



**International  
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Association**

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International Pediatric Association  
**Newsletter**

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**International Pediatric Association Newsletter**

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## Message from the President



Dear Esteemed Colleagues,

It with great pleasure I write this message for our last issue of the IPA Newsletter for 2018. What a tremendous year it has been. You, our members have launched and achieved great strides in our mission, and it has been wonderful witnessing the impact that we are beginning to make globally. Through regional and annual meetings, specialized training, statements, workshops, news interviews, Congresses, and representation on boards and networks, the voice of children globally has been brought to the forefront, but there is still more to be done.

The Sustainable Development Goals (SDGs) were signed off by all countries of the world in September 2015, replacing the MDGs and setting ambitious global targets until the year 2030. These goals are of special relevance to paediatricians worldwide and especially their associations given the importance of concerted action to avert all preventable child

deaths and addressing the social determinants of health. The year 2030 will be upon us before we know it, so what can we do to ensure we as the IPA are all working together to reach these goals? As your President, I am initiating a series of discussions building on my messages delivered personally to all regional societies over the last two years. We will be hosting a special session on this subject with all regional Presidents and IPA leadership in Panama City next March and I am asking all readers and IPA members to send me your suggestions and recommendations.

In this issue be sure to review our "What's New", our "IPA Activity Recap" which is filled with events and activities from our members, and our "IPA Congress" update, early bird registration is still open, so register now for our fast approaching Congress in beautiful Panama.

Much has happened over the last several months, some of the highlights are our launch of the 2018 Joint Statement on the Definition of skilled health personnel providing care during childbirth by WHO, UNFPA, UNICEF, ICM, ICN, FIGO, IPA. Our continued engagement with the European Pediatrics Association and European Academy of Pediatrics to engage our European colleagues to have a greater voice within the IPA. Our IPA Spotlight messages and campaigns for World Breastfeeding Week, World Refugee Day, International Day of the Girl Child, World Mental Health Day and International Day of Disaster Relief reached a wide audience, and be sure to check out our recent message for Universal Children's Day in this issue. Many attended the successful APPA Congress in Bali, and relief efforts have been fervently underway and championed by our



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## Message from the President

colleagues in the region following the aftermath of the earthquakes and tsunami that have recently befallen the country. Our prayers are with you friends.

Looking ahead, our first Training of Trainers workshop in vaccine hesitation and immunization health is scheduled for December 2018 in India. Naveen Thacker has been working tirelessly to bring these trainers to the regions and we will be having our first this winter with another workshop in Panama at the Congress. With recent immunization rates and outbreaks of irradiated diseases like Polio, this work is critical to the future of child health. This event will close our activities for the year by empowering paediatricians and frontline workers with the tools to manage vaccine hesitancy, as we move in 2019 and look to change the current narrative around vaccines.

Thank you all for participating in the selection process of our new IPA Officers. I am delighted to welcome Jon Klein, as our new Coordinator for Development, Naveen Thacker as our incoming Executive Director, and the trusted continuation of Jay Berkelhamer as Treasurer for another term. With my tenure as your President nearing a close I am confident these officers will ensure the IPA's continued success.

Now friends, with that I wish you a wonderful holiday season, as we are a few short weeks until the close of 2018. May you and your families be blessed with health and prosperity, and all the very best for 2019. We'll see you in Panam City soon.

**Zulfiqar Bhutta**

President

International Pediatric Association

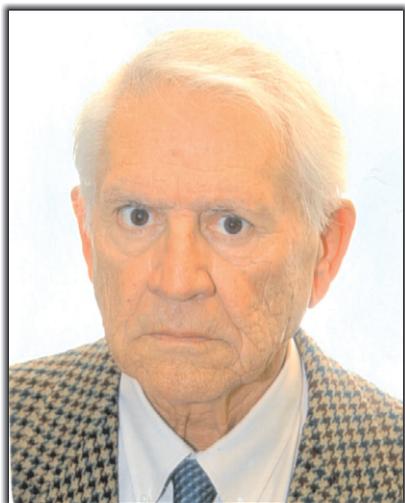


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## Words from the Editor



Dear Reader,

In this issue you will find some anticipatory flavor that will occur at the 29th IPA Congress of Panama. First, it is a pleasure to announce and congratulate the new members of the Executive Committee, Dr. Naveen Thacker as Executive Director, Dr. Jay Berkelhamer as Treasurer and Dr. Jon Klein as Coordinator of Development, in addition to the already known election of Dr. Errol Alden as President-Elect of IPA. This high quality team will no doubt, maintain the ascending trend of IPA.

Coming back to more terrestrial grounds, in the present issue, do not miss the usual Message from the President, where you will find summed up some key factors on pediatric health. Additionally, the message from the Coordinator of Development is one to read as he addresses the growing issue about vaccination hesitancy as it continues to spread and create a greater public problem.

One of our premier sections is the IPA Activity Recap, which is the testimony of our

members concerning clinical care, clinical research, advocacy, and you will enjoy seeing the images of your friends in action. In this section we also highlight that Dr. Deepak Kamat, our Co-Editor has been appointed as Editor in Chief of Pediatric Care Online, a resource of the American Academy of Pediatrics (AAP). It's a full section with lots to see. Our What's New section is worth a look because, of the updating aspects on environmental threats, still occurring, presented by Dr. Ruth Etzel. Dr. Etzel raises awareness how heavy metals are a threat for children. Within this section there is also a comment on the new tables for assessing the different levels of elevated blood pressure from the AAP. This solid work has generated some controversial letters and messages, but the comparison between the standards of 2004 and the new of 2017 clearly point out the advantages of adopting the new ones. Please forward any question you may have on this important clinical information, sometimes neglected in practice.

Lastly, comes the relevant information about the next congress in Panama. I would add that the speakers are all high quality, this will be an exceptional Congress for all. Also don't miss the opportunity to visit the country where the man made marvel, the Panama Canal, splits the American continent so the great oceans meet.

