



Practice What You Preach: Runners get good exercise for a good cause at the 6th annual Practice What You Preach run Friday afternoon. All proceeds support the CPS' Healthy Generations Foundation.

RUNNERS SET A HEALTHY EXAMPLE

Participants in yesterday's Practice What You Preach run set a healthy example for patients and peers while helping to fund some of CPS' most important work.

"We want our patients to be healthy and active, and the best way to do that is to lead by example," said Dr. Sandra Gander of Saint John. The run raises funds to support position statements, practice points, and other CPS initiatives.

"In our clinic, we're always trying to encourage the kids to move, and the parents to move with the kids," said Dr. François Déziel of Rivière du Loup. "Doing this as a big group sends a bigger message."

CPS Senior Development Coordinator Glenna Gosewich said more than 200 people participated in the run. While final figures aren't yet available, donations have already exceeded last year's total. That's good news for the worthy projects that receive support from the Healthy Generations foundation, in line with CPS funding priorities.

Gosewich said she was pleased to see a couple of participants walking with their children.

"This is all about practicing what you preach. As physicians and as parents, that's what they're doing."

The Practice What You Preach walk received generous sponsorship from P&G Professional, and WestJet contributed the grand prize.

GRAND PRIZE WINNERS



Two lucky CPS conference delegates are the winners of a trip for two anywhere in North America. Dr. Omopelola Sotomi of Fredericton was the winner at the CPS tradeshow. Dr. Emmett Elves of Brandon was the grand-prize winner at the Practice What You Preach fundraiser. Congratulations to our winners!

Today's Highlights

(See program for location details)

Paediatric Update (1015)

President's Luncheon (1230)

Help Desk

Registration

Located on the Bayshore Ballroom Foyer
Open 0700-1200

Conference Office

 (Thompson Room)

Open 0800-1700

Speaker Handouts

 (Chehalis Room - 2nd level)

Open 0800-1200

Delegates can print and download speaker handouts they require.

PAEDIATRIC UPDATE

From the controversial peanut oral immunotherapy to the link between celiac disease and neurological symptoms, Saturday morning's Paediatric Update will feature leading-edge specialists discussing the latest, most relevant clinical information.

Celiac disease: Atypical symptoms cloud diagnosis

When children with celiac disease present with atypical non-gastrointestinal symptoms, diagnosis may be delayed or incorrect. Earlier diagnosis may reduce the risk of patients developing associated conditions. Dr. Mohsid Rashid, paediatric gastroenterologist and associate professor of paediatrics at Dalhousie University, will share his recent research, done in collaboration with the Canadian Celiac Association, on diagnostic delays in Canada.

"The main thing is to make people aware that celiac disease is actually a very common problem," he said. "One in 100 kids have celiac disease."

Good blood screening tests are readily available to identify patients at risk, although some tests are redundant. Dr. Rashid will discuss the best serological screening tests, and will outline the next steps to confirming diagnosis.

Rapid growth not always best for babies

Encouraging rapid growth in pre-term babies and babies that are small for their gestational age (SGA) may result in negative long-term health outcomes, according to a number of recent studies. "We've always been working really hard to get those babies to grow bigger, faster," said Dr. Linda Casey, a paediatric physician nutrition specialist at Edmonton's Stollery Children's Hospital.

However, increasingly studies are indicating that rapid growth may result in higher disease rates in the long term. "We need to be thinking differently about the way we're feeding pre-term babies, and the way we're assessing their growth," Dr. Casey said.

During Paediatric Update, she will raise questions about the tools used to evaluate pre-term infants.

Treating ITP: Confidence is key

Acute idiopathic thrombocytopenic purpura (ITP) is not life-threatening and is usually self-limiting in children. The treatments, which suppress the immune system, can actually be worse than the condition itself, said Dr. Jeff Davis, paediatric haematologist/oncologist at B.C. Children's Hospital.

Dr. Davis will use two recent cases to illustrate the problems paediatricians and haematologists confront. He will also discuss new treatments.

