Correction to the March Newsletter

Last month's newsletter stated the following concerning the introduction of a new College Board member:

**Scott S. Field, MD, FCP**
Hails from Huntsville, Alabama. In June, 2014, he wrote his first research paper, "Interaction of genes and nutritional factors in the etiology of autism and attention deficit/hyperactivity disorders: A case control study" which was published in Medical Hypotheses.

The Correction is that Dr. Field's paper was published in June, 2014. The actual writing took place over 2 years prior to the publication, albeit with modifications along the way.
Our apologies to Dr. Field!

"Family: The Best Medicine"
Please visit and familiarize yourself with The Family Cycle. The Family Cycle illustrates the importance of the married father-mother family unit in a child's life, and the necessity for parents to invest early.

Patient Handout Series
Presents:
Tips for Step-family Success

Helping Blended Families
About 40% of families with married parents & children in the United States are blended families. The average step-couple has about three times as much stress as married couples of non-blended families. Children in blended families also typically face greater levels of family conflict, especially while the family is integrating (compared to nuclear family children) and are at increased risk for behavioral problems, health problems, and substance abuse. Step-parents need support and education to lead a successful step-family and help create a stable, nurturing environment for the children of the new family unit. Check out the new College handout Tips for Step-family Success as a resource for educating stepparents.

Contact Arm & Hammer
There's a new controversial reality series: Sex Box on WE TV, and Arm & Hammer has chosen to sponsor it. Contact Arm & Hammer to let them know that consumers do not support such advertising choices.

The Parents Television Council is making a difference! The Federal Communications Commission (FCC) announced last month that a television station has been fined $325,000 (the maximum amount allowed by law) for broadcasting indecent content.

Teens don't need more reality shows like this to pique their curiosity even further than their hormones already do. Encourage your teen patients to commit or recommit to abstinence, the healthful choice. Visit this page on the College website: Incidences and Consequences of Sexual Activity. Incidences and Consequences of Sexual Activity.

ONE of many reasons why the College supports marriage
Criminologists have known for some time that marriage dampens criminal impulses. Progressive theorists are suggesting that cohabitation suppresses crime in the same fashion. But the facts are revealed in a study recently completed by a team of researchers from four Universities. This new study demonstrates conclusively that while marriage continues to depress criminality, cohabitation
still does not, despite its unprecedented prevalence.

See the full story here at Family Edge of Mercatomet.com, as well as their seven tips for a happy marriage!

Marriage reduces crime, which improves society and ultimately helps children, too.

April 25, 2015: March for Marriage

Students for Life - Campus Tour: When do human rights begin?

Students for Life is crisscrossing the nation, visiting campuses from California to Massachusetts educating students on what biology has already proven - that human life begins at conception.

We invite you to sponsor a mile for $15 and help these students accomplish their mission.

Music and Unborn Babies

Music affects our body in many ways - including influencing our blood pressure, heart beat, and respiratory rate. Researchers at the Max Planck Institute in Germany found that music seems to have an especially strong influence on pregnant women. They speculated that these responses helped condition the unborn baby to music.

By 28 weeks gestation, the heart rate of the unborn baby changes when he/she hears a familiar song, and by 35 weeks, the unborn baby changes movements when listening to known music!


For further interesting facts and practical ideas visit Prescriptions for Parents. To subscribe to the newsletter alerts from Prescriptions for Parents, contact md@physicianscenter.org.

The link between divorce and adolescent drug use

Public health authorities consider marijuana to be not only a dangerous substance but also a gateway drug. In legalizing marijuana, however, lawmakers in some states have ignored this widespread perception. The judgment of these legislators looks even more suspect in the light of a new Swiss study (Bryce J. Christensen and Nicole M. King, forthcoming in "New Research,"Family in America. Study: Severin Haug et al., "Predictors of Onset of Cannabis and Other Drug Use in Male Young Adults: Results from a Longitudinal Study," BMC Public Health 14.1 [2014]: 1,201. Web) that also raises doubts about the judgment of the lawmakers behind the no-fault divorce revolution in all fifty states, a revolution exposing unprecedented numbers of American children to the trauma of parental divorce. Parental divorce, this new Swiss study reveals, is a prime statistical predictor of which young people end up using marijuana-so making themselves vulnerable to all of the associated perils.

See the full story at Family Edge of Mercatomet.com.
See the following College statements on these issues:

**Effects of Divorce**

**Marijuana Use: Detrimental to Youth**

Understand the relevance of **The Family Cycle**!

