

CELEBRATION OF WELLNESS

NEWS

Issue 60

January 2023

Celebration Health & Wellness: A Healthier Life, Begins with Exceptional Care

By: Jill M. White, VP of Marketing

For more than 20 years, Celebration Obstetrics & Gynecology and Celebration Pediatrics' owners, Dr. David A. Marcantel and Kelly M. McCarthy have remained steadfast in maintaining independent and privately-owned healthcare companies with accessible and exceptional service to central Florida families. Providing compassionate, state-of-the-art care and maintaining focus on the best interest of the patients we serve at the forefront of healthcare has resulted in tremendous growth, catapulting new opportunities for the future of healthcare.



David A. Marcantel,
MD, FACOG



Kelly M. McCarthy
CEO

"We are thrilled to share with our patients and the public that on January 1, 2023, Celebration Obstetrics & Gynecology and Celebration Pediatrics will unite as **Celebration Health & Wellness**, focusing on the mission that **A Healthier Life, Begins with Exceptional Care**, said David A. Marcantel, MD, Chief Medical Officer. He continues, "By joining like-minded practices, we are making healthcare better for everyone."

Celebration Health & Wellness, Inspired by Faith, Driven by Innovation, and Centered in Service will include Obstetrics & Gynecology and Pediatrics branches while supporting the M Family Foundation to serve women and children facing a cancer diagnosis. Chief Executive Officer Kelly M. McCarthy said, "We know that Wellness truly encompasses the whole person. For twenty-five years, we have served women and children in central Florida with their healthcare needs, and we plan to expand our services with emotional, mental, and financial care for the next twenty-five years."

For additional information about Celebration Health & Wellness, head over to www.chealthwell.com.

Celebration Obstetrics & Gynecology and Celebration Pediatrics at Winter Garden – ARE NOW OPEN!



Our Winter Garden office, located at 1997 Daniels Road, Winter Garden, FL 34787, is accepting new patients for Celebration Obstetrics & Gynecology and Celebration Pediatrics. To schedule your appointment, call the contact information below.

 Celebration
Obstetrics & Gynecology

Call 877-800-0239

Celebration
Pediatrics 

Call 866-595-5113

"Each morning, we are born again. What we do today is what matters most." - Buddha

Follow us!



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When Making Health Care Decisions, Your Voice Matters

Sharing your values and preferences helps doctors provide the best care, an ob-gyn explains.

By Dr. Catherine Witkop

My patient "Valerie" comes to me with a decision: which birth control to use. As her ob-gyn, it's my job to help her choose the correct method.



I know many things about Valerie: her age, height, weight, medical history, etc. From our many conversations over the years, I also know she and her husband want to start a family but aren't quite ready yet. Valerie travels for work and trains for triathlons in her free time.

When a doctor helps you decide, personal details like these are just as relevant as your medical history, if not more so. So we consider your values and preferences along with the benefits and risks of the options in front of you

Two-Way Conversation

It's easy to understand the ob-gyn's role in the doctor-patient relationship. Your ob-gyn comes to the table with deep knowledge of women's health care and the science behind medical recommendations. They also draw on their experience with treating past patients.

You Have a Voice

You have an entire life outside of the doctor's office. Naturally, your

healthcare team wants to know about that life and where you're coming from. So when we partner to make decisions, we provide the best care possible.

At Celebration Obstetrics & Gynecology, we want to be your partner in making the best healthcare decisions possible. To schedule an appointment, give us a call at 877-800-0239. To read the full article, please visit our website at celebrationobgyn.com.

A "Perfect" Parent

Is there such a thing as a "perfect" parent?

By the American Academy of Pediatrics

Many people believe in the myth of the perfect parents - the ideal mother and father who raise happy, well-adjusted problem-free children. But, in truth, there is no such person as a perfect parent or child.

Problem behavior is common among school-age children and takes up a significant portion of a parent's time. At any one time, on average, school-age children have about five or six traits or behaviors that their parents find challenging. These might include not complying with simple requests, avoiding chores, spending too much time watching TV or playing videos, engaging in sibling rivalry, or needing help completing homework.

Mistakes are OK

As a parent, you need to recognize that it is normal to feel worried, confused, angry, guilty, overwhelmed, and inadequate because of your child's behavior. That is part of being a parent. It is futile and self-defeating to try to be perfect or to raise perfect children.

All parents and all children make mistakes in their attempts to communicate and deal with one another and in trying to solve problems. Parents need to trust themselves and their instincts. Mothers and fathers tend to have good intuition and knowledge of their children.

Flexible Parenting

However, parents who "live for their children" are putting themselves in a vulnerable position, setting themselves up for possible disappointment, frustration, and resentment. They are also being unfair to their family. Parents should expect only some fulfillment from their children or the parenting role. Parents need other activities to fulfill their self-images and other sources of love and nurturing. They need time to be adults and for themselves - and a break from children and parenting responsibilities. To read the full article, please visit our website at celebrationpediatrics.com.

MEET THE PROVIDERS AT CELEBRATION OBGYN

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Celebration
Obstetrics & Gynecology

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Michelle D. Toma, MD, FAAP • Zulma Zorrilla-Pabon, MD • Janil Toribio, APRN, MSN, CPNP-PC
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