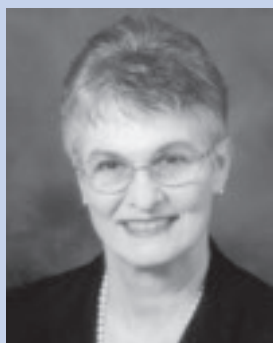




The Alabama Pediatrician

Summer 2005

From the Chapter President



Marsha D. Raulerson, MD, FAAP,
Chapter President

Several years ago at a national AAP conference in San Francisco, I watched as Mister Rogers became an honorary fellow of the AAP. He then presented our national president with a cardigan sweater.

I was proud to be there—those of you who know me well know how much I

admire Fred Rogers. No, I was not one of the millions of children who grew up in Mister Rogers' Neighborhood. When his program first aired nationally in 1968, I was already in my late twenties and in graduate school. But for many years, I have read everything he has written and enjoyed using his parenting materials such as "What Do You Do with the Mad that You Feel." Five years ago I invited him to speak at a Public Health conference at Auburn. Because he was no longer traveling, Hedda Sharapan, his producer and close friend, came in his place.

In July, Linda Lee, our Executive Director, gave me the book, *The Simple Faith of Mister Rogers*, as a birthday present. Writing about Fred Rogers, the author Amy Hollingsworth, stated, "The guiding philosophy of his life is one he gleaned from a seminary professor: You can be an accuser or an advocate."

Two years ago, looking at the needs of children in Alabama and realizing how little I could do to impact those needs, I challenged you, like Moses in the desert, to be my "70 men" and provide leadership all over our state to make this a better place for children to live. As I near the end of my term as your president, I know that many of you have done just that—and I thank you for being advocates, not accusers.

Chapter election results in, new slate announced

The 2005 chapter elections results were tallied in late July, with all nominees voted in as follows: A.Z. Holloway, MD, FAAP, of Montgomery, was elected as Vice President/President-Elect (2005-2007); Michelle "Mia" Amaya, MD, FAAP, was re-elected as Secretary/Treasurer (2005-2007); Area Representatives elected were: Paul Amamoo, MD, FAAP; Lewis Doggett, MD, FAAP; Jeff Tamburin, MD, FAAP; and Jeanette "Jennie" Breslin, MD, FAAP. Bob Beshear was elected to serve a three-year term as Nominating Committee member.

The new Executive Board and Nominating Committee take office on Oct. 1, 2005: President - V.H. Reddy, MD, FAAP; Vice President/President-Elect - A.Z. Holloway, MD, FAAP; Secretary/Treasurer - Michelle Amaya, MD, FAAP; Immediate Past President - Marsha Raulerson, MD, FAAP; Area 1 Rep. - Tim Stewart, MD, FAAP - Huntsville; Area 2 Rep. - Lotfi Bashir, MD, FAAP - Selma; Area 3 Rep. - Paul Amamoo, MD, FAAP - Birmingham; Area 4 Rep. - Lewis Doggett, MD, FAAP - Anniston; Area 5 Rep. - Jeff Tamburin, MD, FAAP - Dothan; Area 6 Rep. - Jennie Breslin, MD, FAAP - Fairhope; and Nominating Committee Members - Paula Drummond, MD, FAAP; Anne Byars, MD, FAAP; and Bob Beshear, MD, FAAP.

"I look forward to working with such a fine group of individuals," said V.H. Reddy, MD, FAAP, incoming president. "Already, we are setting goals for what should prove to be a successful and fruitful year for the Chapter. We will continue our commitment to the health concerns of all children in Alabama."

Alabama Chapter-AAP

ANNUAL MEETING & PEDIATRIC UPDATE

September 22 – 25, 2005 • Sandestin Beach Hilton

Plans are being finalized and registration is underway for the 2005 Annual Meeting and Pediatric Update, set for September 22 – 25 at the Sandestin Beach Hilton!

The scientific program has been approved for **15.5 hours** of Category 1 continuing medical education credits. A complete list of Annual Meeting speakers and topics can be found on pages 4 and 5.

In addition to the premier educational opportunities, the meeting offers a chance for you to network with other pediatricians and catch up with old friends at a variety of special events, including a "Meet and Greet" reception on Thursday night, a reception and dinner on Friday evening, a Women's Issues Breakfast on Saturday morning, a strolling luncheon in the exhibits on Saturday, and a dessert social on Saturday evening. Of course, the beachfront venue offers plenty of recreational opportunities, including beach time, golf, tennis and much more. Child care will also be available.

Registration information was included in the packet you received earlier this



continued on page 2

Chapter Office and Staff

Alabama Chapter – AAP

Linda P. Lee, APR

Executive Director

19 S. Jackson St.

Montgomery, AL 36104

334-954-2543

Toll-Free: 866-293-4783

Fax: 334-269-5200

llee@aap.net

District X C.A.T.C.H. Conference headlines Annual Meeting

All pediatricians who are headed to Sandestin for the Annual Meeting and Pediatric Update should take advantage of five additional hours of Category 1 CME credit, which will be offered at the District X C.A.T.C.H. (Community Access to Child Health) one-day conference, “One Pediatrician **CAN** Make a Difference!” on Thursday, September 22 at the Sandestin Beach Hilton. Most importantly, the conference will give pediatricians the footing needed to make a difference through community-based projects.

