

# CELEBRATION OF WELLNESS

## NEWS

Issue 44

September 2021

### Ovarian and Pediatric Cancer Awareness Month: Go Teal, Go Gold!

SEPTEMBER IS HERE and so is our annual M Family Foundation Cancer Superhero Virtual 5k for Ovarian & Pediatric Cancer. The Foundation was founded in 2017 to focus the month of September on two cancers that are taking women & children too often. The mission of the Foundation is to: raise awareness and help the families directly through financial, emotional & medical aid. During the month of September our two medical practices, Celebration Obstetrics and Gynecology + Celebration Pediatrics will go **TEAL** and **GOLD** to show support for ovarian and pediatric cancers.



Our virtual race allows for anyone, any age, anywhere to join! You can walk, run, bike, row, swim your 5k! This is **YOUR** 5k and is most fun when you do it as a family or with a friend group or as an office event.

We would love to have you share your experiences on our Facebook and Instagram pages (#runSuperhero2021). You can register anytime in September and since it is virtual you can even do it at home.

We hope you will go **TEAL** or **GOLD** and join us in the fight! For more information and to register for this year's race, please go to our website [www.mfamilyfoundation.org](http://www.mfamilyfoundation.org).



We thank you from the bottom of our hearts for your support,

Dr. David Marcantel, Kelly McCarthy, and Thomas Meury

Founders of The M Family Foundation

### Celebration Obstetrics and Gynecology Welcomes Adriana Luciano, MD, FACOG

Dr. Adriana Luciano is an Obstetrician and Gynecologist born and raised in San Juan, Puerto Rico. She graduated from The Pennsylvania State University, where she majored in Biology and minored in Psychology. Upon graduation, she attended medical school at the Ponce Health Science University in Ponce, Puerto Rico. She completed her residency at the Louisiana State University Health Science Center in New Orleans, Louisiana. Following graduation from her residency in 2015, she relocated to South Florida. During her time in South Florida, she was part of the OB/GYN residency faculty at the Mount Sinai Medical Center in Miami Beach.



Dr. Luciano enjoys providing compassionate care to her patients throughout all their life stages, and she believes in always advocating for them. Her passions include general and high-risk obstetrics as well as preventive care.

Dr. Luciano is married and welcomed a baby boy in 2019. She enjoys spending time with her family, her dog Lola, and her friends. She loves everything Disney, and you will likely find her at the Disney parks on her days off. To schedule an appointment with Dr. Luciano, give us a call at 407-566-BABY(2229).

### COVID-19 Vaccination FAQs

*Is it Safe to get the Vaccine if I am Trying to get Pregnant?*

- ACOG recommends vaccination for all who are actively trying to become pregnant.
- It is not necessary to delay pregnancy after completing both doses of the COVID-19 vaccine.
- COVID-19 vaccines are not associated with fertility issues or miscarriage.

For additional information regarding the COVID-19 vaccine and pregnancy, please head over to our website [www.CelebrationObgyn.com](http://www.CelebrationObgyn.com)

#### SEPTEMBER ULTRASOUND COUPON

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

Call  
407.566.2229  
to schedule!

Valid 9/1/21 - 9/30/21



#### 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 • Adriana Luciano, MD, FACOG  
Felicia Montanez MSN, FNP-C • Suzette C. Boyette, MSN, APRN  
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CELEBRATION OBSTETRICS  
AND GYNECOLOGY

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### A Message and Request from Dr. Bob



