

"If there are children in the daycare or preschool who are not immunized, your child becomes at risk for several serious diseases." See article on page 4

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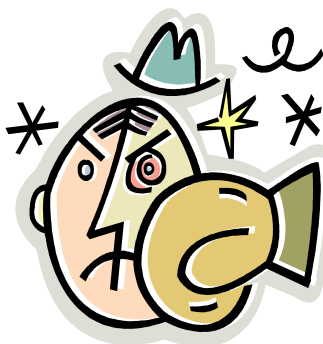
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In The News: Concussions

As more and more children play sports, and as they train to become faster and stronger, it is only logical that we are seeing more concussions. Therefore, parents need to know what concussions are.

Concussions are injuries to the brain that disrupt normal functioning, usually caused by a blow or jolt to the head. **Victims do not need to be unconscious, or knocked out!** (Only about 25% of concussions involve loss of consciousness). Physical symptoms can include headaches, dizziness, nausea, and confusion. Symptoms recognizable by others include behavior or personality changes, a confused appearance, or difficulty answering questions.

Schools and sports teams are now under state law to more carefully evaluate children who may have had a concussion. Some are doing pre-participatory testing, but all now require a doctor to certify when a child can return to sports.



Here are some important facts to remember.

Although most con-

cussions are short-lived, many children may take weeks until they act normally, especially with cognitive functions.

Children who have a concussion have a six-fold chance of getting another.

Children need to be followed medically to determine when they can return to sports, but in no case should it be less than one week after all symptoms are gone.

Children may need academic modifications for a while after a concussion, but they should return to their school as soon as possible.

Scans or MRIs are of little use after the first 24-48 hours, although concussion symptoms may persist after that time.

SCHEDULE THOSE SUMMER EXAMS NOW

Our summer appointment calendar is open, and will be filling up quickly. Now is the time to schedule your child's **health supervision exam (physical)**. Sports forms will be due and in order for us to sign them, your child must have had an exam

within one year of our signature. (Although "clinics" will do these exams, they do not do the screenings, counseling, correct vaccines, or provide the continuity of care that we do).

We maintain a **move-up list** for those who have flexibility to come in

on short notice if cancellations occur. We ask for **24 hours notice** if you do need to cancel. Also, unaccompanied teens who may need a vaccine should have a note from a parent giving permission.

Call now for an appointment!

Energy Drinks Deemed Dangerous for Youth by Tracy Stam, RD

Parker Pediatrics and Adolescents absolutely does not recommend the consumption of “Energy” drinks. Energy drinks are categorized as nutrition supplements, meaning the amount of caffeine far exceeds the limit set by the Food and Drug Administration of 71mg of caffeine per 12 oz. as set for soda beverages. There are some energy drinks with at least 5 times as much caffeine as a can of Coca-Cola. These drinks are dangerous. Of biggest concern is the number of adolescents and young adults consuming these beverages. Approximately 30-50 percent have con-



Tracy Stam, Registered Dietitian and Lactation Counselor, sees patients by appointment in our office.

sumed these drinks, often daily and multiple times per week. Some common names are: Red Bull, Monster and 5-Hour Energy.

Estimates of safe caffeine intake is less than 1 to 1 1/2 mg/lb of body weight. Drinking 1 serving of these drinks will exceed this estimate of safe intake. **These drinks are dangerous.** Caffeine overdose can result in an increased heartbeat, breathing difficulty, hallucinations, and is of particular concern in patients with cardiac abnormalities, mood and behavior disorders, diabetes, seizures and

those taking certain medications. Recently, the United States Poison Center has begun tracking reported incidence of toxicity and overdose. Additives in these drinks may include guarana, yorba mate, kola nut or cocoa; all contain additional amounts of caffeine not included in the total amount of caffeine stated on the label.

Energy drinks have no therapeutic benefit. No studies have shown them to do what they are marketed for, such as improving energy, weight loss, improving athletic performance, or increasing concentration. The ingredients are not regulated by the FDA, since they call themselves “supplements”. No one can even be certain of what additives (or contaminants) may be in these.

Parents beware—these are being marketed to your children!

Detecting Adolescent Depression

by Barbara Gueldner, PhD, NCSP

Spring and summer are times for warmer weather, enjoying the Colorado outdoors, and....getting a check up at our office! This year we have started a new **depression screening program** for teens when they are seen for their annual physical. The American Academy of Pediatrics recommends screening all teens for depression in an effort to detect this problem early and intervene ASAP.

Symptoms of depression can include: feeling sad for more days than not, irritability, poor concentration, problems with sleep, having little energy and little interest in previously enjoyable activities, and in serious situations, preoccupation with death and dying. Left untreated, the outcomes of depression are numerous: school problems such as poor atten-

dance, difficulties focusing, incomplete work, and poor grades, increased family conflict, chronic poor self-esteem, substance abuse, and the risk of ongoing interpersonal problems and low productivity at work, school, and home.

At your teen’s annual physical, he or she will be given a questionnaire to fill out and their responses will be reviewed with a medical provider. If there are concerns about depression symptoms, they will be discussed. Certainly, if you have questions or concerns about your teen, you are encouraged to let your provider know at the visit. Sometimes it may be im-

portant to seek specialized consultation about depression or other mental health problems.

At Parker Pediatrics, we are unique among pediatric offices, in that **we offer onsite consultation** to determine the extent to which depression is a problem for your teen. There is no need to go through your mental or behavioral health options of your insurance.

Parker Pediatrics is committed to the overall well being of children and we think screening for depression is a big step in an important and healthy direction!



