

CELEBRATION OF WELLNESS

NEWS

Issue 62

March 2023

Meet Celina Ruysers, MPAS, PA-C



Celina Ruysers is a board-certified Physician Assistant with over ten years of experience in various areas of healthcare. She earned her bachelor's degree from the University of Central Florida and continued her education by earning a master's in Physician Assistant from Nova Southeastern University.

Celina offers a positive, patient-centered approach to healthcare. She believes in a holistic and collaborative approach to healthcare, focusing on the best-individualized results for every patient. She considers it an honor and privilege to care for women and help empower them through all stages of their life and is committed to providing compassionate, evidence-based health care to all patients.

Celina is married with two beautiful girls. In her spare time, Celina enjoys reading, paddleboarding, dancing, loves animals, and travels to places where she cannot have a cell phone.

Call us today to schedule an appointment at (877) 800-0239 or visit our website at www.celebrationobgyn.com.

The Top 6 Pregnancy Questions I Hear From First-Time Moms

By Dr. Anne Srisuro



1. Are there any foods I should avoid during pregnancy?

There are excellent resources online that cover healthy eating. It boils down to this: You don't want to eat something that might contain bacteria that could make you sick.

2. Can I keep drinking coffee?

There has been research on whether caffeine increases the risk of miscarriage or preterm birth, but the results are unclear. Most experts agree that drinking about one cup of coffee daily is safe. When calculating your intake, consider tea, chocolate, soft drinks, and other caffeine sources.

3. Can I keep exercising? Or can I start a new exercise routine?

If you're already active, we encourage you to continue exercising. We recommend 30 minutes of moderate exercise most days of the

week, for 150 minutes each week. Walking, swimming, and yoga are some of the safest exercises you can do while pregnant.

4. How much kicking should I feel? When should I be concerned?

Once you start feeling the fetus move, you should feel something every day until about 7 months. If you begin to feel less movement than what you think is normal, you can ask your ob-gyn if they recommend kick counts.

5. Do I need to sleep on my left side? Can I sleep on my belly?

Many women read online that they should sleep on their left side throughout their pregnancy, but that's difficult and unnecessary. You can sleep on either side, right or left.

You want to avoid sleeping on your back later in pregnancy. As your belly grows, sleeping on your back puts more pressure on the blood vessels that supply blood to your uterus.

6. Is it normal to be short of breath?

Yes, it's perfectly normal. You may find you can go up a flight of stairs with minimal effort, but you are short of breath. Shortness of breath can start early in pregnancy - it has to do with how pregnancy hormones affect the lungs.

To read the full article, please visit our website at www.celebrationobgyn.com.



Daylight Savings Time

Are you ready to spring forward? This year daylight savings time begins on Sunday, March 12, 2023, at 2:00 am. You will lose an hour of sleep.

Happy St. Patrick's Day

Originally this was a day to honor St. Patrick, the patron saint of Ireland. The day has evolved into a fun and festive celebration of Irish culture. Happy St. Patrick's Day!



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Candice M. Wilson, DNP, MSN, APRN, FNP-C



Dr. Candice M. Wilson is a board-certified family nurse practitioner with exceptional educational training and experience. Candice earned her bachelor's degree from Southern University and A&M College. She continued to make a Master of Science and a Doctor of Nursing from Maryville University.

Dr. Wilson is passionate about pediatric care and childhood obesity. In her own words, "I am passionate about providing quality care and educating patients about their health. I have always loved caring for others and would often babysit my younger cousins growing up.", she said.

Dr. Wilson enjoys listening to music and spending time with her family. She loves to cook, travel and enjoys all things fashion related.

Call us today to schedule an appointment at (866) 595-5113 or visit our website at www.celebrationpediatrics.com.

Helping Children Handle Stress

From The American Academy of Pediatrics



As children reach their school-age years, they may experience pressure from several sources. These may be from within the children themselves, as well as from parents, teachers, peers, and the larger society.

This pressure can take many forms, to which children must respond and adapt. Whether these events are lasting, like their parents' divorce, or merely a minor hassle like losing their homework, these demands or stresses are a part of children's daily lives.

Dealing with stress in daily life

Children welcome some events and can adapt to them with relative ease. Other events may feel to them like threats to their own or the family's daily routines or a general sense of well-being. These stresses can be more troublesome. Most stress children face somewhere in the middle: neither welcomed nor seriously harmful, but rather a part of accomplishing the tasks of childhood and learning about themselves.

Children may have to cope with a bully on the playground, a move to a new neighborhood, a parent's serious illness, or the

disappointment of a poor sports performance. They might feel a constant, nagging pressure to dress the "right" way or to achieve the high grades that can put them on track toward the "right" college. Children may also worry about making friends, dealing with peer pressure, or overcoming a physical injury or disability.

Good and bad stress

Not all stress is a bad thing. For example, moderate amounts of pressure from a teacher or a coach can motivate a child to keep her grades up in school or to participate more fully in athletic activities. Successfully managing stressful situations or events enhances a child's ability to cope in the future.

Children are future adults; through these experiences, they develop resilience and learn to deal with life's inevitable bumps and hurdles. However, when the stress is continuous or particularly intense, it can take a toll on both the psyche and the body.

Remember

Talk with your pediatrician about ways to help your child manage stress.

To read the full article, please visit our website at www.celebrationpediatrics.com.



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Happy St. Patrick's Day

The luck of the Irish and all things green are celebrated on St. Patrick's Day. Have a Happy St. Patrick's Day!

Spring Break

Spring Break is coming up, and it is a perfect time to schedule your child's annual physical or well-baby appointment. Do you have questions regarding your child's health? We are happy to help. Call us today to schedule your appointment.



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