

# CSF Newsletter

Children's Spine Foundation

Volume 4, Issue 1

Spring 2002

## PRESIDENT'S message

On behalf of Salma and myself I want to thank all of you who contributed to our gala event this past March. Through your generous contributions, the giving of your time and volunteer efforts -- we will continue to provide and expand spinal healthcare services and education based outreach. I hope all of you had as much fun as we did.

In a recent article from the California Wellness Foundation, Tom David contends that organizations which have sustained their work "with integrity and efficacy over time" demonstrate four qualities in abundance: *spirit, values, niche and capacity*. I have reflected upon what these words mean to me and within the context of the Children's Spine Foundation mission: to serve children with spine abnormalities and injuries whose families meet financial eligibility guidelines and have no access to appropriate spinal healthcare.

*Spirit and values*. I learned as a young boy that people are desperate for access to affordable medical treatment.

I knew by the age of 12 that I wanted to become a doctor. I believe that if one develops a particular skill that is beneficial

to the well being of others, that is a blessing. I really enjoy working on the spine, especially in scoliosis patients--it makes such a huge difference in their lives. That is very, very



Dr. Thomas T. Haider  
President/Founder

satisfying. It seems to me, if you are always giving, it does come back to you. It may not always be something tangible, but it will always be something profoundly rewarding.

*Niche and capacity*. As I look at the noun, niche I think of the word, place and the role

of CSF to reach out to those in need of our services. No two bordering large counties like Riverside and San Bernardino have experienced the high combined growth rate of 27%

during the previous decade. This clearly means more children at risk whose families probably do not know about us and our healthcare services. We are in the process of expanding our working relationships and collaboration with all school districts in the region. We are also developing a greater presence with community-based organizations and service clubs. In Reflections on Capacity-Building, Laura Campobasso and Dan Davis define "capacity building" as "the development of an organization's core skills and capabilities, such as leadership, management, finance and fundraising, programs and evaluation, in order to build the organization's effectiveness and sustainability..." This is the path that CSF strives to attain, we are not yet there, but the goal is in sight! Thank you.

Thomas T. Haider, M. D.

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### Special points of interest:

- Save this Date: Gala 2003  
March 13, 2003,  
Raincross Sq.
- Healthy Body-Healthy Mind  
July 29-Aug. 2
- Assembly Bill 2532
- Assembly Bill 1905

# Healthy body - healthy mind



Healthy Body Healthy Mind is a new summer program which will be presented by a partnership between the Children's Spine Foundation and the University of California, Riverside Alpha Center. The goal of this academy is to develop a well-rounded individual by balancing the role of academics, with health educa-

tion, fitness, nutrition and positive mental attitude. The target audience is 7<sup>th</sup> and 8<sup>th</sup> grade students. The program is available through an application process at no cost to the selected participants. Books, bags, t-shirts, calculators, posters and various mathematics, nutrition and health books will be provided. Certificates of completion will be presented at an awards program the last day of the summer academy. The academy will be held July 29-Aug 2 at the University of

California Student Recreation Center. Instruction is provided by Dr. Pamela Clute and various guests which include Dr. Thomas Haider, Elizabeth Chaney, RDH, Leslie Brynes, RN and Lindy Fenex, Director, UCR Student Recreation Center.

Contact Linda Rankin for more information at (909) 787-5425 or linda.rankin@ucr.edu

## PHYSICIAN'S CORNER

One of the major goals in the treatment of childhood spinal deformities is to restore balance. Normal spinal balance maintains the child's head centered over his or her pelvis, which maintains normal body alignment. Often as the scoliotic, structural deformity progresses, the child's shoulders and/or pelvis, becomes shifted and elevated asymmetrically to one side. The child then begins to notably appear off balance or "crooked".

Frequently the spinal column develops a secondary reactive, or compensatory curve, in the opposite direction at the lower spine to counterbalance the pathological or structural curve. This process results in the common Sshaped appearance of the spine on X-Ray. Unlike the structural curve, the compensatory curve is flexible and because it is not truly part of the structural deformity, it is unlikely to progress. Therefore, in many cases the compensatory curve does not require surgical treatment. This secondary curve, which merely represents the normal spine accommodating the structural curve, will correct spontaneously in accordance with

surgery. Since the compensatory curve can spontaneously correct to as equal a degree as the surgically corrected structural curve, spinal balance is maintained or corrected.

The advantages of this "selective" surgical approach to the spine include a less invasive procedure with a smaller incision, and the elimination of fusing the lower lumbar spine all while maintaining mobilization and achieving spinal balance. However, one must determine if indeed the secondary curve is compensatory and not part of the structural/pathological deformity. Indeed if the secondary curve is structural and pathological, a selective fusion would result in a secondary curve that is unable to compensate for the surgical correction and, therefore, result in a spinal imbalance often worse than the child presented with preoperatively. Therefore, it is crucial to identify which curves represent structural curves versus those that are truly compensatory during preoperative planning.

Christina is a 13-year-old girl who pre-

sented with a 45 degree structural upper back curve with a compensatory lower back curve. On April 2, 2002, Christina underwent a selective fusion of the upper back curve and which corrected from 45 degrees to 12 degrees. In response to the surgically corrected structural curve, the reactive lower back curve spontaneously corrected equally to 12 degrees during the procedure. Christina's procedure provided her with the advantages of a selective fusion while achieving the goals of halting the progression of her structural deformity and maintaining spinal balance. Christina is doing well on her first postoperative visit.

