

# CSF Newsletter

## Children's Spine Foundation

Volume 4, Issue 2

Fall 2002

### President's Message

I thought this would be a good opportunity to present an overview of how the Children's Spine Foundation performs a mission that provides and expands spinal health care services and education based outreach. CSF seeks to be the principal educational resource for children's spinal health care. The programs of CSF are designed to serve children with spine abnormalities and injuries whose families meet financial eligibility guidelines and have no access to appropriate spinal health care. Through eight years CSF doctors have seen and treated an average of 100 patients per year. Many of these patients are initially screened by a nurse at a school in Riverside or San Bernardino County. California education



code requires screening for scoliosis of 7th grade girls and 8th grade boys. We have younger patients as well as those up to 18 years of age who may be referred through school, physician and/or parents. Collaboration with schools and school districts is a primary focus of the Foundation. The following is an overview of how we perform our mission.

**School Nurse Training Program** - This is an opportunity for the CSF Doctors and

Physician Assistants to conduct training for School Nurses on how to properly screen for scoliosis. It's also good for our staff to hear from the nurses about their experiences in screening. Our next joint county training event will be on February 19, 2003, this will involve school nurses from San Bernardino and Riverside County Schools, coordinated by Christine Ridley of San Bernardino County Schools. This

session will include information and feedback from at least one CSF former surgery patient, research about the latest treatments, post surgery transitions and role of nurses, how and why do we get scoliosis and a discussion of the different types of Spine Abnormalities and how they are acquired.

**Project Healthy Body-Healthy Mind** - Recognizing that students need healthy bodies as well as healthy minds, UCR's Alpha Center offered a

new program this summer in partnership with CSF which emphasized the development of both mental and physical strength. Alpha Center contributed \$14,000 to this course so no parent or child would have to pay. The children were given neat and useful school related items to take home. I appreciate the Alpha Center and it's Director, Dr. Pamela Clute for creating this program. Please see the Healthy Body - Healthy Mind article on page 2.

**Backpack Research Project** -- David Siambanes, D.O. and Ed Butler, Ph.D. state that the incidence of back pain in children is nearly as common as in adults. They indicate that previous studies have concentrated on age related factors, gender and sporting activities. They have examined what affect a child's school bag has upon the incidence of back pain. Siambanes and Butler surveyed nearly 3500 7th and 8th grade students who attend four middle schools in the Riverside Unified School District. The publication for this study looks very interesting, it will soon be issued by Dr. Siambanes.

As you can see there is a lot to do in spinal health education-based outreach. In the next President's message I will focus on our CSF Clinic related services. Thank you.

Thomas T. Haider, M.D.

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Special points of interest:  
Save this Date: Gala 2003  
**March 13, 2003,**  
Raincross Square

# HEALTHY BODY - HEALTHY MIND

Healthy Body-Healthy Mind was a weeklong program at the University of California for students entering 7th and 8th grades. It was offered in partnership with the Alpha



Center, UCR Student Recreation Center and CSF.

The program focused on developing a well-rounded individual by balancing the role of education, fitness, nutrition and positive mental attitude.

Students received instruction in mathematics as it relates to health, and physical education as it relates to a healthy lifestyle, self-motivation and character development. Mathematics professor, Dr. Pamela Clute and Lindy Fenex of the UCR Student Recreation Center were the primary instructors. Guest speakers included: Dr. Thomas Haider, Elizabeth Chaney, a dental hygienist, Leslie Vasquez, a nurse practitioner, and others.

The mathematics curriculum was stimulating and interactive and included lessons in algebra and geometry. These mathematical topics were made relevant



*Pictures of Dr. Haider and Health Body Healthy Mind taken by Michael Elderman*

to life and in particular to health and physical education. The health portion of the program included lessons ranging from dental hygiene and spinal health to the importance of positive mental attitude. The physical education activities emphasized team-building skills and ranged from circuit training to wall climbing. Student's gained an average of 48.4 points out of 100 on measures of achievement. Students were given materials and supplies which enhance their learning

and retaining of mathematical ideas and health information.

