

CELEBRATION OF WELLNESS

Celebration
Pediatrics



Issue 73

February 2024

New Years Goals

By Nina Cavalli, MD, FAAP



The new year has been here for a month. How are you doing on your resolutions? It is now time to look at how you are taking care of your family.

Here are some tips from the American Academy of Pediatrics to consider in the next year:

1. Get everyone up to date on recommended immunizations. Vaccines protect your children from various preventable diseases. Please make sure your children and you are up to date.

2. Build healthy digital habits. What are you children watching on TV and playing on video games/tablet? Research age-appropriate media and make a family plan of how much and when screen time is allowed. Watch and play together, screen time should not always be alone time.

3. Read together. Set time to read together every day. Reading has many brain boosting benefits. This can become part of the bedtime routine for many. Another option is audio books, this can be played while commuting to and from school or activities, or just when waiting in line at a drive thru.



4. Car seats and seatbelts for all. Make sure your child is in the appropriate car restraint for age, weight and height.

5. Get outside. Living in Florida we have good weather most of the year. Spending time outside can be a great mood booster. Outside activities help families get needed daily physical activity, may help with sleep and relieves the eyes from screen time, not to mention vitamin D.



6. Cook as a family. Make it fun, schedule a day or special time to try new recipe – experiment. This is a way to keep the children interested in food and eating healthy. Even picky eaters may become more interested in a variety of food and trying new things. Maybe even have kids help with the shopping.



7. Make a family disaster kit. Living in Florida we are very aware of hurricanes and the disasters they bring to our community. Being ready is a way to be less afraid. Ask your children what they would want to include in their disaster kit

and have them help assemble the kit with you. Show them where you keep it and always have a plan in place in case a disaster hits.

8. Mind mental health and practice self-care. Make sure you and your family gets proper rest and adequate sleep. Caring for ourselves affects how we care for others in our family. Don't forget about mental health. Anxiety and depression are on the rise so consult your doctor if you are experiencing any change in your mood.

Dr. Cavalli is committed to improving adolescent health and is eager to meet with your family. **For more information, visit our website at www.celebrationpediatrics.com, or to schedule an appointment, call 877-595-5113.**

Join Us for Our Monthly Meet & Greet with Dr. Bob on February 20, 2024, at 5:30 PM.

We invite new prospective patients to attend our free monthly Meet & Greet events to meet our providers and discover more about our patient-centered medical home. **Secure your spot now by calling our office at 407-566-9700.**



Celebration Pediatrics: Same-Day-Sick Appointments

As the cold and flu season continues, we understand the urgency of your child's health. That's why we offer same-day-sick appointments at Celebration Pediatrics. **To schedule an appointment, please call us at 877-595-5113.**



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Obstetrics & Gynecology

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What to Expect at a Postpartum Checkup - And Why the Visit Matters

By. Dr. Diana Ramos

In the weeks after birth, many moms struggle with anxiety, pain, fatigue, and other concerns.

Checkups can give you and your ob-gyn a full picture of your physical, mental, and emotional health. Your ob-gyn should do a physical exam, including a pelvic exam, to make sure you're healing well from the birth. They should also ask questions to find out if you're having any of the problems new moms often struggle with.



Staying healthy involves ongoing ob-gyn visits, even after the postpartum period. Before your last postpartum visit, your ob-gyn should help make sure you're set up to continue your care with routine visits.

Don't skip your postpartum checkup. You may feel you have reasons for skipping. Maybe you feel fine and don't need another thing on your list. But it's still important to seek care.

To read the full ACOG article, please visit our website, www.celebrationobgyn.com.

At Celebration Obstetrics & Gynecology, we have taken postpartum treatments one step further with our innovative, state-of-the-art technology. We can get you back to your beautiful self in no time.



"I am so excited to be a part of this team and able to administer these life-changing therapies for women's wellness. I am extremely passionate about providing care to the whole woman, whether it is in their routine everyday care, vaginal rejuvenation therapies, or aesthetic treatments. I believe every woman is beautiful in their way, and I am happy to be a part of their journey," says Aledyandra Crespo-Nieves, MD.



Our **Vaginal Rejuvenation** therapies are life changing. V-Tone helps strengthen weak pelvic floor muscle fibers that are weakened or overstretched during pregnancy and childbirth. It also treats urinary incontinence and can help prevent the need for bladder mesh surgery. Forma V is designed to improve internal tightness, circulation, and sensation.

Our **Muscle Toning** can help strengthen your abdominal muscles that were weakened by pregnancy and childbirth. Diastasis recti is very common during and following pregnancy. One 30-minute tone session is the equivalent of doing 288,000 crunches and has approximately 1.5-centimeter closure after eight treatments.

Scarring, stretchmarks, and other skin conditions can arise during pregnancy and childbirth as well. We have Lumecca (IPL Laser Treatment) that will take away discolorations of the skin. Morpheus 8 will resurface the skin, minimizing the appearance of scars and stretch marks.

For more information about our aesthetic services, please call our Spa Coordinator at 407-566-2255.



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We understand the importance of scheduling annual exams to stay on top of your health. We work with various insurance providers to ensure our patients get the care they need without surprises.

Schedule your annual exam today, and let us help you feel confident with your health. Contact us at 1-877-800-0239.



Provider Spotlight

Dawn Ammirata, APRN, is a board-certified women's Health Nurse Practitioner with 20 years of experience in Obstetrics and Gynecology. Her inspiration to pursue a health-care career stemmed from her grandmother's example as a nurse. Dawn is kind-hearted and compassionate and always uses a team approach with her patients.

"I am open and honest. I care about my patients. I listen and create a treatment plan as a team with my patients,"
Dawn Ammirata, APRN.

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