PEDIATRIC ORTHOPEDICS

What’s new in pediatric orthopedic surgery? Charles Chan, MD, describes new techniques available for growing kids that make it possible to treat youngsters earlier, with great results.

– continued inside

IN THIS ISSUE

2017 | Vol. 1 No. 10

PERSPECTIVE
Pediatric orthopedics featuring Charles Chan, MD

HEALTH TECH
Advances in ear tubes featuring Christi Arnerich, MD

CALENDAR
□ Office-based pediatric orthopedics and sports medicine
□ Popular pediatric clinical topics 2017

REFERRAL INFO

INTRODUCING
Cindy Eppstein, physician liaison
Recent developments in the field of pediatric orthopedic surgery have resulted in good news for young patients, according to Charles Chan, MD, a pediatric orthopedic surgery specialist in the John Muir Health + Stanford Children’s Health partnership. The best news is that advanced new options for surgeries that are compatible with children’s growth plates can help them get back to normal activities faster than if they waited for their bones to mature or underwent surgeries designed for adults.
“There is a change in the understanding of sports injuries in children,” Dr. Chan says. “We have a whole subspeciality designed for kids and focused specifically on various areas. For instance, we are treating injuries like shoulder instability, ACL issues and cartilage defects.”

He adds that in addition to sports-related injuries, the specialty also addresses pediatric hand issues, pediatric hip preservation and spine surgery.

Dr. Chan sees his patients on Thursdays at 106 La Casa Via in Walnut Creek, and on Fridays he performs surgeries across the street at the John Muir Medical Center.

In his practice, he sees patients from 6 to 14 years old with a wide range of injuries, both sports-related and non-sports-related. His patients commonly complain about knee and elbow issues, and he routinely performs ACL and patellar stabilization surgeries. “Prevention of injury is my #1 goal. Returning a child to sports participation is the second. And the third is to avoid delaying reconstruction in certain injuries, which could lead to persistent instability or additional damage,” he says.

“In our program, we also recognize that when you rehabilitate young patients, they are not smaller versions of adults,” he emphasizes. “Communication needs to be altered. We offer very specialized resources for rehab through Stanford. Our facility is staffed with athletic trainers who are always happy to talk with pediatricians and the community.”

Sports specialization

Dr. Chan has a personal interest in early specialization of young athletes. “The trend we see is that some kids are being asked to train harder at more intense levels at younger ages,” he explains. “This can lead to a lack of diversification and specific overuse of particular joints. Some sports that lend themselves to overuse include baseball, soccer and swimming.”

How is this trend harmful for youngsters?

Dr. Chan believes that kids should be in multiple sports, especially at younger ages.

“I actually see early burnout, decreased satisfaction in life and decreased mood and health [as a result of early specialization in one sport],” he says. “Luckily, a slow cultural shift is occurring that recognizes overuse and burnout. Little League Baseball is now looking at pitch counts to prevent injury. AAU Basketball and USA Soccer also have new recommendations.”

He continues, “There is more recognition [of the risks of early specialization] from coaches and parents, as well. In the future we will see more monitoring. Pediatricians are doing a great job of counseling parents to avoid emphasizing performance.”

Greatest satisfactions

“My biggest rewards come from seeing kids return to their sports and, sometimes, helping the parent recognize the very real possibility of overtraining,” Dr. Chan says.

“I had an athlete, age 8, tore her ACL and was initially told to wait for surgery,” he recalls. “We were able to offer a specialized ACL reconstruction, and now she is happily back to all her sports and activities. There are good alternatives, specifically for the young athlete. I’m excited to bring these options to the community.”

He concludes, “The kids are fantastic. They’re the whole reason I wanted to subspecialize. They make my day!”

For more information or to refer a patient, please call (844) 416-7846.
Since the 1970s, children with recurrent ear infections have been getting tubes placed in their ears to reduce the frequency and duration of their painful ear infections.

After surgery, children with ear tubes have been told to wear waterproof ear plugs in the water for as long as the tubes remained in place. However, new research suggests that this practice may be unnecessary. According to Dr. Christi Arnerich, “For many years, doctors were concerned about water getting into the ear and what that would do in terms of infection rates. But some recent studies show that children with ear tubes don’t have to wear ear plugs most of the time when they’re in the water.”

Dr. Arnerich says that in the past tubes “were very basic — like grommets that keep the ear drum open.” Today, she says there’s a wider variety of tubes available, including “some that are made with silver to help reduce infection, and T-tubes, which stay in the ear until they’re physically removed.” If children have many infections, they can get these longer-lasting T-tubes implanted to reduce the number of surgeries they’ll need to have.

Doctors typically recommend ear tubes for two main reasons: a child has had recurrent ear infections, such as three in six months or four in a year, or a child has fluid behind the ear drum that has been there for longer than three months. In the second instance, doctors will order a hearing test. If the child is having hearing loss because of the fluid, doctors will recommend tubes because hearing is crucial to speech development.

