



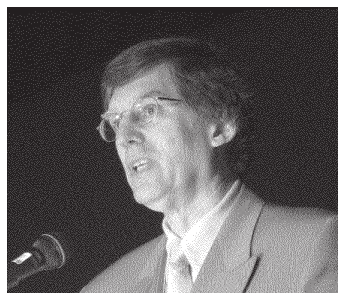
Dr. Jack Holland (far right) with the other speakers at the opening ceremonies.

Active kids, safer kids

Like a good film, play, or book, Thursday's opening ceremonies were inspiring, funny, and sobering all at once. From lunatic acapella renderings of the theme from *The Love Boat* to sad statistics on the prevalence of child abuse and neglect in Canada, it gave the audience things both to laugh about and to think about.

The event began with "O Canada," sung by grade 7 and 8 students from Ryerson Community School. Then came the acapella group EQ, whose self-deprecating humour and tight harmonies gave everyone a fine wake-up, readying them for Olympic bronze and silver medallist Silken Laumann, who gave the keynote speech. Her tall frame paced the stage as she told of a childhood dream to be a gymnast that was redirected into rowing—but surprisingly, even at age twelve, she wasn't yet good at sports.

Laumann congratulated the CPS on this year's theme of "healthy kids, active kids," since she found her own intensive physical and sporting activities to be not only healthy, but also one of life's key educational experiences.



Dr. Labbé accepts his award.



The head table at the opening ceremonies (from left, Silken Laumann and Drs. Francoeur, Fortin, and Labbé).

"It's an issue of quality of life," she said, "and learning to work in a team, gaining self confidence and self-esteem are all part of that too. Sport was my first opportunity to create dreams for my life."

continued on p. 2 (see "Laumann")

Events Overview

Friday, June 14

Trade Show 07:30-19:30 -
Metropolitan Ballroom Ctr & E

Poster Presentations and Exhibits - Metropolitan Ballroom
07:30-09:00 (with breakfast)
11:30-13:00 (with lunch)

Royal College of Physicians and Surgeons of Canada

Lecture 09:00-10:00 - Metropolitan Ballroom W - Dr. Heather Dean

Oral Abstracts & Top Papers
10:30-11:30 - Harbour A&B, Pier 7&8

Poster Symposium
13:00-14:00 - Metropolitan Ballroom W

Concurrent Sessions
14:00-15:30 - Harbour A&B, Queen's Quay

- Retinopathy and prematurity
- Parent-physician disagreement
- Physical activity for all children

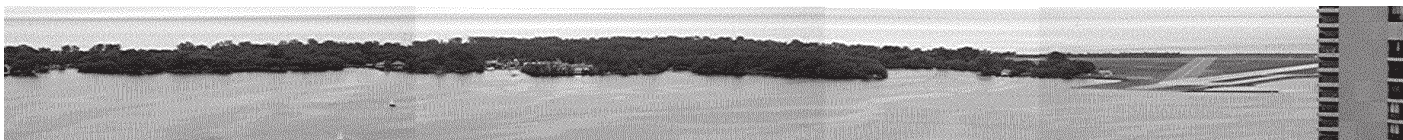
Paediatric Update
16:00-18:00 - Metropolitan Ballroom W

President's Reception
18:00-19:30 - Metropolitan Ballroom Ctr & E

Community Paediatrics Section Awards Dinner
18:00-19:30 - Pier 7&8 **NEW LOCATION!**

Inside This Issue

Opening ceremonies and keynote . 1-2
CME 2003 in Banff, Alberta 2
Attendance certificate, evaluation ... 2
Healthy and active: crib to college... 3
Room changes & media photos 3
Conference highlights Fri & Sat 4
Saturday BBQ shuttle bus 4
Sponsors for 2002 4



If you take a plane to Toronto City Centre Airport, you'll need a ferry boat to reach the city itself—but the ride is a quick one.