The session will feature such topics as learning how to make a difference in your community; how to incorporate Reach Out and Read into the office visit; education models for parents of children with special needs; preventing child abuse in the pediatric office; the funding/grant-writing process; creating a medical home in your community pediatric practice, and more.

Registration information is available on the Chapter web site. Go to www.alchapaap.org/catchconference.pdf. On behalf of the District X Committee, we hope to see you there!

CATCH
Community Access To Child Health

“Annual Meeting” continued from page 1

month. The form may also be downloaded directly from www.alchapaap.org/meetingregistration.pdf.

PLEASE NOTE: To obtain our special nightly group rate of \$174 (which includes the \$14 resort fee) for hotel accommodations, make sure you contact the hotel to secure your reservations by the cut-off date of **August 29**. Call the Sandestin Hilton now at 1-800-367-1271 or go on line to www.sandestinbeachhilton.com. Be sure to reference Group Code “AAP.”

Encite

Electronic Health Records

Increase Profits While Making Your Life Easier!

“Our office has become much more efficient in the way it manages patient flow... we have made an excellent decision in implementing the **Encite Electronic Health Records** system.”

James M. Sumerson, M.D., F.A.C.S.

- Pediatric Specific
- Growth Charts
- Immunization History
- Proven to Work
- Flexible Workflow
- Custom Screens
- Suggestive Coding
- RX Writer
- Wireless Access
- Electronic Messaging
- ASP or Turnkey



Contact **MEDISYS**

Birmingham

(205) 631-5969

Montgomery

(334) 277-6201

www.medisysinc.com

Mental Health Grant awarded to Chapter

Collaborative project kicks off at Psychiatric Institute

The 24 pediatricians who attended the Alabama Department of Mental Health and Mental Retardation's (ADMH/MR) Child and Adolescent Psychiatric Institute in July found themselves in the midst of a fascinating phenomenon: for the first time, many of them were at the table (literally) discussing mental health issues in their respective local areas with child and adolescent psychiatrists, general psychiatrists and mental health center professionals.

The two-hour roundtable session kicked off the Chapter's new mental health project, which was one of five state programs out of 21 that was awarded a \$20,000 grant by the AAP as part of its Healthy People 2010 chapter grant program for mental health.

"The five selected chapters scored higher than others in the priority areas and their proposals demonstrated innovative and creative approaches, focused on hard-to-reach populations, and demonstrated sound plans for sustainability and replication," according to the District Vice Chairpersons Committee, who selected the winning chapters.

The new mental health project, submitted by Marsha Raulerson, MD, Chapter President, is a collaboration between the Chapter's new Committee on Mental Health, ADMH/MR, Alabama Family Ties (a parent-run advocacy organization), the Alabama Department of Public Health and Children's Health System. The goal of the project is to provide CME/roundtable programs in four to six key areas of the state, designed not only to educate pediatricians on how to screen for mental health problems and identify treatment alternatives for children, but also to provide a baseline forum for ongoing dialogue with other local mental health providers.

The Child and Adolescent Psychiatric Institute, already planned by ADMH/MR, provided the perfect venue to begin this much-needed dialogue. Teamed by region at six roundtables that Saturday morning, pediatricians, psychiatrists and mental health center professionals began exploring ideas of improving the delivery of mental health services in their respective areas.

"Already, we have heard from three of these six tables who are actively pursuing ways of building relationships with psychiatrists to improve mental health services for their patients," Dr. Raulerson noted. "This is exactly what our project is all about."

"I thoroughly enjoyed this forum," said Patricia Perry, MD, FAAP, of Birmingham, as she left the Institute that evening. "At first, I wasn't sure that I would get much out of it, but after this morning's session, I was amazed."

Don Paoletti, MD, a child and adolescent psychiatrist in Birmingham, commented, "The experience opened my eyes on various issues, one being more communication from the mental health professional to the primary care doctor."

Notes taken at each table will soon be posted on the Chapter web site.

"We will keep this momentum going when we hold CME/Roundtable meetings this fall in Huntsville, Birmingham, Montgomery and Mobile (and possibly Selma)," said Madeleine Blancher, MD, FAAP, Chair of the Committee on Mental Health. "The committee is meeting later this month and will soon have dates set for these meetings. Every pediatrician in the state should consider attending, because we are already finding out that this project is even more powerful than we had ever hoped."

If you would like to serve on the Committee on Mental Health, please contact llec@aap.net or msb@blancher.net.



Madeleine Blancher, MD, FAAP, Mental Health Committee Chair, second from right, discusses issues with mental health providers and other pediatricians at one of the Mobile area roundtables at the Psychiatric Institute.

Alabama Chapter – AAP New Mission, Values and Vision Statement

(adopted January 28, 2005)

Mission:

The mission of the Alabama Chapter of the American Academy of Pediatrics is to obtain optimal health and well-being for all children in Alabama, and to provide educational and practice support for its membership so the highest quality of medical care can be achieved.

Values:

Children must be highly valued by society. Each child must develop to his/her highest potential. Children must have strong advocates for they have no voice of their own. Pediatricians are essential to achieving optimal child health. The work of pediatricians, and the profession of pediatrics, must endure and grow ever stronger.