We hope you enjoy this issue, as that will be the best reward for the whole team that made it possible.

**Manuel Moya**  
IPA Newsletter Chief Editor



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## Message from Coordinator of Development



Greetings to all of you!

This is my 12th year with the IPA since I first joined the Standing Committee (SC) as a member and 6th year as Coordinator of Development. During this period, I worked on the IPA Website and Communications and for the last 3 years took the responsibility of member support which includes day-to-day communication with member societies. I would like to thank Dr. Zulfiqar Bhutta, Dr. William Keenan, Dr. Jay Berkelhamer and the 2016-2019 IPA SC members for all the support in making my tenure as coordinator meaningful.

As the lead for the IPA Immunization Strategic Advisory Group (SAG), I am happy to share with you about the launch of IPA Vaccine Hesitancy Project. The goal of this project is to reduce vaccine hesitancy in communities, disseminate the “value of vaccination” (VoV), increase demand for immunization, and to help reach the targets of the Global Vaccine Action Plan (GVAP), and the Sustainable Development Goals (SDGs).

The 1st International Training of Trainers (TOT) Workshop of IPA Vaccine Hesitancy Project is scheduled in New Delhi, NCR on 14-16 December, 2018 and the 2nd TOT is scheduled in Panama during IPA Congress on the 16-17 March, 2019. Through these TOTs, IPA will establish a pool of Master Trainer pediatricians in each selected country who will conduct a series of workshops for pediatricians in their country focused on improving communication between healthcare professionals and caregivers using behaviour centred technique besides media, advocacy and social media training.

I am very much thankful to IPA leadership for electing me as the next IPA Executive Director 2019-21; I look forward to work with Dr. Errol Alden and the new executive team.

I take this new responsibility assigned to me as an opportunity and challenge for the betterment of the children of the world. As IPA Executive Director, my priority will be to connect with all member societies and to have a strong, effective and sustainable IPA administrative infrastructure.

I look forward to your suggestions if any, so please do write to me at [drnaveenthacker@gmail.com](mailto:drnaveenthacker@gmail.com) or [membersupport@ipa-world.org](mailto:membersupport@ipa-world.org).

**Naveen Thacker**  
Coordinator of Development  
International Pediatric Association



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## IPA Activity Recap

### IPA Activities

#### Activities

Dr. Deepak Kamat was recently appointed Editor in Chief of Pediatric Care Online, an in-line academic resource for the American Academy of Pediatrics. Read his more about it below:

#### TRUSTED ANSWERS FROM THE AMERICAN ACADEMY OF PEDIATRICS



#### Treat with confidence.

When you want fast access to essential resources and premier patient education materials, Pediatric Care Online™ (PCO) is the answer! Pediatric Care Online™ provides you with everything you need from the authority pediatricians trust most—the American Academy of Pediatrics (AAP). Pediatric Care Online™ brings together many leading AAP resources into one integrated source allowing you to spend less time sifting through myriad references and more time focusing on your patients.

Easily worked into your practice patient-by-patient, PCO lets you consult clinical information and tools as needed over the course of your busy day, including:

AAP Textbook of Pediatric Care – Over 350 chapters of expert guidance to diagnose, treat, and manage pediatric illnesses.

Point-of-Care Quick Reference – Indispensable AAP information on more than 250 topics streamlined for fast answers.

Bright Futures – Comprehensive health supervision guidelines, including visit questionnaires and forms.

Interactive Periodicity Schedule – Interactive chart providing preventive screening and recommended actions for each well-child visit.

Webinars – Presentations from distinguished experts on important and timely topics in pediatrics.

AAP Policy – Clinical practice guidelines, policy statements, and clinical and technical reports providing the latest recommendations, developed by pediatricians, for pediatricians.

Visual Libraries – Quickly search 3000+ images for fast diagnoses.

Video Series – Common Pediatric Medical Procedures and Mental Health in the Pediatric Office

Forms & Tools – Hundreds of resources to help screen, track, and record clinical information.

Red Book® Online – The go-to resource for infectious diseases, including the new 2018 Red Book®!

Pediatric Patient Education™ – Instantly print and hand out the most recent information on more than 500 topics, in English and Spanish.

And, much more!

To find out more about Pediatric Care Online™, visit <https://pediatriccare.solutions.aap.org>, or to subscribe, go to [https://shop.aap.org/pediatric\\_care\\_online](https://shop.aap.org/pediatric_care_online).



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## IPA Activity Recap

The results are in, our 2019-2021 IPA Executive Officers are:



### New IPA Executive (2019-2021)



Jay Berkelhamer  
IPA Treasurer



Naveen Thacker  
IPA Executive Director



Jonathan Klein  
IPA Coordinator of  
Development

Congratulations to the New IPA Executive

The transition will take effect in Panama. Thank you all who participated in the selection process and we extend major thanks to Executive Director, William Keenan and Coordinator of Development, Naveen Thacker for their stewardship and achievements during their tenure. Welcome to our 2019-2021 Officers.

### IPA Headlines

Congratulations to President Bhutta who was recently inducted to the US National Academy of Medicine.

<http://www8.nationalacademies.org/onpinews/newsitem.aspx?RecordID=10152018>

President Bhutta was also featured in a news article on typhoid drug resistance in Pakistan, read the article here:

<http://www.sciencemag.org/news/2018/07/frig-htening-drug-resistant-strain-typhoid-spreads-pakistan>

Dr. Naveen Thacker has been on the front lines speaking out about the importance of vaccination and developing resources, training, and tools to challenge the rise in vaccine hesitancy pediatricians now face. Some of his notable comments can be seen at the links below:

Check out @naveenthacker's Tweet:  
[https://twitter.com/\\_naveenthacker/status/1047549884302159874?s=08](https://twitter.com/_naveenthacker/status/1047549884302159874?s=08)

Op-Ed in Hindi Business Line  
<https://epaper.thehindubusinessline.com/Home/ShareArticle?OrgId=GS54MBHR7.1>

Participating in a TV debate on polio vaccine contamination issue  
[bit.ly/2P7z8wQ](http://bit.ly/2P7z8wQ)



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## IPA Activity Recap

Join the conversation we need all voices heard if we are going to shift this sliding paradigm.