Laumann, Fortin, Labbé continued from p. 1

Laumann described her most famous challenge, when just weeks before the 1992 Barcelona Games, at which she was the favourite for gold, the muscles in one of her legs were sliced apart in a crash with another boat in Germany. Her determination to recover and compete astounded her friends, family, physicians, and competitors—especially when she succeeded.

"I came to Barcelona with a bandage and a cane," she said. "Other athletes asked if I was doing colour commentary. I said, 'No, I'm competing!' Then I shook my cane at them." She won bronze, then silver four years later in Atlanta.

Kids need to be active, she said; the health implications of inactivity are too severe. "We'll buy our kids any toy, send them to the best school, do anything for them, giving them the best of ourselves—so parents need to know what a lack of physical activity does do their kids."

Following Laumann's speech, outgoing CPS president Dr. Jack Holland introduced Dr. Emmett Francoeur to bestow the first CPS Advocacy Award jointly on "deux hommes



extraordinaire," Drs. Gilles Fortin (above) and Jean Labbé of Ste-Justine Hospital in Québec, for their work with victims of childhood abuse and neglect.

Dr. Fortin accepted his award first, and presented sobering statistics showing that abuse and neglect are more widespread paediatric problems than much higher-profile conditions such as cancer, leukemia, diabetes, cystic fibrosis, epilepsy, and congenital cardiac diseases. More than 130,000 children per year are suspected victims of abuse or neglect, and half of them turn out to have been victimized.

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 today only from 7:30 a.m. to 7:30 p.m. in the Metropolitan Ballroom

"Fully 1% of all Canadian children are, without a doubt, victims of maltreatment" each year, Dr. Fortin put it bluntly. He has dedicated his career to reducing that number.

His colleague Dr. Labbé has done the same, focusing on prevention by education of "familles en risque." In his acceptance, he highlighted the success of simple, inexpensive programs to educate parents about the huge dangers of shaking a baby.

Silken Laumann knows that we don't control everything that can happen to us. Drs. Fortin and Labbé have shown how sadly true that also is for the very youngest. The inspiration is that all three of them have shown that when we *take* control, we can accomplish great things.

REMINDER



Continuing Medical Education

emergency paediatrics • neurology •
dermatology • adolescent medicine •
infectious diseases

**Banff Springs Hotel,
Alberta, Canada
February 5–8, 2003**

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!

and

YOUR CONFERENCE EVALUATION FORM

is in your delegate package, within the speakers handout. Turn it in at reception to enter our prize draw!



Yonge Street, where high fashion meets...er, low fashion.

Healthy and active from crib to college

Drs. Jack Newman, Nancy Warden, and Debra Katzman are far from short on strong opinions and deep convictions. Sometimes those opinions seem at odds with one another, but their common message is that activity and body mass index are important health considerations in caring for all ages—infants, children, and adolescents.

Dr. Newman made a case that formula feeding of infants and children may lead to obesity in childhood and later in life, largely because formula is such a poor substitute for the greatly variable composition of breastmilk, and because formula-fed children consume too much from their very first days.

At the end of his talk, he showed a brief video for paediatricians to learn to help mothers latch their babies onto the breast properly, and to determine when the baby is receiving sufficient milk.

Dr. Warden, of the University of California at Davis's Pediatric Weight Management clinic, also discussed obesity, noting that current research suggests that the risk for obesity is about 60% environmental and 40% biologic. She identified a number of the key indicators of obesity risk in children, and explained a number of physiological factors related to it, including the seven obesity genes



Drs. Jack Newman, Nancy Warden, and Debra Katzman answer questions from the audience after the session.

that have so far been identified and cloned. She noted that children who are obese face increased health risks in adulthood—often even if they are not obese when they grow up.



Dr. Katzman discusses anorexia and bulimia.

She therefore argued that identifying children *at risk* of obesity is critically important, *before* they become obese. She then described some of the treatments she recommends for different categories of overweight and obese children.