Unfortunately, children with ear tubes can still get ear infections. However, there’s still a benefit to placing the ear tubes, Dr. Arnerich explains: “If a child gets an infection while they have tubes, the ear actually has drainage.” Another benefit is that children with ear tubes can treat their ear infections with topical antibiotics instead of oral antibiotics. Topical antibiotics offer a higher concentration of antibiotics to the ear itself in a much more direct way. This means children can recover quickly and get back outside to enjoy these warm summer days.

For more information or to refer a patient, please call (925) 239-2900.
**Office-Based Pediatric Orthopedics and Sports Medicine**

*September 16, 2017* □ *8:00 a.m. to 4:30 p.m.*  
*Location: Renaissance Sports Club Walnut Creek*

Presented by the Department of Orthopaedic Surgery at the Stanford University School of Medicine and Lucile Packard Children’s Hospital Stanford.

This regional program is designed for pediatricians, family physicians, primary care practitioners, nurse practitioners, nurses, allied health professionals and athletic trainers.

Attendees will be able to:
- Assess pediatric and adolescent sports injuries through the patient’s history and physical exam
- Determine when to refer patients to a specialist
- Provide high-acuity care for the pediatric and adolescent athlete presenting with complex sports injury
- Differentiate between a sports injury and burnout or overuse
- Evaluate young patients with potential overuse and early specialization injuries and counsel them and their families

For registration and more information, please visit: [www.cme.stanfordchildrens.org](http://www.cme.stanfordchildrens.org)  
Contact: Marifin Besona, CME coordinator — lpchcme@stanfordchildrens.org, or call (650) 498-6757.

---

**Popular Pediatric Clinical Topics, 2017**

*November 13 – 16, 2017*  
*Location: Mauna Lani Hotel & Bungalows, Kohala Coast, Island of Hawaii*

For registration and more information, please visit: [www.cme.stanfordchildrens.org](http://www.cme.stanfordchildrens.org)  
Contact: Marifin Besona, CME Coordinator — lpchcme@stanfordchildrens.org, or call (650) 498-6757.

---

**John Muir Medical Center**

*1601 Ygnacio Valley Rd, Walnut Creek, CA 94598*  
*Thursdays, 7:30 a.m. – 8:30 a.m.*  
*Ball Auditorium, Lower Level*

**August**

17  
PICU CME/M&M

*24  
Bariatric surgery, Matias Bruzoni, MD

**September**

*7  
Failure to thrive, Sabina Ali, MD

**Webinars** | Webinars are available via the internet starting at 7:30 a.m.  
To access navigate to: [https://johnmuirgm.globalmeet.com/CMEConcord](https://johnmuirgm.globalmeet.com/CMEConcord)
REFERRAL INFO  CHILDREN’S SPECIALTY SERVICES

Cardiology
Janaki Gokhale, MD  
Stafford Grady, MD  
Phone:  (925) 295-1701  
Fax:  (925) 295-1704  
Monday – Friday  
106 La Casa Via, Suite 220  
Walnut Creek, CA 94598

Critical Care
Budi Wiryawan, MD  
Phone:  (925) 941-4580  
PICU Main Number:  (925) 947-5230  
John Muir Medical Center  
1601 Ygnacio Valley Rd  
Walnut Creek, CA 94598

Dermatology
Jennifer Sorrell, MD  
Phone:  (800) 995-5724  
Fax:  (650) 721-2884  
Wednesday  
106 La Casa Via, Suite 100  
Walnut Creek, CA 94598

Endocrinology
Suruchi Bhatia, MD  
Cristina Candido-Vitto, MD  
Phone:  (415) 600-0770  
Fax:  (415) 600-0775  
Monday, Thursday, Friday  
106 La Casa Via, Suite 100  
Walnut Creek, CA 94598

Gastroenterology
Sabina Ali, MD  
Kelly Haas, MD  
Anita Sharma, PNP-BC  
Diane Valmossoi, FNP  
Maryann Christofas, MS, RD, CSP  
Johanna Kammerer, RD  
Phone:  (925) 239-2900  
Fax:  (925) 932-2456  
Monday – Friday  
106 La Casa Via, Suite 100  
Walnut Creek, CA 94598

Hematology/Oncology
Jay Balagtas, MD  
Joan Fisher, MD  
Sadie Hannah, NP  
Phone:  (925) 941-4144  
Fax:  (925) 947-3208  
Monday – Friday  
John Muir Medical Center  
3-East, 1601 Ygnacio Valley Rd  
Walnut Creek, CA 94598

Hospitalist Services (Pediatrics)
Lyn Dos Santos, MD  
Office:  (925) 941-4588  
Pediatric:  (925) 876-0489  
Newborn:  (925) 952-2903  
John Muir Medical Center  
3A-P, 1601 Ygnacio Valley Rd  
Walnut Creek, CA 94598

Infectious Disease
Sruti Nadimpalli, MD  
James McCarty, MD  
Rishi Desai, MD  
Referral:  (800) 995-5724  
Fax:  (650) 721-2884  
Friday  
106 La Casa Via, Suite 250  
Walnut Creek, CA 94598

Neonatology
Kristin Hubert, MD  
Nick Mickas, MD  
Phone:  (925) 947-5350  
John Muir Medical Center  
NICU, 1601 Ygnacio Valley Rd  
Walnut Creek, CA 94598