---

**SIGN THIS PETITION and reform MOC for pediatricians**

The American Board of Internal Medicine (ABIM) says it’s listening to its members about Maintenance of Certification. On the other hand, the American Board of Pediatrics (ABP), which has more income, more assets, more in the bank, and more highly paid executives than the ABIM, says there is no need for a change. The ABP says that 95-plus percent of MOC test takers pass. (If so what does the test prove?) Meanwhile according to the 2012 IRS Form 990, ABP paid the testing service $1.7 million, their (past) president $1.3 million, and 2 VPs between $500 and $600 thousand each year. That's part of the $14 million total they paid in salaries. Their income was $27 million that year and it goes up every year. They had $74 million in investments, with income from that of $1.7 million, and $93 million in total assets. Don't we wish we could start a money machine business like the ABP?

To view the recently announced changes to the Maintenance of Certification (MOC) process for board certified internal medicine specialists and sub-specialists, effective immediately please open their website [here](#).

As pediatricians, we also believe our MOC process should change.

Let us start with commonalities: we believe in lifelong learning. We believe in setting high standards for ourselves and those within our profession. We believe in scientific advancement, research, and exceptional patient care.

But we do not believe that the current maintenance of certification (MOC) process best suits these goals. MOC has not been shown to improve patient care and is time consuming, and expensive. Moreover, we believe that continuing medical education (CME) - as already required by most state licensures - is a sufficient means of ongoing learning.

We support a process in which a qualifying physician has to pass an initial certifying exam once. All board certificates should be valid for the duration of one’s practice, without the need for self-assessment tests (Part 2), recertifying exams (Part 3), or performance in practice modules (Part 4).

The National Board of Physician and Surgeons (NBPAS) is an alternative medical board for all physicians with reasonable fees and certification standards, recently created by practicing physicians in direct response to the failure of our boards to listen and adapt to diplomate concerns about MOC. We encourage you to discuss this issue with your colleagues, ask your hospitals to accept the NBPAS certification for credentialing, and consider joining NBPAS by visiting [https://nbpas.org/](https://nbpas.org/).

By [signing at this link](#), you will affirm that:

1. American Board of Pediatrics Certification should be lifelong and not linked to licensure, hospital, or insurance credentialing with appropriate CME being adequate to maintain Board Certified status

2. The certification standard of the National Board of Physician and Surgeons, requiring initial board certification followed by yearly CME, is a fully adequate and reasonable alternative for pediatric certification

---

**When The College Speaks: Your Voice is Crucial**

Visit **In the Media**, click on any article’s link and comment to promote the College’s positions today!
Attention Medical Student members
The Academic Consortium for Integrative Medicine & Health, in collaboration with the American Medical Student Association (AMSA) Foundation is seeking medical students with a strong interest or experience in integrative medicine (IM) and an interest in assuming leadership roles in IM to participate in the Leadership and Education Program for Students in Integrative Medicine (LEAPS into IM). This week-long intensive program is an incredible opportunity for medical students to learn leadership skills that will help them become leaders in their home institutions. It will also provide them education and integrative self care training from experts in the field.

The program will focus on Integrative Medicine education, leadership skills, and developing IM project to implement at their own home schools. Once accepted into the program, students are eligible to apply for a $200 grant to fund their projects.

Here’s a link to the website and the application.

Applications are due April 15th at 12 am EST.

We are very excited about this program, and are hoping to have many interested students and budding leaders join us in Oceanside, CA this June!

ACLU sues Skagit Regional Health over abortion services
The American Civil Liberties Union (ACLU) of Washington State filed a lawsuit today in Skagit County Superior Court accusing Skagit Regional Health system of failing to provide abortion services equivalent to its maternity services.

Read the full story here.

Better maternal health results when abortion laws are less permissive
The study, conducted by the MELISA Institute along with an international panel of researchers, compared a standard indicator of maternal health known as maternal mortality ratio (MMR) between 18 states with less permissive legislation and 14 states with a more permissive law, during a 10-year study period between 2002 and 2011. See the full study here published in the British Medical Journal.

Children need a mother and a father

What about equality for kids?

Legislative Matters
The following are legislative matters that could benefit from your action. Please click on the links to read a synopsis.

