

CELEBRATION OF WELLNESS

NEWS

Issue 36

January 2021

Celebration ObGyn Welcomes Dr. Yamines Alifonso-Amador, MD, FACOG



Dr. Yamines Alifonso-Amador comes to us with 13 years of experience in Obstetrics and Gynecology. Born in Puerto Rico, she attended the University of Puerto Rico, where she studied Biology and graduated Magna Cum Laude. From there, she attended Ponce School of Medicine to earn her the distinction as a Doctor in Medicine. Finally, she returned to the University of Puerto Rico and took part in the School of Medicine Obstetrics and Gynecology Residency Program.

She began to practice at HIMA San Pablo Hospital, Fajardo PR, where she served as a consultant and focused on prenatal care and management of high-risk obstetrical patients. Following this, she worked as a Doctor of Obstetrics and Gynecology at Menonita Hospital, Caguas PR. In 2017, Dr. Alifonso-Amador moved to Corpus Christi, TX and joined the Corpus Christi Medical Center - Bay Area. At this time, Dr. Alifonso-Amador is distinguished as a Diplomat of the American Board of Obstetrics and Gynecology as well as a Fellow of the American Congress of Obstetricians and Gynecologists.

Dr. Alifonso-Amador recently moved to Florida with her husband (a Pediatric Urologist at Nemours Children's Hospital), their two children, and their two French Bulldogs Lola and Tunka. She is bilingual in English and Spanish. In her spare time, Dr. Alifonso-Amador enjoys spending time with her family, going to the beach, traveling, and dancing with her husband. To schedule an appointment with Dr. Alifonso-Amador, give us a call at 407-566-BABY.

happy new year

2021 Objective: Listen Intently to Provide the Best Clinical Care and Customer Service

We had high hopes for 2020 and were making plans personally and professionally. There was no way to predict what unfolded in March, and I believe many of us are still in shock over how much life changed and how much the world suffered.

The old saying "hindsight is 2020" has never been more true. As we look back at 2020, it is important that we learn and grow from it. One of the biggest lessons from 2020 is that what is most important is right at home. Our spouses, children, parents, and close friends are truly what matter most. During the lockdown, we were reminded of what it looks like to gather for meals together, watch a TV show together, or go on a family walk. We were reminded that home is where we find solace and love. In a world that is changing so fast and with technology stealing our attention at every turn, I hope that 2020 has taught us that togetherness, good health, love, and faith are what matter most.



All virus' typically impact those who are not in good shape. As you enter the new year, make a promise to yourself and your family that you will live a healthier life. For 24 hours, record the amount of time you spend scrolling on your phone, looking at social media, or playing a game. Once you have recorded that time, decide to cut it in half and spend the other half walking, biking, swimming, or just reading a book to your child. Kids do NOT need any electronic time. They need to hear their family members talking and sharing stories. They need to be part of a loving unit that looks each other in the eye and listens intently.

Our hope at Celebration Obstetrics & Gynecology and Celebration Pediatrics is that we also "listen intently." That is what we are here for. We want you and your family to be healthy and happy, and we want to provide you the best clinical care and customer service.

Happy New Year. May God bless and protect you and your family.

David A. Marcantel, MD, FACOG

JANUARY ULTRASOUND COUPON

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in our Davenport office only.

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Valid 1/1/21 - 1/31/21



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CELEBRATION OBSTETRICS
AND GYNECOLOGY

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Understanding Night Terrors

By: Victoria B. Bernhardt, APRN

Imagine your four-year-old child has been asleep for only an hour when suddenly you hear screaming and crying from the other room. You walk into her room to find her sitting up in bed with her eyes open. She is screaming and kicking her legs as if someone else is in the room. You try to console her, but it is just not possible.



Five to ten minutes later, she settles back down and appears to fall back asleep. You ask yourself, "What on Earth just happened to my child?"

The scenario described above is a typical presentation of a harmless phenomenon known as a night terror or

sleep terror. You may be thinking that this sounds much different than a "normal" nightmare, and you are correct! A nightmare occurs as a child frightfully awakens from the rapid eye movement (REM) stage of sleep. The child remembers and sometimes describes the scary dream. A night terror occurs during transition to REM sleep, and the child is not fully conscious.

Night terrors typically occur in children 4 to 12 years of age. Usually the episode occurs one to two hours after falling asleep. The child will appear awake or partially awake and extremely frightened. You may notice screaming, crying, sweating, flushing of the face, and agitation. The child may even jump out of bed as if trying to "escape". Fortunately, night terrors only last a few minutes, and the child can return to a comfortable sleep within about a half hour or sooner.

You may be asking, "What do I do if my son or daughter is having a night terror?" The first thing to do is stay calm. While night terrors themselves are not harmful, it is important to prevent injury during an episode, as your child is not fully awake and aware of what he or she is doing. Do not try to wake up your child, but you may gently restrain them from exiting the bed. If the child is already up, gently guide him or her back to bed. As night terrors usually occur around the same time at night, you can try gently awakening your child 15 to 20 minutes before it normally happens to try and prevent it.

The occasional night terror is not a cause of much concern. If the episodes are occurring regularly, lasting longer than expected, causing safety concerns, associated with daytime anxiety, or are accompanied by drooling, jerking, or stiffening, please contact your pediatric health care provider.

The Challenges of Keeping Kids Active and Eating Healthy During a Pandemic

Trisha Koriath, AAP Staff Writer

The pandemic has cut kids off from friends, nutritious school meals, sports, and routines. With virtual learning and few activities outside the home, it is no surprise that kids are moving less and snacking more. If your family has been eating more processed, high-calorie food and spends a lot of time on screens, you are not alone. The pandemic has put

more children at risk of obesity, according to the American Academy of Pediatrics. Children with obesity are more likely to have problems if they are infected with COVID-19. The virus can affect children's breathing, immune systems, metabolisms, and cause inflammation. Those with obesity also can develop high blood pressure, liver problems, or diabetes. Having these health issues puts them at high risk if they get COVID-19. Black and Hispanic children and children living in places with high poverty rates are more at risk of obesity and COVID-19 illness.

Many parents are struggling to make sure their kids eat healthy foods, stay active, and stick to a regular bedtime. If your situation seems too hard or you are worried about your child's weight gain in the past year, seek help. Your child's pediatrician can provide:

- ✓ counseling for mental health issues or substance use
- ✓ screening for eating disorders
- ✓ help managing stress
- ✓ a personalized plan to manage obesity

Eating well and exercising can help children cope with stress and stay healthy. Parents can support healthy eating habits by offering their children a lot of fruit and vegetables, creating a schedule for meals and snacks, and keeping healthy food in your home. Motivate kids to get moving by limiting their screen time after they are done with virtual learning for the day. Model healthy habits by making sure you also eat well and exercise. We are here to help families stay on track in every area of health and wellness. Give us a call today at 407-566-9700!

Meet n' Greet Zoom Sessions

Are you looking for a new place to call your medical home? Join us for a FREE Meet n' Greet Zoom session hosted monthly by one of our incredible providers! You will enjoy a virtual tour of our office, meet our staff, and can ask questions about our practice. Space is limited, so give our office a call at 407-566-9700 to reserve your spot today!! **Once registered Zoom details will be emailed.



January 20, 2021 @5:30pm (Wednesday)
February 17, 2021 @ 5:30pm (Wednesday)

MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

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