

CELEBRATION OF WELLNESS

NEWS

Issue 27

April 2020

Providing Safety and Support During the COVID-19 Health Pandemic

For the health and safety of our patients and staff, Celebration Obstetrics and Gynecology is actively monitoring COVID-19, the new coronavirus disease. Our goal is to continue providing excellent care to our patients as we establish many new protocols and procedures to protect your family. We have also established new TeleHealth visits to enable our providers to continue treating patients in the comfort of their own homes. We want patients to find comfort in the fact that we are open and ready to serve you. We are in an unprecedented time and want you to know that you are not alone. Please call our office with ANY questions or concerns. We are here and ready to help with all your healthcare needs.

If you meet any of the following conditions, please help us by contacting your local health care department for instructions before coming to your appointment:

- Fever greater than 100.4 F
- Cough OR shortness of breath
- Recent respiratory infections such as pneumonia OR flu
- Traveled internationally OR on a cruise ship within 14 days
- In contact with anyone in the last 14 days who has confirmed case of COVID-19 OR is under investigation for the disease

We recommend that if you are over age 65, you reschedule your well woman visit to a later date. In accordance with Advent Health guidelines, we are not allowing visitors under age 12 unless necessary. Please be prepared to leave any loved ones accompanying you in the lobby. Only the patient will be allowed back in the patient areas.

We thank you for choosing Celebration Obstetrics and Gynecology for your healthcare needs and thank you for your assistance.

Sincerely,

Celebration Obstetrics and Gynecology

Tips for Coping with a New Baby During COVID-19

By: Robert Sege, MD, PhD

All babies cry. Most babies cry a lot from two weeks to two months of age. Some cry more than others, and some cry longer than others. For many new parents, crying is one of the most stressful parts of coping with a newborn. Usually new parents can seek out social supports and external help. But how do we reach out for help when we are all under social distancing restrictions? What happens when grandparents can't come over to help out, or when neighbors don't stop by for a cup of coffee? What happens when families are hit with sudden job loss, loss of childcare, and other restrictions resulting from the COVID-19 pandemic?

Helpful Tips

Pay attention to your own needs. The challenges of new mothers can certainly feel overwhelming. Rest as much as you can and try sleeping when the baby does. Find time for yourself when your partner or other caring adult watches the baby.

Put on your headphones, give a friend or relative a call, have a cup of tea, or just relax.

Seek help. Depression is the most common mental illness in the United States. If you had a history of depression before your baby was born, you may be at higher risk for postpartum depression. Speak with your provider sooner rather than later to help foresee this potential condition. Many doctors, nurses, and mental health providers are now set up for telehealth visits and may be able to help you by video or phone.

Reach out. If you are a friend, relative, or neighbor to a family with a newborn, this is the time to reach out. Think about ways you can help. Can you buy diapers or other baby supplies? Can you drop off food or treats for the siblings or adults? Can you safely supervise older children outdoors?

TeleHealth Medicine: Convenient Care to Keep Women Engaged

Celebration Obstetrics and Gynecology is thrilled to offer TeleHealth "virtual" office visits. Telehealth visits mirror in-office appointments with the OBGYN providers that you trust while you remain in the comfort of your home. As we continue to provide added layers of protection from the COVID-19 health crisis for our in-office visits, we want to encourage patients to give us a call to discuss potential medical visits that will qualify for TeleHealth.



Appointments include but are not limited to the following:

- Medication Management
- Depression and Anxiety
- Blood Pressure Medication Adjustments
- Discuss Lab Results
- Observe Treatment Plans

Not all visits will qualify as a TeleHealth approved visit so give us a call at 407-566-BABY (2229) to discuss your TeleHealth Medicine options!

MEET THE PROVIDERS AT CELEBRATION OBGYN
David A. Marcantel, MD, FACOG • Robert F. Lemert, MD, FACOG
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CELEBRATION OBSTETRICS
AND GYNECOLOGY

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Celebration Pediatrics: COVID-19 (Coronavirus) Response

Celebration Pediatrics is committed to providing exceptional care for our children. We are implementing changes and updates to add additional layers of protection DAILY, so please continue to check for new information and updates. We want our patients to know that WE ARE OPEN, and WE WANT YOU to continue to bring in your children for their medical needs!!



What are we doing to provide a safe environment for your family?

- Pre-screening all patients for COVID-19 signs at check in
- Separating all sick patients from well visits
- Providing TeleHealth visits for patients wishing to stay home
- Following all CDC protocols for cleaning and sanitation

We DO NOT want patients to avoid being treated because of fear. We are doing our very best to support local hospitals by treating patients we can

within our office so that they have enough resources for emergency situations. Please do not hesitate to give us a call with any questions or concerns at 407-566-9700.

Thank you for allowing us to care for your families!

Sincerely,
Celebration Pediatrics Team

Telehealth Medicine Now Available

Celebration Pediatrics is thrilled to announce NEW TeleHealth medicine appointments. TeleHealth appointments are a fantastic way to still have your sick little ones evaluated by a provider you trust without leaving your home. TeleHealth visits are fantastic for medicine check-up appointments and consultations about behavioral or mental health concerns.

Please know that not ALL visits will qualify, as additional testing may need to be done in our office. TeleHealth enables Pediatricians to maintain continuity of care and provide their patients with the comfort of a trusted and familiar face. Some appointment examples include but are not limited to:



- Cold and Flu
- Rash/hives
- Medication Check
- Depression
- Pink Eye
- Seasonal Allergies
- Anxiety
- ADD/ADHD follow up

Give our office a call at 407-566-9700 for additional information about TeleHealth medicine visits.

Resources and Information for Pediatric Health

Parent Resources and Websites:
Center for Disease and Control: www.cdc.gov
American Academy of Pediatrics: www.AAP.org
Florida Healthy Kids: www.healthykids.org
Florida Department of Education: www.fldoe.org

A Practice Dedicated to Kids

Celebration Pediatrics

Every month we host two free Meet and Greet sessions for expecting families or those families that are new to the central Florida area. These sessions are a fantastic opportunity to meet our providers, tour the office and discuss any questions you may have for our staff.

Give us a call today at
407-566-9700!

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Follow us on Facebook! celebrationpediatrics.com

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