Vision:

Children in Alabama are happy and healthy; Alabama pediatricians are professionally fulfilled and financially secure.

Annual Meeting & Pediatric Update 2005 September 22 – 25 Sandestin Beach Hilton

Carol Berkowitz, MD—President, American Academy of Pediatrics, and Acting Chief, Division of General and Emergency Pediatrics, Harbor-UCLA Medical Center

Topic: AAP Update: The President's Report

Stephen Berman, MD—Professor of Pediatrics, University of Colorado School of Medicine, and Director of General Pediatrics, The Children's Hospital of Denver

Topics: Child Health Supervision in the 21st Century; Principles of Pediatric Decision-Making

Loran Clement, MD—Professor and Chair, Department of Pediatrics, University of South Alabama College of Medicine

Topic: Juvenile Rheumatoid Arthritis

Peter A. Gorski, MD, MPA—Professor of Public Health, Pediatrics and Psychiatry, University of South Florida, and Director, the Lawton & Rhea Chiles Center for Healthy Mothers and Babies

Topics: Children's Reactions to Disasters and Terror: Knowing How to Help; Valuing Inefficiency: Mental Health Screening in Pediatric Practice

Perri Klass, MD—President and Medical Director, Reach Out and Read National Center

Topic: Pediatrics by the Book: Growing the Pediatrician's Role in Early Childhood Development

Sharon Mayberry, MD—Pediatric Orthopedic Surgeon, Birmingham

Topic: Splinting in the Pediatric Office (workshop)

Continued on page 5

A Primer for Physicians in the Coming Year

Marsha D. Raulerson, MD

At this year's annual session of the Medical Association of the State of Alabama (MASA), I had the honor of taking the oath as president of this 7,500-member organization for the 2005-2006 year, a year that I have dubbed, "The Year of the Child." I truly want this to be a year when all physicians work to make Alabama a healthier place for our children to grow up. If we do that, Alabama will be healthier for all of us, including our senior citizens.

I would like to share here the four areas I touched on in my inaugural address to MASA members on July 2. The first is physicians' role in reducing tobacco use and secondhand smoke in Alabama. This past year, tobacco taxes in Alabama were increased by only 26 cents to 42.5 cents, none of which was earmarked for prevention. Research is clear—one of the best ways to curtail youth smoking is to increase the costs. While high school smoking in Alabama decreased from 30.2 percent in 2000 to 24 percent in 2004, the bad news is that we are still well above the national average in youth who smoke and our tax rate is far below the national average of 84 cents per pack.

Our state also has a long way to go to eliminate exposure to secondhand smoke. Physicians can lead the way to make our state smoke-free in all public places, just as our neighboring state Florida has done, as have many other states. We can also help our patients who want to quit tobacco use by treating them, referring them to the Alabama Tobacco Quitline (1-800-QUIT-NOW) and by giving up tobacco use ourselves. Tackling the problem of tobacco use and secondhand smoke will also decrease infant mortality. Our infant mortality rate is at an all-time low of 8.6 deaths per 1,000 infants in the first year of life, but again, we are still well above the national average. Babies of mothers who smoke are 44.6 percent more likely to die in their first year than infants of non-smoking mothers—partly due to low birth weight, but also due to an increase in SIDS in homes where smoking is permitted.

The second important area of focus is promoting a healthy and active lifestyle to address the burgeoning problem of obesity and all of its lifetime consequences. In the last 20 years, obesity has increased at an epidemic rate. In 2003, four states—of which Alabama is one—had obesity prevalence rates of more than 25 percent.

In my office, we have stopped talking about "diet" and "exercise" and instead, use the politically correct terms, "nutrition" and "activity." When people ask me what diet I am on, I confess that I am not on a diet. I lost 30 pounds in the last 15 months by changing the way I eat and by wearing a step counter. I now park my car as far from the grocery store door as possible and don't mind running up and down the stairs at home. If I don't get my 10,000 steps in today, I add it to tomorrow's requirement.

We need to model healthy behaviors for our patients and make discussions of nutrition and activity a priority in our offices. Encourage parents to limit television time and video games to an hour a day, and stress the need to move the TV out of a child's bedroom and make that a place for reading and sleeping. Educate ourselves and our families about healthy food choices. Work with other stakeholders in our community to make walking and bike-riding safe and to make nutritionally appropriate foods available in childcare centers, schools and at social events. Encourage breastfeeding, which is another way to decrease infant deaths in the first year. Obesity has been found to be one of the key factors in poor pregnancy outcomes in Alabama.

My third area of emphasis is to tackle the number one cause of death in children—accidents. In 2003, only 14 percent of the children who died in car crashes were restrained. We can make a difference by working with our legislature next year to ensure passage of bills that require children who weigh less than 80 pounds to be appropriately restrained. Teaching our children to ride safely will increase the number of adults who do as well. We physicians are in the best position to encourage evidence-based practices that save children's lives!

And finally, I wouldn't be Marsha Raulerson if I didn't talk about Medicaid. In our state, 47 per-

David Hefelfinger, MD, FAAP (1938 - 2005)

Dr. David Hefelfinger, one of the chapters' most dedicated pediatricians, died on July 19, 2005. Although not active in recent years, Dr. Hefelfinger was instrumental as Federal Access Legislative Coordinator for the AAP during the 1990's, advocating for increased funding for access to healthcare for children.

