The Latterman Letter

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A WORD FROM THE RESIDENCY DIRECTOR

I hope you are enjoying the warm beautiful weather of summer. Sitting on my back porch enjoying nature with my dog is one of my most relaxing activities this time of year. However, the summer is always a busy time at Latterman. New residents start July first and you will see some bright new faces here ready to be your doctor. We introduce them each year in this issue of the Letter. Also we are seeing many children now with back to school questions and needs. The vaccine requirements have changed. Children from grades K through 12 need 4 doses of tetanus and diphtheria with one after the 4th birthday, or 3 doses if the immunizations were started after age 7. They need 2 doses of mumps, measles and chicken pox, at least one dose of rubella and 3 doses of polio and hepatitis B vaccines. For grades 7-12, a booster of tetanus, pertussis and diphtheria is needed plus the meningitis vaccine. Two doses of Hepatitis A vaccine is recommended but not required.

Often there are also requests for specific examinations. The sports physical is a very important exam. Dr. Cathee McGonigle has special expertise in sports medicine and has written a good article explaining the new requirements for this exam. If your child plays sports, you will want to read this article. Enjoy The Letter this month. As always it is a privilege to serve you.

William H. Markle, M.D.

Spotlight on Latterman Faculty and Attendings

Nina Tomaino has been the Behavioral Scientist with the UPMC Family Medicine Residency for the past 25 years. She was born in Italy and grew up in Wilkinsburg. She attended the University of Pittsburgh and obtained a degree in Psychology and Sociology. Nina received her first Master’s degree in Educational Counseling at American University and a follow-up Master’s degree in Clinical Psychology from Duquesne. She has always enjoyed seeing patients and providing counseling to stabilize psychosocial concerns. In her off time she enjoys traveling and learning about different cultures and languages. Her plans are to retire this November and she will be greatly missed. Many patients and our own staff have benefited greatly from her wise counsel and knowledge of community resources. She wishes everyone at Latterman and in the community continued success.

IMPORTANT!!
Starting 9/1/08 New Guidelines will be in effect for the Latterman Laboratory. See below.

1. ONLY THOSE WHO HAVE A PRIMARY PHYSICIAN AT LATTERMAN WILL BE ABLE TO HAVE THEIR LAB WORK DONE IN OUR LAB. PRESCRIPTIONS FOR LAB WORK WRITTEN BY A PHYSICIAN WHO DOES NOT WORK AT LATTERMAN WILL NOT BE DRAWN AND THE PATIENT WILL BE REDIRECTED TO ANOTHER LAB.

2. ALL BLOOD WORK WILL NEED TO BE SCHEDULED AHEAD OF TIME BY CALLING THE HEALTH CENTER AT 412-673-5504. TELL THE RECEPTIONIST YOU NEED TO HAVE LAB WORK SCHEDULED AND THEY WILL GIVE YOU AN APPOINTMENT.

THANK YOU FOR YOUR COOPERATION.
NEW CHIEF RESIDENTS

**Ingy Ayad, MD** grew up in a family with both parents as doctors. She states, “I admired them a lot and loved how they were able to help people. Since my early childhood I dreamed of being like them.” After graduating from the University of Alexandria Faculty of Medicine in Egypt she held a house officer job for one year. She then began a new life in New Zealand with her husband, Ezzat and her 5 month old daughter, Rita. After 2 years there, she and her family moved to U. S so Dr. Ayad could pursue her residency in Family Medicine at UPMC McKeesport. “Now my family is growing again and I am expecting a baby in December,” she says. “I am looking forward to starting my career as a family physician.

**Anne Silao-Solomon, MD** was born and raised in the Philippines. She was the eldest of her siblings and at an early age she was exposed to community medicine by her father. He has been practicing medicine for 40 years. Being a “workaholic” she studied for a BS in Pharmacy at the University of the Philippines and then took up medicine at the University of the East. She did an internship at the Philippine General Hospital, one of the oldest and largest hospitals in the country. She had always wanted to work in the barrios and more disadvantaged areas but never did this in her own country. She is looking forward to going to Honduras this October on an elective. After graduation Anne will be moving to Northern Virginia to be with her husband, Carlo, and to take fellowship training in Hospice and Palliative Care at the Capital Hospice. Other interests include traveling, running, mountain climbing, going to the beach, Bob Marley and yoga. She hopes to run a marathon some day. She said her most memorable event in residency was “getting married and returning to work in 3 days. Next year I will get married again to the same man in a simple religious ceremony on lovely Boracay Island, Philippines. Everybody is invited!”