Peanut oral immunotherapy: More study needed

While available research is preliminary and experimental, peanut oral immunotherapy does show some promise as a treatment for peanut allergy. However, "there's not enough evidence to put this procedure into clinical practice yet," said Dr. Edmond Chan, an allergist with B.C. Children's Hospital.

During Pediatric Update, Dr. Chan will define allergen immunotherapy and review recent research on peanut oral immunotherapy. He will also review the difference between desensitization, which results in a short-term effect, and tolerance, which results in a long-term remission.

Play, exercise, storytelling build healthy brains

Physical exercise, storytelling, play, music, and dance "have been true of the human condition throughout time and across all societies and cultures," said Dr. Adele Diamond, Director of the Developmental Cognitive Neuroscience lab at the University of British Columbia. "We're not just bodies, we're also minds; we're not just intellects, we're also emotions; and we're not isolated islands, we're also social," she said.

Exercise, mindfulness, and storytelling are critical to ensure children's healthy mental and physical development, said Dr. Diamond.

"The best way to help any aspect of development is to address the whole child, and not just the syndrome or symptom or disease," Dr. Diamond said. Many children spend too much time alone and being entertained by machines. Reintroducing play as part of development would reduce obesity, lower rates of ADHD, and improve children's academic performance.

Imported congenital syphilis could increase domestic infection rate

The recent exponential increase in congenital syphilis cases in China could mean an increase in imported syphilis cases in Vancouver, as thousands of people travel between the two locations. Practitioners should be aware of the risk and apply appropriate screening and prevention measures, said Dr. Richard Lester, Lead Clinical Physician at the B.C. Centre for Disease Control.

Although Alberta has also seen an increased number of cases, B.C. has experienced a lull recently. However, "this lull shouldn't lull us to sleep," said Dr. Lester, as imported cases could reignite the syphilis epidemic. Dr. Lester will review the provincial epidemiology of congenital syphilis and provide an overview of optimal practices to assist in prevention and management.



CPS members from different regions of the country discuss the challenges they face in their own communities and how CPS can better support their needs at the Provincial Breakfast Friday morning.

PRESIDENT'S LUNCHEON TO CELEBRATE AWARD WINNERS

The President's Luncheon, Saturday from 1230 to 1430 in Salons 2/3, will close the conference on a celebratory note, honouring the recipients of the 2010 Victor Marchessault Advocacy Award, the Career Research Award, the Michel Weber Education Award, the Distinguished Community Paediatrician Award, and the Resident Advocacy Grant.

Dr. Natalie Yanchar, associate professor of surgery and emergency medicine at Dalhousie University and medical director at the IWK Trauma Centre, will receive the 2010 Victor Marchessault Advocacy Award for her tireless and outspoken advocacy in childhood injury prevention.

Describing the morning she arrived at work to discover two children who'd been injured in all-terrain vehicle (ATV) accidents—one later died—Dr. Yanchar said she "had to do something about it....I got tired of seeing injuries that are so preventable, and the devastating consequences that many of them can have." Noting that ATV injuries were on the rise, she began a campaign to advocate for legislation to keep young children from operating ATVs.

Drs. Peter and Carol Camfield, recipients of the Career Research Award, recently retired as professors of paediatrics at Dalhousie University. The husband and wife team have worked and published extensively on paediatric epilepsy, neonatal stroke, Tourette syndrome, and migraines. They've also inspired the excitement of research in their students, residents, and fellows.

The Camfields' research has been "eminently practical," said Dr. Peter Camfield. "Almost every paper that we've ever written you can apply to the next patients you see."

The 31 years that Dr. Anna Jarvis spent as a medical educator began because of her own discomfort with her orientation when she first arrived in Toronto from the West Indies in 1977.

"In those early days, you just got in there and worked and relied on the support of your peers," she said. But "people need guidance. You don't come out of medical school knowing everything."

As chief resident at Toronto's Hospital for Sick Children, and in a series of academic positions, Dr. Jarvis encouraged generations of new paediatricians to heed Dr. William Osler's teaching "that you listen to your patients. If you take a really good history and observe enough, you will get there."

Drs. Rania Gosselin-Papadopoulos and Julie Nguyen will receive the Resident Advocacy Grant for their work on body image in adolescence.



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