

CELEBRATION OF WELLNESS

NEWS

Issue 71

December 2023

The E-cigarette Epidemic

A Summary of E-Cigarettes and Similar Devices, an article published in the February 2019 issue of Pediatrics.



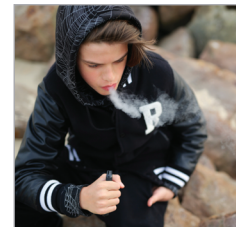
By Rayyan Anwer, MD, FAAP

Several years ago, during the introduction of e-cigarettes to the marketplace, the general appeal was the possible reduction of negative health impacts in relationship to cigarette smoking, the "number one cause of preventable death in the United States, killing 480,000 people every year." At the same time, e-cigarettes do not contain as many carcinogens as traditional cigarettes, but they still have harmful toxins and carcinogens. It can be so addictive that in a recent meta-analysis, "adolescents and young adults (14–30 years of age) who have used e-cigarettes are 3.6 times more likely to report using traditional cigarettes at follow-up compared with those who had not."

The most concerning aspect of e-cigarettes is that their use has increased dramatically over the past decade, making them the most common tobacco product used among youth. "According to 2018 data, one in five high school students and one in 20 middle school students use e-cigarettes, a 75% increase from 2017. Increasing overall tobacco use and reversing a decline observed in recent years." This is especially problematic as "Nicotine is a highly addictive drug that can have lasting damaging effects on adolescent brain development."

"In early adolescence, executive function and neurocognitive processes in the brain have not fully developed or matured. Adolescents are more likely to engage in experimentation with substances such as cigarettes, and they are also physiologically more vulnerable to

addiction." "The earlier in childhood an individual uses nicotine-containing products, the stronger the addiction and the more difficult it is to quit." "Furthermore, adolescents perceive that e-cigarettes with flavors are less harmful than those with tobacco flavors, creating a potential misperception that e-cigarettes with flavors do not contain nicotine."



Expert Consultation for Adolescent Health with Dr. Anwer

Dr. Anwer is committed to improving adolescent health and is eager to meet with your family. For more information, visit our website at www.celebrationpediatrics.com to read Dr. Anwer's full article, or to schedule an appointment, call 877-595-5113.

Prioritizing Postpartum Self-Care with Celebration Aesthetics

At Celebration Aesthetics, we understand that being a mom is a full-time job, and it can be hard to find time for self-care. However, we believe that it is important for postpartum moms to make time for their own needs, including their physical and emotional well-being. That's why we invite you to take a moment for yourself and visit Celebration Aesthetics.

Please take a moment for yourself and explore our offerings. For more information, contact Spa Coordinator Angelina at 407-566-2255.

****Mention this article, and you will receive a \$50.00 credit towards any aesthetic treatment.**

Join Us for Our Monthly Meet & Greet Event! Tuesday, December 12, 2023, 5:30 PM.

We invite new prospective patients to attend our free monthly Meet & Greet events to meet our providers and discover more about our patient-centered medical home. Secure your spot now by calling our office at 407-566-9700.



Same Day Sick Appointments

As the cold and flu season approaches, we understand the urgency of your child's health. That's why we offer same-day-sick appointments at Celebration Pediatrics. To schedule an appointment, please call us at 877-595-5113.

Happy Holidays

"The joy of brightening other lives becomes, for us, the magic of the holidays." - W. C. Jones



Celebration Pediatrics will be closed for the Christmas holiday on Monday, December 25, 2023. Regular business hours will resume on Tuesday, December 26, 2023.

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 • Monica Clark, APRN, MSN, FNP-C, CLC
Cristina Johnson, MSN, APRN, FNP-C • Connie Ortiz, MSN, APRN, FNP-C • Candice Wilson, DNP, APRN, FNP-C

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WINTER GARDEN: 1997 Daniels Rd • Winter Garden, FL 34787

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Pediatrics**



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Introducing Our Newest Team Member at Celebration Obstetrics & Gynecology

We are delighted to announce that Aledyandra Crespo-Nieves, MD, has joined our team of exceptional healthcare providers at Celebration Obstetrics & Gynecology.



