

Watson Clinic

A community health education magazine made possible by generous donations from Watson Clinic Foundation's supporters.

Health scene

SPRING/SUMMER 2023

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How to spot the signs of RSV

PLUS, TIPS FOR EASING THE SYMPTOMS



RESPIRATORY SYNCYTIAL VIRUS (RSV) is so common that nearly all children have had it by their second birthday. But what is it? And why is it important to recognize when your child has it—especially RSV that may be getting worse?



Jolie Szocki, MD

“RSV is a cold-like illness that affects the lungs, nose and throat,” reports **Dr. Jolie Szocki**, a board-certified Pediatrician at Watson Clinic North Pediatrics in Lakeland. “Most kids who get RSV recover on their own in a week or two. But young children with RSV can sometimes get very sick.”

They may get bronchiolitis (inflammation of the small airways in the lungs) or pneumonia and need to be hospitalized for a few days.

Spot the signs

RSV often starts like a mild cold. The symptoms may include a runny nose, a cough, and a fever of 100.4 degrees or higher. Very young babies with RSV may only be cranky, tired and less interested in feeding.

If the RSV gets worse, children may have additional symptoms, like fast breathing or wheezing (a whistling sound when your child breathes).



With four convenient locations across Lakeland and Plant City, expanded appointment availability for sick visits, and 24-hour coverage for urgent care needs, Watson Clinic’s Pediatrics department is always there when your child needs personalized attention. For more information and to schedule an appointment, visit [WatsonClinic.com/Pediatrics](https://www.watsonclinic.com/Pediatrics).



When to call the doctor

You should call your child’s doctor if they experience trouble breathing or other worsening symptoms, trouble drinking, signs of dehydration (such as fewer than one wet diaper per eight hours), or decreased alertness.



Caring for a child with RSV

There is no cure for RSV, but you may be able to ease the symptoms until the virus runs its course by:

- Using nasal saline and a suction bulb to clear a stuffy nose for easier breathing.
- Giving your child over-the-counter medicines as directed by your child’s doctor.
- Helping your child drink plenty of fluids to help prevent dehydration.

Convenience is key

FROM THE DESK OF DR. WILLIAM J. ROTH

THROUGHOUT our history, Watson Clinic has looked for innovative ways to improve the delivery of healthcare services for our patients.

Caring for your health and the health of your family shouldn't feel like a burden. That's why we've worked to make the process as convenient and efficient as possible.

With over 40 medical and surgical specialties, you can benefit from a personalized approach to nearly every health-related issue you could face in your lifetime. These services are provided under one network of physicians who collaborate in your care. This continuity is even more assured with our Epic electronic medical record system, which allows your comprehensive health history to go wherever you go within the clinic and beyond. That means all specialists who contribute to your ongoing care are well-informed and ready to serve your specific needs from your first visit onward.

With 18 locations across Polk, Pasco and Hillsborough counties, you can rest easy knowing that there's likely a Watson Clinic location close to your home. Need immediate care for a minor illness or injury that can't wait for a regularly scheduled appointment with your primary care doctor? We offer three walk-in care locations—Urgent Care Main, Urgent Care South and XpressCare Highlands—that provide the services you need seven days a week. Want instant access to your medical records? You can download our free MyChart patient portal app to gain immediate entry to your test results, prescription refills and much more.



William J. Roth, MD, PhD

You can read more about these and other conveniences within the pages of this issue.

We're working to remove the hassle from healthcare, and it's our honor to serve you.

Yours in good health,
William J. Roth, MD, PhD
Watson Clinic Managing Partner

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Tips for success.

 **Check out our website**

WatsonClinic.com

Email us at
HealthScene@WatsonClinic.com.



1430 Lakeland Hills Blvd.,
Lakeland, FL 33805

Spring/Summer 2023

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Information in HEALTH SCENE comes from a wide range of medical experts. Models may be used in photos and illustrations. If you have any concerns or questions about specific content that may affect your health, please contact your Watson Clinic healthcare provider at **863-680-7190**.

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Expecting? Check out our classes for new parents

Are you an expectant parent? If so, you're probably facing an endless parade of questions and concerns. That's why Watson Clinic offers our patients a series of classes aimed at educating single patients and couples on the common issues they will likely face on this exciting journey.

