

CELEBRATION OF WELLNESS

NEWS

Issue 51

April 2022

Celebration Obstetrics and Gynecology Welcomes Victoria E. Richione, APRN, FNP-C to the provider team!



Victoria E. Richione, is a board-certified nurse practitioner with more than 7 years of experience in women's health. She earned her bachelor's degree in community health education, with a minor in counseling, from the University of Scranton in Scranton, Pennsylvania. She went on to complete her bachelor's degree in nursing from Wilkes University in Wilkes-Barre, Pennsylvania. Victoria completed her education by earning a master's degree in nursing from Advent Health University in Orlando, Florida.

Victoria knew from a young age that she wanted to be a nurse. In her own words, "For as long as I can remember, I have enjoyed helping and caring for people. After completing nursing school, I started my career in labor and delivery and have loved it ever since.", she said. Although Victoria finds obstetrics to be exciting, her passion lies within family planning by providing strong educational support and counseling. In her own words, "I always want my patients to feel heard. I am there to listen to their concerns, answer their questions, and provide the best support possible in their healthcare journey."

Victoria was raised in a small town outside of Scranton, Pennsylvania and is married to her high school sweetheart. After enjoying many vacations to Orlando, Florida, Victoria and her husband decided to follow their dreams and relocated in the fall of 2018. Victoria's husband works for Walt Disney World's Imagineering and they enjoy ALL things Disney! In fact, Victoria was married at Disney's Wedding Pavilion in November of 2021.

National Stress Awareness Month (April) What Stress Does To A Woman's Body

By: American Psychological Association

You are sitting in traffic on I-4, late for your OB-GYN appointment, watching the minutes tick away. Your hypothalamus, a tiny control tower in your brain, decides to send out the order: Send in the stress hormones! These stress hormones are the same ones that trigger your body's "fight or flight" response.

Your heart races, your breath quickens, and your muscles ready for action. This response was designed to protect your body in an emergency by preparing you to react quickly. But when the stress response keeps firing, day after day, it could put your health at serious risk.

Stress affects all systems of the body including the musculoskeletal, respiratory, cardiovascular, endocrine, gastrointestinal, nervous, and reproductive systems.

If your stress response does not stop firing, and these stress levels stay elevated far longer than is necessary for survival, it can take a toll on your health. Chronic stress can cause a variety of symptoms and affect your overall well-being. Symptoms of chronic stress include:

- irritability
- infertility
- anxiety
- depression
- headaches
- insomnia
- low sex drive
- missed periods

If you are stressed, your menstrual cycle can become longer or shorter, your periods may stop altogether, or they might even become more painful. Chronic stress can also magnify the physical symptoms of menopause or developing pre-menopause symptoms.

Stress Management

These recent discoveries about the effects of stress on women's health should not leave you worrying. We now understand much more about effective strategies for reducing stress responses. Such beneficial strategies include:

- Maintaining a healthy social support network
- Engaging in regular physical exercise
- Getting an adequate amount of sleep each night

These approaches have important benefits for physical and mental health and form critical building blocks for a healthy lifestyle. If you would like additional support or if you are experiencing extreme or chronic stress, come see us to identify the challenges and stressors that affect your daily life and find ways to help you best cope for improving your overall physical and mental well-being.

Stress effects on the body. (n.d.).

<http://www.apa.org/helpcenter/stress-body.aspx>

Mayo Clinic Staff. (2016). Stress symptoms: Effects on your body and behavior. <http://www.mayoclinic.org/healthy-living/stress-management/in-depth/stress-symptoms/art-20050987>

April 15th Office Closing Early @ 12pm

Office Closed Announcement: Our office will be closing EARLY on April 15th. We assure you that all your emails and voicemails will be answered as soon as we return to the office on Monday, April 18th!

APRIL ULTRASOUND COUPON

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

Call
407.566.2229
to schedule!

