



Pediatric Update

A Publication of Children's Hospital of The King's Daughters

Fall 2006

New Services: Adolescent Medicine and Primary Care Sports Medicine

A new adolescent medicine program has been established at CHKD under the direction of Joel Brenner, MD, who joined the staff in June. Brenner is triple board certified in pediatrics, adolescent medicine and primary care sports medicine. He will treat conditions related to reproductive health care for adolescents, nutritional concerns for underweight and overweight teens, acne and chronic fatigue, among other conditions.

Brenner will also head a primary care sports medicine clinic and work closely with CHKD's ortho and sports medicine surgical team led by surgeon Marc Cardelia. Primary care sports medicine offers children and adolescents evaluation and treatment for all musculoskeletal and medical activity-related problems, as well as preventive measures to help make participation in sports safer and more successful. Dr. Brenner will also

provide treatment and training guidance for children with chronic conditions that could affect athletic performance, such as asthma and eating disorders.

Brenner will work closely with CHKD's physical therapists and certified athletic trainers – integral members of the sports medicine team – to help young athletes rebuild strength, mobility and stamina after an injury so they can return to participation safely – and often more quickly than they would otherwise.



Joel Brenner, MD

Rehab gyms are located at the CHKD Health Centers at Greenbrier and Oyster Point.

Brenner was trained in pediatrics at EVMS/CHKD and has since completed fellowships in adolescent medicine and primary care sports medicine at Baylor College of Medicine in Houston.

For consultations or referrals to either of these new programs, call 668-7850.

NEWS FLASH

New diabetes support group – CHKD and the Juvenile Diabetes Research Foundation have partnered to create a new pediatric diabetes support group. Families will have the opportunity to interact, share their experiences and ultimately improve their diabetes management skills. The group meets the second Monday of every month at the CHKD Health Center at Oyster Point (Newport News). For more information, or to register, please have your patients contact the CHKD Diabetes Center (757) 668-8609.

New specialist directory – We are currently compiling a new specialist directory. It promises to be more useful and will feature handy tools like maps and CHKD services listing.

Coming soon to Williamsburg – CHKD will offer phlebotomy services to children at 119 Bulifants Boulevard in Williamsburg beginning later this year. For more information, contact Renee West at 668-9049 or Mary Margaret Fisher at 668-9745.

All new chkd.org – Our Web site has had a makeover. At www.chkd.org, click on "Physicians & Health Professionals" to find an online physician directory, CHKD Physician Extranet, upcoming CME events and other useful tools.

What's the diagnosis?

You are called by the State Laboratory and informed that a newborn in your practice has an elevated 17-hydroxyprogesterone level (CAH screen) detected on newborn screening done at less than 24 hours of age. On exam, this now 8-day-old male is vigorous and has a normal exam. His genitalia are normal male with testes descended and with no hyperpigmentation of the scrotum or nipples. The 17-hydroxyprogesterone level was 225 ng/ml. The baby

weighed 1950 grams at birth – the critical level is 98.5 ng/ml for this weight. You obtain a sodium on a BMP which is 136. You send a repeat level to the State Laboratory. The level comes back at 186 ng/ml. The baby is now 14 days old, and there is no change noted on the physical exam.

What is your diagnosis? (See inside for the answer.)

CHKD Pediatric Update

A publication of the Physician Services
Department of Children's Hospital of
The King's Daughters.

Nancy Leigh Gainfort
Physician Liaison
(757) 668-9083
nancy.gainfort@chkd.org

Renee West
Physician Liaison
(757) 668-9049
renee.west@chkd.org

Cathy Peterson
Neonatal Outreach Coordinator
(757) 668-9140
catherine.peterson@chkd.org

Karen Pharr
Perinatal Program Manager
(757) 668-8293
karen.pharr@chkd.org

For physician-to-physician access,
call Doctors Direct, 668-9999
(1-800-207-2022 outside greater Hampton Roads).

