

# CELEBRATION OF WELLNESS

## NEWS

Issue 31

August 2020

### Dealing with the Stress of the Pandemic

By: Robert F. Lemert, MD, FACOG



Excessive worry about COVID-19 is becoming a mental health concern. Fears and questions about what the future holds can distract us during the day, keep us up at night, and make it hard to find the motivation or energy to take care of ourselves and our loved ones. Anxiety, negative emotions, and fear are normal responses to what is going on in our environment. The key is to channel those emotions to help us act appropriately, rather than getting stuck in cycles of rumination.

We have seen people's responses range from denial to partying to catastrophizing. What is a reasonable approach to the pandemic?

- In times of uncertainty, our personality traits have a big influence on how we react. This is often based on our assumptions about the world and our level of "optimism bias." Research shows that many of us use subconscious, self-protective assumptions. This helps us to get through life. When the probabilities of danger are extremely low, these assumptions protect us from worry. When it comes to the Pandemic, optimism bias can lead us to ignore guidelines on social distancing. Young people pose this particular risk because they may have little or no symptoms and are especially likely to feel invulnerable.



What is the best way to stop catastrophizing?

- Humanity is resilient. In the last century, we have survived 2 world wars and improved a quality of life globally that has never been seen before. Governments are busy putting in place measures to assist people financially. From

day to day, try to stay as positive as you can. The current situation gives us the opportunity to focus more on quality time even if it is virtually with those we care about.

How can we work to channel our anxiety in productive ways?

- When you are empathetic and think of others, you often find you stop worrying about yourself. First and foremost, please follow all the social distancing advisories released in your area. Your safety measures show your

respect for others. Make a special effort to reach out to those living alone, especially those who suffer from depression and anxiety. Try to keep reaching out. This will help you feel better. It is important currently to realize the need for people to be altruistic and think of those most vulnerable. Also look out for the signs or symptoms of depression in yourself and others.

Do not hesitate to give us a call for any questions or concerns you may have. We are here to help! You can reach us by calling 407-566-BABY (2229).

### M Family Foundation Announcement: 2020 Virtual Celebration Cancer Superhero Run Registration Opens AUGUST 1, 2020!

We are very excited to connect with even more people this year throughout the United States to raise awareness, increase education, and provide financial support to the brave women and children who are battling Ovarian Cancer and Pediatric Cancer. Regardless of where you live, we can be together in spirit for our first ever Virtual Celebration Cancer Superhero Run. We celebrate survivors who have won their fight as well as those who shine on through their loved ones.



- Complete your race by September 30, 2020. Whether indoor on a treadmill or outside on the open road, you get to choose your course!
- Share your race experience by posting in our Exclusive Facebook Event Group!
- Participants will receive a race shirt and finisher medal.

Whether you run or walk, wear your BEST SUPERHERO attire, and challenge your friends to participate. Running as a SUPERHERO feels powerful no matter where we are!

To register, head over to [MFamilyFoundation.org](http://MFamilyFoundation.org)!

### AUGUST ULTRASOUND COUPON

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

Call  
407.566.2229  
to schedule!

Valid 8/1/20 - 8/31/20



### 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  
Norris M. Allen, MD, FACOG • Suzette C. Boyette, MSN, APRN  
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CELEBRATION OBSTETRICS  
AND GYNECOLOGY

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### Headaches in Children: Understanding the Signs and Symptoms

By: Victoria Bernhardt, APRN (Victoria BIO Photo)



Headaches are a common complaint for both children and adolescents and can be a significant source of worry for their parents and caregivers. It is helpful to have a basic understanding of the signs and symptoms of the more common headaches and migraines. It is also important to recognize the signs and symptoms that could indicate a rare or serious problem.

Headaches can either be primary or secondary. Primary headaches are more common than

secondary headaches. Two common examples of primary headaches are migraine headaches and tension headaches. A migraine is the most common type of headache that occurs in children. Typical symptoms of migraines include pain in the frontal region of the head (on one or both sides), throbbing or pulsing pain, sensitivity to light, sensitivity to sounds, sensitivity to smells, nausea, and vomiting. Some children have an “aura” prior to a migraine. This is a warning sign that the headache is about to occur. Symptoms of the aura can be flashes of light, seeing zig zags, feelings of numbness or tingling, or changes in speech. Tension headaches can cause pain in both sides of the head and can feel like pressure, squeezing, or tightening. Patients often report that it feels as though a band is around their head.

Secondary headaches are more rare and occur due to another condition. It is important that parents and caregivers pay attention to the following headache warning signs that could potentially indicate a more serious condition. These signs include: a progressing frequency and/or severity of headaches, night or morning awakenings due to headaches, double vision, pain in the back of the head, and/or vomiting without feeling nauseous first.

Symptoms of primary headaches and secondary headaches can often overlap, so the best course of action to take if your child develops symptoms of a headache is to contact your pediatrician. It is important to remember that most headaches that occur in children are not due to a serious condition and are often triggered by things such as not drinking enough water, poor eating habits, stress, and poor sleep habits.



Whatever the cause, headaches can significantly impact a child’s quality of life. A visit with the pediatrician can ensure that your child is evaluated, treated, or referred to a specialist if needed.

To schedule an appointment to address any health concerns, give us a call at 407-566-9700.

### Monica Urquiola Becomes Certified Lactation Counselor



Congratulations to Monica Urquiola on this wonderful achievement! Providing evidence-based lactation support is the best opportunity for successful breastfeeding for both mom and baby. Monica is accepting new appointments.

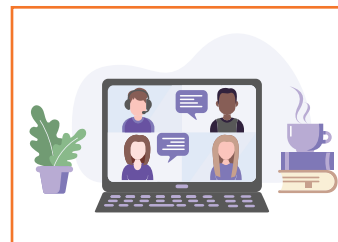
To schedule an appointment, give us a call at 407-566-9700!

### Back To School

Whether you have chosen the face to face, online, or a hybrid option for your child’s education, remaining current on vaccinations and exams is crucial in successfully protecting your children from illness. The 2020 school year is right around the corner, so be sure to book your appointments now and avoid the back to school rush! Call us at 407-566-9700 today!



### Virtual Meet ‘n’ Greet



At Celebration Pediatrics, we are taking advantage of technology to make it more convenient for you to get to know our pediatric physicians and office!

We now offer video chat-style meet and greets for you to meet and talk to our amazing providers. They will explain our patient-

centered medical home, answer questions about our services, and discuss how we may be able to help your child.

We will host 2 FREE Meet n Greet ZOOM sessions each month. Call our office at 407-566-9700 to reserve your spot!

#### MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

Robert “Dr. Bob” Dabrow, MD, FAAP, Medical Director  
Rayyan M. Anwer, MD, FAAP  
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