



The CN Tower is the world's tallest free-standing structure. It is 555 metres high.

Welcome to Toronto

The 79th annual meeting of the Canadian Paediatric Society—held here at the Westin Harbour Castle in so-far-cloudy Toronto through Saturday—is the largest yet. We have dozens of events held over an entire week, from the Advanced Paediatric Life Support course at 8:00 a.m. Monday through the BBQ at the Docks Saturday night. Already we've had several full educational sessions (see p. 2), productive section business meetings,



Silken Laumann is this year's keynote speaker, from 08:30-10:30 today.

the ever-popular Journal Club, and symposia on both new vaccines and aggressive behaviours in children.

Highlights for the next few days include the opening ceremonies this morning from 8:30 to 10:30 in the Frontenac Ballroom. This year's keynote is from Olympic medallist Silken Laumann, who will emphasize our theme this year: "healthy kids, active kids." The event also features the presentation of the CPS Advocacy Award to Drs. Gilles Fortin and Jean Labbé for their focus on identifying and preventing child abuse and neglect in Québec, particularly with their group, l'Association des médecins en protection de l'enfance du Québec (AMPEQ).

Other awards presented this week will be the Ross Award to Dr. Judith Hall of UBC in Vancouver, the Aventis Pasteur Research Award to Dr. Sylvain Chemtob of Ste-Justine Hospital in Montréal, and Excellence Awards for the best research projects presented in abstracts beginning at 11:00 today, as well as the Community Paediatrics Awards Dinner Friday night. (And don't forget the CPS Annual General Meeting, 10:30 Saturday.)

Events

Overview

Thursday, June 13

Residents' Breakfast 07:00-08:30, Residents Only - Harbour Salon B

Opening Ceremonies & Keynote Speech 08:30-10:30 - Frontenac Ballroom

Oral Abstract Presentations 11:00-12:00 - Harbour Salons A, B & C

Concurrent Sessions 13:30-15:00 - Harbour Salons A, B & C

- *Malaria and global child health*
- *Healthy active lifestyles*
- *Paediatric Surveillance Program*

Section Business Meetings 15:30-17:00 - Harbour Salons A, B & C

- *Community Paediatrics*
- *Adolescent Health*
- *International Child Health*

Industry-Sponsored Symposia

- 17:00-18:30 - Vaccine-preventable diseases (Aventis Pasteur) - Frontenac Ballroom
- 18:30-20:00 - Atopic dermatitis (Fujisawa Canada) - Piers 4 & 5

PLEASE NOTE CHANGED LOCATION

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Thousands of windows on the steel, glass, and concrete faces of downtown Toronto skyscrapers face south to Lake Ontario.

Beyond standing-room-only for paediatric psychopharmacology

It's unlikely that Dr. Margaret Steele, associate professor of psychiatry at the University of Western Ontario, and her colleague Dr. Rob Nicolson expected a crowd like the one they had for their Wednesday afternoon presentation on psychopharmacology. While the bottom-floor Dockside I conference room remained only partly filled at 12:45 p.m., by the scheduled starting time of 1:00 p.m., audience members had filled every chair, brought in some more from outside the room, and were standing shoulder to shoulder along the back and side walls. A few minutes later, people were sitting on the floor and spilling out into chairs arrayed into the corridor.

"What if I do this? What if I don't do this? What's going to happen?" That's how Dr. Steele describes the thoughts of children with generalized anxiety disorder who come to her office. These children can be shy and perfectionistic, sensitive to criticism, and constantly worried about small matters such as a car

running out of gas. Dr. Steele outlined suggested treatments, including medications, for such children and those with a host of other ailments, from phobias to obsessive-compulsive disorders. She noted that some drugs work better for certain disorders, and that some others should be avoided for treating children and adolescents because of their adverse side effects, or simply because they have not been sufficiently tested on young patients.

She emphasized that pharmacological management should always be done in conjunction with education. "You have to educate people about depression, about their condition. They have to *understand it*," she said. "Educating parents and children is key, *before* you start the medication."



Dr. Margaret Steele presented a fast-paced overview of psychopharmacological treatments for children and adolescents.



Sitting room only. Audience members sit on the floor of the Westin's Dockside I meeting room Wednesday.

Dr. Steele discussed a variety of medications, including selective serotonin-reuptake inhibitors (SSRIs, which she considers the best first-line pharmacological approach), benzodiazepines, tricyclics, antipsychotics, and a number of other classes. In particular, she noted that monoamine oxidase inhibitors (MAOIs) are usually inappropriate for children and adolescents because of the stringent dietary restrictions they impose on those patients.

