

# CELEBRATION OF WELLNESS

## NEWS

Issue 38

March 2021

### Prioritizing Women's Preventive Health with the Women's Preventative Services Initiative

By: Diana Ramos, MD, Co-chair of Dissemination and Implementation Steering Committee, Women's Preventive Services Initiative.



As an obstetrician-gynecologist and women's health expert, I am dedicated to supporting and advocating for women's physical and mental health needs. Throughout my career, I have been fortunate to care for many women throughout their life span. I have

often seen that women are the drivers, role models, and decision makers of their own healthcare as well as their family's healthcare. I have also learned that the health of the one patient in front of me is often the reflection of the health within her community. This is why I understand the urgency in addressing women's preventive health and the potential effect I can have on her community.

The unfortunate reality is that nearly half of all women in the United States are not receiving the preventive services they need. With COVID-19 exacerbating the many challenges that women already face, priorities for medical visits are shifting, and preventive services are not always at the forefront of a patient's mind.

That is where the Women's Preventive Services Initiative (WPSI) comes in. WPSI consists of a multidisciplinary team of experts who provide evidence-based, cutting-edge recommendations for women's preventive health. Led by ACOG and the Health Resources and Services Administration, WPSI's resources provide clinicians with a trusted guide to support their patient's preventive health needs. This includes the Well-Woman Chart, an easy-to-use summary of WPSI's recommendations based on age, health status, pregnancy status, and general risk factors.

WPSI's strength is in the cross-collaboration of clinicians across disciplines and its focus on preventive health. This allows for an informed

focus and review of the organization in addressing pressing and often overlooked women's health needs. WPSI provides clinicians across specialties and fields with resources and clear guidance for implementing preventive health services recommendations to ensure that they can serve their patients. A variety of clinicians play a role in providing preventive services to women, so it is critical that we all engage women about their preventive health early, often, and at every stage of their lives.

The latest WPSI recommendation on screening for anxiety in adolescent and adult women highlights, recognizes, and prioritizes the health needs that disproportionately affect women. This includes mental health, which is a critical part of a patient's overall well-being. It is wonderful to have the WPSI partnership that allows for anxiety and mental health services for patients without cost-sharing.

Patients and communities will see many health improvements by using WPSI's recommendations and the Well-Woman Chart to address each patient's preventive health needs. For questions and concerns, or to schedule your Well Woman visit, give us a call at 407-566-2229.

### Calling ALL Expecting Parents!

One to three months before your baby's arrival, we encourage you to register for one of our FREE "Meet and Greet" ZOOM sessions. This is a great opportunity to get to know one of our board-certified pediatricians and staff members, ask questions, receive guidance, and see our modern facility! To schedule your "Meet and Greet" visit, call us at 407-566-9700.



### Happy St. Patrick's Day!



#### FEBRUARY ULTRASOUND COUPON

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

Call  
407.566.2229  
to schedule!



Valid 3/1/21 - 3/31/21

#### MEET THE PROVIDERS AT CELEBRATION OBGYN

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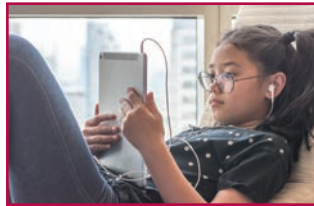
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### Recent Updates To Media Guidelines

Shared by Rayyan M. Anwer, MD, FAAP

The following guidelines were taken directly from Pediatrics in Review, Volume 41: Article Number 3, titled Social Media: Anticipatory Guidelines by David L. Hill, MD (Department of Pediatrics, University of North Carolina School of Medicine, Chapel Hill, NC)



