

## RUN, WALK, AND ZUMBA FOR HEALTHY GENERATIONS!



As black clouds rolled over Ottawa, more than 150 sporty delegates and their children jogged or walked along the Rideau Canal, or Zumbaed indoors, as part of the 5<sup>th</sup> annual Practice What You Preach run/walk in support of Healthy Generations. Why did they show up in droves?

"To show support for the CPS through physical activity, and simply to get out and have fun." *Angela Jones and Krista Baerg, Saskatoon, SK*

"If I am going to tell parents and children to be physically active, I should be a role model." *Karen Forward, London, ON*

"The run is important for advocacy of exercise and physical activity for children." *Kelly Anderson, Edmonton, AB*

"Healthy Generations does great work with youth and children." *Robin Walker, Halifax, NS*

"This is a great reflection on the CPS, and an excellent way to get involved in the organization and Healthy Generations." *Susan Steele, Hamilton, ON*

"It's a great opportunity to publicize Healthy Generations." *Jane Cassie, Victoria, BC*

Dr. Issenman, president of Healthy Generations, summarized: "This activity is the single most important element in popularizing Healthy Generations with the CPS membership."

## INSPIRATION AND ENTHUSIASM REIGN AT THE PRESIDENT'S LUNCHEON

Dr. Clyde Hertzman, winner of the Geoffrey C. Robinson Award for 2009, says he is motivated and sustained by the energy of people in Canadian communities who are committed to improving the lives of young children—despite unpredictable government commitments. "I have been inspired by the idea that the best way to improve human well-being is to invest in the early years." Dr. Hertzman's career mentor, Dr. Fraser Mustard, was McMaster Dean of Medicine when Dr. Hertzman was a student, and is a colleague with whom Dr. Hertzman still works.

Dr. Constantin Polychronakos, winner of the CPS Research Award, says intellectual curiosity only goes so far—the children are the real inspiration. "I'm inspired by diabetic children struggling through daily life, testing blood, and injecting four times a day." He names Dr. Harvey Guyda as one of his mentors, along with his own father who was a physician. Dr. Polychronakos says his father's most important advice was, "Many doctors have trouble admitting there are things they do not know. Make sure you don't do that." This motivated Dr. Polychronakos to pursue research, "to answer the questions we doctors don't know but pretend we do."

Winner of the 2009 Michel Weber Education Award, Dr. Wade Watson says, "Whatever you do, do it with enthusiasm. The most important thing I do is the teaching of others

## PAEDIATRIC UPDATE: MINI-SESSIONS ON IMPORTANT EMERGING ISSUES

### Danger ahead: Codeine and breastfeeding

**Parvaz Madadi, PhD candidate**

Exposure to high levels of morphine metabolized from codeine taken by nursing mothers can cause central nervous system depression in breastfed infants—even resulting in death. Parvaz Madadi will present new guidelines for monitoring this issue, along with research showing the serious risks to breastfed infants whose mothers are on a high dosage of codeine or who have a genetic predisposition that converts codeine to abnormally high levels of morphine.

### Storm over statins: Should children receive these drugs?

**Dr. Marie Lambert**

The controversy continues over how early is too early to prescribe statins for children and adolescents. Dr. Marie Lambert will review current guidelines for the administration of these drugs, the rationale behind them, their source, and the studies that support them. At CHU Sainte-Justine, Dr. Lambert and her colleagues have made their own decisions about the use of statins. She will present their rationale and describe the data they have used to support their decision.

### Stimulants in ADHD: Do all children need scardiac screening?

**Robert Gow, MB, BS**

If no clear evidence exists to show that the stimulants used to treat ADHD cause excessive risk for heart health, then what is prudent cardiac screening? Robert Gow will review the evidence that currently forms the basis of ongoing recommendations for cardiac screening. Because no causal link has been shown between the stimulants

and heart problems, Gow will discuss why an EKG is not required with routine screening.