REMINDER



80th Annual Meeting

June 18-22, 2003

Calgary, Alberta

Hyatt Regency Hotel

Visit www.cps.ca for details

Strong media coverage for CPS

CPS's strong position on fighting childhood obesity, released to the media on Wednesday, as well as other issues covered in recent issues of *Paediatrics & Child Health*, have already garnered strong national media attention. After breakfast this morning, you might wish to find a copy of the *National Post*, which will include a feature covering those

critical childhood health issues. Similar topics appeared last night on CTV's national television newscast, and on CTV's News 1 all-news station.

Such media coverage greatly enhances CPS's efforts to bring paediatric health issues to the general public's awareness.

PLEASE NOTE

YOUR CERTIFICATE OF ATTENDANCE

**for the 2002 Annual Meeting in Toronto is on
PAGE 25 of your Final Program. Don't throw it out!**



Trees in full spring growth green the park space to the west of the Westin Harbour Castle on the harbourfront shore.



Melanie Laffin and Kathy Lapointe are two of the staffers working at the CPS booth, just across from the registration desk on the convention level. Among many other items, CPS shirts like the one Kathy wears are available for sale.

Services and information for the 79th annual meeting in Toronto

The organizers of this year's annual meeting want to make sure you have a productive and enjoyable time in Toronto. The **CPS booth** and **registration desk**, opposite one another at the top of the escalator on the second (conference) level of the Westin Harbour Castle, are your first stop. The **conference office** is down the call in Pier 9—but beware, it can sometimes be a busy place. Reporters and others are covering portions of

this year's events, and you'll find some of them in the **media room**, Pier 6, just a few doors away from the office. The hotel's **business centre** is on the lower level, below the lobby, and offers many business services, including laser printing and ADSL high-speed Internet access. The hotel's **front desk staff and concierge** can help you with many of your other needs while you are at the conference.

Visit the Trade Show and Win!

See the puzzle card inside your delegate bag or p. 59 of the Annual Meeting Final Program for details

The Scientific Trade Show takes place only on one day: Friday, June 14 from 7:30 a.m. to 7:30 p.m. in the Metropolitan Ballroom

PLEASE NOTE Room Changes

THURSDAY, JUNE 13:

"A new era in the treatment of atopic dermatitis," the symposium sponsored by Fujisawa Canada, has been moved to a new location: Pier 4 and 5. The time remains the same: 6:30 p.m.

SATURDAY, JUNE 16:

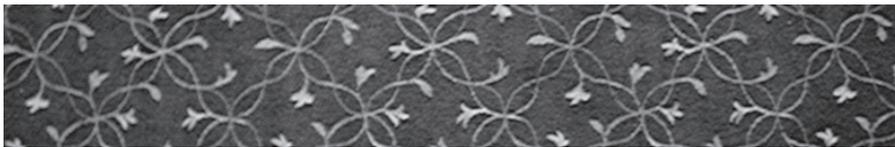
"Achieving cultural competency in paediatric care," Dr. Glenn Flores's workshop W6 on Saturday at 9:00 a.m., has proven extremely popular. It has been moved to the larger Harbour Salon B.

There are two more editions of this newsletter, on Friday and Saturday mornings. We will note any other room changes there.

Among attendees at the annual meeting, you can tell who's who by the colour of their badge holders: **blue** badges on delegates and faculty, **red** for guests, **yellow** for single-day registrants, **black** for trade-show exhibitors, **clear** for media, and (most helpfully, perhaps) **green** for conference staff, who can either answer your conference-related questions or find someone who can.

Please **fill out your conference evaluation** at the end of your stay—it helps us make future meetings even better, and your evaluation form also enters you to win an excellent prize. And remember that we **recycle badge holders** for future events, so drop yours off at the registration desk before you leave.

We hope you both learn and have fun at this year's meeting.



What's that? Why, the pattern on the lower conference level carpet, of course.



Chantal Pothier and Jackie Millette are two of the conference's key organizers.

Toronto today

The weather may improve today, but **rain is in the forecast** as the weekend approaches. The bonus: we won't see 32-degree temperatures and high humidity (or muggy rain) as we did on Tuesday. The top of the **CN Tower** was clouded in for much of the past two days, so today might be a good time to try paying the toll to ascend high above every other building in the city.

Metro Toronto is **Canada's most populated city**, and the fifth largest in North America. It is also farther south than Seattle and Portland in the U.S. Before 1998, the various municipalities around the city, including Scarborough, North York, Etobicoke, and East York, were separate entities, but they have since been amalgamated into one "super-city."



Boats of many types ply Lake Ontario near the Toronto Islands.

From the Westin Harbour Castle, it is a short walk (either above ground or below) through the **Bay Street** financial district to **Eaton Centre and Yonge Street**. A short ferry trip takes you to the **Toronto Islands**. To the west lie shops and restaurants on the **Harbourfront**, and beyond that **Ontario Place**.

BBQ at the Docks

Saturday, June 15 - 6:00 p.m. to 10:30 p.m.
teams • games • prizes • entertainment • great food
lakeside patio • all ages & abilities • tickets \$50 (kids \$25)

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