Dr. Hefelfinger earned his medical degree from the University of North Carolina, Chapel Hill. After serving in the U.S. Army and in private practice in Pensacola, Fla., he later moved to Tuscaloosa to teach at the College of Community Health Sciences of the University of Alabama. He retired in 2000 as the Chairman of the Department of Pediatrics. Among his many honors, he received the AAP Award for Outstanding Service as Federal Access Legislative Coordinator in 1992, and the Child Advocate Award for Outstanding Service in 2002.

"As the first full-time pediatrician hired by the College, he was faced with huge challenges: political, education and service," said Carden Johnston, MD, FAAP, who served the chapter with Dr. Hefelfinger. "With rugged perseverance, he met those challenges and, over the years, changed the culture of how physicians treated and approached children in the west Alabama area. His influence will continue to improve care for decades."

"He was a good guy and was responsible to any needs," added Gerald Woodruff, who served as Chapter President in 1989 and 1990. "Anything he was called on to do, he did and he did it well."

In memory of Dr. Hefelfinger, donations can be made to the following: Lazarus Ministry of Christ Episcopal Church, 605 Lurleen Wallace Blvd. W., Tuscaloosa, AL, 35401; House of Hope, P.O. Box 422, Northport, AL 35476; or Samaritan's Purse, P.O. Box 3000, Boone, NC 28607.

"Coming Year" continued from page 2

cent of all newborns are delivered at Medicaid's cost. Children's health care is a bargain; nationwide over half of all eligibles are children, but they account for less than 24 percent of the costs. In addition, the growth of Medicaid costs have been about half of that of private insurance.

Medicaid in Alabama is a bare-bones program. It should be expanded to include children to age 21 and to cover adults up to 100 percent of the poverty level. Enrollment procedures should be streamlined, and the woefully inadequate reimbursement rates should be raised to at least those of Medicare.

Most important, because Medicaid is the driving force for much of our children's health care, access to quality health care is threatened for everyone's child. Children's Hospital receives 52 percent of its funding from Medicaid. At USA Children's and Women's Hospital, Medicaid funding approaches 80 percent. For most rural hospitals like mine in Brewton, Medicaid is the primary source of funding for children's care. If these hospitals are not there, they won't be there for the child with the best private insurance.

What can we do as physicians? Get the word to the grassroots, our patients, our legislators and the Governor that this vital program must have stable funding through the General Fund.

Dr. Raulerson becomes MASA's 130th president



Marsha Raulerson, MD, FAAP, President of the Alabama Chapter-AAP, was inaugurated as the 130th president of the Medical Association of the State of Alabama on July 7, serving as the second female and the first pediatrician since 1970 to lead the association. She will lead both organizations concurrently until her Alabama Chapter-AAP presidency expires on September 30. In this photo, Dr. Raulerson takes the oath of office, administered by her husband, Dan Raulerson, MD.

William V. Raszka, Jr., MD, FAAP—Associate Professor of Pediatrics, University of Vermont College of Medicine, and Director, Pediatric Infectious Diseases, Vermont Children's Hospital

Topics: How many is too many? The Approach to the Child with Recurrent Infections; New and Emerging Infections

Marsha D. Raulerson, MD—President, Alabama Chapter-American Academy of Pediatrics, and President, Medical Association of the State of Alabama

Topic: Policy, Prevention and the Alabama Pediatrician

Robert P. Schwartz, MD—Professor of Pediatrics, Wake Forest University School of Medicine, Winston-Salem, NC
Topics: Evaluation and Management of the Child with Small Stature; Precocious Puberty—How Soon is Too Soon?; Obesity in Children and Adolescents—an Expanding Problem; Motivational Interviewing for Management of Childhood Obesity (workshop)

Linda O. Tilly—Executive Director, VOICES for Alabama's Children
Topic: Pediatricians: A Voice for Children in Alabama

Donald E. Williamson, MD—State Health Officer
Topic: Public Health Issues

Daniel W. Young, MD—Clinical Professor of Radiology and Pediatrics, University of Alabama in Birmingham, and Pediatric Radiologist, Children's Hospital
Topic: You Get the Picture: Pediatric Radiology Update

New School Vending Machine Restrictions

- **Elementary Schools**—no carbonated beverages
- **Middle Schools**—70 percent of selections must be non-carbonated water, fruit juices, milk products, teas or sports drinks; 30 percent of selections can be carbonated soft drinks but at least 50 percent of those must be diet.
- **High Schools**—50 percent of selections must be non-carbonated water, fruit juices, milk products, teas or sports drinks; 50 percent of selections can be carbonated soft drinks but at least 50 percent of those must be diet.

Vending machine fronts

- **Elementary/middle**—All vending machine fronts must picture water or fruit juice products.
- **High school**—During the 2005-06 year, vending fronts will primarily picture water and juice products, with only occasional soft drink fronts allowed. During the 2006-07 school year, all vending fronts other than those located in athletic spectator settings (e.g., football stadiums) must depict water and juice products.

