



North American Society for Pediatric and Adolescent Gynecology

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From the President *Janice L. Bacon, M.D.*

Dear Members!

My name is Janice Bacon, M.D., and I am extremely pleased to be serving the North American Society for Pediatric and Adolescent Gynecology as President for the upcoming year.

We had a wonderful Annual Clinical Meeting at the Hotel Intercontinental in New Orleans with 325 attendees. Our program had a diverse range of presentations, including keynote speakers on Early Puberty in Girls, "The Internet: A Valuable Tool or a Dangerous Toy" and our own Diane Merritt updating attendees on genital trauma. The Sir John Dewhurst lecture was given by Patricia Mitchell, "Achieving Equal Rights and Opportunities in the World for Women." The workshops were most stimulating and the luncheons and social events were also well attended.

This fall, we will be looking forward to our annual post graduate course. It will be October 15, 2005, in Montreal, Canada. Information about registration will be posted in the newsletter and on the Web site as soon as it is available. We hope you will join us for this wonderful fall meeting. It will be held just prior to the American Society for Reproductive Medicine Annual Meeting which will also be in Montreal. Our Executive Director will talk more about ASRM and its role in assisting NASPAG with meeting planning and accreditation functions.

NASPAG is making some wonderful updates to its Web site. Please check us out regularly (www.NASPAG.org). We hope you have enjoyed the two information pieces on labial agglutination and lichen sclerosis and that these have been useful to your practice. We are working on an email blast in order to keep members up-to-date in a timely fashion.

Please check with your local institutional library and make sure that they carry the *Journal of Pediatric and Adolescent Gynecology*. In addition to being able to access the journal in hard copy, you will be able to access other Elsevier publications through Science Direct. This will make available to you a huge number of additional references.

Watch for the Call for Abstracts for next year's Annual Clinical Meeting in Orlando, Florida, May 18-20, 2006. The abstract call will be issued with a deadline in late fall 2005.

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From the Executive Director

Joseph S. Sanfilippo, M.D., M.B.A.

WELCOME BACK, WELCOME BACK, WELCOME BACK

This reminds me of the old song and TV show "Welcome back, welcome back, welcome back, Kotter." Our meeting in New Orleans was an incredible success! Credit goes to the Program Committee under the leadership of Ellen Rome. Fine job and very well orchestrated. The 19th Annual Meeting, entitled "Issues and Answers in Pediatric and Adolescent Gynecology," proved to be a first-class forum for presentation of research. We learned about PCOS in adolescents and reviewed the most current literature. Challenging surgical cases, adolescent depression, anorexia, athletics and osteoporosis filled one morning of the program. Our president, Dr. Janice Bacon, aptly addressed "When to Pap or When Not to Pap." If your interests were in pediatric vulvar dermatology, then Dr. Jonathan Trager fulfilled your every wish as he discussed common vulvar skin disorders, their diagnosis and management. Our international guest, Dr. Dan Apter, President of FIGIJ (International Federation of Infantile and Adolescent Gynecology), conveyed very interesting information, which was entitled, "Bringing Europe to America-A Model to Improve American Health Care." Our named Lectureships continue to identify individuals who are in a leadership position and have a particular area of expertise. This year we called upon:

The Joseph F. Russo, M.D. Lectureship:

Dr. Daniel Broughton, Professor of Pediatrics at Mayo Clinic College of Medicine as he addressed: "The Internet: A Valuable Tool or a Dangerous Toy"?

The Alvin F. Goldfarb, M.D. Lectureship:

Dr. Paul Kapowitz, Professor of Pediatrics at George Washington University, presenting the lecture: "Early Puberty in Girls: What's All the Fuss About"?

Plenary Session Speaker:

Dr. Diane Merritt, M.D., Professor of Pediatrics and Obstetrics and Gynecology at Washington University focusing on: "When Jill Jumps Over the Candlestick; Evaluation and Management of Genital Injuries." *(continued on page 2)*

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From the President continued from page 1

I hope that you will feel free to email me at jbacon@medpark.sc.edu with any questions or suggestions that you may have. I am a charter member of NASPAG and of all the accomplishments we have had, it's the comradery of its members in the provision of excellent healthcare to children and adolescents that is most outstanding!

