

CELEBRATION OF WELLNESS

Celebration
Pediatrics



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Navigating Virtual Violence

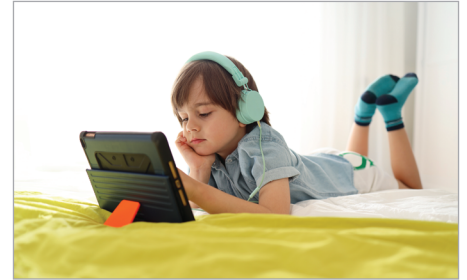
Presented by Rayyan Anwer, MD FAAP



We know that media addiction severely impacts childhood development, resulting in scholastic and behavioral challenges. As parents and caregivers, managing media exposure in our children is a constant balancing act. Below is a great article on how to navigate an important aspect of media exposure, which is violence in media. The article is titled:

channels. It includes the simulated violence in blockbuster films and amateur videos and the animated violence embedded in cartoons and interactive games. News reports of real-life tragedies also deliver an endless loop of virtual violence that young people see and hear 24/7.

Keep in mind that virtual violence isn't limited to instances of physical harm. Aggressive, threatening, racist or hateful statements can be just as damaging to children who witness them.



Virtual Violence: How Does it Affect Children?

By: David L. Hill, MD, FAAP

Since the earliest motion pictures, adults have worried about how children would respond to violent imagery. Now that mobile screens offer kids unlimited access to violent images and videos, we have even more to worry about.

As a parent or caregiver, you may feel overwhelmed by the thought of how virtual violence can affect your child. But there are practical steps you can take to protect kids of all ages, helping them place what they see and hear in a healthier context.



What children see (or play) influences how they behave

Decades of research link virtual violence to aggressive thoughts, feelings and actions in children. And even though we're still learning about the effects of violent content video games and social media, experts agree that kids are deeply influenced by brutality wherever they experience it.

Witnessing violent acts - whether real or simulated - may give kids the sense that aggression is normal and acceptable. This may lead them to act out what they see and hear, especially if they witness violence at home or in their communities. Newer studies show that exposure to virtual violence can trigger mental health struggles, including depression and anxiety.

It's worrisome enough to think of the short-term effects on our children. But long-term studies also show that exposure to virtual violence in childhood leads to aggressive behavior in adulthood, even when people stop consuming violent media in later years.

Understanding what virtual violence means in your child's world

Virtual violence is any act of aggression your child might absorb through TV, movies, video games, social media and other digital

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

Join Us for Our Monthly Meet & Greet on March 12, 2024, at 5:30 PM.

We'd Love to Meet You!! Join us for our FREE Meet & Greet events, where you will meet our providers, tour our office, and learn about Celebration Pediatrics!

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CELEBRATION OF WELLNESS

 Celebration
Obstetrics & Gynecology

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Menopause and Vaginal Rejuvenation

Menopause is the time in your life when you naturally stop having menstrual periods. As estrogen levels decrease during menopause, the lining of the vagina may become thinner, dryer, and less elastic.



Vaginal dryness may cause pain during sex. Vaginal infections also may occur more often. The urethra can become dry, inflamed, or irritated. This can cause frequent urination and increase the risk of urinary tract infections.

Urinary incontinence is also another issue women

have to face. 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.

At Celebration Aesthetics, we have taken Menopausal Care to a new level with the most advanced and comprehensive feminine wellness solution available. Using a combination of radiofrequency (RF) and electrical muscle stimulation (EMS), our vaginal rejuvenation treatments are designed specifically to treat a broad range of conditions such as stress, urge, mixed urinary incontinence, weak pelvic floor muscles, blood circulation, and pain relief.



For more information or to schedule your consultation, call us at 407-566-2255.

A terrific ACOG article on Vaginal Dryness follows.

Experiencing Vaginal Dryness? Here's What You Need to Know

By Dr. Cynthia Abraham

Vaginal dryness can irritate, burning, and pain with intercourse. It's common after menopause, and it also can happen in the years leading up to menopause.

The cause is often low hormone levels related to menopause.

After and around the time of menopause, your body makes less estrogen. Estrogen is a hormone that helps maintain the vagina's lubrication, elasticity, and thickness. Low levels of estrogen can cause thinning, drying, and inflammation of vaginal walls. This is called vaginal atrophy.

But there are other causes, too.

Low estrogen and vaginal dryness can happen at other times. Estrogen levels can fall after childbirth, with breastfeeding, during cancer treatment, or with anti-estrogen drugs.



There may be symptoms besides vaginal irritation or painful sex.

Dryness isn't always just inside the vaginal canal. Less estrogen means less natural vaginal moisture. This can dry and irritate the vulva, the external female genital area. Women with vulvar dryness often notice irritation when they're putting on their underwear.

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

Don't Skip Your Well Woman Exam

Well-woman exams are essential to your routine care, as they can catch early signs of cancer or other major health problems before they get out of hand.



Call us at (877) 800-0239 to schedule your Well-Woman exam today.

Provider Spotlight

Celina Ruysers, MPAS, PA-C, is a board-certified Physician Assistant with over ten years of experience in various areas of healthcare. Celina's collaborative experience in hospital and office settings and training in primary care, urgent care, and infectious disease provide patients with exceptional individualized care.



Celina believes in a holistic and collaborative approach to healthcare, focusing on the best individualized results for every patient. She considers it an honor and privilege to care for women and help empower them through all stages of their lives and is committed to providing compassionate, evidence-based health care to all patients.

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