

THE EVPS NEWS

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Upcoming Events...

For upcoming lecture topics, times and locations, please go to www.azaap.org and click on "Upcoming Events" under the Members tab at the top of the page.

MUSIC THERAPY

Music Therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. After assessing the strengths and needs of each client, the qualified music therapist provides the indicated treatment including creating, singing, moving to, and/or listening to music. Through musical involvement in the therapeutic context, clients' abilities are strengthened and transferred to other areas of their lives. We are very fortunate to have an exceptional music therapy program at Cardon Children's and the recent fundraiser, "Pulse of the City" raised money to help keep this program going strong. It was a big success and congratulations to all who helped.

This program is funded by philanthropy so it is very important to support such efforts. The efforts of all who work in the Music Therapy department are so very much appreciated and we wish them all the best for continued success.

Make-A-Wish

All of you are very much aware of the Make-A-Wish program and all it does for the children in our state. Many of you have arranged for your patients to take part in the program. The following article was submitted by the program to help all of us understand more the vision and mission and to encourage you all to search for possible candidates.



As physicians, we work hard to care for our patient's body, mind and spirit to yield the best outcome possible. We are joined in this task by many medical professionals - from the nurses who work at the bed side to the ancillary staff like child life specialists, as well as our patient's family and personal support "teams". For your patients who qualify, I would encourage you to add Make-A-Wish Arizona to that list of supporters.

Make-A-Wish Arizona is the founding chapter of the international wish granting organization. The phenomenon that has granted more than 350,000 wishes worldwide today was started in 1980 when a Phoenix-area boy, Chris Greicius, 7, was battling leukemia. He dreamed of being a police officer "when he grew up" but physicians and his family knew that the chances of Chris living beyond treatment were low. To give Chris a little hope, caring people in Phoenix banded together to create a full day where Chris WAS a police officer. He rode in a police car, dispensing tickets. He was taken on a helicopter ride. He "passed" the motorcycle officer training on his small, battery-powered motorcycle. Chris even received an honorary Department of Public Safety uniform to make him feel like a true officer.

Unfortunately, medicine could not beat Chris' leukemia and he died just four days after his wish. However, today, his legacy lives on in the spirit of

Make-A-Wish and, here in Arizona, at Make-A-Wish Arizona. Their goal is to reach children with life-threatening medical conditions. Today's wish kid does not have to have a terminal diagnosis - in fact, more than 80 percent of wish kids today live well past their diagnosis.

In addition, Make-A-Wish has completed a study that proves that wishes are good medicine. A 2014 study published in Quality of Life Research, an international, multidisciplinary medical journal, proved that wishes improved a wish child's quality of life. Researchers studied 66 children, ages 5 to 12, all who were referred to Make-A-Wish Israel. Half were assigned to the waiting list - a list that made it uncertain a wish would be fulfilled. Half here assigned to have their wishes granted in six months. Researchers asked both groups of children to complete questionnaires rating measures of psychiatric and health-related symptoms, positive and negative effect, hope and optimism both pre-intervention and post-intervention. The children who were granted a wish had higher levels of hope regarding their futures, increased positive emotions and lower levels of depression and anxiety. They also had a decrease in the perception of physical limitations.

This study helps prove that wishes are good medicine. Help your patients today by reviewing and referring them to Make-A-Wish Arizona. The referral process is simple. And it's a small addition to your patient's care plan can make a big difference to a successful outcome.

Help Make-A-Wish Arizona reach every eligible child in Arizona. For more information please contact Jennifer Fleming, Intake and Medical Outreach Manager at

602-343-9446,
jfleming@arizona.wish.org

Ryan House



If you have not taken the time to visit Ryan House in central Phoenix, I strongly recommend it. This program serves a huge need in respite care for families and it is all paid for by donations. Families do not have any financial burden during their stay. Please read about [Ryan's story](#) which led to the creation of this fabulous care center. Ryan House is a 12,500 sq. foot home built to provide respite care, pediatric palliative care, and end-of-life care as well as appropriate therapies and activities in a supportive, home-like setting where all are welcome. You can learn a ton more by visiting their [web site](#).

In 2014/2015, Ryan Housed served a total of 252 children enrolled in the respite program. 156 children received a total of 411 respite stays where various forms of life-enhancing therapeutic activities were provided.

Thirty-two of these children were new admissions to the respite program. Top diagnoses of the children served included cerebral palsy, mitochondrial disease, muscular dystrophy, and brain deformation/trauma. 28 children passed away at Ryan House.

In addition to serving the children with illnesses, we care for parents or guardians and siblings staying in the house. One hundred percent of families said that their child participated

in meaningful activities during their respite stay. Ryan House is 100% funded by donations. As a registered 501(c)(3) charitable organization, any donation made is fully tax deductible.



So please take the time to visit this amazing place and consider it for your state tax credit donation this year as it qualifies as a recipient of the working poor donation which is \$400 per individual and \$800 per married couple! ☺

Neonatal Vitamin D Levels and Risk of Future MS

A new study has shown a link between low levels of vitamin D in neonates and future risk for multiple sclerosis (MS). This study further strengthens the justification for routine vitamin D supplementation in pregnancy.

The study was done in Denmark and was [published online](#) in *Neurology* on November 30, found an inverse association between neonatal levels of 25-hydroxyvitamin D (25[OH]D) and risk for MS as a young adult.

The authors, led by Nete Munk Nielsen, MD, Statens Serum Institut, Copenhagen, Denmark, say that "their results, together with the high global prevalence of low vitamin D levels among pregnant women, and the fact that increasing maternal vitamin D levels is likely to reduce the mother's risk for MS as well as her offspring's, provides a rationale for universal vitamin D supplementation in pregnancy."

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"Although we do not know the precise target level of 25(OH)D that would be adequate to prevent MS in most individuals, or the precise period when adequate exposure to 25(OH)D is needed, we can still aim to ensure that pregnant women and their offspring achieve the minimum levels of 25(OH)D that are considered important for health (i.e., >50 nmol/L) lifelong, and are nontoxic."

Eggs and Reduced Stroke Risk and No Elevated Risk of CHD

New research has reopened the debate on whether eggs are beneficial or harmful in terms of stroke or coronary heart disease (CHD) risk.

Combined results from a new meta-analysis of seven prospective cohort studies suggest that eating approximately one egg a day is associated with a 12% reduced risk for total stroke compared with eating fewer eggs. On the other hand, no significant associations between egg consumption and CHD risk were found.

It is always interesting to see articles come along that go against what has been usual dogma. More studies will need to be done to corroborate these findings. But it is interesting and good news for egg lovers. ☺

