

# CELEBRATION OF WELLNESS

## NEWS

Issue 48

January 2022

### Start the New Year with Cervical Cancer Awareness & Screening

Each year in the United States, an estimated 12,820 women are diagnosed with cervical cancer. Once known as one of the most common causes of cancer deaths, today cervical cancer has become one of the most preventable. Over the last 30 years, the rates of cervical cancer have diminished by more than 50%. The reason for this change is due to the increase in appropriate screenings and vaccination (Pap and HPV tests).



Regular screenings, along with follow-up care, can help detect abnormal cell changes early, which can be treated before it turns into cancer. According to the Centers for Disease Control and Prevention, starting at age 21, a regular cervical cancer screening can help you prevent the disease.

Another way to help prevent cervical cancer is to vaccinate against HPV which causes most cases of cervical cancer. According to the National Cervical Cancer Coalition, it is recommended that girls and boys, age 11 or 12, receive the HPV vaccine. About 79 million Americans currently have HPV. Many people with HPV don't know they are infected. As we enter the 2022 year, we are focused on increasing education and awareness on healthcare topics that directly affect our patients. Our healthcare professionals are here to guide you in all of your healthcare decisions. To discuss your options, give us a call at 407-566-2229.

### What I Tell Every Patient About The HPV Vaccine

By: Pamela Deak, MD, FACOG

HPV (human papillomavirus) is a virus that's spread by skin-to-skin and sexual contact. It is the most common STI (sexually transmitted infection) in the United States. Different strains of HPV are linked to most cervical cancers, genital warts, and some rare forms of cancer of the anus, vagina, penis, mouth, and throat.

Fortunately, there's a vaccine that's extremely effective at preventing HPV infection, especially when boys and girls are vaccinated before they become sexually active. Here's what I tell all my patients about the vaccine.

**The vaccine is very, very effective.** If you are vaccinated before being exposed to the virus, the HPV vaccine is 97 percent effective in preventing cervical cancer and cell changes that could lead to cancer. Plus, it's almost 100 percent effective in preventing external genital warts.

**The vaccine we use now protects against nine of the highest-risk HPV strains.** This includes the strains that cause the majority of cervical pre-cancers and cancers, and the strains that cause the majority of external lesions and genital warts.



**The vaccine is safe** – and important for public health. The vaccine has been proven to be very safe with no significant risks or side effects. And the more we vaccinate, the more we'll have a significant decrease in HPV transmission and HPV – related cancer.

**The vaccine is best for children, but adults can get it too.** The ideal age for HPV vaccination is 11 to 12, but it can be given to everyone age 9 through 26. If you are older than 26, have not been vaccinated, and are at risk of a new HPV infection, you and your ob-gyn can talk about whether you need the HPV vaccine. The vaccine is approved for people through age 45.

**It's ideal to be vaccinated when you are receiving your normal vaccinations during childhood and adolescence.** So, most of the shots are given by a pediatrician or family doctor. But ob-gyns and other health care professionals also can give adults catch-up shots if you were not vaccinated earlier.

**Most HPV transmission happens when people first become sexually active.** But women who have already tested positive for HPV usually aren't positive for all nine types that we vaccinate for. So, in some cases, we'll recommend those patients get the vaccine if they haven't already. And if you're older – midlife age, and new on the dating scene and sexually active – you should ask your doctor about the vaccine too. For questions and to schedule an appointment, give us a call at 407-566-2229.

### COVID-19 Updated Protocols

Celebration Obstetrics and Gynecology is focused on providing the best customer service and patient care possible. As we navigate the COVID OMICRON variant, please know that our priority is to ensure the safety of our patients, providers and staff members. Should you have questions or concerns, please do not hesitate to make an appointment to discuss with one of our providers.

#### JANUARY ULTRASOUND COUPON

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

Call  
407.566.2229  
to schedule!



Valid 1/1/22 - 1/31/22

#### 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 • Adriana Luciano, MD, FACOG  
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CELEBRATION OBSTETRICS  
AND GYNECOLOGY

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### What Pediatricians Wish Parents Knew About Giving Kids Medicine

Summarized By:  
Monica Urquiola, APRN, FNP-BC, CLC

Written By:  
Katie K. Lockwood, MD, Med



Over the counter medications are consistently used by parents to treat all manner of things, but it is important to remember the basics. Some of the most common questions I hear include: Is my child old enough to take this medicine? What dosage should I give? How do I administer it? Is this medicine going to help and is it appropriate to give in the current situation?

When a child has with a cold, stomach virus or other common childhood illness, parents and caregivers suddenly have to wear many hats: family doctor, nurse and pharmacist. Here, Katie Lockwood, MD, MEd, an attending physician at CHOP Primary Care, South Philadelphia, answers the most frequent questions pediatricians get from parents and what pediatricians wish more parents knew about providing medication to their children.

#### Easily accessible medication isn't necessarily safe for all uses.

Just because a product is sold in your local drug store doesn't necessarily mean it's been FDA approved or otherwise regulated. For example, dietary and herbal supplements don't fall under the FDA's jurisdiction at all. Similarly, the FDA reviews the active ingredients in OTC medications but doesn't formally approve them.

#### Some OTC medications can be abused.

Especially for older children, if you have concerns about their mental health or they have a history of substance abuse, it may be smart to limit their access to certain OTC medications.



#### Most fevers are less serious than you think.

No parent likes to see their child uncomfortable as they deal with a fever. And let's face it, anything above a very low-grade fever can look scary. Parents often want to give antipyretics (fever reducers, such as ibuprofen and acetaminophen) at the first sign of a fever. It's important to remember that fevers are our body's natural way of fighting an infection. Fever alone doesn't always need to be treated.

#### More vitamins aren't necessarily better.

Most kids with a healthy diet get enough vitamins and minerals from their food — which is the best way to get them anyway. Multiple vitamins aren't necessary for most children and could even be harmful if doses of certain vitamins are too high. Check with your pediatrician before adding any vitamins or other dietary supplements to your child's routine.

#### Keep your pediatrician in the loop.

Your pediatrician needs to know what medications (prescription or OTC) and supplements your child is taking. But they rely on you to share that information with them. Remember to update your child's medication list at each appointment or mention any new medications if you're calling with a question.

When in doubt, you can always call your pediatrician with questions about medications and/or how to handle a mistake. If you think your child is in danger because of a medication they took or the size of the dose, call Poison Control (1-800-222-1222) for quick advice or go directly to the Emergency Department.

At the end of the day, the most important item I want you as a parent to take away, is to ALWAYS keep your provider "in the loop" and when in doubt, ask about any over the counter medication. When coming into your appointments, always let us know about any medication given, OTC or prescribed. Take a picture of the medicine or bring it with you in a Ziploc bag. Remember we are here to support, educate and help your child, so the more open communication we create with our parents, the better the outcome will be for your child. To read the full article, head over our website at [www.celebrationpediatrics.com](http://www.celebrationpediatrics.com).

### 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

## 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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