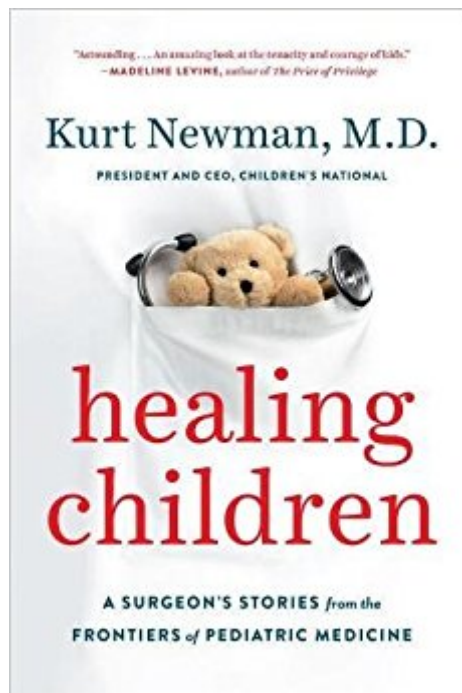




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# Healing Children: A Surgeon's Stories From The Frontiers Of Pediatric Medicine



## Synopsis

An “astounding and miraculous” (Madeline Levine) medical memoir by one of our nation’s leading pediatric surgeons-- the visionary head of Children’s National. Anyone who has seen a child recover from a wound or a broken bone knows that kids are made to heal. Their bodies are more resilient, more adaptive, and far more able to withstand acute stress than adults. In this inspiring memoir, Dr. Kurt Newman draws from his long experience as a pediatric surgeon working at one of our nation’s top children’s hospitals to make the case that children are more than miniature adults. Through the story of his own career and of the brave kids he has treated over the years and their equally brave and tenacious parents he reveals the revolution that is taking place in pediatric medicine. When he decided to become a pediatric surgeon, the field was in its infancy, struggling for esteem. Now, nearly forty years later, it is at the forefront of exhilarating new discoveries in everything from cancer research to mental health care. But few parents know how to access the best care for their children. Far too many find themselves frustrated and afraid. Dr. Newman wrote this book to help guide parents not just of sick kids but of all kids and to share his knowledge of what children need to thrive. A deeply human story with a spectacular cast of young heroes and heroines, *Healing Children* will convince you that we still have a lot to learn from our kids.

## Book Information

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## Customer Reviews

“Newman captures the beautiful collegiality of pediatric medicine and the wisdom of parents and of children themselves, as in this description of a young patient with intestinal failure: ‘He

thought more about his parents' suffering than his own. As a human being, he put me to shame. The kids he describes are themselves heroic... Newman, a pediatric surgeon, argues that seriously ill and injured children are better served at pediatric hospitals than at adult hospitals • a claim generally supported by the data showing that kids with bone fractures, brain injury and severe sepsis do best when pediatric specialists manage their care.

The New York Times "Kids' resilience, both physical and emotional, is at the heart of this illuminating and wise book by one of America's foremost pediatric surgeons. People, "12 Best New Books" "If you did nothing but read the astounding, miraculous and occasionally crushing stories that Dr. Newman so vividly relates about daily life in a pediatric hospital you would be enthralled by *Healing Children*. But there is a bigger truth to this book, a more compelling reason to read it. And that is to acknowledge not only the courage of young patients and pediatric physicians alike, but to be brought face to face with the many ways that we don't prioritize children's health. That with the vast resources of this country, pediatric hospitals are few and far between, pediatricians are generally underpaid and, most of all, research dollars are hard to come by. *Healing Children* is an amazing look at the tenacity and courage of kids and doctors under difficult circumstances. But it is also a *cri de coeur* for prioritizing the health and well-being of our youngest and often our most vulnerable citizens- our children.

