Fathers Still Needed!

Scholarly research backs up common sense: fathers bring unique gifts to parenting.

Established research confirms the merits of involved dads. Emerging research goes one step further, showing that men are actually transformed by the experience.

See this article about the research shared in a new book, *Gender and Parenthood: Biological and Social Perspectives*, edited by W. Bradford Wilcox and Kathleen Kovner Kline.

One of three lies that has built a revolution

The death of Matthew Shepard, a gay 21-year-old student at the University of Wyoming in Laramie, has become a symbol of American homophobia and a shibboleth of the anti-gay bullying movement. In October 1998 he accepted a lift from two locals, Aaron McKinney and Russell Henderson. They drove him to a field, robbed him, pistol-whipped him, tied him to a fence and left him to die.

The myth is that Matthew Shepard was martyred by redneck homophobes. A stunning new book, *The Book of Matt: Hidden Truths About the Murder of Matthew Shepard* by Stephen Jimenez (who happens to be a gay journalist) debunks this.

Mercatornet.com in this article explains how this vicious incident has become the most notorious anti-gay hate crime in American history. Shepard became a martyr: a gentle soul who had been murdered simply because he was gay. The reaction was immense. But Stephen Jimenez, in his new book, debunks this hagiography. After interviewing more than a hundred people, including the murderers, he has concluded that the murder had little to do with Shepard's sexuality and a lot to do with drugs.

*Turns out, that America’s most reviled hate crime was not a hate crime after all.*

Mercatornet.com goes on in this article - not to be missed - to explain other lies in history that have formed the base of the revolution we face.

Notes from the College Bi-annual Board Meeting

The College Board of Directors assembled in September for the semi-annual meeting and were rejuvenated with presentations and ideas
Christopher Ferrara, Esq.

about furthering the mission of the College. The Board created an official Consultant position and was honored to have it filled by Christopher Ferraro, Esq., from Virginia. Chris is a pro-life, pro-family attorney specializing in First Amendment and civil rights law. He gave a stirring presentation to the Board, which may be viewed in the Members’ Section along with other presentations from this meeting.

In the next six months the College plans to focus on topics of Sexual Responsibility, Nurturing the Family, the Costs of Divorce, as well as planning for the 2014 national meeting, and development of a non-physician donor base.

Dear members, please feel free to contact the College anytime to share your thoughts.

Back row, left to right: Joe Zanga, Phil Kaleida, Scott Spies, Jeff Brewster, Mark Grubb. Front row, left to right: Don Hagler, Patty Lee June, Jane Anderson, Den Trumbull, Michelle Cretella and Chris Ferrara. Not pictured: Quentin Van Meter, Tom Benton and Randy Matthews

Quebec study shows children on ADHD meds do NOT improve school performance

Four thousand children in this study over an 11 year period and the results showed no long term benefits with medications (on test scores, GPA's or repeating grades).

See the article about the study here. And a copy of the actual study can be found in this link.

Pertussis outbreak continues in North Carolina

As of August, 326 cases of pertussis have been identified by public health officials in North Carolina alone highlighting a need for an increased focus on prevention and immunization.

Those most vulnerable are those who are too young to have finished the primary immunization series.

Three possible strategies according to C. Mary Healy, MD, as presented here at Healio are, Neonatal immunization with the monovalent acellular pertussis vaccine. With maternal immunization safety is a big consideration, as well as timing to gain the optimal antibody transfer.
Cocooning presents the most difficulties because all infant caregivers should be targeted, according to Healy. "Post-partum women, fathers, contacts of infants and health care providers all need to be immunized in this strategy," Healy said.

"If it takes a village to raise a child, you better make sure the village is vaccinated."

Healy concluded that matemal immunization is the most promising strategy overall, but that cocooning, while necessary, presents the biggest challenges.

College Board member, Dr. Scott Spies speaks on the Pertussis issue on a [local TV station](#). Scott Spies, MD, helps raise 100K for [Pediatric Brain Tumor Foundation](#). On Drew's 10th birthday and the one-year anniversary of successfully completing radiation treatments for a malignant brain tumor - he and his pediatrician, Dr. Scott Spies (College Board member), of Novant Health Matthews Children's Clinic in North Carolina, participated in Ride for Kids - a charity ride that raises money for the Pediatric Brain Tumor Foundation.

Headquartered in Asheville, the ride takes place at various locations across the U.S. and has raised more than $12 million for Duke University's Tisch Pediatric Brain Tumor Foundation since its inception in 1984.

