A Mother's Evolution during Her Child's Gender Change* discusses her family's journey and teen panelists discuss their experiences
- 8:00 pm - 8:30 pm:** Live Q&A with audience, panelists, Drs. Weimer and Hassouri
- 8:30 pm - 9:00 pm:** Join us for conversation (we miss seeing and speaking with you!)

click [Here](#) to register

SPECIALISTS' CORNER



SUPPORTING LGBTQ+ YOUTH THROUGH COVID-19 AND BEYOND

Amy K. Weimer, MD
Medical Director, UCLA Gender Health Program

Here are some thoughts from our upcoming speaker, Dr. Amy Weimer, for the S. Michael Marcy Memorial Lecture on May 12, 2021. We hope you can join us to hear much more!

In the midst of a maelstrom of stressors, LGBTQ youth have faced declining mental health during this past year. Social restrictions, economic pressures and politicization of gender-affirming care all threaten the wellbeing of young LGBTQ people in America and throughout the world.

It is now widely recognized that the COVID-19 pandemic has taken a toll on the health and wellbeing of children and especially adolescents. At a time when peer relationships become of predominant importance, young people have been heavily restricted in their peer interactions. This social isolation has led to increased depression and anxiety, with the duration of loneliness predicting the severity of mental health consequence ⁽¹⁾. Child abuse and neglect have increased across the country, and typical access to mandated reporters has declined due to school closure and decreased health care visits.

[Read More](#)

SPECIALISTS' CORNER

Toe-vid19 in Kids

J. Patrick Whelan MD PhD
UCLA Pediatric Rheumatology

Covid-toes have been turning up in pediatrics offices around the world, or so it seems. Even though children are much less likely than adults to manifest symptoms of Covid-19 pneumonia, the 32-million known cases so far in the United States made it inevitable that the milder pediatric manifestations of infection would make their way into our practices. But the attention in the press to the Covid-toes phenomenon has resulted in many more children with benign acral cyanosis coming to medical attention out of concern that the painless purple toes they see in the shower are a manifestation of Covid-19.

With some adults reporting Covid toe-like rashes after receiving the coronavirus vaccines, we should also be prepared for the possibility of children



developing similar rashes once the vaccines are approved for pediatric use.

[Read more...](#)



COME JOIN US!

We're excited to share that we've created a private Facebook group for LAPS members to network amongst themselves about topics ranging from clinical scenarios to practice management to job/research opportunities, etc. Join the group [here](#). Also, be sure to follow us on [Instagram](#) for current updates and news from LAPS.

SPECIALISTS' CORNER



Taste and Smell Disturbance in COVID-19

Gene C. Liu, MD

Director of Academic Otolaryngology
Associate Professor of Surgery
Cedars-Sinai Medical Center

Currently, we know that approximately 75% of patients with confirmed COVID-19 infection experience at least moderate hyposmia in the first 1-2 weeks of the infection. At 3-4 weeks, 60% of these patients still have at least moderate hyposmia. By 7-8 weeks after onset of infection, there are still about 20% of patients who still have moderate hyposmia. To date, there is currently no medication or surgical intervention that is recommended for hyposmia due to COVID-19 infection. The only therapy that the American Academy of Otolaryngology, Head & Neck Surgery is currently recommending is starting smell therapy. This is based on our many years of experience dealing with idiopathic and viral associated hyposmia. It is easy to do at home and has been proven to be effective in patients with viral related hyposmia. However, benefits do not typically come quickly, so providers should counsel patients on long term adherence of at least 4 months. Very few patients with COVID-19 infections appear to suffer from long term chronic sinusitis, so most patients with isolated hyposmia following COVID-19 infection may not necessarily need an otolaryngology consultation. However, if a patient has other persistent sinus related symptoms (nasal obstruction, increased mucus production, facial pressure) AND has been confirmed to not have an active ongoing COVID-19 infection, then otolaryngology consultation may be warranted.

Please see below for instruction on smell therapy.

SMELL TRAINING

Your provider has recommended that you begin treatment to regain your sense of smell. Smell training is a treatment for patients with impaired or lost sense of smell. It is a structured program in which you expose yourself to four major categories of odorants, twice daily, for a minimum of four months. The first step is to purchase the following essential oils: Clove, Lemon, Eucalyptus, and Rose. These are the odorants you will use to retrain your nose and brain to smell again.

The treatment: Uncover each of these odorants twice daily and place under your nostrils. Breathe normally. Allow 15 seconds with the odorant under your nose to concentrate on what you are smelling. Wait 15 seconds before beginning the next odorant. This requires two minutes of your time, twice a day. Follow up with your provider after four months of treatment to assess your progress. Some patients will benefit from a new set of odorants if the training is extended.



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How it works:

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programs & Features
3. Select "Los Angeles Pediatric Society Inc" as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app

Member Updates

IN MEMORIAM:

Clifton P. Rose, MD, Long Beach, 2005 - Emeritus Member

Frances De Picciotto, MD, 2001 - Emeritus Member

Samuel J. Shacks, PhD, MD, July 2016 - Life Member

Albert Ira Holtz, MD, Port Hueneme, January 2020 -Regular Member

J. David Kirksey, MD, Playa del Rey, September 2020 - Emeritus Member

Ellen Skillen Bogen Alkon, MD, Rolling Hills Estates, December 2020 - Life Member

Samuel O. Sapin, MD, January 2021 - **LAPS Past President**

Joseph Louis Lebovitz, MD, Mission Viejo, March 2021 - Emeritus Member

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