

# CELEBRATION OF WELLNESS

## NEWS

Issue 65

June 2023

### Healthy Sleep

By Nina Cavalli and the American Academy of Pediatrics



Sleep needs vary from person to person, but there are some guidelines from the American Academy of Sleep Medicine for healthy sleep for infants and children.

The following are guidelines and not absolute times for a 24-hour period. Also, remember these hours include naps in the younger age groups.

- Infants (4-12 months): 12-18 hours
- Toddlers (1-2 years): 11- 14 hours
- Preschoolers (3-5 years): 10-13 hours
- Grade School (6-12 years): 9-12 hours
- Teens (13-18 years): 8-10 hours

The following are tips from the American Academy of Pediatrics and personal practice for healthy sleeping habits, which have been found to be beneficial.

1. Keep a regular daily routine. This includes daytime activities (meals, activities, play time, etc.) and a bedtime routine.
2. No electronics 1-2 hours before bed. This includes ALL electronic devices such as TV, cell phones, computers...anything with a screen. All screens emit blue light, which causes a decrease in a person's melatonin level (a chemical in our body that helps with sleep).

3. For older children/teens: NO cell phones in bed as this WILL disrupt sleep when they ring in the middle of the night.

4. Be active during the day. Living in Florida, we can be outside most of the year enjoying the fresh air and sunny weather (don't forget the sunscreen).

5. For older children (>5): No napping during the day/after school. This causes a disruption in the sleep cycle and can cause worsening sleep habits. Instead, let the child go to bed early and try resetting the sleep schedule gradually.

6. Avoid overscheduling. Take time to wind down and give children the down-time they need.

7. For infants and toddlers: Do not put them to bed with a bottle of juice, milk or formula. Water is okay. Anything other than water can cause tooth decay. Feed or nurse, then put down for sleep.

8. White noise may be helpful for some children as a constant background noise may "lull" a child to sleep. There are free apps that can be used. Do not use music as background.

Parents understand the importance of getting enough sleep and how sleep affects the overall health of their child (and you). Remember you are the role model for your children and set a good example. Make sleep a priority for your family.



### The 2023 Superhero Race is September 17, 2023



This year's event will be held from 7:30am – 11:00am in Downtown Celebration, Florida at Lakeside Park.

Registration is now OPEN at <https://runsignup.com/Race/FL/Celebration/SuperheroRaceAgainstCancer>

### Back To School

Summer is quickly approaching. Schedule your child's Back to School Physical / Sports Physical. Appointments tend to fill up quickly. Call us to schedule an appointment at (866) 595-5113.



Celebration Pediatrics

### Happy Father's Day - June 18, 2023:

Honoring all fathers, grandfathers, and father figures for their contributions to their children.



### MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

Robert "Dr. Bob" Dabrow, MD, FAAP, Medical Director • Rayyan M. Anwer, MD, FAAP • Nina Cavalli, MD, FAAP  
Michelle D. Toma, MD, FAAP • Zulma Zorrilla-Pabon, MD • Monica Clark, APRN, MSN, FNP-BC  
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### Moving from anti-aging to pro-aging. Aging Smart. Aging Well.

Healthy aging is a hot topic in women's health today. With one in five women in America between the ages of 35 and 64, it is time to shift the narrative from anti-aging to pro-aging by providing solutions to everyday women's health concerns. Celebration Obstetrics & Gynecology believes that middle age should be a time of confidence and empowerment for women. Sadly, women tend to put everyone else's needs before their own. We know women deserve better, and we are thrilled to share solutions to address women's wellness, tone, and pigmentation imperfections, such as spider veins and vascular lesions, and body treatments to melt fat and treat cellulite without invasive cosmetic surgery.

### Introducing InMode Aesthetics at Celebration Obstetrics & Gynecology!



**Vaginal Rejuvenation & Women's Wellness:** Your provider can customize a treatment plan to rehabilitate weak pelvic floor muscles, treat stress, urge, and mixed urinary incontinence, and treat the skin.

**Forma V:** Forma V is a non-invasive treatment that quickly and effectively addresses various issues. It improves blood

circulation, muscle pain relief, and muscle relaxation.

**Morpheus 8 V:** Morpheus 8 V is a treatment that delivers exceptional tissue results through programmable penetration depth and energy delivery. The fractional radiofrequency energy is delivered through bipolar arrays of micro pin electrodes providing exceptional tissue remodeling. Simultaneously, directional radiofrequency energy generates bulk sub-necrotic heat in the treated area.

**V Tone:** V Tone is a small anatomically shaped applicator that delivers intravaginal electrical muscle stimulation (EMS) to rehabilitate weak pelvic floor muscles treating stress, urge, and mixed urinary incontinence. You can achieve life-changing results under doctor supervision and treatment with V Tone.

**"Summer Body" with Morpheus8 (M8) Body:** Morpheus8 combines radiofrequency and micro-needling technology



resulting in profound tissue remodeling. This minimally-invasive treatment tightens skin, liquefies fat, and reduces the appearance of cellulite, stretch marks, fine lines, and wrinkles - all while improving the overall tone and texture of the skin. The Morpheus8 Body system is effective for skin tightening, fat-melting, and treating cellulite and sagging skin.

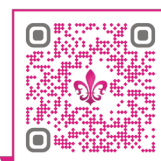
**Vasculaze:** Vasculaze is an advanced laser treatment that improves a wide variety of vascular concerns by targeting the blood vessel that causes the blemish. This treatment can improve vascular lesions in various areas, including the face. The ultimate solution for vascular lesions, including angiomas, hemangiomas, spider veins, and painful leg veins.

**Hair Removal:** DiolazeXL is a permanent hair removal laser treatment that covers large areas of the body, safely and gently that have unwanted hair, including the bikini area, legs, arms, chest, back, shoulders, stomach, neck, chin, and sideburns.



**FIRST-OF-ITS-KIND VIP MEMBERSHIP! \$199.00 A MONTH. WITH YOUR VIP MEMBERSHIP, YOU WILL ENJOY...**

- Complete skin and body analysis.
- One complimentary 20-minute Tone treatment monthly.
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- 15% off all products.
- Priority booking & special promotions!
- Monthly membership fee is applied as a credit to be used towards ANY InMode treatment.



**Get InMode**

We are excited to offer Summer Promotional Packages, Gift Certificates, and CareCredit financing options.

For additional treatment information and pricing, head over to our website by scanning the InMode QR code or call 407-566-2255.

### MEET THE PROVIDERS AT CELEBRATION OBGYN

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