



Jay S. Rabinowitz, M.D.
Brian B. Stanga, M.D.
E. Jann Quaife, M.D.
Amy Gensler, M.D.
Lauren Finney, M.D.
Kristin Prevedel, M.D.
Esther Oh Beck, M.D.
Richard Hayes, P.A.-C.
Nathan Schulte, P.A.-C.
Lauren Sterner, C.P.N.P.
Lindsey Einhorn, Ph.D.
Crystal Joy, Psy.D.
Christina Knight, L.P.C.
Alana Fryer, Psy.D.
Tracy Stam, R.D., C.L.E.
Susie Gross, Office Admin

303-841-2905
303-841-3052 (Fax)

www.parkerpediatrics.com

10371 Parkglenn Way
Suite 100
Parker, CO 80138



PEDIATRIC PIPELINE IS AN ORIGINAL PUBLICATION OF PARKER PEDIATRICS AND ADOLESCENTS, P.C. AND INTENDED FOR THE EDUCATION AND ENLIGHTENMENT OF OUR PATIENTS, THEIR PARENTS, AND OTHER INTERESTED PARTIES. NO REPRINTING WITHOUT PERMISSION.

PEDIATRIC PIPELINE

VOLUME 35, NUMBER 2

SUMMER 2019

Summer Well Visits

Our summer appointment schedule 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 a form signed, these types of physicals offer very little value.

We do 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 of age, 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.

School Shootings—Being Preventive, Not Reactive

It is unfortunate that there must be lockdown drills at schools. These are reactive and not preventive, and only cause anxiety. Ninety-five percent of schools have these lockdown drills. School shootings are an epidemic that is turning our schools into war zones. It is traumatizing our youth. Instead of looking at ways to prevent these, our leaders are forcing children to become experts in survival. Our children are experts in active shooter situations. They are experienced hidiers and runners. They are #GenerationLockdown and they shouldn't have to be!

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, then 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.

Screen Time- How Much Is Too Much?

According to the World Health Organization:

- Children less than one year should never have any screen time.
- Children one to two years should rarely have screen time.
- Children two to four years should have no more than one hour a day of screen time.

However, video chats (i.e. grandparents or family members) are ok at any age.

On the other hand, it is recommended that toddlers and older children receive at least three hours a day of physical activity. Yes, you read that right—three hours!

This and That

This summer marks the start of our **38th year** in Parker as **Parker Pediatrics and Adolescents**.

Congratulations to this year's **scholarship winners**, given to graduating seniors who show promise for a career in the healthcare field. They are **Kylie Anderson** of Legend High School, who plans a career in exercise science, nutrition, and fire service; and **Patricia Brown** of Legend High School, who plans a career in nursing.

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

FYI—children are prescribed more **unnecessary antibiotics** if using telemedicine than if they go to their private doctor's office. The difference is due to prescribing when just a cold or virus is present.

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. **Insect repellants** are a good idea too.

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

“Quotable Quotes”

Doctor: “How are you sleeping at night?”

Five-year-old: “Great. My parents don't bother me much.”

After getting a finger prick, a six-year-old remarked to the nurse, “Now I'll have a pile of blood under this Band-Aid.”

These conversations occurred in our office.

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

Meet The Providers

Kristin Prevedel, MD

Parker Peds (PP): What is one of your fondest childhood memories?

Dr. Prevedel: Family meals—good food, good conversation, being together.

PP: What was your favorite book as a child?

Dr. Prevedel: The “Giving Tree” by Shel Silverstein. It imparts so many beautiful messages.

PP: What would you have become if not a pediatrician?

Dr. Prevedel: Either a teacher or a marine biologist.

PP: Do you have any artistic endeavors?

Dr. Prevedel: Yes, writing poetry. I have entered numerous poetry contests and have several poems published. I find writing poetry very therapeutic.



Amy Gensler, MD

PP: Tell us where you grew up.

Dr. Gensler: Upstate New York on a huge dairy farm. I was always outside and working on the farm.

PP: Or you were playing sports.

Dr. Gensler: I played lots of sports, but soccer,

basketball, and track were my favorites. I played Division 1 basketball and club soccer at Penn. I continue to run even now.

PP: You were a teenage entrepreneur?

Dr. Gensler: I sold sweet corn from a roadside stand, and to grocery stores.

PP: Did you always want to become a doctor?

Dr. Gensler: At first I trained to be a chemical engineer, but changed my mind.

PP: Tell us about the nonprofit you founded in 2014 that educates parents, teachers, and other adults on youth mental health.

Dr. Gensler: I started seeing so many patients coming in with mental health issues and I noticed the lack of education around mental health, especially with parents and teachers/school staff. I was also very alarmed and concerned with the increasing rate of teen suicide in Colorado. So, I founded a youth mental health education program called *Healing Our Youth: Get Educated!* The goal is to educate the adults who are most involved in the lives of our youth so these adults have the knowledge and tools to identify mental health concerns in youth early. Hopefully, this will lead to earlier treatment of mental disorders to improve outcomes for our youth with mental issues. I am also a part of a national, state, and local coalition king on prevention of mental illness and promotion of mental wellness.