Dr. Aman Pulungan released a campaign statement with the Indonesian Pediatric Society Statement on Supporting Measles Rubella (MR) Campaign. With mortality rates remaining high for this preventable disease swift and deliberate action is needed.

<https://goo.gl/6VKQVc>

Dr. Pulungan also recently published an article on Type 2 diabetes mellitus in children and adolescent: an Indonesian perspective in the Annals of Pediatric Endocrinology and Metabolism.

<https://doi.org/10.6065/apem.2018.23.3.119>

Paediatricians all over the Asia Pacific region have been responding to the natural disasters that have befallen Indonesia. With the earthquake in August and the tsunami in September, relief efforts have been continuous. Dr. Aman Pulungan shared a number of updates and support needs for the cities of Lombok, Palu and the country at large following these events. Continue to # Prayfor Palu & Donggala and # Pray for Lombokase they rebuild and recover from the devastation.

### # Prayfor Palu & Donggala

Indonesian Pediatric Society (IDAI, Ikatan Dokter Anak Indonesia), as acknowledged, is a professional organization committed on improving the health of Indonesian Children.

With recent events of massive earthquake and followed by tsunami in the Sulawesi island, Palu and Donggala regions; IPS is working with Government of Republic of Indonesia and other local organizations to coordinate relief work in affected areas.

Your support goes a long way in helping us to help the victims in Palu by providing the teams (under coordination of IPS's disaster task force), drugs and health equipments needed by the victims.

You can participate in this join humanitarian relief effort by giving donation in to following account numbers (USD):

**Account Name : Pengurus Pusat IDAI**  
**Bank : BNI Cabang UI Depok**  
**Account Number : 6691637**  
**Swift code : BNINIDJA**

Please kindly send your transfer confirmation to Lies Dewi Nurmalia, MD (IPS committee member) by message/whatsapp, phone number +6281315145153 or email [liesdewi21@gmail.com](mailto:liesdewi21@gmail.com) cc [ppidai@idai.or.id](mailto:ppidai@idai.or.id)

For more information about our mission, please visit our website [idai.or.id](http://idai.or.id) and instagram @idai\_ig for recent updates.





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## IPA Activity Recap

Dr. Zulkifli Ismail continues to work with the Malaysian authorities on their anti-smoking campaign. See attached to read the current statement in circulation signed by 20 associations including the Academy of Medicine of Malaysia - College of Surgeons, Academy of Medicine of Malaysia - College of Physicians, Addiction Medicine Association of Malaysia, Islamic Medical Association of Malaysia, Lung Foundation of Malaysia, Malaysian Council for Tobacco Control, National Heart Association of Malaysia, and the list of supporters is growing.

<https://goo.gl/SZvU6G>

Dr. Oswaldo Revello was named the new President of ALAPE, during the XVIII Congress of the Latin American Paediatrics Association (ALAPE) September 5-8 in Paraguay. Congratulations Dr. Revello.

[https://www.sap.org.ar/uploads/documentos/documentos\\_congreso-y-asamblea-alape-2018-155.pdf](https://www.sap.org.ar/uploads/documentos/documentos_congreso-y-asamblea-alape-2018-155.pdf)

### Articles of interest

There is a lot of discussion around vaccines and the re-emergence of previously eradicated diseases as a result of non-immunizations. Our IPA members have shared some of these articles here:

#### Vaccine Confidence and Coverage:

[https://www.tandfonline.com/doi/full/10.1080/21645515.2018.1522468#.W8DEeI2UHKI.what\\_sapp](https://www.tandfonline.com/doi/full/10.1080/21645515.2018.1522468#.W8DEeI2UHKI.what_sapp)

[https://www.washingtonpost.com/national/health-science/percentage-of-young-us-children-who-dont-receive-any-vaccines-has-quadrupled-since-2001/2018/10/11/4a9cca98-cd0d-11e8-920f-dd52e1ae4570\\_story.html?noredirect=on&utm\\_term=.7fb6ade4e4d1](https://www.washingtonpost.com/national/health-science/percentage-of-young-us-children-who-dont-receive-any-vaccines-has-quadrupled-since-2001/2018/10/11/4a9cca98-cd0d-11e8-920f-dd52e1ae4570_story.html?noredirect=on&utm_term=.7fb6ade4e4d1)

### Measles, Mumps, Rubella

<https://m.scmp.com/week-asia/society/article/2162079/non-halal-measles-rubella-vaccine-hits-resistance-muslim-indonesia>

### Polio News:

<https://www.boomlive.in/parents-worried-about-the-polio-vaccine-contamination-read-this/>

### IPA 2019 Congress

Haven't registered yet? Well you're in luck the early registration deadline has been extended to November 30, 2018. Don't miss your chance for early registration. The program for the Congress keeps getting better. Some highlights:

- Come engage in one of our many pre-congress workshops on topics including Obesity/Nutrition, Vaccines, Helping Babies Survive and Non-Communicable Diseases to name a few.
- Meet experts from around the world and across specialties and see what researchers across the globe are working on in our abstract sessions.
- Bring your questions for the editors, as we engage in discussion with some of the world's renowned health publications like the Lancet and BMJ in two concurrent sessions.
- Our keynote speaker, Natalia Kanem, Executive Director of the United Nations Population Fund who will be sure to deliver an address you don't want to miss.
- Experts from the WHO, the Bill and Melinda Gates Foundation and many other leading institutions make up the program for what will be an outstanding Congress.



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## IPA Activity Recap

### Regional Events

Below are photos from the varying regional events our IPA Members have been involved in. Read the captions for details on the location and event. We are so supportive of the efforts of our regional and local societies, and it is wonderful to capture just a snapshot of the work being done by paediatricians globally in our newsletter.

