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For a child with respiratory problems — including asthma, cough, recurrent pneumonia, sleep disorders, or muscular dystrophy — treatment can be a long-term undertaking. Getting specialized pediatric pulmonology treatment has taken many children and parents outside the community, requiring travel, time commitment and juggling of family schedules.

In a group pediatric specialty practice just across the street from John Muir Medical Center in Walnut Creek, two Stanford Children’s Health-affiliated pulmonologists, Nancy Lewis, MD, and Manisha Newaskar, MD, are changing that picture. “Because of Stanford’s partnership with John Muir Health, we now have institutional levels of collaboration with Stanford Children’s Health subspecialists in the East Bay,” says Dr. Lewis.
“Children can now stay in the community and, if necessary, be hospitalized locally instead of transferred. It can save so much stress and effort,” she continues.

Dr. Newaskar adds, “We and our partners are available at any time to provide all types of services. We can see patients at John Muir Medical Center and perform procedures there. We’re close to home and can cover the full range of care.”

Delivering care with care: Education is critical

Regarding the practice’s philosophy, Dr. Lewis says, “I am very hands-on in managing treatment, and I spend an inordinate amount of time with my patients. I feel that the key to managing asthma is patient education. I really focus on educating both children and parents. The people who can keep kids out of the hospital are the parents — if they know how to recognize symptoms and treat their children. Awareness is crucial. We encourage them to communicate with us any time. I regularly get texts when patients have flare-ups. That is part of keeping ourselves available.”

Spirometry can be key

Dr. Lewis is a proponent of an important diagnostic test known as spirometry, calling it “essential for really providing appropriate care for asthmatic patients.” She explains, “National asthma treatment guidelines recommend testing at diagnosis, at initiation of treatment and at least yearly to adjust treatment. To get spirometry, you have to make an appointment with a pulmonary doctor, but we are hoping to set up a system for pediatricians to simply order spirometry here in our clinic. Right now, pediatricians can send children for chest X-rays, but spirometry is a much more useful test.”

Without the need for a pulmonary referral and consult, “we could do spirometry more often and take better care of asthmatics, learning more about the patient’s lungs and fine-tuning the management of their asthma,” she says.

The doctors are glad to have great patient support in the office. “We have respiratory therapists here five days a week. In addition to doing spirometry, they can teach patients how to use inhalers, nebulizers, and CPAP or BiPAP for sleep apnea,” says Dr. Newaskar.

She adds, “I love helping our patients and being a part of their overall care. Most of my patients have complicated care. Seeing them breathe better and get better — it just makes you feel great.”

The practice is located at 106 La Casa Via in Walnut Creek. You can reach the new pediatric pulmonology clinic at (925) 239-2900.
A Tri-Valley tradition: San Ramon Valley Run for Education puts kids and families in motion

Two-year olds thunder down a 50-yard track to the finish line, red capes flapping, where giant gold medals are ceremoniously draped over their heads.

This Mini-Run for preschoolers drew 350 kids to the Iron Horse Middle School on October 15. The scene was a highlight for Les Lifter, chief marketing officer for Stanford Children’s Health. Lifter and his family are 10-year veterans of the San Ramon Valley Run for Education, which supports the San Ramon Valley Unified School District.

“Last year for the first time, it became a two-day event. Organizers created a health fair on Saturday, and Stanford Children’s Health took over as primary sponsor,” Lifter says.

The Health & Wellness Expo featured booths, entertainment and information. On Sunday, 5K and 10K timed races and a 5K Fun Run/Walk drew 10,000 Tri-Valley residents.

“It’s a natural fit for us to be here, since Stanford Children’s Health has so many pediatric specialists in the East Bay and the Tri-Valley area through its partnership with John Muir Health,” Lifter says. “We had 30 volunteers this year, many of whom were from our orthopedic and sports medicine practices.”

The Expo educates families across the Bay Area that they have close access to Stanford Children’s Health.

“In parts of the East Bay, it’s this amazing unknown secret,” says Lifter. “People don’t realize that you can find a Stanford Children’s Health pediatric specialist and pediatrician within almost 10 miles of everyone’s home”. Our partnership with John Muir Health supports the growth of our coverage for kids all over the Tri Valley, with access to a wide variety of Stanford Children’s Health specialists.”

