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# pulse

THE QUARTERLY PUBLICATION OF THE AMERICAN COLLEGE OF OSTEOPATHIC PEDIATRICIANS



## President's Message

*Lee J. Herskowitz, DO, FAAP, FACOP*

As we are getting in to the business of the new year, I want to make sure our mem-

bership knows who their leadership is. As the biennial musical chairs takes place this year, we will be electing new members to the board in a College election.

Moving off of the Board will be Steven Snyder (Past President) and Robert Locke. Jim Foy will serve a second term. They have served dutifully and provided great guidance to the Board. Some other changes will be me stepping down from the President position and filling the Past-President slot. Robert Hostoffer will be assuming the Presidency. Peg Orcutt-Tuddenham will be moving up to fill the President-Elect position. John Graneto will be filling Peg's slot as Secretary-Treasurer. There are several new trustees have taken positions during the past year. They are Carl Backes, Michelle Bez and our student and resident representatives, Amy Sweigert and Nathaniel Brady, respectively. These two positions will both change in the fall of each year.

We are fortunate to have several candidates, who have all been significantly involved in the college governance, for the two open slots for the Board of Trustees. I would be excited to have any of them be participating on the Board work. Those candidates are Scott Cyrus, Jim Kirk, Michael Hunt and J. Michael Metts. I find it comforting to see the dedication and quality of leadership that any of these candidates

will provide.

While the election will be polled by snail mail and electronically, we will have formal ceremonies at the June ACOP/AAP meeting scheduled in Orlando, FL. This will be a landmark event for our college and we all expect it to set a precedent for further activities in tandem with the AAP. We all expect to see a great turn out for our College.

It has been so gratifying to see the growth and enthusiasm of this college over the last two years while I have been in office. The growth in student and resident members has been satisfying since it assures us of the perpetuation of the organization. There has, likewise, been new growth from residency graduates into the ranks of our Fellows. I would expect the new generation to find worthwhile projects to complement their skills while contributing to the growth and development of our baby, the ACOP. I hope to see many of you in Orlando this June!



**VISIT**  
**ACOPeds.org**  
 for the Latest  
**Meeting Updates**  
**& Membership**  
**Information**

## PLAN NOW!



**Community Pediatrics,  
 the Medical Home  
 and Beyond**

**June 29 - July 1, 2007**

Hilton at Walt Disney World  
 Lake Buena Vista, Florida

### Osteopathic Sessions

As stated in the meeting brochure for the Future of Pediatrics Conference, physicians seeking AOA Category 1-A credit will need to attend all osteopathic sessions. In addition, participants will be required to visit each vendor in the exhibit hall and obtain proof of their visit. In the brochure, these required sessions are noted with a specific symbol. An attestation form, along with the exhibit signature form, will be available from the ACOP Staff at the registration desk. Completion of these forms is required for AOA Category 1-A credit.

### ACOP Call for Abstracts

In addition to the AAP Call for Abstracts, the ACOP will solicit abstract submissions for this conference. ACOP Poster Only Abstract Submission Forms and Information (not the AAP Abstract Submissions) will be available on the ACOP web [www.ACOPeds.org](http://www.ACOPeds.org) on Thursday, March 1, 2007 with a deadline of April 20, 2007.

To register, visit  
[www.pedialink.org/cmefinder](http://www.pedialink.org/cmefinder)

2006-2007

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*Pulse* is published four times a year in conjunction with the American College of Osteopathic Pediatricians, 2209 Dickens Road, Richmond, VA 23230-2005; 877-231-ACOP or fax (804) 282-0090.

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# SITES FOR SORE EYES

## Uncommon Places to Get Advice

By Gregory Garvin, DO, FACOP  
Associate Editor

Many of you out there I'm sure are like me in the fact that when the new year rolls around you begin to want to lose a few pounds. I think that I should have called this edition **Uncommon Sites for Sore Eyes...** My daughter told me to look at the "V-8" diet on the Internet ([www.v8juice.com](http://www.v8juice.com)) and, at face value, I thought this would be a mistake. However, this site, as I'm sure many other proprietary food sites, are, is just packed with helpful, sound advice written by very knowledgeable dieticians. In addition, the helpful links and "FAQs" can be used in your everyday practice to help in giving sound advice. The good thing for us, as pediatricians, is that we can filter the material, use what is good and skip the garbage. There is a link to the "V-8" diet and on that web page is a link to: <http://mypyramid.gov>. with additional links to "for professionals" and for information about "kids". Under the FAQ's, there is a link to: <http://www.nhbisupport.com/bmi/bminojs.htm>. This is a handy calculator that allows you to put in height and weight and calculate BMI. There is a link for BMI tables as well.

