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SAVE THE DATE
for the next
LAPS meeting

The 72nd Annual

Greetings from the President Kimberly Klausner, MD

Welcome to the June Edition of Our E-Newsletter!



Kimberly Klausner, MD

Greetings LAPS members:

As winter cold and flu season FINALLY ends and summer vacation starts, we breathe a sigh of relief and (most of us) settle into a season of health maintenance. We hope that LAPS can provide information that helps improve the practice of our members through our lectures and our newsletters.

This March at the Parmelee Lecture, pediatric cardiologist Dr. Evan Zahn provided great information on the benefits of screening young athletes for cardiac risks, and the pros and cons of universal EKGs. His lecture may have given some of the general pediatricians new screening tools to use in teens.

This newsletter contains many interesting articles. One that is sure to be controversial by former LAPS president, Dr. Martha Rivera, on taking an integrative medicine approach to ADHD. Please read it to learn about evaluating social and dietary issues when kids present with attention problems. LAPS past president, Dr. Tracy Zaslow gives us an article about another summertime topic: Trampoline Safety. We are happy to welcome a new member, pediatric dermatologist, Dr. Tsippora Shainhouse, who with this issue, introduces her new column entitled: Dermatology Clinic - What's Your Diagnosis?

Here's to a great summer- wishing good health to you and your patients.

Kimberly Klausner, MD, FAAP

Specialists' Corner

Attention Deficit Hyperactivity Disorder (ADHD)
Considerations in the Diagnosis and Treatment
from a Pediatric Integrative
Standpoint



Brennemann Lecture

October 9-11, 2015

Disney's Paradise
Pier® Hotel

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LAPS Log - News
from our Members

Alvin Miller, MD, Life Member and long time Summer Program Coordinator was featured in a "Giving Back" article in the Simi Valley Hospital Physician Newsletter for embodying the hospital's mission through his service to the local community and beyond. Dr. Miller said of his work with the Summer Program, "I gained a lot during my 60 years of practicing medicine, and this is a way for me to give some of it back. In the long run, I'm giving to the future of medicine."

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!

LAPS offers our sincere apologies to LAPS Past President and Life Member, Carole Hurvitz, MD, for omitting her name from our recognition list of past Presidents at our recent Parmelee Lectures at Cedars-Sinai Medical

Martha E. Rivera MD, FAAP
Optimal Health Care Center

(Editor's Note: Dr. Rivera uses her broad experience in General Pediatrics and Infectious Diseases to share her experience in using an integrative approach to the ever increasing behavioral issue of the inattentive/hyperactive school-aged child and adolescent. She draws on her training in Integrative Pediatric Medicine to expand on the rationale for use of more 'natural' approaches to intervention thus minimizing the need for the traditional approach using stimulants.)

Pediatric Integrative Medicine is healing oriented medicine that takes into account the whole infant, child and adolescent. It includes all elements of lifestyle and family health. It emphasizes the importance of the child-family-practitioner bond, is informed by evidence, and makes use of all therapies.

This article outlines a bridge in my training in general pediatrics, pediatric infectious disease and integrative medicine. The combined study and practice of these disciplines have broadened my understanding of the basics of nutrition, stress related disorders and the harmful long term effects of prescription drugs. It has also made me aware of treatment options like natural supplements and botanicals that are evidence-based and the use of neuro-feedback. By neuro-feedback, I refer to such practices as meditation, exercise / tai chi and martial arts.

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

Trampolines: A safe way for kids to jump for joy?



Tracy Zaslow, MD

Medical Director, Sports Medicine Program in Children's Orthopaedic Center (COC) at Children's Hospital Los Angeles

Watching high level gymnasts perform is awe-inspiring.--their skill, their finesse, the way they just appear to float in the air- amazing! But, those gymnasts did not just awaken one morning able to achieve those great feats; tireless hours were spent supervised by experienced coaches to acquire those skills.

It was actually a competitive gymnast named George Nissen who designed the modern trampoline in 1945. Initially trampolines were used as a training tool for gymnasts and acrobats. Recreational use of home trampolines increased through the 1990s, peaking in 2004. Now the new trend is indoor commercial trampoline parks where multiple contiguous trampolines are setup side-by-side in a large room with padded walls. And, of course, they have become a popular choice for children's birthday parties and family outings.

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DERMATOLOGY CLINIC
What's Your Diagnosis?



