

# CELEBRATION OF WELLNESS

## NEWS

Issue 29

June 2020

### Physical Activity and Exercise During Pregnancy and the Postpartum Period

Developed by the Committee on Obstetric Practice with the assistance of committee members Meredith L. Birsner, MD and Cynthia Gyamfi-Bannerman, MD, MSc.



In this modern era, women are taking better control of their health and wellness by exercising during pregnancy and the postpartum period. Exercise is defined as physical activity consisting of planned, structured, and repetitive bodily movements done to improve one or more components of physical fitness.

Exercise is an extremely essential element of a healthy lifestyle, and obstetrician-gynecologists encourage their patients to continue or to commence exercise as an important component of optimal health. Women who habitually engaged in aerobic activity or who were physically active before pregnancy can continue these activities during pregnancy and the postpartum period. Observational studies of women who exercise during pregnancy have shown benefits such as the decreases in gestational diabetes mellitus, cesarean births and operative vaginal deliveries, and postpartum recovery time. Physical activity also can be an essential factor in the prevention of depressive disorders in women during the postpartum period. In the absence of obstetric or medical complications, physical activity during pregnancy is safe and desirable, and pregnant women should be encouraged to continue or to initiate safe physical activities.

Recommendations: Regular physical activity in all phases of life (including pregnancy) promotes health benefits. Pregnancy is an ideal time for maintaining or adopting a healthy lifestyle. The American College of Obstetricians and Gynecologists makes the following recommendations:

- Physical activity and exercise in pregnancy are associated with minimal risks and have been shown to benefit most women, although some modifications to exercise routines may be necessary because of normal anatomic and physiologic changes and fetal requirements.
- A thorough clinical evaluation should be conducted before recommending an exercise program to ensure that a patient does not have a medical reason to avoid exercise.
- Women with uncomplicated pregnancies should be encouraged to engage in aerobic and strength-conditioning exercises before, during, and after pregnancy.

Obstetrician-gynecologists and other obstetric care providers will evaluate pregnant patients with medical or obstetric complications carefully before making recommendations on physical activity participation during pregnancy. As part of your obstetrical visits, our providers address all physical concerns and will make the best recommendations to keep mom and baby healthy!

### National Cancer Survivors Day

National Cancer Survivors Day is an annual worldwide Celebration of Life that is held on the first Sunday in June. It is a day to recognize cancer survivors, raise awareness of the ongoing challenges cancer survivors face because of their disease, and celebrate life. Sunday, June 7, 2020 marks the 33rd annual National Cancer Survivors Day® Celebration of Life.

With nearly 17 million people currently living with cancer in the United States and more than 32 million cancer survivors worldwide, everyone knows someone whose life has been affected by cancer. At this year's 33rd annual National Cancer Survivors Day, people from all over the world will come together to acknowledge these cancer survivors and raise awareness of the challenges of surviving cancer.



According to the National Cancer Survivors Day Foundation, a survivor is anyone living with a history of cancer, from the moment of diagnosis through the remainder of life.

"When people hear the words you have cancer, it can be very frightening," says Foundation spokesperson Laura Shipp. But there is hope. Today's cancer survivors are living longer, better quality lives than ever before. National Cancer Survivors Day® gives these survivors as well as those who support them a special day each year to celebrate life and to show the world that you can still have a good life after a cancer diagnosis.

Due to COVID-19, many of the public events scheduled to celebrate National Cancer Survivors Day® have been canceled. This does not mean that the celebration is canceled. You can connect with cancer survivors and supporters around the world on Sunday, June 7, by using the hashtag #NCSD2020 and following National Cancer Survivors Day on Facebook, Instagram, and Twitter. In addition to the National platform, the M Family Foundation located in Celebration, Florida will also be participating in a virtual contest to show their support of all cancer survivors. Head over to their Facebook page ([facebook.com/MFamilyFoundation](https://facebook.com/MFamilyFoundation)) for more details.

Celebration Obstetrics and Gynecology wish all Fathers a very Happy Father's Day!

### JUNE ULTRASOUND COUPON

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Valid 6/1/20 - 6/30/20

### MEET THE PROVIDERS AT CELEBRATION OBGYN

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CELEBRATION OBSTETRICS  
AND GYNECOLOGY

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### Is it OK to see my pediatrician during COVID-19?