**New Residents and Interns for 2008-9**

**First Year Family Medicine Residents**

- **Omar Al-Haddad, MD**
  Jordan University of Science and Technology, Jordan

- **Shagufta Chaudhry, MD**
  Rawalpindi Medical College, Pakistan

- **Mohan Karki, MD**
  Manipal College of Medical Science, Nepal

- **Esther Mwiveria Ngare, MD**
  University of Nairobi, Kenya

- **Olusesan Oguntuga, MD**
  Ogun State University, Nigeria

- **Tanuj Saaraswat, MD**
  King George Medical College, India

**Osteopathic Interns**

- **Mohammed Mawla, DO**
  New York College of Osteopathic Medicine
  New York Institute of Technology

- **Kalli Morikis, DO**
  Nova Southeastern University
  College of Osteopathic Medicine

- **Matthew Pauli, DO**
  Lake Erie College of Osteopathic Medicine

**Second Year Family Medicine Resident**

- **Naeem Ahmad, MD**
  Allama Iqbal Medical College, Pakistan

**Family Medicine/Psychiatry Resident**

- **Nekesha Oliphant, MD**
  University of Texas Medical School, San Antonio

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*Don’t forget to get your flu shot starting in October!!*
Sports Physical Time Is Here!

All school sports programs in Western Pennsylvania follow WPIAL and PIAA regulations. WPIAL and PIAA have a NEW form for school physicals starting June 1st this year, called the CIPPE (Comprehensive Initial Pre-Participation Physical Evaluation). At the Latterman Family Health Center, we follow these regulations. Here is some helpful information parents should keep in mind.

1. Sports physicals must be performed on or after June 1st for the upcoming school year.
2. All sports physicals expire on May 31st each year, regardless of when your child had the exam completed.
3. The “Medical History” form should be completed by a parent or guardian so it is as accurate as possible.
4. A “Re-certification exam” and updated history is required prior to each additional sport season for a new sport (fall, winter, spring, summer).

When does my child need the sports’ physical?

Starting in June 2008, all athletes must have an exam on or after June 1st for the upcoming year. The physical should be scheduled 4-8 weeks prior to the first day of practice for their sport. This allows time for any referrals or therapy to be completed in time for play.

If my child had a sports physical, when does he need another one?

The CIPPE is good from the date of exam until May 31st of each year. Your child will need a re-certification exam before each new sport season.

What is the difference between the re-certification exam and the initial sports physical (CIPPE) exam?

The CIPPE is the more thorough exam and must be done on ALL athletes ONCE per year. The re-certification exam is a focused, shorter exam that is done for additional sports your child plays during the year. The re-certification exam is done for the next sport only if your child had a previous CIPPE exam for this current school year.

What is the purpose of the Sports Physical?

1. Detect serious medical problems or illnesses.
2. Detect conditions that may cause an injury to the athlete
3. Identify conditions and recommend referral for evaluation for devices that would allow safer play (knee braces, ankle bracing or taping, protective eye shields or face masks, protective cup).
4. Determine the general health of the athlete.
5. Advise athletes on appropriate sports to participate in, assess fitness level and readiness for the sport, counsel on high risk behavior, and answer health related concerns.

Why wouldn’t my child pass this exam?

There are several reasons that doctors may not clear your child to play. For example:

1. Vision changes or difficulty in vision. Your child must have vision better than 20/40 in both eyes or no difference between the two eyes.
2. Uncontrolled medical conditions like asthma, seizures, diabetes, high blood pressure, etc.
3. New conditions or illnesses that require further evaluation or care.
4. Past medical conditions for which your child is seeing or saw a specialist

If you have questions, please contact your child’s doctor.

Our goal at the Latterman Health Center is that each child have a healthy and safe sports season.

Catherine McGonigle, D. O.
Healthy Eating Begins with You

Summer is the perfect time to start healthy eating habits. Plan your meals ahead of time. Avoid snacks. Cut down on carbonated beverages. Try to balance your intake of carbohydrates, protein and sugar. For inspiration check out the new food pyramid by asking your doctor for a copy or you can go online at: http://www.mypyramid.gov/.

Try this healthy tuna wrap for your next lunch or dinner.

**Mediterranean Tuna Wrap**

- 2 (6-ounce) cans of chunk light tuna in water, drained well
- 1/4 cup finely diced red onion
- 1/4 cup chopped fresh parsley leaves
- 1/4 cup chopped calamata olives
- 3 tablespoons olive oil
- 1/2 tsp. lemon zest
- 2 tablespoons freshly squeezed lemon juice
- Salt and freshly ground black pepper
- 6 cups pre-washed mixed greens (about 3 ounces)
- 4 whole-grain wrap breads (about 2 ounces each)
- 2 large tomatoes, sliced

In a medium bowl combine the tuna, onion, parsley and olives. In a small bowl, whisk together the olive oil, zest, lemon juice, salt and pepper. Pour about 2/3 of the dressing over the tuna mixture and toss to combine. In a separate bowl, pour the rest of the dressing over the greens and toss to combine. Place some tuna salad onto each piece of wrap bread. Top with 1/2 cup of greens and a few tomato slices. Roll the wraps and serve.

**Nutrition Information (per serving)**

- Total Fat: 16 grams
- Monounsaturated Fat: 9.5 grams
- Saturated Fat: 1.8 grams
- Polyunsaturated Fat: 1.3 grams
- Fiber: 5 grams
- Calories: 400
- Carbohydrates: 31 grams
- Cholesterol: 53 mg
- Protein: 29 grams
- Sodium: 665 mg

Ellie Krieger, 2007