- **Pain Capable Unborn Child Protection Act** - the National Committee for Human Life Amendment urges you to send an e-mail to Congress.
- **Assisted Suicide update**: The Colorado House of Representatives' rejected a proposal to legalize physician-assisted suicide in that state. To date the following state legislatures are considering such proposals: Alaska, Pennsylvania, California, New York, Nevada, Connecticut, Montana, Wisconsin, New Jersey, Maryland, District of Columbia, and Massachusetts.
- **S. 262, the Runaway and Homeless Youth and Trafficking Prevention Act** has a misconceived nondiscrimination clause that will undermine the rights of faith-based
social-service providers or even cause many of them to be excluded from these grants. You can help by contacting your Senators here and encouraging them to preserve religious freedom.

Geneva Declaration on Prenatal Care - PLEASE SIGN

The Geneva Declaration on Perinatal Care was launched at the United Nations in Switzerland. Already it has been signed by more than 250 medical practitioners and researchers, and has been endorsed by almost 30 disability and advocacy groups such as SOFT and the International Trisomy Alliance.

This Declaration is a global statement of medical practitioners who affirm that the term, "incompatible with life", is not a medical diagnosis and should not be used to describe an unborn baby who has received a diagnosis which mean they may not survive birth or live for very long after birth.

In full the Declaration reads:

The Geneva Declaration on Perinatal Care
As medical practitioners and researchers, we declare that the term "incompatible with life" is not a medical diagnosis and should not be used when describing unborn children who may have a life-limiting condition.

We acknowledge that there exists no medical necessity to terminate such pregnancies in an otherwise healthy mother.

We fully support the development of perinatal hospice services for families who are told that their unborn child may not live for very long in the womb or after birth.

Please sign it here [http://www.genevaperinatalcare.com/](http://www.genevaperinatalcare.com/) and feel free to share it with others.

Some history on sex education

Following World War I an estimated 50 to 75 percent of American men were infected with a sexually transmitted disease (STD); in thousands of families, an STD killed one, two, even five of their children; and an incredible 30 percent of all blindness was attributed to STDs. The transmission of STDs was an urgent concern of national health and security - so serious, in fact, that soldiers were court-martial-ed if they were found to be infected.

See the full story here at Mercatornet.com.

One clinic rescuing healthcare

A free clinic in New Jersey is doing its part to save healthcare in America and provide services to those who need it the most.

Read the story here at The Daily Signal.

Fast Fact of the Month

"In the United States, about one out of every six people aged 14 - 49 years have genital herpes.(1)"

For more information on Genital Herpes, visit this link at the Medical Institute for Sexual Health.
**Vaccine, vaccines, vaccines**
The topic of vaccines is constantly making the news. Why is there so much misunderstanding on this topic? What can we do to better educate parents and make this an easy choice for them? More and more pediatricians are capitulating to parents’ wishes to delay or avoid vaccines on their children. Parents are afraid of vaccines based on (often inaccurate) information in the media. Do most pediatricians doubt the efficacy of vaccines? Simply put, no. It’s more about keeping a family from leaving their practice.

Do you have any materials or suggestions from your experience to help parents understand the importance of not only vaccinating their children but also adhering to a recommended schedule? We’d love to share your ideas with other members. Send us an email to admin@acpeds.org.

**Autism - observation vs screening tools**
Physicians must be very careful about letting their clinical judgment override formal screening results. Screening instruments are not perfect, but in the area of child development, studies have found that formal screening results are better at identifying potential problems than clinical judgment alone. We encourage clinicians to take advantage of formal screening instruments to provide the best care for their patients. See the full article here at Medscape.

**Obesity in America**
The Harvard School of Public Health estimates that obesity accounts for over 20% of America’s healthcare related expenses at about $190 billion. The cost in lives is equally staggering - 18% by Columbia University’s estimates. With so much at stake, continuing efforts to educate the public about obesity is paramount to fighting this threat to our individual and collective health.

Share this short video with your patients, families and friends, and read this, A Different Perspective on the Obesity Epidemic, written by the new College Vice President, Dr. Quentin Van Meter.

**In the News**
- Scientists grow kidneys of aborted babies in animals
- Link between fluoride and hypothyroidism?
- Teen suicide risk differs between genders
- Eye tracking test may detect concussion
- The British parliament voted to allow scientists to create three-parent genetically-engineered embryos
- Half of US teens have tooth decay
- IVF Hyperstimulation Promotes Cardiac Dysfunction in Child CME
- Title V Sexual Risk Avoidance Program Passes With House "Doc Fix" Bill

**Quote of the Month**

"The best way to find yourself is to lose yourself in the service of others."

-Mahatma Gandhi