

CELEBRATION OF WELLNESS

NEWS

Issue 42

July 2021

Ovarian Cancer Superheroes: 1st Annual Tattooathon hosted by Fallen Heroes Tattoo and Piercing

By: Jill White, M Family Foundation Event Director



There is still a lot of good in this world. There are still real-life superheroes who find the courage to step up and help those in their time of need. As the M Family Foundation heads into our annual superhero event in September, the support of the Fallen Heroes Tattoo and Piercing Group comes at the perfect time.

Ovarian cancer is one of the deadliest cancers for women. Sadly, there is very little financial support available to those in need. "Women fighting for their lives should not be forced to also carry the burden of how to feed their children or keep the lights on. Our mission to raise awareness, increase education, and to provide direct financial support to women and children battling ovarian and pediatric cancer align perfectly with the goals of the Fallen Heroes. We are humbled and thrilled to have their support and look forward the upcoming events in August!" Kelly McCarthy, M Family Foundation Founder.

"We started Fallen Heroes Tattoo with the mission to help others. My mother died from ovarian cancer, so we set out to find a local charity where 100% of the money went to people that needed it." David Brown, co-owner and artist at Fallen Heroes Tattoo.



1ST ANNUAL TATTOOATHON EVENT DETAILS

Friday, August 13th, 2021 Starts 11am.
MEET AND GREET

Stop by to meet your Ink Masters and watch as they create ART FUSION. Purchase tickets to join an Ink Master's team and participate in a FLASH CHALLENGE Friday evening.

Saturday, August 14th, 2021
1st ANNUAL TATTOOATHON 11am-7pm.

Fallen Heroes Tattoo & Piercing will be offering tattoos for \$100. These will be prescheduled and no longer than 30 minutes. There will be no walk-ins accepted. This is a party, so we will have entertainment and the Ink Masters will be slingin' ink all day for charity along with the Fallen Heroes Tattoo & Piercing crew.

Sunday, August 15th, 2021
BAD GUYS DOING GOOD THINGS.

This will be your opportunity to show off your ink! Stand before the Ink Masters and be judged on your ink. There will be prizes and more money raised.

To purchase event tickets, schedule your Tattooathon Tattoo, or be part of the Judgement Day challenge, head over to www.fallenheroestattoo.com.



Register for the 5k event at www.mfamilyfoundation.org

Wishing you a Happy July 4th!

JULY ULTRASOUND COUPON

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

Call
407.566.2229
to schedule!



Valid 7/1/21 - 7/31/21

MEET THE PROVIDERS AT CELEBRATION OBGYN

David A. Marcantel, MD, FACOG • Robert F. Lemert, MD, FACOG
Norris M. Allen, MD, FACOG • Michele Johnson, MD, FACOG
Denise L. Klemczak, DO, FACOG • Charlene Okomski, DO, FACOG
Yamines Alifonso-Amador, MD, FACOG • Felicia Montanez MSN, FNP-C
Suzette C. Boyette, MSN, APRN
Michelle Perez, Diagnostic Medical Sonographer

410 Celebration Place, Suite 208,
Celebration, FL 34747
407-566-BABY (2229)
www.CelebrationObgyn.com



CELEBRATION OBSTETRICS
AND GYNECOLOGY

CELEBRATION OF WELLNESS

NEWS

Issue 42

July 2021

Recent Updates to Media Guidelines

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)

MEDIA GUIDELINES FOR PARENTS OF CHILDREN UP TO 5 YEARS OF AGE:

- Avoid media use in children until they are 2 years old, except for video chatting alongside a parent or caregiver.



- For children 2 to 5 years of age, limit screen time to one hour per day. Choose high-quality programming by referring to resources such as Common Sense Media and Sesame Workshop. View and participate in these programs with your child. Have a discussion on the material after the screen time.

- Avoid violent and fast-paced (hyper) content. Turn off devices when they are not in use and avoid using media as a calming tool. Monitor content and test apps first. Establish media-free zones (1 hour before bedtime*, meals, and during parent-child talk and play time).

*Stimulating media content can lead to psychomotor excitement and sleep interruption. The 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.



MEDIA GUIDELINES FOR SCHOOL-AGE CHILDREN AND ADOLESCENTS:

- Discourage media use during homework outside of what is needed to complete the assignment. Consider placing devices in a central location so parents can monitor that it is used for school-work**.

- Discuss the dangers cyberbullying and sexting.

- Discuss online solicitation and the reporting of any suspicious contacts.

*Hallmarks of internet gaming disorder are preoccupation with the gaming activity, decreased interest in offline or "real-life" relationships, unsuccessful attempts to decrease use, and withdrawal symptoms on reducing electronic media use.

For the full article, please head over to our website at www.celebrationpediatrics.com

Back to School

The 2021-2022 school year will resume in about 45 days, and with most children returning to face-to-face instruction, it is more important than ever to make sure they are current on all vaccinations and school physicals. Do not wait to schedule your appointment, as we are expecting to be at full capacity within the month!! Give us a call at 407-566-9700.



Zoom Meet and Greet

We are now offering both IN-PERSON and VIRTUAL free Meet n' Greet sessions each month, so you have the opportunity to meet our incredible 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.

IN- OFFICE DATES

September 8, 2021 @ 5:30PM

October 6, 2021 @ 5:30PM

VIRTUAL ZOOM DATES

July 21, 2021 @ 5:30PM

August 18, 2021 @ 5:30PM

September 22, 2021 @ 5:30PM



MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

Robert "Dr. Bob" Dabrow, MD, FAAP, Medical Director

Rayyan M. Anwer, MD, FAAP

Monica Urquiola, APRN, FNP-BC, CLC • Victoria B. Bernhardt, APRN

1530 Celebration Blvd., Suite 301 • Celebration, FL 34747

(866) 595-5113 • www.CelebrationPediatrics.com

Celebration
Pediatrics

