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# PEDIATRIC PIPELINE

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## Summer Exams

Our summer appointment calendar is open, and does 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 medication. Exams done elsewhere do not count. Local high schools, urgent cares, and retail clin-

ics offer "sport 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. Our health supervision exams are much more comprehensive.

We do ask for 24 hours notice if you need to cancel your appointment. A charge may occur for no

shows or late cancellations. 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.

## Insect Repellent Safety

It's summer. There are bugs!

One can limit mosquito bites by staying away from areas where they breed (standing water), limiting outdoor activity at high mosquito times, wearing clothing that covers the skin, and using repellants.

Parents need to read and follow repellent instructions carefully. These products should only be applied to clothing and exposed skin. Spray products should be applied outdoors only. After returning indoors, the skin should be washed with soap and water. Finally, clothing treated with repellants should be laundered before wearing again.

**DEET** appears to be the safest and most widely used ingredient in repellents. It is recommended to use products with up to 30% DEET, as higher concentrations offer little more efficacy.

- Products with **IR3535** are useful if concentrations above 7.5% are used. Since these are often combined with sunscreen, parents must remember that sunscreens need to be reapplied more frequently than repellents.



- Products with **picarín** can be used with up to 10% concentrations.
- **Oil of lemon eucalyptus** can be used in children over three years of age.
- **Essential oils** have limited protection against mosquitoes. In order for these to be effective, high concentrations must be used, and these might cause skin irritation.
- **Citronella** provides efficacy against mosquitoes, but for less than an hour.

## “The Hope”

Many of you have noticed the original sculpture in our reception area. It is “The Hope” by Nicky Imber. Mr. Imber survived a Nazi concentration camp by using skills he learned in art school. He made a face of sand and bread, stole a Nazi soldier’s uniform, and walked out the front gate, unnoticed. He eventually became one of the world’s most famous sculptors. His works are on display in the United States, the Vatican, Israel, and Venezuela. “The Hope” is one of his most famous sculptures. It depicts a young mother in a free world holding her child triumphantly to the heavens to show the living future.

We believe that each and every child passing through our office represents the hope for the future too.

\* \* \* \* \*

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



Hayden Hubbs  
Regis Jesuit High School



Rebecca Tuska  
Legend High School

## This and That

Parker Pediatrics will be starting its **37th year** in Parker this summer!

**Congratulations** to all of our patients who are **graduating** this year. We celebrate your future success! We will still be available to see you for services until your early 20s.

Parker Pediatrics will **NOT** be participating in Parker Days this summer. We will miss seeing you all there, but the logistics and lack of organization just got to be too much!

We sign a lot of **camp and school forms** each summer. Please bring these with you to your child’s exam. If dropping these off or faxing them to us, please allow **48 hours** for completion. Also, fill out all forms as completely as possible before asking us to sign them.

Just a reminder that you can now **text** questions for our phone triage nurse during hours that our office is open. Using our main number, **303-841-2905**.

Remember to use sunscreens with **SPF 30 or higher** on your children this summer. Reapply often.

Numerous studies now show that starting **tackle football before age 12** may be linked with future mood and behavioral problems. Parents beware.

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

## “Quotable Quotes”

*The following conversations occurred in our office.*

An 11-year-old remarked: “I’m congested and my voice is weird. I’m not sure if I’m sick or it’s just puberty.”

**Dr: “Do you want a sticker?”**

**Six-year-old: “No, I don’t want a sticker, but I’ll take**

**money.”**

Provider, to a three-year-old: “Bye, cutie.”

Three-year-old replied back to the provider, “Bye cutie.”

**Doctor to a 15-year-old who failed his vision test: “Can you even see the blackboard?”**

**15-year-old: “I can see the**

**blackboard. I just can’t see the letters.”**

Doctor: “What is your favorite food?”

Five-year-old: “Chocolate.”

Doctor: “What food group is that in?”

Five-year-old: “Candy.”

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.

## What Parents Need to Know About Sexting

Sexting is defined as the sending or receiving of nude or seminude images or sexually explicit text messages and can happen when one person pressures another to send these. Studies show that that 10-20% of teens or preteens have sexted. This can lead to emotional distress, as well as legal consequences. Parents need to talk to adolescents about sexting.

- Start these discussions early.
- Discuss risks, including unwanted distribution of photos or messages and the possible legal consequences.
- Emphasize that it is not ok to pressure someone into sexting or to be pressured.
- Check in with your child regularly to answer questions and be supportive.