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

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)

Umbilicated Papules in a 5 Year Old Boy



Tsippora Shainhouse, MD
FAAD, (D)ABP, FRCPC
(Pediatrics, Dermatology)

A 5 year old healthy male, with mild eczema that flares in the winter, presents to your office with discrete, flesh-colored, indurated bumps on his left trunk, left inner arm and peri-axillary area. Mom noticed them in the bath earlier that week and is concerned because they are new and spreading. One of the lesions is much larger, with a red, scaly ring around it and a central crust. The child is in kindergarten, takes swimming lessons in a public pool and shares a bathroom with his siblings. His vaccinations are up to date. What is your diagnosis and how do you counsel his mother about management?



Photo: Copyright 2015-Tsippora Shainhouse, MD

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Update from Our Program Chair



Ronald Nagel, MD, FAAP
Program Committee Chair

The feedback from our most recent Parmelee Lecture at Cedars-Sinai Medical Center was awesome. On March 25, 2015 over 80 physicians heard a 90 minute lecture by Professor Evan Zahn, MD on "Our Biggest Nightmare - Sudden death in a Young Athlete - Does Screening Make a Difference". The LAPS program committee gave it a double thumbs up as it demonstrated all of the three "I"s - Innovative, Interactive and most important Informative.

The LAPS Board would like to acknowledge the Cedars staff for their able assistance in hosting our 2015 Parmelee and wishes to offer a special thank you to Charles F. Simmons, Jr., MD for his support of the Lecture.

Now we move onto the 72nd Brennemann Lecture series, the oldest pediatric conference in Southern California. It will be take place the weekend of October 9-11, 2015 at the award winning Disney Paradise Pier Hotel. We will once again be using our much



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requested format of interactive lectures with a daily round table. Much effort always goes into finding a stellar cast of professors and this year will be no exception. The conference will include Dr. Nina Shapiro from Mattel Children's Hospital-UCLA, who will excite us with her ENT topics on tonsillectomy, foreign body management, chronic stridor and issues and controversies in decision making for and with adolescents. Dr. Derek Wong, also from Mattel - UCLA will dazzle us with genetic discussions on dysmorphology, genetic testing, newborn screening and an update on the genetics of autism. Dr. Alan Nager, from Children's Hospital Los Angeles, will enlighten us with his Emergency Medicine lectures on dehydration, heat illnesses, mental health screening and wound repair and management. Finally, the Keynote speaker for our Annual Clifford Rubin Memorial lecture will be Dr. Lee Miller, from the David Geffen School of Medicine, who will educate us on the topic of "*A Perspective on Global Health and Pediatrics: Opportunity and Lessons Learned.*"

Looking forward to personally greeting each one of you this coming October at Disneyland.

[Update on the 46th Annual Eve & Gene Black Summer Medical Career Program](#)



**Summer Program Chair Robert Hamilton, MD
addresses this year's participants & their parents**

This year LAPS received a record number of 350 applications and a record number of 76 participants were selected! On April 27, LAPS sponsored an Orientation Dinner at Cedars-Sinai Medical Center for over 150 selected participants, parents and facility coordinators. We would like to thank the Cedars Program Coordinators, Joanne Ordone, CCLS and Li-Wen Ton, MS, MBA for their help in organizing the orientation, as well as former participants, Celeste Gallegos, Christina Yang and Nikki Windisch for sharing their program experiences with this year's selected students.

We would also like to thank the following people, listed below, who expertly and tirelessly guide the participants through the long and complicated application and clearance process. They are valuable members of our team and work closely with the Program Coordinators and LAPS Administration 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 / Health Careers Academy

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
Minu Chagolla - Junior Volunteer Coordinator

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

Valley Combined Program

Los Robles Regional Medical Center- Irene Brennick - Director of Community Services

Simi Valley Hospital - Julia Merich, RN, CPR

This program continues to be a one of a kind experience. If you would like to learn more about it, please visit [Summer Program Explanation and Activities](#) where you can read excerpts from past participants' essays. In this document you will also find information about how you can become involved in this program by hosting students in your offices/practices. It is not too late to become a part of the 2015 program, just contact us, TODAY!

We thank our many members 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!

WELCOME NEW MEMBERS

2015

Regular Members

Elaina Rachel Linetskiy, MD, FAAP - Santa Monica

Bess Kaye Raker, MD, FAAP - Beverly Hills

Trisha A. Roth, MD - Beverly Hills

Tsippora Shainhouse, MD - Beverly Hills

Daniel Patrick Lamb, MD - Torrance

Graduating Residents

Sameen Azizi, MD - Orange

Emily Clark King, MD - Torrance

Erica En Jia Li, MD - Torrance

Tatyana Vayngortin, MD - Los Angeles

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

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