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PEDIATRIC PIPELINE

VOLUME 35, NUMBER 3

FALL 2019

Influenza (Flu) Vaccine Information

This year we are again offering our patients and families **several options** to receive their flu vaccine.

First, it can be given during a **regularly scheduled office visit**, but not a vaccine only visit, starting **September 3**. We **will also offer the vaccine to any family member (including adults) present at that visit.**

Second, we will again have our popular **evening flu clinics**, on **September 18, and October 3 and 23**. Parents are invited too.

Finally, we will have **Wednesday and Thursday afternoons, after school clinics, starting September 11, and running through November**. Parents can also attend.

For all **flu clinics**, patients must have an appointment. We will not accept walk-ins. Also, we

will not perform any other services during the clinics. Since some children need two vaccines, please schedule accordingly and take into consideration any prescheduled office visits. Despite large numbers, our clinics run smoothly with minimal waiting. Please come at your appointed times. Since it is crowded, please keep your children under control at all times.

This year we will be giving the flu shot, but also will have some nasal flu vaccine. The latter is expected to be in short supply, and we are unable to guarantee when we will have the nasal on hand. It will not be available for those on the Vaccines For Children Program. All of our shots are thimerisol free.

It is recommended that all persons over 6 months of age receive a flu vaccine. Those under age 9 years of age, who have

not received at least 2 flu vaccines in the past, need 2 vaccines, 4 weeks apart. Everyone else just needs one.

Parents receiving the flu shot at our office will be charged \$35 and this must be paid at the time of service. A receipt for insurance will be provided. We submit our patients' charges to their insurance, and only bill for any copay or coinsurance that is required.

Influenza (flu) is a viral illness that causes significant fever, chills, cough, and muscle aches. It can last as long as a week. More serious complications are possible. Some years are worse than others.

The **flu vaccine** can prevent influenza, or at least lessen its severity. It contains strains of influenza which are most likely to occur this winter. It does not prevent against all types of flu or other illnesses that resemble flu.

A Letter to Those Who Choose Not To Get Flu Shots

Dear Parents,

Some of you choose to not protect your child with a flu vaccine. Please take a moment to read why this decision may not be in your child's best interest.

- You have vaccinated your child for all of the other deadly diseases for which we have available vaccine. However, influenza kills more children each year than all of the other diseases combined in this country.
- Some say they do not vaccinate because they haven't done so in the past. Then so far, you have been lucky. Would you not have your child drive without a seat belt or restraint because so far they have not been in a crash?
- Some say that the flu shot made them sick in the past. That is not possible. The shot has no live virus and therefore cannot give you the flu. It is the safest of all vaccines. People get sick all of the time and sometimes it coincidentally occurs the day after a vaccination.

One of these years, a catastrophic strain of influenza will reappear. In 1917-18, one third of the world's population was infected and more than 50 million died—including 675,000 Americans. Those who received an early type of vaccine that was available then survived. More recently, the deadly impact of the H1N1 pandemic was lessened because of increased vaccination rates. Why would you take a chance with your child? Every reputable health organization recommends it. Be wise. Protect your most precious loved ones.

Preventing Suicide

Other than accidents, suicide is now the most common cause of death in the 10-25 year age group. Every pediatric practice experiences these tragedies. Most find that it is usually an individual who flies under the radar, and no one suspects.

The most common weapon of causation are guns. We strongly recommend that parents store their guns in a locked area, and with the ammunition in a separate locked area. (We had one patient saved when, even though she broke into the locked gun, she could not find the bullets).

Also, do not think that a gun safety class will mean that a child will act responsively. When a person is in an altered or depressed state of mind, all training goes out the window.

If you are concerned about your child's mental state, remember that we have mental health professionals in our practice.

This and That

Drs. Rabinowitz and Einhorn will be featured speakers at the annual American Academy of Pediatrics meeting this October in New Orleans. They will be speaking on integrating mental health services in primary care offices. **Dr. Finney and Rich Hayes** are also attending the meeting.

Our office policy guarantees **same day appointments** if made before 2:30 PM on that day. After that, it depends on the acuity of the condition, as well as our schedule.

Parker Pediatrics is now in our **38th year** providing pediatric care in Parker.

We were again chosen as **"Best of the Best"** in 2019 for Pediatricians in Parker by the Colorado Community Newspapers. Thank you for your continued support!



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

Welcome to all of our new families we met this summer.

As the weather gets colder, check the batteries in your **carbon monoxide detectors** in your home.

Concerned about your child's weight? **Tracy Stam** is our **Registered Dietician** and sees patients for dietary counseling by appointment.

We will be closed on Labor Day. A provider is on call.

"Quotable Quotes"

The following conversations occurred in our office.

Seven-year-old: "I brought a back scratcher."

Provider: "You did? That is cool!"

Seven-year-old: "Do you know why I brought a back scratcher?"

Provider: "No, why?"

Seven-year-old: "Because you guys don't have any."

Provider: "How did you get chocolate all over you?"

Six-year-old: "I got my ice cream treat before the visit."



Mom: "After the visit we may go to the P-O-O-L (spelled out)"

Four-year-old: "Ice cream!"

Five-year-old: "Is the tooth fairy real?"

Doctor: "You'll need to ask the dentist."

Doctor: "You'll be getting shots soon. Do you know what that means?"

Four-year-old: "Yes. I'm getting ice cream."

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.

Meet The Providers

Parker Peds (PP): Where are you from?

Dr. Stanga: I was born in Tucson, but spent most of my childhood in Salt Lake City.

PP: Tell us about your family.

Dr. Stanga: I have been married to Sarah for 14 years, and have three children—Avery, Ella, and Benjamin, ages 12, 10, and 7.

PP: We hear you're a baseball fan, but that the Rockies are only your second favorite team.

Dr. Stanga: I am a big sports fan. I played baseball up until my early college years. Sadly, the Colorado Rockies are only my second favorite team. I am a die-hard Phillies fan. My mom's family is from the Philly area plus I went to college there at the University of Pennsylvania.

PP: What do you like most about living in CO?

Dr. Stanga: The outdoors. Especially scaling the 14ers and snowboarding.

PP: How did you choose Pediatrics?

Dr. Stanga: My dad was a Pediatrician. During college I was a preschool teaching assistant. Those both helped me find my love of working with kids.

