

# CELEBRATION OF WELLNESS

## NEWS

Issue 49

February 2022

### Celebration Obstetrics and Gynecology Welcomes Dawn Ammirata, APRN



Dawn Ammirata, APRN is a Board-Certified Women's Health Nurse Practitioner, with 20 years of experience in Obstetrics and Gynecology. Born and raised in New Jersey, her inspiration to pursue a career in health-care stemmed from her grandmother's example as a nurse. Dawn became a teen health educator in high school and worked for Planned Parenthood while attending college and earning her Bachelors of Science Degree. After working for over 16 years as a Labor and Delivery nurse at St. Barnabas Medical Center, Dawn completed her

Master's Degree as a Women's Health Nurse Practitioner from Seton Hall University in South Orange, New Jersey.

Dawn is known for being kind hearted and compassionate and always uses a team approach with her patients. Dawn has a passion for nursing and treating her patients throughout the lifespan using an individualized approach and working together to maintain optimal health for her patients.

"I am open and honest. I care about my patients. I listen and create a treatment plan as a team with my patients," Dawn Ammirata, APRN.

### What I Tell My Pregnant and Postpartum Patients About Depression and Anxiety

Nazanin E. Silver, MD, FACOG

Pregnancy and childbirth can be a vulnerable time in your life. You may experience depression and anxiety while you are pregnant or after you give birth. And you may not be sure how to get the help that you need to cope with these common challenges. Treatment is available, and it can make all the difference for you and your baby. As an ob-gyn and a women's

behavioral health psychiatrist, I help patients struggling with mental health conditions. I see their lives turn around with treatment. Here is what I wish everyone knew about depression and anxiety during and after pregnancy - including when, why, and how to find the help you need.

#### Learning to watch for symptoms is key.

Mental health changes are very common during and after pregnancy. One in five pregnant or postpartum women experience depression, anxiety, or scary thoughts. It helps to understand what signs to look out for. Both anxiety and depression can cause irritability, trouble sleeping, and poor concentration.

#### Treatment can help you and your baby.

If you think you may have anxiety or depression, finding help is one of the most important things you can do for yourself and your family. Treating mental health conditions can help you be healthier and feel better. Treatment also can help you have a healthier pregnancy, help you take better care of your baby, and improve the long-term health of you and your child.

#### There are several treatment options. They all start with a conversation.

Talk about how you are feeling with your ob-gyn or primary care doctor. Your doctor may offer treatment options or refer you to a psychiatric specialist. Treatment for anxiety and depression can involve medication and therapy. Medications can be taken even while pregnant and breastfeeding. You and your doctor should talk together about treatment options and the best path for you. Support groups and community resources may help too.

#### You can get through this. Help is within reach.

It can be hard to seek help when you are hurting and vulnerable. Any step you can take to get help can have life-changing results for you and your entire family. Remember, depression and anxiety are real and very treatable conditions. You do not have to suffer in silence.



Wishing all of our readers  
a Happy Valentine's Day!

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#### MEET THE PROVIDERS AT CELEBRATION OBGYN

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Felicia Montanez MSN, FNP-C • Dawn Ammirata, APRN

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CELEBRATION OBSTETRICS  
AND GYNECOLOGY

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### How Is the Flu Different From COVID-19?

AAP Article Summarized by Robert Dabrow, MD, FAAP



Both the flu (influenza) and COVID-19 will be spreading this fall and winter, especially among people who are not vaccinated. The two contagious respiratory viruses cause similar symptoms, so it can be hard to tell them apart. Fortunately, we have annual vaccines to help prevent the flu for age 6 months and up. In addition, this flu season, we have COVID vaccines for anyone 5 years old and up. Make sure your child gets a flu shot if they haven't already, and their COVID-19 shot as soon as they are eligible.

#### Is it COVID-19 or the flu?

Because some of the symptoms of flu, COVID-19 and other respiratory illnesses are similar, the Centers for Disease Control and Prevention (CDC) recommends testing to confirm a diagnosis. People can be infected with both flu and the virus that causes COVID-19 at the same time and have symptoms of both influenza and COVID-19. Generally, however, flu symptoms show up about 1 to 4 days after being exposed to a sick person. Typically, a person experiences COVID-19 symptoms about 5 days after being exposed to someone who is sick, but symptoms can appear 2 to 14 days after infection.

We have been overwhelmed with patients and families concerned if their child has been exposed to and/or is infected with COVID-19. What we observed in January was that almost 90% of children in our community with fever associated with flu like upper respiratory symptoms (such as runny nose, cough, sore throat, vague aches and pains) have the Omicron Variant of Covid-19. In addition, cases of Influenza continue to rise in our community. Fortunately, as the media has recently publicized, this variant is generally not associated with severe disease or lung infection or more serious complications. Most children recover completely in 3-5 days with supportive care (analgesics such as acetaminophen or ibuprofen) and do not need to be evaluated by a medical professional. Testing does not change the outcome for most healthy children and testing does not change the quarantine recommendations from the CDC.



As a result of this recent surge in cases and lack of test availability, we have been forced to discontinue routine office

testing for COVID-19 but we still have the resources to perform rapid Influenza testing. This will continue to be helpful for those patients who may need anti-viral medication for Influenza. Of course, the best measures to prevent both COVID-19 and Influenza for your child continues to be vaccination and we will offer vaccination for both diseases as long as our supply is available.

*How is the Flu different from Covid?*

American Academy of Pediatrics (Copyright © 2021)



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a Happy Valentine's Day!

### Employee of the Month

We congratulate Fabiola and Giselle as our first two "Employees of the Month." Moving forward, we will announce a new Employee of the Month in each issue of this newsletter!



### Meet n' Greet

Our free monthly Meet n' Greet events offer new potential patients, the opportunity to meet our providers and learn about our patient-centered medical home. We will address any questions you have, give you a tour of our beautiful facility and tell you all about the services we provide. All Meet n' Greet events have limited spacing, so make sure to reserve your spot today by calling our office at 407-566-9700.

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

### MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

Robert "Dr. Bob" Dabrow, MD, FAAP, Medical Director  
Nina Cavalli, MD, FAAP • Rayyan M. Anwer, MD, FAAP  
Monica Urquiola, APRN, FNP-BC, CLC • Victoria B. Bernhardt, APRN

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