Barbara Gueldner, PhD, sees patients by appointment in our office.

This and That

This summer will be the start of our **30th year as Parker Pediatrics and Adolescents!**

We recommend that all seniors who will be entering college get a **meningococcal booster**. We can do this as part of your annual exam, if due, or as a nursing visit, if not due.

Check us out on **Facebook**.

Our **new look website** can be very easily viewed at **www.parkerpediatrics.com**.

We are in the process of converting to **Electronic Health Records**. It will be several months until we are trained and ready to go live.

Please remember to bring your child's **insurance card** to each visit, as we have to scan these.

Patients who **no-show** for an appointment, or cancel late, are subject to a \$65 fee. Failure to pay one's copay will result in a \$10 rebilling fee.

Congratulations to all of our **graduating seniors**. We will again be awarding scholarships to 2 of our seniors who will be entering the **health care field**.

Parents of **special needs children**: as a part of our Medical Home model, we recommend performing **Universal Care Plans** on your child. It will involve 2 visits a year (phone or office) to update all of the information about your child. We can then be totally knowledgeable about your child's treatments, can better care for him/her, and better assist you with the numerous required forms, etc.

We will be closed on Memorial Day, July 4th, and Labor Day. As always, a Pediatrician is on call.

We ask you to fill out all forms as completely as possible before asking us to sign them.

We Do Urgent Care

Many of you are not aware that we provide **"urgent care"** in our office during our regular hours. We have one room set aside for trauma, including lacerations and burns, and another for orthopedic injuries.

Why spend more time and money in an ER, or go to another urgent care when we know your child best. We have their records, and know their allergies and immunization history. Just call first, and we'll be prepared, or can advise you if more intensive treatment may be necessary elsewhere.

Most urgent cares are either doctor's offices that advertise themselves as an urgent care facility, or facilities that do not have pediatric trained personnel. Children (and parents) are usually frightened in these circumstances, and a friendly face helps.

"QUOTABLE QUOTES"

The following conversations occurred in our office.

Dr.: "You'll be getting shots soon."

4 year old: "OK."

Dr.: "Do you know what that means?"

4 year old: "Yes, I'm getting ice cream."

Dr.: "What job do you do at home for your mom or dad?"

8 year old: "I fix the TV when mom breaks it."

After a 4 year old received some shots, the nurse asked, "Would you like some water?"

4 year old: "No, because the water will come out of the holes."

5 year old: "We're going to watch a movie tonight."

PA: "What movie?"

5 year old: "Not sure yet. It's mom's turn to pick and she usually likes chicken flicks."

Dr.: "Who are your friends at school?"

4 yr. old: They're 'my boys'."

Dr.: "Do you have lots of friends at school?"

5 year old: "Yes, and Justin is my boy friend. I'm going to marry him."

Dr.: "Really?"

5 year olds: "Yes, but sometimes he acts like he's only a 2 year old"

Teen: "What's up doc?"

Dr.: "You must be a Bugs Bunny fan."

Teen: "Who?"

3 year old, while throwing a tantrum said, "We forgot to ask Santa what kind of cookies he likes."

Dr.: "Do you help mom and dad with chores?"

5 year old: "Only mom. Dad lays around and eats chips."

10 year old after admittedly doing poorly in a race car video game, "I guess you won't want me driving, huh, dad?"

If you like these, then visit us on our Facebook page for more quotes.

The Doctor's View

Its Wise to Immunize

When parents interview daycares or pre-schools, they ask many good questions about its safety. But one question they almost always fail to ask is this: “**are all of your children immunized?**”

If there are children in the daycare or pre-school who are not immunized, your child becomes at risk for several serious diseases. Parents who do not immunize can sign a waiver for public schools in Colorado, but private institutions do not have to honor this.

If parents who do immunize (the large majority) threaten to withdraw their children unless all are immunized fully, then daycare and preschool owners will likely dismiss the minority who do not wish to immunize.

Two new books have recently been published that explain the history of why some parents do not immunize, and discuss the myths surrounding their decisions. They both read like detective novels, have many excellent references, and should make parents comfortable with their decision to immunize. They also discuss why the “alternate vaccine schedule” by Dr. Bob is not such a great idea.

The two books, both great reads, are [The Panic Virus](#), by Seth Mnookin, and [Deadly Choices: How the Anti-Vaccine Movement Threatens Us All](#), by Paul Offit.

2011 Survey Results

We thank all of you who responded to our recent online survey. Here are the results.

You rated each department even higher than last year, with an overall rating of 4.4 (out of 5). We appreciate all of your gracious comments. Several of you had great ideas, or criticisms. Be assured that we take these seriously, and are always looking to improve. Your suggestions in last year's survey led to several changes, which some of you commented on. Our administrators, staff, and providers spend many hours in meetings each month in order to continue to improve every aspect of our customer service and care for your child(ren).

We wanted to know how many of you were aware of the numerous services we provide, that often are not offered at other practices in our profession. More than half of you did not know that we do **urgent care** (without the higher co pay) for our patients. (See the article on page 3). Many were not aware of our **extended hours**, or that we have a **psychologist** and a **dietician/lactation specialist** on staff. Check out the details on our new look website at www.parkerpediatrics.com.

Most exciting was that 80-90% of you are eager to use such services as on line prescribing, refill requests, payments, appointment requests, or advice. **We are presently in the process of going electronic (yes, charts too), and will keep you informed as to when different services will be available.**

Finally, look for several other major announcements over the next year concerning our physical look. We're 30 years old and will be getting a make-over!