These classes are led by licensed registered nurses and include the following topics:

- **Pregnancy & Childbirth:** This course covers pregnancy, labor, delivery, breathing techniques, labor pains and medication options during childbirth.
- **Caring for Your Newborn:** What is the proper way to feed, bathe and change your baby? These topics and more are covered during this class that covers the basics of newborn care.
- **Breastfeeding Basics:** Learn how to make the most out of the breastfeeding experience to reap maximum benefits for both child and mother.

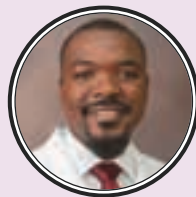
These classes are designed exclusively for Watson Clinic patients. For more information, call

 **863-393-9475** or visit **WatsonClinic.com/Events**.

Did you know?

Watson Clinic maintains a comprehensive list of insurance plans we honor at **WatsonClinic.com/Insurance**. Be sure to check the list prior to your next appointment!


Nephrologist earns board certification



Patrick Francois, MD

Dr. Patrick Francois, a Nephrology specialist who treats patients from the Watson Clinic Highlands facility at 2300 E. County Road 540A in south Lakeland, recently received a board certification in Nephrology from the American Board of Internal Medicine, the same organization where he had previously earned a board certification in Internal Medicine.

Watson Clinic's Nephrology department consists of three expert physicians and a team of highly trained providers who offer comprehensive treatments for kidney disorders from four convenient locations. For more information on the department, visit **WatsonClinic.com/Nephrology**.


 Appointments with Dr. Francois may be scheduled by calling **863-680-7190**.



Healthcare on the go

Looking for easy access to medical records, test results and communications with your doctor's office? There's an app for that!

The Watson Clinic MyChart mobile app is a free program that allows you to enjoy all the benefits of your patient portal right from your mobile device.

The app is available for download through the  Apple App Store or Google Play, or by visiting [WatsonClinic.com/Portal](https://www.watsonclinic.com/Portal). You can also register for your own patient portal account at this web address in minutes if you don't yet have one.


The end of the line for frown lines

Frown lines appear as lines between your eyebrows as you furrow your brow. Over time, these lines develop into permanent wrinkles. For patients who find these frown lines unsightly and bothersome, there is hope.

Watson Clinic Women's Center Plastic & Reconstructive Surgeon **Dr. Faeza Kazmier** and physician assistant Chalsey Lockhart, PA, were the first specialists in the area to offer Daxxify™, a revolutionary new neurotoxin product that may produce longer lasting results at 6 to 9 months than comparable injectables like BOTOX® and Dysport™.

This U.S. Food and Drug Administration-approved treatment smooths frown lines for a median duration of six months. Some patients have enjoyed results up to nine months following treatment.

Dr. Kazmier and Ms. Lockhart proudly offer Daxxify™ and a host of additional facial rejuvenation services from their offices at the Watson Clinic Women's Center at 1400 Lakeland Hills Blvd. in

 Lakeland. Appointments may be scheduled by calling **863-680-7676**.



Faeza Kazmier, MD



Chalsey Lockhart, PA



Why mental health matters

WE ALL KNOW how important it is to take care of our physical health. But we may not pay as much attention to something equally important: our mental health.

Mental health matters because it is crucial to our emotional, psychological and social well-being. It plays a key part in how we think, feel and act.

When you have good mental health, you have healthy relationships and are productive in school or at work. You can adapt and cope with life's changes and challenges.

Many people struggle to maintain good mental health. It significantly affects how they think and act. They may feel distress and have problems coping with social, work or family activities.

Mental illnesses are very common. Nearly 1 in 5 adults in the U.S. experiences some form of mental illness. Recent studies suggest the rate of mental health problems has climbed even higher since 2019.

But like so many physical illnesses, mental illnesses are often treatable. You just need to reach out for help.

How's your mental health?

There are many types of mental illnesses, and each one has its own specific symptoms. However, there are some common symptoms that could signal something is wrong.

Ask yourself the following questions to see if your mental health is OK. If you answer yes to any of these questions and you've had these problems for the past few weeks or months, talk to your primary care provider:

- Have you lost your appetite?
- Do you think negative thoughts about yourself?
- Do you frequently feel anxious or worry a lot?
- Are you irritable or moody?
- Are you having problems concentrating?
- Is life not as enjoyable as it used to be?
- Is it hard to do things like get out of bed or go to work?
- Are you sleeping too much or too little?
- Are you seeing or hearing things that really aren't there?