Aledyandra Crespo-Nieves, MD, an accomplished physician, was born in the beautiful city of San Juan, Puerto Rico, and later migrated to Orlando as a teenager. She graduated from The University of Central Florida with a molecular biology and microbiology degree and earned her medical degree from Universidad Autónoma de Guadalajara. Following the completion of her medical degree, she completed her residency at Saint

Luke's Episcopal Hospital in Ponce, Puerto Rico, where she provided exceptional care to a diverse patient population, including those with high-risk pregnancies. Dr. Crespo-Nieves's expertise extended to laparoscopic surgery, earning her certification in Fundamentals of Laparoscopic Surgery during her residency.

Dr. Crespo-Nieves earned the distinguished position of Administrative Chief Resident at St. Luke's Hospital following her tenure in Puerto Rico. Her areas of interest include minimally invasive surgery, adolescent education, preventive medicine, and family planning. She is passionate about fostering positive patient relationships and collaborating with women to help them achieve their healthcare objectives. While she derives a sense of accomplishment from guiding mothers and children to term, nothing compares to the profound experience of witnessing a mother bonding with her child for the first time.

Dr. Crespo-Nieves, an OBGYN based in central Florida, attributes her success to her fluency in both English and Spanish, a valuable asset in the increasingly diverse field of medicine. She recognizes the importance of balancing time spent with her family, including her young son and husband, outside the realm of patient care. The family enjoys salsa dancing as a form of exercise, indulging in their love of food, and exploring new travel destinations to satisfy their craving for adventure. Movie nights with loved ones are a cherished tradition in their household.

We are delighted to welcome Dr. Crespo-Nieves to our practice! For appointments with Dr. Crespo-Nieves, please get in touch with us at (877) 800-0239.

Celebrate the Festive Season with the Gift of Beauty and Self-Care

The holiday season is all about giving, so why not treat yourself or a loved one to a luxurious gift this year? At Celebration Obstetrics & Gynecology, we believe every woman deserves to feel confident and beautiful in her skin. That is why we offer a range of non-surgical aesthetic services designed to enhance each individual's natural beauty. Whether you're looking for vaginal rejuvenation, getting rid of that annoying in-grown hair, or addressing stretch markings and remodeling the skin, we are dedicated to providing you with the highest level of care and attention.



Our gift certificates offer the perfect opportunity to indulge in some much-needed self-care. **Mention this article and you will receive a \$50.00 credit towards any aesthetic treatment.

The Importance of Regular Well-Woman Exams for Your Health



Scheduling a routine well-woman exam is vital to maintaining your health, as it can identify early signs of serious health problems, such as cancer. These exams are mainly focused on your reproductive health, but your overall health will also be evaluated. Please don't hesitate to contact us at (877) 800-0239 to arrange your well-woman exam and ensure you're doing well.

Happy Holidays

"Remember this December, that LOVE weighs more than gold." - Josephine Dodge Daskam Bacon



Our office will be closed on Monday, December 25, 2023, to celebrate the Christmas holiday. We will reopen on Tuesday, December 26, 2023, for our regular business hours.

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 • Aledyandra Crespo-Nieves, MD • John Kim, MD, FACOG • Denise L. Klemczak, DO, FACOG
Robert F. Lemert, MD, FACOG • Adriana Luciano, MD, FACOG • Charlene Okonski, DO, FACOG • Jordana Reina, MD, FACOG
Dawn Ammirata, APRN • Victoria E. Richione, APRN, FNP-C • Valentina Acosta-Moreno, MS, PA-C • Paula Ardila, PA-C
Elizabeth Ide, MPAS, PA-C • Celine Ruysers, MPAS, PA-C

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