Dr. Katzman talked about children, adolescents, and young adults with eating disorders such as anorexia nervosa and bulimia nervosa. She identified both biologic and environmental factors for the emergence of eating disorders, and described the often long and arduous treatment processes required. Again, eating disorders have long-term health consequences, even after a full recovery, including osteoporosis, retarded growth, and possibly even cognitive impairment.

Both obesity and eating disorders, said the panelists, have serious repercussions for both physical and mental health.

PLEASE NOTE Room Changes

FRIDAY, JUNE 14:

The Community Paediatrics Section Awards honouring Dr. Barrett Adams, held from 7:00 to 9:00 p.m., is now in Piers 7 and 8.

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.

We'll note any further changes in tomorrow's final edition of *CPS Today*.



CPS's campaign against childhood obesity appeared in a full-page feature in yesterday's *National Post*, and on CTV news with Dr. Claire LeBlanc, chair of CPS's Healthy Active Living Committee.



Toronto's foggy skyline, along with rain and thunder, comes again for the weekend.

Conference highlights for Friday and Saturday

Today is the busiest day of the conference by far, and the **weather will cooperate** by making us want to stay indoors: showers developing, with possible thunderstorms by Saturday. The **scientific trade show** kicks off the morning in the Metropolitan Ballroom (top floor of the Conference Centre, north across the walkway from the hotel) with breakfast among the posters and exhibits. (Lunch is also available there at 11:30 a.m.)

At 9:00, Dr. Heather Dean gives the **Royal College of Physicians and Surgeons of Canada lecture** next door, on type 2 diabetes in youth and secondary diabetes due to drugs and chronic disease. Then we have **oral abstracts**, abstracts, and more abstracts through the morning, followed by **posters**, posters, and more posters at 1:00 p.m.



Acapella vocal group EQ and outgoing CPS president Dr. Jack Holland at the opening ceremonies on Thursday morning.

A highlight of the afternoon **concurrent sessions** is one on identifying and treating retinopathy in children born prematurely, featuring Sara Hillis, Dr. Dale Phelps, and Susan Wolak. Simultaneously, other groups discuss parent-physician disagreements and (continuing our theme this year) physical activity for children.

The **Paediatric Update** this year starts at 4:00 p.m., and covers the risks of maternal drug and alcohol abuse on fetuses, hearing testing for newborns, the effectiveness of pneumococcal conjugate vaccine, investigations for minor head injury, and bioterrorism.

The **President's Reception** comes at 6:00, followed by the Community Paediatrics Section Awards Dinner, honouring **Dr. Barrett Adams**. Please notice that it has moved to a new room, Pier 7/8.

Remember that **CPS shirts** are on sale at the booth, while tickets for Saturday's barbecue are available across the carpet at the registration desk.

Despite the coming rain, Saturday night's **BBQ at the Docks** is undercover, and so happens rain or shine. The shuttle bus will be at the hotel lobby at 5:45 p.m. It will be a good way to wind down after a full Saturday of workshops, which we'll talk about here tomorrow.

BBQ at the Docks

Saturday, June 15, 6:00–10:30 p.m.
games • prizes • entertainment • great food • covered patio
all ages • tickets \$50 (kids \$25) at registration desk
**SHUTTLE LEAVES WESTIN HARBOUR CASTLE
MAIN LOBBY AT 5:45 P.M. rain or shine!**

Thanks to Our Sponsors



Aventis Pasteur



Bristol-Myers Squibb
Pharmaceutical Group

Fujisawa Canada



GlaxoSmithKline



JANSSEN-ORTHO Inc.



**WYETH-AYERST
CANADA INC.**

ADCOM

AstraZeneca Canada Inc.
Abbott Laboratories, Ltd.
Eli Lilly Canada

Financial assistance provided by
Health Canada

Serono Canada Inc.

**Royal College of
Physicians and Surgeons
of Canada**