Get the help you need

Getting help for a mental illness is a sign of strength—not weakness. Effective treatments, such as medications and counseling, are available. Lifestyle changes, such as eating a healthy diet and exercising, may help too.

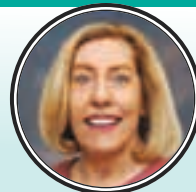
Our providers are here for you

Watson Clinic's mental health providers are available at Watson Clinic Main, 1600 Lakeland Hills Blvd. in Lakeland, and Watson Clinic Highlands, 2300 E. County Road 540A in south Lakeland.

Psychiatry



Joachim A. Benitez, MD (Adults)—
Watson Clinic Main
Appointments:
863-680-7385



Karen Teston, MD (Children, Adolescents and Adults)—
Watson Clinic Highlands
Appointments:
863-607-3689

Psychology



Michael L. Kieffer, PhD—Watson Clinic Main
Appointments:
863-668-3465

We asked members of our medical staff to answer some common health concerns.

TAKE
THREE

Questions for the experts

What is a healthy blood pressure reading?

Blood pressure measures the force of blood moving through your blood vessels. A blood pressure reading is given as two numbers: a systolic (upper) and a diastolic (lower).

Normal blood pressure is less than 120 and less than 80 mm Hg. Elevated blood pressure is 120 to 129 and less than 80. High blood pressure, or hypertension, is 130 or higher or 80 or higher.

It's important to get your blood pressure checked regularly.

If your blood pressure reading is consistently elevated, there are a number of steps you can take to successfully manage it, including:

- Losing weight, if needed.
- Following a healthy diet emphasizing fruits, vegetables, whole grains and low-fat dairy products.
- Cutting sodium (salt) intake to 1,500 milligrams per day.
- Eating foods high in potassium, like sweet potatoes, spinach and bananas.
- Getting 30 minutes of aerobic activity five or more days of the week.
- Avoiding alcohol.

If lifestyle changes aren't enough to control blood pressure, medications may be needed.



Donna Asupan, MD, is a board-certified Internal Medicine specialist at Watson Clinic Main. Call **863-680-7190** to schedule an appointment.

Any tips on how to successfully quit smoking?

Quitting smoking can be hard. Maybe you've tried to quit before—that's great! Keep trying.

As you probably know, smoking isn't great for your health. In fact, according to the American Cancer Society (ACS), more than 480,000 people in the U.S. die each year from smoking-related illnesses.

If you're ready to quit, you don't have to go it alone. Research shows that support can increase your chances of succeeding. Some support options include:

- Telephone quit-lines.
- Group meetings.
- Smoking cessation programs, like the ACS-sponsored Freshstart program.
- Encouragement from family members and friends.
- Smoking cessation coaches or self-help books.
- Prescription medication.
- Nicotine replacement products, like patches and gum.

Using two or more of these support options together often works better than using just one.

You should also speak with your doctor regarding medications or other resources that can empower you on your journey to quitting smoking for good.



Kristina Hair, DO, is a board-certified Family Medicine specialist at Watson Clinic Bartow Building A. Call **863-680-7190** to schedule an appointment.

What are the benefits of staying hydrated?

Every cell, tissue and organ in the human body contains water. Without it, your body can't maintain its temperature, get rid of waste or perform a host of other essential functions.

At the same time, you are constantly losing water through urine, sweat and even your breath.

That means you need to take in water every day—and plenty of it.

When your body doesn't get the water it needs and there isn't enough fluid for proper circulation, you become dehydrated. Severe dehydration can damage internal organs—and can even cause death.

Older adults are at high risk of dehydration because they may not easily sense when they are thirsty, or they may have a physical condition that makes it difficult to drink. People with a chronic illness, like diabetes, or certain medical conditions, such as kidney stones or a bladder infection, are also at higher risk. In addition, some medications can increase the risk of dehydration.

To help prevent dehydration, drink plenty of fluids every day, especially when you are exercising and when the weather is hot. Choose water rather than sugary drinks. More severe cases of dehydration require treatment with intravenous solutions that contain sodium chloride.



Oday Abdallah, DO, is a board-certified Family Medicine specialist at Watson Clinic Main in Lakeland. Call **863-680-7190** to schedule an appointment.



