

CELEBRATION OF WELLNESS

NEWS

Issue 63

April 2023

Celebration Obstetrics & Gynecology is Celebrating 25 Years of Women's Healthcare

By: Jill M. White

The privately owned medical Practice founded in 1998 by David A. Marcantel, MD, FACOG, now has over 70 employees in 3 locations, serving more than 60,000 women in Central Florida. The roots of this success story go back to Dr. Marcantel's goal to provide patients with the highest level of clinical care and customer service and to remain private to serve patients like they were family. Dr. Marcantel reflects on those early days of practicing medicine. He said, "I remember that first day, March 1998, when we opened our office in a shared space in Downtown Celebration. I prayed the phone would ring and patients would come; it was an anxious time as a small business owner venturing on my own."



Today, 25 years later, Celebration Obstetrics & Gynecology continues to care for the same women they started with. They have seen them from adolescents through fertility, childbirth, and menopause. Dr. Marcantel shares, "Fast forward to today, and we are now delivering the babies of babies we delivered 25 years ago. What an extraordinary gift to continue to care for women through all stages of their life. Over these 25 years, we have held their hands when they were giving birth, and we have held their hands when we have had to share a difficult diagnosis. We sit with every woman through every stage of her life."

"I look forward to the next 25 years and the extraordinary team that makes up our Practice. I am grateful to every patient, colleague, and staff member who has been with me along this remarkable journey. The best is yet to come!" David A. Marcantel, MD, FACOG

Celebration Health & Wellness Launches InMode, Minimally Invasive Cosmetic Treatments

By: Jill M. White

Celebration Health & Wellness offers patients a chance to experience rejuvenated skin through the innovation of the InMode minimally invasive treatment options in Winter Garden. All procedures are carried out using the Optimas system, which is one machine that encompasses a suite of technologies all in one place. The patient experience is enhanced through better overall results from a single treatment session.



Treated Conditions:

- Hyperpigmentation
- Acne Scarring
- Skin Resurfacing
- Skin Laxity
- Fine lines and wrinkles
- Sun Damage
- Spider Veins
- Scars

The non-invasive and minimally invasive treatments for tightening or rejuvenation, that are typically pain-free in most cases, are great options for patients. For aesthetics that genuinely please the eye, InMode Optimas and Morpheus8 provide a cutting-edge solution for our Celebration Health & Wellness patients. For additional information on InMode cosmetic treatments, contact Crystal Karava.

Crystal Karava is the Winter Garden Office and InMode Coordinator. She can be reached at InMode@chealthwell.com.



Happy Easter



Easter is a time to rejoice, be thankful, and be assured that all is forgiven, so life extends beyond the soil of the earth.

Celebration Obstetrics & Gynecology will be closed on Monday, April 10, 2023 in observance of the Easter holiday. Normal business hours will resume on Tuesday, April 11, 2023.



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Call 877-800-0239 to schedule!

Valid 4/1/23 - 4/30/23

Congratulations, Dr. David A. Marcantel and Celebration Obstetrics & Gynecology, on an incredible achievement! The company looks forward to sharing throwbacks, tributes, special events, and exciting new services throughout its 25-year celebration.

MEET THE PROVIDERS AT CELEBRATION OBGYN

David A. Marcantel, MD, FACOG • Michele Johnson, MD, FACOG • Yamines Alifonso-Amador, MD, FACOG
Norris M. Allen, MD, FACOG • John Kim, MD, FACOG • Denise L. Klemczak, DO, FACOG • Robert F. Lemert, MD, FACOG
Adriana Luciano, MD, FACOG • Charlene Okomski, DO, FACOG • Jordana Reina, MD, FACOG
Dawn Ammirata, APRN • Felicia Montanez MSN, FNP-C • Victoria E. Richione, APRN, FNP-C
Valentina Acosta-Moreno, MS, PA-C • Paula Ardila, PA • Elizabeth Ide, MPAS, PA-C • Celine Ruyssers, MPAS, PA-C

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 Celebration
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Picky Eaters

By Nina Cavalli, MD, FAAP

Everyone has their likes and dislikes, including their parents. If you are making the food for your household, you will usually not make something you dislike (for me, that is Brussel sprouts). What defines a picky eater? According to the dictionary, a picky eater is a person averse to a wide variety of foods, often displaying an unwillingness to try new foods or any food that contains even a tiny amount of food they do not like.

Picky eating is prevalent in pediatrics, especially in early childhood. Children want to feel in control and will choose what they will eat. What can a parent do to combat this behavior? Here are a few pointers to get your child eating better:

- 1) Introduce new food gradually, in small amounts, and with other food they like.
- 2) Make their plate colorful, and with a few different shapes, a bright and fun plate is more appealing to eat.
- 3) Don't force your child to eat if he is full.
- 4) Eat meals as a family, modeling good eating habits.
- 5) Set realistic expectations about portion sizes; your toddler should eat less than an older sibling or you.



6) Avoid making a separate or alternate meal for your child; you may have "favorites" available at the end of the day (but not on the table at mealtime).

7) For older children, involve them in shopping and preparing meals.

8) Use non-food rewards such as extra playtime or game time to motivate improved eating habits/variety.

9) Dessert should be dessert – not a reward for trying new food. Dessert should not be every night.

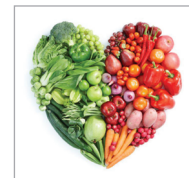
10) Limit snacks and drinks between meals, especially sodas, juices, and "junk food"; even milk should be limited in older children. Water is okay to give, especially on hot Florida days.

For additional information or to schedule an appointment with Dr. Cavalli, call 407-566-9700.



5 Great Reasons to Cook with Your Kids

By: Nimali Fernando, MD, MPH, FAAP



Kids may need to have frequent joyful experiences involving food to overcome the anxiety around tasting the unfamiliar. Over time, cooking with your children can help build that confidence - and provide rich sensory experiences.

Here are five ways to enjoy cooking with your children while raising an adventurous eater.

Engage other senses. You can help your child explore foods when cooking using other senses besides taste.

Use cooking to raise smart kids. Math concepts like counting, measurement, and fractions naturally unfold when navigating a recipe with kids.

Make cooking part of the family culture. Family meal preparation lets you celebrate your cultural heritage by passing down recipes.

Keep it safe. Teach kids the importance of staying safe while cooking by showing them how to hold kitchen tools safely, use oven mitts to protect hands from heat, and turn appliances on and off safely.

Ask for input. Children feel more included in mealtime when they are asked to be a part of meal preparation. Collaborate with your kids when selecting recipes for main dishes or sides.

Over many years, cooking as a family will help develop a happy, adventurous eater with valuable life skills - and plenty of happy memories in the kitchen. With enough practice, your child will someday be able to cook YOU a delicious meal!

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

Happy Easter

May this joyful season of Easter fill your heart with renewed hope, love, and peace.



Celebration Pediatrics will be closed on Monday, April 10, 2023 in observance of the Easter holiday. Regular business hours will resume on Tuesday, April 11, 2023.



Connect With Us

MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

Robert "Dr. Bob" Dabrow, MD, FAAP, Medical Director • Rayyan M. Anwer, MD, FAAP • Nina Cavalli, MD, FAAP
Michelle D. Toma, MD, FAAP • Zulma Zorrilla-Pabon, MD • Janil Toribio, APRN, MSN, CPNP-PC
Monica Clark, APRN, MSN, FNP-BC • Connie Ortiz, MSN, APRN, FNP-C • Candice Wilson, DNP, APRN, FNP-C

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