**NASPAG WAVES GOOD BYE
WITH A TEAR IN OUR EYE**

Patti Simmons
NASPAG Immediate Past President

What makes NASPAG so great? Why do we love our dear little society? The answer is so easy: the mission and the people. One of NASPAG's finest people is about to move on to new challenges. Carol Hangacs will be leaving NASPAG as Director for Education. Her contributions to the work of our society have been outstanding. In so many ways, Carol has truly been the face and voice of NASPAG to our membership. In addition to always having the answer to help a member best utilize the offerings of our organization, Carol has designed and managed our educational meetings with expertise and devotion. She has been a major participant in the work the Executive Board does on the membership's behalf, not only through logistical support, but through sound advice and guidance. Ironically, one of Carol's worthy and recent contributions has been in helping us best chart the future course of NASPAG. In her wisdom, Carol recognized that NASPAG's success is dependent not only on the enthusiasm and participation of its membership, but on the efficiency and effectiveness of its administration. Therefore, she wisely and generously helped us make a transition to a model of management whereby we will no longer be dependent upon one person, but rather have an organization fulfill the administrative and back room functions of the society. Does that mean we won't see Carol any more? Heavens no! Instead of serving NASPAG as an able and trusted administrator, Carol has been made an Honorary Member for life. We anticipate and welcome her continued involvement as an active participant in the life of our dear little society. NASPAG would not be the same or nearly so dear without her.

From the Executive Director continued from page 1

The Sir John Dewhurst, M.D.,

Lectureship:

Ms. Patricia Mitchell, President and CEO of Public Broadcasting Services. Her topic was: "Achieving Equal Rights and Opportunities in the World for Women."

Well, now it's back home for all who attended the meeting: NASPAG too is "back home," but now our new home, at least administratively, is in Birmingham, AL. I had the opportunity to visit and meet first hand with the Webmaster, the graphics designer and meeting planners. The next venture was with the accounting folks. I truly believe we are in good hands with our headquarters in Birmingham. Key personnel from Birmingham made it a point to meet with the NASPAG Board and address services and focus on the future development of our Society.

We are moving ahead and rapidly at that. As you read our newsletter, it comes to you both electronically as well as hard copy. We need to bridge the gap, communicate with each other as we grow beyond our adolescence.

**NASPAG
ADMINISTRATIVE SUPPORT**

Please welcome Senta Goldman who is in charge of administrative activities for the Society. Senta comes to us with a very impressive resume. Her management skills span from supervisor, payroll processing, accounting/booking skills on to liaison relations, grant and contract management as well as analytical and planning skills. In the short time Senta has been with us, since February of this year, she has accomplished much. Our Society is in good hands, we are financially very stable and are moving ahead from all aspects, i.e. Enduring materials, CME, liaison with other societies and one could go on and on. Contact Senta Goldman at: NASPAG@asm.org or (205) 978-5011.



Mark Your Calendar!

NASPAG went to New Orleans with a blast, next stop Orlando, Florida with electronic abstract submission. The 2006 NASPAG Annual Clinical Meeting will take place May 18-20, 2006, at the new Omni Orlando Resort in ChampionsGate, Florida. Abstract submissions will be electronic this year. We look forward to receiving your original research and case reports by the new abstract deadline of December 2, 2005. Watch for details in our *Call for Abstracts* this summer.

NASPAG PEARLS Annual Clinical Meeting 2005
Dr. Erica J. Gibson

Early Puberty in Girls: What's all the fuss about? (research)
Keynote Speaker: Dr. Paul Kaplowitz, M.D., Ph.D.

Fat Tissue is very easily confused with breast tissue. When concerned about early thelarche reexamine a girl on her back, when fat tends to redistribute itself over the chest. Breast tissue feels firmer than fat and is directly under the nipple.

- Important for PCP's who frequently refer for premature development

Bringing Europe to America - Models to Improve American Health Care

Speaker: Dan Apter, M.D.
from The International Federation of Pediatric and Adolescent Gynecology (FIGIJ)

Prevention of unintended adolescent pregnancies requires 4 elements: A desire to use protection; a good contraceptive method; ability to obtain the contraceptive method; and ability to use a contraceptive method

- Important because prescribing contraception is not always as simple as it seems

Ovarian Cysts: From Neonate to Adolescence (workshop)
Speaker: Julie Strickland, M.D., M.P.H.

Adolescents normally have 1-2 cm ovarian follicles which are often called "simple cysts" but are normal findings.

- Important given the number of referrals we have from emergency rooms and primary doctors who are concerned about these findings on pelvic ultrasound.

Ovarian cysts will not cause pain unless: they undergo torsion, rapidly expanding, leak or rupture

- Important in assessing pelvic pain when a patient has ovarian cysts.

Evaluation of symptomatic ovarian cysts.