In support, John Muir Health and Stanford Children’s Health gathered a team of physicians, nurses, patients and families to walk in the local fundraiser, which was held at Bishop Ranch in San Ramon on September 25.

The walk exceeded its overall goal, raising $458,813.

Joint team leader Marin Preston, RN, CDE, says, “It was fun to see our young patients out there doing really well and just being kids! This event made us realize how intertwined we are with the diabetes community as well as the whole East Bay community.”

Booths at the event helped families learn about diabetes resources, including new devices, and gave them a chance to meet each other, as well.

Kelli Patin, RD, CDE, adds, “It was an opportunity for the community to see the partnership between Stanford Children’s Health and John Muir Health outside the hospital walls.”

The team is committed to entering the event again next fall and are already talking about T-shirts. To participate, contact Beth Lannon at (925) 941-4115.

Fighting type 1 diabetes: Walking the talk

The goal of the Juvenile Diabetes Research Foundation One Walk event is simple: creating a world without type 1 diabetes.
PEDIATRIC ASTHMA CASES WITH DR. NANCY LEWIS
CHRONIC COUGH IN CHILDREN WITH DR. MANISHA NEWASKAR

SPECIALTY | Pulmonology | Thursday, January 26, 2017 | 6:00 p.m. – 8:00 p.m.
Embassy Suites Walnut Creek, 1345 Treat Boulevard, Walnut Creek, CA 94597
To RSVP, contact Beth Lannon at beth.lannon@johnmuirhealth.com or Sandra Stone at sandra.stone@johnmuirhealth.com, or call (925) 941-4148

PRACTICAL PEDIATRICS – NORTH BAY 2017

Saturday, February 11, 2017 | 7:30 a.m. – 3:30 p.m. | Fairmont Sonoma Mission Inn
For registration and more information, go to: cme.stanfordchildrens.org

GOING GLUTEN-FREE? A PEDIATRIC GASTROENTEROLOGIST’S PERSPECTIVE ON CELIAC DISEASE AND NON-CELIAC GLUTEN SENSITIVITY WITH DR. KELLY HAAS

SPECIALTY | Gastroenterology | Wednesday, March 8, 2017 | 6:00 p.m. – 8:00 p.m.
Scotts Seafood Restaurant, 1333 North California Blvd, Walnut Creek, CA 94596
To RSVP, contact Beth Lannon at beth.lannon@johnmuirhealth.com or Sandra Stone at sandra.stone@johnmuirhealth.com, or call (925) 941-4148

NEW LOCATION Starting in January 2017
Thursdays, 7:30 a.m. – 8:30 a.m.
Ball Auditorium, Lower Level Epstein 1
Conference Room

DECEMBER

January
*5 ADHD/Overmedicating, Lawrence Diller, MD
*12 Chronic Cough in Children, Pulmonary, Manisha Newaskar, MD
19 Perinatal M&M – PICU, Rosa Won, MD, and Kristin Hubert, MD

February
*2 Proteinuria, Elizabeth Talley, MD
9 Anesthesia Risks in Pediatric Patients, Jeff Poage, MD

*Webinars
Webinars are available via the internet starting at 7:30 a.m.
To access as a guest navigate to: https://www-na1.globalmeet.com/w/pub/entry?hcid=1583390&loc=EN

* Available via webinar. Go to: https://johnmuirgm.globalmeet.com/CMEConcord
**Please note the new URL
*** Please note that Dr. Manisha Newaskar has two sessions of “Chronic Cough in Children.”
   The webinar is on January 12 and the other event is on January 26, along with Dr. Nancy Lewis.
**Cardiology**

**Stafford Grady, MD**

Phone (925) 239-2900  
Fax (925) 932-2456  
106 La Casa Via, Ste. 220  
Walnut Creek, CA 94598

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**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

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**Dermatology**

**Jennifer Sorrell, MD**

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

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**Endocrinology**

**Suruchi Bhatia, MD**  
**Cristina Candido-Vitto, MD**

Phone (415) 600-0770  
Fax (415) 600-0775  
Monday, Thursday, Friday  
106 La Casa Via, Ste. 100  
Walnut Creek, CA 94598