State BOE approves school health nutrition restrictions

Chapter's voice is heard at pivotal meeting

Two members of the Alabama Chapter-AAP Executive Board, A.Z. Holloway, MD, FAAP, Area 5 Representative, and Bob Beshear, MD, FAAP, Immediate Past President, provided written comment in an effort to influence the Alabama Board of Education's (BOE) July decision to improve the nutritional guidelines in public schools across the state.

The State BOE meeting on July 12 resulted in new restrictions on foods and soft drinks sold in the state's public schools, a decision based on recommendations from the Department of Education-appointed Student Health Committee, on which Dr. Holloway served during the past year.

During the meeting, Chapter Executive Director Linda Lee was able to read statements made by Drs. Beshear and Holloway regarding the health detriments of soft drink consumption—both sweetened and diet drinks—in children.

"Sweetened soft drinks increase the incidence of obese or overweight children due to the additional calories," wrote Dr. Holloway. "Sweetened and diet soft drinks also displace the intake of milk, which may result in calcium deficiency with its increased risk of osteoporosis and fractures."

"Diet colas, in addition to replacing juice and milk, contain artificial sweeteners that considerable scientific literature suggests may contribute to behavior and neurological problems," reiterated Dr. Beshear. "I would urge the Board of Education to make the sound, healthy choice to eliminate all colas, both regular and diet, from school vending machines."

The issue of the sale of carbonated beverages during the school day and at after-school child care programs, in particular, was the center of much discussion and controversy as opponents pointed to the financial impact of soft drink sales at local schools, while proponents continued to address the health issues.

Finally, the amendment at left prevailed and was voted in.

VOICES needs your help

As many of you know, VOICES for Alabama's Children is an independent, non-profit statewide organization involving all sectors of the community for the purpose of supporting Alabama's most valuable and diverse resource... children.

VOICES provide leadership and empowers other organizations, institutions and individuals to educate, communicate, and advocate statewide understanding and support for policies and programs that will build a quality environment for children. The Chapter has relied heavily on VOICES' legislative alerts and lobbying efforts to keep our members abreast of timely issues up for decision at the state legislature and at the federal level. In addition to advocating for children's services and stable healthcare coverage for Alabama's children, VOICES has been instrumental in promoting safer child passenger safety legislation that would reduce the number of accident-related injuries and fatalities in children over the age of four.

VOICES exists solely on private support and

Enfamil A.R.[®] LIPIL[®] re



Enfamil A.R.[®] — formula...

- Clinically proven to red
- Nutritionally balanced (A.R.) starch

Includes LIPIL[®], our s

- The DHA and ARA level shown to promote men

*In a study involving infants who regurgitate frequently (5 or more regurgitations per day), comparing frequent regurgitation with a similar formula without DHA.

References: Vanderhoof JA, Moore JE, Harris CL, et al. Efficacy of a pre-diluted infant formula: a multicenter study of symptomatic gastroesophageal reflux. *Clin Pediatr*. 2003;42:484-490. & Birch EE, Garfield D, Hoffman CR. Polyunsaturated fatty acids and mental development in term infants. *Dev Med Child Neurol*. 2000;42:104-110. & de Souza AM, et al. Docosahexaenoic acid and arachidonic acid in the diet of term infants. *Pediatr Res*. 1998;44:200-209. & Hoffman CR. Weaned to formula with or without long-chain polyunsaturates at 4 to 6 months: a randomized clinical trial. Duration of long-chain polyunsaturated fatty acids availability in the diet and visual acuity. *Early Hum Dev*. 2001;60:1-10.

MeadJohnson
Nutritionals

For more information about infant nutrition and the Enfamil call 1-800-848-7123. Visit our Web site: www.meadjohnson.com

© 2005 Mead Johnson & Company

USA&I

REV 0105

AFTER BRIEFS

receives no funding from either the federal or state government. At this time, VOICES is in need of financial contributions to sustain its important work. If you would like to support its efforts, you can send contributions to: VOICES for Alabama's Children, P.O. Box 576, Montgomery, AL 36103-0576 or go to www.alavoices.org, and click the "donate now" button.

Chapter Committees

Week participation

With the new chapter fiscal year just approaching (Oct. 1, 2005), the Executive Board is lining up its committees to carry out the many

areas of chapter work—both in improving children's health and in membership development. If there is an area in which you are interested in serving, please

Reach Out and Read



for children under the age of 5. With many other pediatricians across the state instituting ROR, the chapter is exploring the possibility of forming a statewide coalition to more directly assist individual practices in making ROR a reality for their patients.

The Chapter is pleased to host Perri Klass, MD, president and medical director of the ROR National Center, who will provide an overview at the Annual Meeting and Pediatric Update on how to get started with ROR. Meanwhile, for more information, visit the national website at www.reachoutandread.org.

contact incoming president V.H. Reddy, MD, FAAP, at reddyvh@hiwaay.net or Chapter Executive Director Linda Lee, APR, at llee@aap.net.

Chapter Member Linda Reeves, MD, FAAP, bottom right, shows off the books that her clinic distributes as part of "Reach Out and Read" (ROR). With the help of the United Way of Central Alabama/Success by 6, several practices in the Birmingham area are jumping on the bandwagon to provide books at all well visits

reduces frequent spit up

—the only infant

reduces spit up by over 40%^{*}
and thickened with Added Rice

special blend of DHA and ARA

is in Enfamil LIPIL[®] have been clinically
mental and visual development^{1,2}

reduces spit up after feeding Enfamil A.R. to baseline.