CARDIAC IMAGING

INNOVATIVE TECHNOLOGIES, *personalized care*

Watson Clinic is the only medical facility in the area to offer the highly advanced imaging capabilities of the Siemens Biograph Vision™, a next-generation PET/CT scanner that produces cardiac imaging with greater efficiency and accuracy and less radiation exposure than ever before.

Combining the best of two separate imaging systems—the PET and CT—empowers cardiologists in the detection of coronary artery

disease. The Siemens Biograph Vision™ helps Watson Clinic's highly qualified nuclear technologists achieve a higher caliber of accuracy and imaging quality than ever before.

During a cardiac PET, the patient's heart is imaged both before and after receiving a chemically induced stress test. The purpose of this test is to detect the presence of heart disease, poor or decreased blood flow to the heart,

a potential blockage, damaged tissue, or reduced heart functionality. Typically, this process can take up to three hours to complete. Using the new cardiac PET/CT system, images are captured at unparalleled speed and clarity, allowing the test to be completed in under an hour.

In addition to the enhanced imaging resolution, the new system is equipped with artificial intelligence features that personalize each test to the patient's specific



Schedule an appointment with a member of the Watson Clinic Cardiology department by calling **863-680-7490** or visit [WatsonClinic.com/Cardiology](https://www.WatsonClinic.com/Cardiology) for more information.

body type. These features also counteract respiratory chest movement during image capture and provide other benefits that ensure the most accurate diagnosis possible. The system is especially beneficial for patients with an elevated body mass index (BMI), dense chest tissue, and a higher morbidity risk from coronary artery disease (CAD).

The Siemens Biograph Vision™ PET/CT system is available for eligible patients who receive a referral from their Watson Clinic Cardiologist.

Our radiology services are top-notch

Sometimes doctors need to see inside the body to help diagnose or treat diseases. Often they can accomplish this without surgery—thanks to radiology technology.

The Radiology department at Watson Clinic offers cutting-edge imaging services that detect disease and other chronic conditions with unprecedented accuracy. The images they produce are read and interpreted by a stellar team of fellowship-trained radiology specialists.

Fully accredited by the American College of Radiology, the department houses a fleet of the most advanced imaging systems available, many of which we introduced to the community for the first time, including:

- High-field MRI magnets, including open-bore Siemens 3T Verio for obese or claustrophobic patients.
- Dual-energy multi-slice CT, including a 160mm detector Revolution Apex.
- Advanced digital radiography, including 16-slice PET/CT.
- Coronary CT angiography.
- 3D mammography.
- Multiple ultrasound units.
- Nuclear Medicine department with molecular imaging capabilities.
- Bone density scanning.
- Cutting-edge fluoroscopy imaging.

The department features the expertise of nearly two dozen physicians and radiology technicians working from four convenient locations across Lakeland. They provide a diverse array of services—from mammography and nuclear medicine to finely detailed imaging of head and neck region and vascular and musculoskeletal systems.

Empowered by the efforts of our Radiology department, our physicians and their patients can make more informed decisions and formulate more successful plans of treatment.



For more information on our Radiology department, call **863-680-7000** or visit [WatsonClinic.com/Radiology](https://www.WatsonClinic.com/Radiology).

Locations

Watson Clinic Main

1600 Lakeland Hills Blvd.
Lakeland, FL 33805

Watson Clinic South

1033 N. Parkway Frontage Rd.
Lakeland, FL 33803

Watson Clinic Highlands

2300 E. County Road 540A
Lakeland Highlands, FL 33813

Watson Clinic Women's Center

1400 Lakeland Hills Blvd.
Lakeland, FL 33805

Your guide to a healthy weight loss



HERE ARE SOME COMMON QUESTIONS, WITH ANSWERS, ABOUT SHEDDING EXTRA POUNDS

OK, so the clothes in your closet that no longer fit have been trying to tell you something for a while. And now your bathroom scale has left no doubt: It's time to shed a few (or more) pounds. It happens to the best of us. In fact, an estimated 7 out of 10 people in the U.S. have a weight issue that may put their health at risk.

Losing that extra weight can help you look and feel your best. But when it comes to weight control, many people have questions. We've got answers.

Q Should I get my doctor involved?

A: That's not a bad idea. For starters, your doctor can help you determine what a healthy weight is for you. Before visiting with your doctor, write down all the questions you have about your weight. For instance, you might want to know how many calories you should eat every day. Your doctor might then refer you to a dietitian for more help and information.