Another handy FAQ is about portion

sizes that links to a page that allows the reader to calculate portions, based on using your hand to estimate a serving size. For example, the palm of an average size hand is approximately three ounces and one thumb tip is 1 tsp. These are nice "rules of thumb" (just kidding!) and can help parents estimate portion sizes for kids.

There is also a link to Campbell's Soup home page and they have a "Wellness" website packed with useful information on sodium intake and blood pressure in children as well as for "professionals", too.

Another thing I find interesting about this type of surfing is what brand names are owned by the same parent company. For example, I was not aware that V-8 and Prego for example are part of the Campbell's Soup "family."

Although I must admit this surfing excursion was not initially on a mission to find web sites for **Sites for Sore Eyes...** it turned out to be a fun and interesting adventure.

If any members have any sites they want me to review and pass on to the ACOP membership, please email me at: [garving@genesishhealth.com](mailto:garving@genesishhealth.com).

*ACOP would like to thank the following preliminary supporters*

### 2007 Future of Pediatrics CME Conference

*(Joint Meeting with the American Academy of Pediatrics)*

#### Community Pediatrics, the Medical Home, and Beyond

June 29 – July 1, 2007 • Hilton in the Walt Disney World Resort • Lake Buena Vista, FL

— GOLD LEVEL —

#### Mead Johnson Nutritionals

*(also supporting the Conduit for Success CD Project)*

### 2007 ACOP Fall Conference

#### Genzyme Therapeutics



# MELNICK at large

By Arnold Melnick, DO, FACOP

## Prescriptions Re-visited

Last year, I wrote a letter to the editor of Contemporary Pediatrics advocating some changes in our prescription writing in order to improve the physician-pharmacist relationship. It's time to re-advocate — specifically to our ACOP members

But what's so valuable about enhancing the communication between them and us? Mainly, and it's important, the better the relationship and the more we communicate with our colleagues behind the counter, the less the likelihood of medication errors — and we are all now aware of the high number of mistakes that occur.

Among the most straightforward improvements I suggested was something that many of you already do—in part or in whole. Every prescription for a child should bear the age and weight of that youngster. No need to explain to pediatricians why these two factors are important in the dosage of almost all medications. Children come in all sizes and shapes. There are overweight kiddos, and underweight ones—and those who are normal weight for age. Without a notation of age and weight, the pharmacist cannot guess whether the medication dosage we write is appropriate. We are all well aware that using averages will not do the trick; both numbers are needed. A 12-year old child might be 30 pounds or 60 pounds. In some instances, that may change the dosage ordered..

In the rush of practice, we may forget to include these data when we write our prescriptions—or we might occasionally not weigh a child at a particular visit. So if these figures do not appear, the pharmacist cannot double-check us. But if we do include them, then the old reliable pharmacist is there to call us and question what was written, and maybe save our hides.

While I admit that these important numbers are probably omitted more often by non-pediatricians, we must always look

at our own house first. We must not try to whip others into line until we ourselves are compliant.

For those who worry about litigation and HIPPA requirements, let me point out that this is not “privacy” information—it is pertinent, maybe life-saving, information, and it can be available to the pharmacist without us.

So let's make it a ritual, a memorized absolute, to put age and weight on every

prescription. (We might even recommend to our colleagues who treat adults to do the same thing; it is also valuable for grown-ups, even though it carries less import.)

Oh, yes, one more thing. I also recommended that a diagnosis be included. Here I hear some moaning—but a diagnosis may frequently clarify for the druggist exactly what you are prescribing. And that makes the pharmacist better able to help you—and serve your patient. The old privacy issue raises its ugly head, but after all, pharmacists most of the time can determine the patient's diagnosis from the prescription or previous medication. But just in case there is a question or confusion about the name of a medication (poor handwriting?), why not be sure by including a diagnosis.

As I said, physician and pharmacist working together make a great team for the prevention of medication errors.