^{*}In a double-blind, randomized, placebo-controlled parallel group trial in 104 infants
et al. A randomized controlled trial of early dietary supply of long-chain
fatty acids. *Arch Pediatr Adolesc Med* 2001;155:100-105.
et al. Visual acuity and the development of
the visual system in breast-fed term infants.
Arch Pediatr Adolesc Med 2001;155:100-105.
et al. Visual acuity and the development of
the visual system in breast-fed term infants.
Arch Pediatr Adolesc Med 2001;155:100-105.

Family of Formulas[™],
for professional

40%
reduction
in spit up



For frequent spit up

Oral health

The AAP, in collaboration with the Maternal and Child Health Bureau, has developed the PedsCare Program Oral Health Initiative. This program provides excellent educational resources for parents and professionals. This webpage can be found by going to aap.org, and simply typing oral health in the search box. You can also link to the AAP Section on Pediatric Dentistry for additional information.

At the state level, the University of Alabama School of Dentistry, in cooperation with the

How To Contact Your Chapter Leaders

President

Marsha D. Raulerson, MD, FAAP
1205 Belleville Ave.
Brewton, AL 36426
Ph. (251) 867-3608
Fax (251) 867-3610
mdraulerson@magbelle.com

Vice-President/President-Elect

V.H. Reddy, MD, FAAP
503 Burlington St.
Scottsboro, AL 35768
Ph. (256) 259-1886
Fax (256) 259-6838
reddyvh@hiwaay.net

Secretary-Treasurer

Michelle I. Amaya, MD, FAAP
UAB Division of General Pediatrics
1600 Seventh Ave. South MTC 201
Birmingham, AL 35233-1711
Ph. (205) 934-4531
Fax (205) 975-6503
mamaya@peds.uab.edu

Immediate Past President

J. Robert Beshear, MD, FAAP
3041 Eastern Blvd.
Montgomery, AL 36116
Ph. (334) 277-6624
Fax (334) 272-0337
Dr.BobBeshear@chsys.org

Area Representatives to the Board

Paul Amamoo, MD, FAAP
Birmingham
Pamamoo@aol.com
Ph. (205) 930-9500

Lotfi Bashir, MD, FAAP
Selma
LBjrsa@aol.com
Ph. (334) 872-9410

Jeannette Breslin, MD, FAAP
Fairhope
jwbreslin@att.net
Ph. (251) 928-0624

A.Z. Holloway, MD, FAAP
Montgomery
azholloway@webtv.net
Ph. (334) 288-0009

Tim Stewart, MD, FAAP
Huntsville
tstewart@hhsys.org
Ph. (256) 265-2464

continued on page 8

Special thanks to Children's Hospital/Children's Health System for serving as the Continuing Medical Education provider for our Annual Meeting and Pediatric Update, and also for sponsoring our 2005 Pediatric Legislative Day!

Did you know that you can create an AAP.net alias e-mail address that points to your real address? This is helpful for any AAP fellows to reach one another. Example: John Doe can establish jdoe@aap.net, which will be automatically forwarded to his AOL address. If interested, go to www.aap.org/moc to set up this function.

"Briefs" continued from page 7

Alabama Academy of Pediatric Dentistry and the Alabama Chapter-AAP, is working on several program developments to improve oral health education in state residency programs. Ric Simpson, DMD, the AAPD liaison to the Chapter, has also helped to secure speakers on oral health for the 2006 Annual Meeting and Pediatric Update. Stay tuned for more details on both of these developments.

Legislative Update

- ***Alabama House and Senate pass General Fund budget in special session***

After months of tie-ups during this year's regular session of the Alabama Legislature, the General Fund passed the House and Senate with little fanfare and in five short days in July. The budget is expected to fund the Alabama Medicaid Agency's bare-bones program in Fiscal Year 2006 at the minimum level required to maintain services and eligibility at existing levels. Our work is ahead of us as we continue to educate our legislators about the importance of adequate funding to not only keep Medicaid afloat in Fiscal Year 2007 but also expand its services for the betterment of children's health in Alabama.

Most notably, the special session resulted in a strengthening of Alabama's child protection laws. Sexual offenders who prey on children will now serve a mandatory minimum of 20 years in prison for their first offense. They will be ineligible for parole, probation, split sentences or time off for "good behavior" in prison. Once they complete their sentences, they will be subject to at least 10 years of electronic monitoring and identification.

- ***U.S. House passes medical liability reform legislation***

On July 28, the U.S. House of Representatives passed comprehensive medical liability reform legislation by a vote of 230 to 194. The bill now goes to the U.S. Senate. Among other provisions, the measure would cap awards for pain and suffering and, in many cases, punitive damages at \$250,000. Look for further group email updates on this legislation.

Don't forget to keep your contact information current!

