

Laura Margaret Kester Prakash, M.D., M.P.H.

Philosophy of Care

As an adolescent medicine sub-specialist, Dr. Laura Kester Prakash is deeply passionate about the care and health of her adolescent and young adult patients. Adolescence is a period of substantial physical, psychological, cognitive, and moral development. During this time of significant transition where young people grow, discover, and experience new and exciting, and also face very challenging experiences, Dr. Kester Prakash believes in developing personalized care plans that are tailored to her patients' physical, psychological, social, and developmental needs. Dr. Kester Prakash is dedicated to working with her patients to ensure they are building health behaviors that promote them transitioning into thriving and resilient young adults.

Clinical Interests

Dr. Laura M. Kester Prakash is a board certified pediatric and adolescent medicine sub-specialist who provides developmentally appropriate consultative care to adolescents between the ages of 10-26. She specializes in treating patients with nutritional and energy imbalance presentations, particularly those with eating disorders, unintended weight gain/loss along with co-morbid complications that arise, reproductive and sexual health disorders (menstrual disorders, menstrual suppression, ovarian cysts, contraception, sti screening), acne, transgender/gender-diverse health services,mental health services (major depressive disorders, anxiety disorders, obsessive-compulsive disorders).

Research/Academic Interests

Dr. Kester Prakash's research and academic interest resolve around adolescent identity formation and adolescent wellness.

Title

Division Chief, Department of Pediatrics, Adolescent Medicine
Director of K-12 Clinical Outreach Curriculum
Associate Director, Pediatric Residency Program
Clinical Professor

Specialty

Pediatrics, Adolescent Medicine

Department

Pediatrics
UC Davis Medical Group

Division

Adolescent Medicine
General Pediatrics

Center/Program Affiliation

UC Davis Children's Hospital

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Primary Care Center, Call for Information

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Education
M.D., University of Connecticut School of Medicine, Farmington CT 2007
M.P.H., Social and Behavioral, Richard M. Fairbanks School of Public Health at IUPUI, Indianapolis IN 2013
B.S., Biological Sciences, Mount Saint Mary's University, Brentwood CA 2002

Internships
Pediatrics, Baystate Children's Hospital/Tuft's University School of Medicine, Springfield CT 2007-2008

Residency
Pediatrics, Baystate Children's Hospital/Tuft's University School of Medicine, Springfield CT 2008-2010

Fellowships
Adolescent Medicine, Indiana University School of Medicine, Indianapolis IN 2010-2013

Board Certifications
American Board of Pediatrics
American Board of Pediatrics, Adolescent Medicine
Medical Board of California - Physician and Surgeon C License, Pediatrics/Adolescent Medicine

Professional Memberships
Association of Pediatric Program Directors
Society of Adolescent Health and Medicine

Honors and Awards
Society of Adolescent Health and Medicine, 2018, 2019, 2020, 2021
Residents Teaching Leadership, 2010
Evidence-Based Medicine Teaching Award, 2009
Abbott Award for Outstanding Oral Research Presentation, 2005
Who's Who in American Colleges and Universities, 2002

Select Recent Publications
Kester LM. Reproductive Health in Adolescent and Young Adult Women with Chronic Kidney Disease. Haddad MN, Winnicki E, Nguyen S (eds). Adolescents with Chronic Kidney Disease: From Diagnosis to End-Stage Disease, Springer. 2019;4:61-80.

Hannon TS, Kester L, Orr DP. Diabetes Mellitus. Neinstein LS, Katzman DK, Callahan ST, Gordon CM, Joffe A, Rickert VI (eds). Neinstein's Adolescent and Young Adult Health: A Practical Guide, 6th Ed, Wolters Kluwer. 2016;2(13):122-126.

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Kester LM, Shedd-Steele RB, Dotson-Roberts CA, Smith J, Zimet GD. The effects of a brief educational intervention on human papillomavirus knowledge and intention to initiate HPV vaccination in 18-26 year old young adults. Gynecol Oncol. 2014 Mar;132 Suppl 1:S9-12. doi: 10.1016/j.ygyno.2013.12.033. Epub 2013 Dec 31. PMID:24384459.

Shew ML, Ermel AC, Weaver BA, Tong Y, Tu W, Kester LM, Denski C, Fortenberry JD, Brown DR. Association of Chlamydia trachomatis infection with redetection of human papillomavirus after apparent clearance. J Infect Dis. 2013 Nov 1;208(9):1416-21. doi:10.1093/infdis/jit346. Epub 2013 Aug 2. PMID:23911713.

Kester LM, Zimet GD, Fortenberry JD, Kahn JA, Shew ML. A national study of HPV vaccination of adolescent girls: rates, predictors, and reasons for non-vaccination. Matern Child Health J. 2013 Jul;17(5):879-85. doi:10.1007/s10995-012-1066-z. PMID:22729660.

Kester LM, Burnstein G, Blythe M. Sexually Transmitted Infection Syndromes. Long SS, Pickering LK, Prober CG (eds). Principles and Practice of Pediatric Infectious Diseases 4th Ed, Elsevier. 2012; 2(G51):345-344.

Kester LM, Hey H, Hannon TS. Using hemoglobin A1c for prediabetes and diabetes diagnosis in adolescents: can adult recommendations be upheld for pediatric use? J Adolesc Health. 2012 Apr; 50(4):321-3. doi:10.1016/j.jadohealth.2012.02.009. PMID:22443833.

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