

CELEBRATION OF WELLNESS

NEWS

Issue 43

August 2021

M Family Foundation: Registration is Open for the 5th Annual Cancer Superhero Event

Wherever you live, we can fight together in spirit with our Virtual 5K Cancer Superhero Run. This event celebrates survivors who have won their battle with cancer as well as those who shine on through their loved ones. It is easy to participate. You can complete your virtual 5K inside on a treadmill or outside on a course of your choice. Make sure that all of your photo and race result submissions are in by September 30, 2021 at 11:59PM EST.



Register at mfamilyfoundation.org

ACOG Statement on Medical Misinformation

Washington, DC – The following is a statement from J. Martin Tucker, MD, President of the American College of Obstetricians and Gynecologists (ACOG) about the U.S. Surgeon General's Advisory on Building a Healthy Information Environment:

"ACOG is grateful to Surgeon General Vivek Murthy, MD, MBA, for his timely report on the threat of health misinformation and its outsized, harmful impact during the COVID-19 pandemic. Throughout the pandemic, misinformation has proliferated when it comes to COVID-19 and women's health, especially specific to the COVID-19 vaccines. ACOG, its partners, and its members have worked hard to rebut dangerous myths—such as the lie that the COVID-19 vaccines cause infertility or the conspiracy that the COVID-19 vaccines can shed to unvaccinated people, impacting their reproductive health. This misinformation has compromised our patients' health by discouraging many of them from receiving the life-saving vaccines. Misinformation may have also exacerbated the health inequities we have seen during the pandemic, particularly in communities of color. And with nearly all recent deaths from COVID-19 occurring among unvaccinated people, this health misinformation has cost lives.

ACOG is especially aware of the dangers of health misinformation because the field of obstetrics and gynecology has long been the subject of mistruths and myths. These have led to underutilization of proven routine immunizations or other needed health interventions during pregnancy. They also have led to confusion about how contraceptives work - and how they prevent, rather than end, pregnancies. Further, misinformation about the provision of medical care has led our members and their patients to be targeted with threats of violence."

COVID-19 Self-Screening & Masking Protocols

Important Message for Patients: Due to the increase in COVID-19 Cases, ONLY the patient will be allowed for all appointments, effective immediately. A plus one will be allowed only if absolutely necessary. Face masks are required. Thank you for your cooperation and understanding.

Don't forget the importance of proper hand-hygiene. Wash your hands frequently with soap and water for at least 20 seconds. An alcohol-based hand rub that contains 60% alcohol can be used if soap and water are not available.

Fallen Heroes: Tattooathon benefitting the M Family Foundation

FRIDAY AUGUST 13TH
INK MASTER 11AM - 3PM
MEET AT GREAT CHALLENGE
DROP BY AND MEET YOUR FAVORITE STARS FROM THE HIT SERIES, THEN SIGN UP FOR YOUR CHANCE TO PARTICIPATE IN A REAL INK MASTER STYLE FLASH CHALLENGE!
INK MASTER 5PM - 8PM
FLASH CHALLENGE
YOUR \$20 DONATION EARNS YOU A SPOT ON AN INK MASTER TEAM, AND YOUR INK MASTER CHAMP WILL HELP YOUR TEAM THROUGH A REAL, THIRDS AND POWERS FLASH CHALLENGE!

SATURDAY AUGUST 14TH
1ST ANNUAL TATTOOATHON
SUPPORTING M FAMILY FOUNDATION
\$100 TATTOOS EACH TATTOO IS CUSTOM AND SCHEDULED AS A 30-45 MINUTE APPOINTMENT PLEASE SUBMIT REQUESTS AND BOOK YOUR SPOT THROUGH THE TATTOOATHON LINK ON OUR WEBSITE!
\$75 BACK TO CHARITY
AUG 14TH | 10AM

SUNDAY AUGUST 15TH
INK MASTER 11AM - 3PM
"BAD GUYS DOING GOOD THINGS"
MEET YOUR FAVORITE INK MASTERS IN THIS INK MASTER SHOWDOWN! SIGN UP FOR A 2 HOUR PIECE WITH CHRISTIAN OR ST. HARD
INK MASTER 3PM - 5PM
JUDGEMENT DAY
YOUR \$20 DONATION PUTS YOU IN THE SPOTLIGHT WITH THE MASTERS! JUDGING YOUR EXISTING TATTOO, 10% DISCOUNT FOR COVER-UPS DURING JUDGEMENT DAY.

