Perspective
Pediatric Endocrinology
Transforming the Diabetes Experience for Young Patients
page 2

Health Tech
MRI Goggles
MRIs Just Got Cool with New Video Goggles
page 4

Sections
Calendar . . . . 6
Referrals . . . . . 7
Introducing . . . 8
Supportive Education Transforms the Diabetes Experience for Young Patients

**All too often,** a diabetes diagnosis in children comes as a shock. Afterwards, families have a sharp learning curve. They have lots of new information to absorb and must quickly accept a whole new way of living.

Now its easier for East Bay families, thanks to the comprehensive endocrinology specialty program offered through the John Muir Health + Stanford Children’s Health partnership in Walnut Creek.

“There was so much to learn — it was a little overwhelming at first,” remembers Mayra Banales of Clayton, whose two sons, ages 10 and 12, were recently diagnosed with diabetes and treated at John Muir Health’s Walnut Creek Medical Center. “This group really made it simpler for our whole family. The doctors and diabetes educators explained the disease well and showed us clearly how to do things on our own, [such as] using phone apps for carb counting. The boys get along so well with Dr. Candido-Vitto and the staff. We felt much better right away.”

**What helps families the most,** according to the staff, is the practice’s focus on education. “In endocrinology, there is a trend toward providing diabetes education on an outpatient basis,” says Stanford Children’s Health pediatric endocrinologist Cristina Candido-Vitto, MD. “But within the partnership, we are able to admit the patient [to the hospital]. They stay about three days in a much more controlled environment [where we can] focus on [educating them] about diabetes care, diet and nutrition.”

Marin Preston, RN, a certified diabetes educator (CDE), explains, “When our families come in, they have a diabetes educator and bedside nurses to help them do hands-on care, from blood sugar checks to injections to carb counting. While the nurses might do these [tasks] the first few times, the family members learn to do [them] themselves with supervision, and it builds everyone’s confidence.”

After the initial hospital phase, the families appreciate maintaining their contact with the team during their follow-up care. “They’ll see the same people in the clinic as they did when they were first diagnosed,” states Dr. Candido-Vitto.

The care team also provides the latest technology for diabetes management. “We do the same things as the major centers and keep our patients in the loop about the newest technologies. The majority of our young patients are now on insulin pumps and continuous glucose monitors, depending on the readiness of the patient. And we find that the technology makes it much easier for the parents to monitor and help control their child’s blood sugar levels,” adds Marin.

Dr. Cristina Candido-Vitto talks with patient Alejandro Cervantes.
This group really made it simpler for our whole family. The doctors and diabetes educators explained the disease well and showed us clearly how to do things on our own...

“We stay in close contact after discharge and check on our patient’s blood sugar levels. They are more than welcome to contact us at any time. We are always here to help,” remarks Kelli Patin, CDE.

According to Mayra Banales, “We still have new questions for Marin and Kelli every time we visit the clinic and see Dr. Candido-Vitto and the staff. They are very good at explaining things clearly to the kids. I’m confident [I can] call night or day if needed.”

The clinicians agree that as kids learn to control their diabetes, they gradually move from their initial emotions of fear and anger into a phase of acceptance. “Now, my boys are at a point where they feel normal about it,” says Mayra. “We started with injections. Now we use the pump and a Dexcom glucose monitor for sugar, and it’s pretty easy for them.”

In fact, as her husband, Alejandro, says, “As the boys grow, they want to learn even more so they can be independent.”

Mayra adds, “Instead of saying ‘I won’t be able to do anything now,’ [I hear] the complete opposite from my older son. Now he says ‘Nothing is going to stop me, not even diabetes.’”

For more information or to refer a patient to our endocrinology team, please call (415) 600-0770.
**TOP PHOTO:** A technician fits a patient with the MRI goggles.

**BOTTOM PHOTO:** A monitor shows what the patient sees through the MRI goggles.
Most MRI scans can require that the patient lie still for a long time, which can be especially challenging for children. But thanks to a new type of digital video goggles and noise-cancelling headphones, MRIs have become much easier for kids. During a scan, kids can now watch cartoons or a favorite movie.