## APPELLATION ? ? ? ? ? ? ANSWERS... Whose name is it?

### Hirschsprung's Disease

*Megacolon due to lack of ganglionic cells causing constipation associated with dilation and hypertrophy of the colon.*

### Harald Hirschsprung

Born in Copenhagen in 1830, Harald Hirschsprung was a brilliant student from high school on. During his internship, he published several papers on visceral disease and then throughout his life he continued to produce a stream of papers in his field. His doctoral thesis (1861) was on atresia of the esophagus and small bowel.

In 1870, he became chief physician of the Queen Louisa Hospital for Children, which soon gained international fame for pediatric research.. He was a highly successful and famed physician, both in hospital work and in his private practice. He demonstrated a wide range of interests in care of his patients, regardless of the severity of their illness or their status, and he was a champion for the care of poor patients. Hirschsprung became the first pediatrician in Denmark; subsequently he was made honorary president of the Danish Pediatric Society, as well as a number of foreign ones.

At the Berlin Congress for Children's Diseases in 1886, he delivered his sentinel lecture describing two infants who died from constipation associated with dilatation of the colon. His closing comment was, “It appears unquestionable that the condition is caused in utero, either as a developmental abnormality or as a disease process.

Among his many published interests were intussusception, rickets, rheumatic nodules and, of course, the disease that became known as Hirschsprung's Disease.

The controversy that existed about his disease was resolved in 1901 when Tille recorded a paucity of ganglion cells in the colonic wall in Hirschsprung's Disease, proving his basic theory.

He began suffering from “cerebral sclerosis” in 1904 and it progressed over the years until he died at age 85 in 1916.

# ACOP 2007 Board of Trustees Candidates

You may make two (2) selections.

## Scott S. Cyrus, D.O., FACOP



Scott S. Cyrus, D.O., FACOP is board certified Pediatrician practicing Tulsa, Oklahoma. He's a graduate of Oklahoma State University College of Osteopathic Medicine and has been a resident of Tulsa most of his life. He is a member of the Board of Trustees for the Oklahoma Osteopathic Association and past President of the Tulsa Osteopathic Medical Society. Dr. Cyrus has been a member of the ACOP since

1995 and has been the CME Director for the past five years. He has been active in the AOA and ACOP since 1998. Dr. Cyrus is married to Janell, board member for the Advocates for the AOA, and they have five children. Dr. Cyrus has worked extensively with the ACOP board and with the management companies to improve the CME programs over the past five years. The goal was to provide quality programs to the nation's Osteopathic Pediatricians.

## James Kirk, DO



Dr. Kirk graduated from LaSalle College in 1973 and Philadelphia College of Osteopathic Medicine in 1977. He completed a rotating Internship at Washington Memorial Hospital and his Pediatric Residency Training at the Medical Center of Delaware. In 1982, he joined the Neonatology Fellowship Training Program at St. Christopher's Hospital for Children at Temple University. He is Board

Certified by the American Board of Pediatrics in Pediatrics and Neonatal-Perinatal Medicine.

Dr. Kirk is full-time faculty at University of Florida School of Medicine Jacksonville, as an Attending Neonatologist at Wolfson Children's Hospital and Shands Jacksonville. Dr. Kirk has been Program Director of University of Florida Pediatric Residency Program since 1994.

## Michael G. Hunt, DO



I have been most active with the ACOP's committee on continuing medical education. In Oklahoma, I am on the Board of Trustees for the Oklahoma Osteopathic Association, Board of Trustees for Oklahoma Safe Kids, and a board member of the Mercy Health Network that governs the multispecialty clinic in which I practice. During my stay in Oklahoma, I have started two pediatric services, and currently

working to incorporate Healthy Steps (the pediatric program that emphasizes complete health and behavioral care to children less than three years of age) in my practice. I have practiced pediatrics since graduating from my residency in 1994.

I have been invited by the Sisters of Mercy to join the leadership team to implement an enterprise-wide electronic medical record. I will be the pediatric physician champion for the project. As the project matures, I will participate in the organization's quality and business endeavors.

Because my life experiences, I am excited to bring the best pediatric care to as many children as possible.

## J. Michael Metts, DO, FACOP, FAAP

Dr. Metts is a 1996 graduate of Des Moines University and a graduate of a pediatrics residency at the University of Missouri in 1999. After two years of primary care practice, he became medical director of a pediatric hospitalist group. He has been the Chair of the Department of Pediatrics at Des Moines University since 2002. His passion is teaching pediatrics to medical students and residents, and is the past recipient of the teacher of the year award from the Mercy Mayo Family Practice Residency program. Dr. Metts has been active in ACOP in the Pediatric Department Chair Committee this past year.



