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Pediatrics Welcomes Dr. Matt Egan
Editor’s note: We are delighted to have Matt Egan return to Syracuse as one of our new Cardiologists. The Crier got an exclusive interview with Dr. Egan:

I am very excited to be joining Pediatric Cardiology Associates. This is a homecoming for both me and my wife. I grew up in Fulton, where my family still lives and my wife grew up in Manlius. I attended college in Philadelphia at the University of Pennsylvania where I majored in American history after completing all of the pre-med requirements. I then returned to Syracuse for medical school at Upstate. I did my pediatric cardiology training at A.I. duPont Hospital for Children in Wilmington, Delaware. We lived there for 4 years as I did an additional 4th year fellowship in Noninvasive Cardiac Imaging. This year allowed for additional training in echo, fetal echo and cardiac MRI.

The majority of my attention outside of work is focused on my two children, Anna (3 years old) and Charlie (1 year old). The kids are so excited to be living closer to their grandparents. My wife, Molly, is an elementary and special education teacher who worked in the FM district before we moved away. My wife and I have remained avid Syracuse fans during our travels. We are excited to be able to attend the games in person once again at the Dome, as opposed to watching as the visiting fans in Philadelphia and Cincinnati.

Although my schedule has not allowed for much golf over the past few years, I look forward to reacquainting myself with the woods and sandtraps of the Central New York courses.

I feel very lucky to be coming home to join the group that initially inspired me to pursue this career path and I look forward to reacquainting myself with everyone in the near future.

Welcome Back Dr. Caitlin Sgarlat
Editor’s Note. We also delighted to have former resident, Caitlin Sgarlat join our department as a second rheumatologist. Caitlin shared the following:

Hello everyone! I must say that I am thrilled for my return to Syracuse and the beautiful new Golisano Children’s Hospital! Although many of you may remember me from my time spent during residency here at SUNY Upstate, I welcome this opportunity to re-introduce myself. My passion for pediatrics stems from my upbringing in northeastern Pennsylvania, where I grew up in a large loving family. As one of six children, there were always kids everywhere and I just loved helping take care of my four younger brothers. After attending college in Washington DC at Catholic University, I began my medical training in Pennsylvania at the Philadelphia College of Osteopathic Medicine. I moved to Syracuse to start my pediatric residency training and graduated in 2008. Throughout my time at Upstate, I fell in love with the area, as well as the wonderful people here in the Department of Pediatrics. I also developed an interest in rheumatology, and therefore I continued my training in Boston. I spent three great years in a pediatric rheumatology fellowship at Tufts Medical Center and also completed a Masters degree in clinical research.

I am very excited to join my many remarkable mentors and friends here in the Department of Pediatrics as an attending as well as a teacher to the many students and residents. I am especially looking forward to joining Dr. Hannan in the Pediatric Arthritis Center and cannot wait to contribute to the growth and education of pediatric rheumatology at SUNY Upstate.

Other hobbies and interests of mine include hiking, skiing, mountain biking, photography, pottery, and practicing yoga. I am very enthusiastic about my move back to Syracuse, and am very thankful about this opportunity to work with everyone here at SUNY Upstate! I also hope to meet and get to know the many new faces in the department in the upcoming months.

LEAPPing to Chicago
Beth Nelsen – I had the opportunity to present a poster about LEAPP at the Futures of Pediatrics Conference in Chicago the last weekend in July. Sue Mahar and Brad Olson also presented a poster about their international health program. This was my second trip to Chicago and I had a few extracurricular activities planned. Thursday night Sue and I attended a live taping of ”Wait, Wait, Don't Tell Me!” It is a weekly, hour-long news quiz program on NPR. I've been listening to it for a while and have always wanted to see it live. It was fantastic. Sue and I agreed that we hadn't laughed that hard in a long while. I was also very happy to learn...
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that the Red Sox were playing the White Sox that weekend as well. I scored my ticket off the street and made my first trip to US Cellular Field. I hadn't seen the Red Sox play in six years so I'm glad they won that night.