Drew began a series of 30 radiation treatments - one treatment almost every weekday - and received his final treatment on the Friday before his ninth birthday. On Oct. 4, 2012, Drew was officially cancer free. He returns every three months for follow up MRIs, but life is otherwise back to normal, and Drew has been able to resume the activities he loves - baseball, golf and playing outside.

"Knowing that he'd been through so much this year and, obviously, having seen him since birth, it made it that much closer to home," Spies said. "... It's kind of a fun way to celebrate a year of victory and by giving God the glory."

Excerpted from [Matthews-Mint Hill Weekly](#) Newspaper.

[Disappointing Disney Brings Lesbian Mothers to TV Program](#) The Disney Channel is planning to feature a married lesbian couple on "Good Luck Charlie," a popular children's sitcom. [Read more here](#). Contact Disney and share your opinion.

[Sponsor(s) wanted for Hilton Head meeting in 2014](#) The College is planning a national meeting for July 2014 in Hilton Head and we are looking for a sponsor or two to offset the expense.

At the 2012 meeting, three College members donated a total of $3600 to offset the cost and this was a great help.
Would your practice like to be a sponsor? You can make an overall contribution or sponsor a particular portion of the meeting, eg, food, communication, CME accreditation, etc. Contributions can be made in increments on a monthly basis and targeted specifically for this function. Remember that the College is a 501(c)(3) non-profit so all contributions are deductible. All gifts, no matter how large or small, are appreciated!

**Sexual Risk Avoidance**

Vice President Michelle Cretella, MD, wishes to share information regarding Creating Positive Relationships. This is an abstinence-centered sexuality education curriculum that is focused upon building character in young people, and upon empowering them to develop healthy relationships that will benefit their communities and society. Dr. Cretella has been a certified instructor of this program for three years and has taught it in both public and Catholic middle schools with positive feedback from students, parents and faculty.

Creating Positive Relationships helps students recognize the qualities of healthy relationships - both non-romantic and romantic, as well as the issue of dating violence - and also takes a whole person adolescent health approach to sexuality education. The program covers not only physical ramifications of becoming involved sexually as a teen, but also the mental, emotional and social implications of the decision.

The program helps students understand some of the reasons teens become involved sexually and how to resist negative peer pressure and formulate a plan to avoid risky behaviors. The program uses multiple methods for teaching: demonstrations, skits, some humor, audio/video and a lot of class participation. Students who complete the five-day course are not only armed with information to help them make sound decisions, but they also know how to avoid situations where they may be pressured into making unhealthy and/or unwanted choices.

For more information including the groups follow-up & effectiveness studies visit the link: [http://www.creatingpositiverelationships.org/](http://www.creatingpositiverelationships.org/)

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**Flip the Clinic!**

What if we fundamentally changed the nature of the doctor-patient visit, in order to improve patient understanding, provider efficiency and health outcomes?

Flip the Clinic is a new way to think about how we deliver health care - and how we engage in our own health. It's part of a new culture of health that is empowering, balanced, and effective. Learn everything there is to know about this project at FliptheClinic.org.

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**Measles outbreak in Texas causes concern in Oklahoma**

As of August, there have been at least 11 cases of measles this year in Texas, according to a press release from the Texas Department of State Health Services. A health alert has been issued, and officials are urging everyone to be immunized against measles.

The Oklahoma State Department of Health is alerting Oklahoma health care providers to consider measles when diagnosing patients with compatible symptoms who have traveled to the North Texas area.
18 days before symptom onset.

Measles is highly contagious and can be very serious. Other, larger outbreaks have occurred this year in New York. Especially with a growth in immigration and global travel, the importance of immunization cannot be overstressed.

The College reiterates its commitment to the immunization of infants, children and adolescents according to the published reports and schedules of the Advisory Committee on Immunization Practices (ACIP) and the Centers for Disease Control (CDC). The College reminds parents that their child's pediatrician is the best source of information about what is best for each child. For more information of childhood immunizations, visit the Vaccine Education Center or the Centers for Disease Control (CDC).

Marriage for Life - keeps the doctor away!

Armed with fifty years of age-specific marriage and health data representing 9,000 men and women born between 1931 and 1941 who participated in the biannual waves of the Health and Retirement Survey between 1992 and 2000, Matthew Dupre and Sarah Meadows calculate what they call the hazard rate (the instantaneous probability of an illness or health event occurring at a certain age, given it has not already occurred) by gender of various life trajectories. Dupre and Meadows(1) found that marriage duration correlates with lower rates of diabetes, cancer, heart attack, and stroke. The preventative effects of marriage duration at a certain age were greater for men than for women, even as the effects were statistically significant for both genders.


For a snyposis of the research visit this article at Mercatornet.com.