**VISIT [www.ACOPeds.org](http://www.ACOPeds.org) TO VOTE!**

**Deadline for Voting - March 16, 2007**

# ACOP 2007 Election Process

The ACOP Board of Trustees Election will be conducted electronically and, in order to vote, you will need to go to the ACOP website at [www.ACOPeds.org](http://www.ACOPeds.org). From the Menu, you will need to click on Members Only, then click Member Directory, log in, then ACOP 2007 Election Ballots. Follow the directions as posted for each position.

As listed in the ACOP Bylaws, the following categories of membership may vote – Fellow, Associate, Candidate (Resident/Fellows), Emeritus.

If you would prefer a paper ballot, please contact the ACOP Administrative Office at: (877) 231-2267, Fax: (804) 282-0090 or email at [bob@ACOPeds.org](mailto:bob@ACOPeds.org).

The ACOP 2007 on-line election ballot is available until Friday, March 16, 2007.

## Board of Trustees

You may vote for a maximum of two candidates, including write-ins. For write-ins you must make a check in the write-in box as well as write in the candidate's name for the vote to be counted. Once you have cast your vote by clicking on "Submit my vote", you will be unable to change your vote or return to the ballot. Please make selections carefully before clicking the submit button.

The below-listed Nominations were received from the floor of the ACOP Business Meeting conducted during the AOA/ACOP meeting, October 16-19, 2006, Las Vegas, Nevada.

## Board of Trustees Nominations are:

- **Scott S. Cyrus, DO, FACOP**
- **Michael G. Hunt, DO, FACOP**
- **James Kirk, DO, FACOP**
- **J. Michael Metts, DO, FACOP**

Remember, **the election process will close on Friday, March 16, 2007.** If you have any problems, please do not hesitate to contact me at the ACOP Administrative Office, 2209 Dickens Road, Richmond, VA 23230-2005, (877) 231-2267, Fax: (804) 282-0090 or email at [bob@ACOPeds.org](mailto:bob@ACOPeds.org).

Bob Specht  
ACOP Administrator

## WELCOME NEW ACOP MEMBERS

### FELLOW

Jay A. Lovenheim, DO, FAAP, FACOP...  
.....South Orange, NJ

### INTERN

Laura T. Brookshire, DO..Loxahatchee, FL  
Valerie N. Ritter, DO.....Gainesville, FL

### PEDIATRIC STUDENT CLUB

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Jamak N. Almasi.....Fort Worth, TX  
Nirav R. Amin.....Fort Worth, TX  
Jack Anderson..... Pikeville, KY  
Kristin M. Andruska..... Pomona, CA  
Danielle H. Aretz..... Benicia, CA  
Laura Arnold..... Ft. Worth, TX  
Leigh M. Atcheson... Fort Lauderdale, FL  
Wendy J. Bailey..... Chino Hills, CA  
Rachna Bali..... West Sacramento, CA  
Brittany L. Barrett..... Hurst, TX  
Kate L. Barron..... DeSoto, TX  
Deidre E. Bass..... Coral Spring, FL  
Helen Basyuk..... Philadelphia, PA  
Jenna A. Baum..... Davie, FL  
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Keren Braithwaite..... Miami, FL  
Sean N. Branch..... Davie, FL  
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Mary N. Chrisochos..... Plantation, FL  
Gloria Chung..... Walnut, CA  
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Chrissy T. Doan..... Ft. Worth, TX  
Lisa M. Dodd..... Christiansburg, VA

Candes Lynne Dotson..... Blacksburg, VA  
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Lauren C. Francisco..... Pikeville, KY  
Christopher W. Frederick. Claremont, CA  
Hetal Gadhia..... Pflugerville, TX  
Andrea F. Gajeton..... Plantation, FL  
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Jillian M. Hammes..... San Diego, CA  
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Gretchen M. Inkumsah..... Pikeville, KY  
Alexandra Isakova..... Philadelphia, PA  
Jennifer K. Ische..... Pikeville, KY  
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Zarba Jetpuri..... Euless, TX  
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Yewah Jung..... Philadelphia, PA  
Fari G. Kamalpour..... San Dimas, CA  
Julie A. Katz..... Philadelphia, PA  
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*Continued on page 6*

