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Does It Matter if my Pediatrician's Office has a Medical Doctor (M.D. or D.O.) on staff?

Yes! As Parker continues to grow, there are more and more pediatric healthcare options in our community. It is important to know the expertise that is offered at each facility.

We pride ourselves at Parker Pediatrics in having a team based approach to your child's healthcare. Our office has **pediatric board certified physicians (M.D.)** that lead our healthcare team. There are

clinics in our community that do not have any medical doctors on staff. Physicians (M.D. or D.O.) complete at least 7 years of training *after* college —that's a *minimum* of 15,000 hours of patient care! By contrast, other doctoral degrees (like D.N.P., for example) complete less than half of this training time, in some cases it is even done online. **Our Doctors work alongside our Physician Assistants and Nurse Practitioner to**

provide an expert team. We collaborate often, share patients, and draw from decades of experience. Together, we have a combined 140 years of primary care pediatric experience and have been in Parker for almost 39 years! If you look around, that is not something you can find just anywhere! Your child deserves to be taken care of by the most qualified team and that's us!

COVID Vaccine Safety

There has been recent concern regarding the development of myocarditis or pericarditis (heart inflammation) in adolescents and young adults following the mRNA COVID vaccines (Pfizer and Moderna). We have monitored this situation closely.

While the incidence of myocarditis/pericarditis following the vaccines is higher than in the general population (although still very rare — ~1200 cases out of 300 million doses) most cases are mild, and individuals recover often on their own or with minimal treatment. In addition, we know that myocarditis and pericarditis are much more common *if you get COVID-19*, and the risks to the heart from COVID-19 infection can be more severe.

The CDC and AAP (American Academy of Pediatrics) continue to recommend that all eligible people are vaccinated against COVID-19, particularly with the emergence of new variants like Delta that are widely circulating.

We continue our commitment to keeping you and our community healthy, and we offer this vaccine to any eligible person. Call our office to schedule.

Best of the Best 2021



We want to thank you again for voting us the **Best of the Best Pediatrician** in Parker for more than 10 years!

“COVID 15”

By: Tracy Stam, RD, CLE

We joke about the “freshman 15,” but many of us experienced weight gain during the last year. Quarantine, anxiety, stress and inactivity have had a huge impact on our health. If weight gain caught you or your children off guard this past year, here are some simple tips to get back on track.

1. Use a family approach to health (do not single out one family member).
2. Identify 1-2 areas that have contributed to weight gain and act on those first.

For example, if inactivity has been an issue, find simple steps to increase activity as a family like a trip to a State Park, bike rides or hikes. Build this in to your weekend family schedule and keep it even when school and sports get busy again!

Continue to cook at home and select healthier options. Avoid thinking that you “deserve” to eat unhealthy foods at a restaurant. Enjoy eating out again, but make healthy substitutions (like a side salad instead of fries). Calories in restaurant meals are almost impossible to compensate for during a week’s time unless you decide to take up marathon running (the reality is you won’t and neither will your children!). So...keep meals out at less than 500 calories or continue to cook at home.

Hang in there!

Watch our emails for information about the flu vaccines!

Scholarship winner: Congratulations to Grace Hutchison!



Concerned about your child’s weight gain during the pandemic? **Tracy Stam** is our **Registered Dietitian** and sees patients for dietary counseling by appointment. Her latest article is featured to your left on this page.



Our secure **Autopay Program** (credit card on file) allows you to conveniently pay your balances.

As you may have seen, our providers teach **medical students from the University of Colorado School of Medicine**.

We are committed to educating our next generation of physicians, physician assistants, and nurse practitioners.

Having students in our office is a pleasure—it reminds us how lucky we are to care for kids. Students comment frequently, “Your job is amazing and so fun!” We agree—thanks to you!

What have we been up to this summer?



Dr Stanga with his son at Home Run Derby



Rich Hayes and his family celebrating Father’s Day



Dr Finney and her family seeing the sites on their RV Trip



Dr Oh Beck and her kids enjoying a fun time at the amusement park



Lauren Sterner and her family keeping cool at the pool with ice cream in the shade .

Meet The Physician Assistant

Parker Peds (PP): Where did you grow up?

Nathan Schulte, PA-C (NS): I was born in Omaha and grew up in Kearney, Nebraska.

PP: What do you do in your free time?

NS: I enjoy mountain biking and snowboarding. I also like woodworking, camping, and hunting/fishing.

PP: When did you decide that you wanted to be a physician’s assistant?

NS: . I decided I wanted to be a PA after getting my EMT basic certification while working as a banker. The real estate / banking crises in 2008 pushed me over the edge, and I quit my job and enrolled full time.

PP: Tell us something we wouldn’t know about you.

NS: I have twin boys.

