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Issue # 409

Date: December 9, 2015

Author: Interview by Olga Weiner. Photo by the author



OUR PHOTOS



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Starting an interview with the pediatrician Irina Solomonovna Seidman, which passed through the hands of hundreds of young patients in the Soviet Union and the United States (where it has been operating for 27 years), I immediately warned that I will not ask questions "of the age." After all, this extraordinarily beautiful and elegant woman is always young!

Seidman Irina graduated from the Minsk Medical Institute in 1957. First, as expected, the local doctor worked for 8 years and was preparing to enroll in graduate school. After that, she became head of the therapy department of Minsk 1st children's hospital, and when opened in Minsk cardiorheumatological Center, Dr. Seidman has become a major city children cardiorheumatology, and then head of the department.

Learning something new was her passion. She often went to postgraduate courses in Leningrad and Moscow, and in 1974 a doctorate in child kardiologii. At the same time it starts in depth to learn English, to read foreign medical textbooks.

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In 1981, Dr. Seidman emigrated to the United States, and just a week after his arrival in Houston, went to study. By the time she had good English. In the 82 th passed an examination in medical school, he graduated with honors from a pediatric residency at Children's Hospital Driscoll Foundation Children's Hospital in Corpus Christi and in 1984 received a licensed physician.

Irina Solomonovna said that during the training, she worked in the rheumatology department of a Houston hospital under the supervision of the famous Professor Gerard, who collaborated with the Moscow Institute of Rheumatology and published articles, together with Russian scientists.

In the US, a lot had to learn from scratch, even such an experienced doctor, like her. It was necessary to study the physiology, psychiatry, gynecology, surgery, and science, which were virtually unknown in the Soviet Union: endocrinology, genetics, pharmacology. "Approach and methods of treatment in the United States differed from the Soviet. For example, in the Soviet Union there was no concept of congenital syndromes (just what is due to genetics, with pathologies). Treatment of infants were also at a primitive level, not comparable to that in the United States. Fortunately, I had a good level of training, experience working in a hospital and visit the many scientific conferences. Nevertheless, it was a lot of work," - says the doctor.

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ЭКСКУРСИИ И ТУРЫ
 ПО ГОРОДАМ ТЕХАСА
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In 1988, Dr. Seidman began working at a large Houston Clinic pediatrician and cardiorheumatology. All these years she had

treated children with rheumatologic diseases and heart diseases (lupus, arthritis and other revmatozny). Interestingly, in Houston it was several families minchan- former patients Irina Solomonovna since Soviet times. After learning that Dr. Seidman began working in Houston, they were quick to bring their children to her appointment. Everyone remembers their doctor.

Since 2002, Dr. Seidman went into private practice in the office of Physician of Sweetwater near Sugar Land and still takes about 30 patients a day. "Work is slightly less than in Soviet times, when doctors first took in clinics, then bypass patients at home, and in the evening was filled with cards," - says the doctor.



Photo Natalia Harmats

Children - they are all children, suffer the same disease, regardless of whether they live in Russia or in America. Dr. Seidman says that the most common respiratory disease is not, as in the past, viral and allergic "Many respiratory diseases related to infections, gradually disappear, thanks to vaccination. Allergies are more unpredictable and dangerous that cause asthma. A very common viral bronchitis in infants. Also, every year increases the percentage of obese children. Constantly there are new treatments for diseases of old. Assume staphylococcal infections, known since the 18th century, has recently mutate, becoming less susceptible to antibiotics. It was a big problem, literally, until this year. "

Medical science does not stand still, and all the doctors in the US are required to learn new technologies. To do this across the country held a huge number of conferences and seminars. Irina Solomonovna being a curious person by nature, every year, is actively involved in medical conferences. For example, she had just returned from the 28th pediatric symposium in New York. She also admitted that she writes 5 leading medical journals.

Irina Solomonovna believes that doctors' Soviet quenching "has

undeniable advantages:" The Soviet Union was the right education of doctors, who believed that they should be for life to serve people. Doctors in Union received little, so there was no material interest, and medicine were dedicated people who strictly follow the Hippocratic oath and is fully committed to the sick, cared for them for a long period. "

Irina Solomonovna many Russian-speaking patients. "I believe that communication in their native language helps people who are quite hard to understand the cumbersome medical language. But you want to understand what is actually sick child "- she says.

Dr. Seidman - unique doctor, as evidenced by the numerous letters of grateful parents of her young patients, who adored her. Now the second and even third generation of Russian-speaking immigrants Houston lead to it for their children. One family even awarded Irina Solomonovna comic "diploma of doctor of God", which appear on all of its merits, certified "Hippocratic comrades, and Avitsennovym Paratselsovoy."

Of course, we would like to make our kids sick less. Dr. Seidman advises parents to temper the child shall lead them swimming, (fortunately, the weather allows Texas to swim from May to October), to be more time in the air, in nature, run, jump, physical activity. "Unfortunately, people in Houston are afraid of allergies and less walking, but has long been proven that children living on farms and to" communicate "with different animals, found far fewer cases of allergies. Take vitamins specifically not worth it, because we have year-round, you can buy any vegetables and fruits. It would be good to make it in the children's diet more. "

Dr. Seidman wish the readers of "Our Texas", including many parents of her young patients, health and happiness in the coming New Year, and finally an interview said very simply and sincerely: «God bless America!»

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