“These goggles have significantly changed the way we scan pediatric patients. Although we have a superior sedation program, we have been able to scan more children without sedation,” explains Linda Womack, executive director of operations at John Muir Health.

“It’s a much more comfortable, less intimidating experience,” says Brian Krome, director of operations at the John Muir Magnetic Imaging Center in Walnut Creek and Contra Costa Imaging Center in Concord. “Now, getting an MRI is hardly different from lying on a couch.”

“The technology has been great for children — especially those who are claustrophobic. Kids can go through an MRI with CinemaVision and be totally distracted, without sedation. Many who originally had orders to undergo general anesthesia have been able to go through without it,” Krome adds. “The parents have been very relieved.”

Another advantage: the headsets help improve the quality of the MRI image, which can be degraded by motion. “By giving them something to focus on, kids stay more still,” remarks Krome.

That was cool, say the kids.

Kids can go through an MRI with CinemaVision and be totally distracted, without sedation.
Calendar of Upcoming Events

**PEDIATRIC RHINOSINUSITIS: S’NOT JUST ABOUT ANTIBIOTICS**
With Christi Arnerich, MD
pediatric otolaryngologist

**May 31, 2018**
6:00 p.m. – 8:00 p.m

Marriott Hotel Walnut Creek
Contra Costa II Conference Room
2355 North Main St
Walnut Creek, CA 94596

Valet parking available
Buffet dinner, including vegetarian options

To RSVP
Email Sandra Stone at
sandra.stone@johnmuirhealth.com
or call (925) 941-4148.

Seating is limited to 30 participants

**PEDIATRIC SYMPOSIUM**
**SAVE THE DATE!!!**

**September 22, 2018**
8:00 a.m. – 4:00 p.m

More information coming soon!

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**John Muir Health’s**
**Walnut Creek Medical Center**
1601 Ygnacio Valley Rd, Walnut Creek, CA 94598

**Thursdays 7:30 a.m. – 8:30 a.m.**
Ball Auditorium Lower Level

**MAY**

* 3
* 10
* 17
* 31

**EVENT**

* Pediatric Eczema, Jsmee Dara, MD
* Integrative Approach to Abdominal Pain and Dyspepsia, Ann Ming Yeh, MD
* Pediatric CME/M&M
* Movement Disorders, Katherine MacKenzie, MD

**JUNE**

* 7
* 10
* 14
* 17

**EVENT**

* Nephrotic Syndrome, Gia Oh, MD
* Integrative Approach to Abdominal Pain and Dyspepsia, Ann Ming Yeh, MD
* High Risk Follow-up, Sandra Lai, MD
* Pediatric CME/M&M

*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)
# Stanford Children’s Health — Specialist Referral Directory

(Contra Costa and Southern Alameda County Locations)

Primary referral/appointment phone line: (925) 239-2900 | MD-to-MD consult phone line: (800) 995-5724