Valid 4/1/22 - 4/30/22



MEET THE PROVIDERS AT CELEBRATION OBGYN

David A. Marcantel, MD, FACOG • Michele Johnson, MD, FACOG
Yamines Alifonso-Amador, MD, FACOG • Norris M. Allen, MD, FACOG
John Kim, MD, FACOG • Denise L. Klemczak, DO, FACOG
Robert F. Lemert, MD, FACOG • Adriana Luciano, MD, FACOG
Charlene Okomski, DO, FACOG • Jordana Reina, MD, FACOG
Felicia Montanez MSN, FNP-C • Dawn Ammirata, APRN
Victoria E. Richione, APRN, FNP-C

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CELEBRATION OBSTETRICS
AND GYNECOLOGY

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My Chest Hurts! My Chest Hurts!

By: Rayyan M. Anwer, MD, FAAP

Chest pains can be a common complaint in the pediatric age group and can be quite stress provoking. Fortunately “the incidence of a cardiac-related cause for chest pain in the pediatric population is exceedingly low, ranging from 0.2% to 1% of cases”. Causes of chest pain can be generally from the muscles or the ribs, the ribs itself, the lungs, abdomen, heart, or anxiety related. Interestingly in over a third of pediatric cases, no clear cause of presenting chest pain could be established.



At the same time knowing what signs to watch out for and how urgently you need to seek medical attention is very important. Keep in mind the key warning signs for chest pains that necessitate a STAT evaluation. Some of these are chest pains with:

- Shortness of breath, or difficulty breathing.
- Dizziness, feeling lightheaded or syncope.
- Exertion or activity.
- A bad headache, or pain or weakness in any other part of your body
- Irregular heartbeats (palpitations).
- Laying flat and improvement leaning forward.
- Fevers.

Documenting and logging occurrences of chest pain and associated symptoms will be extremely useful for your medical provider to help narrow down the causes and avoid unnecessary testing. Below are some key points to log:

- Timing and duration (relationship to meals, does it occur on exertion, or during sleep, etc).
- Site of pain and reproducibility (for example, the ability to bring on the pain by pushing on a particular location).
- Quality (sharp/ stabbing/ dull/ etc.) and radiation (does the pain start at one spot and then travel to another spot).
- Aggravating and relieving factors.
- Associated symptoms (for example, dizziness, light headed or syncope, Shortness of Breath, FEVERS, Cough, intense emotions or anxiety).



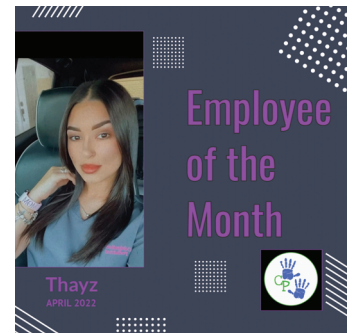
- Personal and family history of cardiac conditions, or sudden death.
- Previous injury.

Although chest pains can be quite common in the pediatric population, they should always be taken seriously. Our hope is that the above summary can aid your investigation as you bring your concerns up to your medical provider.

Source: Pediatric Chest Pain by Gal Barbut, MD, Joshua P. Needleman, MD. Published in the September 2020 issue of Pediatrics in Review (Vol. 41 No. 9)

Employee of the Month

Congratulations to Thayz Ramos our April 2022 Employee of the Month!! "Thayz, is such an incredible part of our team. She always anticipates both provider and patient needs. She is a true team player and always steps in to help when she is needed.", Rayyan M. Anwer, MD, FAAP.



Meet n' Greet

Our free monthly Meet n' Greet events offer new potential patients, the opportunity to meet our providers and learn about our patient-centered medical home. We will address any questions you have, give you a tour of our beautiful facility, and tell you about all of the services we provide. All Meet n' Greet events have limited spacing, so make sure to reserve your spot today by calling our office at 407-566-9700.

April 13th • May 18th • June 15th

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MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

Robert “Dr. Bob” Dabrow, MD, FAAP, Medical Director • Nina Cavalli, MD, FAAP
Rayyan M. Anwer, MD, FAAP • Michelle D. Toma, MD, FAAP
Monica Urquiola, APRN, FNP-BC, CLC • Victoria B. Bernhardt, APRN
Janil Toribio, APRN, MSN, CPNP-PC

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