According to Christine Boyd, MD, “Young athletes with orthopedic and sports injuries are not just small adults. Growing bones and brains are susceptible to different injury patterns than adults throughout adolescence and young adulthood.” – continued inside
Dr. Boyd, a pediatric sports medicine physician, is part of the new pediatric specialty partnership between Stanford Children’s Health and John Muir Health in the East Bay. She and her colleagues see a wide range of adolescent and teen athletes in their Pleasanton Orthopedic and Sports Medicine Center, located at 5000 Pleasanton Avenue.

Beth Lannon, executive director of Children’s Specialty Services at John Muir Health, noted that the need for specialized pediatric sports medicine has been great throughout the East Bay. “Very few physicians in California specialize in young athletes, yet so many children in our area are involved in organized sports. It’s so important to maintain their bone and joint health and to be aware of how any injuries may impact their healthy participation in these sports — and potentially their entire futures.”

“We hear from pediatricians that they want this specialized sports medicine information available when they see children in their offices,” she added.

Kid’s Health News sat down with Dr. Boyd and Beth Lannon to talk about kids and sports — from the youngest contenders to participants in the Olympics — and to get more details about this specialty. We learned that Dr. Boyd is a former standout local athlete herself. She ran track at Foothill High School in Pleasanton and was captain of the women’s track team at Stanford. She came back full circle, returning to Stanford for a fellowship after completing her medical degree at the University of California, San Diego, and finishing her internship and residency at Children’s Hospital Oakland.

Kid’s Health News: Tell us about your practice and goals for young patients.

Dr. Boyd: Our Pleasanton center consists of pediatric orthopedic surgeons, a primary care sports medicine specialist, a team of certified athletic trainers and an onsite physical therapy clinic staffed with therapists who concentrate on treating young athletes. The focus of my practice is diagnosis, treatment and prevention of sports-related injuries in children and teens. Our goal is to encourage young people to be active while limiting the risks of injury, maximizing their performance and ensuring safe return to play after an injury occurs. This is accomplished through prevention, education and research programs as well as by providing access to our extensive care team.

We’re in a great position to be able to collaborate with our colleagues in other departments at Stanford Children’s Health, most recently with pediatric neurology on concussion care and adolescent medicine on the care of young female athletes. Moving forward, we hope to include our local patient population in research projects, when appropriate.

What are some of the most common pediatric sports injuries that you see?

Dr. Boyd: Overall, we see a large volume of overuse injuries involving joints, growth plates, soft tissue and muscles. We also see a fair number of acute injuries and fractures to the extremities. Injury patterns tend to be seasonal, so as we head into the fall, we will be seeing more soccer, football and cross-country athletes with injuries.

Are there any trends you have seen in youth sports in the past few years?

Dr. Boyd: The biggest trend we see is more significant injuries at younger ages. Kids are spending more minutes on the field in game situations, where the injury rate is higher. More and more sports are becoming year-round. While playing sports year round is fine, young athletes should avoid playing the same sport year round. Playing multiple sports is essential in developing gross motor skills and preventing injury. This remains true through middle school.
THE BIGGEST TREND WE SEE IS MORE SIGNIFICANT INJURIES AT YOUNGER AGES.

KIDS ARE SPENDING MORE MINUTES ON THE FIELD IN GAME SITUATIONS, WHERE THE INJURY RATE IS HIGHER.

WHAT DO YOU MOST WANT OTHER MDS IN THE REGION TO KNOW ABOUT YOUR PRACTICE?
Beth Lannon: We want physicians to know that we make these services available to your patients. This partnership in sports medicine is really designed to maintain the long-term growth and health of our children.

Dr. Boyd: We have a comprehensive team of physicians, trainers and therapists on site — as well as direct access to cutting-edge care and research being done at Stanford.

We are here to support your practice in any way we can, whether it’s through giving input on how to better manage a case, providing information on the best referral option or taking same-day appointments. Orthopedic injuries are often acute, and sports injuries often require time-sensitive decisions. For that reason, we are always happy to take calls and assist in any way we can.

If there are questions about a diagnosis or about whether a child should be cleared to go back to play or needs to be seen for further evaluation, those are good reasons to call. People tend to assume that specialists are not readily accessible, but our staff is wonderful at getting patients in as soon as possible. Our direct clinic line is (925) 263-0262.

OF WHAT ARE YOU MOST PROUD?
Dr. Boyd: As someone who grew up very active in the East Bay sports community, I am excited to bring this level of care to our community. Access to this type of resource is invaluable.

In the process of caring for young, active children, I am able to educate, encourage and enable them to return to whatever level of activity they desire while preserving their health for their future endeavors. My patients have gone on to participate in the Olympics and professional-level sports, found their passion for fitness by running marathons, or fulfilled their lifetime career dreams despite significant musculoskeletal challenges.

I really enjoy the interactions with the families I treat. Something as simple as an ankle sprain will often turn into a discussion about better nutrition, improving communication with the athlete’s coach or even managing the athlete’s time better to balance homework and practice. Caring for the whole athlete is the most rewarding part of my job.

