

CELEBRATION OF WELLNESS

NEWS

Issue 30

July 2020

Celebration Obstetrics and Gynecology Hospitalist Program

Celebration Obstetrics and Gynecology is thrilled to recognize the success of our new Hospitalist Program as part of our care team. The Hospitalist Program launched in late 2019 and was specially designed to improve the quality of care for patients. Obstetrician/gynecologist (OB/GYN) hospitalists are physicians who assume the care of laboring women, managing obstetric triage, and handling in-hospital obstetric emergencies. At Celebration Obstetrics and Gynecology, our hospitalist team includes Dr. Michele Johnson and Dr. Denise Klemczak. Included below are some fun facts to help our patients get to know our delivery team!!

Michele Johnson, MD, FACOG

- She was born in Arizona but grew up in New York.
- She graduated with honors from the University of San Diego as a Biology major.
- Her passion lies in caring for patients in the hospital during their delivery.
- She specializes in managing obstetrical emergencies as well as patients in the emergency room.
- Her family just welcomed a baby girl in March of 2019



Denise Klemczak, DO, FACOG

- Dr. Denise Klemczak was born in the Metro Detroit Area of Michigan.
- She was a presidential scholarship recipient.
- She was part of a teaching program of medical students and Obstetrics and Gynecology residents for the University of Central Florida.
- She is married to her high school sweetheart, and they have 3 wonderful children.
- Her favorite things include spending time with her family, outdoor activities, exploring museums, playing games, Peloton, anything Star Wars, and reading.



Pregnancy and Birth in the time of a Pandemic

By Kerry Blackadar

When it comes to COVID-19 and pregnancy, there is a lot we are learning on a daily basis. UBC's Dr. Deborah Money is a professor in the faculty of medicine's department of obstetrics and gynecology, and she is trying to fill

that knowledge gap. She is leading a national surveillance study examining maternal and infant outcomes among pregnant women with COVID-19. When COVID-19 emerged, we faced a lot of questions about how to best advise pregnant women and maternal care providers, but the data on how COVID-19 affects pregnancy was severely limited.

What do we know about pregnancy and COVID-19 so far?

Based on our knowledge of other viruses like H1N1, pregnant women are more vulnerable to some respiratory infections compared to their non-pregnant peers. With COVID-19, we do not have any evidence to date to suggest that pregnant women are more at risk of developing the disease or severe complications. The impact of the virus on maternal health will be one aspect of our national study.

Can babies acquire the virus from the mother during pregnancy?

We do not think so, but this is very much in debate. As part of our national study, we will continue gathering more data about whether the virus can pass through the placenta during pregnancy, birth, or after birth.

Should babies born to mothers with COVID-19 be separated after birth?

We are not advocating for the separation of mothers with COVID-19 from their babies at birth. The period immediately after birth is so critical for mother-infant bonding, the establishment of breastfeeding, and for the overall mental health of the mother and baby. We believe that with careful masking, hand washing, and by modifying our behavior, it's reasonable to have the mom and baby remain together.

Should women avoid getting pregnant during the COVID-19 outbreak?

We have not been advising against women getting pregnant. The decision is one that every woman will need to make based on their unique circumstances, including their work environment and exposure risk.

What challenges do pregnant women face today because of the outbreak?

The impact of the public health measures and limitations facing all of us right now present a unique challenge for pregnant women. Many of the typical activities like prenatal education and exercise classes that help women stay connected and supported throughout their pregnancy are either not happening or look very different. When you are pregnant, family and friends also play such an important role in getting through the normal challenges of pregnancy, so it is much harder for many pregnant women right now.



Happy 4th of July!

JULY ULTRASOUND COUPON

Good for \$10.00 off a sneak peak in our Davenport office only.

Call
407.566.2229
to schedule!



Valid 7/1/20 - 7/31/20

MEET THE PROVIDERS AT CELEBRATION OBGYN

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AND GYNECOLOGY

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Constipation

By Monica Urquiola, APRN



What is constipation?

Constipation in children is a common complaint that can be a transient or chronic issue. Constipation is defined as infrequent stooling and/or the passage of hard, dry, and/or large stools.

What are symptoms of constipation?

Constipation frequently causes abdominal pain, bloating, and excessive gas. These symptoms in children are often associated with a poor

appetite. Some children may have stool marks in their underwear. Your child may complain that a bowel movement was painful, or you could see streaks of blood in the stool or on toilet paper.

How can I help to prevent constipation?

A healthy diet, adequate hydration, and active lifestyle are the keys to preventing constipation. Diets should be rich in fiber, including at least 5 or 6 helpings of fruits and vegetables daily. Children should drink plenty of water and get at least 1 hour of physical activity every day. Excessive dairy such as cow's milk or cheese or a starch-heavy diet also are frequent causes of constipation. Limit milk intake to no more than 16 oz daily, and limit cheese and starch intake to 2-3 times a week. Children should be encouraged to sit on the toilet after meals at least 1 or 2 times daily to encourage healthy toilet habits.



How can I help my child if constipation seems to be a chronic issue?

If your child continues to have symptoms of constipation despite a healthy diet, getting exercise, and maintaining good toilet habits, make an appointment with your child's healthcare provider to discuss longer term treatments of this issue. Chronic constipation that is left untreated can lead to more serious consequences such as stool withholding and stool accidents. We are here to help! Give our office a call at 407-566-9700 to schedule a consultation today!

Should Your Child Be Tested for COVID-19?

By: American Academy of Pediatrics (June 2020)

Many families are asking whether their children should be tested for COVID-19. The American Academy of Pediatrics encourages parents to talk to their child's doctor about testing. Your pediatrician can help determine when testing may be a good idea based on infection rates and availability of tests in your area. They can also help you follow up on test results.

Types of COVID-19 tests

There are two types of COVID-19 tests: diagnostic tests and antibody tests. Your pediatrician can talk with you about what each test can do and when the tests can be most useful.

• Diagnostic testing: Does your child have COVID-19 now?

A diagnostic or viral test can show if your child currently has a COVID-19 infection. This type of testing may be used if you know your child was exposed to COVID-19 or if someone in your household is showing symptoms.

• Antibody testing: Has your child had COVID-19 at some point?

An antibody test checks a sample of your child's blood for special proteins called antibodies. The body makes these to fight off viruses like SARS-CoV-2, the virus that causes COVID-19. Antibody tests help show whether someone's immune system has been infected by COVID-19 in the past, even if there were no symptoms. Antibody tests cannot detect a current COVID-19 infection. This is because it may take up to three weeks after your child first shows symptoms of being sick before the test can find antibodies in the blood sample. Scientists do not know yet if people who had COVID-19 can catch it again. Keep in mind that these recommendations are subject to change as more information becomes available.



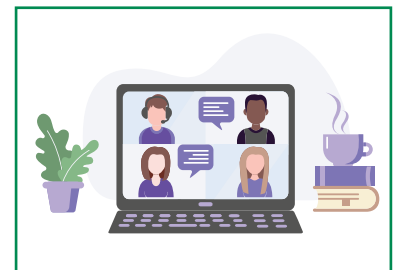
Virtual Meet 'n' Greet

At Celebration Pediatrics, we are taking advantage of technology to make it more convenient for you to get to know our pediatric physicians and office!

We now offer video chat-style meet and greets for you to meet and talk to our amazing providers. They will explain our

patient-centered medical home, answer questions about our services, and discuss how we may be able to help your child.

We will host 2 FREE Meet n Greet ZOOM sessions each month. Call our office at 407-566-9700 to reserve your spot!!



MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

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