

**THIS IS OUR
25TH YEAR OF
PUBLISHING
PEDIATRIC
PIPELINE. WE
HOPE YOU EN-
JOY IT.**

PEDIATRIC PIPELINE

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**PARKER PEDIATRICS
AND
ADOLESCENTS, P.C.**



JAY S. RABINOWITZ, M.D.
STAN ROSENBERG, M.D.
WANDA VENTERS, M.D.
E. JANN QUAIFFE, M.D.
AMY GENSLER, M.D.
BRIAN B. STANGA, M.D.
JULIE DURR, C.P.N.P.
RICHARD O. HAYES, P.A.-C.
ERIN JACOB, P.A.-C.
MICHELLE WHITNER, P.A.-C.
TRACY STAM, R.D.
GEORGE GALLEGOS, PhD.
SUSIE DEVERE,
ADMINISTRATOR

303-841-2905
303-841-3052 (FAX)

WWW.PARKERPEDIATRICS.COM

10371 PARKGLENN WAY
SUITE 100
PARKER CO 80138



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WINTER BUG WATCH

Watch for our **emails** to see what is circulating in our area. Here are some of the bugs we will be reporting.

Croup visits us each fall. It is a virus and occurs mainly in 2 to 6 year olds. It is characterized by a barky cough with stridor (noisy breathing when taking in a breath). A cool mist vaporizer next to the bed, a steamy shower, or a visit outside into the cold air all help at night, when it is worse.

Bronchiolitis, often caused by **RSV**

(**respiratory syncytial virus**), is most serious in infants, and is seen mainly in midwinter. It is characterized by wheezing (noisy breathing with exhalation). Infants who have this should be seen due to its potentially serious nature.

Influenza is usually seen each winter. This year we may have to contend with the H1N1 (swine) flu too. See page 2 for more details.

Strep throat peaks in 4 to 11 year olds, but can occur at any age. It is characterized by sore

throat, headache, stomach ache, and fever, but not cough and congestion. A rapid strep test in our office can make the diagnosis quickly. Antibiotics treat this one.

Rotavirus causes a bad form of gastroenteritis, with diarrhea and vomiting. It can be serious in infants. Fortunately, most babies are now immunized for this illness at 2, 4, and 6 months of age.

More information about all of these can be found at our website, www.parkerpediatrics.com.

VERY IMPORTANT

INFLUENZA INFORMATION

Turn to page 2 for details of this year's influenza recommendations and H1N1.

FLU CLINIC TIMES

This year's flu shot clinics are listed below. Others will be added as needed.

See page 2 for details about scheduling appointments, as well as other information about seasonal influenza and H1N1 (swine) influenza.

Wednesdays

6:00-8:00 PM

September 30

October 14

October 21

October 28

November 4

November 11

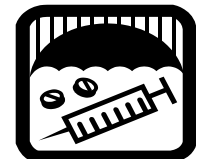
November 18

Saturdays

12:30-3:30 PM

October 3

November 7



INFLUENZA INFORMATION—2009-10

Please read the following information carefully and save for future reference.

What is influenza (the flu)? Influenza is a viral illness causing significant fever, chills, cough, and muscle aches, and lasting as long as a week. More serious complications are possible. It appears each winter, some years worse than others.

What is the flu shot? The flu shot can prevent or at least lessen the severity of influenza. It contains strains of influenza which are most likely to occur this winter. It does not prevent against all types of flu or other illnesses that resemble flu. Side effects are infrequent, but may include fever, malaise, and muscle aches. Soreness around the vaccine site may occur. We use **thimerisol free vaccine** for all children under 3 years.

Who should get the flu shot? It is now recommended for all children between **6 month and 18 years old**. It is especially important for high risk individuals (those with asthma, reactive airway disease, pneumonia, bronchitis, heart disease, diabetes, a chronic condition, or pregnant), as well as parents of babies less than 6 months old. One must be at least 6 months old in order to receive a flu shot.

How many shots does my child need? Anyone less than 9 years old who has not received 2 flu shots in the past needs 2 shots, spaced at least 4 weeks apart. Everyone else needs only one.

