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**PEDIATRIC NEPHROLOGY**

In this issue of Kid’s Health News, pediatric nephrologist, Elizabeth Talley, MD, discusses her new clinic in Walnut Creek and her thoughts on the John Muir Health + Stanford Children’s Health partnership.
Nephrology practice brings local treatment to “Kidney Kids”

Elizabeth Talley, MD, a specialist in pediatric nephrology, brings the experience she gained at Benioff Children’s Hospital Oakland and Lucile Packard Children’s Hospital Stanford to her new Walnut Creek practice, part of the John Muir Health + Stanford Children’s Health partnership.
“It’s been a lot of fun setting up the clinic here with my colleagues,” Dr. Talley says. “It’s an extremely collegial environment. We all take care of kids with chronic illnesses. If you have a patient who also needs to be seen by an endocrine specialist and a gastrointestinal (GI) specialist, it can be done the same day. Then we can speak together as colleagues, coordinating patient care.”

“Local pediatricians are pleased to know about the specialty services we provide here in Contra Costa County. With certain nephrology issues, it can be tough to take care of their patients while in the hospital, and then, after discharge, there can be issues with UTIs, or blood pressure. Now, there is greater access to experienced patient care in our specialty,” she adds.

Who comes for treatment

Common conditions that Dr. Talley sees are hypertension, proteinuria, hematuria, recurrent UTIs, and chronic conditions like lupus or congenital kidney disorders. She notes, “A lot of kids with congenitally abnormal kidneys may have progressive diseases such as FSGS (focal segmental glomerulosclerosis), a cause of nephrotic syndrome in children and adolescents. We also see severe lupus, which can damage kidneys irreparably. Some children are born with kidneys that are too small or not developed fully.”

Dr. Talley notes that parents’ concerns often run the gamut when they first come in. “The biggest thing they want is to make sure their kids are OK and that their health issues won’t prevent them from doing well in life. It depends on the underlying problem, but the great thing about nephrology is that we do have a bridge—dialysis—if the kidneys aren’t functioning well. And in more severe cases we can also do a kidney transplant, which can be a second chance at life.”

Treating the family

Dr. Talley emphasizes striking a partnership with each family. “We’re a team. I put out all the options and suggest what I think is best. We emphasize that the disease is not taking over their lives; it’s just a part of life.”

“Sometimes, the disease process may take a different course than expected. For instance, nephrotic syndrome can cause swelling and a lot of extra fluid retention. Most kids outgrow this in puberty, but we still prepare families for the reality that they may not. We don’t want the disease to control the family dynamic. When you live with a chronic illness that can happen.”

When a transplant is needed

Transplantation, the option for some patients with severe conditions, can create a whole new life for them. “Some patients have a pre-emptive transplantation, but some may not be able to do so. If we are able to intervene sooner, we can keep patients healthier during the transition to transplantation,” she says. “Then, once transplant patients are stable, we can see them here so they don’t have to travel to Palo Alto. Families love the convenience of care closer to home.”

“Afterwards, they get back their freedom, and they grow. There are fewer meds to take, and fewer dietary restrictions. After a kidney transplant, they can have all the pizza they want.”

To reach Dr. Talley or her staff, call (650) 721-5807.
Biofeedback in pediatric subspecialties:
A little more fun with cartoons

Biofeedback can help patients as young as 4 years old rewire their physical responses to various situations. In fact, several specialists in the John Muir Health + Stanford Children’s Health partnership are employing cartoon-based computer programs to give children cues that help them retrain muscle movements or respond to pain or stress.

Biofeedback in the GI world
According to pediatric gastroenterologist Sabina Ali, MD, “While wearing sensors, the children watch a cartoon character onscreen. When a therapist asks them to do things such as take a deep breath, the screen changes. They learn, ‘If I do this, the flower blooms.’”

“We have had good response in GI. We use it mostly for encopresis or when muscles have been trained wrong when sitting on the potty (i.e., straining),” she says. “We frequently use it for constipation patients (who comprise 25 percent of patients in GI clinics) or for treating bedwetting or urinary dysfunction.”

She wants pediatricians to know that this service is available in the East Bay: “Parents used to have to travel long distances for seven to eight weeks of therapy for a child — but no longer.”