## New Members

*Continued from page 5*

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William K. Knapp..... Benicia, CA  
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Cristy Z. Liu..... Ft. Worth, TX  
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Sneha Lokesh..... Davie, FL  
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Lindsay L. Madden..... Pikeville, KY  
David M. Mahon..... Bala Cynwyd, PA  
Lindsey H. Malik..... Claremont, CA  
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Sarah A. Mankin..... Vallejo, CA  
Matthew S. Martin..... Pikeville, KY  
Heeten P. Masters..... Arlington, TX  
Erika N. McGrady..... Fort Worth, TX  
Alison R. McMaster..... Philadelphia, PA  
Sweta (Tina) Mehta..... Davie, FL  
Mary Elizabeth Merlini.. Philadelphia, PA  
Nicole L. Merritt..... Philadelphia, PA  
Donald J. Miller..... Vallejo, CA  
Clark Montague..... Plantation, FL  
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Daniel P. Murphy..... Benicia, CA  
Jeffrey T. Nelson..... Chino, CA  
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Jonathan H. Nguyen..... Fort Worth, TX  
Lam-Phuong T. Nguyen..... Pomona, CA  
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Kevin T. O'Brien..... Davie, FL  
Angela M. O'Quinn..... Garrett, KY  
Asuka Ozaki..... Ft. Worth, TX  
Jennifer M. Ozan..... Fort Worth, TX  
Anandita Pal..... Fort Worth, TX  
Monica Patel..... Carrollton, TX  
Neha A. Patel..... Fort Worth, TX  
Rickyn D. Patel..... Ft. Worth, TX  
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Antoine Pham..... Fort Worth, TX  
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Kell A. Quercetti..... Philadelphia, PA

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Shorook A Ramahi..... Plantation, FL  
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Erin E. Schreck..... Conshohocken, PA  
Sapna N. Shah..... Ft. Worth, TX  
Jay N. Shah..... Fort Worth, TX  
Priti A. Shah..... Fort Worth, TX  
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Chad E. Weldon..... Ft. Worth, TX

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Jessica L. Wirth..... Philadelphia, PA  
Kimberly J. Wolf..... South Pasadena, CA  
Peony C. Wong..... Rosemead, CA  
Wisdeen V. Wu..... Arlington, TX  
Anita D. Yang..... Philadelphia, PA  
Shavon Yannuzzi..... Philadelphia, PA  
Nitha A. Yoyakey..... Pembroke Pines, FL  
Sheryl J. Zayas..... Davie, FL  
Jocelyn V. Zee..... Flowermond, TX  
Adam P. Zeigler..... Pikeville, KY  
Qiliang (Leon) Zhang..... Richmond, CA

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David R. Butler, DO..... Charleston, WV  
Courtney F. Evans, DO.. Charleston, WV  
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Brian P. Vaske, DO. West Palm Beach, FL  
Sherman S. Chu..... Maspeth, NY

## IN THE NEWS

# Low-iron and Non-DHA/ARA Formulas Being Discontinued

Mead Johnson Nutritionals has announced it is discontinuing its routine infant formulas that do not include docahexaenoic acid (DHA) and arachidonic acid (ARA) as well as its low-iron infant formulas.

The products being discontinued are Enfamil with Iron (no DHA or ARA) and Enfamil Lipil Low Iron. The formula manufacturer only will offer infant formulas that have DHA and ARA and are iron-fortified.

Mead Johnson said these changes reflect data that link DHA supplementation of formula to improved mental and visual development and clinical evidence that supports iron fortification of infant formulas at 12 mg/L for growth and development.

The Academy has long advocated that if an infant is not breast-fed, then only iron-containing formula should be used (Pediatrics. 1999;104;119-123).

Products will be removed from the market over the course of several months. For references and a letter to health care providers, visit the Mead Johnson Web site. Pediatricians also can contact their Mead Johnson representative with questions.

# PEDIATRICS... and then some!

Some pediatricians have moved their attention to areas tangential to or complementing the practice of Pediatrics. This is one of a series.