Public in a Haze About Marijuana's Safety

Although marijuana is increasingly viewed as a relatively safe recreational drug that even may have some medicinal benefits, a new review of more than 120 studies underscores that the drug is not as harmless as perceived - particularly for adolescents.

For some people, including some adolescents and even adults, as well as those with mental health problems, cannabis can have devastating effects on brain development and is associated with clear adverse outcomes, such as addiction to other substances and mental health problems.

See this study published in Neuropharmacology, and read the commentary at Medscape here.

Severe Obesity in Kids - a Crisis

About 5% of children and adolescents in the US are severely obese and at high risk for developing type 2 diabetes and premature heart disease, says the American Heart Association (AHA) in a new scientific statement, also endorsed by the Obesity Society.

Evidence suggests that severe obesity in childhood is associated with an adverse cardiovascular and metabolic profile.
Treatment options for children with this level of obesity are limited, as most standard approaches to weight loss are insufficient for them. See the article here at Medscape.

For one pediatric endocrinologist's perspective on the obesity issue, visit this link on the College website.

**Community-Associated MRSA on the Rise in Children**

Community-associated (CA) invasive methicillin-resistant Staphylococcus aureus (MRSA) is on the rise in children, particularly in infants younger than 90 days and in black children.

More than 80% of the hospital-onset and healthcare-associated community-onset MRSA cases were in patients with underlying conditions compared with only half of the community-associated cases. The proportion of community-associated infections was greatest in children aged 5 to 10 years of age. Read the full report at Medscape.com.

**Delivering Pediatric Primary Care Services: A New Model**

The implementation of the Affordable Care Act (ACA) is but one driver leading to a number of changes in the way care is delivered to children, both in the community and in the hospital setting. Medscape spoke with Denice Cora-Bramble, MD, MBA, Chief Medical Officer (CMO) for Ambulatory and Community Health Services at Children's National Medical Center (CNMC) in Washington, DC, about the innovative ways in which her institution is responding to the changing healthcare delivery model.

Stay abreast of the changes and how they may impact you and your practice. Visit this link to the article from Medscape.

**Be Aware: the latest (abused) drugs of choice**

- Bath Salts
- Synthetic Cannabinoids
- *Salvia divinorum*
- Insufflation of Prescription Drugs
- Energy Drinks
- Methoxetamine (MXE)
- Piperazine
- Acetyl Fentanyl
- Dextromethorphan (DXM)
- Cough Syrup with Codeine
- Ecstasy, or MDMA (Molly)

**Help, My Child Can’t Concentrate!**

With the start of school, parents may raise the all too common question of whether their child's inattention in class is due to ADHD. College members may want to use this College Inattention handout to discuss the matter with the parent. A Pediatrics study revealed that short sleep duration and sleeping difficulties are related to behavioral symptoms of ADHD. Short sleep increases behavioral symptoms, regardless of the presence of sleeping difficulties. The findings suggest that maintaining
adequate sleep schedules among children is likely to be important in preventing behavioral symptoms.

More Patient Information Handouts may be found on the College website.

**Expenses for Physicians Inflate but is healthcare improving?**
At the very top of the list of increased expenses for physicians is the amount of money invested in technology: desktop computers, tablets, electronic health records (EHRs), etc. While these technologies may not bring increased revenues to the practice of medicine, the question remains, "will the increased use of these technologies demonstrate a return on the health outcomes of patients?"

Share your thoughts and your experience on this topic. Send us an email.

**Don't be fooled: the hook up culture hurts boys too**
Much has been made about the danger of the "hook up" culture to girls. In this article, Focus on the Family explores the topic of the hook up culture and how it impacts our boys.

**Quote of the month**
"Contentment is not getting what we want but being satisfied with what we have."

**Understanding Same-Sex Attraction**
We are excited to announce the release of Family Watch International's (FWI) much anticipated new VIDEO documentary, Understanding Same-Sex Attraction.

We are certain it will be a major tool in helping people across the world better understand homosexuality.

This documentary is an eye-opening experience for many as it presents clear evidence showing that people are not "born gay" and that many people with unwanted same-sex attraction have been able to change. They summarize the research data, include interviews with top experts in the field, and present powerful testimonials from four men who speak honestly, openly and compellingly about what it was like for them to develop same-sex attraction and live the homosexual lifestyle. They then discuss their experiences with therapy that helped them to develop a healthy heterosexual sexual orientation.

FWI has also released an extensive new policy brief, Laws Banning Sexual Orientation Change Therapy are Harmful and Violate Fundamental Human Rights.

Congratulations to FWI on this compassionate presentation.