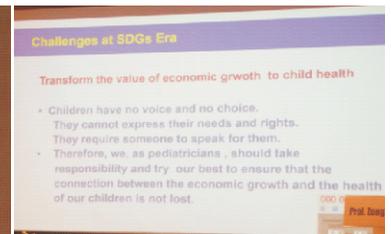
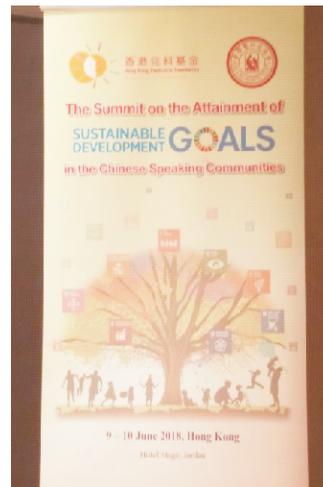
**Naveen Thacker with trainers of Helping Babies Survive at Wilhelmina children hospital, university medical center, Utrecht. Netherlands.**



**5th Benaglore Pedicon, Bengaluru India**



### The Summit on the Attainment of Sustainable Development Goals in Chinese Speaking Communities, June 9-10, Hong Kong



**Dr Errol Alden and Lilian Wong at summit in Hong Kong**





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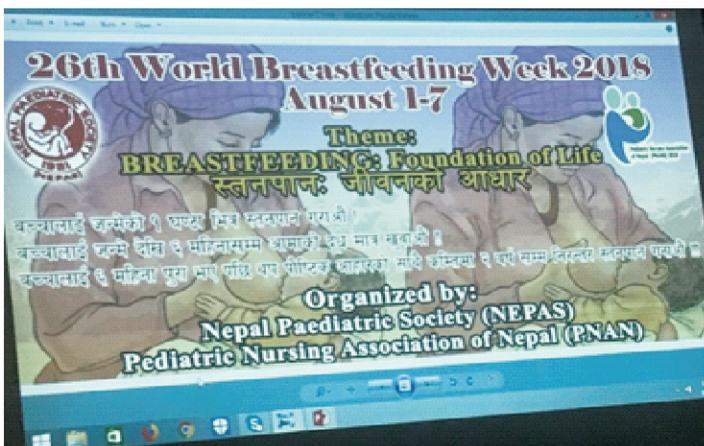
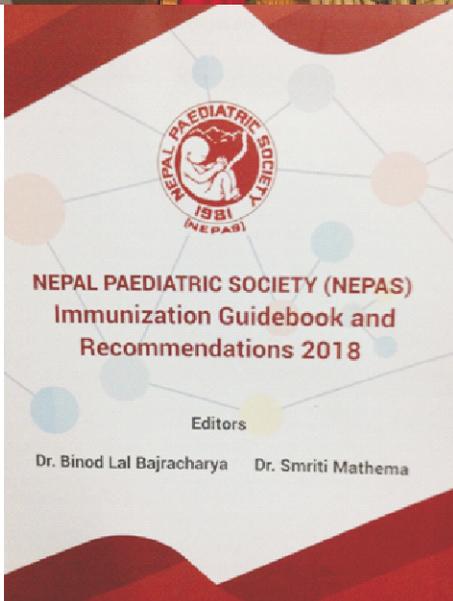
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## IPA Activity Recap

**Shinichi Hirose and Aman Pulungan attend the XIXth Nepalese Congress of Pediatrics, June 23-25 in Kathmandu**



**World Breastfeeding Week Aug 1-8**  
See a sample of the united messages posted, tweeted, and disseminated by Member Societies around the world.





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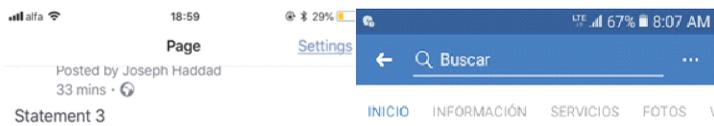
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## IPA Activity Recap



**IPA Standing and Executive Committee Members we're among the thousands of attendees who participated in the 16th Asia Pacific Congress of Pediatrics (APCP) from August 25-29, 2018 in Bali, Indonesia.**

**President Bhutta, Naveen Thacker and Aman Pulungan were among featured speakers in the program.**



**WORLD BREASTFEEDING WEEK**  
1-7 AUG 2018



**Foundation of Life**



الاتحاد العالمي للرضاعة الطبيعية (WABA) - الأنوع العالمي للرضاعة الطبيعية



Dr. Santosh T Soans  
IAP President



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## IPA Activity Recap



**Enver Hasanoğlu spoke on the state of refugees and the impacts to children.**



**Leyla Namaroza represented the European Pediatrics Association and the Union of Paediatricians of Russia.**



**38th Umemps congress Under the patronage of Royal Highness Princess Basma Bint Talal Amman-Jordan 5-8 Sep 2018**





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## IPA Activity Recap



**40th Annual Malaysia Pediatrics Association Congress** was held Sept 5-8 with the theme on **Marginalised Children: Addressing the Needs Leaving No Child Behind Towards SDGs.** With a focus on finding solutions for local issues related to these children who are left behind in society.



Group photograph shared by Dr. Zulkifli Ismail, with the Queen and Minister of Health before all the serious deliberations at the MPA Congress



**Union of Arab Pediatric Societies (UAPS) & Iraqi Pediatric Society Kurdistan Pediatric Meeting** with Iraqi Minister of Health and Officials Sep 19-21, 2018



**Iraqi Kurdistan Pediatric Society**  
Cordially invites you to attend  
The Opening Ceremony of  
**The Fifth International Conference of  
Iraqi Kurdistan Pediatric Society**  
In collaboration with  
Union of Arab Pediatric Societies (UAPS)  
&  
Iraqi Pediatric Society  
Wednesday 19<sup>th</sup> of September 2018 at 07:00 Pm  
Rotana Hotel, Erbil – Kurdistan - Iraq





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## IPA Activity Recap

**XXIX National Pediatric Congress of the El Salvador Pediatric Association (Congreso Nacional de Pediatria El Salvador) held in October 2018**



**Enver Hasanoğlu attends the Italian-Turkish-Romanian Pediatric Congress 5-7 Oct 2018 Iași-**



**Enver Hasanoğlu and Leyla Namaroza attends the Global Conference on Primary Health Care, 25-26 October 2018, in Astana, Kazakhstan**

**WHO Director General Tedros Ad hanom Ghebreyesus UNICEF Executive Director Henrietta H.Fore with Enver Hasanoğlu**





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## IPA Activity Recap



**Aman Pulungan speaks at the Improving Immunization Advocacy and Practicing IDAI Pediatric Online Immunization Reporting System (I-POINTS) Symposium and Workshop Oct 28, 2018, Bandung Indonesia**



**World Polio day**  
During World Polio Day, an event was held in Mexico City, at the Mexican Foundation for Health (FUNSALUD).

On October 23, 2018 with the theme of Polio Eradication Initiative in Latin America.

Dr. José Brea Del Castillo speaks about the value of vaccines in Latin America, highlighting the impact of preventable diseases and the decisive role that immunizations have had to control them

Jose Brea with Dr. Abiel Mascareñas, President of Latinoamerican Pediatric Infectious Disease Society



**World Polio Day**  
Dr. Santosh Soans shares photos from the End Polio Demonstration with a final push with Rotary Governor. Flagged off the cycle rally and public Campaign today with more than 1400 people in attendance.





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## IPA Activity Recap



**Joseph Haddad shared these posts from the Lebanese Pediatrics Society and their recent workshops.**

**UAPA LPS workshop in Istanbul University Jerrah Pacha hospital**



**LPS board and regional coordinators meeting Sept 25 LOP building**



Zulkifli Ismail shared photos of the *\*#IMARET02 to Palu\** mission team led by Emergency Physician Dr Azlan, 2 ED Dr Khalis & Dr Shirraaj and Mr Khairul Psychiatric Nurse. 9 day mission, focused on acute emergencies & mental health-psycho-social support. Good coverage by Bernama, NST, BH, Metro et al.

Islamic Medical Association of Malaysia (IMAM) using IMARET is working with Islamic Medical Association of Indonesia (IMANI) to coordinate relief work in Palu.

Indonesian government hasn't declared this a National emergency so no external relief workers can go in.



**President Bhutta greatly enjoyed the opportunity to represent IPA at the Global Climate Action Summit in San Francisco Sep 12-14, 2018 and to speak on how the IPA could help us achieve Global Goals.**





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## IPA Activity Recap

**IPA Members and thousands of participants attend the ALAPE Congress in Paraguay, 5 Sep 2018 - 8 Sep 2018.**



**President Bhutta speaks on building partnerships for long term scalability and sustainable impact**



**Errol Alden speaks on the ongoing burden of Non Communicable Diseases to countries.**



**Errol Alden promotes the IPA Congress in Panama**





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## IPA Activity Recap

**Dr John Perentesis from Cincinnati Children Hospital new trends in treatment of cancer. Proton treatment versus radiotherapy. Less tissue damage.**



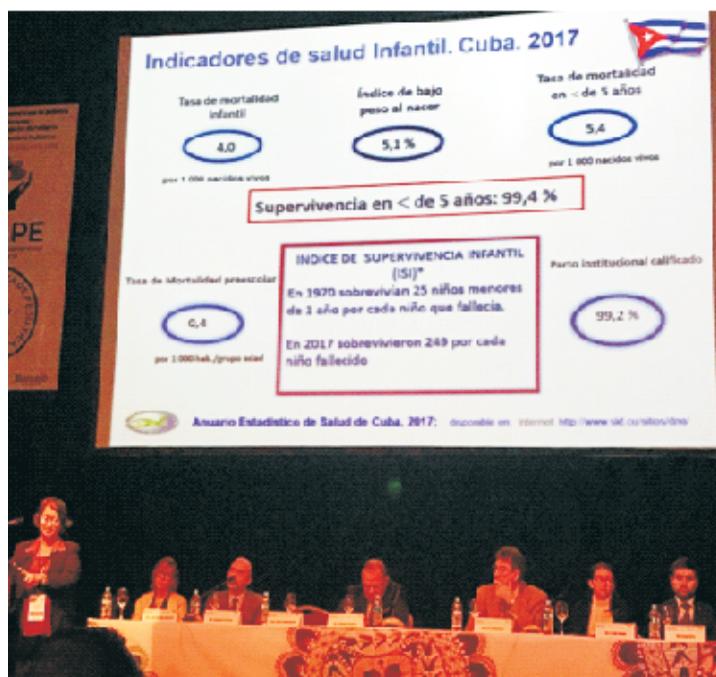
**Inaguration ALAPE Congress Paraguay Drs. Bhutta and Brea**



