



CSF Newsletter

Children's Spine Foundation

Volume 6, Issue 1

Spring 2004

PRESIDENT'S MESSAGE

Many people have asked Salma or me about our next CSF Gala. We are happy to announce the date of Thursday night, March 10, 2005 at the Riverside Convention Center/Ben Lewis Hall. It will be a grand occasion and we hope you will join us. This year we will have a Health Fair especially for children in the fall, September or October, there will be details to follow.

I want to especially thank some very special friends of ours and of CSF. Eugene and Billie Yeager exemplify the "Spirit of Giving Back to the Community." We are blessed to know this amazing couple. They have helped make the Inland Empire a better place through their most generous contributions of time, skills and money. Just last September was the dedication at Cal Baptist University of the Eugene and Billie Yeager Center, which is 94,800 square feet and the largest single project ever constructed on the property. Thank you Gene and Billie for all you do! I am truly grateful. I also want to thank Orthofix, Inc. for all their support in helping CSF serve children and help families. Orthofix makes a positive difference for many people.

Our CSF clinic is open on the first Friday of the month and may be available on addi-

tional Fridays if required. Dr. Siambanes is in charge of the clinic and assisted by other



Dr. Thomas Haider

CSF volunteers. The clinic is located at the Riverside County Regional Hospital in Moreno Valley, this staff and other hospital members do a terrific job in serving the health needs of the public. If you need more information about the clinic, please call the CSF office at 909 656-4160.

We at CSF truly appreciate the special opportunities for joint programs with school nurses in San Bernardino and Riverside Counties. The

January program, "Understanding Scoliosis for School Nurses," was exceptional.

My thanks to Christine Ridley, CSUSB lecturer and internship coordinator, David Siambanes, DO, Allen Sherafat, DC, Tracy Taylor, RN, Nurses, CSF patients, parents and staff. I am looking forward to our next event with the Riverside and San Bernardino County School Nurses.

Congratulations to Sandy Jackson, County Public Program Coordinator, for her leadership of the Healthy Kids on May 1st, with the Alvord School District, YMCA and a host of other participants including CSF. Congratulations to the UCR Alpha Center and the nationally acclaimed CONNECT/HBHM program. CSF is a partner with Healthy Body - Healthy Mind. Read about these fun, educational and healthy events in the CSF Highlights.

Finally, Congratulations to Dr. Siambanes for his national publication, "Influence of School Backpacks on

Participants including CSF. Congratulations to the UCR Alpha Center and the nationally acclaimed CONNECT/HBHM program. CSF is a partner with Healthy Body - Healthy Mind. Read about these fun, educational and healthy events in the CSF Highlights.

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Special points of interest:
Save this Date:
Gala 2005
March 10, 2005,
Raincross Square

SCHOOL NURSES AND CSF EDUCATION PROGRAM - A SUCCESS !

“Understanding Scoliosis for School Nurses” was presented by CSF in collaboration with CSUSB and San Bernardino County Schools on January 24, 2004. Thomas



Haider, MD, welcomed 25 Riverside and San Bernardino County School Nurses and three special CSF patients with their Mothers. Dr. Haider and Christine Ridley, CSUSB Lecturer and Internship Coordinator introduced the Nurses, Staff and Program. David Siambanes, DO, did a very informative power point presentation on “Scoliosis and related

Spine Abnormalities.” This was followed by a brief overview of Backpack Research and then a popular sharing of perspectives by patients with the interaction of Nurses. Patients Christina, Lisa, and Renika and their Mothers were so kind to give-up their Saturday morning to join us (Lisa’s father was also in attendance). Drs. Haider and Siambanes participated in practical demos of Spine Screen-

ing and uses of the Scoliometer. Allen Sherafat, DC did an interesting demonstration of computer imaging of the Spine. The Nurses shared some of these comments about the morning session :
 “The whole day was beyond my expectation. I hope to be able to continue contact with you in regards to educating parents and students in my district.”
 “I have been a school nurse for 11/2 years and learned scoliosis screening from seasoned nurses in my district. They taught me well BUT I needed what you taught.”
 “Thank you so much for the wonderful presentation and in-

formation ! It was so helpful and I feel much more prepared to perform Scoliosis Screening and counseling.”
 “Having the girls (patients) present really made it great.”
 A special Thank You to our School Nurses and Christine Ridley, Lecturer, and to our hostess, Salma Haider, CSF looks forward to our next event !



PHYSICIAN’S CORNER



Doris is a 10-year-old girl who is currently a ward of the State. As often happens with these children, Doris’ living situation has changed frequently. When she was approximately 9 years old she was diagnosed with a scoliotic deformity of the upper spine. While Doris was receiving periodic healthcare, her unstable living situation made obtaining appropriate follow-up care difficult. This resulted in rapid progression of the deformity until it was of an alarming and obvious magnitude. When Doris was first evaluated by me she was found to have a 70 degree scoliotic deformity. While she reported no pain at this time, she had begun to slowly lose balance over-

all due to this large curvature. Unfortunately, this is not the first time I had encountered a child who was a ward of the State and who had an undetected scoliotic deformity of such a nature it would have been detected with regular healthcare management.

