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## Monitor Media Use in Youth

Screen time has become a problem for all of us. New recommendations have recently been published, however, to assist parents in this area.

For **children under 18 months old**, there should be **NO** screen time at all, with the exception of video chatting (i.e. Skype). This is mainly because it takes away from important parent-child interaction.

For **children 18-24 months old**, high quality programming viewed together with a caretaker may be started.

For **children 2-5 years old**, limit screen time to 1 hour a day, while continuing to use high quality programming and co-viewed with a caretaker. Do not use media to calm a child.

For **all children, including teens**, keep mealtimes and bedrooms screen free. Stop using screens an hour before bedtime and keep devices out of the bedroom at night (or on silent). Avoid violent and fast paced content.

Talk to your children about safe and respectful behavior online, including cyber bullying, sexting, predators, privacy, and safety.

For information about creating a Family Media plan, visit [HealthyChildren.org/MediaUsePlan](http://HealthyChildren.org/MediaUsePlan).



## Office Open House/Book Signings

Help us celebrate our new expansion, as well as our physician authors, at an open house for all of our patients, families, and friends. This will be at our office on **Friday, December 9, from 6-8 pm**. Refreshments will be provided.

We have **expanded our physical space** to include 6 more exam rooms, including new rooms for our psychologists and an auxiliary reception area. We will now have 4 check in areas, rather than our previous two. Come and take a tour.

\* \* \* \* \*

**Dr. Rabinowitz** is launching his new book, *Cute Kidbits—Funny Conversations Kids Share With Their Pediatrician*. It is a collection of over 30 years of authentic quotes of what children have told him in the office. These are funny, adorable, often embarrassing, and just plain cute. It will surely make you laugh.

**Dr. Venters** will be promoting her series of children's books, *The Unicorns*. These books follow a family of Unicorns as they learn to deal with the ups and downs of family life. These books are a combination of picture books and parenting tips.

**Drs. Rabinowitz and Venters will be present to personally sign their books. All proceeds of the sale of books will go to local charities.**

\* \* \* \* \*

If unable to attend, but are interested in purchasing either book, here are the links to Amazon:

[Cute Kidbits: Funny Conversations Kids Share with their Pediatrician](#)  
[Unicorn Series by Dr Wanda Venters](#)

## Meet Our New Provider

Welcome to Nathan Schulte, a new physician assistant in our office.

Nathan graduated from the University of Nebraska and did his PA program at the University of Colorado. From Omaha, he is married with twins.

Nathan enjoys traveling, camping, and mountain biking. Nathan's schedule is now open for patients.



## The Safety Store

Figuring out what products a parent needs to keep their children injury-free can be confusing and time-consuming. But Children's Hospital Colorado has opened a Safety Store at its South Campus (1811 Plaza Drive, Highlands Ranch), offering top-rated safety products for sale, as well as providing safety experts for guidance. Prices are discounted.

## This and That

**Dr. Rabinowitz** recently spoke at the annual American Academy of Pediatrics meeting in San Francisco about Integrating Mental Health Services in the Primary Care Office. He has already been asked to speak at next year's conference in Chicago.

We will be sponsoring several more **flu vaccine clinics** starting at 6 pm: December 7 and 21 and January 4 and 18. Parents are also invited. Call for an appointment.

There is a **new schedule for HPV (Gardasil)** administration. For those who start the series before they turn 15 years old, only 2 shots will be needed, at least 6 months apart. Those who start after their 15 year birthdate still need 3 injections.

Our office will be participating in **Bright Health**, a new health plan on the market. Although we are in Cigna, we do not participate in their Cigna Connect or Sure Fit plans.

Thanks to those who donated food products to our **Pack the Pack drive**. Donated items have been delivered to the Parker Task Force.

**Holiday Schedule:** We are closed on Thanksgiving Day, but open that Friday with normal hours. We are also open on the Saturday mornings of Christmas Eve and New Year's Eve. In addition, we are opened for regular hours on Mondays December 26 and January 2.

## "Quotable Quotes"

*The following conversations occurred in our office.*

Dr.: "You're 80% for height."

13-year-old: "My friends must all be in that other 20%."

**4-year-old while walking into our office during our charity food drive: "Look mom, they sell food here too."**

Provider: "I'm going to ask your mom some questions."

4-year-old: "Actually, my mom is really busy now."

**Provider: "Let's look in your ears."**

**5-year-old: "Oh, I'm fine. But my mom is not feeling well."**

Nurse (while checking a pulse oximetry after a nebulizer treatment was completed): "I am going to recheck your breathing now."

5-year-old: "I can't breath—that's why I'm here!"

**Doctor: "What are you going to be when you grow up?"**

**6-year-old: "7."**

If you enjoy these quotes, look for Dr. Rabinowitz's new book, [Cute Kidbits, Funny Conversations Kids Share With Their Pediatrician](#), for sale in our office or on Amazon.

## Recurrent Abdominal Pain

Recurrent abdominal pain (including irritable bowel) is a very common occurrence in children. Based on strong research evidence (and our experience too), **85% of recurrent abdominal pain in children and adolescents is functional**, meaning that symptoms are not feigned, but that there is no physical disease. As long as there are no symptoms of more serious disease, such as weight loss, bloody stools, or fevers, no further testing is recommended, although parents always want testing! Parents also want referrals to a gastroenterologist, which usually lead to endoscopy, but almost never (if ever) a positive result. Interestingly, any placebo prescribed will result in a 40% response rate.

**Strong research evidence and general consensus among experts suggest that cognitive behavioral treatment (counseling) and sometimes medication to reduce anxiety work best.** Refusal to engage in mental health treatment is associated with treatment failure. Parents have trouble believing this and opt for blood work and invasive tests. This only aggravates the situation. This is just another reason why we have chosen to integrate mental health services in our office to better serve our patients.