Oh, and I presented my poster, got some nice feedback on it and attended a well-organized conference by the AAP. I suppose that's important.

All a-Twitter

Nick Bennett

One of the things I'm known for in the Department of Pediatrics is a certain degree of nerdiness. I was once asked to help IMT set up something for Dr Weiner. One of the things that I've started using over the last couple of years has been Twitter.

Twitter is an odd thing - short little text updates, less than a text message (only 140 characters). Anyone can follow you (unless you keep your tweets private, which kind of defeats the purpose) and you can follow anyone. Unlike Facebook you don't have to confirm a friendship. One of the criticisms is the perceived inanity of it all - who wants to know what Justin Beiber had for breakfast after all?

When I joined I wasn't entirely sure what I would use it for, but since lots of people were using it, I assumed there must be something they were getting out of it. I admit that I started out of sheer curiosity and a little bit of herd mentality.

What surprised me was what ended up happening. I initially used it to follow interesting or amusing people, and put out the occasional infectious disease-related info bites. The 140 character limit is less important when you're adding in website links. I started putting out more personal tweets - opinions not just facts. After I while I realized that an odd thing had happened - I actually had more people following me than I was following. I suppose that made me a net contributor to the whole thing. Twitter accounts from Texas Childrens and NY State Dept of Health were following me. This seemed a bit bizarre!

I frequented a couple of "twitter chats", one called #MDChat, the other #HCSM (Healthcare Communications and Social Media). The idea behind a chat is that everyone add the same "hashtag" to their post, so you can all follow along by searching for the tag. That way I met more and more like-minded people, and the sphere of influence grew. I got access to some great news feeds and blog posts that I would otherwise have missed. This is one of the real advantages to something like Twitter - the feed is whatever you make it, and there really is nothing more real-time than the Twitter feed. If you don't have Beiber Fever, then you can closet yourself safely away from it...

Just recently I set up my own hashtag - the #micro140 cases are (more or less) weekly discussions on a specific microbiology case, every Friday at 5pm. At least, they are if you're in the US - as it happens I have a strong following from the UK and Australia/New Zealand, which makes for interesting time zone difficulties. #Micro140 has been featured in at least two Grand Rounds presentations, in the US and in the UK, as an example of how to use social media in medical education, and I've been asked to contribute to a paper for JAMA on the topic. I guess I'm stuck with it!

I've even had pediatric residents contact me for in-patient consults using the private messaging functions of Twitter and Facebook. The amusing part of that was that they did that instead of paging or calling on the cell phone!

The newest thing I've been doing is actually a step backwards - a return to good old fashioned blogging. Twitter is great for short info bursts, website links, question-and-answer sessions - but for long rants or discussions the 140 character limit does get in the way. I did have a blog on AIDS denial a few years back, but my interests have broadened and include a large element of medical education content. So I set up "Culture and Sensitivity" - a play on words combining my interests in infectious disease and patient-centered care. So far it's only been a few posts but it means I can vent more and seems well-received.

In any case, with my move to Connecticut Children's Medical Center it means that the Peds Residents and staff can keep up with my exploits. You can find me on Twitter @Peds_ID_Doc or watch for posts at http://cultureandsensitivity.wordpress.com

I'll expect to see a few familiar names at the next #micro140.

Something Old; Something New

Editor’s note: Our very own Lisa Blystone was recently featured in the Antique and Classic Boat Show in Skaneateles. Actually, it was her beautifully restored Adirondack rowing skiff. Here is her remarkable story:

The skiff was first rescued by my dad, David Weston, many years ago. It was in really rough shape, but he recognized that it was special, even then. I am sure that he intended to restore it, some day - he had beautifully restored an Old Town canoe in the 80's, and was quite a wood worker. The skiff lived in the neighbor's barn across the street from my folks for years. Dad's health declined until he passed away in 2002. A few years later, our neighbor indicated that we better come get it or it was going on the burn pile! It was missing the seats and floor boards, and had several large holes. The outside
had been covered with canvas that had been tarred on. It was a sight!