When can my child receive a shot? We started administering the vaccine in our office in August. There are two ways your child can receive it. First, it can be given during a regularly scheduled office visit (i.e. health supervision exam or an acute visit), but not as a “shot only” visit. If sibs are present, we will also give them theirs, **as long as you inform us ahead of time**. Second, it can be given at one of our flu clinics.

When are this year’s flu clinics? These will be **Saturdays, October 3 and November 7 from 12:30 to 3:30; and Wednesday evenings from 6 to 8 PM on September 30, October 14, 21, and 28, and November 4, 11, and 18**. More times may be opened as needed. We prefer the earlier clinics for those younger children who need 2 vaccines (and their families).

What do I need to know about these clinics? Patients must have an appointment. We will not accept walk-ins. Also, we will not perform any other services during these clinics. We ask that you come at your appointed time. These clinics will be crowded; we ask that you keep your children under control at all times. Since many children need two shots, please schedule accordingly and take into consideration any pre-scheduled office visits. Our clinics run very smoothly with minimal waiting.

Can parents receive flu shots? Yes. We will give parents the flu shot, on a cash only basis, and only during flu clinics (not during regular office hours). Appointments are necessary.

What is the cost? For parents or those who pay at the time of service during flu clinics we discount the price to \$30. We submit our patient’s charge to their insurance, but will later bill you for any copay or coinsurance that may be required.

Will we be giving the nasal flu vaccine? We are offering this on a limited basis during office nursing clinics (not evening or weekend clinics). It can not be given to those under 2 years, or to anyone with a history of asthma or wheezing. You must ask for this specifically when making an appointment.

When can I make an appointment? Call for an appointment now. Check our emails for update or changes. We will not be sending postcards nor will phone reminders be done.

Remember, there are many types of flu vaccine. We have the right one for your child!

H1N1 (Swine Flu) Information

The seasonal flu vaccine does not protect against the swine flu. It is our understanding that a swine flu vaccine will be available by late October. It will be recommended for all children over 6 months, and everyone will need 2 vaccines, a month apart. We hope to be able to administer these at our office, and will let you know by email when and how. We have been seeing the H1N1 virus all summer, although in small numbers. Most cases have been mild, but there is no way to know how severe it will be this winter. For information about treatment, especially new information about Tamiflu, as well as recommendations to prevent the spread of the flu and when your child can return to school or daycare, see page 4 of this edition.

Q & A

Pediatric Pipeline: Why did you choose to go into Pediatrics?

Dr. Stanga: My dad is a Pediatrician, and I guess most of my inspiration came from him. I have to admit, though, that I started as an engineering major. I also have a younger brother who is finishing his Pediatric residency. I guess you can say that taking care of kids is a family business.

PP: Where did you grow up?

Dr. Stanga: Salt Lake City, Utah. But I've never been a Utah Jazz fan. The Nuggets, though, are slowly growing on me.

PP: Tell us about your hobbies.

Dr. Stanga: I love all sports; my favorite is baseball. I am also very much into spending time with my beautiful wife Sarah and our 2 daughters. I also enjoy snowboarding, running with my dog, working out, and reading. I hike too, especially Colorado's 14ers.

PP: Hasn't there been a new arrival in your family?

Dr. Stanga: Ella "Ellie" Clair Stanga was born in July. She is our second daughter. Our first, Avery, turned 2 in May.



Brian Stanga, M.D.

This and That

Best wishes to **Maureen Fort**, who recently retired after over 15 years as a front office staffer at Parker Peds. We will miss her!

This year's **scholarship winners** were **Julie Baumann** from Ponderosa High School and **Carolyn Frost** from Chaparral High School. These are awarded to graduating seniors who show promise of a career in the healthcare industry.

Parker Pediatrics was once again chosen as "**Best of the Best**" in 2009 for Pediatricians in Parker by the Colorado Community Newspapers.

We guarantee **same day appointments** for acute visits as long as you call before **2:30 PM** on that day.

With winter coming, check (or buy) your **carbon monoxide detectors**.

With the new **Red Flag rules**, we will be having to ask parents of new patients, and at times others, for a photo ID. We apologize for any inconvenience.