To ensure that you are receiving up-to-the-minute communications from both the chapter and the AAP, remember to go to the AAP Member Center to update your member profile. It is particularly important to include your updated email address so that you can receive group emails from the Chapter to keep you abreast of membership news, educational opportunities and current issues affecting children's health in Alabama. Voting fellows: if you haven't already, please go to the AAP Member Center (www.aap.org/moc - Membership Information Change Form) and plug in your e-mail address and assure that your address and telephone numbers are current. Thanks for your help!

Many thanks to our advertisers for their support of this publication:

GlaxoSmithKline Vaccines
Huntsville Hospital for Women and Children
Mead Johnson
MedImmune
Medisys

Nearly 1 in 6 children did not receive
all recommended DTaP doses*¹



**Don't run the risk
of letting one child
get away**



PEDIARIX may help ensure timely vaccination with fewer injections

- With just 1 dose at 2, 4, and 6 months of age (in infants born of HBsAg-negative mothers)

*Based on analysis of the first four DTaP doses in the most recent National Immunization Survey (2003) of 21,210 children 19–35 months of age.

In clinical studies, adverse events in infants receiving PEDIARIX included injection-site reactions (pain, redness, or swelling), fever, and fussiness. Administration of PEDIARIX was associated with higher rates of fever relative to separately administered vaccines (see Adverse Reactions section of the brief summary). PEDIARIX is contraindicated in infants with known hypersensitivity to any component of the vaccine including yeast, neomycin, and polymyxin B. As with any vaccine, vaccination with PEDIARIX may not protect 100% of susceptible individuals.



Please see brief summary for PEDIARIX on the following page.

References: 1. Centers for Disease Control and Prevention. National, state, and urban area vaccination coverage among children aged 19–35 months—United States, 2003. *MMWR* 2004;53(29):658–661.

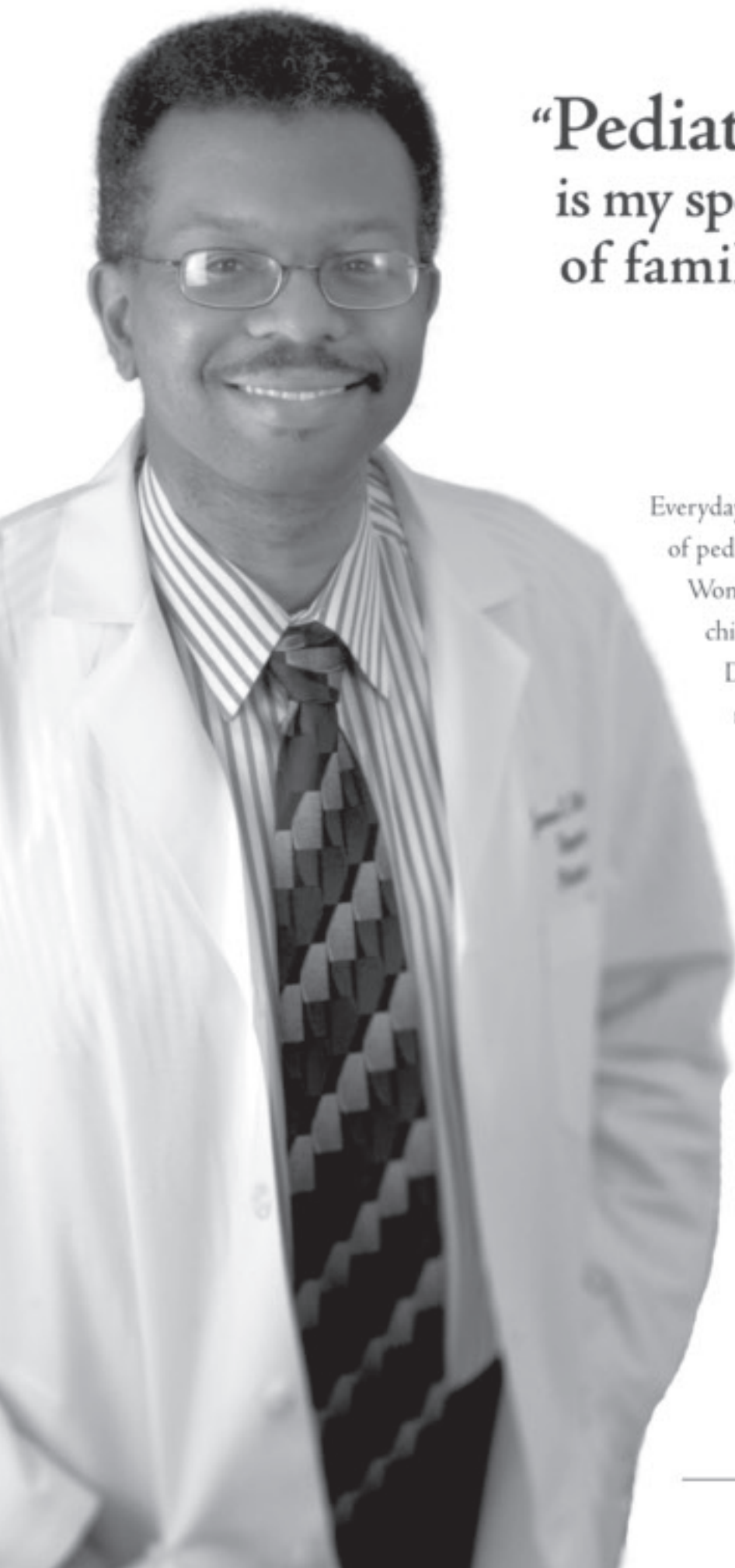
PEDIARIX and Tip-Lok are registered trademarks of GlaxoSmithKline. The five-color star is a trademark of GlaxoSmithKline.