Students enjoyed Healthy



Body-Healthy Mind and had positive comments about the program. An awards ceremony for the students concluded the program.

A Student Comment:

• "I thought it was a good program because the math portion of the program was explained well and was fun. I loved the p.e. [physical education] part of the program and the special speakers."

*Continued on page 4*

## Physician's Corner

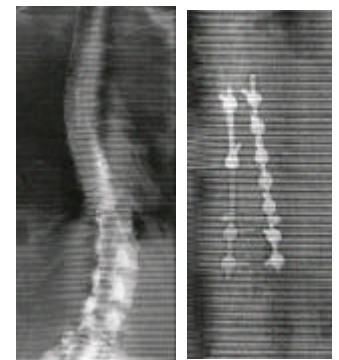
It is well acknowledged that scoliotic curves may progress in a growing child. The younger the individual and the more severe the curve the more likely that progression will occur. Several long-term studies with up to a fifty-year follow-up of adolescents with scoliosis have noted that severe curves result in twice the rate of mortality, disability, and back pain when compared to a control population.

However, also well accepted by prior research, is the more severe the curve at the end of growth the more likely it will continue to progress throughout life. A landmark study at the University of Iowa that followed 102 adolescent patients with scoliosis over forty years noted a 68% progression of scoliotic curves after maturity. The most marked progression was noted in curves

over 50 degrees at maturity that progressed approximately one degree per year, while curves of 30 degrees or less at maturity were unlikely to progress. While one degree does not seem significant in itself, over a period of time an adolescent with a 50 degree curve by the age of 35 would suffer from a severely disabling and disfiguring 70 degree curvature. Thus the natural history of curves greater than 50 degrees in a mature adolescent is that of progression. It is therefore imperative that curves of this magnitude in the mature adolescent not be considered fixed and that appropriate surgical treatment be considered to avoid progressive pain and loss of function throughout the individual's life.

Michelle, an 18-year-old girl, was recently treated due to a 55-degree thoracolumbar (mid

back) curve. Michelle is a quite tall girl and because of the curve she displayed a notable pelvic tilt. While Michelle had completed her spinal growth and is physiologically mature, left untreated, her curve would have progressed throughout her young life resulting in severe disfigurement and disability. Michelle underwent a selective fusion in the mid back region last June. The procedure restored her normal alignment, reduced the curvature to 15 degrees, and rebalancing her pelvis. Michelle can look forward to a normal life without the fear of progression of her adolescent deformity.



*Pre Surgery 4/5/02*

*Post Surgery 6/18/02*

David Siambanes, D.O.  
Orthopaedic Spine Surgeon



## REFLECTIONS OF CSF

### For The Love Of Dara

Dara was born 12 years ago with cerebral palsy as the result of complications of a twin pregnancy. Sadly, we lost her identical twin sister, Gabriella, shortly before their birth. Since then, we have been on a journey somewhat like a rollercoaster. We started out slow and increased our speed sometimes uphill and sometimes downhill, all based on what we felt was best for her. We always strive to give her the best and the same opportunities as her brothers. She has taught us so much about priorities and the true meaning of unconditional love.

With Dara by our sides, we have learned to weave our way through a myriad of services and many different professionals. About 2 years ago, Dara started to develop scoliosis. She was being seen by an orthopedic

doctor at a large medical facility in another city. When he moved away it became apparent there was not going to be a replacement for a long time, if ever. Because we were getting concerned about the degree of her curvature, we made an appointment with another doctor who couldn't see us for 4 months. A week before the appointment, the medical facility called and cancelled. I was extremely frustrated at that point and got on the phone and started calling around. I had heard about Dr. Haider so I tried his office and was asked if I would like to be referred to the Children's Spine Foundation.

I called and left a message with CSF and was more than a little surprised when Steve Clute, the director, called me back the next day. We made an appointment for the following week where we were seen by Dr.

