The NASPGHAN Fellows Concise Review of
Pediatric Gastroenterology, Hepatology and Nutrition

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The NASPGHAN Fellows Concise Handbook of Pediatric Gastroenterology is a product of discussions that took place in 2009 between B Li, MD, then president of NASPGHAN, and the NASPGHAN Fellows Committee. The lack of an up-to-date and comprehensive review that would assist fellows in preparing for certifying examinations was identified as an issue of importance to Pediatric GI, Hepatology and Nutrition fellows throughout North America. With the encouragement of Dr. Li and our publisher, Michael Wolf, Ph.D., Nestlé Nutrition agreed to fund a printed version of what had originally been planned as an on-line resource. Thanks to Jose Saavedra, MD, Medical Director of Nestle USA for his support in the development of this new resource.

We used the weighted topic list prepared by the American Board of Pediatric Gastroenterology Sub-board to guide the outline of the Handbook. Sections have been weighted as to length and emphasis to reflect the relative importance assigned to the topics by the Sub-board. To improve the Handbook’s utility as a study guide, we have focused on factual content and have not included discussions of current controversies in diagnosis, therapy and causation - interesting as they may be.

The number of images and color pictures in the Handbook has been limited because of time. It is vital to remember that ours is a visual sub-specialty. The complete pediatric gastroenterologist interprets radiographs, endoscopy images, physical findings and histology slides. Physicians preparing for exams should be sure to access other resources that fill this information void. We also elected not to include a comprehensive list of medications and dosages, as this information is constantly changing and available elsewhere. The listed dosages in the Handbook are guidelines, and additional resources should be used to confirm therapeutic dosing.

The last section of the Handbook contains questions and answers derived from the content. Most of the questions were written by fellows with support from their mentors. The questions do not claim to represent the questions one will encounter on the board examination. They are simple questions which should prompt the reader to review the referenced section listed with the question.

The Handbook contains an index which will expand its utility as a general reference, not just a study guide. Many thanks to Angel Colon, MD for creating the index and reviewing the questions and answers. Thanks also to Shikha Sundaram, MD, Rob Kramer, MD, Cara Mack, MD, and Ed DeZoeten, MD who assisted us with editing the over 150 manuscripts submitted by our many authors. Most of all thank you to the fellows and their mentors who created the content of the Handbook. Many fellow-authors wrote several sections. Your contributions have made this resource a reality! Thank you in particular to Maria Perez, DO, current Chair of the NASPGHAN Fellows Committee, for her many beautifully written sections and for her indispensible help in recruiting fellows to contribute to the Handbook.

We thank our families for their help and encouragement. Thanks to Henry Sondheimer and thanks to Tim Hurtado and our children Emily, Evan, and Morgan. We never could have completed this task without your generosity.

It is our hope that The Handbook will be updated every two years. If you find the book helpful in your practice or exam preparation, or have suggestions for enhancing the review, please let us know! Good reading!

Christine Waasdorp Hurtado, MD, MSCS, FAAP
Judith M. Sondheimer, MD
Dear Colleague:

We are delighted to present to you the first edition of The NASPGHAN Fellows Concise Review of Pediatric Gastroenterology, Hepatology and Nutrition, to be distributed to assist you in preparing for the boards in pediatric gastroenterology and nutrition. We hope that this manual will help you not only in this endeavor but, even more importantly, in the practice of high quality, state-of-the-art pediatric gastroenterology and nutrition.

We applaud the heroic efforts of the NASPGHAN Fellows Committee, ably and enthusiastically led by Drs. Christine Waasdorp Hurtado and Maria Perez. These two individuals energetically and tirelessly recruited pediatric gastroenterology fellows throughout North America to contribute manuscripts, critiqued at their local institution by attending pediatric gastroenterologists. Thus we extend gratitude to all contributors – fellows and faculty alike. In addition, we are very grateful to Dr. Judith Sondheimer, a highly respected, senior pediatric gastroenterologist, who graciously agreed to be Senior Editor-in-Chief.

We also thank Michael D. Wolf, PhD and his staff at Castle Connolly Graduate Medical Publishing for their wonderfully effective efforts in bringing this ambitious project to completion. We also express our gratitude to our sponsor, the Nestlé Nutrition Institute, without whose support this important project would not be possible.

While this is a board review text it is important to note that the American Board of Pediatrics was not involved in any part of this process. We do hope you will all find this book useful not only in your board preparations but in your clinical practice.

Very best wishes,

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September 7, 2011

Dear Colleague,

In partnership with NASPGHAN and the Nestlé Nutrition Institute, I am pleased that we are able to provide you with the first edition of the *NASPGHAN Fellows Concise Review of Pediatric Gastroenterology, Hepatology and Nutrition*. This publication, a quality resource developed by our fellow colleagues at NASPGHAN, will help support the future of our profession.

Aligned with NASPGHAN’s mission, the Nestlé Nutrition Institute fosters science for better nutrition by promoting advances in the nutritional care of infants, children and adolescents, through research, education and the development of practical tools. Today, the understanding and the application of nutrition in medicine does not yet have the preeminent role it deserves. The Nestlé Nutrition Institute strives to change this, because it believes that innovative, science based nutrition can truly help enhance the quality of people’s lives.

I hope that this manual will prove to be a key reference throughout your career and instill passion for our profession -- so that together, we can improve the lives of children around the world.

Sincerely,

Jose M. Saavedra, MD
Medical Director
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