Tracy Stam, our Registered Dietician, and Lactation Specialist, is available to see patients by appointment.

We specialize in ADD/ADHD evaluations. **George Gallegos, PhD.**, had been assisting us with these in our office for over 15 years.

Remember to check our **email blasts** for information about what is contagious in our community.

We will be closed on **Thanksgiving Day**, but open for regular hours on that Friday. We will be closed on **Christmas and New Year's Day**, but open the day after both for regular Saturday hours. On **Christmas Eve day**, we will stay open for the morning. We will have regular hours on **New Year's Eve day**.

"Quotable Quotes"

The following conversations occurred in our office.

As a 4 year old was crying loudly during the entire visit, her grandmother commented: "She sounds like Jay Cutler."

Dr.: What is your job to help mommy and daddy?"

4 year old: "Staying out of the way."

Dr.: There are no shots for you today."

3 year old: "Yeah!"

Dr.: Do you know what shots are?"

3 year old: "No."

Dr.: "What do you do with a spoon?"

3 year old: "Hang it on your nose."

When a 9 year old was asked what he was doing when he was having trouble breathing and shortness of breath, he replied: "I was writing really fast in school."

As the Dr. was leaving the room, a 4 year old said: "It was a pleasure having a well visit with you today."

Parker Pediatrics and
Adolescents, P.C.
10371 Parkglenn Way Suite 100
Parker CO 80138

In this Issue... Winter Illnesses, Influenza Information, Quotes, Q & A, and More

**NO QUICK CURE
FOR DYSLEXIA
(Don't Do Eye Therapy)**

Dyslexia, or reading disorder, is a language based disorder, often having a family history. It is usually not discovered until elementary school, although early signs include speech delays and trouble learning letters and sounds.

Individualized education is the best way to help children who have dyslexia. They should be seen as early as possible for testing, and a multidiscipline approach should be considered. **It is important to realize that vision therapy does not at all help dyslexia or leaning disabilities. Eye exercises, behavioral vision therapy, or special tinted filters or lenses are not recommended.** The American Academy of Pediatrics and the American Academy of Ophthalmology have policy statements explaining that there is no scientific evidence to support using any of these vision therapies. These are very expensive and time consuming too.

Parent have the right to ask their school district to test their child for learning disabilities, and the school must legally comply. Of course, one can also have their child privately tested, a service which we offer in our office.

**TAMIFLU TREATMENT
FOR INFLUENZA**

Everyone hears about using **Tamiflu (oseltamivir)** for preventing or treating influenza, but everyone needs to know the pros and the cons.

Tamiflu may shorten the course of influenza, but often only by one day (of a 5-7 day illness), and only if started within the first 24-48 hours of catching flu. It may also possibly prevent one from catching influenza if taken when exposed.

But recent studies have shown that as many as 50% of children will experience side effects. Most common were **nausea or vomiting**. Some children became dehydrated and needed to be hospitalized for flu-ids. **Neuropsychiatric side effects** may also occur. These include poor concentration, sleeping problems, confusion, nightmares, and strange behavior.

We feel that those children who have chronic medical problems or who are at risk of spreading the flu to susceptible persons at risk may benefit from this treatment. We feel more comfortable treating those over 12 years old.

Our providers will discuss the pros and cons with you if this becomes an issue with your child in our office.

The Doctor's View

AND MORE INFO ON FLU

We all know the flu shot helps one from catching the flu. But it is not 100%. To prevent one from catching it, **good hand washing** is imperative. Masks will prevent one from spreading it, but will not do much to prevent one from catching flu.

It is also important to know when your child can return to school or daycare. The Center for Disease Control (CDC) has issued a statement addressing this. **Children with influenza should not return to school or daycare for 24 hours after their fever has normalized without the use of fever lowering medications.**

In addition, we have been advised by the CDC and local health departments that **physicians should not be writing notes to schools** telling them when a child should or should not be able to return. This is public knowledge, and notes from healthcare providers are not necessary.

Finally, be aware that the quick flu tests are not 100%. A positive test implies the patient has flu, but a negative test can be wrong as often as 50%. Symptoms and your physician's opinion are important.