

NORTH DAKOTA PEDIATRICIAN

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PRESIDENT'S LETTER
TODD TWOGOOD, MD, FAAP

**We're on the web
at www.ndaap.org**

*Dedicated to the Health of All
Children*

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**North Dakota Chapter of
the American Academy
of Pediatrics**

VICE-PRESIDENT'S MESSAGE:

There was good attendance at the Spring NDAAP meeting on May 5th, 2006. See you at the Fall meeting in Bismarck.

New Pediatricians in North Dakota

New Pediatricians in North Dakota
PROFESSIONAL INFORMATION
Medical School:
Internship:Residency:Certifications:

SPECIAL ACHEVEMENT AWARD
 Dr Todd Twogood announced that Dr. RaNae Doll received a Special Achievement Award from the National AAP office. Dr Twogood displayed the award at the May 5th NDAAP meeting. Dr Doll has been very active in the student pediatric group at the UNDSM and Health Sciences. Dr Doll started a Reach Out and Read Program at the Altru Clinic Department of Pediatrics.

UPCOMING EVENTS

NDAAP Fall 2006 Meeting Bismarck

Date: September, 2006
 The NDAAP spring meeting will be in conjunction with the State Medical Association Meeting

Kylie Behm
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For the latest updates on the Spring Meeting, go to the NDAAP website at www.ndaap.org and click on Latest Meeting Schedule

2006 NCE

American Academy of Pediatrics' (AAP) National Conference and Exhibition (NCE) is being held in Atlanta, Ga. October 7-10, 2006. Atlanta, Georgia has many one-of-kind historic and cultural attractions. Members will enjoy more than 350 educational programs along with family friendly tours and events.

**Department of Pediatrics University of North Dakota School of
Medicine & Health Sciences**
Stephen J. Tinguely, M.D.
 Associate Professor and Chair, Department of Pediatrics

PROS
Lori Sondrol,
ND PROS Coor-
dinator

**NEWBORN SCREENING IN
NORTH DAKOTA**

As was reported in the last newsletter, North Dakota began screening for Cystic Fibrosis as of January 2006. We started with some activity in this area when the State office was called on Friday, January 13, 2006 with five abnormal results for CF. Of these five; one was identified with Cystic Fibrosis. This baby, at birth, presented with Meconium Ileus. Since then, we have continued with periodic abnormal results for possible Cystic Fibrosis. The 2 CF centers in Fargo and Bismarck have done an excellent with the confirmatory testing of the 'sweat test'.

This past year the State office developed a manual for healthcare providers that include information/protocols of the screenings that are done in North Dakota. The state office visited many facilities and distributed these manuals. If you did not receive one, please let us know.

This next year we are developing more information/fact sheets for parents and families. This will be posted on the North Dakota Health Department website as it is developed.

As you know North Dakota works with the University of Iowa lab with all the newborn screening. In recent months, the Iowa lab has gone to testing on a 24/7 basis. This means the North Dakota Follow-up staff is on-call during regular business hours on weekends and holidays. We can be reached on the cell phone 701-220-0366.

We continue to work closely with Children's Special Health Services (CSHS). They provide support for the Metabolic Clinic at MeritCare in Fargo. They also may be able to assist families to pay for the confirmatory diagnosis and treatment of the conditions/disorders that North Dakota screens for.

If you have questions/comments please call Barb Schweitzer, RN, Director, Newborn Screening at 701-328-4538 or bschweit@nd.gov

Any information for the North Dakota Pediatrician?
 Please send it to Bernard Hoggarth Altru Pediatrics, 1000 S. Columbia Rd. Grand Forks, ND 58201. E-mail is preferred bhoggarth@altru.org

Obesity Column:

An agreement announced Wednesday by former President Bill Clinton and the nation's largest beverage distributors will have less effect on Bismarck than many other places. Under the agreement, which was signed by Cadbury Schweppes PLC, Coca-Cola Co. and PepsiCo Inc., the companies agreed to sell only water, unsweetened juice and low-fat and non-fat milk to elementary schools and middle schools. The agreement, which will be phased in during the next three years, would allow diet soda and sports drinks to remain in high schools. Who knows, we might look back in 10 years and compare this announcement with the U.S. Surgeon General's Report on Smoking and Health in 1964 and the anti-smoking efforts it fostered.

"This is truly a bold step forward in the struggle to help 35 million young people lead healthier lives," said Clinton, whose foundation has targeted obesity in children for the past year. "This one policy can add years and years and years to the lives of a very large number of young people." I feel that it's a step in the right direction. This gesture of reducing calories is a recognition of the fact that there is increased consumption over the years by children and adolescents. I feel proud to have participated in this decision making. As an AHA state advocate I was in a nationwide conference call with him.

Bismarck, however, started this process almost two years ago in an attempt to make sure students ate healthier food. We hammered out a Wellness policy and this was adopted by the School Board. We're ahead of the game as we have also removed Diet Pop and Sweetened Beverages(sports drinks) from the schools. To increase its acceptance I have attended many meetings and gave talks to the school administrators, teachers and parents. We even had students on our District Health Board. We are now working on improving school lunches and junk food in the cafeteria.

As a pediatrician I realized that there is only so much we can do in our office. There's not much out there to help a child who's already obese. Despite the surgeon general's call for pediatricians to be in the frontline against child obesity, we can do little but rule out metabolic disorders and provide general nutrition and exercise advice. Just giving handouts and "telling" parents to increase physical activity and improve nutrition doesn't work. We have to step out of our offices and engage the community in this dialogue. There was great resistance and even hostility from our school system. We already do a lot of prevention work in our office and this work (outside) didn't take up a lot of my time. In fact it increased my visibility in the community and my practice increased tremendously. As kids spend the most time in school, schools are a great place to start advocacy.

It would be a shame if anyone thinks cutting down on soft drinks is all that's needed to end obesity. Exercise, even if just a brisk, 30-minute daily walk, is important. This soda pop deal also should encourage more parents to set limits around the house, so that more kids feel what one high school student told me: "My mom doesn't really want me to drink soda anyway."

Parag Kumar MD FAAP

Wednesday, April 19, 2006 -- Metro Area Mayors Committee Names Dr. Welle Health Care Professional of the Year



The Metro Area Mayors Committee for People with Disabilities have named MeritCare pediatrician, Dr. Patrick Welle as their Health Care Professional of the Year. The annual awards luncheon was held on Thursday, April 13. Congratulations to Dr. Welle!

Nominating letter from a patient family: