LETTER FROM THE PRESIDENT

Dear NASPAG Family:

After a wonderful meeting in Toronto spent with old and new friends I am sure you are all settling back into your lives. Our immediate past president, Dr. Ellen Rome’s motto for 2016 was “Celebrate the Past, Elevate the Present, and Embrace the Future.” And so I take a few minutes to reflect on our past, present and future.

The past: In April we celebrated our 30th Annual Clinical and Research Meeting with Dr. Ellen Rome at the helm as our president and Dr. Sari Kives as our program director. NASPAG was founded in 1986 by a dedicated small group of PAG experts. For over 30 years, Dr. Joe Sanfilippo has been a guiding light, serving since 2003 as both Executive Director and Editor in Chief of the Journal of Pediatric and Adolescent Gynecology (JPAG). His leadership has allowed NASPAG to become a vibrant and maturing society. In anticipation of his retirement in December 2016 we celebrated his contributions to NASPAG and Dr. Rome awarded him the President’s Award for outstanding service. “Never Say No Joe”, as he is known to all of us who know and love him, he will be missed in his official duties, but we anticipate seeing him at many more ACRM meetings in the future.

The present: Our 2016 Mission statement states: “the mission of NASPAG is to provide multidisciplinary leadership in education, research, and gynecologic care to improve the reproductive health of youth.” This year’s ACRM truly fulfilled this mission. The meeting provided multidisciplinary leadership with 371 attendees, from 17 countries, representing 16 specialties. The quality of the plenaries, roundtables and workshops revealed NASPAG to be the leader in pediatric and adolescent reproductive health education. And this year’s meeting had the largest number of abstracts submitted to date with outstanding oral abstract presentations, demonstrating our leadership in research. The Special Interest Groups (SIG) and Committees, which have advanced our mission thus far, had very productive meetings and set out plans for the future. And the Fairmont hotel and city of Toronto were beautiful. Congratulations to our Program Chair, Sari Kives, and the Talley team for a great meeting.

The future: The future of NASPAG is bright! As we look to our 2017 meeting with Dr. Judy Simms-Cendan as our Program Director, we have chosen the 4 starred flag of our host city, Chicago, as our theme. The 4 stars of NASPAG: clinical care, education, research and advocacy as set out by our 2016 Mission Goals. Judy has already been very busy seeking out exciting speakers, workshops and roundtable programs. In addition, the ACRM Planning
Committee has been making some changes and updates to the meeting so there will be more time for “hands-on” learning as well as networking. Judy will be updating us throughout the year and I am looking forward to another terrific meeting in Chicago.

In order to continue to be creative and self-sustaining in achieving our mission, one of my goals for next year is to increase diversity in our organization. The NASPAG Board of Directors is actively thinking of ways to be inclusive in terms of generational participation, specialty, nationality, gender, and race. My personal goal for this year is to engage new and past generations of NASPAG members (our trainees and young faculty, as well as past-presidents and members). NASPAG is mentoring a new generation of clinicians, educators, researchers and leaders. Thus, every NASPAG Committee now includes a trainee and the Research Committee this year awarded the first NASPAG/Bayer Young Investigator mentored research award to Dr. Andrea Hoops. The past-presidents are eager to help and engage. Dr. Paula Hillard, will become the new Editor in Chief of JPAG in 2017 and is busy discussing transition details with Dr. Sanfilippo as well as considering ideas for continuing to improve the journal. Dr. Elizabeth Alderman has been meeting with Adolescent Medicine Fellowship Directors and encouraging their fellows to become involved in NASPAG. And Dr. Janice Bacon is helping us to create a history of NASPAG page on the website.

The Strategic Plan which was developed in the last year has been implemented and we are well on our way to achieving our goals:

1. Improve Infrastructure:
As NASPAG has grown, we are working with our Talley team and specifically Donna Colavita the Account Executive, and Nancy Wheeler and Emily Giambattista, the Administrative Assistants, to create an administrative infrastructure which will sustain us in the future. Many of you have been communicating with Emily and Donna, and I am sure you have found them to be very professional and proactive. I am grateful to have them on board.

Dr. Xiomara Santos has been busy as the Chair of the Website and Social Media Committees. She and our partners at Talley are continuously working on improving the website as well as maximizing the ability of the website to assist the infrastructure of NASPAG by facilitating SIG and Committee communication.

2. Be the Leaders in PAG Education:
Our ACRM demonstrated our strength in this goal but in addition, our busy Education Committee under the past leadership of Drs. Jennifer Dietrich (our President Elect) and Judy Simms-Cendan, has thus far produced 19 patient education handouts (featured in the NASPAG website) and 4 clinical recommendations, the PAG Web ED site and collaborated with ACOG on two ACOG E-modules. Our current Chairs, Drs. Mary Romano and Jennifer Dietrich, are busy working on more patient handouts, clinical recommendations, and creating a NASPAG speaker’s bureau so that NASPAG becomes the “go-to” place for other groups and societies to find speakers on PAG subjects. We already have joint NASPAG programs this year at the annual meetings of AAP, ACOG, ASRM and SAHM.

NASPAG is promoting and leading in resident and fellow education. The Resident Education Committee, under the past leadership of Drs. Natalie Fleming and Meredith Loveless, has published the short and long curriculum. The evaluation of the effectiveness of this curriculum for obstetrics and gynecology residents was awarded Best Poster presentation at this year’s ACRM. And, under the present leadership of Drs. Patricia Huguelet and Carol Wheeler, this committee will continue to do educational research and create innovative curricula.

Finally, the PAG fellowships (11 in North America soon to be 12) are thriving and have been meeting
to create ACGME compliant structures. Dr. George Wendel, from the American Board of Ob/Gyn, met with the fellowship directors and updated us regarding the continued effort to create a PAG-Focused Practice Recognition (PAGFPR) certification.

3. Be the Leaders in Research and Scholarship:
Our Meeting and Journal continue to advance this goal as stated above. The Fellows Research Network has been busy meeting and presented their first project regarding vaginal dilation for MRKH (presented by Dr. Vrunda Patel). Currently they are considering proposals and several sites are busy collecting data for a multisite study on adolescent premature ovarian insufficiency (POI) lead by Dr. Julie Hakim. The Research Committee under the leadership of Dr. Andrea Bonny, has assembled the infrastructure to produce Requests for Proposals (RFP) for research grants and we hope to partner with industry for more future grants.

The Publications Committee, led by Dr. Rebekah Williams, has facilitated NASPAG branded publications in Contemporary Ob/Gyn and other journals, and has established a relationship with Obstetrics and Gynecology (the Green Journal) to contribute Continuing Medical Education articles. Finally, Current Opinions in Obstetrics and Gynecology is now working on an entire issue which will be written and edited (Dr. Eduardo Larra-Torre) by NASPAG members.

4. Advocacy:
This is a new goal for NASPAG and we are still exploring how to best accomplish it. Thus far NASPAG has endorsed several statements from other societies and has received some recognition for this.

Our Ad Hoc Coding Committee, under the leadership of Dr. Beth Rackow, is looking to evaluate RVU requirements for PAG providers as well as advocating for PAG codes through the ACOG Coding Committee. Finally, the Board of Directors is working to create a Liaison Committee which will allow NASPAG to interact with other societies.

5. Financial Stability:
As a society, NASPAG cannot accomplish all of its goals if it does not have financial stability. Thus, Donna Colavita and I along with the Development Committee are busy working to partner with industry and foundations for sponsorship. A special thanks to Cheryl Tatreau, who worked tirelessly to obtain support for our ACRM in Toronto raising over $48,000.

One of the best ways to establish financial stability for NASPAG is to create an endowment which will give us security in the future. Thus our goal is to have our Friends of NASPAG reach $1 million. So far we have raised over $293,000 and are one third of the way there. And for those who want to honor our mentor Joe Sanfilippo, we have created The Tree of NASPAG where you can donate in honor of “Joe”.

Please consider donating to Friends of NASPAG: as you see by all the work being done above your money will be well spent in programs which will help us achieve the mission of “improving the reproductive health of youth”.

And thus in writing this “State of NASPAG” report I am filled with pride for where we have come from and our future direction. As stated above, we want to be inclusive. So please feel free to contact us with ideas and comments at hq@naspag.org.

Looking forward to a great year,

V
Veronica Gomez-Lobo, MD
Children’s National Health System/
MedStar Washington Hospital Center
NASPAG President
JPG UPDATE: It is with Great Enthusiasm…Introducing our New Editor in Chief

Paula Hillard, M.D. JPG Editor in Chief January 1, 2017

Most enthusiastically I look forward to “turning the reigns over” to Dr. Hillard. Paula is Professor at Stanford University School of Medicine and Faculty Affiliate at the Michelle R. Clayman Institute for Gender Research. She is Phi Beta Kappa-University of North Carolina and Alpha Omega Alpha-University of Cincinnati. Dr. Hillard has served on the Committee on Adolescents-American Academy of Pediatrics, ACOG-PROLOG Task Force, Chaired the Committee on Adolescent Health and on the Advisory Committee of the Association of Reproductive Health Professionals. With regard to NASPAG, Paula was president from 1998-1999 and has served on the Publications Committee. In addition, she has been on the Board of Directors-Physicians for Reproductive Health and on a number of national review panels that include the CDC and U.S. FDA. She has over 100 peer-reviewed publications.

Paula has been on the Editorial Board of a host of journals including Journal of Adolescent Health, JPG, Journal of Gynecologic Technique. In addition, she has served as Editorial Consultant and Reviewer for many prestigious journals that include Pediatrics, Obstetrics and Gynecology Journal of General Internal Medicine and Pediatrics in Review to mention but a few. Dr. Hillard, at Stanford, is integrally involved with the Educator for CARE (Compassion, Advocacy, Responsibility, Empathy) program, she is a preceptor for the Practice of Medicine and Sexual Health Curriculum among a host of other duties and responsibilities.

I know our journal will be “in good hands” and I look forward to working with her in this transition. Paula best to you from JPG and NASPAG!

Joseph S. Sanfilippo, MD, MBA
JPG Editor in Chief
NASPAG Executive Director

Friends of NASPAG

Over the last 30 years, our organization has progressed, from infancy through adolescence and on to young adulthood. How have we accomplished so much? It is a reflection of you, our membership! Please consider continuing to contribute to Friends of NASPAG. Your valued contribution is a button click away. Donations can be added at the time of submitting your membership renewal.

So how do we continue to move forward at the incredible rate of NASPAG expansion? We need you, your time and talents and financial support. Please consider continuing to contribute to Friends of NASPAG. Your valued contribution is a button click away:

- Click here for detailed information about the Friends of NASPAG program.
- Submit your donation electronically by completing the secure Online Donation Form, or return the Printable PDF Donation Form to NASPAG Headquarters.
- All donors will be emailed an official receipt to use for tax purposes.

We hope to receive your Friends of NASPAG donation and support soon!
2016 ACRM: Final Thoughts

The 3 days flew by and a great time was had by all. This year marked the 30th anniversary meeting and was held at the beautiful Royal York Hotel in Toronto, Canada. Thanks to the extraordinary efforts from our program committee, Executive committee, Talley management group and you, our loyal membership, this was a very successful ACRM.

As in the true tradition of all our NASPAG ACRM’s, we packed all we could into 3 short days. From 7 AM till late at night we gathered at committee meetings, special interest groups, informal gatherings and dinner meetings. There was so much to do that we barely had time to leave the hotel. Despite the “little cold” we continued to host our 5th annual fun run and all participants had a great walk/run through the downtown. I, for one, think it was well worth the 6 AM wakeup.

Our plenary speakers were amazing and presented the breadth and depth of our field. Special thanks for putting together such insightful and thoughtful talks on bleeding disorders, buccal grafts, hypothalamic amenorrhea, physician burnout and 7 transitions into adulthood. Dr. Wayne Sotile was inspiring during his plenary on physician burnout and Dr. Lisa Damour was a welcome addition when she highlighted her book on guiding teenage girls into adulthood (Untangled). The international forum continued to be excellent, especially the opportunity this year to contrast the American and Canadian sexual education programs. As always the workshops, luncheon talks, debates and stump the professor sessions were educational and well attended. Finally, the HPV session was very relevant and informative on highlighting both special groups as well as ways to increase the uptake of the vaccine. A special thanks to Jennifer Woods and the abstract committee, as well as all our members for submitting a record number of high quality research abstracts. The oral and poster sessions allowed us to see the important work our membership is producing as well as meet with the researchers who are shaping the future of PAG care.

As always the best part of the meeting was just getting the opportunity to spend time with a society filled with talented and committed colleagues and friends. I want to thank NASPAG for giving me the opportunity to chair such an amazing meeting. I am already looking forward to next year in Chicago for the 31st Annual ACRM. Have a great summer.

Respectively submitted
Sari Kives, MD

2016 ACRM Program Chair
POST ACRM THOUGHTS from Young Scholar’s Grant Recipients

Chetna Arora, MD

When most think about Pediatric and Adolescent Gynecology their immediate assumption is that this field is anything but surgical. My interpretation, and also what was steered to me by professionals clearly not aware of the depths of this field, was that this realm of medicine surrounded on purely outpatient clinic medicine and the bread and butter to be menstrual regulation and suppression.

Personally, I’ve always had an inclination toward surgery and often felt my best when standing in an operating room—but this is a two-dimensional vantage point that I’ve narrowly learned as a product of my environment. Now that I have been given the opportunity to become a member and experience NASPAG, as well as immerse myself in a true Pediatric and Adolescent Gynecology rotation, I’ve acquired another, and more satisfying, passion that I hope to fuse together with my underlying desire to operate. In no other Obstetrics and Gynecology fellowship is one able to walk the halls of the children’s hospital and feel a completely different medical atmosphere that you can never obtain in the standard adult realm. There is an absolute beauty in the ability to see and feel the vulnerability that encompasses your day-to-day.

After coming to the NASPAG annual meeting, it is undeniable that there is an impressive collaboration between so many multi-disciplinary groups, whether it be Pediatric Urology, Pediatric General Surgery, Adolescent Medicine, Endocrinology, Reproductive Endocrine Infertility, General Pediatrics, General Gynecology, or simply young adults who anticipate joining the movement—I found myself in awe of how such a small idea only a few years ago, became an amazing construct with hundreds of professionals coming to teach, to guide, and to learn more. It is a daunting task to start something new, but it is an even more impressive task to propel innovation forward.

I came from an institution where this field does not exist, but was only something briefly discussed and not well understood. My interest in this field was developed from my own desire to work with young patients with congenital anomalies, but also from the guidance of a few mentors who understood this field a little deeper. It is clear there is so much more to Pediatric and Adolescent Gynecology than I ever anticipated—and the thought of that only fuels me further. By being given the opportunity to come to NASPAG by means of the Young Scholar’s Grant, the experience allowed me to solidify my own foundations, and further develop it into something that I hope to pursue in my lifetime. Thank you again for this gracious award.

Alyssa Bennett, MD

I attended my second NASPAG ACRM in Toronto this April and began the conference by presenting a portion of my fellowship research project. While onstage, I received invaluable advice from an experienced co-presenter to breathe and was able to fully enjoy my 15 minutes with an incredible audience before me. The presentation was an exceptional way to begin the conference and reconnect with colleagues both within and outside of my institution.

Because I am about to transition from a clinical fellow to an attending physician in Adolescent Medicine, I sought to gain business development knowledge in addition to clinical knowledge at the conference. I learned about marketing strategies and the importance of effective communication within a clinical practice during a session entitled “Building a PAG Practice”. I also refreshed my motivational interviewing techniques specifically focused on contraceptive counseling, which is one
of my areas of interest. Lastly, my true “take-home message” from the conference was to begin to ask about sexuality in addition to my standard risk assessment. I learned a new set of ABCs: Autonomy, Building health relationships, and Connectedness. Since returning from the conference, I now ask my patients about their experience of sex in addition to their sexual health behaviors.

I would like to thank NASPAG for awarding me this grant, and I hope to continue to attend the ACRM annually.

Sarah Corder, MSN
As a Nurse Practitioner student, the Annual Clinical Research Meeting (ACRM) complemented my formal education by providing outstanding educational opportunities pertaining to Pediatric and Adolescent Gynecology. The wide range of topics presented allowed me to acquire more in-depth knowledge on topics I was familiar with, as well as gain insight into gynecologic challenges I hadn’t yet been exposed to in a clinical or educational setting. From the multidisciplinary involvement to unique and cutting-edge research presentations (often involving an ethical element), ACRM served as an excellent opportunity to enhance my education as well as my career as a Nurse Practitioner specializing in Women’s Health.

One of the most valuable aspects of ACRM was the volume and variety of professionals in attendance. From OB/GYN providers, nurse practitioners, and gynecologic surgeons to pediatricians and providers serving special needs patients, the plethora of specialties provided unique perspectives on gynecologic challenges. The small breakout sessions and lunch presentations allowed for dialogue amongst the different providers and illustrated the integral importance of each member of the health care team when managing patients with complex gynecologic medical conditions. Each perspective brought valuable insight, both from educational background as well as current practice experience. The opportunity to interact with a wide variety of providers allowed me to expand my understanding of gynecologic care and gain a more holistic perspective from which to view my patients.

The up-to-date research completed by presenters provided a glimpse of advancements being made in Pediatric and Adolescent Gynecology as well as suggestions for further study. From utilizing a phone app to provide adolescents with health information at their fingertips, to findings reported by examining outcomes of a treatment procedure for patients with a specific diagnosis, the research presentations offered education on very pointed and distinctive topics within Pediatric and Adolescent Gynecology. These presentations, along with posters submitted and on display, were very informative and provided further education on both new and familiar topics.

ACRM did a wonderful job of incorporating ethical considerations into each of the presentation topics. With Pediatric and Adolescent Gynecology involving many intricate parts in decision making, the ethical discussions provided opportunities for multiple perspectives to be presented. With examples such as adolescent desire for gynecologic cosmetic surgery and consideration of menstrual suppression among special needs patients, the ACRM did an excellent job of communicating positions of regulatory bodies as well as offering opportunities for communication amongst providers to present opinions based upon past history within their respective practices. As a provider preparing to enter the workforce, ethical decision-making is an important part of preparation for practice and these opportunities for discussion were incredibly valuable.

Overall, the ACRM was an excellent opportunity for collaboration and education on a wide variety of
current and upcoming challenges within Pediatric and Adolescent Gynecology. While I began the conference with educational experiences from the classroom and clinical rotations, I left ACRM with a much greater knowledge base with which to complete my education and enter practice later this year. I feel honored to have been chosen for this award and am incredibly appreciative of the opportunity to attend ACRM.

Elizabeth Kudron, MD

First, I would like to thank the selection committee for awarding me the Young Scholars Grant to allow me to attend this year’s NASPAG meeting. The meeting was an inspiring experience. I appreciated how clinically focused the lectures, workshops and poster presentations were. Although I attended multiple excellent workshops and scientific poster presentations, I would like to highlight the lectures that stood out to me as I left the meeting.

The first plenary session on inherited bleeding disorders responsible for abnormal menstrual bleeding in adolescents directly pertained to my research interests. As part of my fellowship research project, I am conducting a chart review to investigate current practices and to identify areas for improvement around the diagnosis and treatment of heavy menstrual bleeding in a subspecialty adolescent clinic and adolescent gynecology clinic. The plenary session on abnormal menstrual bleeding highlighted the difficulties surrounding the diagnosis of bleeding disorders in our adolescent female patients as coagulation factors may be affected by multiple conditions and testing often needs to be repeated. During the conference, I was able to discuss ideas on how to improve the diagnosis of menorrhagia and subsequent identification of underlying bleeding disorders with the lecturer, Dr. Jennifer Dietrich. This was an invaluable experience. Through this discussion, I plan to incorporate the Pictorial Blood Loss Assessment Chart (PABC) scoring into quality improvement measures in our clinical setting at Children’s Hospital Colorado.

As an adolescent medicine fellow, I am learning about the struggles that adolescents face first-hand by caring for them. I thought that Dr. Damour’s lecture entitled “Untangled” was a succinct summary of the transitions that my patients are encountering. I found it helpful that she provided information on how both adolescents and parents are experiencing this transition. As an adolescent medicine provider, I often see parents struggling with transitions that their adolescent children are enjoying and looking forward to. Since I am not yet a parent, this lecture provided me with further insights into how to help both the adolescents and parents that I care for in clinic.

Clinical practice, including fellowship, can be a stressful experience. The third plenary NASPAG lecturership on Physician Burnout was a good reminder of how all providers can become burned out at different points in their careers. Dr. Sotile provided an inspirational message on how to improve symptoms of burnout and how to remember what really matters in order to build a successful and fulfilling career. I particularly enjoyed his example of how marriages slowly decrease in happiness over time for the first 10 years, but truly successful couples move forward toward building a happier relationship. This was a nice analogy to the relationships that providers can build with their careers.

I found that this year’s NASPAG meeting provided me with knowledge and insight into how keep building towards my dream career. Thank you for this opportunity.
THE EXECUTIVE DIRECTOR’S COLUMN: Let’s Get “Untangled”

For this Executive Director column, I have elected to give you a brief overview of a most interesting and thought provoking book by one of our Plenary Speakers at our Toronto meeting. *Untangled*, written by Dr. Lisa Damour, provides you the healthcare provider, you the parent, with easily accessible “How To” pointers. Here we go:

*Guiding Teenage Girls through the Seven Transitions into Adulthood, I say is a bit of a challenge.* Dr Damour conveys:

“Raising teens is not for the fragile.”
Girls “Breaking Up” with their parents, this occurs as they progress through adolescence.
“If you really want to connect (with your daughter) *car time*”-most valuable.
Listen carefully to the “chatter” when (your daughter) is in the car pool and you are driving-great insight into what is going on in her life.
“Allergic to questions”-that emerges as the transition to adulthood occurs.
Try to properly TIME your questions, DON’T PRY.
Your questions must reflect GENUINE INTEREST.
Pick up on the conversation the teen “puts on the table.”
Emphasize the importance of being polite regarding the conversation.
Announcement: I’m a teenager now”!
The suddenly “rude” teen-Dr Damour tells you how to address it.
How to handle the abrupt transformation of a teen girl from funny, joyful companion, to recluse, marathon texter, sullen dinner table teen.

The Treatment: Give her more privacy than she had as a child.
Closing the door to her room doesn’t necessarily equal “mischievous” activity.
Teens go to extreme measures to obtain privacy from parents.
Family night-have it remain important ideally-daily.
Older adolescents often “swing back” to prioritizing “family night” and interaction.
Teens need to “Join the Family”, even if they feel awkward or disconnected.
Meanness-This tactic allows one’s daughter to leave childhood and push you out.
Girls can be expert at what really “pushes your buttons” and Mom is usually the prime target.
Swimming Pool analogy-try to keep your daughter away from “swimming into the wall” but “she needs a wall to swim to”-that’s you, Dr. Damour provides great advice in this arena.

“Smelly armpits” here again Dr. Damour conveys, “Get ready, ladies, as that body of yours will sprout hair, erupt pimples, develop breasts...” and much comparison teen to teen will occur!

Let me conclude with strongly suggesting you take the time to read *Untangled* and convey Dr. Damour’s advice to your patients, “once a girl believes that her parents understand where she is coming from, she is usually willing to consider their advice or find her own solution. Good Luck to all!

Joseph S. Sanfilippo, M., MBA
JPAG Editor in Chief
NASPAG Executive Director
Nathalie A. Fleming, MD, FRCSC

Who/what inspired you to get involved in PAG?

During my REI block in ObGyn residency, I attended a Peds Gyne clinic with Dr. Jay Spence. I was intrigued and fascinated by the patient population. Knowing that there was a need to develop PAG in Ottawa, I sought electives in PAG. This confirmed my interest in this subspecialty. I was thrilled to do my PAG Fellowship at l’Université de Montréal where I learned from my mentors Drs. Suzy Gascon and Diane Francoeur. I was very fortunate to have support and commitment from the University of Ottawa, the Children’s Hospital of Eastern Ontario and The Ottawa Hospital to return to Ottawa where I developed and implemented the clinical and academic program in PAG.

What do you most enjoy about the field of PAG and/or NASPAG?

My mentors recommended that I become involved in national and international PAG organizations early in my career... and did I ever! I remember being asked by the Exec Director of the SOGC (Society of ObGyn Canada) to team up with our famous Mary Ann Jamieson to establish and co-chair CANPAGO (Canadian Pediatric and Adolescent Gyne and Obstetrics) the Canadian version of NASPAG. Both Mary Ann and I were new mothers taking on this wonderful academic opportunity, and seeing it grow over the years was outstanding.

Can you tell us a bit about your experience volunteering with NASPAG and serving on the Board of Directors? What are some insights that you could share with junior NASPAG members to assist them in being successful in PAG?

I attended my first NASPAG meeting in 1998; I was hooked! I have been a faithful attendee and NASPAG member ever since. I remember being impressed by how friendly and inclusive NASPAG members were. I rapidly found mentors within the organization. As a Canadian member, I was fortunate to participate in various roles. These included ACRM Program Committee Member (2004-2007), Board Member-at-large (2005-2008), Program Committee Chair (2008), Co-Chair Resident Education Committee (2012-15) and Board Member-at-large (2014-2017). Through these wonderful opportunities, I collaborated with like-minded North American experts and passionate advocates in PAG. This has helped me gain expertise within PAG as well as been instrumental in my path to promotion to Professor at the University of Ottawa. My advice to junior members: focus early in your area of expertise, get involved in NASPAG and seek mentorship.

What do you most enjoy in your “down time?” Any favorite hobbies or activities? What remains on your “bucket list?”

Aside from work, I love spending time with my husband Pierre and my teen daughters Emmanuelle (17) and Caroline (14). Until recently, I spent summers doing ‘Mommy Camp’ where I took summers off doing daily fun activities with my daughters. As a family, we are fortunate to explore different countries. Future trips include travelling and hiking in South America and Asia. My bucket list includes learning a fourth language, parachuting, and hiking Machu Picchu.
Judith Simms-Cendan, MD

Who/what inspired you to get involved in PAG?

I entered the PAG world during OBGYN residency at UF through interest in prevention of teen pregnancy. Working in labor and delivery in rural north central Florida in the early nineties, I encountered generations of young mothers, often beginning families at age 14 and 15. Changing the culture to support contraception early, not after the first baby, and providing a welcoming place for teen care became my goal. As I was finishing residency Dr. Joe Sanfilippo famously told me to “just hang a shingle and they will come.” This evolved into a the first PAG clinic in Florida with a wonderful adolescent medicine partner, Dawn Grinenko, who taught me so much.

What do you most enjoy about the field of PAG and/or NASPAG?

I’d have to answer this with “the people”! The thoroughly enjoy the pediatric adolescent patients, from the idealism to the angst, there is never a dull moment. The wide variety of patients with unusual pathology in our specialty is terrific. In NASPAG I have found energetic colleagues who care deeply for these patients, and are committed to education to help others provide care for them.

What are some insights that you could share with junior NASPAG members to assist them in being successful in PAG?

Definitely market your unique practice and skill set to your community, pediatricians and OBGYNs. There is such a need, but so many people may not know you exist! Come to the ACRM, network with your colleagues, and submit your questions to the listserv. NASPAG membership is really a PAG cooperative!

Can you tell us a bit about your experience volunteering with NASPAG and serving on the Board of Directors?

I enjoy volunteering with NASPAG because both the board and the education committee members are action oriented and dedicated to improving patient care and education of our colleagues and ourselves. Let’s face it, we are all busy, but it is invigorating to work with others who are also excited about peds and adolescent gyn and who really advocate for care for their patients. Because there are so few of us out there, it is affirming to work with others who value PAG, since we don’t always get that opportunity in our daily environs.