Nephrology
Elizabeth Talley, MD  
Phone:  (650) 721-5807  
Fax:  (650) 721-2884  
Thursday  
106 La Casa Via, Suite 100  
Walnut Creek, CA 94598

Neurology
Candida Brown, MD  
Jonathan Hecht, MD  
Dawn Saborit, RN, PNP  
Phone:  (925) 691-9688  
Fax:  (925) 691-9820  
Monday – Friday  
400 Taylor Blvd, Suite 306  
Pleasant Hill, CA 94523
Neurosurgery
David Hong, MD
Gerry Grant, MD
Camly Slawson, NP
Phone: (925) 239-2705
Fax: (650) 721-2884
Monday & Thursday
106 La Casa Via, Suite 250
Walnut Creek, CA 94598

Orthopedics & Sports Medicine
Charles Chan, MD
Scott Hoffinger, MD
James Policy, MD
Stephanie Pan, MD
Referral: (650) 497-8263
Fax: (925) 322-8492
Physician Contact:
(510) 549-8480
Monday, Tuesday,
Thursday, Friday
106 La Casa Via, Suite 240
Walnut Creek, CA 94598
Christy Boyd, MD
Charles Chan, MD
Steven Frick, MD
Jeffrey Young, MD
Referral: (844) 416-7846
Fax: (650) 497-8891
Monday – Friday
5000 Pleasanton Ave
Pleasanton, CA 94566

Otolaryngology
Christi Arnerich, MD
Referral: (925) 239-2900
Fax: (925) 932-2456
Monday, Tuesday, Friday
106 La Casa Via, Suite 100
Walnut Creek CA 94598

Physical Therapy
Center for Sports Medicine
Rehabilitative and Sports
Physical Therapy
Phone: (650) 736-2000
5000 Pleasanton Ave
Pleasanton, CA 94566
Physical Rehabilitation Center
Physical, Occupational and Speech Therapy
Phone: (925) 947-5300
3480 Buskirk Ave, Suite 150
Pleasant Hill, CA 94523

Pulmonary
Nancy Lewis, MD
Phone: (925) 239-2900
Fax: (650) 721-2884
Tuesday – Wednesday
Karen Hardy, MD
Manisha Newaskar, MD
Rachna Wadia, MD
Eric Zee, MD
Phone: (844) 724-4140
Fax: (650) 721-2884
Monday, Thursday, Friday
106 La Casa Via, Suite 100
Walnut Creek CA 94598

Rheumatology
Imelda Balboni, MD
Dana Gerstbacher, MD
Referral: (650) 723-3877
Fax: (650) 721-2884
Wednesday
106 La Casa Via, Suite 250
Walnut Creek, CA 94598

Urology
William Kennedy, MD
Cathy Costaglio, NP
Sarah Oppenheim, NP
Referral: (800) 995-5724
Fax: (650) 721-2884
Physician Contact:
(650) 732-9779
Tuesday
106 La Casa Via, Suite 100
Walnut Creek, CA 94598
Jeremy Lieb, MD
Phone: (925) 609-7220
Fax: (925) 689-3298
2222 East St, Suite 250
Concord, CA 94520

Physical Therapy
Center for Sports Medicine
Rehabilitative and Sports
Physical Therapy
Phone: (650) 736-2000
5000 Pleasanton Ave
Pleasanton, CA 94566
Physical Rehabilitation Center
Physical, Occupational and Speech Therapy
Phone: (925) 947-5300
3480 Buskirk Ave, Suite 150
Pleasant Hill, CA 94523

Pulmonary
Nancy Lewis, MD
Phone: (925) 239-2900
Fax: (650) 721-2884
Tuesday – Wednesday
Karen Hardy, MD
Manisha Newaskar, MD
Rachna Wadia, MD
Eric Zee, MD
Phone: (844) 724-4140
Fax: (650) 721-2884
Monday, Thursday, Friday
106 La Casa Via, Suite 100
Walnut Creek CA 94598

Rheumatology
Imelda Balboni, MD
Dana Gerstbacher, MD
Referral: (650) 723-3877
Fax: (650) 721-2884
Wednesday
106 La Casa Via, Suite 250
Walnut Creek, CA 94598

Jeremy Lieb, MD
Phone: (925) 609-7220
Fax: (925) 689-3298
2222 East St, Suite 250
Concord, CA 94520
INTRODUCING

CINDY EPPSTEIN, PHYSICIAN LIAISON

Cindy Eppstein’s role as a physician liaison with Stanford Children’s Health brings her career full circle. Cindy started her career working for a pediatrician in Oakland, and she has spent the past 26 years serving the dental community in various roles.

For help with physician referrals or for more information about John Muir Health and Stanford Children’s Health pediatric specialty services, please contact Cindy by email at ceppstein@stanfordchildrens.org or by phone at (650) 646-1518.

ABOUT OUR PARTNERSHIP

Through our partnership, patients can now see Stanford Children’s Health specialists locally in the East Bay. When hospital-based care is needed, patients can be treated at John Muir Medical Center in Walnut Creek. It all adds up to: your patients can receive excellent quality specialty pediatric care, close to home.