**Dr Brea speaking at the inaugural ceremony of the ALAPE Conference in Asunción, Paraguay.**



**Dr. Berta Castro, president of Cuban Ped Society present some numbers from Cuba's infants situation. 2017 data.**



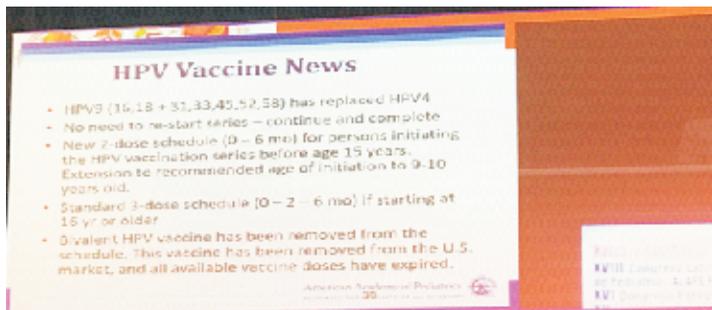


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## IPA Activity Recap



**Dr. Flor Muñoz. Red Book changes. About vaccines.**



**Bill Keenan speaks on reducing Neonatal Mortality.**



**Congratulations Dr. Oswaldo Revelo for being the new president of Asociación Latinoamericana de Pediatría (ALAPE).**





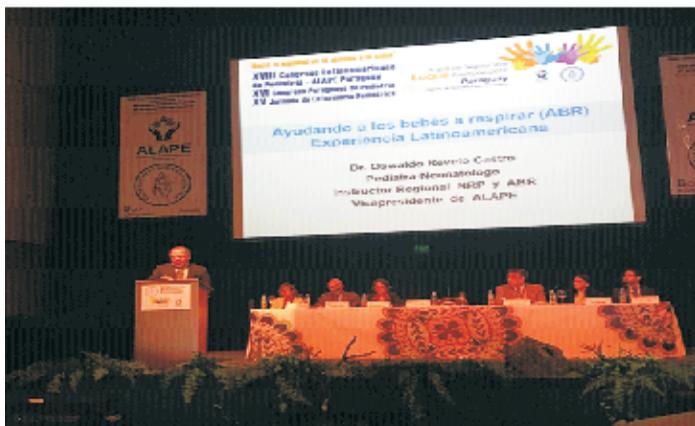
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## IPA Activity Recap

Dr. Oswaldo Revelo, Vice President ALAPE talks about the Latin American experience of Helping Babies Breath program.



**Closure of ALAPE Congress 2018. Dr. Fernando Stein past president AAP.**



**Share your stories and events at [membersupport@ipa-world.org](mailto:membersupport@ipa-world.org)**

### Advocacy

Did you see President Bhutta's messages for World Breastfeeding Week in August, or International Day of Disaster Reduction, Day of the Girl Child or World Mental Health Day in

October? If not see the links below to view, along with our recent message for Universal Children's Day.

World Breastfeeding Week Aug 1-8

<https://www.facebook.com/InternationalPediatricAssociation/videos/1880724578686955/>

World Mental Health Day Oct 10

<https://m.youtube.com/watch?v=EpXU2jzwMeA&feature=youtu.be>

International Day of the Girl Child Oct 11

[https://m.youtube.com/watch?reload=9&v=Lp\\_gvxyUZXDM&feature=youtu.be](https://m.youtube.com/watch?reload=9&v=Lp_gvxyUZXDM&feature=youtu.be)

International Day of Disaster Reduction Oct 13

[https://m.youtube.com/watch?reload=9&v=Lp\\_gvxyUZXDM&feature=youtu.be](https://m.youtube.com/watch?reload=9&v=Lp_gvxyUZXDM&feature=youtu.be)

Universal Children's Day Nov 20

<https://youtu.be/SfIKIBFGwcc>

Want to share these messages with your members, at meetings, in your teams? They are all available online, and now on You Tube.



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## What's New

### **AMERICAN ACADEMY OF PEDIATRICS BLOOD PRESSURE TABLES 2017. ADVANTAGES OF USE.**

The American College of Cardiology (ACC), the American Heart Association (AHA) and other professional societies provided the 2017 Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults (1), applicable to patients at risk of developing cardiovascular diseases (CVD). Among vast novelties in this there appears a reduction of hypertension (HTN) thresholds to 130 mmHg for systolic blood pressure (SBP) or 80 mm Hg for DBP in comparison to the previous level of the Joint National Committee of 140 and 90 mmHg respectively. A reaction soon appears based on the application of the new threshold which would imply a rise of the number of people suffering from HTN and a greater eventual use of antihypertensive medication rocketing up to 15 million in US and 80 million in China (2). A similar variation would occur in LMIC, as the Nepal example pointed out (3).

In the pediatric field, and almost simultaneously, the American Academy of Pediatrics (AAP) published (4) the 2017 Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents (The Guideline). This in fact is an update of the 2004 Fourth Report on the Diagnosis, Evaluation

and Treatment of High Blood Pressure in Children and Adolescents (4<sup>th</sup> Report) (5). The Guideline implies a wider and newer approach to pediatric HTN after incorporating knowledge and technical advances from the latest decade. Among these novelties is as in the quoted adult guideline, a lowering of the limits above which children and adolescents will be considered as suffering from Elevated Blood Pressure, Stage 1 of HTN and Stage 2 HTN. Also the limits for adolescents and young > 13 y have been defined (TABLE 1). As occurred in the guideline for adults the reduction to 130/80 mm Hg for defining HTN implies a great number of kids in this case adolescents and young who would be reclassified as suffering from hypertension. In the study (6) carried out by CDC on more than 12000 participants of 12-19 year during the period of 2001-16, 4.1% were hypertensive, the same population evaluated with the 4<sup>th</sup> Report is 1.5 %. Applying The Guideline to this US segment of population, 800,000 will now be considered as having HTN, despite the decline of hypertension in this period. In a different study for assessing the relationship between HTN and cardiovascular events, out of 364 participants of 10-18 years,



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they identified a 13 % as having HTN according to The Guideline, whereas with the levels of the 4<sup>th</sup> Report the proportion was 8 %. This is in agreement to the CDC study including participant's age. In this latter study in respect to the increased left ventricular mass in hypertensive participants, a greater sensitivity was found (31% vs 20%) for The Guideline vs the 4<sup>th</sup> Report.

