



Jay S. Rabinowitz, MD  
Brian B. Stanga, MD  
Wanda Venters, MD  
E. Jann Quaife, MD  
Amy Gensler, MD  
Lauren Finney, MD  
Traci Refaeli, MD  
Richard Hayes, PA-C  
Lauren Millet, PA-C  
Lindsey Einhorn, PhD  
Crystal Joy, PsyD  
Tracy Stam, RD, CLE  
Susie Gross, Administrator

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

[www.parkerpediatrics.com](http://www.parkerpediatrics.com)

10371 Parkglenn Way  
Suite 100  
Parker, CO 80138



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# PEDIATRIC PIPELINE

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## Marijuana And Teens

- Colorado leads the nation in teenage marijuana use. No surprise there.
- 1 in 15 high school seniors use marijuana **daily**. Yes, daily. That number is higher in our neighborhoods.
- There is a perception, mostly because it is legal, that there is little risk of using marijuana. But it **is anything but benign**, especially in individuals less than 25 years old. Modern marijuana has been genetically modified to be more potent—**6 to 10 times stronger than what it was a generation ago**.
- Short-term harmful effects include impaired short term memory (interferes with learning), impaired motor coordination (interferes with driving skills), altered judgment (poor sexual decisions), and paranoia and psychosis in higher doses.
- Long-term use, especially when begun in adolescents, include addiction, altered brain development, poor educational outcomes, cognitive impairment (lower IQ), and diminished life satisfaction and achievement.
- Parents should know that 1/3 of teenagers get their pot from other people's medical marijuana prescriptions.
- One more interesting fact—Denver has more medical marijuana centers (198) than pharmacies (117). Hmmm.

## Seasonal Allergies

Many of our patients are bothered by outdoor allergies this time of year. Here are some simple treatments.

Over-the-counter medications can be useful. We recommend the longer acting antihistamines, such as Zyrtec, Claritin, or Allegra. Generics are ok. These are non-drowsy, and last all day. Nasal anti-inflammatory sprays, such as Flonase, are now over-the-counter too.

Keeping a pollen free room is important. After playing outside for the day, have your child remove their clothes in the bathroom and shower. That way they won't be sleeping in a face full of pollen from their hair, or throwing their pollen filled clothes in their rooms. Keep the windows in their rooms closed, just using air conditioners, if available.

## Parker Days

We will again be a sponsor for **Parker Days**, which will take place on **June 10-12**. Come visit us at our booth - the Maternity Lounge. It will be located at the corner of Main Street and Victoriana Drive. Our providers will be there to chat with you. We will also have plenty of freebies for the kids.

We will be having another drawing for free tickets for all day carnival passes. If you want to sign your child up to win one, just call us at the office, or sign up if you are here. You must sign up by June 3. We will call all winners the week of Parker Days.

At our booth we will have some comfortable, shaded lounge chairs for moms who wish to have a cool, quiet place to nurse. We always look forward to seeing our patients, whether they are present ones, or former ones. We are pleased to meet new ones too!

See you there!

Infant swaddling is **NOT** recommended after 2 months of age. It may inhibit motor development, and may increase SIDS.

Thanks to all of you who did our online survey. All of our departments averaged at least 4.5 in the 1-5 scale. A large majority would welcome us doing after hours care. Telemedicine was not as popular, especially if insurance did not cover this.

Congratulations to this year's Parker Pediatrics' scholarship winners, who show promise for a career in the medical field.



Kelsey Holman



Katelyn Norby

## This and That

Congratulations to this year's scholarship winners. They are **Kelsey Holman** from Legend High School, and **Katelyn Norby** from CECP (Colorado Early Colleges Parker). Kelsey will be attending Creighton University to pursue a nursing career. Katelyn will be attending the University of Northern Colorado to pursue a dietetics career. This is our 12th year of presenting scholarships to graduating seniors who plan a career in the healthcare field.

Parker Pediatrics has been honored by the Colorado Department of Health Care Policy and Financing as an **Enhanced Primary Care Medical Provider**.

**Dr. Rabinowitz** will be a featured speaker at this October's American Academy of Pediatrics Annual Conference and Exhibition in San Francisco. His topic is **Integrating Mental Health Services in the Primary Care Office**.

This summer marks the start of our **35h year** as Parker Pediatrics and Adolescents.

Our office will be closed on **Memorial Day, July 4th, and Labor Day**. As always, a Pediatrician will be on call.

Don't forget the **sunscreen!** **SPF 30** or higher is best and can be used on children of any age.

**Congratulations** to all of our patients who are **graduating** this year. We celebrate your future success!

## “Quotable Quotes”

The following conversations occurred in our office.

Provider: “Are you eating healthy?”

10-year-old: “My parents are on a diet, and that's a real problem for me at dinner.”

Provider: “Are you going to preschool?”

4-year-old: “No, I just went.”

5-year-old asked the nurse, as she was taking his blood pressure and pumping up the cuff, “So can I go swimming now.” (thought of arm floaties).

4-year-old, with tears in his eyes, asked the nurse who was giving him a shot, “Why do you want to hurt me?”

**Dr. Rabinowitz has compiled many years of quotes into a book titled: “Cute Kidbits: Funny Conversations Kids Share With Their Pediatrician.”**

**It will be available later this year through Amazon. We will keep you informed when it becomes available.**

## Summer Exams

Our summer appointment calendar is open, and will fill up quickly. Now is the time to schedule your child's **health supervision exam** (physical). A physical must be done in our office within one year in order for us to sign any sports or camp forms, as well as give refills of medications. Exams done elsewhere do not count. Local high schools, urgent cares, and retail clinics offer “sports physicals” to student athletes too. Although initially appealing, and meeting the requirement for getting one's form signed, these types of physicals offer very little value.

We ask for **24 hours notice** if you need to cancel your appointment. A charge may occur for no shows or late cancels. We do maintain a **move-up list** for those who have flexibility to come in on short notice if cancellations occur. Also, unaccompanied teens, under age 18 years, who may need a vaccine should have a note from a parent giving permission.

Call for your child's appointment now! We get very busy throughout the summer.