

CELEBRATION OF WELLNESS

NEWS

Issue 40

May 2021

Celebration Obstetrics & Gynecology Welcomes Charlene Okomski, DO, FACOG

Dr. Charlene Okomski, DO, was born in Philadelphia, PA and relocated with her family at the age of 14 to Delran, NJ. She is an Obstetrics and Gynecology specialist with over 34 years of experience in the medical field. She earned her Bachelor degree from the University of Dayton in 1982. She graduated from the University Health Sciences College of Medicine, Kansas City, MO in 1987. As an intern at the Community Hospital of Lancaster, she was honored as the Intern of the Year in both Ob/Gyn and General Surgery. Following her residency at Community Hospital of Lancaster, she became a partner at the Ob/Gyn Associates of Dover in Dover, Delaware. During her time at Ob/Gyn Associates,



Dr. Okomski enjoyed developing her medical skills and business skills. Feeling the need for sunshine and warmer weather, she relocated to Charlotte County, Florida and established her own Ob/Gyn medical practice.

During her years working in the Bayfront Medical Health Care system, she received many honors and served on the Board of Directors for the Center for Abuse and Rape Emergencies (C.A.R.E.) and the Bayfront Port Charlotte Medical Center Board of Trustees. Dr. Okomski is passionate about helping others. She was awarded the Bon Secours St. Joseph Hospital Physician of the Year and ranked first in Ob/Gyn Patient Satisfaction at the Bayfront Port Charlotte Medical Center.

Being such an experienced surgeon has led Dr. Okomski to advances in surgery using the DaVinci Surgical System. At first, she was skeptical of this system, but she changed her opinion when she realized that visualization was much better with the 3D view. The robotic hands can perform smaller incisions, and there is less blood loss. The outcomes for

her procedures are much better when using the robotics. There is a quicker recovery, and the patient can go home the same day. "In my opinion, the robotics have reduced complications. Robotic surgery continues to be something that I am personally very excited about. It is the most useful way to treat patients for a variety of conditions and surgeries including hysterectomies, endometriosis, fibroid tumors, and prolapse." - Dr Okomski

Dr. Okomski enjoys spending time with her husband and 3 children, especially when it includes sunshine and the outdoors. A few of her favorite things include traveling, boating, knitting, and discovering new adventures. To schedule an appointment with Dr. Okomski, give us a call at 407-566-2229.

Honoring Our Incredible Nurses During National Nurses Week (May 6, 2021 – May 12, 2021)



Join us in an annual celebration of all that nurses around the world do for their communities. It is our time to recognize, appreciate, and invest in the nurses we know or work with every day as well as the entire nursing industry as whole.



We want to share a special THANK YOU to our incredible nurses Suzette C. Boyette and Felicia Montanez.

MAY ULTRASOUND COUPON

Good for \$10.00 off a quick peek in our Davenport office only.

Call
407.566.2229
to schedule!



Valid 5/1/21 - 5/31/21

MEET THE PROVIDERS AT CELEBRATION OBGYN

David A. Marcantel, MD, FACOG • Robert F. Lemert, MD, FACOG
Farah T. Mahbub, MD, FACOG • Norris M. Allen, MD, FACOG
Michele Johnson, MD, FACOG • Denise L. Klemczak, DO, FACOG
Yamines Alifonso-Amador, MD, FACOG • Charlene Okomski, DO, FACOG
Felicia Montanez MSN, FNP-C • Suzette C. Boyette, MSN, APRN
Michelle Perez, Diagnostic Medical Sonographer

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CELEBRATION OBSTETRICS
AND GYNECOLOGY

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Protecting Kids and Babies from the Sun

By: Victoria B. Bernhardt, APRN

As the weather continues to warm up, it is the perfect time of year to talk about sun protection for your little ones! While sunlight is great for boosting moods and vitamin D production, it is also responsible for ultra-violet (UV) radiation that can have short and long term consequences for your child's skin and overall health. Most sun damage occurs during childhood and can greatly increase the risk for skin cancers later in life, including melanoma (the most fatal type of skin cancer). There are various ways that you can protect yourself and your child from the sun's harmful effects.

In babies younger than 6 months, it is not routinely recommended to use sunscreen products. Keep him or her out of direct sunlight and in the shade as much as possible. An umbrella at the beach or pool is a great idea! Keep the skin covered with lightweight clothing that covers the arms and legs, and make sure to remember a wide-brimmed hat to protect your baby's head, face, and neck. If these recommendations are not feasible, it is ok to use a small amount of sunscreen on exposed areas like the face or back of the hands.



Sunscreen is recommended regardless of skin tone. Try to pick a sunscreen with an SPF of 30 or greater. Look for broad spectrum sunscreens that protect from both UVA and UVB rays. Sunscreen

ingredients vary and they work in different ways. Sunscreens containing zinc oxide or titanium dioxide are known as "mineral" sunscreens and work by reflecting or blocking the sun's harmful rays. In addition to these ingredients being very safe, mineral sunscreens are gentle on sensitive skin and are the preferred option for babies and young children. Other sunscreen ingredients such as oxybenzone and avobenzone work by absorbing UV radiation. You may have heard information questioning the safety of these "chemical" ingredients and if they affect our bodies via absorption through the skin. This has not yet been proven and is currently being studied. If this concerns you, go with a mineral sunscreen!

It is recommended to limit sun exposure and enjoy the shade between the hours of 10 a.m. and 4 p.m. This is when the effects of the sun are the most intense. Apply your child's sunscreen 30 minutes prior to going outdoors, and do not forget to reapply every 2 hours and after water activities (even if your product says it is water resistant). Lightweight, tightly woven clothing is recommended, and cover your child's arms and legs when possible. Remember to also drink plenty of water to keep your family hydrated. Most importantly, have fun and enjoy the great outdoors with your kids this summer! If you have any further questions, please do not hesitate to give us a call at 407-566-9700.

Celebration Pediatrics Reaches a Milestone: Celebrating 10 Years of Service!!

In April of 2011, Kelly McCarthy realized that in the beautiful town of Celebration where many families move to enjoy the sunshine and magic of living close to Disney, there was a key component of healthcare missing. A local Pediatrician was greatly needed in this town. Shortly after this realization, Celebration Pediatrics was born. Says Kelly, "Last month we celebrated 10 years since we opened in April 2011 and 4 years in our new office! We are so happy to have this space. We have had so many great opportunities, and we have met so many incredible people. We hope to meet many more. This has truly been a blessing!"



National Nurses Week (May 6, 2021 – May 12, 2021)

Nurses sacrifice so much for their communities. It is only fitting that there is a week dedicated to giving back to them. Join us in celebrating our incredible nurses, Monica Urquiola and Victoria Bernhardt.

We are so grateful for their hard work, dedication, and exceptional care for our patients.



Meet and Greet Schedule

May 19, 2021 @ 5:30pm
June 23, 2021 @ 5:30pm

MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

Robert "Dr. Bob" Dabrow, MD, FAAP, Medical Director
Rayyan M. Anwer, MD, FAAP
Monica Urquiola, APRN • Victoria B. Bernhardt, APRN

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