<table>
<thead>
<tr>
<th>Specialty Services (days available)</th>
<th>Specialists</th>
<th>Contact Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cardiology (T-F)</strong> &lt;br&gt; 106 La Casa Via, Ste 220, Walnut Creek</td>
<td>Janaki Gokhale, MD&lt;br&gt; Stafford Grady, MD&lt;br&gt; Amy DiPietro, MD</td>
<td>Referral Line: (925) 295-1701&lt;br&gt; Fax Line: (925) 295-1704</td>
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<tr>
<td><strong>Critical Care/PICU</strong> &lt;br&gt; JMMC, 1601 Ygnacio Valley Rd, Walnut Creek</td>
<td>Budi Wiryawan, MD</td>
<td>Referral Line: (925) 947-4580&lt;br&gt; PICU Direct Line: (925) 947-5230</td>
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<tr>
<td><strong>Dermatology (W)</strong> &lt;br&gt; 106 La Casa Via, Ste 100, Walnut Creek</td>
<td>Jennifer Sorrell, MD</td>
<td>Referral Line: (800) 995-5724&lt;br&gt; Fax Line: (650) 721-2884</td>
</tr>
<tr>
<td><strong>Endocrinology (M-TH)</strong> &lt;br&gt; 106 La Casa Via, Ste 100, Walnut Creek</td>
<td>Suruchi Bhutia, MD&lt;br&gt; Cristina Candido-Vitto, MD</td>
<td>Referral Line: (415) 600-0770&lt;br&gt; Fax Line: (415) 600-0775</td>
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<tr>
<td><strong>Gastroenterology</strong> &lt;br&gt; 106 La Casa Via, Ste 100, Walnut Creek</td>
<td>Kelly Haas, MD</td>
<td>Referral Line: (925) 239-2900&lt;br&gt; Fax Line: (925) 932-2456</td>
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<tr>
<td><strong>General Surgery (T)</strong> &lt;br&gt; 106 La Casa Via, Ste 100, Walnut Creek</td>
<td>Stephen Shew, MD&lt;br&gt; Dennis Lund, MD</td>
<td>Referral Line: (925) 239-2900&lt;br&gt; Fax Line: (925) 932-2456</td>
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<tr>
<td><strong>Hematology/Oncology (M-F)</strong> &lt;br&gt; JMMC, 3-East 1601 Ygnacio Valley Rd, Walnut Creek</td>
<td>Jay Balagtas, MD&lt;br&gt; Joan Fisher, MD</td>
<td>Referral Line: (925) 941-4144&lt;br&gt; Fax Line: (925) 947-3208</td>
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<tr>
<td><strong>Pediatric Hospitalist Services (M-F)</strong> &lt;br&gt; JMMC, 3A-P 1601 Ygnacio Valley Rd, Walnut Creek</td>
<td>Lyn Dos Santos, MD&lt;br&gt;</td>
<td>Patient Care: (925) 947-4488&lt;br&gt; Office: (925) 941-4588</td>
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<tr>
<td><strong>Infectious Disease (F)</strong> &lt;br&gt; 106 La Casa Via, Ste 110, Walnut Creek</td>
<td>Sruiti Nadimpalli, MD&lt;br&gt; James McCarty, MD</td>
<td>Referral Line: (800) 995-5724&lt;br&gt; Fax Line: (650) 721-2884</td>
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<tr>
<td><strong>Neonatology</strong> &lt;br&gt; JMMC, NICU 1601 Ygnacio Valley Rd, Walnut Creek</td>
<td>Kristin Hubert, MD&lt;br&gt; Stacie Bennett, MD</td>
<td>NICU: (925) 947-5350</td>
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<tr>
<td><strong>Nephrology (TH)</strong> &lt;br&gt; 106 La Casa Via, Ste 110, Walnut Creek</td>
<td>Elizabeth Talley, MD</td>
<td>Referral Line: (650) 721-5807&lt;br&gt; Fax Line: (650) 721-2884</td>
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<tr>
<td><strong>Neurology (M-F)</strong> &lt;br&gt; 400 Taylor Blvd, Ste 306, Pleasant Hill</td>
<td>Candida Brown, MD&lt;br&gt; Jonathan Hecht, MD</td>
<td>Referral Line: (925) 691-9688&lt;br&gt; Fax Line: (925) 691-9820</td>
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<td><strong>Neurosurgery (M&amp;TH)</strong> &lt;br&gt; 106 La Casa Via, Ste 250, Walnut Creek</td>
<td>David Hong, MD&lt;br&gt; Kelly Mahaney, MD&lt;br&gt; Gerry Grant, MD&lt;br&gt; Camly Slawson, MD</td>
<td>Referral Line: (925) 239-2705&lt;br&gt; Fax Line: (650) 721-2884</td>
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<tr>