“Never judge someone until you’ve walked a mile in his shoes.” This quote rings true now more than ever before. I’ve noticed a recent upsurge of complaints directed at my staff by frustrated parents or family members who feel that their needs are not being responded to quickly enough. These complaints often include yelling obscenities and being rude to my staff. Parents perceive that some flaw in the medical care system affecting their children is entirely our fault, but this is usually not the case at all. I’m saddened by this, and my medical office staff is getting frustrated with these behaviors. We are all tired and extremely frustrated that the world as we once knew it is changing so fast due to the consequences of the COVID-19 pandemic. Celebration Pediatrics is a small medical office of 5 providers, 7 medical assistants, and 5 front office staff. Unlike many of our local colleagues, we’ve managed to continue to see our current patients, perform physicals, provide vaccinations, see sick patients, provide consultations, and perform the usual operations of a pediatric office despite all the obstacles in our path. Since this spring, we have also been providing COVID-19 vaccinations to as many children as we can even with an overburdened schedule. In addition, we are asked to prepare or sign hundreds of forms and assorted documents each week requested by parents, schools, specialists, daycares, and other health entities. We are also dealing with an ongoing backlog of children trying to return to school or daycare that missed well exams and vaccinations due to COVID concerns that also need to be seen as soon as possible. So many local physicians have stopped seeing patients, limited in-person care, or gone to entirely remote care. Our office has stayed open despite the COVID associated barriers, and we will continue to meet the needs of our current and future patients. We will continue to provide extra sanitation in the office and attempt to limit in-person time spent in the waiting room. We have added office hours and increased our provider staff. Not a day goes by that the office hasn’t added extra well or sick visits to an already crowded schedule to try and accommodate the needs of our patients and our families. Remember that our staff members also have the issues of COVID exposures, family obligations, and quarantines, which can make an already efficient and dedicated staff shorthanded for weeks at a time. The next time it takes a while to get through on the phone, takes longer than initially promised to get a referral, takes a while to have your phone call returned, or takes more time to complete forms that you brought in overdue, PLEASE TRY NOT TO TAKE IT OUT ON MY STAFF. They really are trying to accommodate everybody’s needs. REMEMBER THAT THE MISSION OF OUR PRACTICE IS TO PROVIDE QUALITY PATIENT CARE WHILE KEEPING OUR PATIENTS AND OUR STAFF SAFE. If something does go wrong, or you feel that our medical

care was inadequate in any way, please let us know so we can try and understand the cause of your concerns and make changes if needed. I became a pediatrician because I value the health and welfare of all children, and I will continue to do everything in my power to provide quality care every day to my patients.

### The Importance of Physical Activity in Children

By: Victoria B. Bernhardt, APRN, Celebration Pediatrics

Leading up to the COVID-19 pandemic, almost 20 percent of children ages 2-19 were considered obese. This number is expected to be even larger now due to more time being spent in the home as a result of school shutdowns, social distancing, and other side effects of the ongoing pandemic. It is imperative that we place additional emphasis on the importance of physical activity and exercise in children.

The amount of physical activity required varies by age. Infants need at least 30 minutes of supervised tummy time and interactive play throughout the day. While children ages three to five need at least three hours of physical activity, kids and adolescents ages six years and above require at least 60 minutes of moderate to vigorous exercise each day. This activity can fall under the category of play, sports, physical education, or planned exercise. A few examples of moderate activity include biking, skating, dance, martial arts, or fast-paced walking. Vigorous physical activity can include running, soccer, basketball, swimming, or jumping rope. Muscle and bone strengthening activities (jungle gyms, pushups, weightlifting, jumping rope, running, skipping, gymnastics) are recommended three days per week.

Physical activity has the following benefits:

- ✓ Helps to prevent obesity, high blood pressure, heart disease, and diabetes
- ✓ Improves focus    ✓ Improves sleep    ✓ Builds strength
- ✓ Reduces stress    ✓ Teaches teamwork.    ✓ Improves self-esteem

Most of all, make exercise fun and safe for your children! Help your child choose an activity that he or she enjoys. Get the family involved, as exercise can be a great way to spend time together. Ensure that there is a safe location for all activities, provide plenty of water and sun protection, and don’t forget necessary safety equipment, such as a bicycle helmet.

*References* Making Physical Activity a Way of Life: AAP Policy Explained. (2020, August 5). <https://www.healthychildren.org/English/Healthy-Living/Fitness/Pages/Making-Fitness-a-Way-of-Life.aspx>; healthychildren.org. Vehrs, P. (2020, November 24). Physical activity and strength training in children and adolescents: An overview. UpToDate. <https://www.uptodate.com/>

### MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

Robert “Dr. Bob” Dabrow, MD, FAAP, Medical Director  
 Nina Cavalli, MD, FAAP • Rayyan M. Anwer, MD, FAAP  
 Monica Urquiola, APRN, FNP-BC, CLC • Victoria B. Bernhardt, APRN

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