**What drives patients (or their parents) crazy**
Most patients actually like their doctors - a lot.
But, some things cause smoke to emerge from their ears.
The two most common issues are (a) running late; and (b) undecipherable bills.
Running late:
The world has changed. Gone are the days when a patient would wait dutifully for an hour in a chair surrounded by crusty copies of Field and Stream. Everyone is busy. Patients have day jobs. They have kids to pick up. They have lives.

But treating patients can be a matter of life and death. It is not always possible to tell the patient her 12 minutes are up.

Most patients are reasonable. If you manage their expectations and give them choices, they are appreciative. If you are running significantly late, let them know. Give them the opportunity to wait longer or reschedule. Put the ball into their court.

Next, the old principle of under-promise, but over-deliver. I was on hold with tech-support last week. The recording warned I would be waiting for 25 minutes. Imagine my pleasant surprise at minute number nine when I was greeted by "Bob" who solved my problem in 5 minutes.

Communicate. Give patients meaningful choices. Under-promise, but over-deliver.

Undecipherable bills:
The principle for solving a conflict over money is as above. Communicate upfront effectively so there are no surprises. In the medical world, patients don't relish surprises.

If possible, present patients an easily, understood written plan of action vis a vis cost. This is not always possible, of course. But, patient buy-in upfront will prevent many a misunderstanding down the road.

Communicate upfront about money - and set reasonable expectations.

Most patients are appreciative. To the extent some patients express irritation, it's often about items that can be prevented with a modicum of planning.

Managing your patients’ expectations adroitly is the story you want them telling their referring doctors, their friends and family, and the world when they use the Internet.

(Source: E-Merit)

Benefits of Family for Children and Adults
The intact family appears to offer a myriad of benefits for adults and children. The married home tends to provide a safer and healthier home environment. On average, children in intact families fare better in school, exhibit fewer behavioral problems, and are more likely to form healthy romantic relationships as adults.

See all the benefits delineated at FamilyFacts.org.

The "left's" three techniques on marriage re-definition - and how to counter them
The "left" has had some success in its push to redefine marriage, for readily apparent reasons: They dominate the media, they dominate the academy and, they dominate the courts. Certainly dominance in the elite sectors of opinion-shaping helps.

We all should treat people on both sides of the marriage issue with respect. The debate over the
meaning and purpose of marriage will continue, and we should conduct it in a civil fashion. The only way the bullies win is if we choose to be intimidated into silence.

Read the full article here by Ryan T. Anderson of The Heritage.

Adoption - a request from the American Association of Pro-Life Obstetricians & Gynecologists (AAPLOG)

Dear Pro-Life Colleague,

Psychologist Priscilla Coleman has written extensively regarding abortion and related issues. See: http://www.wecareexperts.org/ for abundant resources.

CAN YOU HELP?
Priscilla is doing a research project that will study adoption experiences of birth mothers in the U.S. and in Australia. Please take a look at the attached flyer that gives information, and then forward to any individuals or organizations that you think may be able to help in making the information available to potential study participants. Thank you!

New Abortion Pill Proposed as "Post Fertilization Contraceptive"

Researchers writing in the Journal of Family Planning and Reproductive Health Care are seeking funding for development of a pill which they propose as a "post fertilization contraceptive pill", in other words, an pill to induce abortion. The pill is described as "A contraceptive tablet that acts like the morning-after pill but could be taken up to a month after sex."

See the full article here at Parliamentary Network for Critical Issues (PNCI).

Despite the verbal gymnastics which try to redefine an embryo as a "fertilized egg", the science is clear that once the fusion of sperm and egg membrane occur, the "sperm cell" and "egg cell" no longer exist. What does exist is the one-celled embryo called a "zygote", which divides to become a two-celled embryo, then a four-celled embryo, etc.

In addition, anyone concerned for women's health has to be worried about the use of such a powerful hormonal drug on women's health. The morning-after pill, taken up to 72 hours after intercourse, has proven to have serious, and sometimes deadly, side effects. This proposed pill, effective up to 4 weeks after sex, would be significantly stronger with greater short and long-term effects on a woman's health but as we tragically know, main stream media appears content to ignore research that demonstrates the dangers of hormonal contraceptives, as well as links between abortion and breast cancer.

Thanks to Diana Matthews and Dr. Scott Spies for their edits!

LIKE US on Facebook!
Do you have a Facebook account? Or maybe your kids or friends or spouse? Go to this page and click "Like": https://www.facebook.com/ACPeds
Did you know that the College developed a website www.FactsAboutYouth.com in 2008 to provide accurate information for physicians, schools, parents and adolescents on the issue of sexuality? This website has resources that we invite you to share with patients and educators as well as policy makers.