

CELEBRATION OF WELLNESS

NEWS

Issue 21

October 2019

2019 Celebration Cancer Superhero 5K: A Race Worth Celebrating



On Sunday, September 8th, Celebration's Lakeside Park was transformed into a Superhero Paradise. The Celebration High School Marching Band and Color Guard created an atmosphere of excitement and courage. At the center of the 3rd annual charity event was the true Superhero, Michael, the event's 2019 beneficiary. Michael is a ten-year-old young man battling terminal brain cancer (DIPG). With his family by his side, he led the charge of the M Family Foundation's mission to raise awareness, increase education, and provide financial support for Pediatric and Ovarian cancers.



"Whether you ran, volunteered, sponsored, or attended as a spectator, you experienced the power of people working together to show support and love to those in need. We have an incredible vision of what we can do to support women and children affected by Pediatric Cancer and Ovarian Cancer. The best is yet to come!" Kelly M. McCarthy, M Family Foundation Co-Founder.



The community support, excitement, and momentum are not stopping anytime soon. The M Family Foundation is thrilled to announce that the 4th Annual Celebration Cancer Superhero event will be held on Sunday, September 13th 2020! For opportunities to become part of the event committee, join as a corporate sponsor, or submit an application for a family in need, please go to MFamilyFoundation.org.



Community Partnership: Celebration High School PTSA 7th Annual Golf Scramble

The Celebration High School PTSA (Parent Teacher Student Association) is excited to announce their 7th annual Golf Scramble on Saturday, October 18, 2019 at the Celebration Golf Course. The PTSA is an organization designed to bridge the gap between students, teachers, parents, and community. The PTSA is open to everyone who wants to support

Celebration High school. The PTSA's mission is to Make Every Child's Potential a Reality by Executing Programs, Activities, and Events to Support and Celebrate Our Students and Teachers.



Celebration Pediatrics and Celebration Obstetrics and Gynecology is thrilled to sponsor the 2019 Golf Scramble. For additional information or to become involved in the PTSA, head on over to their Facebook page: <https://www.facebook.com/CelebrationHighPTSA>.

Flu Season Is Here!

The 2019 Flu Season is among us, and our children are some of the most vulnerable.

Complications from flu among children can include:

- Pneumonia: an illness where the lungs get infected and inflamed
- Dehydration: when a child's body loses too much water and salts, often because fluid losses are greater than from fluid intake
- Worsening of long-term medical problems like heart disease or asthma
- Brain dysfunction such as encephalopathy
- Sinus problems and ear infections
- In rare cases, flu complications can lead to death

Be sure to schedule your child's flu shot before they encounter the virus. To schedule your child's flu shot today, give us a call at 407.566.9700.

Free Meet and Greet

Please contact our office at 407-566-9700 to sign up to attend one of our FREE Meet and Greets. Light refreshments and snacks provided. Please reference our info card in your doctor's lobby.

October Dates

Wednesday, October 2nd at Noon

Wednesday, October 9th at 5:30 PM

November Dates

Wednesday, November 6th at 5:30 PM

Wednesday, November 20th at Noon

December Dates

Wednesday, December 11th at 5:30 PM

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



www.CelebrationPediatrics.com

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Celebration Obstetrics and Gynecology is excited to announce our newest team member: Dr. Norris M. Allen, MD, FACOG



Dr. Norris M. Allen grew up in Brooklyn, New York. The youngest of nine children, Dr. Allen was surrounded by a great sense of family. After repeated visits to Mount Sinai Hospital in New York City, where his older brother worked as an X-Ray technician, Dr. Allen realized he wanted to become a physician.

Dr. Allen received his bachelor's degree from Columbia University in 1984. He continued his education at the Robert Wood Johnson School of Medicine at Rutgers University in New Brunswick, New Jersey. Dr. Allen then

received his medical degree from the Albert Einstein College of Medicine in 1992 and completing his residency at the Bronx Lebanon Hospital.

Dr. Allen has a passion for the US Military and received an honorable discharge from the rank of Major in the Army reserve in 2012. He continues to enjoy supporting humanitarian efforts by participating in medical mission trips and is very involved in his church. In Dr. Allen's words, "My deep love for helping the impoverished and needy provides me insurmountable amounts of appreciation and gratitude."

In medical school, Dr. Allen became fascinated by the various diagnostic instruments that show the human body. Initially, he wanted to become a radiologist but switched to Obstetrics and Gynecology while in his fourth year of medical school. The ultrasound diagnostics of the fetus were particularly interesting to him, thus confirming his passion for this practice. To schedule your appointment with Dr. Allen, give us a call at 407-566-BABY.

Community Partnership: WINGS - Women's Initiative Nurturing Girls' Strength

WINGS took flight in November 2013 when a group of women came together in Celebration to share concerns about the onslaught of negative media and role models influencing girls and young women. Our mission is

to inspire and empower girls and women to soar to their highest potential. In 2014, WINGS partnered with the school counselors at Celebration K-8 School to offer monthly "Power Lunches" for 5th-8th grade students.

During these lunches, they talk about the challenges that girls face every day, and how they can reach out and help each others through them. Topics discussed at these Power Lunches include self-love, being fearless in pursuing leadership positions, positive uses of social media, and many more. Celebration Obstetrics and Gynecology along with Celebration Pediatrics is proud to support the WINGS power lunch on October 31st. For additional information on WINGS, go to CelebrationFoundaiton.org.



Navigating pregnancy and the flu

When should you get a flu shot, and does your baby need more than one? Here's everything parents need to know to protect themselves and their babies during the 2019 flu season.

"The flu can be serious for everyone, but the elderly, pregnant women, and babies are at a greater risk of developing serious complications from the flu."

-Amesh A. Adalja, M.D., senior scholar at the Johns Hopkins Center for Health Security.



The influenza vaccine helps protect you and your baby against the flu and complications from the flu. Current guidelines from the Center for Disease Control (CDC) recommend that babies don't receive the vaccine until they're 6 months old.

There are other important steps you can take during pregnancy and once your baby is born to help keep you both safe. "When a pregnant woman is vaccinated against the flu, her immune system will make antibodies which can cross the placenta and provide antibodies for the baby after birth. Getting your flu shot during pregnancy will give your newborn baby some protection with the antibodies that you yourself generated." - Dr. Adalja.

OCTOBER ULTRASOUND COUPON

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

Call 407.566.2229 to schedule!

Valid 10/1/19-10/31/19



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
Michelle Perez, Diagnostic Medical Sonographer
Suzette C. Boyette, MSN, ARNP

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CELEBRATION OBSTETRICS
AND GYNECOLOGY