

CELEBRATION OF WELLNESS

NEWS

Issue 46

November 2021

Celebration Obstetrics and Gynecology Welcomes John C. Kim, MD, FACOG

By: Jill White

John C. Kim, MD, FACOG is a board-certified OB-GYN physician with advanced fellowship training in endoscopic women's pelvic surgery and minimally invasive surgery. He earned both his Bachelor and Master degrees in Industrial Engineering, from North Carolina State University. He is a graduate of the University of North Carolina School of Medicine at Chapel Hill and completed his OB-GYN residency at Palmetto Richland Memorial Hospital in South Carolina prior to completing dual fellowships in minimally invasive surgery and endoscopic women's pelvic surgery at Florida Hospital Celebration Health.



Dr. Kim specializes in laparoscopic and robotic-assisted gynecologic procedures for treating patients with symptomatic fibroids, urinary control issues, pelvic organ prolapse, bleeding and clotting issues, chronic pelvic pain, and endometriosis, among other disorders. In Dr. Kim's words, "Being a doctor was a childhood dream. I am most excited about the minimally invasive gynecologic surgeries and in-office-based procedures. Two areas that I like to focus on in women's care involve contraceptive options and menstrual disorders. These two areas can be treated both medically and surgically and if properly treated, they can significantly improve the quality of women's lives."

Dr. Kim believes in building a doctor-patient health partnership in which he thoroughly involves his patients in discussions and decisions about their treatment plans. In his spare time, Dr. Kim enjoys saltwater fishing, biking, and playing tennis. He is currently planning extended road trips in a Tesla Cyber Truck (on order) so he can try out all the great BBQ restaurants in America. To schedule an appointment with Dr. Kim, give us a call at 407-566-2229.

Reassuring Facts About the COVID-19 Vaccines

By: Francisco Garcia, MD, FACOG, ACOG Fellow

The coronavirus (COVID-19) has had a devastating toll on our communities. But now we have highly effective tools - approved COVID-19 vaccines - to prevent serious illness and deaths caused by the virus.

- The vaccines are safe, even though they were made quickly. The vaccines came to market quickly, and I know that makes some people nervous. All of the usual steps to make and test vaccines were still included in the process. The technology used in the vaccines had been in development for decades. So, the scientists were not starting from scratch when they made these vaccines.
- The vaccines give you powerful protection against the virus. The vaccines work extremely well to protect people from getting sick or severely ill with COVID-19. Based on current data, Centers for Disease Control and Prevention (CDC) scientists also believe that the vaccines help protect you from the COVID-19 variants found in this country.
- The vaccines are free and widely available. There are enough vaccines for everyone. All of them are free. They are available for all adults and children age 12 and older, depending on the type of vaccine.
- The vaccines will not make you sick with COVID-19. None of the vaccines contain any living COVID-19 virus. That means it's not possible for them to make you sick with the virus. Instead, they teach your immune system to spot and fight off COVID-19.
- The vaccines do not affect your fertility. There is a lot of false information out there about the vaccines. One common question to clear up: The COVID-19 vaccines do not cause infertility. The science of how the vaccines is made makes us confident that the vaccines are not a cause of infertility.

To read the full article, head over to our website at www.celebrationobgyn.com/news.



Thanksgiving Holiday Announcement

Our office will be closed on Thursday, November 25th in observance of the Thanksgiving Holiday. We will open with limited office hours on Friday, November 26th from 8:00AM -1:00PM. In the case of an emergency, please dial 911.

NOVEMBER ULTRASOUND COUPON

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

Call
407.566.2229
to schedule!



Valid 11/1/21 - 11/30/21

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
John Kim, MD, FACOG • Felicia Montanez MSN, FNP-C
Suzette C. Boyette, MSN, APRN
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CELEBRATION OBSTETRICS
AND GYNECOLOGY

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Mental Health During COVID-19: Signs Your Child May Need More Support

By: American Academy of Pediatrics

The ongoing stress, fear, grief, and uncertainty created by COVID-19 pandemic has weighed heavily on children and teens. Many are having a tough time coping emotionally. Many families have also lost jobs and financial stability during the pandemic. At the same time, vital supports such as school, health care services, and other community programs have been interrupted.

Since the start of the pandemic, hospitals have seen more mental health emergencies among kids. Between March and October 2020, the percentage of emergency department visits for children with mental health emergencies rose by 24% for children ages 5-11 and 31% for children ages 12-17. There was also a more than 50% increase in suspected suicide attempt emergency department visits among girls ages 12-17 in early 2021 as compared to the same period in 2019.



Even with the protection of the COVID-19 vaccines now available to children who are old enough for them, pandemic-related stress and traumas may have lasting effects on the developing minds of children

and teens. Continue to check in with your child often and watch and listen for signs they are struggling. And remember that your pediatrician is here to help.

How is your child coping?

Invite your child to talk about how they are feeling. Feeling depressed, hopeless, anxious, and angry could be normal reactions to stress. However, if these feelings are constant and overwhelming - or if they affect your child's ability to keep doing what they usually do, such as going to school, doing their work, or having fun - these may be signs they need more support during this difficult time.

Keep in mind that younger children may not know how to talk about these feelings, but may show changes in their development or behavior. Teens and young adults, meanwhile, may try to hide their feelings because they don't want to bother others.

How your pediatrician can help?

Staying in touch with your pediatrician is more important than ever during this pandemic. If you have any concerns, ask your pediatrician's office about checking on your child's social and emotional health. This can be especially important for children facing higher rates of illness or risk from COVID-19, such as children of color, those living in poverty, special health care needs or developmental differences. Children who are refugees and those involved with the child welfare and juvenile justice systems may also be more at risk.



Pediatricians can screen for depression and ask about other concerns like anxiety or trouble coping with stress. The doctor may also ask about these symptoms in other family members, as this can impact your child's health, and whether they know anyone who has become sick with COVID-19. It's important to offer your teen some time to talk one-on-one with the pediatrician during the visit to ensure they have the chance to speak as openly as possible. Many pediatricians are also offering telehealth visits during the pandemic.

At Celebration Pediatrics our providers are here to support you and your child as you navigate through the "unseen" hardships that the pandemic caused. Please do not hesitate to give us call at 407-566-9700 to schedule an appointment.

Meet and Greet Dates:

Zoom Dates

Nov. 17th Dr. Bob @ 5:30PM

Dec. 15th Dr. Anwer @ 5:30PM

In Office Dates

Nov. 3rd Dr. Anwer @ 5:30PM

Dec. 1st Dr. Bob @ 5:30PM



Office Closure:

Celebration Pediatrics will be closed in observance of the Thanksgiving Holiday on Thursday, November 25, 2021. We will resume with normal business hours on Friday, November 26, 2021.

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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