

CELEBRATION OF WELLNESS

NEWS

Issue 53

June 2022

Celebration Obstetrics and Gynecology Appoint Michelle Perez as Director of Diagnostic Medical Sonography

Celebration Obstetrics and Gynecology is proud to announce the appointment of Michelle Perez to the position of Director of Diagnostic Medical Sonography.



Michelle was born and raised in the Midwest and graduated from Florida Hospital College of Health Sciences in Diagnostic Medical Sonography in 1998. Michelle continued her education by earning a Bachelor of Science in Health Sciences in 2000 and a Master of Health Sciences with an emphasis on higher education in 2006.

Bringing more than 20 years of experience in the Sonography field, Michelle is certified by the American Registry for Diagnostic Medical Sonography. Her registrations include gynecology, obstetrics, and abdomen, and she is certified in nuchal translucency. She began her career with Florida Hospital Healthcare in 1998, quickly earning the Lead Sonographer position a few years later. In 2004, she joined the Celebration Obstetrics and Gynecology team, where she developed the sonography and imaging department. Michelle's passion for learning transitioned into an opportunity with the Southern Technical College in Tampa, where she works as a clinical instructor. She is a member of the Society of Diagnostic Medical Sonography and the American Institute of Ultrasound in Medicine.

"Celebration Obstetrics and Gynecology is grateful to Michelle for her immeasurable contributions during her 18-year tenor with our practice. We are excited to have Michelle at the helm of our imaging department as we move forward," said CEO David A. Marcantel, MD, FACOG. "Her experience, leadership skills, and background are perfectly suited to support our growth as we continue to meet the healthcare needs of our community."

Michelle enjoys going to the beach, watching multiple sporting events, and spending time with friends and family in her spare time. She also enjoys devoting time to local charities helping those in need.

What I'd Like All Women to Know About Toxic Chemicals

By Dr. Jeanne Conry

Few studies of new chemicals are done before they are used in your products. And once a chemical is on the market, there must be evidence of harm before regulators can remove it.



Exposure to toxic chemicals can have many harmful effects on health.

These chemicals disrupt the body's endocrine system, making hormones and sending them throughout your body. This means chemicals can affect your body, including your thyroid gland, brain, reproductive organs, and immune system. Chemicals can disrupt cells and contribute to cancer.

Some exposures during pregnancy may impact the fetus's health and your child's future health. Some of these exposures may have lifelong effects. These harmful chemicals and substances can be found in the products we buy, and they may also be carried into our homes through dust, soil, water, and air.

Know what's in your personal care products.

Some cosmetic products may contain small amounts of lead. Beauty and other personal care products can also contain many other chemicals, including parabens, phthalates, PFAS, chemicals that make fragrances, and many others.

The best way to protect yourself is to know what's in your products. Products do not always list every chemical on the label, but these tools can help you find out what's in your makeup and hair and skincare products: One easy tip: Choosing soaps and other personal care products marked as "fragrance-free" often makes them a safer choice.

Go to <https://www.acog.org/womens-health/experts-and-stories/the-latest/what-id-like-all-women-to-know-about-toxic-chemicals> to read the full article.

Mark Your Calendars

Fallen Heroes Tattoo-A-Thon
August 12-14, 2022

Super Hero Race 5K, 10K
September 25, 2022



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CELEBRATION OBSTETRICS
AND GYNECOLOGY

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What should I do with the baby formula shortage if I can't find any?



If you're struggling to find baby formula during the shortage, some tips can help.

Keep in mind that this advice is strictly for URGENT situations. If you have any concerns about your baby's nutrition, please talk with your pediatrician.

Check smaller stores and drug stores, which may not be out of supply when the bigger stores are.

If you can afford it, buy formula online until store shortages ease. Purchase from well-recognized distributors and pharmacies rather than individually sold or auction sites.

For most babies, it is OK to switch to any available formula, including store brands, unless your baby is on a specific extensively hydrolyzed or amino acid-based formula such as Elecare. Ask your pediatrician about recommended specialty formula alternatives available for your baby.

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JUNE 13-17
JUNE 20-24
JUNE 27-JULY 1

Cindy@kabloomarts.com
407.791.9008
Registration Available online
www.KabloomArts.com

Check social media groups. There are groups dedicated to infant feeding and formula, and members may have ideas for where to find formula. Make sure to check any advice with your pediatrician.

Is it OK to put more water in baby formula?

No. Watering down the formula is dangerous. It can cause nutritional imbalances in your baby and severe health problems. Always mix formula as directed by the manufacturer.

Can I make my baby formula?

Although recipes for homemade formulas circulating on the internet may seem healthy or less expensive, they are not safe and do not meet your baby's nutritional needs. Infant deaths have been reported from the use of some homemade formulas.

Is cow's milk a safe alternative to baby formula?

This may be an option if your child is six months old and is usually on regular formula. You could feed them whole cow's milk in a pinch for a brief period until the shortage is better. This is not ideal and should not become routine. However, it is a better option than diluting formula or making homemade formula. Although we don't have a specific amount of cow milk that infants 6-12 months should drink in this situation, follow the limits of no more than 24 ounces a day for children over a year of age.

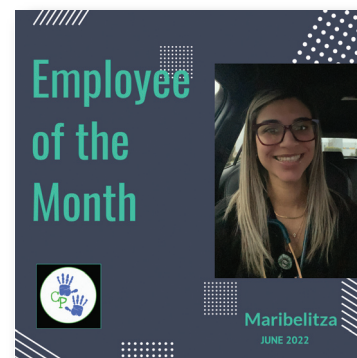
The most crucial concern with giving an infant over six months of age cow's milk if you can't find the baby formula is ensuring they get enough iron to prevent anemia. Include plenty of iron-containing solid foods in their diet while using whole cow's milk. You may also talk with your pediatrician about giving your baby an iron supplement until you can find formula again.

Go to <https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/Are-there-shortages-of-infant-formula-due-to-COVID-19.aspx?> to read the full article.

Meet n' Greet

Upcoming Dates: June 15th

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 our services. All Meet n' Greet events have limited spacing, so make sure to reserve your spot today by calling our office at 407-566-9700.



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Happy
Father's Day!

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
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