#### ANTICIPATORY GUIDANCE FOR PARENTS OF CHILDREN AGES 0 TO 5 YEARS

- ✓ Avoid media use in children younger than 18 to 24 months except for video chatting alongside a parent or caregiver.
- ✓ For children 2 to 5 years of age, limit screen time to 1 hour per day. Choose high-quality programming and refer to resources such as Common-Sense Media or Sesame Workshop for guidance. Watch these programs with your child and have a discussion on the material that was viewed after the screen time.
- ✓ Avoid violent and fast-paced (or hyper) content, monitor all content, and test apps out first. Turn off devices when not in use. Avoid using media as a calming tool. Establish media-free zones (1 hour before bedtime\*, mealtimes, and parent-child talk and play time).
- ✓ Ensure adequate physical activity, sleep, face-to-face communication, conversations, and device-free meals.
- ✓ Parents should limit their own electronic media use in the presence of children to increase engagement and learning opportunities.

\*Stimulating media content can certainly lead to psychomotor excitement and sleep interruption, but the more pervasive mechanism of sleep disruption seems to be the effect of **blue-enriched light** on melatonin secretion from the pineal gland. Even calming content viewed on electronic screens can affect melatonin secretion and disrupt healthy sleep patterns.

#### ANTICIPATORY GUIDANCE FOR SCHOOL-AGE CHILDREN AND ADOLESCENTS:

- ✓ Promote adherence to healthy sleep, exercise, academic, and social habits using the American Academy of Pediatrics Family Media Use Plan ([www.HealthyChildren.org/MediaUsePlan](http://www.HealthyChildren.org/MediaUsePlan)).
- ✓ Consider using screening tools for problematic Internet use and **Internet Gaming Disorder\*** (the Internet Addiction Test, the Young of the Internet Addiction Questionnaire, the Chen Internet Addiction Scale, and the Internet Addiction Scale) when appropriate.
- ✓ Place appropriate limits on media to mitigate negative effects and avoid reduction of healthier activities.
- ✓ Discourage media use during homework outside of what is needed to complete the assignment. Consider placing devices in a central location so that parents can monitor device use for schoolwork. \*\*
- ✓ Protect bedtime. No digital media/screens for 1 hour before sleep. No devices in rooms after bedtime. Tech-savvy parents may be encouraged to use restrictive devices and apps to limit Internet access based on content or time of day.
- ✓ Designate media-free mealtimes (dinner) and zones (bedrooms).
- ✓ Keep other caregivers (grandparents, babysitters) aware of expectations and rules.

- ✓ Select and co-view media with your children and focus on family and community engagement.
- ✓ Discuss the dangers of cyberbullying and sexting.
- ✓ Discuss online solicitation and reporting any suspicious contacts.
- ✓ Model the digital behavior you expect from your children and teens.

\*Hallmarks of Internet Gaming Disorder include preoccupation with the gaming activity, decreased interest in offline or “real-life” relationships, unsuccessful attempts to decrease use, and withdrawal symptoms on reducing use of electronic media.

\*\* Media multitasking greatly affects attention and focus. Half of all teens report that they “often” or “sometimes” watch TV (51%) or use social media (50%) while doing homework. More say they text (60%) and listen to music (76%). Although most teens do not believe that these behaviors affect the quality of their work, extensive data suggest otherwise.

### Medical Ear Piercing Now Available to Celebration Pediatrics Patients!!

Ear piercing is a medical procedure, so it is important to make sure that it is done properly. When having your child's ears pierced, it is especially important that the equipment being used is modern and safe, and that the person piercing the ears is adequately trained. This is especially important with smaller children. Here at Celebration Pediatrics, our staff is trained to pierce ears of children and routinely work with children who may not want to cooperate.



- Child must be 4 months of age or older and a current patient.
- Cash Procedure: \$50.00 includes entire piercing kit including earrings.
- Initial piercing hole only.

Enjoy a private room and the peace of mind knowing that a medical professional is safely, properly, and carefully piercing your child's ear. Give us a call today at 407-566-9700 to schedule your child's ear piercing.

### Happy Spring Break: Open Appointments for Annual Physicals!

Spring Break is a great time to book an annual physical. Give our office a call at 407-566-9700 to schedule your child's appointment today!

#### MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

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