David Siambanes and his wonderful office staff. From that point on, things started to move quickly. In one day, Dara was examined, x-rayed, referred for blood work, and finally scheduled for surgery. Right from the start, the doctor and his staff made us feel extremely comfortable. We were treated with dignity and respect at all times and they thoroughly answered every question and addressed any and all concerns we had. In addition, Steve was present for assistance and guided us through the process of paperwork, etc.

Dara had her surgery in July and is presently recuperating. Mere words cannot even begin to express our appreciation and gratitude to the Spine Foundation, Dr. Siambanes & staff,

Steve Clute, and the Riverside County Regional Medical Center staff. We have learned many things during this process but most importantly how amazing it is that the Children's Spine Foundation is committed to helping any Riverside county child with spine problems irregardless of socioeconomic status or financial standing. I urge any or all of you to share this commitment and get involved in some way whether big or small.

*Submitted by Lorrie L. Cadena*



### Legislative Updates

#### Backpack Attack\*

Driven by a rise in lower back injuries among kids (backpack injuries send 3,000 to 4,000 youngsters to emergency rooms annually), California lawmakers moved last week to lighten the students' load.

\* Newsweek Oct. 14, 2002.

On Sept. 30th, Gov. Davis signed AB2532 into law, which requires the state Board of Education to set weight limits for textbooks by July 2004. "A study of about 3,500 children in Riverside and San Bernardino counties indicated back pain increased exponentially as backpack weight increased," said David Siambanes, a Riverside spine surgeon.

-The Press Enterprise Oct. 1, 2002.

## New faces at CSF



#### Dr. JienSup Kim, M.D.

Dr. Kim was an attending physician at Loma Linda University and Medical Director of the Occupational Health Center and the Outpatient Rehabilitation Center at Loma Linda University Medical Center. The doctor is now on staff at the Haider Spine Center.



#### Daniel C. Lopez, P.A.

Mr. Lopez is was a Staff Physician Assistant at U.S. Health Works Medical Group in Riverside. He specialized in occupational medicine, orthopedic medicine and urgent care medicine. P.A. Lopez is now on staff at the Haider Spine Center.



#### Huey H. Nguyen, P.A.

Mr. Nguyen recently joined the medical staff at the Haider Spine Center as a Physician's Assistant. He received his training at the RCRMC/RCC Physician Assistant Program.

#### Legislative Updates Continued

CSF congratulates the Bill's author Assemblyman Rod Pacheco and co-authors Sen. Jackie Speier and Assemblyman Dario Frommer for their leadership on this important first step.

## HBHM - Continued from page 2

### A Parent Comment:

"The program got my daughter excited about learning again. The approach of the teaching changed her attitude about school, math, health and physical education. She was exposed to the UCR campus that has changed her ideas and goals for the future."

## CALENDAR

### November

- **2nd** - Coachella Valley School District Health Day  
9 a.m. - 2p.m
- **10th** - 25th Annual Mission Inn Run; downtown  
Riverside
- **29th** - Festival of Trees Family Day; Riverside  
Convention Center  
Festival of Lights; 5:30 p.m.; downtown  
Riverside

### February

- **19th** - CSF meets & trains with San Bernardino  
& Riverside County School Nurses.

### WELCOME NEW CSF COMMUNITY DIRECTORS AND HONORARY MEMBER

Ms. Pauline McGuigan Supv. John Tavaglione	Marion Ashley Joe Tavaglione
Ms. Jan Tavaglione	Ms. Amy Harrison
Ms. Jenny M. Pietro	Arthur E. Gordon, Jr.
Donald J. Bosis, Ph.D.	Russ Leach, Police Chief



Dr. Thomas T. and Salma Haider  
President and Founders

SAVE THIS DATE  
Mar ch 13, 2003  
Rai ncr oss  
Squar e

CSF  
P.O. Box 20962  
Riverside, CA 92516

### Founding Members

Thomas T. Haider, M.D.  
Salma Haider

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### Executive Director

Steve Clute  
Sheryl Moore—Asst. to Ex. Dir.  
Jan Carter—Newsletter Organizer

\* denotes a member of the  
Medical Advisory Team  
\*\* denotes Co-Chairperson of  
the Medical Advisory Team



(909) 656-4160