What one to three words best describe you?

Energetic

What do you most enjoy in your “down time?” Any favorite hobbies or activities?

Cooking is my favorite immediate gratification and creative outlet, and feeds the family too! I especially enjoy the farmer’s markets and cooking abroad. I hike, bike and paddle board to unwind.

What remains on your “bucket list?”

Spending a Sabbatical in Mexico, preferably in Merida, teaching, cooking, and mastering Spanish well enough to sing the Mariachi songs.
CELEBRATING JOE

By Ellen Rome, MD, MPH, Immediate Past President, NASPAG

Our new President, Dr. Veronica Gomez-Lobo, has artfully captured the essence of our past year, current plans, and future aspirations in this newsletter in her presidential welcome. For those of you who were with us in spirit only at our April ACRM in Toronto, I now share news of an opportunity to honor this year’s recipient of the President’s Award: to the Individual Who Has Provided the Greatest Service and “Value Add” to NASPAG: Dr. Joe Sanfilippo.

As many of you know, Dr. Sanfilippo will be stepping down as Executive Director for NASPAG and as JPAG Editor in Chief at the end of 2016. We celebrated him at this past meeting, and hope to honor him through ongoing gifts that can be optimally received in three ways, with all contributions tax deductible and contribute to total cumulative NASPAG Giving.

1) Give to the Sanfilippo Young Scholars Development Fund.

Joe Sanfilippo MD, MBA was a founding father of NASPAG, Executive Director as well as Editor-in-Chief of the Journal of Pediatric and Adolescent Gynecology. After many years of service to NASPAG we celebrate with establishment of the “SANFILIPPO YOUNG SCHOLARS DEVELOPMENT FUND.” It has been established to recognize Dr. Sanfilippo and at his request, his parents Joseph P. and Elena T. Sanfilippo. The fund has been established to continue Joe’s development and dedication to young, talented individuals committed to enhancing the reproductive health of girls and young women. The fund’s mission is to provide financial support to help develop our next generation of health care professionals by supporting their education and research. You can celebrate Dr. Sanfilippo and his legacy by contributing to the “Sanfilippo Young Scholars Development Fund” (Contributions are Tax Deductible and Contribute to Total-Cumulative NASPAG Giving).

2) Give to the NASPAG Tree of Giving, in honor of Joe Sanfilippo or whomever else you would wish to honor.

3) Give to the Friends of NASPAG.

Having been born on the same day as Ted Geisel, aka Dr. Seuss, I now share the end of my presidential address at the ACRM, entitled, “Ode to Joe”.

First there came the Goldfarb years, NASPAG’s been born, we gave 3 cheers! Adolescent Medicine, Peds and Ob Gyns, NPs, FP, we all combined;
And Joe watched and learned and became Pres,
Among the first, NASPAG’s family tree says,
Training many, with a smile,
The Sanfilippo Years have style!

The Board said, “Joe, let’s have some fun!
With you at the helm, NASPAG’s prime time’s begun
A double role, we have for you-
Executive Director and JPAG Editor in Chief, too!”
Without more pay but with added work load,
Nothing was too much for “Never Say No Joe”

No sleep for Joe, available to all,
Joe lived and breathed NASPAG
Spring, spring, summer, winter, and fall.
On family trips, his wife would drive,
So Joe could edit and help NASPAG thrive,
CELEBRATING JOE, Continued

JPAG’s impact factor has been raised,
Around the globe, our Joe is praised!
Mentor, colleague, scholar, friend,
The Sanfilippo Years approach their end;

Inspiring leader, expert in PAG,
For NASPAG, losing Joe’s a drag;
Joe, you may step down, but don’t go far-
You’ll forever be a NASPAG Star!

Thanks to our very own Joe Sanfilippo, recipient of the NASPAG President’s Award for 2016.
We love and appreciate you!

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NASPAG NEWS is a quarterly newsletter distributed to all members of the North American Society for Pediatric and Adolescent Gynecology. Members are encouraged to submit items for publication (i.e. Articles, letters, announcements, photographs or member-related news) to one of the following persons:

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