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# PEDIATRIC PIPELINE

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## Winter Respiratory Woes

One can never accurately predict which respiratory infection will be most prevalent each winter. But with over 100 years of combined physician experience, we are going to tell you what we believe.

Watch out this winter for **RSV—respiratory syncytial virus**.

RSV occurs mainly from January to March in our area. In infants it may go into the chest and is called **bronchiolitis**. It is characterized by wheezing (noisy breathing when breathing out). It

usually starts as an innocent cold with a runny nose and cough. But within a couple of days, it has the potential to lead to respiratory difficulty. Ear infections are a common complication.

In older children it usually is a 5-7 day cold, but can worsen RAD (reactive airway disease) or

asthma. It also can lead to ear infections or sinusitis, or even pneumonia.

Treatment is supportive—humidity, fluids, nasal suctioning, and close observation for worsening breathing. It is, by far, our leading cause of hospitalization.

We have seen a fair amount of croup and influenza already this fall, but still expect to see these respiratory infections this winter too. We still recommend the flu vaccine if your child has not had one yet this season.



## Meet Our New Providers



**Kristin Prevedel, M.D.** is joining our practice in January. Kristin received her Bachelor of Arts at Colorado College and did her medical training at Creighton University. Her residency in pediatrics was at the University of Nebraska—Creighton. She is

Board Certified in Pediatrics and is a member of the American Academy of Pediatrics. Prior to joining our practice, she was a pediatrician at Partners in Pediatrics for 12 years.

Kristin enjoys many hobbies, including writing poetry, playing the piano, biking, and swimming.



**Lauren Sterner, CPNP** will be joining us in January. Lauren received her Bachelor of Science in Nursing from the University of Northern Colorado, and her Masters of Science in Nursing at the University of Colorado. She has worked for the past three years at Rocky Mountain Pediatrics,

and at Colorado Children's Hospital for six years prior to that.

Lauren is from Pueblo, Colorado. She is married with one child. Her hobbies include playing outside with her family, walking the dog, and a passion for home improvement projects.

## Low Back Pain in Children and Adolescents

By age 15 years, almost 20% of children will have experienced low back pain. Risk factors include participating in either very little physical activity, or, conversely, engaging in very active, highly competitive sports. Other factors are being female, having a growth spurt, having a family history, or having a previous back injury. Interestingly, heavy backpacks are not associated with lower back pain.

Over 75% of cases have no known cause, and come from the normal use and strain put on muscles and bones. Diseases and injuries usually do not explain it.

Treatment is aimed at making the child more comfortable. This includes avoiding strenuous exercise that make it worse, using a heating pad or hot bath, and using ibuprofen. Physical therapy might be useful too.

## This and That

**Dr. Rabinowitz** again spoke at the annual American Academy of Pediatrics meeting this fall in Chicago. He has already been asked to speak at next year's event in Orlando.

We will continue to give **flu vaccine** on Thursday afternoons at 4 PM. Call for an appointment.

**Holiday Schedule:** We are closed on Christmas Day and New Years Day. We will be open on the Saturday mornings before each.

Check us out on **Facebook** and **Instagram**.

Beware of **Holiday Poisonings** and ingestions: plants (mistletoe, Jerusalem cherry, holly berries), decorations (angel hair, tree lights, ornaments), gifts (cologne, buttons, batteries), preservatives, and alcohol.

We're very honored to have again received **Macaroni Kid's Gold Daisy Award for Best Pediatrician in Parker**.

We caution parents of using Urgent Cares and Retail Clinics (that usually do not have pediatric expertise), as we continually see wrong prescriptions and poor follow-up.

Recent studies do not recommend tackle football for children under age 12 years old.

Finally, we thank **Lauren Millet** and **Annie Groven** for their service with Parker Pediatrics. Both are leaving to pursue other opportunities as of January, 2018.

## “Quotable Quotes”

*The following conversations occurred in our office.*

Doctor: “Do you eat many vegetables?”

Seven-year-old: “No. I’m a meataterian.”

Seven-year-old: “I was going to fart, but I forced it back in.”

Doctor: “What’s your favorite food?”

Four-year-old: “Strawberries. Except that I’m allergic to strawberries..”

Five-year-old, playing on mom’s cell phone): “Mommy, daddy is hurt. What’s the number for 911?”

Nine-year-old: “I’ve got a very strange cough. After I cough I talk like a robot!”

Doctor: “It’s important to have your stuffed animal when you sleep.”

Six-Year-Old: “Yeah, that’s not just wasteful junk on your bed!”

If you enjoy these quotes, you can purchase Dr. Rabinowitz’s book, [Cute Kidbits: Funny Conversations Kids Share With Their Pediatrician](#), on Amazon or at our office.

## Happy Holiday Season To All

