

CELEBRATION OF WELLNESS

NEWS

Issue 20

September 2019

Myths and Facts about Colds and Congestion



by Dr Bob Dabrow

What causes coughs, runny noses, and other symptoms of the common cold? The cause is usually a viral infection. Lots of viruses can live and grow inside your nose, mouth, throat, or bronchioles and can cause cold symptoms.

What are the symptoms of the common cold? Symptoms include coughing, sniffing, and a runny nose. Colds can also cause sore throats and chest congestion.

Why does my child always have a runny nose? Children in daycare get an average of 6 colds per year. Colds in children can last up to 10 days, but some children have symptoms for up to 2 weeks.

Does a cold lead to other illnesses? Even though colds can be uncomfortable, most people get over a cold without lasting problems or complications. Children often get a low-grade fever during the first 3 days of a cold. When do I need to see the pediatrician? Most children that have a cold do not need to see the doctor or nurse. You should call our office if your child has a chronic runny or stuffy nose that does not get better after 2 weeks, severe red eyes or yellow/green discharge coming out of the eyes, or severe ear or head pain. If a cough or fever lasts longer than 10 days, it is a good idea to be examined.

How can I tell the difference between a cold and the flu? The common cold and the flu both cause many of the same symptoms, but there are some important differences. A common cold causes severe nasal congestion, mild coughs, and low fevers. The flu causes runny noses, coughs, and congestion, but also includes extremely high fevers, body fatigue, aches, and pains.

Are cough and cold medicines safe for children? The American Academy of Pediatrics says there is no reason to use any cough or cold medicines in children under age 6. These medicines are not safe for young children. Even if your child is older than 6, cough and cold medicines are unlikely to help. These medicines won't cure the cold.

If you decide to try nonprescription cold medicines, be sure to follow the directions on the label. Do not combine 2 or more medicines that have acetaminophen in them. If your child takes too much acetaminophen, the drug can damage the liver. If your child has a chronic condition or takes daily prescription medicines, ask your doctor or pharmacist if it is safe to take the cold medications you have in mind.

How can I keep from getting another cold? The most important thing you can do is to wash your hands often with soap and water. Alcohol hand rubs also work well. The germs that cause the common cold can live on tables, door handles, and other surfaces for at least 2 hours. You never know when you might be touching germs, and that's why it's so important to clean your hands.

Join Us: Wear **Yellow** to show your support for Pediatric Cancer

Celebration Pediatrics is showing our support for Pediatric Cancer in the month of September by raising awareness and increasing education on the facts of childhood cancer. According to the American Cancer Society:

- Childhood cancers make up less than 1% of all cancers diagnosed each year.
- About 11,060 children in the United States under the age of 15 will be diagnosed with cancer in 2019.
- Childhood cancer rates have been slightly on the rise for the past few decades.
- Because of major treatment advances in recent decades, more than 80% of children with cancer now survive 5 years or more.
- Overall, this is a huge increase since the mid-1970s, when the 5-year survival rate was about 58%. Survival rates vary depending on the type of cancer and other factors.
- After accidents, cancer is the second leading cause of death in children ages 1 to 14.
- About 1,190 children younger than 15 years old are expected to die from cancer in 2019.

Mark your calendars for the 3rd Annual Celebration Cancer Superhero 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****



An early Flu season calls for an early vaccination!
Call us today to schedule your flu shot at (866) 595-5113.

MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

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Raising Awareness Through Education: Ovarian Cancer Awareness Month

Ovarian cancer is the fifth most common cause of cancer deaths in women and the tenth most common cancer among women in the United States. The American Cancer Society estimates that 22,530 new cases of ovarian cancer will be diagnosed in the United States in 2019. Although ovarian cancer is relatively rare and accounts for about 2.5 percent of all cancers in women, it is the fifth leading cause of cancer-related deaths among women in the United States.

How is Ovarian Cancer Diagnosed?

Although we do not have a screening test designed for the general population, there are women who are considered high-risk based on their family history. These women have either had breast cancer, have two or more close blood relatives with breast or ovarian cancer, have one close relative with breast or ovarian cancer and are of Ashkenazi Jewish origin, or carry a mutation in one of the breast-ovarian cancer susceptibility genes: BRCA1 or BRCA2. These genes are more common in women of Ashkenazi Jewish origin where carrier rates are up to 2%. Being a carrier of one of these genes gives these women a 25-60% lifetime risk of ovarian cancer. This is much higher than the 1.5% lifetime risk in the general population.

What are the symptoms of Ovarian Cancer?

Ovarian cancer presents with a wide variety of vague and nonspecific symptoms, including the following:

- Bloating, abdominal distention, or discomfort
- Pressure effects on the bladder and rectum
- Constipation
- Vaginal bleeding
- Indigestion and acid reflux
- Shortness of breath
- Tiredness
- Weight loss
- Early satiety

Awareness, Education, and Treatment:

Ovarian cancer is a very complex disease. The doctors and nurses at Celebration Obstetrics and Gynecology are passionate about raising awareness, increasing education, and helping women navigate their health journey. If you have any questions or concerns about Ovarian Cancer, please give us a call to meet with one of our providers.

It's FLU season!

Flu season is here! We want to make sure our patients take extra measures to combat getting the flu. Certain people are at a higher risk of serious flu-related complications. This includes young children, people 65 and older, **pregnant women**, and people with certain medical conditions.

The single best way to prevent the seasonal flu is to get vaccinated every year. Good health habits like covering your mouth when you cough and washing your hands often can also help stop the spread of germs and prevent respiratory illnesses like the flu.



If you have symptoms of the flu, whether you are in a high-risk group or not, contact your health care provider immediately.

Here at Celebration ObGyn our goal is to vaccinate all pregnant women to save their life and their baby. Schedule an appointment today for each member of your family that is at least 6 months old to get vaccinated!

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Call 407.566.2229 to schedule!

Valid 9/1/19-9/30/19



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