Biofeedback and neurology
Pediatric neurologist Candida Brown, MD, uses biofeedback mainly for pain disorders, such as chronic headache or refractory migraine, and sometimes for serious anxiety. “It’s a way of learning to meditate using a computer,” she says. “You can monitor a patient’s heart rate and blood pressure, which is particularly helpful for teens because they can see it happening.”

Jonathan Hecht, MD, PhD, also a pediatric neurologist, adds, “With chronic migraines, a patient might also go on medications. But biofeedback is really helpful in learning to manage stress and tension. I would emphasize that lifestyle modification and healthy habits are important as well, for managing these conditions, including regular sleep habits, exercise, good nutrition and hydration. The bottom line is that biofeedback is an evidence-based treatment. Administered properly, it can be an important aspect of multimodal treatment for headache, chronic pain, sleep issues and more, and it can be very helpful in selected patients.”

How it works
Physical therapist, Susan Spence, attaches surface electrodes to the child’s muscles. A device measures electrical activity to show whether the muscle is relaxed or contracting. “It’s a way of learning to meditate using a computer,” she says. “You can monitor a patient’s heart rate and blood pressure, which is particularly helpful for teens because they can see it happening.”

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Pediatric Clinical Update — South Bay, 2017
Saturday, April 8, 2017  □  8:30 a.m. – 4:30 p.m.
Location: Juniper Hotel Cupertino, 10050 S. De Anza Blvd, Cupertino, CA 95014
For registration and more information, please visit: www.cme.stanfordchildrens.org
Contact: Marifin Besona, CME Coordinator — lpchcme@stanfordchildrens.org, or call (650) 498-6757.

PEDIATRIC CARDIOLOGY EVENING LECTURE
Pediatric myocarditis: When should their chest pain give you chest pain? with Janaki Gokhale, MD
Wednesday, May 17, 2017 □  6:00 p.m. – 8:00 p.m.
Location: Forbes Mill Steak House, 200 Sycamore Valley Road West, Danville, CA 94526
To RSVP, contact:
Beth Lannon — beth.lannon@johnmuirhealth.com or Sandra Stone — sandra.stone@johnmuirhealth.com, or call (925) 941-4148.

Pre-conference: The role of the PCP in transgender health care
July 20, 2017
Location: The Frances C. Arrillaga Alumni Center Stanford University

25th Annual Pediatric Update
July 21 – 22, 2017
Location: The Frances C. Arrillaga Alumni Center Stanford University
For registration and more information, please visit: 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

March
*30 Lipid profile abnormalities, Janaki Gokhale, MD

April
*6 LGBT health, Catherine Sonquist Forest, MD
*13 Zika, Angelle Desiree LaBeaud, MD-LPCH
20 PICU CME/M&M
*27 Pediatric latent tuberculosis, Brian Lee

May
*11 Radiology risks, Shlomo Leibowitz
18 Perinatal CME/M&M, Kristin Hubert, MD, and Rosa Won, MD

*Webinars | Webinars are available via the internet starting at 7:30 a.m.
To access navigate to: https://johnmuirmgm.globalmeet.com/CMEConcord

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**Dermatology**

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**Gastroenterology**

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**Hospitalist Services (Pediatrics)**

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Newborn: (925) 952-2903  
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**Infectious Disease**

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

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**Nephrology**

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**Neurology**

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Orthopedics & Sports Medicine
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Scott Hoffinger, MD
James Policy, MD
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Christy Boyd, MD
Charles Chan, MD
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Tuesday – Wednesday
Karen Hardy, MD
Manisha Newaskar, MD
Rachna Wadia, MD
Eric Zee, MD
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Urology
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Physician Contact:  (650) 732-9779
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Jeremy Lieb, MD
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INTRODUCING

ANITA SHARMA, PNP–BC
Specialty: Gastroenterology
Education: MSN, California State University – Fresno, Fresno CA, BSN, National University, Fresno, CA
Practice Philosophy: “I believe in evidence-based practice with an emphasis on educating the patient and his or her family. I hope to have a trusting relationship with my patients and their families to achieve progress and healthy outcomes.”

MARYANN CHRISTOFAS, MS, RD, CSP
Specialty: Gastroenterology
Education: University of Nevada School of Medicine, Reno, NV
Practice Philosophy: “I believe a family-based approach is the best way to optimize the nutrition status of each patient. My goal is to work with families to create individualized, practical and sustainable solutions using evidenced-based nutrition guidelines.”

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.

johnmuirhealth.stanfordchildrens.org   johnmuirhealth.com/ChildrensSpecialty