

CELEBRATION OF WELLNESS

NEWS

Issue 23

December 2019

Recognition of Pediatric Anxiety Disorders

by Monica Urquiola, APRN



Anxiety disorders are increasingly common among today's children. Your pediatrician routinely screens for mental health disorders once your child hits adolescence. The importance of recognizing an anxiety disorder in children and creating a treatment plan is of paramount importance.

Signs your child might have an anxiety disorder:

- Excessive worry about social or school performance
- Anger outbursts and irritability
- Avoidance/refusal of school and social interactions
- Reassurance behaviors such as seeking excessive approval from peers or parents
- Physical complaints including headaches, stomachaches, and sleep disturbances

What causes anxiety?

- Anxiety is due to a combination of genetics, environmental stressors, family dynamics, and personality traits. Girls are at increased risk.

What are the risk factors associated with untreated anxiety?

- Substance abuse, poor school performance, and depression can be co-morbid conditions associated with untreated anxiety.

What can I do for my child if I suspect they have an anxiety disorder?

- Talk to your child's pediatrician about your concerns. Your doctor will screen the patient and make the appropriate recommendations. Treatment often includes therapy (visiting a psychologist or licensed mental health counselor) and medication if necessary.

Citation: Recognizing, Diagnosing, and Treating Pediatric Generalized Anxiety Disorder.

Panganiban, Marinela PA-C; Yeow, Michelle PA-C; Zugibe, Kaitlyn PA-C; Geisler, Sheryl L. PA-C

Journal of the American Academy of PAs: February 2019 - Volume 32 - Issue 2 - p 17-21. doi: 10.1097/01.JAA.0000552719.98489.75

CME: Pediatrics



FLU Safety: Take 3 Actions to fight this year's Flu!

YES, it is the MOST WONDERFUL time of the year! Unfortunately, this is also the time of year where illness spreads which make our children vulnerable to being sick. The CDC has broken down the 3 best ways to combat the flu this season.

1. MAKE time to get the Flu vaccine. The CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. While there are many different flu viruses, a flu vaccine protects against the viruses that research suggests will be most common. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.



2. Take everyday preventive actions to stop the spread of germs. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose and mouth. Germs spread this way. Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

3. Take flu antiviral drugs if your doctor prescribes them. Antiviral drugs such as Tami-Flu, can make the illness milder and shorten the time you are sick. Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a high-risk factor or is very sick from flu. Follow your doctor's instructions for taking this drug.

Call us today to schedule your flu shot and help protect your children this holiday season!! 407-566-9700.

December: A Month of Multicultural Celebrations

Does your family celebrate Christmas, Hanukkah, Kwanzaa, or Three Kings Day? Maybe you celebrate St. Lucia Day. Chances are either your family, neighbors or friends celebrate more than one of those events. Whether that is the case or not, December offers great opportunities for learning about our multicultural world!



- Saint Nicholas Day (Christian)
- St. Lucia Day (Swedish)
- Fiesta of Our Lady of Guadalupe (Mexican)
- Hanukkah (Jewish)
- Christmas Day (Christian)
- Three Kings Day/Epiphany (Christian)
- Boxing Day (Australian, Canadian, English, Irish)
- Yule (Pagan)
- Kwanzaa (African American)
- Omisoka (Japanese)
- Saturnalia

People all over the world participate with festivals and celebrations to share their unique traditions and holidays with loved ones. Learning about other cultures, especially for children, is a wonderful way to establish an awareness, appreciation and acceptance of our differences. Celebration Pediatrics wishes all of our patients and their families a joyous and safe 2019 holiday season!!

MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

Robert "Dr. Bob" Dabrow, MD, FAAP, Medical Director
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A Message of Thanks and Gratitude



As we begin the month of December, we bid farewell to November and 2019 is fast ending. Most of us gathered around with our family and friends for Thanksgiving in November. We always love Thanksgiving. It is a time to be thankful and grateful for our blessings. Dr. Marcantel and I are thankful for our health, our family and our work family. We wake up every day and look for ways to give you; our customers /our patients an excellent experience. To receive exceptional clinical care in a caring and professional environment.



We are grateful that you choose us and our practices for your family. Thank you. Every year in our small business we have triumphs and tribulations. We learn from our mistakes and we celebrate our successes. We hope as we race into 2020 you will continue to give us the privilege of caring for you.

Dr. David Marcantel & Mrs. Kelly McCarthy

Celebration Pediatrics Meet n' Greets

Choosing a pediatrician to care for your newborn is an important decision you will want to make before you give birth. Pediatricians are medical doctors that specialize in the care of infants, adolescents, and children as old as 21!

Asking your provider, friends and family for recommendations is a great place to start. Celebration Pediatrics is thrilled to offer two FREE Meet n' Greet workshops every month. Parents-to-be can tour our facility, learn how we care for our families and have your questions and concerns answered by our providers!

To schedule your free Meet n' Greet, give us a call at 407-566-9700!!

DECEMBER ULTRASOUND COUPON

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

Call 407.566.2229 to schedule!

Valid 12/1/19 - 12/31/19



Toys For Tots

Donating a toy is one of the experiences that makes Marine Toys for Tots different from other programs.



When you place a toy in a Marine Toys for Tots collection box or donate it to a local campaigns, you experience the joy of knowing that toy will be under the tree in a family's home and bring a smile to a less fortunate child on Christmas morning. This gives supporters a unique personal connection to Marine Toys for Tots.



Celebration Pediatrics is delighted to be a Marine Toys for Tots donation center, where you can bring a little Christmas to a less fortunate child.

Please bring your new, wrapped gifts to our reception area before Christmas Eve. Thank you for supporting Marine Toys for Tots.

Schedule: Please take note of the following changes in office hours!

Tuesday, December 24th - Early Closure Christmas Eve
Wednesday, December 25th - Closed for Christmas Day
Wednesday, January 1st - Closed for New Year's Day



MEET THE PROVIDERS AT CELEBRATION OBGYN

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