## Margaret A. Orcutt-Tuddenham, CAPT, MC, FACOP

To any uninitiated whose mental picture of a naval doctor is a uniformed physician examining a patient in a sailor suit, lose that perception – or talk to Captain Margaret Orcutt Tuddenham. Her experiences dispel that picture. Yes, “Peg” not only did all the “medical stuff,” but had some extraordinary duties. For over two years, she was the mentor for the Health Professions Scholarship Program (HPSP) for 1200 medical students who were on scholarships preparatory to entering the service. She advised them and guided them through the rigors of the program. Al-

though she didn't learn this in her pediatric residency, she was in the very first HSPS cohort. She spent time in the office of ASDHA – Assistant Secretary of Defense for Health Affairs. Here, she had oversight for graduate medical education for all three military services, especially quality issues “Oh,” she added, “a highlight was being ‘top doc’ to the famous annual Marine Corps Marathon in Washington.” Illustrious career, fascinating activities and widely interesting activities. That's what “Peg” Orcutt-Tuddenham – Pediatrician -- added to her 28-year naval career.

## New Pediatric Resource is Now Available

A new comprehensive resource covering care and handling of children under disaster conditions has become available

*Pediatric Terrorism and Disaster Preparedness: A Resource for Pediatricians* enables physicians to become informed and aware of their roles in disaster preparedness and response. It is a reference that pediatricians can consult in planning for, and responding to, natural disasters and bioterrorist events.

The report covers such topics as coordinating with government agencies, care for mental health needs of children, a how-to for pediatric offices for emergency preparedness, and mechanisms and outcomes of various categories of terror events and natural disasters.

The full report or a summary of it is available from the Agency for Healthcare Research and Quality (AHRQ). Information on obtaining these papers or downloading it yourself can be obtained at [www.ahrq.gov/research/pedprep/resource.htm](http://www.ahrq.gov/research/pedprep/resource.htm).

*Pediatric Terrorism and Disaster Preparedness* was prepared by the American Academy of Pediatrics for AHRQ,

## Practice Opportunity

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Should this interest you, I would appreciate your contacting me at (888) 437-5480. You may fax your CV in confidence to (563) 421-7899 or email at [boyd@genesishealth.com](mailto:boyd@genesishealth.com).

Respectfully yours,  
Mary Boyd, Manager  
Physician Recruitment

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## BOOK REVIEW

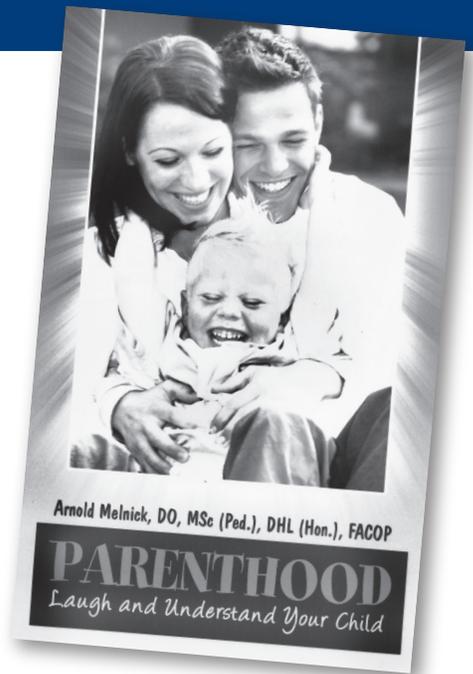
by Stewart A. Hinckley

### ***Parenthood: Laugh and Understand Your Child***

by Arnold Melnick, DO

Just as physicians read journals and attend lectures to continue their medical education, parents should read books, too. In his latest book, *Parenthood: Laugh and Understand Your Child*, Dr. Melnick encourages parents not to be nervous or afraid, and to use their intuition. He also suggests that parents shouldn't interfere with their children or push them too much. This book would be an excellent learning tool for the parents of children in your practice as well as the basis for discussion among students, interns and residents. In addition, it is the only book on this subject written by a DO...and a fellow ACOP member!

Dr. Melnick guides the reader on development, discipline, punishment, toilet training, sex education and more. This clever and funny book stresses that parents should understand their child's limitations, set reasonable and high standards, enforce the rules and expect obedience. It is clear in this book that loving your children does wonders. Most importantly, talking with your child often means listening.



*Parenthood: Laugh and Understand Your Child*, published by PublishAmerica, Baltimore MD, 121 pages, soft cover, list price \$17.95, is available directly from the publisher for \$14.95, plus postage: (301) 695-1707 or [www.PublishAmerica.com](http://www.PublishAmerica.com) or any online bookstore.