Robert S. Byrd, M.D., M.P.H.

Philosophy of Care

Pediatrics was the specialty I enjoyed most in medical school. It is a field that combines prevention and treatment. Rather than focusing strictly on illness, I prefer to concentrate on wellness in a broader sense. Wellness includes physical health, but is also influenced by family interactions, cognitive development and emotional and behavioral well-being. My work with patients is distinguished by an evidence-based practice, which avoids treating colds and other viral illnesses with antibiotics. I also assess family and other environmental factors that influence a child's health. Providing children with a safe and nurturing environment is important to their health. Good health necessitates avoiding health-impairing behaviors, including smoking, dietary excess and sedentary lifestyle. In addition, children's attitudes toward school and their academic success contribute to their ultimate health and well-being. In my proactive approach, I focus on early literacy, school readiness and school performance.

Clinical Interests

Robert S. Byrd's clinical expertise includes wellness, physical health, cognitive development, and emotional and behavioral well-being. His pediatric practice is distinguished by an evidence-based philosophy that avoids treating colds and other viral illnesses with antibiotics. Byrd focuses on early literacy, school readiness and school performance. His research in the area of delayed school entry was published in the journal *Pediatrics*.

Title

Associate Professor of Clinical Pediatrics

Specialty

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Languages

Spanish

Education

M.D., M.P.H., Bowman Gray School of Medicine, Winston-Salem, North Carolina, 1984
B.S., UC Davis, Davis, California, 1980

UCDAVIS HEALTH SYSTEM

Robert S. Byrd, M.D., M.P.H.

Internships North Carolina Baptist Hospital, Winston-Salem, North Carolina, 1984-87

Residency North Carolina Baptist Hospital, Winston-Salem, North Carolina, 1986-87

Fellowships University of Rochester, Rochester, New York, 1991-94

Board Certifications American Board of Pediatrics, 1988

Professional Memberships Ambulatory Pediatric Association
American Academy of Pediatrics

Select Recent Publications

Garfunkel LC, Byrd RS, McConnochie KM, Auinger P. Resident and family continuity in pediatric continuity clinic: nine years of observation. Pediatrics 1998;101(1):37-42

Lanphear BP, Byrd RS, Auinger P, Schaffer SJ. Community characteristics associated with childhood lead exposure. Pediatrics 1998;101(2):264-271

Byrd RS, Weitzman M, Auinger P. Increased behavior problems associated with delayed school entry and delayed school progress. Pediatrics 1997;100: 654-661

Dukarm CP, Byrd RS, Weitzman M, Auinger P. Illicit substance use, gender and the risk of violent behavior among adolescents. Archives of Pediatric and Adolescent Medicine 1996;150:797-801

Weitzman M, Byrd RS, Auinger P. Children in big cities in America: health related needs and services. Ambulatory Child Health 1996;1:347-358

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