

# CELEBRATION OF WELLNESS

## NEWS

Issue 68

September 2023

### Myths and Facts about Colds and Congestion

By Robert Dabrow, MD, FAAP, Medical Director



What causes cough, runny nose, and other common cold symptoms? A viral infection usually causes these symptoms. Many viruses can live and grow inside your nose, mouth, throat, or bronchioles and cause cold symptoms.

What are some symptoms of the common cold? Sneezing, coughing, sniffing, and

runny nose. You occasionally may have a sore throat and chest congestion.

Why does my child always have a runny nose? Children in daycare have an average of 6 colds/year. Colds usually last longer in children, up to 10 days, but some children have symptoms for up to 2 weeks.

When do I need to see the pediatrician? Most people with colds do not need to see a doctor or nurse. But you should call our office if you have any of the following: Chronic runny or stuffy nose that does not get better after two weeks; severe red eyes or yellow-green discharge coming out of their eyes; or painful ear or head pain. If a cough or fever lasts longer than ten days, it is a good idea to be examined.



How can I tell if I have a cold or the flu? The common cold and the flu

both cause many of the same symptoms. But they also have some important differences. A common cold causes severe nasal congestion, mild cough, and fever, usually without other symptoms. The Flu causes extremely high fevers and fatigue with aches and pains, usually followed by a runny nose, cough, and congestion.



How can I keep from getting another cold? The most important thing you can do is to wash your hands often with soap and water. Alcohol hand rubs work well, too. The germs that cause the common cold can live on tables, door handles, and other surfaces for at least 2 hours. You never know when you might be touching germs. That's why it's so important to clean your hands.

To read the full article head over to [celebrationpediatrics.com](https://celebrationpediatrics.com)

Celebration Pediatrics offers SAME-DAY-SICK appointments. To schedule an appointment, call us at 877.595-5113.

### September Meet & Greet

September 12, 2023 at 5:30 pm.

Our free monthly Meet & Greet events offer new potential patients the opportunity to meet our providers and learn about our patient-centered medical home. Please reserve your spot today by calling our office at 407-566-9700.

Meet N Greet



### Happy Labor Day - September 4, 2023

Celebration Pediatrics will be closed for the Labor Day holiday on Monday, September 4, 2023. Regular business hours will resume on Tuesday, September 5, 2023.

### 2023 Superhero Race Against Cancer: September 17, 2023



September is Pediatric Cancer Awareness Month:

Put on your cape and join the fight for families battling ovarian and pediatric cancers. This year's event will be held from 7:30 am – 11:00 am in Downtown Celebration, Florida, at Lakeside Park.

Registration is now OPEN.



### 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-C, CLC  
Connie Ortiz, MSN, APRN, FNP-C • Candice Wilson, DNP, APRN, FNP-C

CELEBRATION: 1530 Celebration Boulevard • 301 • Celebration, FL 34747

WINTER GARDEN: 1997 Daniels Rd • Winter Garden, FL 34787

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Celebration Pediatrics



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### From Leaking Urine to Sudden Urges to Go: An Ob-Gyn Talks Bladder Control Problems

By Dr. Charlie Kilpatrick

Whether it's a few drops of leaking urine or complete bladder emptying, incontinence is a bladder control issue that women are twice as likely to have as men. Incontinence can be embarrassing, super annoying, and costly. But you don't have to suffer in silence – many treatment options are available.



#### Identifying the problem

The two most common types are stress incontinence and urgency incontinence. Stress incontinence is triggered by coughing, sneezing, or physical exercise, resulting in leaking urine. Urgency incontinence is leaking after a sudden, strong urge to urinate that you cannot stop.

#### Treatments for stress incontinence

Stress incontinence occurs when weakened pelvic floor muscles can't withstand pressure on the bladder and urethra. These muscles may have weakened due to age, vaginal birth, or obesity.

#### Treatments for urgency incontinence

Urgency incontinence is when you get the urge to go, and if you don't make it to a bathroom, your bladder will empty. It can have serious effects on your life and your work.

Experts don't know what causes urgency incontinence, but there are different ways to approach it.

To read the full article, please visit our website at [www.celebrationobgyn.com](http://www.celebrationobgyn.com).

### Celebration Obstetrics & Gynecology Now Offers Life-Changing Vaginal Rejuvenation Therapy: Empower RF by InMode.

Empower RF is a new safe, and effective solution delivering life-changing technologies for women's wellness. This innovative device is designed to treat a broad range of conditions such as stress, urge, mixed urinary incontinence, weak pelvic floor muscles, blood circulation, and pain relief. We currently have two vaginal rejuvenation treatment options: VTone and FormaV.



VTone is a highly effective and non-invasive treatment that helps tone and train pelvic floor muscles. During a VTone treatment, an egg-shaped device, about the size of a tampon, is placed into the vaginal canal to trigger involuntary muscle contractions. These contractions tone and tighten the pelvic floor, particularly those muscle fibers weakened or overstretched during pregnancy and childbirth. VTone is recommended for any woman who experiences urinary incontinence and wishes to avoid bladder mesh surgery. Women who want to strengthen their pelvic floor muscles for sexual enhancement would also benefit from this treatment.

FormaV is a vaginal rejuvenation treatment designed to improve internal tightness, circulation, and sensation. FormaV applies radio-frequency energy and localized heat to the inside of the vagina, which reaches the underlying layers of tissue and stimulates the production of collagen and elastin, which remodels and tightens the tissues and increases circulation.

For more information, please visit our website at [www.celebrationobgyn.com/inmode](http://www.celebrationobgyn.com/inmode). Anyone that mentions this article will receive 10% off your first InMode Empower RF treatment. Imagine the difference Empower RF can make in your life.

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### 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  
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