-- Madeline Levine, Ph.D. author of *The Price of Privilege* and *Teach Your Children Well*

"Kurt Newman is passionate about caring for children as children, not just scaled-down versions of adults: advocating for letting parents into recovery rooms, and realizing that to a preteen the prospect of a noticeable scar may be as scary as surgery itself. He's concerned that seriously ill children are too often treated by specialists with little pediatric experience. And he worries that America's children are competing for a limited pool of health-care funds with an ever-growing population of seniors and disabled adults. *Healing Children* makes an emotional case for the importance of 'child-specific' medical treatment. The book is composed of individual, highly detailed stories of mentors, treatments, case studies and especially the young patients themselves, for whose courage and resilience he has boundless admiration.

Washington Post "In this deeply moving and personal book, Kurt Newman shares the inspiring stories of the children he has treated and reveals what he has learned from them. In the tradition of Jerome Groopman and Atul Gawande, he helps us to learn about medical issues while feeling the emotions of real-life situations. *Healing Children* includes a lot of practical advice for parents, but it is a book for everyone who cares to understand the beauties and mysteries of health.

--Walter Isaacson,

bestselling author of *Ä EinsteinÄ Ä* and *Ä Steve JobsÄ* –“Healing Children brings Dr. NewmanÄ –“s interactions with children and families to life while poignantly sharing how they impacted his career, his leadership and his humanism.Ä Ä As a pediatric emergency physician, I identify with his insights into the lives of children and families. Kurt celebrates children and what they teach us every day in the practice of the noble field of medicine.Ä –Ä• Ä –ä œ Karen Remley, MD, MBA, MPH , FAAP, Professor of Pediatrics, Eastern Virginia Medical School

Ä Ä Ä Ä "As a parent who has seen Dr. Newman at work, both as a surgeon on our young son and as CEO of one of the top children’s hospitals in the country, I know this book comes from the heart. It is a great testament to the importance of the doctor-patient relationship and really tells us what families really need to know. With this moving memoir full of personal stories, Dr. Newman illuminates the importance of caring for the youngest among us. We can all learn from that journey."-- Brett Baier, Chief Political Anchor, Fox News Channel and bestselling author of *Ä Special Heart: a Journey of Faith, Hope Courage and Love*"Newman, president and CEO of the highly rated ChildrenÄ –“s National Medical Center in Washington, D.C., knows how to hook a reader . . . He makes a compelling case for giving more resources to the ‘painfully undervalued and underfunded’ field of childrenÄ –“s medicine in a society that prioritizes adults and end-of-life care . . . As the nation tries to figure out how best to spend limited health-care dollars, itÄ –“s helpful to consider NewmanÄ –“s strong argument for giving kids a fair share.Ä –Ä--ALA BooklistÄ Ä Ä –Ä“With nearly 40 years of experience, Newman, a veteran surgeon, liberally shares a variety of personal stories and case histories from children in his clinical practice. He laments that pediatric medicine is ‘painfully undervalued and underfunded’ while adult diseases garner the majority of the attention, financial support, and clinical investments within the American medical community. To illustrate the need to re-evaluate how children’s medicine is perceived and to reprioritize its importance, the author introduces readers to some of the brave, resilient children he has treated throughout his coming-of-age surgical residencies and his long-standing tenure in pediatric medicine. He also spotlights many pioneering medical professionals who continue to be committed to the betterment of treating and healing ill children... Newman cites heart-rending instances of genetic abnormalities, cancer, severely underweight babies, and overprotective parents, all briskly described yet carrying the emotional weight that accompanies an innocent child enduring a painful health crisis. Written primarily as a guide for parents navigating the unpredictable health of their children, the book also addresses the future of pediatric care, as Newman delves into the most innovative therapies and initiatives in development. As the current CEO of Children’s National in Washington, D.C., the author sets forth a convincing

argument to place children's medical requirements and their need to thrive well into adulthood at the forefront of American medicine, and he admits that 'these kids have been my real teachers.'

“Newman's compassionate approach hits the heart and soul of these unique experiences. A genuine and inspiring chronicle of a doctor fighting the good fight.”--Kirkus Reviews

Kurt Newman, MD, is president and CEO of Children's National Medical Center in Washington, D.C., widely recognized as one of the nation's best pediatric hospitals. Dr. Newman has been a surgeon at Children's National for over thirty years and is a professor of surgery and pediatrics at George Washington University School of Medicine & Health Sciences. He helped create the Sheikh Zayed Institute for Pediatric Surgical Innovation, dedicated to making children's surgery pain free and less invasive. A strong advocate for the expansion of mental health treatment access for kids, he is actively involved in improving pediatric health nationally through his work on the boards of the Children's Hospital Association and Safe Kids Worldwide. He and his wife Alison are the parents of two college age sons and live in Bethesda, Maryland.

