Dr. Kelly Haas is establishing three new disease-specific subclinics; including an IBD clinic with a nutritionist and a nurse practitioner, a cystic fibrosis clinic with a pulmonology group and a short bowel syndrome clinic... continued inside
When it’s not just a tummy ache

A wide range of digestive challenges bring young patients and their parents to see pediatric gastroenterologist Kelly Haas, MD, in the John Muir Health and Stanford Children’s Health Pediatric Gastroenterology specialty practice at 106 La Casa Via in Walnut Creek, California.

Dr. Haas, a Bay Area native whose medical school training at UCLA was followed by a fellowship at Lucile Packard Children’s Hospital Stanford, now treats East Bay patients from birth through 21 years of age.
“ONE THING THAT REALLY DREW ME HERE IS THE COLLABORATIVE ASPECT OF THIS PRACTICE — WORKING CLOSELY WITH OTHER PHYSICIANS, NUTRITIONISTS, SOCIAL WORKERS AND NURSE PRACTITIONERS IN THE UNIT. IT HELPS MAKE COORDINATING CARE EASY.”

Vague symptoms: A puzzle to solve

“A very common referral is abdominal pain,” she says. “It can be due to so many things. We see IBD (inflammatory bowel disease), constipation, reflux, poor weight gain in infants, celiac disease, weight loss and more.”

“By the time a family is referred to a subspecialist, they have gone through quite a bit of evaluation,” she adds. “We provide them with the opportunity to take more time to discuss the disease — the luxury of a longer visit and more patient education. When the family understands the disease process better, it builds them up as a partner.”

A psychological component is often involved. “Hormones and neurotransmitters in the brain and gut are closely related. An imbalance can manifest as abdominal pain or eating issues, and we have to tease out the causes,” says Dr. Haas. “Our social worker is a great resource, teaching stress and anxiety management to our young patients.”

“One thing that really drew me here is the collaborative aspect of this practice — working closely with other physicians, nutritionists, social workers and nurse practitioners in the unit,” she says. “It helps make coordinating care easy. Families don’t have to schedule various appointments, and the kids don’t have to miss even more school. Here, we have a multidisciplinary team directly across from the John Muir Medical Center. All imaging is coordinated. It makes our pediatric GI clinic unique.”

Dr. Haas is establishing three new disease-specific subclinics; including an IBD clinic with a nutritionist and a nurse practitioner, a cystic fibrosis clinic with a pulmonology group and a short bowel syndrome clinic at Lucille Packard Children’s Hospital Stanford.

New tools on the horizon

She notes that future treatment will bring new uses of endoscopy as well as breath hydrogen testing, in which a sugar compound is eaten and hydrogen gas is then measured to look for malabsorption, bacterial overgrowth or motility issues. Other advances will include using pH probes in the esophagus and better medications for IBD. She explains, “There will be a huge shift in the next decades. Current drugs suppress the whole immune system. A newer philosophy aims to deliver highly targeted antibodies to parts of the system.”

An open door

“We are happy to see any patient when the parents or pediatrician are unsure of the way forward. When there is ongoing weight loss, diarrhea, vomiting, blood in the stool or constipation that fails to improve, we can delve into the issue with more depth,” she adds. “No patient is a perfect textbook case. I’m always glad to talk by phone or to call after a visit, and I’ll send clinic notes right away.” The team at the clinic triages referrals immediately and can often work with urgent patients the same day.

“The best part of my job is to see progress with my patients — something as simple as finally resolving constipation can result in a ‘brand new kid.’”

To reach Dr. Haas or her staff, call (925) 239-2900.
Telemedicine: Bringing the doctor to the bedside

Telemedicine, the technology that lets doctors be virtually present with a patient via sophisticated computer tools, is a valuable supplement to care used by the John Muir Health and Stanford Children’s Health partnership. It is an innovative solution to delivering family-focused care, even when a subspecialist is not onsite.

“If it wasn’t for this technology, subspecialists would need to be in two places at the same time to meet the needs of our communities,” says Joan Fisher, MD, director of pediatric hematology/oncology at John Muir Health and California Pacific Medical Center. “It’s like using Skype, but with much better quality. I can put a stethoscope to a child’s chest or look at his ears as if I’m right in the room. The data is fed to me along with very high-quality images.”

“I can do what I normally do immediately, including conduct an exam, check blood counts and make treatment decisions”

Dr. Fisher explains how the technology saves precious time when a family is in an urgent situation by allowing the specialist to connect with them right away. “Let’s say it’s midnight and a pediatric hospitalist admits a patient with a blood disorder like cytopenia. They can take the telehealth cart into the room, and I can conference with the whole family. I can actually examine the patient using the tools on the cart. The technology is very well suited to this setting. I can say, ‘come morning, this is what is going to happen,’ and answer all their questions. They don’t have to wait.”

“Similarly, if a leukemia patient comes in with a new issue, such as intractable nausea, I can do what I normally do immediately, including conduct an exam, check blood counts and make treatment decisions, all while giving orders to the nurse practitioner,” she continues.

“The patients are very happy to see this technology,” she adds. “Before, they may have had to go to Stanford Children’s Health, Oakland or UCSF. Now, they can stay in their community, in a quieter environment and see familiar nurses and doctors. All the specialists are university-trained practitioners as well as professors, so the patients are getting cutting-edge care. The scale of the interactions is different. It’s more like home when they stay at John Muir Health.”

