Caring for children with rheumatic and inflammatory diseases, our physicians are skilled in diagnosis, treatment, and long-term monitoring of therapeutic effectiveness and coordination of care.

With two full-time pediatric rheumatologists, our team treats 3,000 outpatient visits and 350 inpatients each year. We also treat one of the largest populations with periodic fever syndromes in the country. We offer a multidisciplinary approach to patient care and collaborate closely with Nephrology, Orthopaedic Surgery, and Physical and Occupational Therapy.

The Immunology division is available for the diagnosis and treatment of congenital immune deficiency syndromes.

Rheumatic diseases are an important cause of disability in childhood. Proper diagnosis and early aggressive intervention can minimize both short and long term morbidity of these conditions. The goals of treatment of childhood rheumatologic diseases are to control disease activity, preserve normal physical, social and emotional growth and development, minimize chronic disability and deformity, and achieve remission of disease.

Access Center
24/7 access for referring physicians
(866) 353-KIDS (5437)

Outpatient Referral
Referral forms online at valleychildrens.org/refer
FAX: (559) 353-8888

Immunology & Rheumatology Office Numbers
Main: (559) 353-6450
FAX: (559) 353-7214
Physician Line: (559) 353-6451

Physician Liaison
(559) 353-7229

Medical Staff

Edsel Arce-Hernandez, MD
Dowain Wright, MD, PhD
<table>
<thead>
<tr>
<th>Condition</th>
<th>Pre-referral Work-up</th>
<th>When to Refer</th>
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<tbody>
<tr>
<td><strong>Dermatomyositis / Muscle Weakness</strong></td>
<td>Skin rashes (eyelids, nuckles, knees, elbows), photosensitivity weakness (proximal muscles), swallowing difficulties, fatigue Nail folds erythema calcium nodules Suggested labs: CBC with diff, CK, LDH, Aldolase, AST, ALT, ESR, CRP</td>
<td>Abnormal labs Muscle weakness (severe weakness or abdominal pain can be a medical emergency) Swallowing problems</td>
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<tr>
<td><strong>Fever of Unknown Origin</strong></td>
<td>Fever pattern and duration Associated symptoms (e.g., rashes, weight loss) Diary or calendar of fevers episodes Ethnicity and family history Infections ruled out Clear sinuses and chest X-rays Labs: CBC with diff, ANA, ESR, CRP, AST, LDH, blood cultures Suggested workup: TB skin test, stool for occult blood</td>
<td>Persistent fevers over 2 weeks with no identifiable source Mouth sores Swollen joints Abnormal labs (e.g., high ESR)</td>
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<tr>
<td><strong>Possible SLE</strong></td>
<td>Rashes (malar, discoid), photosensitivity, hair loss Fatigue, fevers, Raynaud’s, mouth ulcers, swollen joints, bruising, bleeding Edema, Family history of autoimmune disease Suggested labs: CBC with Diff, ESR, CRP, ANA, ENA, Anti-dsDNA, C3, C4, CH50, UA, Creatinine</td>
<td>Strongly positive ANA and other abnormal labs Low ANA with absence of clinical or other lab findings is unlikely to be SLE</td>
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<td><strong>Evidence of multisystem disease May present as arthritis, chronic ITP, hemolytic anemia, or renal disease</strong></td>
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<td><strong>Raynaud’s</strong></td>
<td>Triphasic color change (white, purple, red) in response to cold or stress. Primary more common in adolescent females Evidence of other organ involvement (secondary) Digital ulcers Nail fold vessel changes Labs: CBC, Diff, Plts, ANA, Antiphospholipid antibodies, UA *Laboratory workup should be as complete as possible in local labs, otherwise, send results of what is available</td>
<td>Severe symptoms or frequent episodes, digital ulcerations, signs of other autoimmune disease Abnormal labs</td>
</tr>
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| **Scleroderma Syndromes** | Skin changes (thickening, tightening)  
Multisystem disease in generalized form (e.g., dysphagia, dyspnea, renal involvement) | Suspected scleroderma of any type  
Skin thickening |
| **Swollen Joint, Painful Joints (Juvenile Arthritis)** | Call Rheumatologist if concern about systemic arthritis, unexplained fevers, prolonged fevers, morning stiffness, rash, decreased appetite, low energy and activity level, response to NSAIDS  
Family history of Ankylosing Spondylitis, Psoriasis or IBD  
Swollen joints, tenderness and decreased range of motion  
Suggested labs: CBC, diff, Plts, ANA, ESR, RF, CRP, UA, ASO | Swollen joints, stiffness in the morning for longer than 6 weeks  
Contractures  
Refusal to ambulate  
Missing school due to stiffness or pain |
| **Vasculitis Multisystem Involvement** | History of rashes (non-blanching purpura), ulcerations, abdominal pain, hemoptysis, chronic sinusitis, hematuria, arthritis, stroke, seizure.  
Hypertension. Nasal ulcers.  
Suggested labs: CBC, ESR, CRP, UA, Creat, ANCA | Complicated HSP or prolonged  
Suspected vasculitis: Wegener’s, Takayasu’s, Polyarteritis  
Abnormal abdominal, lung, CNS, or joint exam  
Call Rheumatologist to discuss any ill patients or possible referral |
Valley Children’s contracts with the following health plans for hospital and physician services.*

If you have questions, please call us at (559) 353-7238 to speak with a contracting representative.

**Insurance Plans**

- Aetna EPO / HMO / PPO
- AllCare IPA
- Bakersfield Family Medical Center / Heritage Physician Network
- Blue Cross HMO / Prudent Buyer PPO / Healthy Families EPO
- Blue Cross Medi-Cal / Healthy Families HMO
- Blue Shield HMO / PPO / Healthy Families
- Capp Care (Beachstreet)
- Catholic Healthcare West-Bakersfield
- CCS – California Children’s Services
- Central California Alliance for Health
- Central Valley Medical Group CVMG
- Choice Care
- Cigna / Greatwest
- Delano Regional Medical Group
- EHS IPA (Blue Cross Managed Medi-Cal Patients / Healthy Families)
- Emmanuel Employee Benefit Plan
- First Health / CCN
- Foundation HealthCare Administrators / California Foundation for Medical Care
- GemCare IPA / Managed Care Systems
- Health Net HMO / PPO / Healthy Families / Healthy Kids
- Health Net Medi-Cal / CalViva
- Health Plan San Joaquin Medi-Cal / Healthy Families
- Hill Physician Medical Group
- Interplan
- Kaiser HMO / Healthy Families / Medi-Cal
- Kern Health Systems Medi-Cal / Healthy Families
- Key / Mosaic Medical Group IPA
- LaSalle IPA (Blue Cross Managed Medi-Cal)
- Medicare
- MediCal – California State
- MedCore Medical Group
- Multiplan / PHCS
- Sante IPA
- Sutter Gould Medical Foundation
- Sutter Hospital System (Modesto Memorial, Memorial Los Banos, Sutter Tracy)
- TriWest (Formally TRICARE / CHAMPUS)
- United HealthCare / PacifiCare
- Universal Care

*Plans may be subject to change.

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