Q What is a good weight-loss goal?

A: "A good starting weight-loss goal for many people is to lose 5% to 10% of their current weight within six months," says **Dr. Lilliam S. Chiqués**, a board-certified Internal Medicine and Obesity Medicine specialist at Watson Clinic Main in Lakeland. "For example, that's 10 to 20 pounds if you weigh 200 pounds."

Regardless of how many pounds you need to shed to get to a healthy weight, aim to lose them at a gradual pace of about 1 to 2 pounds per week.

"That's a doable goal—every pound gone brings forward momentum," Dr. Chiqués says. "And it's safer than losing weight rapidly, which can lead to painful gallstones or other health risks."

Q What should I eat?

A: Choose a healthy variety from all the major food groups, including plenty of fruits and vegetables, whole grains, and low- or fat-free dairy products.

"You can even enjoy some not-so-healthy foods now and then, as long as you eat them in small amounts and make healthier choices most of the time," says **Dr. Melissa Ballengee**, a board-certified Family Medicine and Obesity Medicine specialist at Watson Clinic Main in Lakeland. "Plan to make more meals at home from wholesome ingredients so you won't be tempted to eat higher-calorie takeout food."

Q What are some good tricks for cutting calories?

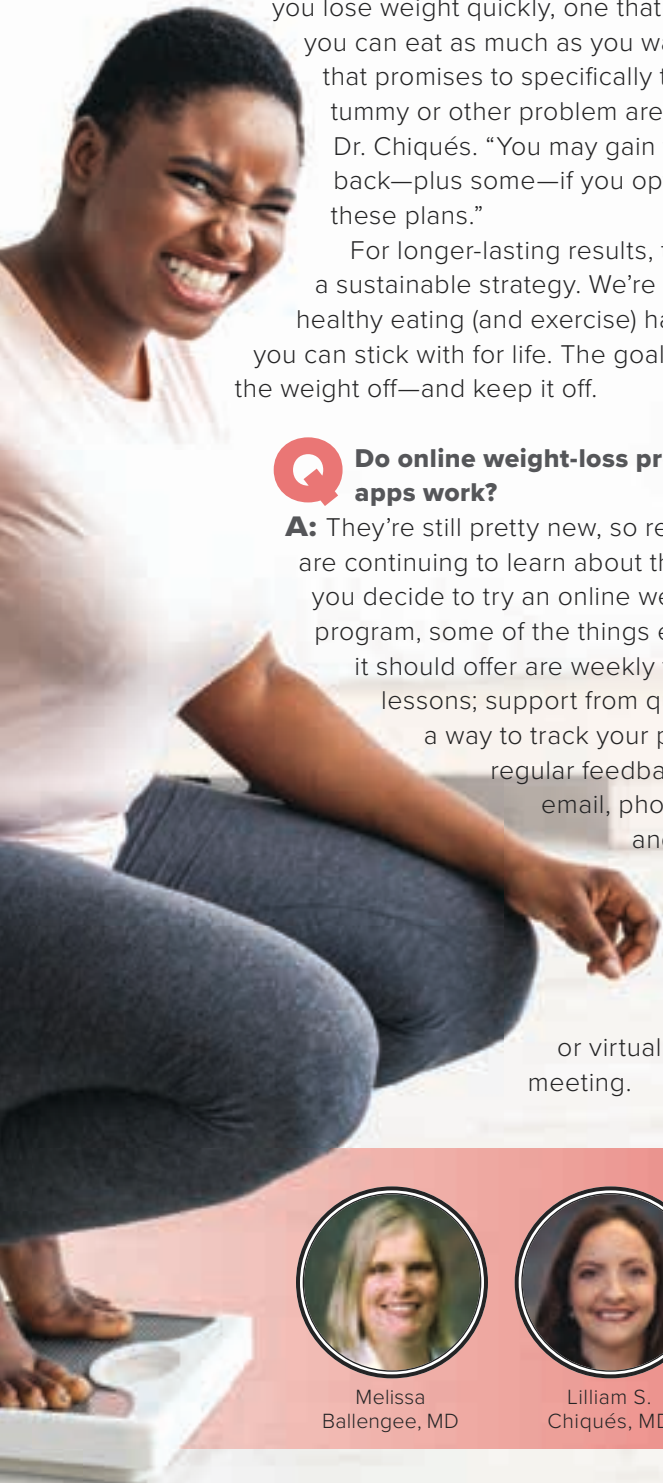
A: Try switching to nonfat milk and baking, steaming or grilling instead of frying. Sneak veggies—which are naturally low in calories—into soups and pastas.

