

CELEBRATION OF WELLNESS

NEWS

Issue 3

April 2018

ThermiVa: Reversing the effects of childbirth and aging!



Celebration Obstetrics and Gynecology is excited to introduce a treatment option for women wanting to reverse the effects of childbirth and/or aging. We are now offering ThermiVa therapy!! ThermiVa is a new non-surgical, non-invasive, and non-hormonal feminine rejuvenation treatment. This treatment uses controlled radiofrequency energy to gently heat tissue with little to no discomfort or downtime. The results patients have received from the

ThermiVa treatments are incredible. There is success in treating Vulva Vaginal Laxity, Prolapse, Stress Incontinence, Overactive Bladder, and Orgasm Dysfunction.

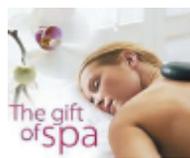
ThermiVa™ gives women a choice. Women do not have to resort to surgeries for their female rejuvenation. Surgeries like labiaplasty, vaginoplasty, bladder surgeries, and prolapse surgeries often require lengthy and painful recoveries as well as serious complications. With ThermiVa™, women now have a non-surgical option that will leave them feeling like themselves again!

To find out more information, or to see if you would be a great candidate for ThermiVa, give us a call today at 407-566-2229!

THERMiVa™

April Asking!

We know that the BEST way to continue helping women with all their obstetrical and gynecological needs is with YOUR referral!!! YOUR recommendation is the most powerful way to reach others. During the month of April, we are asking our patients to share their experiences and recommendation on the Celebration ObGyn Google Business and Yelp pages! For every referral submitted on these platforms, we will enter your name for a chance to win a Spa Gift Certificate!!! Limited to 2 entries per person.



Time for your annual exam? What you need to know before arriving!



Preventative care (or well services) is central to Celebration ObGyn's philosophy of care. For this reason, routine preventative exams are usually covered at 100 percent when they are received from an in-network provider. Below are a few answers to questions we frequently receive from our patients!

Q: What is the purpose of a routine preventative exam (annual physical)?

The purpose of a routine preventative exam is to identify potential health problems in the early stages when they may be easier and less costly to treat.

Q: What is the definition of a routine preventative exam?

A routine preventative exam is technically defined as periodic comprehensive medicine evaluation and management. They include the following:

- ✓ Past medical, social, and family history
- ✓ Complete physical exam and review of body systems
- ✓ Review of medications and immunizations
- ✓ Counseling/anticipatory guidance/risk factor reduction interventions
- ✓ Review of age/gender appropriate screening tests

Q: Why did I receive a bill after my routine preventative exam when it was supposed to be covered at 100%?

This exam is prevention focused, not problem focused. If you have a brand new health problem or other diagnoses that need to be addressed during your preventative office visit (like high blood pressure, diabetes, skin rash, or headaches), your provider may bill part of the exam toward your preventative care and part of the exam for treatment of your diagnosis. For this reason, your insurance company may leave you responsible for a copay, co-insurance or apply part of the visit to your deductible. Always check with your insurance company for explanation of your benefits.

MEET THE PROVIDERS AT CELEBRATION OBGYN

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Time for your check up! Time for your check up! A Parent's Guide to getting their child excited for their annual visits:



Let's be honest, there are few things that sound worse to a kid than an appointment with their doctor. Whether it is a check up or a sick visit, all parents can probably use these tips for making your child's doctor appointments easier. Dr. Chrystal de Frietas, a pediatrician based in San Diego with over 34 years of experience, published the book, *Jake's Kindergarten Checkup*, as a way to help kids get over their anxieties about seeing a doctor.

1. Prep Your Kid In A Way That's Best For Them

When it comes to your child, you know them better than anyone. If a child gets anxious knowing an appointment is coming up, then telling that child too early creates more anxiety. Other kids may need at least a day to prepare themselves. Prepare your child for their appointment in the best way depending on their individual personalities.

2. Let Them Play Doctor

You can prep your child for their appointments in fun ways. Spend time playing doctor with them. When your little one gets to play doctor with toys or with you, they'll learn to feel more comfortable with their own pediatrician.

3. Validate Their Feelings

You can't control if your child is nervous and worried about their appointment, but you can validate their feelings with de Fretia's "power of three" rule.

Ask them: 'You are really afraid to come here, aren't you?' They will say yes. 'You think it's going to hurt, don't you?' Again, they will say yes. Then finally ask, 'You wish you could go home right now, don't you?' They will answer yes.

Pause for a moment and then tell them that you know they are afraid, you know they think it will hurt, and that you know they want to go home. Then say that when they finish the appointment, you two can

go have a treat. After that, stop talking. Too much talking can make them more anxious. By letting them answer your questions, you're validating their feelings and letting them know that they are heard.

As the parent, you are the best advocate for your child. At Celebration Pediatrics, we want to partner with you and your child to find the best way to keep their anxieties at bay while providing the absolute best medical care.

Autism Awareness Month

Nearly a quarter century ago, the Autism Society launched a nationwide effort to promote autism awareness, inclusion, and self-determination for all. The Autism Society strives to ensure that each person with ASD is provided the opportunity to achieve the highest possible quality of life. This year, we want to go beyond simply promoting autism awareness. We want to encourage friends and collaborators to become partners in the movement towards acceptance and appreciation.



The Autism Awareness Puzzle Ribbon is the most recognized symbol of the autism community in the world. Autism prevalence is now 1 in every 68 children in America. You can show your support for people with autism by wearing the Autism Awareness Puzzle Ribbon. This ribbon can be a pin on your shirt, a magnet on your car, a badge on your blog, or even your Facebook profile picture! The Autism Society Florida Chapter will have opportunities to donate, volunteer, and support local families. We encourage our patients to check out their website at <http://www.autismfl.com/> for service opportunities!

Easy, Cheesy PROTEIN-RICH Scrambled Egg Breakfast

- ✓ 2 Eggs ✓ 2 Egg Whites
- ✓ 1/4 C Cottage Cheese
- ✓ 1/4 C Tri-blend peppers ✓ Salt & Pepper
- ✓ Coconut Oil (Non-stick cooking spray for skillet)



Whip up first 4 ingredients in a bowl. Spray skillet with coconut oil, and cook eggs until the bottom of the eggs begin to firm (approximately 1-2 minutes). Add salt & pepper to taste. Enjoy!

INSURANCE UPDATE!

Celebration Pediatrics is happy to announce that we are now in network with Disney HMO Allegiance for Orlando Health Network! Celebration ObGyn patients - we are working to also be in network for you... stay tuned!



Celebration Pediatrics



Fluoride Treatments Now Available!

Tooth decay is a significant health problem for children today. Fluoride treatment is one of the most effective ways to prevent tooth decay and maintain excellent dental health in children. According to the American Academy of Pediatric Dentistry (AAPD), professionally applied topical fluoride treatments are effective in decreasing dental decay in children as well, especially those in a high risk category for decay.

