

CELEBRATION OF WELLNESS

NEWS

Issue 47

December 2021

My Vaccine Choice: How I Decided to Get a COVID-19 Vaccine During Pregnancy

By: Dr. Chelsea K. Chandler, ACOG

I found out I was pregnant with my first child in early summer 2020, just as our country was emerging from the first COVID-19 lockdowns. Then data came out that confirmed COVID-19 is more dangerous for pregnant women. As an ob-gyn, I was at high risk for exposure to the virus. And now we knew the virus could cause severe complications for me and my fetus. It is hard to put into words how nerve-racking this was mentally, emotionally, and professionally. I was concerned about what the pandemic might mean for my health and my ability to do my job and take care of my patients. Working from home is rarely possible when you're an ob-gyn who performs surgery daily. When I first heard about the new vaccines, I decided that I needed to dig into the research.



Following the Science

So, here is what I learned: The COVID-19 vaccines are proven to be safe and highly effective. All of the vaccines went through intense testing and reviews, and they worked even better than researchers had expected. The more research I did, the more comfortable I became. The science led me to choose the vaccine.

Studies of the vaccines in pregnant or breastfeeding women had not been done at the time. They are in progress now, and we are starting to see encouraging data. By now, thousands of pregnant women have received the vaccines without problems. The more research I did, the more comfortable I became. The science led me to choose the vaccine.

Whatever choice you decide is best for you, our providers are here to help answer any questions or concerns you may have. To schedule an appointment give us a call at 407-566-2229. To read the full article head over to our website at: www.celebrationobgyn.com/news

Health Insurance Education: Understanding Key Health Insurance Terms

By: Jill White (Information taken from Healthcare.gov)

As 2021 comes to a close and we head into a new calendar year, many patients are looking for help in understanding their health insurance benefits. Insurance plans are specific to each company that provides coverage and can differ in which providers you can see and how much you have to pay. At the beginning of every calendar year, the majority of insurance deductibles "reset" which requires patients to cover the amount of their deductible before they can receive payment from their insurance company. It is important to understand your costs and key health insurance terms, so you'll know what services your plan will pay for and how much each visit or medicine will cost.

Important key words explained (Healthcare.gov):

Deductible: The amount you owe for covered health care services before your health insurance or plan begins to pay.

Copayment: An amount you pay as your share of the cost for a medical service or item, like a doctor's visit.



Coinsurance: Your share of the cost for a covered health care service, usually calculated as a percentage (like 20%) of the allowed amount for the service.

Premium: The amount you pay for your health insurance or plan each month.

Network: The doctors, hospitals, and suppliers your health insurer has contracted with to deliver health care services to their members.

We understand how challenging it is to understand how all of the costs of healthcare affects you. We have team members dedicated to assisting you with your personal health insurance benefits! For questions or concerns, do not hesitate to call us at 407-566-BABY (2229).

Holiday Hours

We will be open Monday-Friday for regular business hours (8:00AM-5:00PM) with the exception of the following dates: Wednesday, December 8th – (closing early at 12:00 noon) and Friday, December 24th (closed all day).

DECEMBER ULTRASOUND COUPON

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

Call
407.566.2229
to schedule!



Valid 12/1/21 - 12/31/21

MEET THE PROVIDERS AT CELEBRATION OBGYN

David A. Marcantel, MD, FACOG • Robert F. Lemert, MD, FACOG
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Denise L. Klemczak, DO, FACOG • Charlene Okomski, DO, FACOG
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CELEBRATION OBSTETRICS
AND GYNECOLOGY

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Toy Buying Tips for Babies & Young Children: AAP Report Explained

Kids will be always kids, but their toys have changed and it can be overwhelming! We are inundated with all kinds of sensory-stimulating noise and light toys, and digital media-based platforms with child-oriented software and apps. The American Academy of Pediatrics (AAP) report, *Selecting Appropriate Toys for Young Children in the Digital Era*, offers guidance that can help you navigate the shopping aisles. The best toys are those that match your child's developmental skills and abilities and encourage the development of new skills.

Get Back to Basics: Traditional Toy Categories: Symbolic/pretend – Pretending through toy characters (such as dolls, animals, and action figures) and toy objects (like food, utensils, cars, planes, and buildings) help children learn to use words and stories to imitate, describe, and cope with real life events and feelings. Imagination is the key here! Imaginary play is a large part of a child's social and emotional development.

Fine-Motor/Adaptive/Manipulative: Children can learn problem solving skills with the "traditional favorites" (like blocks, shapes, puzzles, and trains). These types of toys support fine motor skills and can improve language and brain development. Some of these toys also build early math skills, as well.



Art: High quality does not mean expensive. Things as simple as cardboard boxes or pads of paper still make little ones happy. Coloring books, crayons, markers, clay, stickers all make great gifts, build creativity, and help improve fine motor skills.

✓ Use caution when you see "educational" on the label. The truth is most tablets, computer games, and apps advertised as "educational" really aren't. Most "educational" apps target memory skills, such as ABCs and shapes. These skills are only one part of school readiness.

✓ Limit video game and computer game use. Total screen time, including television and computer use, should be less than 1 hour per day for children 2 years or older and avoided for those younger than 2 years of age. Children younger than 5 years should only be allowed to play with developmentally appropriate computer or video games, ideally together with a parent or caregiver.

✓ Toy safety considerations: Government regulations, improved safety standards for the manufacture and use of toys, and product testing have

made most toys safe when used appropriately for the recommended ages and stages of development. However, unsafe toys can still be found.

A certain toy is not necessary for your child to reach his or her next developmental milestone. There is no one app that will teach your child to read. While it's easy to fall victim to the marketing, you are your child's best teacher. To read the full article, head over to our website at .

Meet n' Greet

Do you have any friends who are expecting or recently relocated to Central Florida and are looking for an incredible Pediatrician?!? Invite them to our Monthly Meet n' Greet events!! Our FREE monthly Meet n' Greet events, give potential new patients the opportunity to meet our providers and learn about our patient-centered medical home. Additionally, the providers will address any questions about our services, and they will also enjoy a tour of our beautiful office! Space is limited and will be given on a first come, first serve basis. Call us at (407) 566-9700 for more information!!



2022 Meet n' Greet Schedule

**All sessions are scheduled on Wednesdays from 5:30-6:30PM.

January 12th • February 9th • March 16th
April 13th • May 18th • June 15th

Season's Greetings

Wishing you and your families a safe, healthy and joyful holiday season. **Please note these office hour changes. We will be open Monday-Friday for regular business hours (8:00AM – 6:00PM) with the following exceptions: Wednesday, December 8th (closing early at 12:00 noon) and Friday, December 24th (closed all day).



MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

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