

CELEBRATION OF WELLNESS

NEWS

Issue 45

October 2021

5th Annual Cancer Superhero 5K: Soaring Success

By: Jill White

With a mission centered around ovarian and pediatric cancer, the M Family Foundation spent the entire month of September raising awareness, increasing education, and providing financial support directly to women and children battling these deadly diseases. Feeling motivated by Michael and Nancy as our 2019 and 2020 Superheroes, our efforts this year to make a difference were massive.



Kelly McCarthy, M Family Foundation Co-Founder, stated "With the Covid-Delta variant in full force as we headed into our event month of September, we knew that making this year's race completely virtual was the best way to ensure the health and safety of everyone involved. The virtual race allows for everyone to make this a personal and fun experience. Multiple businesses, families, local mom groups, dance teams, entire neighborhoods, fitness

groups, and individuals all coming together and completing their charity 5K this month was something truly special."

More than 750 registered runners throughout the United States, Canada, and Europe are set to complete their 5K races throughout the month of September and beyond. Superhero 5K participants have done so by walking, running, cycling, swimming, roller blading, Peloton riding, and even a pub crawl! Registered runners received a swag box in the mail including an official race hat, finisher medal, and corporate donations from various event sponsors.

Proceeds raised from this event will be distributed to our 2021 Pediatric Superhero, Eli. Eli was diagnosed on August 5th with a pediatric cancer called



DIPG (Diffuse Intrinsic Pontine Glioma), which is a type of brain tumor found in an area of the brainstem known as the pons.

For additional information about the M Family Foundation and for ways to get involved, please head over to www.mfamilyfoundation.org.

Meet Our Team

Celebration Obstetrics and Gynecology has experienced incredible growth over the last 5 years, so we want to take the opportunity to "re-introduce" our amazing providers. Our team of specialized surgeons, hospitalists, and nurse practitioners go above and beyond to take care of all our patient's needs. For full bios please head over to our website at www.celebrationobgyn.com.

David A. Marcantel, MD, FACOG
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Michele R. Johnson, MD, FACOG
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Yasmines Alifonso-Amador, MD, FACOG



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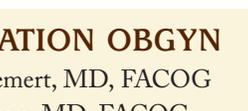
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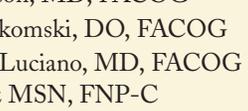
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Felicia Montanez, MSN, FNP-C

Michelle Perez, Diagnostic Medical Sonographer

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in our Davenport office only.

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to schedule!



Valid 10/1/21 - 10/31/21

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CELEBRATION OBSTETRICS
AND GYNECOLOGY

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Surviving Picky Eating

By: Rayyan Anwer MD FAAP

A summary of guidelines taken from the AAP's Committee on Nutrition presented as "10 Tips for Parents of Picky Eaters" at <https://www.healthy-children.org>



- Picky eating typical presents in the toddler years, especially as you approach the infamous "terrible twos." These behaviors are a normal expression of a toddler learning to express their will.
- Showing preference to one food over another can begin even at the inception of food training (generally between 4-6 months depending on the infant), but intolerance to multiple textures and groups of foods warrants an investigation by your pediatrician.
- As children approach the toddler stage, their favorite food one day may hit the floor the next, or a snubbed food might suddenly become the one he or she can't get enough of. For weeks, they may eat 1 or 2 preferred foods and nothing else.
- Parental frustrations may run high but try to be as calm about this as you possibly can. Come up with a uniform plan amongst all care givers.
- Make healthy food options available and understand that in time, your child's appetite and eating behaviors will level out. During this time, winning is staying steadfast with reinforcing routines and good eating habits.
- Have good meal routines with set times for meals and eat together as a family whenever possible.
- Refrain from media distractions like TV or cell phones at mealtime.
- Model healthy eating. Remember children "do as you do" more often than "do as you say."
- Resist the urge to make another meal if your child refuses what you've served. This only encourages picky eating.
- Provide a balanced meal whether your child eats it or not.
- If your toddler refuses a meal, avoid making a big deal over it. It's good for children to learn to listen to their bodies and use hunger as a guide. It is not beneficial to chase after them to eat.
- Avoid using treats to encourage your toddlers to eat their meal. This can make the "prize" food even more exciting and the food you want them to try an unpleasant chore.
- Just because a child refuses a food once, don't give up. Keep offering new foods and those your child didn't like before. It can take as many as

10 or more times tasting a food before a toddler's taste buds accept it. Limiting snacks during non-scheduled mealtimes can also help ensure your child is hungry when a new food is introduced.

- Encourage a variety of healthy foods like vegetables, fruits, and protein rich foods. Help your child explore new flavors and textures in food.
- Toddlers and young children generally do better when you give them two choices. For example, you could say, "would you like to eat broccoli and cheese or rice and beans" as opposed to "please eat your broccoli". More choices than that can result in food fights. If they choose not to eat either option, one tip is to say, "when you are ready to eat, you can have the same two choices."
- Avoid allowing access to any other foods (except water) if they continue to refuse. Usually once their own hunger mechanisms kick in, they will proceed to try one of the choices you presented. This may result in a tantrum, and if that happens, you can remind them that, "when you are ready to eat, you can have the same two choices". Then proceed to ignore the tantrum.
- To minimize waste, offer new foods in small amounts and wait at least a week or two before reintroducing the same food.
- Cut solid foods into bite size pieces, so they can easily eat the foods themselves. Make sure the pieces are small enough to avoid the risk of choking.
- Remember that these are general tips, and anything out of the ordinary warrants a discussion with your pediatrician.

Which Flu Vaccine Should My Children Get This Year?

It's that time of year again influenza (flu) season is almost here! Many people don't realize it, but flu can be a very serious illness. It causes thousands of deaths in the United States every year, even among previously healthy children. With COVID-19 expected to still be spreading this fall and winter, it is even more important to protect your child from viruses like influenza.



As a parent, the best thing you can do to protect your children from the flu is to get them vaccinated before influenza starts circulating in your community. All children aged 6 months and older get their influenza vaccine by the end of October or sooner. Everyone around your children should also be vaccinated. Give our office a call to schedule your child's flu shot at (407)566-9700.

MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

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