"The fiber and water content in vegetables fill you up faster," Dr. Ballengee says. "So you may feel satisfied on fewer calories."

Eat beans instead of meat sometimes. Instead of fried chicken, have a grilled chicken breast portion. For more ideas, search for recipes that show you how to make your favorite foods with fewer calories.

One more tip: Steer clear of sugary drinks, like regular sodas. That switch alone may save you a lot of calories.





Q What about trying a diet?

A: There are lots of diets out there that may help you lose weight quickly. But fad diets tend to fail in the long run.

“Steer clear of any diet plan that offers to help you lose weight quickly, one that claims you can eat as much as you want, or one that promises to specifically target your tummy or other problem area,” warns Dr. Chiqués. “You may gain the pounds back—plus some—if you opt for one of these plans.”

For longer-lasting results, try to adopt a sustainable strategy. We’re talking basic healthy eating (and exercise) habits that you can stick with for life. The goal is to take the weight off—and keep it off.

Q Do online weight-loss programs and apps work?

A: They’re still pretty new, so researchers are continuing to learn about them. If you decide to try an online weight-loss program, some of the things experts say it should offer are weekly tailored lessons; support from qualified staff; a way to track your progress; regular feedback through email, phone or texts; and social support, such as through an online forum or virtual group meeting.

Q What kind of exercise will help me lose weight?

A: The best exercises are the ones that you won’t skip because of boredom or bad weather. Walking is one good choice. Depending on your interests and abilities, other good fitness options include jogging, running, cycling, swimming and playing sports. Fitness classes—such as Pilates, Zumba, yoga or cycling—can be a lot of fun!

Plan to also do strength-training activities two days a week.

Q How much exercise should I get?

A: To lose weight and keep it off, research shows you may need to do as much as 300 minutes of aerobic exercise (such as brisk walking) per week. That works out to about one hour a day, five days a week.

“If that sounds daunting, just know that any extra movement you do will burn more calories than when you’re sitting still,” Dr. Ballengee says. “And you can exercise in short bouts—for example, on work breaks or while watching TV.”

Use your breaks to take a quick walk. Ignore the TV commercials and do some situps or lift some hand weights.

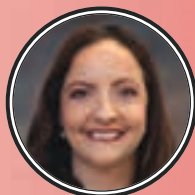
Q Exercise can get old. How can I maintain motivation?

A: Here’s one idea: Find an exercise partner—perhaps a walking or gym buddy. Having someone to work out with can make moving more fun (and safer too).

Accountability is another bonus. It’s hard to skip a workout when your partner is out on the sidewalk in front of your home waiting for you or is sending you a text from the gym asking where you are!



Melissa Ballengee, MD



Lilliam S. Chiqués, MD

Your Watson Clinic Primary Care physician can help you lose weight the healthy way. Schedule an appointment with a Family Medicine or Internal Medicine provider by calling 863-680-7190.



Effective treatments for dry eye

WELL OVER 16 million Americans have been diagnosed with dry eye, a condition that can lead to stinging discomfort, light sensitivity, redness and blurred vision. In its most advanced stages, dry eye can even cause cornea damage and vision loss.

What causes dry eye?

Your eyes produce tears that help to keep them lubricated and well-functioning. When there's an imbalance in how these tears are produced or absorbed, dry eye can result. While anyone can have dry eyes, you might be at increased risk if you are female, 50 years or older, wear contact lenses, or have certain nutritional deficiencies such as low vitamin A levels.



Elizabeth George, OD

“Thankfully, there are a number of treatments for dry eye that can ease symptoms and prevent permanent damage,” reports **Dr. Elizabeth George**, a board-certified Optometrist at Watson Clinic Main in Lakeland.

Following a thorough eye exam, your optometrist can properly diagnose the condition and suggest appropriate steps to reverse side effects and prevent escalation. These might include lifestyle changes, like using protective eyewear, smoking cessation or taking eye breaks when using a computer screen, over-the-counter or prescription-strength eye drops, or—in more advanced stages—minimally invasive surgical options.