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**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

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**Infectious Disease**

**Sruti Nadimpalli, MD**  
**James McCarty, MD**

Referral (800) 995-5724  
Fax (650) 721-2884  
Friday  
106 La Casa Via, Ste. 250  
Walnut Creek, CA 94598

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**Gastroenterology**

**Sabina Ali, MD**  
**Kelly Haas, MD**

Phone (925) 239-2900  
Fax (925) 932-2456  
Monday–Friday  
106 La Casa Via, Ste. 100  
Walnut Creek, CA 94598

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**Hematology/Oncology**

**Byron Smith, MD**  
**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

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**Neonatology**

**Kristin Hubert, MD**  
**Nick Mickas, MD**

Phone (925) 947-5350  
John Muir Medical Center  
NICU, 1601 Ygnacio Valley Rd  
Walnut Creek, CA 94598

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**Nephrology**

**Elizabeth Talley, MD**

Phone: (650) 721-5807  
Fax: (650) 721-6685  
Thursday  
106 La Casa Via, Ste 100  
Walnut Creek, CA 94598
Neurology
Candida Brown, MD
Jonathan Hecht, MD
Phone (925) 691-9688
Fax (925) 691-9820
Monday–Friday
400 Taylor Blvd, Ste. 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 Pun, MD
Referral (650) 497-8263
Fax (925) 322-8492
Physician Contact (510) 549-8480
Monday–Tuesday & Thursday–Friday
106 La Casa Via, Ste. 240
Walnut Creek, CA 94598

Christy Boyd, MD
Charles Chan, 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, Ste. 100
Walnut Creek CA 94598

Pulmonary
Nancy Lewis, MD
Phone (925) 239-2900
Fax (925) 932-2456
Tuesday–Thursday
Edward Fong, MD
Karen Hardy, MD
Manisha Newaskar, MD
Rachna Wadia, MD
Eric Zee, MD
Phone (844) 724-4140
Fax (510) 457-4236
Monday, Friday
106 La Casa Via, Ste. 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, Ste. 100
Walnut Creek, CA 94598

Surgery
Thomas Hui, MD
Christopher Newton, MD
Wolfgang Stehr, MD
Wendy Su, MD
Phone (925) 239-2900
Fax (925) 932-2456
Monday Afternoons
106 La Casa Via, Ste. 100
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, Ste. 100
Walnut Creek, CA 94598
Jeremy Lieb, MD*
Phone (925) 609-7220
Fax (925) 689-3298
2222 East Street #250
Concord, CA 94520

*R Johns Muir Health. To refer, please use the noted phone and fax numbers.
INTRODUCING

RONA BROOKS, MD
American Board of Pediatrics Certified
Specialty: Hospitalist
Education: UCLA School of Medicine, Los Angeles, CA
Residency: UCSF Benioff Children’s Hospital, Oakland, CA
Practice Philosophy: “In pediatrics, much of the child’s healing depends on both the medicine and the trusting relationship between the physician and the primary caregivers. As a hospital-based pediatrician, I understand that I am caring for the child in perhaps the most stressful time of his or her life, so I strive to not only stay up-to-date on the changing field of pediatrics but to also embrace the treatment of the family unit as a whole.”

EMAN HAIDARI, MD
American Board of Pediatrics Certified
Specialty: Hospitalist
Education: Albert Einstein School of Medicine, Bronx, NY
Residency: UCSF Benioff Children’s Hospital, Oakland, CA
Practice Philosophy: “Patient care is about more than just diagnosing illnesses and offering treatments. I believe that comprehensive care also entails providing compassionate and nonjudgmental care.”

KIMBERLY HORSTMAN, MD
American Board of Pediatrics Certified
Specialty: Hospitalist
Education: USC Keck School of Medicine, Los Angeles, CA
Residency: Children’s Hospital Los Angeles, Los Angeles, CA
Practice Philosophy: “I became a pediatrician because I love the resilience of kids. No matter how sick they are, they retain the amazing optimism of childhood. My goal is to always try to meet the kids on their level and to make them as comfortable as possible in a challenging situation. I look forward to getting to know the families in the John Muir community!”

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.