Manufactured by GlaxoSmithKline Biologicals, Rixensart, Belgium. Distributed by GlaxoSmithKline, Research Triangle Park, NC 27709.

Pediarix

**Diphtheria and Tetanus Toxoids
and Acellular Pertussis Adsorbed,
Hepatitis B (Recombinant) and
Inactivated Poliovirus Vaccine Combined**





“Pediatric surgery
is my specialty. . . taking care
of families is my passion.”

- James Gilbert, M.D.

Medical Director of Pediatric Surgery

Everyday, children are loved and cared for by a team of pediatric specialists at Huntsville Hospital for Women & Children. And, for our most delicate children's surgeries, Dr. James Gilbert is here too. Dr. Gilbert is the only pediatric surgeon in north Alabama and southern Tennessee. He came to Huntsville from Children's National Medical Center in Washington, D.C. With Dr. Gilbert on our staff, families no longer have to leave our community for specialized pediatric surgeries.



Experience. The Difference.

huntsvillehospital.org

New CME activity focus of Medical Home-Health Literacy for Alabama pediatricians

To improve health outcomes in the Medicaid population, the Alabama Medicaid Agency has implemented a focused educational program for physicians and other health care professionals.

The project, "Medical Home • Health Literacy," is the agency's second CD-based project in its "*Bringing Health to Life*" series. Based on established guidelines and "best practices" regarding medical homes and health literacy, the program is designed to strengthen the physician-patient relationship through the development of medical homes, the expanded use of health literacy programs and resources, and by increased understanding of the Medicaid program. The activity was authored by Alabama physicians and other healthcare professionals, including Alabama pediatricians Benjamin Estrada, MD, FAAP; Franklin Trimm, MD, FAAP; and Terry Wall, MD, FAAP.

Physicians are eligible for up to 9.0 Category 1 CME credits. Continuing education credits are also available to nurses, pharmacists and other health professionals at no charge through September 2007.

A companion audiotape, audio CD and study guide are now available to Alabama physicians and other health providers in conjunction with the Medical Alliance of the State of Alabama. An online version with updated Patient 1st information will soon be available.

The educational project is also an integral part of the Agency's updated Patient 1st program, supporting primary care physicians in their efforts to provide a medical home for each Medicaid patient. Enrolled primary medical providers who successfully complete the activity are eligible for an enhanced case management fee.

For more information or for a free copy of the CD, contact Robin Rawls, Associate Director, Research & Development, at 334-353-9363 or by email at cme@medicaid.state.al.us.



U P C O M I N G E V E N T S

District X CATCH Meeting • September 22

Register now for the September 22 District X C.A.T.C.H. (Community Access to Child Health) Meeting, which kicks off the 2005 Annual Meeting and Pediatric Update at the Sandestin Beach Hilton. For more details, see the full story on page 2.

Mental Health CME/Roundtables • Fall 2005

Stay tuned for dates, times and locations of CME Roundtable meetings on mental health issues in the *Huntsville*, *Birmingham*, *Montgomery* and *Mobile* areas this fall! For background information, refer to the Mental Health Project article on page 3.

AAP National Conference & Exhibition • October 8 - 11, 2005

The 2005 AAP National Conference & Exhibition is rapidly approaching! Join your colleagues from around the country as the AAP commemorates 75 years of caring at a special 75th Anniversary Celebration. Visit www.aap.org/nce for the full schedule, hotel information and registration information.

Winter Meeting • January 27 – 29, 2006

Save the Date! The Wynfrey Hotel will once again serve as the setting for the Chapter's Winter CME Meeting, set for January 27 – 29, 2006. The Winter Meeting has developed a reputation as a compact, education-filled short weekend! The 2006 speakers are being lined up, with topics including oral health, teen pregnancy and pediatric endocrinology issues. Look for more details this fall.

Event Calendar At a Glance

2005

September 22

District X CATCH Meeting,
Sandestin Beach Hilton,
Destin, FL

September 22 – 25

ALAAP Annual Meeting and
Pediatric Update, Sandestin
Beach Hilton, Destin, FL

October 8 – 11

AAP National Conference &
Exhibition, Washington, DC

October–November

Regional Mental Health CME
Roundtable Meetings (Dates
TBA) in Huntsville,
Birmingham, Montgomery
and Mobile

2006

January 27 – 29

2006 ALAAP Winter
Meeting,
The Wynfrey Hotel,
Birmingham

January 29 – 31

Medical Association of the
State of Alabama
Governmental Affairs
Conference, Washington,
DC

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Alabama Chapter
19 S. Jackson St.
Montgomery, AL 36104

MedImmune Vaccines, Inc.

A SUBSIDIARY OF MEDIMMUNE, INC.

MAKER OF

fluMist
Influenza Virus Vaccine
Live, Intranasal

IS A PROUD SUPPORTER OF

Alabama Chapter of the
American Academy of Pediatrics