

CELEBRATION OF WELLNESS

NEWS

Issue 5

June 2018

Ready, Set, Mark Your Calendars!

Announcing the 2nd Annual Cancer Superheroes 5K and Fun Run - Coming in September!



Celebration Obstetrics and Gynecology and Celebration Pediatrics have teamed up again for a philanthropic event to honor, raise awareness, and support those affected by Ovarian and Pediatric cancers. The 2017 Celebration Cancer Superhero 5K and Fun Run was a tremendous success with over 300 participants! Among the participants, we even had

some "virtual runners" representing 12 states and 3 international countries. M Family Foundation founders, Kelly M. McCarthy and Dr. David A. Marcantel are truly inspired with this charitable endeavor. "Our inaugural event was an opportunity for our two businesses to combine forces in honoring our loved ones lost too soon. Rebecca Marcantel, Bridget Jenkins, Michelle Owens, Andrew Rypien, Noah Larkin, and TJ Reilly are women and children who will be forever missed. We were so excited to watch the family members of our honorees greatly support our event. It was such a fun and inspiring day for all, and we look forward to significantly raising the bar in September!" *Dr David A. Marcantel.*

**Mark your calendars for
SUNDAY, SEPTEMBER 9, 2018 @ 8:00 AM!**

For sponsorship, volunteer and group registration information please contact Event Director, Jill White @ infocs5k@gmail.com Register today at the Celebration Pediatrics Facebook page!! Registration fee is \$35.00 - strollers are welcome!!

ULTRASOUND FOR \$75



**GE HD 'Quick Peek' Ultrasound \$75
Available daily 12-1pm & 4-5pm
at Celebration Obgyn**

Please call 407.566.BABY

National Cancer Survivor - Employee Spotlight

There are certain days in our lives that are forever carved into our memories. Events like graduation, marriage, or the birth of a child are so significant and are celebrated with excitement, gratitude and joy. But then there are days when we are delivered sobering news. These days are also etched in our memories forever and can be life changing. Celebration ObGyn and Celebration Pediatrics Vice-President of Marketing, Jill M. White, remembers a day that forever changed her life as a young mother in April of 2013.

"That six letter word was something I never expected to hear. My youngest daughter Giuliana was not even a year old, so to say that I was terrified is a complete understatement. Sarcoma cancer is a soft tissue cancer, so my only hope of surviving was to catch the cancer early. I was blessed with an outcome that not many people with this type of cancer receive."



After multiple surgeries, scans, and appointments, Ms. White received confirmation on July 8, 2013 that she was cancer-free!

MEDICAL WEIGHT LOSS

Have you tried every diet, exercise and fitness program with little to no success?? We know that with the correct diagnosis, support and care we can help you reach your health goals!



Our doctors can give you the right resources to get you feeling your best just in time for summer! Give us a call for more information about Medical Weight Loss!

MEET THE PROVIDERS AT CELEBRATION OBGYN

David A. Marcantel, MD, FACOG • Robert F. Lemert, MD, FACOG
Farah T. Mahbub, MD • Jennifer R. Vande Velde, DO, FACOG
Kanisha L. Sierra-Rios, MD • Suzette C. Boyette, MSN, ARNP
Michelle Perez, Diagnostic Medical Sonographer

www.CelebrationObgyn.com
410 Celebration Place, Suite 208,
Celebration, FL 34747
407-566-BABY (2229)



CELEBRATION OBSTETRICS
AND GYNECOLOGY

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Welcome Our New Medical Director: Dr. Robert Dabrow

Celebration Pediatrics is thrilled to announce that Dr. Robert Dabrow is joining us as our Medical Director. Dr. Dabrow graduated cum laude from Franklin and Marshall College in 1979 and attended Medical College of Virginia in 1984. Dr. Dabrow went on to do a pediatric internship at Medical College of Virginia followed by a pediatric residency at Baylor College of Medicine. Most recently, Dr. Dabrow was the Associate Director of Pediatric Residency at Florida Hospital. Dr. Dabrow is a very experienced and diversified pediatric physician. He practices evidence-based medicine and is an accomplished teacher.



"When patients are in my care, it is my goal that every single child and family member is treated as if they are my own. I have a great passion for teaching. When parents feel that they are partners in their child's health, we accomplish great things." Dr. Dabrow and his wife Lisa have three adult children and live in the Dr. Phillips area. The appointment of Dr. Dabrow to Celebration Pediatrics will continue to elevate the level of service, expertise, and care for the precious children in central Florida. We are thrilled to have him on our team!

Celebration Arts Academy Summer Camps!!!

Celebration Arts Academy is owned and operated by Celebration residents Christina and Sean Gerrity. This husband and wife team bring over 40 combined years of professional performing experience to their company. By using their art forms as their vehicle, they've travelled the world and achieved their dreams. Their mission is to have professional performers educating and inspiring the next generation of performing artists. Through dance, aerial, music, and acting, Celebration Arts Academy will equip your young performer with all of the tools necessary to achieve their dreams.

CAA is offering half and full day camp options for children ages PreK to 18 in Ballet, Creative Dance, Acro, Circus, Musical Theatre, and more!! Go to their website to register today! www.celebrationartsacademy.com



Burn, Baby, Burn: Sun Safety and Protection Tips from the American Academy of Pediatrics

Spending time outdoors is a great way to enjoy your summer break, but we must be diligent in protecting our children from the unforgiving Florida sun. Everyone is at risk for sunburns, but children need to be especially protected as most sun damage occurs in childhood.



Here are some tips to help:

- The sun's rays are the strongest between 10 a.m. and 4 p.m. Try to keep out of the sun during those hours.
- Wear commercially available sun-protective clothing, like swim shirts.
- Most of the sun's rays can come through the clouds on an overcast day, so use sun protection even on cloudy days.
- When choosing a sunscreen, look for the words "broad-spectrum" on the label. This means that the sunscreen will protect against both ultraviolet B (UVB) and ultraviolet A (UVA) rays. Choose a water-resistant sunscreen and reapply every two hours or after swimming, sweating, or towel drying. You may want to select a sunscreen that does not contain the ingredient oxybenzone. This is a sunscreen chemical that may have hormonal properties.
- Zinc oxide is a very effective sunscreen and can be used as extra protection on the nose, cheeks, ears, and shoulders.
- Put on sunscreen 30 minutes before going outdoors - it needs time to work on the skin.
- If your child gets a sunburn that results in blistering, pain, or fever, contact your pediatrician.

School's OUT for the Summer

COME IN NOW and skip the crowds for your child's sports and annual school physicals! Before you head out on your summer vacations, come in and take care of the required immunizations and annual physicals that most sports and school programs require for your child's attendance. We are offering a FREE \$5.00 STARBUCKS GIFT CARD for all patients who come in June for their annual exams and appointments!!

Call us at 407.566.9700 to schedule your appointment today!