I also can’t say enough about how well we work as a team when managing patients. We collaborate constructively, making sure we use all our resources. This has enabled me to provide an even higher level of care than in my prior 10 years of practice.

Beth Lannon: I’m proud that, due to our partnership with Stanford Children’s Health, kids in our area can be treated by people with this additional layer of expertise. It can be key to achieving their best possible outcomes.

WHAT DO YOU LOOK FORWARD TO IN YOUR PRACTICE IN THE FUTURE?
Dr. Boyd: I look forward to seeing the next kid who comes in with an injury or issue. Each family I treat brings another opportunity to educate and empower the athlete and their family to maximize the benefits of youth sports.

DO YOU WATCH THE OLYMPICS WITH A DIFFERENT EYE — THAT IS, LOOKING AT THE MEDICAL SIDE?
Dr. Boyd: I look at competition more through an athlete’s eyes. I know how much time and sacrifice has gone into getting to that point in their career. I also enjoy studying the biomechanics of different sports and the body types that succeed in those arenas.

ANY LAST WORDS ON YOUR WORK IN THIS “ARENA”?
Dr. Boyd: When I am not at the office, I am shuttling my own two kids between their multiple sports activities. I frequently run into my patients at different sporting venues or around town. I love living where I practice. Youth sports can be a healthy, valuable part of childhood, and I want to make sure it stays that way.
Summer Fun Thursdays bring health and safety tips to the community

Armed with a bunch of fun facts as well as serious safety information, John Muir Health and Stanford Children’s Health participated in four Summer Fun Thursdays, a series of special programs for kids held in July at the Sunvalley Shopping Center in Concord, California. Weekly presentations raised awareness on topics from bug bites and bee stings to safe bike riding, water safety and effective sun protection. The free programs were held at the mall’s stage along with other attractions, such as a puppet show and animal visitors from the Oakland Zoo.

According to Beth Lannon, executive director of Children’s Specialty Services at John Muir Health, “The program introduces John Muir Health to families and [highlights] the role we play in children’s health in our region. Through our partnership with Stanford Children’s Health, we are able to provide pediatric expertise right here in Walnut Creek. [At Summer Fun Thursdays,] we reach the community in a different way [by] providing safety tips in a fun environment.”

Nurse Practitioner Deb Updegraff, a clinical nurse specialist in the Pediatric Intensive Care and Pediatric Acute Care units, led the sessions at the mall. “We started the Thursday events last year, after I returned from a national conference and a lecture on pediatric drowning. In my 25-year career, I have taken care of so many near-drowners. We had just opened our Pediatric Intensive Care Unit (PICU), the first in Contra Costa County. Our wish was to do something to also help prevent these [accidents]. Sunvalley Shopping Center partners with groups to produce the Thursday events for the pediatric audience, and it was a good fit for us,” Updegraff explained.

Some of the facts and tips Updegraff shared were new information to the parents, who truly appreciated the knowledge. “It’s a fine balance — we want to have fun, but the basic facts are really important [for keeping] children safe. For instance, when we talked about preventing drownings, we told the crowd that even with a vigilant parent or lifeguards, life jackets are the only real security that can keep a nonswimmer safe. We later heard from one mom that she was so impressed, she went out and bought her kids life jackets immediately.”

For “bug day,” Updegraff discussed misconceptions about the harms of DEET, a common active ingredient in most insect repellants, and talked about how and when to use bug repellant for kids 2 months old and older. She also showed the audience how to tell whether a bee sting is from a honeybee or a wasp and provided tips on what to do about it.

Next year, Updegraff plans to cover hot-car safety, noting that despite greater awareness, hot-car accidents are in the news too frequently. She also said that water safety will remain a huge topic for all summers to come.

If your patients are interested in attending Summer Fun Thursdays next July, they can find the schedule online at shopsunvalley.com.

Who likes bugs?

Summer Fun Thursdays bring health and safety tips to the community

True False

☐ ☐ Only girl mosquitoes bite.

☐ ☐ Mosquitoes are attracted to heat and dark colors.

☐ ☐ Mosquitoes are more active during a full moon.

Answer: all true
**Hot Topics in Adolescent Health and Behavior**

*Saturday, September 24, 2016 □ 8:30 a.m. – 4:45 p.m.*
Claremont Club and Spa
41 Tunnel Road, Berkeley, CA 94705
CME credit provided | Valet parking available | Breakfast and lunch will be served
For more information, go to: cme.stanfordchildrens.org

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**Juvenile Diabetes Research Foundation Walk East Bay**

*Sunday, September 25, 2016 □ 11:00 a.m. (Registration begins at 9:30 a.m.)*
Bishop Ranch
2600 Camino Ramon, San Ramon, CA 94583
To register, go to: walk.jdrf.org/eastbay

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**Deciphering the CBC (complete blood count) with Dr. Jay Balagtas**

