

CELEBRATION OF WELLNESS

NEWS

Issue 18

July 2019

Celebration Pediatrics Introduces Monica Urquiola, APRN.



Celebration Pediatrics is excited to introduce Monica Urquiola, APRN, as the latest addition to our provider team!

From an early age, Monica's passion for children was the driving force of her educational endeavors. After graduating with a Bachelor of Science degree in Nursing from the University of Central Florida, Monica then went on to earn her Master of Science in Nursing degree from the University of Alabama at Birmingham. While in grad school, Monica volunteered with local community outreach programs

such as the Boys and Girls Club and the Sheperd's Hope Clinic. Monica believes that a trusting and compassionate provider-patient-family relationship is the key to happy and healthy children.

While helping to care for her grandparents as a teenager, Monica discovered her lifelong calling to be a nurse. Taking care of children and making sure the next generation has guidance about health and fitness are very important parts of her career mission. Monica would love to see an hour of daily exercise at schools become part of the curriculum to combat rising rates of obesity and to instill healthy habits in children.

In Monica's words, "I have always shared a special connection with children, and I am a firm believer in helping families with health prevention and education. When we are successful in establishing healthy lifestyle choices and goals while children are still young, I believe we are setting up our society for fantastic lifelong health."

In her personal time, Monica enjoys traveling with her husband and her furry child, Lexi. They have a goal of traveling to a new country every year to explore new cultures, food, and history. Reading and learning about history are some of her favorite hobbies, and she is also passionate about health and fitness.

To schedule your appointment with Monica, give us a call at 407-566-9700.

School's OUT for the Summer

COME IN NOW and skip the crowds for your child's sports and annual school physicals!

Before you head out on your summer vacations, come in and take care of the required immunizations and annual physicals that most sports and school programs require for your child's attendance. We are offering a FREE \$5.00 STARBUCKS GIFT CARD for all patients who come in July for their annual exams and appointments!!

Call us at 407.566.9700 to schedule your appointment today!



Summer Sunscreen: Tips on protecting your kids this summer!

Summer is here, and so are the endless hours of outdoor fun! While you're enjoying the sun with your family, it is important to keep in mind these safety tips below. These tips have been adapted from HealthyChildren.org, an online parent resource from the American Academy of Pediatrics.



- ✓ Keep babies younger than 6 months out of direct sunlight. Find shade under a tree, umbrella, or the stroller canopy.
- ✓ Have your kids wear a hat or cap with a brim that faces forward to shield the face.
- ✓ Limit your kid's sun exposure between 10am and 4pm, when the UV rays are strongest.
- ✓ Use a sunscreen that says "broad-spectrum" on the label – that means it will screen out both UVB and UVA rays.
- ✓ Also make sure your sunscreen has four stars to indicate the highest UVA protection available in an over-the-counter sunscreen product.

Meet and Greet Schedule

Please contact our office at 407-566-9700 to sign up for one of our FREE Meet and Greet events.

July 10 @ 5:30 PM and July 24th @ noon

August 7th @ 5:30 PM and August 21st @ noon

September 6th @ 5:30PM and September 20th @ noon



MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

Robert "Dr. Bob" Dabrow, MD, FAAP, Medical Director
Rayyan M. Anwer, MD, FAAP Jessica Burr, APRN
Monica Urquiola, APRN

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Celebration
Pediatrics



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Women's Health and the Summer Heat

By Patricia Yarberry Allen, MD Womensvoicesforchange.org

With record high temperatures this summer, women should take proper precautions to stay hydrated and protected from the extreme heat. This is crucial for overall health and wellness.

The fireworks may not be all that we see in the sky this Fourth of July as much of the country deals with prolonged and excessive heat due to a "heat dome." According to Accuweather, a heat dome is a sprawling and unusually intense area of high pressure that results in sinking air and sunny, storm-free conditions for the areas it covers.

When people are exposed to extreme heat, they can suffer from potentially deadly illnesses such as heat exhaustion and heat stroke. Hot temperatures can also contribute to deaths from heart attacks, strokes, and other forms of cardiovascular disease. Heat is the leading weather-related killer in the United States, even though most heat-related deaths are preventable through outreach and intervention (see the EPA's Excessive Heat Events Guidebook).



"Heatstroke" is a common term used to describe two distinct entities: (1) Severe, non-exertional hyperthermia (overheating of the body) that generally affects the young, disabled, elderly, poor, or those who are isolated because of mental illness. (2) Exertional heat illness which mostly affects otherwise healthy adults and adolescents. These two groups are linked due to underlying causes and effects like too much heat or sun exposure along with a lack of hydration and future health impacts like extreme elevations of body temperature leading to bodily dysfunction.

Heat exhaustion sometimes occurs when a person exercises and works in a hot environment, and the body cannot cool itself adequately. Dehydration happens with water loss from excessive sweating, which can cause muscle cramps, weakness, nausea, and vomiting. This makes it difficult to drink enough fluids to replenish the body's water supply, and the lack of body water impairs further sweating, evaporation, and cooling. If the humidity is too high, sweat on the skin cannot evaporate which makes the body's temperature cooling system fail.

Heat exhaustion and heatstroke are caused by environmental conditions. As outside temperatures rise, the body reacts by sweating. This evaporation of water from the skin and respiratory tract is the most effective way of ridding the body of excess heat. Less effective reductions in temperature occur from the direct radiation of heat into the environment. This results in the transfer of heat to air or liquids moving over the body. These normal cooling mechanisms become ineffective when the humidity rises above 75% and the air temperature rises above normal body temperature.

Recognize the most common signs and symptoms of heat exhaustion and get treatment early to prevent heat stroke:

1. Confusion
2. Dark-colored urine (a sign of dehydration)
3. Dizziness
4. Fainting
5. Fatigue
6. Headache
7. Muscle or abdominal cramps
8. Nausea, vomiting, or diarrhea

Mark your calendars for the 3rd Annual Celebration Cancer Superheroes 5k and Fun Run event!

Sunday September 8th, 2019,
to benefit Ovarian Cancer
and Pediatric Cancer -
7:30am Celebration
Lakeside Park.



For volunteer and sponsorship opportunities please contact
Jill White at
infocs5k@gmail.com

****REGISTER AT**
MFamilyFoundation.org



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Good for \$10.00 off a sneak peak
in our Davenport office only.

Call 407.566.2229
to schedule!

Valid 7/1/19-7/31/19



MEET THE PROVIDERS AT CELEBRATION OBGYN

David A. Marcantel, MD, FACOG • Robert F. Lemert, MD, FACOG
Farah T. Mahbub, MD, FACOG • Jennifer R. Vande Velde, DO, FACOG
Kanisha Sierra-Rios, MD, FACOG • Suzette C. Boyette, MSN, ARNP
Michelle Perez, Diagnostic Medical Sonographer

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CELEBRATION OBSTETRICS
AND GYNECOLOGY