An absorbing child centric voice detailing the growth and development of Children's National Medical Center in recent years. Kurt is a Pediatric surgeon who appropriately frequently references one of his mentors, Judson Randolph, in the first third of the book. Dr. Randolph was one of the original pediatric surgeons in the United States who developed a strong sense of what it means to care for children in all of his trainees and staff. All of us who knew this fine southern gentleman have stories to tell. The earlier generation of physicians who brought CNMC into the world of modern medicine, Drs. Bob Parrott and Don Delaney who recruited Dr. Randolph, are not referenced but the CH part of the book begins after they built the program and the physical structure of what we called the "new" hospital which in 1978 relocated from a 100 plus year old facility on 13th Street in North West DC. That book has yet to be written. Newman's book is more of a message to parents than a biography. He speaks to the development and future of children's health care focusing on principles of what Dr. Delaney termed Child Life, Family Centered Care and case focused research which addresses the holistic CARE of children (Clinical Care, Advocacy, Research and Education). It brought back a flood of positive memories and hope for continuing ongoing efforts to achieve less pain and suffering for children as well as adults in the future. For a pediatrician this is much like following the ongoing positive development of a child. Given the pathetic uninformed messages related to health care coming out of our legislative bodies and administration in DC over the past

few months it is a breath of fresh air. Excellent advice for parents of all children. Once again Pediatrics points the way for our adult medicine colleagues.

I knew Kirk slightly at UNC - always thought he was BRILLIANT - and super nice to everyone. Turns out I was right! The doctor can write too. Moving stories very well told. Already bought 2 more as gifts for med school grads. Very glad I found this!

I ordered this after Bret Baier recommended it on TV. It is one of the most interesting books I have read in years. Dr. Newman writes about his training and growth in the field of pediatric surgery and later, hospital administration, so that the reader feels a part of the process. I had never considered pediatric medicine to be so different from adult medicine and now appreciate the importance of parents seeking out pediatric care and pediatric emergency care for their children. Excellent read, ending with excellent recommendations. The stories are both gut wrenching and heartwarming, but always fascinating. It should encourage communities to cultivate these resources and recruit these terrific specialists for their children. And it encourages us that the future is bright for treatments and cures for pediatric diseases and trauma.

Dr. Newman's book, part memoir, part testimonial to the importance, uniqueness, and necessity of specialty pediatric hospitals, provides the readers with a full dose of the spectrum of care available to families and patients in our finest health care institutions. His voice is personal; the message is universal and timely. Pediatric medicine and all its comprehensively designed resources contributes to long term population health in numerous ways and demonstrates the power of the triple mission of care, research, and training. Specialty pediatric hospitals drive improvements in the patient experience and care and therapies, spilling over into the rest of the health care delivery system. With humor, with warmth, and the enormous personal commitment and medical expertise, we learn through Dr. Newman how these services sprinkled throughout our country are undervalued within the payment systems, but beloved by the patients they serve.

This is an optimistic and emotional book by a surgeon (now hospital administrator) who obviously loves children. He tells wonderful stories of patients and also manages to teach the non-medical reader much about research and treatment without being overwhelming. I passed the book along to my nurse daughter who is now in hospital quality control work. I think she will be able to use parts of Dr. Newman's book in seminars with medical staff. Great book!

This book was everything. As an aspiring pediatrics nurse, I couldn't help but smile and reflect on the patients that I've encountered. Dr. Newman eloquently described the relationships and the struggles individuals face in the pediatrics world. I recommend this book for everyone from parents to CNAs to speciality physicians. It's heart warming and a reminder of why anyone loves to work with kids.

Loved reading the book. Practical, moving and heartwarming. Also my wife read the book. She is a pediatric nurse and loved it. She indicated that healthcare professionals working with children should all read it.

This is an amazing book.

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