David Siambanes, D.O.

Orthopaedic Spine Surgeon



1/25/02  
Before surgery,  
left



4/2/02  
After surgery,  
right

## My Perspective

During the fourth quarter of 2001, I had the opportunity to volunteer as the Interim Executive Director of the Children's Spine Foundation.

My husband and our family have great respect for Tom and Salma Haider. We admire their generosity and genuine concern for others which they exhibit in so many ways to the citizens of our community. Because of this, I felt it was impor-

tant to accept the interim position on a volunteer basis as a small way of expressing our appreciation to the Haider's for their commitment to our community.

I felt I had a basic knowledge of the workings of CSF, but after a short time there, I was able to observe firsthand some of the wonders the Spine Foundation is able to accomplish which far exceeded my earlier

expectations. For example, I learned what a gratifying experience it is to talk with the parent of a youngster who could benefit from the expertise and wisdom of the Spine Center medical staff who volunteer their professional expertise for the Children's Spine Foundation. I was inspired by the care and commitment talented and dedicated professionals dem-

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# REFLECTIONS OF THE 4TH CSF GALA



Above, Ed & Caryn Sullivan, Aquatic Rehab

Elegance, style, class, dedication, courage, fun, on time... these are words that come to mind when I think about the March 6th

Gala. It was an elegant, stylish, classy event from beginning to end, a reflection of Tom and Salma Haider. Looking at the room full of people and the beautifully draped tables and stage, I felt we had expressed "the art of giving" well. The floral chiffon table overlays on top

CANDIDATE FOR RIVERSIDE COUNTY SUPERVISOR, MARION ASHLEY & HIS WIFE, MARY, RIGHT



Above, Dr. Rebecca Patchin, Master of Ceremonies

## GALA 2002

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### MY PERSPECTIVE

onstrated each day in meeting the needs of young people. I was proud to be a small part of this effort, and in the process, I gained an insight and appreciation of what leaders with the vision of the Haider can achieve in improving the quality of life for youth who deserve to lead healthy and productive lives that we wish for all of our children.

Submitted by Jan Erickson

of deep purple table cloths, gray chair coverings tied with floral and purple bows, and picture frames laced with floral cloth made one think of a Matisse painting. The full house of committed friends of the Children's Spine Foundation showed an appreciation of the value and benefit, and yes, the "Art of Giving". I am proud to announce that \$101,108.51 was raised to benefit needy children in the Inland Empire.

All who attended and all who worked so hard to make the event a success demonstrated great dedication. Many thanks to my Co-Chair Salma Haider, who devoted countless hours of time to

the Gala, the other members of the Gala Committee, Executive Director Steve Clute, Pam Clute and her co-workers, and all our volunteers. Some of the youth who were honored were truly courageous to undergo surgery and rehabilitation. Dr. Patchin did a wonderful job of keeping the program moving and finishing on time. The Convention Center produced a superb meal and fine service. I received many compliments about the food and service. The fact that so many people stayed on after the program's conclusion to continue lively conversation is an indication that guests were having fun. I can hardly wait for next year's Gala! Please join us on March 13, 2003.

Submitted by Carlotta Mellon



Gala Photos by Michael Elderman



Above, Stephanie Flores and her father, Jose Flores



Left, Ann Matich, Riverside Community Hospital

## Legislative updates

- ◆ *Assembly Bill 2532 by Assemblyman Rod Pacheco, Joint Authors, State Senator Jackie Speier and Assemblyman Darrio Frommer – This measure will require the State Board of Education set maximum textbook weights and develop "creative solutions."*

One thing that bothers me is the

younger kids coming in more and more with back pains. Data shows that there's a clear correlation between the size of backpacks and back pain bad enough to see a doctor" as quoted by Dr. Thomas Haider, L.A. Times, April 22, 2002. "I see more and

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## LEGISLATIVE UPDATES

more kids with back pain, which I never used to see before" Haider said. "In many cases, we have to ask the question, which weighs more, the student or the backpack," State Senator Jackie Speier said. The Press-Enterprise, April 23, 2002. In addition to the efforts of the legislators, Dr. Haider especially appreciates the work and time devoted to backpack research by David Siambanes, D.O. and Ed Butler, Ph.D.

- ◆ *Assembly Bill 1905 by Assemblyman John Longville – Would add to the education code a mandated, non-invasive screening for risk of DM2 (Diabetes Mellitus) in middle school-aged children in conjunction with already existing scoliosis screening.*

The San Bernardino Sun Editorial included the following comments on the bill and Type 2 Diabetes Screening in its column dated March 29, 2002: "School screening makes sense, but what's next?" Their view, "Even as an additional health test, in this case would be helpful, there is a limit to what schools should be expected to do."



Dr. Thomas T. and Salma Haider  
President and Founders

## Calendar

### May:

- ◆ 18th Riverside County Children's Health Faire, Riverside Co. Reg. Hosp. Moreno Valley, 9 a.m.— 2 p.m.— free services and immunizations
- ◆ 18th Management of Industrial Back Injury V, Presented by Riverside Co. Reg. Hosp. at the Haider Spine Center, 9 a.m.—3:45 p.m. Contact Todd Ackarman (909) 413-0215.

### July:

- ◆ 16th CSF Executive Board Meeting, 5:30 p.m. Dinner, Haider Spine Center
- ◆ 29th—Aug. 2nd Healthy Body-Healthy Mind, 9 a.m.-12 noon, contact Linda Rankin, (909) 787-5425

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