WWW.FALLENHEROESTATTOO.COM

Event Schedule:
Friday 13th,
Saturday 14th and
Sunday 15th August

To purchase event tickets, schedule your Tattooathon Tattoo, or be part of the Judgement Day challenge, head over to the website www.fallenheroestatattoo.com

AUGUST ULTRASOUND COUPON

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

Call
407.566.2229
to schedule!



Valid 8/1/21 - 8/31/21

MEET THE PROVIDERS AT CELEBRATION OBGYN

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

410 Celebration Place, Suite 208,
Celebration, FL 34747
407-566-BABY (2229)
www.CelebrationObgyn.com



CELEBRATION OBSTETRICS
AND GYNECOLOGY

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Celebration Pediatrics is Thrilled to Introduce their Newest Team Member, Dr. Nina Cavalli, MD, FAAP.



Dr. Nina Cavalli, MD, FAAP, otherwise known as "Dr. C," is thrilled to be a part of the Celebration Pediatrics team!

Dr. Cavalli studied at Manhattan College, UMDNS Newark, New York Hospital, and Cornell University. She is a member of the American Association of Pediatrics, is licensed through the American Board of Pediatrics, and received the CME/CPD award for continued medical education and development.

Dr. C has wanted to be a pediatrician for as long as she can remember. Growing up, she looked up to and loved her pediatrician. She models herself after him and loves every aspect of taking care of children and working in Pediatrics. Dr. Cavalli is very involved in her church and loves doing needlework, puzzles, walking with friends, going to Disney, and golfing. She has been married for over 25 years and has two grown boys. To schedule an appointment with Dr. Cavalli, give us a call at 407-566-9700!

Back to School and Sports Physicals: Do Not Wait!!



It may feel like summer just kicked off, but we are less than a month away from the start of the 2021-2022 school year! Now is the best time to schedule your child's school and sports physicals. Schedules will be at full capacity very soon. Give us a call at 407-566-9700 to schedule your child's appointment today!

Baby's First Tooth: 7 Facts Parents Should Know

By: Dina DiMaggio, MD, FAAP & Julie Cernigliaro, DMD

1. Most babies will develop teeth between 6 and 12 months.
2. Fluoride should be added to your child's diet at 6 months of age.
3. Massaging sore gums, offering something cold, or acetaminophen can help soothe your baby's teething pain.
4. Do not use teething tablets, gels with benzocaine, homeopathic teething gels or tablets, or amber teething necklaces.
5. You should brush your child's teeth twice a day with fluoride toothpaste.
6. Ask your pediatrician about your baby's teeth and fluoride varnish.
7. Make your child's first dental appointment when the first tooth appears.

Both the AAP and the AAPD recommend that all children see a pediatric dentist and establish a "dental home" by age one. A pediatric dentist will make sure all teeth are developing normally and that there are no dental problems. He or she will also give you further advice on proper hygiene.

If you don't have a pediatric dentist in your community, find a general dentist that is comfortable seeing young children.



Meet and Greet Sessions

We are now offering both IN-PERSON and VIRTUAL free Meet n' Greet sessions each month, so you have the opportunity to meet our incredible 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.

IN-OFFICE DATES

September 8, 2021 @ 5:30PM • October 6, 2021 @ 5:30PM

VIRTUAL ZOOM DATES

August 18, 2021 @ 5:30PM • September 22, 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, FNP-BC, CLC • Victoria B. Bernhardt, APRN

1530 Celebration Blvd., Suite 301 • Celebration, FL 34747

(866) 595-5113 • www.CelebrationPediatrics.com

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Pediatrics