CHKD Children's Hospital
of The King's Daughters

601 Children's Lane
Norfolk, Virginia 23507
www.chkd.org

Welcome to our new specialists and surgeons

Steven DeFreitas, MD Anesthesiology, CSG



Dr. DeFreitas arrives at CHKD from the Naval Medical Center Portsmouth. A graduate of George Washington University School of Medicine and Health Sciences, he completed a residency in his field at the Naval Medical Center Portsmouth and is certified in anesthesiology.

George Hoerr, MD Children's Plastic Surgery, CSSG



Dr. Hoerr joined CHKD Health System's Surgical Group to provide full-time coverage in plastic surgery. A graduate of Columbia Medical School of the University of Missouri, he completed residencies in general surgery at EVMS, plastic surgery at the University of California-Irvine, and pediatric plastic surgery at the University of Southern California Children's Hospital of Los Angeles. He was most recently in private practice in Winston-Salem, N.C.

Michael Konikoff, MD Gastroenterology, CSG



Dr. Konikoff comes to CHKD from Cincinnati Children's Hospital Medical Center. A fellow of the American Academy of Pediatrics, he is certified in pediatrics and gastroenterology. He received his medical degree from Vanderbilt University School of Medicine and completed his residencies in pediatrics and gastroenterology at Cincinnati Children's.

Reem Hussni Raafat, MD Nephrology, CSSG



Dr. Raafat joined CHKD in September. A graduate of the University of Jordan with a degree in medicine, she completed a pediatric residency and a pediatric nephrology fellowship at the University of Texas Medical Branch-Galveston. She is board certified in pediatrics and nephrology.

Petr O. Ruzicka, MD Children's Neurosurgery, CSSG



Dr. Ruzicka graduated from University of Minnesota Medical School and its Graduate School of Health Sciences. He is certified in neurological surgery and pediatric neurological surgery. He was previously chief of pediatric neurosurgery at Robert Wood Johnson Medical School in New Jersey and chairman of surgery at Children's Hospital of New Jersey.

Kenneth Tiffany, MD Neonatology, CSG



Dr. Tiffany comes to CHKD from a neonatal fellowship program at Duke University Medical Center. He is a graduate of East Carolina University School of Medicine and did his pediatric residency at EVMS/CHKD and a neonatal fellowship at the University of Miami/Jackson Memorial Hospital. He is certified in pediatrics.

Neonatal/Perinatal Outreach News

News from CHKD's Neonatal Perinatal Outreach Program

Abnormal Gene Increases SIDS Risk in Black Americans

An abnormal gene seen in one of nine African Americans confers a 24-fold increased risk for SIDS in infants who receive one copy from each parent. This same gene has been previously associated with an increased risk of arrhythmias in adults. The presence of this gene alone does not cause SIDS, and the data suggest a vulnerability to adverse related environmental factors.

Examining Fitness in Extremely-low Birth- weight (ELBW) Infants

A recent Canadian study attempted to examine the fitness level in adolescents who were born prematurely with ELBW (<800 grams) compared to term-born infants. ELBW teens have lower aerobic capacity, grip strength, leg power and vertical jump ability. ELBW teens cannot do as many push ups and have less abdominal strength, lower back flexibility and tighter hamstrings. They also do not participate in sports, have lower physical activity level and poorer coordination. It is already well-established that ELBW young adults exhibit early onset of adult metabolic syndrome (obesity, type 2 diabetes, hypertension stroke and heart attack). It therefore behooves us to counsel our patients who take these ELBW infants home to encourage regular noncompetitive physical activity as part of their long-term lifestyle.

12th Annual Neonatal Perinatal Perspectives Conference

Join us November 16-17 at the Holiday Inn, Chesapeake, to learn about emerging trends and practices in neonatal and perinatal care. National and local experts in epidemiology, physiology, litigation, clinical practice, research and the latest technologies will provide excellent educational updates. In addition, a national speaker will offer a new perspective on keeping a sense of humor at work and home. Conference fee is \$99 for one day or \$150 for both days. For more information, call Karen Pharr at (757) 668-8293.

