

## Cindy Rubin, MD, IBCLC, FAAP, a Pediatrician with In Touch Pediatrics and Lactation, PLLC

Get to know Pediatrician Dr. Cindy Rubin, who serves patients in Westchester, Illinois.



**New York City, New York Mar 27, 2023 ([IssueWire.com](https://www.issuewire.com))** - Dr. Rubin is a board-certified pediatrician & lactation consultant. She is the Founder of In Touch Pediatrics and Lactation, PLLC in Westchester, Illinois.

She opened her own practice in order to provide pediatric and lactation care in a personalized, compassionate, and patient-centered way. She sees children from 0-18 for preventive and acute/chronic care conditions, and also cares for mothers and babies who need assistance with lactation difficulties.

“Doctoring is about touch. We touch the body in order to diagnose. But touch also is part of the connection between me and my patients. Being in touch with my patients – really understanding and getting to know them – is part of what is so rewarding to me about medicine. And as if the name “In Touch” weren’t perfect enough, it also describes the great access patients enjoy in my membership-based home visit practice – it is always easy to get in touch with me, and we will be able to connect better via unhurried, longer appointments” says Dr. Rubin.

Born and bred in Oak Park, Illinois, Dr. Rubin attended the public schools in Oak Park through high school (OPRF Class of '90). She ventured westward for college, receiving her Bachelor of Arts degree

in Psychology from Stanford University in 1994.

Born with one leg shorter than the other, Dr. Rubin required frequent medical care and multiple surgeries in childhood. Although she didn't dream of being a doctor (actually wanted to be a writer or a dolphin trainer), these experiences surely piqued her interest in medicine.

After her time in Israel (participating in a volunteer program), she realized that her inability to handle vomit should not hold her back from a career as a physician. She did her pre-med courses at Northwestern University and then tried her hand at the East Coast for her medical education at Georgetown University School of Medicine. She hadn't planned to return to Chicago, but she was won over by the University of Chicago Comer Children's Hospital pediatrics residency program where she completed her pediatrics training. For two years following residency, she worked as a hospitalist at community hospitals in the Chicagoland area.

Ultimately, Dr. Rubin was not satisfied by caring for patients in the short-term as a hospitalist. She yearned for the long-term, deeper relationships that one makes as a primary care physician, and that drew her to outpatient general pediatrics practice.

She spent 13 amazing years working for Loyola University Medical Center as an outpatient pediatrician in their North Riverside office, where she was able to hone her skills as a physician as well as teach students and residents while seeking out new learning experiences for herself. During this time, she developed a particular interest in breastfeeding, earning her certification as a lactation consultant in 2019, and pursuing additional training to create a niche as a breastfeeding medicine specialist.

In 2021, Dr. Rubin made the tough decision to leave Loyola and took a leap in order to practice medicine in a way that felt more true to her own goals and better fit her style as a physician. She ventured out of the insurance-based medical system and opened In Touch Pediatrics and Lactation, PLLC.

The unique membership model allows her to spend more time with her patients, which not only provides them with better care, but also provides her with a more fulfilling experience as their doctor.

"I want to be able to meet patients where they are, both literally and figuratively, by providing home visits where children and families are comfortable and can be relaxed and in familiar surroundings. I want the time to get to the heart of my patients' problems and to give thorough, individualized preventive and anticipatory care" expressed Dr. Rubin.

Board-certified in pediatrics, she is a Diplomate of the American Board of Pediatrics, whose mission is to advance child health by certifying pediatricians who meet standards of excellence and are committed to continuous learning and improvement.

On a professional level, Dr. Rubin is a Fellow of the American Academy of Pediatrics (FAAP), Co-Chair of the Illinois Chapter of the AAP's Committee on Breastfeeding, and Founding Board Member of the North American Board of Breastfeeding and Lactation Medicine.

Pediatrics is the branch of medicine that involves the medical care of infants, children, and adolescents. The American Academy of Pediatrics recommends individuals be under pediatric care up to the age of 21. Pediatricians provide medical care to people ranging in age from newborns to young adults. They are trained to examine, diagnose, and treat children with a wide variety of injuries and illnesses through all of their developmental stages, as they grow and mature.

Happily married, Dr. Rubin lives in River Forest with her husband, two young children, and their feisty dog. When she is not enjoying the fun of seeing patients and running her practice, she enjoys spending time with friends and family, pretending to be a foodie, and traveling.

A few interesting facts about Dr. Rubin are that her favorite place to vacation is Sanibel Island, FDR Resort in Jamaica, and anywhere in Southwest (Harbor County) Michigan. Her favorite flavor of ice cream is black raspberry chocolate chip, her favorite cookie is chocolate chip, and her favorite professional publications are the Journal of Breastfeeding Medicine and the Journal of Pediatrics.

**Learn More about Dr. Cindy Rubin:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/921175-Cindy-Rubin-Pediatrician>, or through In Touch Pediatrics and Lactation, PLLC, <https://intouchpediatrics.com/dr-cindy-rubin>

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