Full-service eye care

Watson Clinic's skilled Optometry department provides comprehensive eye exams, vision tests, and much more for patients 5 years and older. The department features three board-certified Optometrists—**Kaitlyn E. Dwyer, OD**; **Yuliya Faynberg, OD**; and **Elizabeth N. George, OD**—who offer convenient appointment availability from their offices at Watson Clinic Main at 1600 Lakeland Hills Blvd. in Lakeland.

Our expert eye specialists carefully measure and fit contact lenses and eyeglass prescriptions for maximum comfort, visual acuity and health.

Services include:

- Routine eye exams
- Family eye exams
- Diabetic eye exams
- Prescription of eyeglasses or contact lenses
- Evaluation and treatment of glaucoma and dry eye syndrome
- Evaluation and monitoring of cataracts and macular degeneration
- Evaluation of acute eye problems

The department works to diagnose a host of diseases and common concerns related to the eye, and makes referrals to the Ophthalmology department when eye surgery might be needed.

Patients can also choose from the latest inventory of optical wear in our in-house optical shop, which is conveniently located on the same floor as the Optometry department.

INTRODUCING



OUR NEWEST PROVIDERS



Say hello to the latest additions to our team. Each of these physicians and providers are accepting appointments, except where noted. Visit [WatsonClinic.com](https://www.watsonclinic.com) for more information.

D. CHAD LAMOREAUX, MD **ORTHOPAEDIC** **SURGERY/SPORTS MEDICINE**

Education: Albany Medical College, Albany, NY

Internship and Residency: Palmetto

Health Richland, Columbia, SC, Orthopaedic Surgery

Fellowship: Shriners' Hospital for Children, Greenville, SC, Pediatric Orthopedic Surgery

Board-certification: Orthopaedic Surgery

Location: Watson Clinic Main

Appointments: 863-680-7214



D'AISHIA BURGESS, APRN **PULMONOLOGY**

Education: Polk State College, Winter Haven, FL, BSN; Florida Southern College, Lakeland, FL, MSN

Memberships: American Association of Nurse Practitioners, American Nurses Credentialing Center, Florida Association of Nurse Practitioners

Supervising physician: Naem Shahrour, MD

Location: Watson Clinic Main

Appointments: 863-680-7190



HEATHER C. HOLST, APRN **PAIN MANAGEMENT**

Education: Chamberlain University, Addison, IL, BSN, MSN

Memberships: American Academy of Nurse Practitioners, American Association of Nurse Practitioners, Sigma Theta Tau International Honor Society of Nursing

Supervising physician: Osman Latif, MD

Location: Watson Clinic Main & Watson Clinic Highlands

Appointments: 863-680-7300



K. BROOKE HUGHES, PA **DERMATOLOGY**

Education: University of Central Florida, Orlando, FL, BS; The George Washington University, Washington, DC, MSHS, Physician Assistant Studies

Memberships: Diplomate Fellow, Society of Dermatology Physician Assistants, Florida Society of Dermatology Physician Assistants, American Academy of Physician Assistants, National Commission of Physician Assistants

Supervising physician: William J. Roth, MD, PhD

Locations: Watson Clinic Bella Vista Building, Watson Clinic Highlands

Appointments: 863-904-6201



DORIS A. KODUAH, MD, FACP **HOSPITALIST**

Education: Kwame Nkrumah University of Science & Technology, School of Medical Sciences, Kumasi, Ghana

Internship and Residency: Brooklyn

Hospital Center, New York, NY, Internal Medicine

Memberships: Fellow, American College of Physicians

Board-certification: Internal Medicine

Location: Lakeland Regional Health Medical Center



BHUMIKA N. PATEL, PA **INTERNAL MEDICINE**

Education: University of Florida, Gainesville, FL, BS, Biology; Nova Southeastern University, Jacksonville, FL, MS, Physician Assistant Studies

Memberships: National Commission on Certification of Physician Assistants, American Academy of Physician Assistants

Supervising physician: Manish Parekh, MD

Location: Watson Clinic Plant City

Appointments: 813-719-2500



MARTY J. PICKARD, APRN **UROLOGY**

Education: Florida Southern College, Lakeland, FL, BSN, MSN

Memberships: American Academy of Nurse Practitioners, Society of Urologic Nurses and Associates, American Association of Nurse Practitioners, Polk County Advanced Practice Nurses Association