<td><strong>Orthopedic Surgery &amp; Sports Medicine – Pleasanton (M-TH)</strong> &lt;br&gt; 5000 Pleasanton Ave, Ste 200, Pleasanton</td>
<td>Christy Boyd, MD&lt;br&gt; Charles Chan, MD&lt;br&gt; Steven Frick, MD&lt;br&gt; Jeffrey Young, MD</td>
<td>Referral Line: (844) 416-7846&lt;br&gt; Fax Line: (650) 497-8891</td>
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<tr>
<td><strong>Orthopedic Surgery &amp; Sports Medicine – Walnut Creek (M-F)</strong> &lt;br&gt; 106 La Casa Via, Ste 240, Walnut Creek</td>
<td>Charles Chan, MD&lt;br&gt; Erin Grieb, MD&lt;br&gt; Scott Hoffinger, MD&lt;br&gt; James Policy, MD</td>
<td>Referral Line: (650) 497-8263&lt;br&gt; Fax Line: (925) 322-8492&lt;br&gt; Physician Contact: (510) 549-8480</td>
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<tr>
<td><strong>Otolaryngology (M, T, TH, F)</strong> &lt;br&gt; 106 La Casa Via, Ste 100, Walnut Creek</td>
<td>Christi Arnerich, MD</td>
<td>Referral Line: (925) 239-2900&lt;br&gt; Fax Line: (925) 932-2456</td>
</tr>
<tr>
<td><strong>Physical, Occupational &amp; Speech Therapy – Pleasant Hill (M-F)</strong> &lt;br&gt; 3480 Buskirk, Ste 150, Pleasant Hill</td>
<td>Karen Hardy, MD&lt;br&gt; Manisha Newaskar, MD&lt;br&gt; Rachna Wadia, MD&lt;br&gt; Eric Zee, MD</td>
<td>Referral Line: (844) 724-4140&lt;br&gt; Fax Line: (650) 721-2884</td>
</tr>
<tr>
<td><strong>Pulmonary (T, W, TH)</strong> &lt;br&gt; 106 La Casa Via, Ste 100, Walnut Creek</td>
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<td>Referral Line: (925) 947-5300</td>
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<tr>
<td><strong>Rheumatology (W)</strong> &lt;br&gt; 106 La Casa Via, Ste 100, Walnut Creek</td>
<td>Imelda Balboni, MD&lt;br&gt; Dana Gerstbacher, MD</td>
<td>Referral Line: (650) 723-3877&lt;br&gt; Fax Line: (650) 721-2884</td>
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<tr>
<td><strong>Urology (T)</strong> &lt;br&gt; 106 La Casa Via, Ste 110, Walnut Creek</td>
<td>William Kennedy, MD&lt;br&gt; Sarah Oppenheim, NP&lt;br&gt; Catherine Costaglio, NP</td>
<td>Referral Line: (800) 995-5724&lt;br&gt; Fax Line: (650) 721-2884&lt;br&gt; Physician Contact: (650) 723-9779</td>
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<tr>
<td>2222 East St, Ste 250, Concord</td>
<td>Jeremy Lieb, MD</td>
<td>Referral Line: (925) 609-7220&lt;br&gt; Fax Line: (925) 689-3298</td>
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INTRODUCING

Amy DiPietro, MD
“I want my patients and families to know that I’ll always be there for them.”
Specialty: Cardiology
Education: University of Toledo College of Medicine and Life Sciences, Toledo, OH
Fellowship: Baylor College of Medicine, Houston, TX

Erin Moix Grieb, MD
“When patients come to me in pain, I take great pride in helping them return to their sport, whether they excel in competition or on the playground.”
Specialty: Sports Medicine
Education: University of California at Irvine School of Medicine, Irvine, CA
Fellowship: University of Colorado Sports Medicine Fellowship, Aurora, CO

Kelly Mahaney, MD
“I am inspired to bring innovative aspects of medicine into the care of our patients and to advance the field to help all patients achieve better outcomes and a better quality of life.”
Specialty: Neurosurgery
Education: Saint Louis University School of Medicine, Saint Louis, MO
Fellowship: University of Colorado, Aurora, CO

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 Health’s Walnut Creek Medical Center. It all adds up to your patients receiving excellent quality specialty pediatric care close to home.

Learn more at: johnmuirhealth.stanfordchildrens.org or johnmuirhealth.com/ChildrensSpecialty