### Personal stereo systems: A time bomb for hearing loss

**Dr. Robert Harrison**

"Because there are more and more opportunities for young people and children to expose their ears to loud sounds, noise-induced hearing loss is a growing problem," Dr. Harrison says. The serious effects of this trauma are often not seen for many years. Dr. Harrison will examine the indicators of hearing damage and provide practical advice for paediatricians and parents for setting volume limits and choosing proper earphones.

### State of the art in topical analgesics

**Dr. Ran Goldman**

"If we can reduce pain, this will be a benefit to children and everyone surrounding them." In the past, only a small armory of topical analgesics has been available, and these took up to two hours to work effectively. Dr. Goldman will discuss new, faster-working products and how to combine them with other devices and methods to provide the timely pain relief needed for children in clinical and hospital situations.

## Resident advocacy: The Toronto Paediatric Outreach Program

As recipients of the Resident Advocacy Grant for 2009, Dr. Anastasios (Taso) Papadopoulos and six other second-year University of Toronto paediatric residents will use the grant to offset start-up costs for their fledgling Toronto Paediatric Outreach Program, which should be operational by the fall. The motivation for this program, Dr. Papadopoulos says, is an existing family medicine clinic that provides after-hours health care for people who, for a variety of reasons, do not have provincial health insurance. Most, he says, are new Canadians not yet covered by Ontario health insurance (OHIP). "Everyone deserves to have health care," says Dr. Papadopoulos.

Family doctors and nurses will volunteer their services. "It didn't sit well with any of us to think that there are kids in our community who don't have the same access to health care that other children would have." Dr. Robert Hilliard, staff paediatrician at Sick Kids hospital, is the staff liaison for the program. The Family Medicine Clinic is donating space. Most of the grant money will be used to provide patients with transportation to the clinic.

And the extra workload? "We're all busy," says Dr. Papadopoulos. "You make time. You adapt."

## HELP DESK

### Registration

Located on the 4<sup>th</sup> floor Escalator Foyer  
Open 0700-1200

### Conference Office (Alberta Room)

Open 0800-1700, Monday to Saturday



## FUN, FANCY, AND FOOTLOOSE

Over 100 stars and starlets attended Thursday's Social Fun Night, and proclaimed the evening's festivities "very creative," and executed with "lots of imagination." The Hollywood-themed evening was filled with famous characters, delicious food, interactive games, and dancing.

Attendees left their everyday identities at the door and entered the elegant Adam Room at the Château Laurier Hotel dressed as their favourite actors and actresses. Once there, they collected and exchanged autographs and mingled with their Hollywood colleagues.

Over dinner, the likes of Jessica Lange, Jack Nicholson, Angelina Jolie, and John Travolta rubbed shoulders with Bruce Lee, Kevin Costner, and Diane Keaton, and played rounds of Hollywood trivia.

## GRAND PRIZE WINNERS

Two lucky CPS delegates are the big winners of a trip for two anywhere in North America. **Genevieve Bustros** was the winner at the CPS tradeshow. **Gillian Moratnz** was the grand-prize winner at the Practice What You Preach 5K walk/ 8K run. Congratulations to our winners!



Attendees teamed up at tables to test their movie knowledge and name the movies associated with the snippets of songs and phrases they heard, and the balloon characters they saw. Teams with names such as the "Brat Pack" and "King Kong," searched their collective movie memory to win prizes—and competition was tough indeed!

Taking to the dance floor, the crowd continued "one of the most fun evenings ever." Many left with a unique memento of the evening—snapshots of themselves with their colleagues in their Hollywood persona.

## Conference Sponsors

CIHR Institute of Human Development, Child and Youth Health; First Nations and Inuit Health Branch, Health Canada; Ikaria Canada Inc.; Johnson & Johnson Inc./Janssen-Ortho Inc.; Procter and Gamble; Public Health Agency of Canada; and The Royal College of Physicians and Surgeons of Canada



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