“Telemedicine solves the problem of immediacy. And it works so well with the electronic medical record because I can watch what happens to my patients remotely. Pair the two together and it is like being in the hospital.”

“I don’t have to drive, families don’t have to drive and they still have access to top-quality care. Telehealth will be a bigger part of medical practice in the future.”
PEDIATRIC GASTROENTEROLOGY

Going gluten-free? A pediatric gastroenterologist’s perspective on celiac disease and non-celiac gluten sensitivity with Dr. Kelly Haas

Wednesday, March 8, 2017 □ 6:00 p.m. – 8:00 p.m.
Scott’s Seafood Restaurant, 1333 North California Blvd, Walnut Creek, CA 94596
CME credit provided | Valet parking is available
Dinner will be served
To RSVP, contact:
Beth Lannon — beth.lannon@johnmuirhealth.com or Sandra Stone — sandra.stone@johnmuirhealth.com, or call (925) 941-4148.

PEDIATRIC CLINICAL UPDATE — SOUTH BAY, 2017

Saturday, April 8, 2017 □ 8:30 a.m. – 4:30 p.m.
Juniper Hotel Cupertino, 10050 S. De Anza Blvd, Cupertino, CA 95014
Register online at www.cme.stanfordchildrens.org.
Email: lpchcme@stanfordchildrens.org
Contact: Marifin Besona, CME Coordinator or call (650) 498-6757.

PEDIATRIC CARDIOLOGY

Pediatric Myocarditis with Janaki Gokhale, MD

Wednesday, May 17, 2017 □ 6:00 p.m. – 8:00 p.m.
To RSVP, contact:
Beth Lannon — beth.lannon@johnmuirhealth.com or Sandra Stone — sandra.stone@johnmuirhealth.com, or call (925) 941-4148.

John Muir Medical Center
1601 Ygnacio Valley Rd, Walnut Creek, CA 94598

March
*2 Child abuse in adult outcomes, Jim Carpenter, MD-CCC
*9 Helicobacter pylori in children — an update, Sabina Ali, MD
16 Perinatal CME/M&M, Kristin Hubert, MD, and Rosa Won, MD
*30 Lipid profile abnormalities, Janaki Gokhale, MD

*Webinars | Webinars are available via the internet starting at 7:30 a.m.
To access navigate to: https://johnmuirgm.globalmeet.com/CMEConcord
Cardiology
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Newborn: (925) 952-2903
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Infectious Disease
Sruti Nadimpalli, MD
James McCarty, MD
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Nick Mickas, MD
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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
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Monday & Thursday
106 La Casa Via, Suite 250
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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:
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Thursday, Friday
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Christy Boyd, MD
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5000 Pleasanton Ave
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Physical Therapy
Center for Sports Medicine
Rehabilitation and Sports
Physical Therapy
Phone: (650) 736-2000
5000 Pleasanton Ave
Pleasanton, CA 94566
Physical Rehabilitation Center
Phone: (925) 947-5300
3480 Buskirk Ave, Suite 150
Pleasant Hill, CA 94523

Pulmonary
Nancy Lewis, MD
Phone: (925) 239-2900
Fax: (925) 932-2456
Tuesday – Wednesday
Karen Hardy, MD
Manisha Newaskar, MD
Rachna Wadia, MD
Eric Zee, MD
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Fax: (510) 457-4236
Monday, Thursday, Friday
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Rheumatology
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Dana Gerstbacher, MD
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Thomas Hui, MD
Christopher Newton, MD
Wolfgang Stehr, MD
Wendy Su, MD
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Fax: (925) 932-2456
Monday Afternoons
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Cathy Costaglio, NP
Sarah Oppenheim, NP
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Physician Contact:
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Jeremy Lieb, MD
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Walnut Creek CA 94598
INTRODUCING

JANAKI GOKHALE, MD
Specialty: Cardiology
Education: University of Pittsburgh School of Medicine, Pittsburgh, PA
Residency: Thomas Jefferson University/Al du Pont Hospital, Wilmington, DE
Practice Philosophy: “Pediatric cardiology is fascinating because, like people, no two hearts are the same. For me, the field combines the best of two worlds: the study of the heart and working with kids. I enjoy the challenge of tailoring a treatment plan for each heart, each patient and each family.”

RACHNA WADIA, MD
Specialty: Pulmonology
Education: University of Nevada School of Medicine, Reno, NV
Residency: Children’s Hospital & Research Center Oakland, Oakland, CA
Practice Philosophy: “I believe that a family-centered approach is the best way to help children with chronic disorders. The most important thing is that we work together as a team. Being a new mom myself, I appreciate this approach even more now.”

DAWN SABORIT, RN, PNP
Specialty: Neurology
Education: University of California San Francisco, San Francisco, CA
Practice Philosophy: “In caring for patients with neurologic conditions from infancy through young adulthood, my goal is to provide patient- and family-centered care using a comprehensive, compassionate approach that considers the child’s individual and developmental needs.”

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.

johnmuirhealth.stanfordchildrens.org  johnmuirhealth.com/ChildrensSpecialty