

CELEBRATION OF WELLNESS

NEWS

Issue 57

October 2022

Elevating Women's Health Care Through Advances in Minimally Invasive Robotic Surgery



Surgical robots have been used to assist in surgery for several decades, but major advances in technology in recent years have completely transformed the way surgeons perform surgery, and how patients recover. At Celebration Obstetrics and Gynecology, Director of Minimally Invasive Surgery, John C. Kim, MD, FACOG, a board-certified OB-GYN physician with advanced fellowship training in endoscopic women's

pelvic surgery and robotic minimally invasive surgery is leading the way of advancement surgical needs in women's healthcare.

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, endometriosis, and other disorders. Dr. Kim's words, "I am most excited about the minimally invasive gynecologic surgeries. I can take extremely complicated surgeries, perform them minimally invasive and provide the patient with less recovery time. It is a win-win situation for both patient and provider."

What is Robotic-Assisted Surgery?

"Imagine having casts on your hands, attaching forks to the casts, and eating dinner while wearing goggles. You will eventually get the job done, but it won't be easy and will take more time to accomplish the task. That is what performing laparoscopic surgery is like. Now take those casts off and eat. Eating is much easier because you can bend your wrists and fingers. This is robotic surgery. The instruments are flexible and allow us to make more precise movements," says Dr. Kim.

The robot translates your surgeon's hands and has far greater dexterity than the surgeon's range of motion. This allows the surgery to be performed through a few small incisions and with precise movements during the surgery. The robotic console enhances the surgeon's vision with high magnification and 3-D imagery to ensure a crystal-clear view during the procedure.

What are the Benefits of Robotic-Assisted Surgery?

Robotic surgery has so many benefits. During the surgery, you will have minimal blood loss. Smaller incisions and a less invasive surgery help with minimal scarring and scar tissue build-up. Due to the nature of minimally invasive surgery, you will also have less need for narcotic pain medications because there is less pain afterward. Typically, robotic surgeries have fewer complications than the other two types of surgery and shorter hospital stays. These factors all lead to a faster recovery time for the patient.



If you need a surgical procedure, please schedule your appointment with Dr. Kim to discuss your options and learn more about minimally invasive surgery. For more information on robotic-assisted surgery, please visit our website at www.celebrationobgyn.com or call us at (877) 800-0239.

2022 Superhero Race Against Cancer:



We would like to thank everyone who participated in the 2022 Superhero Race Against Cancer or donated to the cause. Raising awareness, increasing education, and providing support for women facing an ovarian cancer diagnosis sits at the core of Celebration Obstetrics and Gynecology. YOU SUPERHEROES make the success of the annual M Family Foundation's event possible.

Happy Halloween!



OCTOBER ULTRASOUND COUPON

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

Call
407.566.2229
to schedule!

Valid 10/1/22 - 10/31/22



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 • Gouri R. Pimputkar, DO
Jordana Reina, MD, FACOG • Felicia Montanez MSN, FNP-C
Dawn Ammirata, APRN • Victoria E. Richione, APRN, FNP-C

410 Celebration Place, Suite 208,
Celebration, FL 34747

407-566-BABY (2229) www.CelebrationObgyn.com



CELEBRATION OBSTETRICS
AND GYNECOLOGY

CELEBRATION OF WELLNESS

NEWS

Issue 57

October 2022

Screen Time and How It Affects Learning, Impulse Control, and Empathy



By Rayyan Anwer, MD, FAAP

Early introduction of screen time can be very detrimental to child development. This article beautifully summarizes those negative effects and highlights specifically its dynamics on Focus, Impulse control, and Empathy. It is no coincidence that Attention Deficit Hyperactivity Disorder, a condition where children have significant

challenges in regulating focus, with behavioral issues related to impulse control, is increasing at an astonishing rate.

Babies, Toddlers, and Screen Time

In today's tech and the media-driven world, many parents use screens to keep young children entertained or distracted while they juggle other needs. It works. Screens captivate children's attention in a way almost nothing else does, allowing parents a bit of a breather. But what is the impact of screens on young brains, and how much screen time should they be exposed to?

Brain scientists who study the impact of screens on baby brains don't have all the answers yet, but what they know will help parents understand how critical it is to provide off-screen experiences. Only then will children learn, improve their social and cognitive skills and be healthier and happier in the future.

Babies Learn the Most from Human Interaction

Patricia Kuhl is one of the world's leading brain scientists and runs experiments with more than 4,000 babies each year. "We've discovered that babies under a year old do not learn from a machine," she says, pointing to several brain scans on a computer. "Even if you show them captivating videos, the difference in learning is extraordinary. You get genius learning from a live human being, and you get zero learning from a machine."



Perhaps that is why the World Health Organization recommends no screen time for babies under two and no more than one hour of screen time a day for those aged 2 to 4.

Screens Hijack Attention Spans

For children to be successful, they must learn to concentrate and focus.

That ability starts to develop during their earliest years when their brains are more sensitive to their environment.

To read the full article, please visit our website at celebrationpediatrics.com.

2022 Superhero Race Against Cancer:



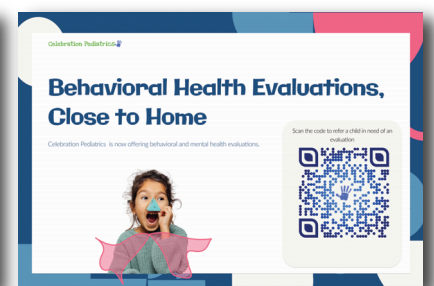
The M Family Foundation would like to thank everyone who participated in the 2022 Superhero Race Against Cancer or donated to the cause. It is YOU SUPERHEROES that help support those women battling ovarian cancer and children battling pediatric brain cancers.

Meet n' Greet - Upcoming Dates:

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 Liera Mojica-Diaz, October Employee of the Month



Happy Halloween!



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
Janil Toribio, APRN, MSN, CPNP-PC

1530 Celebration Blvd., Suite 301 • Celebration, FL 34747
(866) 595-5113 • www.CelebrationPediatrics.com



Celebration
Pediatrics