Labs: Complete Blood Count, Pregnancy Test

Studies: Ultrasound

Rule Out: Appendicitis

Ovarian Torsion

Ectopic Pregnancy

Treatment: Observation and Pain Management

Laparoscopy for persistent pain and decreased hemoglobin

OCP's to prevent new cysts

- Important for PCP's to understand how to do an evaluation of symptomatic cysts

Monitoring of simple cyst: Serial ultrasound every 4-8 weeks

Resolution: Stop serial ultrasound

Partial Resolution: Observe clinically, consider serial ultrasound

Persistence: Consider monophasic OCP

No Change: Observe clinically, consider serial ultrasound

Resolution: Stop serial ultrasound

Growth: Consider surgery

- Important for PCP's to understand how to monitor simple cysts

More Pearls from NASPAG:
Dr. Unab Khan

Polycystic Ovary Syndrome and Androgen Disorders in the Adolescent Female (workshop)
Speaker: Samantha Pfeifer, M.D.

It is important to check 17-OHP (17 hydroxyprogesterone) levels during initial workup of oligomenorrhea.

In this workshop it was discussed that patients with Functional Ovarian Hyperandrogenism (FOH) can have Non Classic Adrenal Hyperplasia (NCAH) concurrently. NCAH can have variable clin-21-hydroxylase deficiency is still the most common cause of NCAH and the gene is carried not only by 1:30 eastern European Jews, but also by 1:40 Hispanics and 1:333 Italians. The patient may not require treatment, but it is important to recognize the condition, because the patient may give birth to a virilized female if not treated during pregnancy. 17-OH Progesterone levels should be checked early in the morning, during the follicular phase of the patient's menstrual cycle.

Even More NASPAG Clinical Pearls:
Dr. Jane Chang

Ovarian Cysts: From Neonate to Adolescence (workshop)
Speaker: Julie L. Strickland, M.D., M.P.H.

In addition to CBC, imaging, tumor markers, and hormonal markers, include thyroid screening in the evaluation of a prepubertal ovarian cysts, as hypothyroidism can be associated with large ovarian cysts.

Acne for the Primary Care Clinician (workshop)
Speaker: Robert T. Brown, M.D.

Acne treatment starts with good skin care...recommend mild soaps with a neutral pH (i.e., Neutrogena glycerin soap bars). Ivory soap has a high (alkaline) pH and is not good for skin with acne. Tell patients that it may take 6-8 weeks to see initial results, and that peak efficacy of treatment is at 8-12 weeks.

Early Puberty in Girls: What's All the Fuss About? (research)
Keynote Speaker: Paul Kaplowitz, M.D.

Premature thelarche is the isolated early growth of breast tissue without other signs of puberty, most often seen in girls less than 3 years old. If growth is normal (not accelerated) and breast size changes little over time, it can be followed clinically without lab tests or referral.

Drs. Gibson, Chang, and Khan are postdoctoral fellows in Adolescent Medicine at the Albert Einstein College of Medicine, Children's Hospital at Montefiore.

NASPAG Needs Your Email Address

The central office needs your email address and any change in street address so we can keep the membership list up-to-date. Be better informed and keep your mail current. It is important that we have your email address: the next issue of *NASPAG News* will be sent electronically and we don't want you to miss anything!

Please send your email address to:
NASPAG@asrm.org

NASPAG ANNUAL CLINICAL MEETING AWARDS & PHOTO ALBUM



2005 Huffman Capraro Award Winner
Karen Fuchs, M.D. (right), and
Diane Merritt, M.D.



2005 Best Poster Winner
Jill S. Huppert, M.D., M.P.H. with
Joseph S. Sanfilippo, M.D., M.B.A.

*Congratulations to the
2005 NASPAG Winners:*

**2005 Huffman Capraro
Award Winner
Karen Fuchs, M.D.
“Management of High-Grade Cervical
Neoplasia in Adolescents”**

**2005 Best Poster Winner
Jill S. Huppert, M.D.
“Epidemiology of Non-Sexually Transmitted
Vulvar Ulcers in Pediatric and
Adolescent Females”**

**2005 Laufer Award Winner
A.R. Giuliano, Ph.D.
(no photo available)
“Immunogenicity of a Prophylactic
Quadrivalent Human Papillomavirus (Types
6/11/16/18) L1 Virus-Like Particle (VLP)
Vaccine in Young Women”**



(left to right) Dr. Judith T. Burgis, Dr.
Julie Strickland, Dr. Marc Laufer, and
Dr. Elizabeth Quint



David Muram, M.D., and
Janice L. Bacon, M.D.