Despite this not so artefactual increase of HTN prevalence, The Guideline has several factors that support its general use. It has a solid literature background after a systematic review of the specific search of more than 15000 articles published between 2004-15 and lately applying the evidence quality levels (A,B,C,D, X). It gives clues for the diagnosis of primary HTN, renovascular HTN, white coat HTN and masked HTN throughout the period of childhood and adolescence and consequently the most appropriate treatment in which lifestyle modification has gained favor over antihypertensive drugs. The change of the new terms (ie Elevated Blood Pressure, EBP) is not banal because they imply a continuity with those approved for adult obesity. The most relevant hint is the new definition of HTN for pediatric and adolescent population. This is based on the normative distribution of blood pressure (BP) in healthy children according to gender, age and height which

is a major determinant of BP when we are dealing with children extremely tall or short. The fact of not including overweight or obese children who have elevated blood pressure or even hypertension make the tables represent the values of normal children. The tables with a primary division for boys and for girls, have at their heads, two blocks of columns each for SBP and DBP respectively. The first column are the ages from 1 to 17 year, the first two rows show the values for height (cm/in) and height centile (5 up to 95) and the three next rows show the values of BP according to the 50<sup>th</sup>, 90<sup>th</sup> and 95<sup>th</sup> percentile that classify a child as normotensive, EBP or hypertensive, this sequence of five rows repeats for each age (1 to 17 years). If for example we have a boy of two years old and a height of 87 cm (~10 centile) and a SBP of 100 mm Hg, the table indicates that his SBP corresponds to a 90<sup>th</sup> centile therefore indicating an EBP status. Because this procedure, probably the most precise until now, is laborious the limits signaled in table 1 can be used for an initial BP classification, but The Guideline provides in addition a simplified table (TABLE 2) in which with only age, SBP and DBP, it can be ascertained if a determined child requires further evaluation for HTN. The tables on The Guideline are out of the same population (~50,000) and methods (auscultatory) used in the 4<sup>th</sup> Report. At the same time it gives information about the



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the same time it gives information about the techniques for BP measurements and the possibility of oscillometric devices use, whenever they are validated for pediatric ages.

From a practical clinical point of view. The Guideline signals the risk factors for developing adult CVD: 1) Tobacco exposure, one-third of adolescents have tried a cigarette, conventional or electronic, in the near past months. 2) Raised BMI ( $Z_s > 2$  SD) has an estimated global mass of 107 million of children and adolescents according to the Global Burden Disease 2015, and they will go on with this into adulthood. 3) Physical Activity, only one-third of adolescents reach the minimum of recommended activity. 4) Stress the importance of an adequate diet with a sodium daily intake  $< 1500$  mg. All these preventive actions in a context of ambulatory monitoring of BP and clues for appropriate evaluation of left ventricular hypertrophy.

Reducing the threshold for HTN consideration will increase the number of subjects requiring medical care, but this in turn would reduce obese adult CVD, furthermore older children and adolescents are a target because of the persistence into adulthood. A couple of European studies carried out in Switzerland (8) and in the UK (9) showed this tracking, particularly the last one with an ample coverage of variables (clinical and genomic) showed how the early interventions reduce future CV events because of

the already present structural heart changes in the young. This kind of action can be taken everywhere due to the fact that there is no significant racial differences in the rate of BP centiles (10). Further additional information can be found in the specific book of Pediatric Hypertension (11).

In conclusion, if globally there are millions of overweight and obese kids and obese adult CVD has its origins in childhood, prevention mainly through lifestyle modification must be seriously considered not only by health authorities but for the practitioner with an easy issue such as measuring the blood pressure of every child attending the well-child care visit. Do not fear the new lower limits

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**Table 1. Updated Definitions of BP Categories and Stages**

For Children Aged 1- < 13y

for Children Aged 13 y

<b>Normal BP</b>	<b>&lt; 90<sup>th</sup> percentile</b>	<b>Normal BP</b>	<b>&lt;120/80mm Hg</b>
Elevated BP	90 <sup>th</sup> percentile to < 95 <sup>th</sup> percentile or 120/80 mmHg to <95 <sup>th</sup> centile (whichever is lower)	Elevated BP	120/<80 mm Hg to 129/<80 mm Hg
Stage 1 HTN	95 <sup>th</sup> percentile to < 95 <sup>th</sup> + 12 mm Hg or 130/ 80 to 139/89 mmHg (whichever is lower)	Stage 1 HTN	130/80 to 139/89 mm Hg
Stage 2 HTN	95 <sup>th</sup> percentile + 12 mm Hg or 140/90 mm Hg (whichever is lower)	Stage 2 HTN	140/90 mm Hg



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**Table 2. Screening BP Values Requiring Further Evaluation.**

**BP mmHg**

Age,Y	Boys		Girls	
	Systolic	Diastolic	Systolic	Diastolic
1	98	52	98	54
2	100	55	101	58
3	101	58	102	60
4	102	60	103	62
5	103	63	104	64
6	105	66	105	67
7	106	68	106	68
8	107	69	107	69
9	107	70	108	71
10	108	72	109	72
11	110	74	111	74
12	113	75	114	75
<13	120	80	120	80

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## What's New

### Healthy Brain Development Depends on a Healthy Home

Our hopes for the future are embodied in our children. We want our children to perform well in school and to grow up to live productive, healthy lives. Much of a child's ability to learn depends on healthy brain development. To ensure optimal brain development, the growing brain must be protected from lead, a chemical that interferes with optimal brain development. Lead is known as a "brain robber" because it robs the brain of its fullest potential.

Children often are exposed to lead in their homes – the very homes where they should be the safest. During the first few years of life, many children spend 80-90% of their time indoors. The home's indoor air, water, food, and toys may be poisoned with lead, but parents often cannot see or smell it. A child is more vulnerable than his parents to the effects of lead because his brain is still growing. On a kilogram per kilogram basis, a child breathes more air, drinks more water, and eats more food than an adult. If the air, water, or food is contaminated with lead, the child receives a higher exposure to lead. Why is this important? A child's brain is developing most rapidly during pregnancy and the early years of life. An estimated 86 billion neurons are formed during the first 5 months of gestation. At times during brain development, some 250,000 neurons are added every minute. Lead is a well known brain poison. During brain development, even small

amounts of lead can interfere with the normal process. Exposure to lead interferes with neurons' ability to function at maximal capacity. This can result in a lower intelligence quotient for children who are exposed to lead than for those who are unexposed. Exposure to lead during pregnancy and early life can result in developmental and learning disorders.