For information on CHKD's Neonatal Resuscitation Program, contact Cathy Peterson, Neonatal Outreach Coordinator, at (757) 668-9140 or catherine.peterson@chkd.org.



Irene
Restaino, MD

PROFILE

Pediatric
Nephrologist

Irene Restaino has practiced at CHKD since 1991. She is an assistant professor in pediatric nephrology at EVMS and currently practices with Children's Specialty Group PLLC at CHKD. Here are some interesting things you might not know about her:

Hometown: St. Louis, Missouri

What brought you to Hampton Roads: "The nephrology position at CHKD."

First job: Working in the family business

Favorite kind of food: Sushi

Favorite junk food: Chips

Worst job: "Working as a secretary for my father."

I'm proudest of: "My eight children."

Favorite way to relax: "Taking a long walk on the beach"

Favorite TV show: CSI

Hobbies: Reading

Most memorable vacation: "Going to Myrtle Beach with all the kids."

Favorite way to spend a day off: "Having a day to do some reading and shopping."

Baked or fried: Baked

What's the diagnosis?

Answer:

Obtain a serum 17-hydroxyprogesterone level along with a serum androstenedione level. The latter level is helpful in borderline situations and is helpful in confirming true adrenal hyperplasia. The fact that the level has declined since the first specimen is encouraging, along with the fact that the baby is well. Salt-losing adrenal hyperplasia (CAH) usually presents between one and two weeks with hyponatremic dehydration

and hyperkalemia. Almost all newborn girls with CAH will have ambiguous genitalia. Ideally, the repeat level should be obtained two weeks after the first specimen since a shorter interval may not show the usual decline in normal babies. Remember that the more premature the baby the higher the 17-hydroxyprogesterone level may be.

In this case, the serum levels were: 17-hydroxyprogesterone 331 ng/dL (normal 11-117 ng/dL) - note the different units

reported because of the use of a different laboratory; and androstenedione 54 ng/dL (normal 6-78 ng/dL). Note that the 17-hydroxyprogesterone level is equivalent to 33.1 ng/ml and is therefore much lower than the repeat State Laboratory result.

Thus, the baby is normal and no further intervention is necessary.

Reuben Rohn, MD, endocrinologist, Children's Specialty Group PLLC at CHKD

CONTINUING MEDICAL EDUCATION

Fourth Quarter Calendar
October-December, 2006

Up to 21 AMA-PRA Category 1 Credit(s)[™] available at CHKD.
Preregistration not required unless specified.
Programs free unless specified.

Visit www.chkd.org/conferences,
or call Rosalind Whitaker at (757) 668-8942
for more information.

 Children's Hospital
of The King's Daughters
www.chkd.org/conferences

CME Schedule

Asthma Outcomes & Management

Participants will be able to: Review the epidemiology and pathophysiology of asthma. Discuss the current evidence-based management for asthma. Discuss the controversies in management including the "Smart Data."

Maryview Medical Center

Friday, December 1, 7:30-8:30 a.m.

1 AMA-PRA Category 1 Credit

Pediatric Grand Rounds at CHKD

Grand Rounds is telecast at the following locations: CHKD's Health Center at Oyster Point, Eastern Shore, Peninsula Institute for Community Health, Portsmouth Community Health, Main Street Physicians and Sentara Virginia Beach General Hospital. For more information, contact the EVMS Office of CME at 446-6140 or visit www.evms.edu/cme.

Brickhouse Auditorium

Every Thursday, 8-9 a.m.


1 AMA-PRA Category 1 Credit (each offering)
No CME activities November 23 (Thanksgiving).

Sponsored by EVMS Office of CME.

CHKD's comprehensive CME calendar is mailed quarterly.

Visit www.chkd.org/conferences for a complete listing
of CME programs sponsored by CHKD.

NON-PROFIT
US Postage
PAID
Norfolk, VA
Permit 1800


Children's Hospital
of The King's Daughters
601 Children's Lane
Norfolk, VA 23507