Jennifer Shu, MD, FAAP

Yes! Your pediatrician's office is open and taking extra steps to make sure you and your children are safe when you come in. Now more than ever, it is especially important that families stay connected to their pediatrician and their medical home. Your pediatrician cares about the health of your baby, child, or teen and is happy to talk to you about anything including medicines, illnesses, injuries, and behavior issues.

**In the office.** Even though families are staying home to prevent the spread of COVID-19, there are still important reasons why you should bring your child into the office, including:

- Newborn visits after a baby is born.
- To stay up-to-date on immunizations.
- For hearing and vision screenings.
- To monitor growth, blood pressure, and other vital signs.
- To check labs for things like anemia.
- To check on developmental milestones.
- To treat infections or injuries.

**Adolescent health concerns such as menstrual care and depression screening.** Pediatricians are taking steps to make sure it's as safe as possible for visits that need to happen in person. Some offices have separated "sick" and "well" areas of their clinic or are having newborns come in earlier in the day before any other patients. Calling ahead is important so your pediatrician can advise you on the best way to come in.

**Video visits.** For other kinds of appointments, many pediatricians are now offering video visits. Call your pediatrician's office to see if this is available for your child or teen.

**What to do if your child gets sick?** If your child has been exposed to COVID-19, or you are concerned about your child's symptoms, call your pediatrician immediately. Sometimes it is hard to tell how sick your child is. A trip to the hospital is usually not needed for a simple cold or cough, mild diarrhea, constipation, temper tantrums, or sleep problems. Call your pediatrician for any concerns you may have about your child's health.

**Emergencies.** If you feel you need to call 911, trust your instincts and call. Otherwise, it is generally a good idea to check in with your pediatrician first. Sometimes they can help over the phone or will help coordinate other kinds of care for your child without going to the hospital.

Most importantly, do not avoid calling your pediatrician or worry that a trip to the clinic or hospital will put you or your child at higher risk for COVID-19. Doctor's offices and emergency departments are still seeing and treating patients and are following all recommended steps to keep patients and families safe.

**We are here for you.** We know parents are really scared. But pediatricians are still here and are ready to help you care for your child. If your child is sick, injured, or struggling emotionally, don't hesitate to pick up the phone and call your pediatrician. We are working hard to make sure we can care for your child and keep everyone safe. Give our office a call at 407-566-9700 with any questions or concerns.



### Teens & COVID-19: Challenges and Opportunities During the Outbreak: American Academy of Pediatrics

Social distancing to slow the spread of COVID-19 can be especially hard for teens that feel cut off from their friends. Many also face big disappointments as graduations, proms, sports seasons, college visits, and other long-planned events are cancelled or postponed.

Here are a few ways you can help your teen through this difficult time.

✓ Stick to a schedule that works with online learning. Set a time to wake up, exercise, shower, get dressed, have breakfast, or whatever they need to start the "school day." If it helps, allow your teen to sleep in a little later than normal. Similar to their rules in their classes, phones should be off while doing schoolwork. Keep the TV off during school hours, and limit time watching the news. Plan mini breaks and a 1-hour lunch break.

✓ Make dinner a transition time between the "school day" and the evening. Dinner is a great time to gather the whole family together to talk and share a meal. Try conversation starters like, "My favorite part of today was..." or "Today I am grateful for..." This may be the time your family chooses to observe a quiet moment together. Help them keep their usual sleep time routine, so they are ready for learning each day.

✓ Allow down time. It is normal for teens to crave more privacy from their family. Give them space for some quiet time, creative time, music time, or to virtually hang out with friends. This can help ease any feelings of being isolated from their friends or difficulties with routine-change.

### Cloth Face Coverings for Children During COVID-19

To protect us and others from COVID-19, the CDC now recommends cloth face coverings to be used when outside the house. But what about children? Read on for answers to some frequently asked questions about cloth face coverings and children during the COVID-19 pandemic.

**Q.** Should children wear cloth face coverings?

**A.** Children under the age of 2 years should not wear cloth face coverings.

**Q.** When do children need to wear cloth face coverings?

**A.** There are places where children should wear cloth face coverings. This includes places like the doctor, pharmacy, or grocery store where they may not be able to avoid staying 6 feet away from others.

#### MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

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