*Wednesday, November 9, 2016 □ 6:00 p.m. – 8:00 p.m.*
Hilton Concord Hotel
Club Room 1, 1970 Diamond Blvd, Concord, CA 94520
CME credit provided | Valet or self-parking available (pre-paid)
Dinner will be served – RSVP with dinner selection: pan seared salmon or filet mignon
To RSVP, contact:
Beth Lannon — beth.lannon@johnmuirhealth.com or Sandra Stone — Sandra.stone@johnmuirhealth.com

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**John Muir Medical Center**

1601 Ygnacio Valley Rd, Walnut Creek, CA 94598

**Thursday, 7:30 a.m. – 8:30 a.m.**
Epstein 1 Conference Room

**September**
- *29* GERD Update, Kelly Hass, MD

**October**
- *6* Chest Deformity, Tom Hui, MD-CHO
- *13* Congenital Syphilis, James McCarty, MD
- *20* Pediatric M&M Case Presentation, Lyn Dos Santos, MD and Yungting Liao, MD
- *27* Updates and Advances in Pediatric Food Allergies, Joshua Jacobs, MD

**November**
- *3* Management of Adolescent Depression, Arman Danielyan, MD
- *10* PERI M&M Case Presentation, Rosa Won, MD & Kristin Hubert, MD

*Webinars* | Webinars are available via the internet starting at 7:30 a.m.
Cardiology  
Stafford Grady, MD  
Phone: (925) 239-2900  
Fax: (925) 932-2456  
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  
Phone: (925) 239-2900  
Fax: (925) 932-2456  
Monday – Friday  
106 La Casa Via, Suite 100  
Walnut Creek, CA 94598

Hematology/Oncology  
Byron Smith, MD  
Phone: (925) 947-5272  
Fax: (925) 947-3337  
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  
Phone: (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  
James McCarty, MD  
Sruti Nadimpalli, MD  
Referral: (800) 995-5724  
Fax: (650) 721-2884  
Thursday  
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) 721-6685  
Thursdays  
106 La Casa Via, Suite 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, Suite 306  
Pleasant Hill, CA 94523

Neurosurgery  
Gerald Grant, MD  
David S. Hong, MD  
Camly Lawson, NP  
Phone: (925) 239-2705  
Fax: (650) 736-4344  
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, Suite 240
Walnut Creek, CA 94598

Christine Boyd, MD
Charles Chan, MD
Scott Hoffinger, MD
Referral: (844) 416-7846
Fax: (650) 497-8891

Monday – Friday
106 La Casa Via, Suite 100
Walnut Creek, CA 94598

Otolaryngology

Christi Arnerich, MD
Frederick Rosen, MD
Referral: (925) 239-2900
Fax: (925) 932-2456

Monday, Tuesday, Thursday, Friday
106 La Casa Via, Suite 100
Walnut Creek, CA 94598

Pulmonology

Nancy Lewis, MD
Phone: (925) 239-2900
Fax: (925) 932-2456
Tuesday – Thursday

Diana Chen, MD
Edward Fong, MD
Karen Hardy, MD
Manisha Newaskar, MD
Eric Zee, MD
Phone: (844) 724-4140
Fax: (510) 457-4236

Monday, Friday
106 La Casa Via, Suite 100
Walnut Creek, CA 94598

Radiology

John Muir Medical Center
Phone: (925) 952-2701
1601 Ygnacio Valley Rd
Walnut Creek, CA 94598

Rheumatology

Imelda Balboni, MD
Dana Gerstbacher, MD
Referral: (650) 723-3877
Fax: (650) 736-4344

Wednesday
106 La Casa Via, Suite 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, Suite 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, 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
INTRODUCING

KELLY HAAS, MD
American Board of Pediatrics Certified  
Specialty:  Pediatric Gastroenterology  
Education:  University of California Irvine School of Medicine, Irvine, CA  
Residency:  UCLA Medical Center, Los Angeles, CA  
Practice Philosophy:  “I strive to integrate the principles of evidence-based medicine with an individualized approach to each patient. I believe building a partnership with the patient and his or her family leads to improved patient engagement and healthy outcomes.”

ELIZABETH TALLEY, MD
American Board of Pediatrics Certified  
Specialty:  Pediatric Nephrology  
Education:  University of Kansas School of Medicine, Kansas City, KS  
Residency:  Children’s Hospital of Oakland, Oakland, CA  
Practice Philosophy:  “Medicine is two things to me. It’s the science part, which can be taught and the art part, which is very hard to teach. The art of it is taking care of people and truly listening to them.”

BRAD SULLIVAN
Brad Sullivan earned a degree in Business Administration from Arkansas State University. After moving to Dallas, TX, Brad began his career in health care at Southwest Transplant Alliance. Brad joined Children’s Health System in Dallas as a physician liaison in 2007 and recently joined Stanford Children’s Health as a liaison. For help with physician referrals or for more information about John Muir Health + Stanford Children’s Health pediatric specialty services, please contact Brad by email at BSullivan@stanfordchildrens.org or by phone at (650) 785-6213.

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.