Many children's most common source of lead is the lead paint used to paint homes. Through their normal exploratory hand-to-mouth behaviors, children may ingest lead-contaminated dust or paint chips. Although many countries have banned the use of lead paint, it is still used in some parts of the world. (1, 2) Children also may be exposed to lead paint on toys (including toy necklaces, spinning top toys, and tin pail toys) and some other consumer goods. Children can be exposed to lead when petrol (gasoline) contains lead. All but 3 countries of the world now mandate the use of only unleaded petrol for cars and trucks, but piston-engine airplanes still operate on leaded petrol. To assess whether a child has been exposed to lead, a blood lead test should be done around the time of the first birthday. There is a relationship between blood lead concentration and decreased scores on reading and arithmetic tests in children 6 to 16 years old, including among those whose blood lead concentrations by then are lower than 5 µg/dL. It is important to reduce all sources of lead in a child's environment.



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There is much that pediatricians can tell parents to do to avoid exposure to lead. It is likely that the adverse effects on IQ can be counteracted by breastfeeding, long known to increase a child's IQ. Breastfeeding is, therefore, one of the most important steps that a mother can take to enhance the brain development of her infant. There are several additional steps that parents can take during the early years to protect their children's intelligence. These steps can help to maximize children's cognitive abilities:

1. Breastfeed your baby for at least the first 6 months of life.
2. Wash your child's hands often, to remove dirt and dust (that contain lead) that will get into his mouth with normal hand-to-mouth behavior.
3. Avoid paints containing lead, which are still sold in many countries and used on toys and other items that children may put in their mouths.
4. Never use hot water from the faucet for cooking or drinking. Lead was widely used in plumbing materials and can leach into drinking water.

5. Have your doctor test your child's blood for lead.

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## 29th International Pediatric Association Congress

Welcome to 29<sup>th</sup> International Pediatric Association Conference which will be held in beautiful Panama City this coming March 17-21, 2019 with the theme "Partnerships for Children".

IPA2019 will focus on realizing the highest standards of health for newborns, children and adolescents in all countries around the world. It is the perfect chance to network with the world's leading pediatricians and see world class amenities like the historic Panama Canal!

It will be a great opportunity to bring together pediatricians from all over the world. We hope to have a participation of at least 4,000 pediatricians from all over the world.

Early bird registration rates are still available! Save up to \$200 USD by registering before November 30, 2018!

In addition Panama has beautiful sites to visit and enjoy. We are confident that it will meet the expectations of our visitors, both the scientific program and the tourism.

### JOIN THE CONVERSATION WITH THE #IPA2019 SPEAKERS

IPA 2019 is proud to present an impressive list of over 50 [speakers and chairs](#) that will present in Panama on the latest developments and trends in pediatrics.

The great news is that you don't have to wait until March to interact with them, as you can reach out to the following speakers via

Twitter and get insight on what the IPA congress is all about. [Speaker Q&A's](#) to come as well, so make sure to follow us at [@IPA\\_Congress](#) to stay up to date on all congress related details!



**Dr. Susana De Leon**

The Bridge Center, Child and Adolescent Psychiatry  
Panama  
CS15: Autism Spectrum: What general pediatricians need to know  
Follow her at [@susanadeleonmd](#)



**Dr. Xavier Saez-Llorens**

Head of Infectious Diseases at Hospital del Nino  
Dr. Jose Renan Esquivel  
Panama  
CS13: Emerging and re-emerging infectious disorders  
Meet the Experts (#15)  
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## 29th International Pediatric Association Congress



### **Dr. Christine Chambers**

Tier 1 Canada Research Chair and Killam Professor  
at Dalhousie University  
Canada

CS14: Advances in Chronic Pain Management in  
Children

Follow her at [@DrCChambers](https://twitter.com/DrCChambers)

### **INTRODUCING SIMULTANEOUS TRANSLATION INTO SPANISH**

We have some great news for you as the following plenaries and controversies sessions will feature simultaneous translation into Spanish! <https://www.ipa2019congress.com/schedule/2019-03-18>

#### **Plenaries:**

- Sustainable Development Goals: A right for every child everywhere
- Every Newborn: Evidence for closing gaps for neonatal care around the world?
- Children in humanitarian setting; a global priority
- Every child surviving: Addressing the unfinished agenda of infectious diseases.
- Every child thriving: Accelerating progress to address the double burden of under nutrition and obesity
- Genetics, the new Genomics and Child Health
- From Every Child to Every Adolescent

### **Controversies in Pediatrics**

- Is the use of antibiotics necessary in the treatment of diarrhea?
- Special formulas: Are they really useful?
- Is primary care something a Pediatrician or General Physician should deliver?

### **Beware of Hotel Pirates & Scams**

We've recently been made aware of a few Pirate Schemes where companies are trying to pose as IPA 2019 Travel Partners.

'Housing Pirates' are companies that phone, fax or email conference attendees, claiming to offer good deals on hotel rooms. They may falsely claim to be affiliated with IPA 2019. If you provide your credit card information to one of these companies (commonly referred to as "housing pirates" or "housing bandits"), your card may be charged and you might not have a hotel room when you arrive in Panama.

For your convenience and ease, IPA 2019 has contracted a variety of room types at numerous hotels in Panama. We will be in touch soon with further information on how to register. All reservations should go through the IPA 2019 online registration system to ensure you are booking at the lowest rate and through a confirmed supplier. The hotel, MCI Group, and/or AFEA Travel and Congress Services will not contact you regarding your booking unless something arises regarding an existing reservation.

One company that has come up in our alert is: Business Travel Management. Please ensure you do not provide them with your contact or credit card details as this is a fraudulent company. If you receive an email from them, please forward it to us so we can investigate.

For more information about Scam Protection & Hotel Pirates, please visit the [Hotels Page](#) on the IPA 2019 congress website.

If you have any questions, please do not hesitate to contact us at:

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