

# CELEBRATION OF WELLNESS

## NEWS

Issue 56

September 2022

### September is Ovarian Cancer Month

Ovarian cancer is the growth of cells that forms in the ovaries. The cells multiply quickly and can invade and destroy healthy body tissue.

The female reproductive system contains two ovaries on each side of the uterus. The ovaries — each about the size of an almond — produce eggs (ova) and the hormones estrogen and progesterone.

Ovarian cancer treatment usually involves surgery and chemotherapy.



#### Symptoms

When ovarian cancer first develops, it might not cause any noticeable symptoms. When ovarian cancer symptoms happen, they're usually attributed to other, more common conditions.

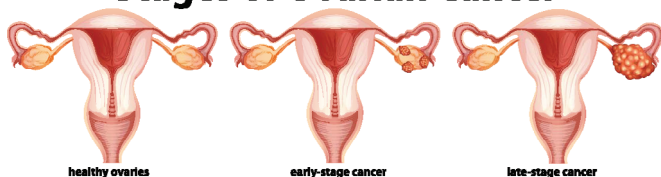
Signs and symptoms of ovarian cancer may include:

- Abdominal bloating or swelling
- Quickly feeling full when eating
- Weight loss
- Discomfort in the pelvic area
- Fatigue
- Back pain
- Changes in bowel habits, such as constipation
- A frequent need to urinate

#### When to see a doctor

Make an appointment with your doctor if you have any signs or symptoms that worry you. Early detection is critical.

### Stages of Ovarian Cancer



### Superhero Race Against Cancer

6th Annual (10K, 5K) to support the M Family Foundation  
Sunday, September 25, 2022

The Superhero Race Against Cancer, in support of the M Family Foundation, will be held in downtown Celebration on Sunday, September 25, 2022, at 7:00 am.



The M Family Foundation is a community-based non-profit organization in Florida that raises awareness and directly supports women and children battling cancer. Ovarian and pediatric cancer are the two deadliest diseases facing women and children annually. Early detection and awareness are crucial in achieving successful diagnosis and treatment outcomes. When the founders' family experienced the tragic loss of three women to ovarian cancer and three children to pediatric cancer, they knew it was time to act.

On Sunday, September 25, 2022, the M Family Foundation will host two races: 10K and 5K, both chipped and timed. Strollers and children are welcome to participate in this event. We look forward to seeing you all at the finish line.



Not a runner or walker? There are many other ways to become involved with this fantastic event. We are currently looking for volunteers to help run this fantastic event. Please scan the Volunteer QR code to sign up.

You can also become a sponsor or a donor. For additional information, please head over to our website: [www.mfamilyfoundation.org](http://www.mfamilyfoundation.org).

### Office Closures:

September 5th -  
Happy Labor Day



### SEPTEMBER ULTRASOUND COUPON

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

Call  
407.566.2229  
to schedule!

Valid 9/1/22 - 9/30/22



### 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  
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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, FL 34747

407-566-BABY (2229) [www.CelebrationObgyn.com](http://www.CelebrationObgyn.com)



CELEBRATION OBSTETRICS  
AND GYNECOLOGY

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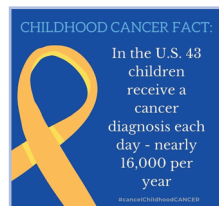
### When a Child or Adolescent is Diagnosed with Cancer: Words of Support for Parents

By: Michael Terao, MD, FAAP & Mary Jane Hogan, MD, MPH, FAAP

If you are reading this, you are a parent or someone who cares for a child or teenager recently diagnosed with cancer. Having a child of any age diagnosed with cancer is an upsetting experience. We would like to provide you with information to help support you through this difficult time.



- All feelings are valid. Hope is an important part of coping. But hope can mean many things. Some parents focus on hope for the day, such as hoping that their child has a good day. Some parents focus on longer-term hope, such as hope that their child will one day be cured. Hope can change during cancer treatment.
- Try to find both little and big things to hope for. Focus on keeping that hope by sharing it with your child, family, friends, and your child's medical care team so that they can share their hopes with you.
- Guilt. Some parents blame themselves for not catching the cancer sooner, or for their child having cancer. Other parents feel guilty for not being able to do more to alleviate their child's suffering. Cancer is not any person's fault. The causes of cancer are complicated. Typically, cancer is only detectable when there are enough cancer cells to cause symptoms, so it is hard to find cancer before cancer appears.



Discuss these feelings with your family, friends, your child's doctor, or even your own doctor. It's also important that you find ways to take care of yourself so that you can stay strong and support your child through these challenging times. Should you have any questions or concerns, give our office a call at 407.566.9700.

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### Meet n' Greet - Upcoming Dates

September 14th, October 19th, November 16th,  
December 14th at 5:30 pm

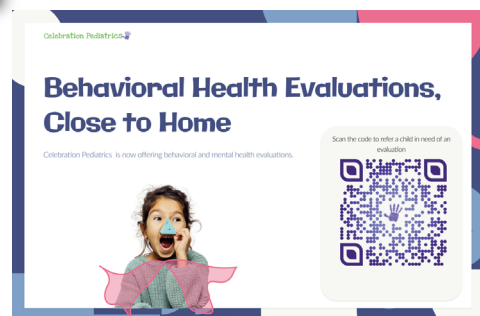
Our free monthly Meet n Greet events offer new potential patients the opportunity to meet our providers and learn about our patient-centered medical home. We will address any questions, tour our beautiful facility, and tell you about our services. All Meet n' Greet events have limited spacing, so reserve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



### Congratulations to Kathy Ortiz, September Employee of the Month

### Office Closures:

September 5th -  
Happy Labor 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  
Monica Urquiola, APRN, FNP-BC, CLC • Victoria B. Branom, APRN  
Janil Toribio, APRN, MSN, CPNP-PC

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