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## A Farewell From Dr. Venters



“As my retirement approaches, I want to say a thank you once again to all my patients for letting me into their lives. I’ve enjoyed so many patients growing up and sharing their ups and downs. My official retirement day is December 31, but I will be working through January while Dr. Beck transitions into the practice.

Professionally, I will be spending more time on my writing. I will also be getting certified in Neurofeedback, a form of biofeedback. Personally, I plan to have more time with my family and especially my grandchildren. I still dream of getting my golf handicap under 18.

Best wishes to all and may 2019 bring an abundance of laughter to all, even if there are a few tears along the way. “

## A Welcome To Dr. Beck

Parker Pediatrics is pleased to welcome **Esther Beck, M.D.** Dr. Beck will be starting with us in January, and will be working full time.

Dr. Beck attended college at Barnard College/Columbia University. She attended medical school at Loma Linda University. Her residency was at Phoenix Children’s Hospital. She has practiced primary care pediatrics for 10 years in Arizona and Colorado prior to joining our practice.

Dr. Beck was born in Denver, and is married with two children. She enjoys writing, crafts, and rooting for Colorado sports teams.

“Raising children is an adventure and as a pediatrician, I feel blessed to be invited along for the ride. I strive to foster strong relationships with our families, so that I can be there to bandage wounds, fist pump victories and offer guidance and encouragement along the way.”



## Meningitis Vaccines

**Meningitis** is a serious infection of the brain and spinal cord. Although rare, persons aged 16 through 23 years of age are at an increased risk. Approximately 40 deaths a year occur from bacterial meningitis in this age group.

**Menactra** is a vaccine that protects a person from four of the five most common types of bacterial meningitis. It is given routinely at age 11-12 years, and repeated again at ages 16-18. It has a long track record of safety and efficacy. We have been giving this vaccine in our office for many years. It is the vaccine that many know as the one that colleges require. It is part of our nation’s routine vaccination schedule.

**Meningitis B vaccine (Bexsero or Trumenba)** protects a person from the remaining type of meningitis—type B. This disease causes 5-10 deaths a year in the 11-23 year old group. From 2009 to 2013, there were seven outbreaks of this at colleges with three deaths. Because of this, the vaccine received accelerated approval from the FDA.

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## Meningitis Vaccines

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Therefore, there is a lack of comprehensive evidence on its safety and efficacy. The length of immunity is also uncertain. The CDC recommends doctors consider giving this vaccine, but it is not a part of our nation's routine vaccination schedule. This vaccine is widely advertised on TV. Most colleges do not require it.

It is universally accepted that Menactra should be given to all teens. However, there is not a similar universal recommendation for meningitis B. On the one hand, parents may wish to do all they can to prevent this illness by giving the vaccine to their teen. On the other hand, the disease is very rare, the vaccine not yet universally recommended, and it does not have a lengthy track record. Both vaccines are generally covered by insurance.

Ask your provider if you have further questions, especially about giving the B vaccine or not.

## This and That

**Dr. Rabinowitz** recently spoke at the annual American Academy of Pediatrics meeting in Orlando. **Dr. Venters** and **Dr. Quaife** also attended that meeting. We are proud that all of our providers do continuing education through either attending conferences or reading journals each year.

We again received the **Macaroni Kid's Gold Daisy Award for Best Pediatrician in Parker**.

Have you friended us on Facebook yet?

By early 2019, we will be able to e-prescribe controlled prescriptions. That's right. For those of you who have been coming into the office monthly to pick up your prescription for ADHD meds, we will be able to do these electronically!

We will continue to give flu shots in our office on Thursday afternoons. Call for an appointment. If unable to make it to those, we will accommodate your child in a nursing visit at another time.

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.

**Holiday schedule:** We will be open Christmas Eve morning, and all day New Year's Eve Day. We will be closed on Christmas and New Year's Day. As always, a provider is on call for emergencies during those times.

## "Quotable Quotes"

*The following conversations occurred in our office.*

Provider, to a parent of a six-year-old with a sore throat: "I recommend Pediasure pops."

Nine-year-old sib, "I love those. Suddenly I'm coming down with a sore throat."

**Provider: "Are you going to the bathroom ok?"**

**Four-year-old: "No, I just had to yawn."**

Provider: "Where do you go to school?"

Four-year-old: "Inside."

**Provider: "I'm going to ask your mom if she has anything else to add—moms have a sixth sense."**

**Eight-year-old: "You don't need to swab my throat—I have the strep. I have a seventh sense."**

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 the office.

## Happy Holiday Season To All