The magnitude of Doris’ curve required extensive corrective surgery consisting of a fusion with placement of bars and screws into the back and upper back. Additionally, to improve mobility and promote a reasonable correction, Doris’ chest wall was opened and the restricted disc spaces were removed. This additional process of removing the restricted disc spaces was performed not only to establish a more adequate correction, but also to eliminate the potential for “Crankshaft Phenomenon.” Crankshaft Phenomenon is, in basic terms, the continuous growth of the front (anterior) spine despite the back (poste-

rior) of the spine having been fused. This continued growth results in progression of the curvature regardless of the corrective surgery performed. By having the restricted disc spaces removed the potential growth of the anterior spine was inhibited. Crankshaft Phenomenon is a major concern when treating scoliotic deformities in girls and boys of this young age. The loss of overall growth potential after age 10 is countered by the improvement in height that is obtained by correction of the deformity and thus the loss of remaining height is minimal.

Doris is doing well and is expected to be leaving the hospital one week after her surgery with only moderate discomfort controlled by Tylenol. Unfortunately, Doris’ living situation is again uncertain and may result in another change. However, CSF will remain in contact with those responsible for Doris’

care and ensure that she receives appropriate follow-up.

David Siambanes, D.O.



Pre surgery
4-02-04



Post surgery
5-18-04

CSF HIGHLIGHTS

CSF participates in Healthy Kids Day - CSF helped sponsor and provided Spine Health related education and outreach on Saturday, May 1st, at Collett School and Park in the Alvord School District in Riverside. Riverside County Public Health Program Coordinator Sandy Jackson provided outstanding leadership to facilitate this event (her husband Dr. Tom Jackson is one of the CSF community directors). Sandy reports that this 2nd annual event was a huge success that reached over 800 Riverside residents. Over 50 people participated in the Family Fun Walk with Mayor Loveridge. Over 280 kids participated in Nutrition Olympics. There were 27 passport opportunities displayed to residents which was indicative of the wealth of resources for physical activity, health and nutrition that can improve their health status. A healthy lunch was provided for 500 event participants. The City of Riverside, YMCA, the Alvord School District and others had a lot to do with the success of this event.

Robert Christopher, D.O., Allen Sherafat, D.C., Dr. Tom and Salma Haider and Steve Clute were involved. Many thanks to Tom Mazzetti and Blue Banner for all of the delicious oranges (Tom's sister, Pauline McGuigan is one of our CSF community directors). Congratulations to Sandy Jackson for making it happen!



Healthy Body - Healthy Mind is part of National Award! The White House and National Science Foundation presented the Presidential Award for Excellence in Science, Mathematics and Engineering Mentoring for UCR's CONNECT program, created by the Alpha Center. HBHM is a component of CONNECT. HBHM is a weeklong summer program for boys and girls, focusing on developing a well-rounded individual by balancing the role of health education, fitness, nutrition and positive mental attitude. CSF is

a partner with HBHM. Alpha Center Executive Director, Dr. Pamela Clute, received the prestigious award last month in Washington, DC. Tom Haider, MD, has presented a popular lecture on Spinal Health the past two years. Nearly 100 children have participated in HBHM at no cost to their families. This summer 50 more will be served. Way to GOALPHA CENTER!



CSF sponsored Backpack Research included in national publication!

A study of over 3,000 middle school children in the Inland Empire has found a link between school backpack weight and the occurrence of back pain. The study, conducted by David Siambanes, DO of CSF, was prompted by numerous concerns expressed by both parents and school nurses for schoolchildren

who now, due to the removal of school lockers, are required to carry much heavier loads in their backpacks than children of previous generations. Dr. Haider was one of the first physicians in the nation to lobby for studies and legislation with reference to backpack use and affect on Children's Spines.

Visit www.childrenspine.us (web master Judy Lee) to read "Influence of School Backpacks on Adolescent Back Pain," Journal of Pediatric Orthopaedics, March/April 2004. Congratulations to Dr. Siambanes for staying the course.



NEW FACES AT CSF



Allen Sherafat, DC, has actually been volunteering his services to CSF for about 6 months. He has already played important roles in our educational outreach to School Nurses, participation in Healthy Kids Day and planning for the CSF Health Faire this fall. Dr. Sherafat is a Board Certified Chiropractor with eight years of experience. He specializes in spinal pain management and is quite skilled at computer imaging of the Spine. A Riverside resident of 21 years, he graduated from Notre Dame High, earned his BS in Biology at UCR and graduated from Southern California College of Chiropractic. The Doctor joined the Haider Spine Center in 2002.

Dr. Sherafat's wife is Dr. Negren (Nikie) Zareh who is a Dentist. They have a young son, Arya, and he has a new baby brother that just arrived at press time—congratulations to Drs. Sherafat and Zareh and hope all are well! Allen Sherafat obviously enjoys being with his family, playing soccer and an occasional game of golf. He is involved with several charities and community organizations. Allen Sherafat, DC, is a wonderful addition to the CSF team!

Adolescent Back Pain." Many of you know that David and I have been involved with this issue for some time now, in the research and legislative arenas. Please visit www.childrenspine.us/publications to read this report.

Thank you all for helping CSF make a difference for children.

Sincerely,

Thomas T. Haider, MD, Founder

CALENDAR

July 2nd -

CSF Clinic - Contact Steve Clute for details

July 19-23 -

Healthy Body Healthy Mind Program Student Recreation Center, UCR

July 23rd -

CSF Clinic - Contact Steve Clute for details

August 6th

CSF Clinic - Contact Steve Clute for details

CSF Health Fair - *Coming Soon!*

CSF

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Dr. Thomas T. and Salma Haider President and Founders

**SAVE THIS DATE
MARCH 10, 2005
CSF GALA
RAINCROSS SQUARE**

WELCOME NEW CSF COMMUNITY DIRECTORS

Loretta Holstein
Allen Sherafat, D.C.

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David Wood, M.D.

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