So we brought it home to Skaneateles, where it lived in our barn until 2007, when Scott's dad, Paul, got a look at it, and decided to try his hand at restoring the skiff. He had just finished building a small rowing canoe from scratch. I need to mention that Scott's dad has only one hand - the other was lost to cancer several decades ago. Paul is 82, and an amazing craftsman.

In the meantime, Scott had done some research on our boat, and discovered that it was manufactured in Skaneateles, around the turn of the century. We had seen an identical skiff at the boat museum in Clayton, so Scott took his folks up to see it, to get a better idea of how to restore it.

Scott and I also went to the historical museum in Skaneateles, where we found an original plaque from the Skaneateles Boat and Canoe Company, and had a replacement plaque made to exactly fit the spot on our boat where the plaque would have been.

Paul took it down to his home in Pennsylvania in 2007 and worked on it for 3 years, scraping the tar off, plugging the holes, and steaming and fitting new ribs. For an entire winter, the boat lived in their family room. Scott's brother, also Paul, a blacksmith in Montana, forged replacement pieces. The boat was finally finished in July of 2011, just in time to be entered in the Antique and Classic Boat Show in Skaneateles - she was home at last! I took the boat for a test row in Skaneateles Lake, and she floated and rowed beautifully.

The show organizers thought it was a good story, and featured the skiff in the program. Scott's folks, Paul and Marjorie, were on hand for the entire weekend, to answer questions about the restoration. My mom, Joan Weston, also attended the show on Saturday, and was clearly so pleased and proud to see what my dad had begun, all finished and so spectacular. We received so many kind words from show attendees, and many people said that our boat was their favorite at the show. One of the staffers from the boat museum in Clayton listened to our story, and then thanked us for going to such lengths to restore the boat. It was a wonderful experience, all the way around.

Scott's dad did such an incredible job, and now we have a very special piece of history to enjoy for many years to come.

### Photo Caption Contest

Every once in a while a picture comes across my desk (thank you, Dr. Hannan) that begs for a caption. Whoever comes up with the best caption for this picture will win a prize and have their caption published in the next Crier. Note that the Chief Resident of Internal Medicine (Priyanka’s husband) has threatened us with a defamation of character law suit if this picture goes to print (oops).

Entries can be emailed to the Crier at mondorep@upstate.edu by 9/16 to be eligible for the prize.

### In the news:

One of the area’s longest practicing pediatricians, Dr. Frederick Roberts recently announced his retirement after over 65 years of service to the children of Central New York. As recorded in the Upstate Update, Dr. Roberts was honored at a small ceremony Aug. 10 at UPAC. He has been a voluntary faculty member at Upstate since 1954. Dr. Roberts estimates that he has cared for more than 300,000 children in his more than 60-year career in medicine. He has been honored numerous times for his care of the area’s children. He received a Post-Standard Achievement Award in 1999 in recognition of his selfless service to the community. He opened an outpatient clinic for poor children in 1995 and helped raise funds for the Upstate Golisano Children’s Hospital, directing proceeds from the sale of his second book, “Children Courageous and Their Families,” to the fundraising campaign.

Dr. Howard Weinberger and Dr. Steven Blatt announced at the reception that in recognition of Dr. Roberts’ service to Central New York, a contribution in his name would made to Syracuse’s Say Yes to Education program. It was nice to see that Dr. Roberts’ retirement was acknowledged and honored in the local media.


Congratulations and thank you, Dr. Roberts.

### SEPTEMBER BIRTHDAYS

9/1 Lisa Blystone,
9/10 Wendy Holz
9/11 Brad Olson, Kunal Sawale
9/28 Barb Delaney
9/30 Carla Overton