Supervising physician: Mark Swierzewski, MD

Location: Watson Clinic Main

Appointments: 863-680-7300



AMANDA PORTER, PA **ORTHOPAEDIC SURGERY/SPORTS MEDICINE**

Education: University of Wisconsin Oshkosh, Oshkosh, WI, BS, Athletic Training; Western Michigan University, Kalamazoo, MI, MA, Physical Education; George Washington University, Washington, DC, MS, Health Sciences

Memberships: American Academy of Physician Assistants, Physician Assistants of Orthopaedic Surgery, Florida Academy of Physician Assistants, National Commission on Certification of Physician Assistants

Supervising physician: Obafunto Abimbola, MD, MPH

Location: Watson Clinic Main

Appointments: 863-680-7214



The bare bones about osteoporosis

YOU might think all people with osteoporosis have noticeably curved spines. But there's a reason osteoporosis is called a silent disease. It's not always obvious who has it. Some people only find out they have the disease when they break a bone from falling or engaging in even minor physical activity.

Osteoporosis, which literally means "porous bones," is a disease that occurs when bones lose density and become weaker. The risk of breaking bones drastically increases for patients who have osteoporosis.

Because bone is a living tissue, it can repair itself by growing new tissue until around age 30. After that, bone renewal slows as you age.

Risk factors

Osteoporosis, which has a hormonal element, commonly affects post-menopausal women. But it can strike men and women at any age. Risk factors include:

- Family history.
- Calcium and vitamin D deficiency.
- Long-term inactivity.
- Certain medications.
- Medical conditions affecting hormone levels.
- Smoking.
- Excessive alcohol or caffeine usage.
- Petite, thin body type.
- Being White or Asian.
- Having ovaries removed before periods stopped.
- Early menopause.

Osteoporosis weakens bones, which might lead to compressed disks or collapsed vertebrae. In turn, this can result in a stooped posture, loss of height and increased bone fractures.

Osteoporosis can be detected through a specialized scan which measures the bone density of body areas prone to fracture. The scan can also detect moderate bone loss, known as osteopenia.

Prevention

It's possible to prevent or slow the advance of the disease—and even improve your bone density. Strengthen your bones by:

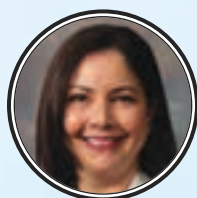
- Exercising three times a week. Do weight-bearing and muscle-strengthening exercises, like lifting weights and hiking.
- Adding more calcium and vitamin D to your diet. Either eat more foods rich in calcium and vitamin D or take supplements.
- Taking medications specifically for bone loss.

Talk to your primary care provider if you're at risk for or have experienced symptoms of the bone disease. They might schedule a DEXA bone density scan and offer a referral to a rheumatology specialist.

The earlier bone loss can be detected, the sooner you can take steps to prevent or slow the progression of osteoporosis.

Help is here

Watson Clinic's Rheumatology department specializes in the diagnosis and treatment of osteoporosis, arthritis, fibromyalgia and a variety of other complex inflammatory disorders. The department's two board-certified doctors—**Dr. Lilliam E. Ayala Garcia** and **Dr. Sandeep B. Viswanath**—treat patients from their offices at Watson Clinic Main at 1600 Lakeland Hills Blvd. in Lakeland. Call **863-680-7486** to schedule an appointment.



Lilliam E. Ayala
Garcia, MD



Sandeep B.
Viswanath, DO





WATSON CLINIC FOUNDATION

Providing hope and healing

Since 1960, the Watson Clinic Foundation has worked to improve health awareness and the quality of medical care throughout our community. The Foundation's special programs and outreach efforts have affected countless lives.

These efforts continue today, including two initiatives designed to support breast cancer patients from the treatment stage to survivorship and beyond. Both of these programs are made possible through generous support from the Florida Breast Cancer Foundation (FBCF).

Bridge of Hope

The Foundation has received a grant from the FBCF for the Bridge of Hope Program, an initiative aimed at providing needs-based supportive services to economically impacted individuals undergoing treatment for breast cancer. Once an applicant has been accepted into the program, they may apply for assistance with travel expenses, groceries, childcare, rent or mortgage payments, utilities or phone bills, household cleaning/organization, or yard maintenance for a maximum of \$750.

To be eligible for the program, applicants must currently:

- Be undergoing active treatment in Polk County for a breast cancer diagnosis.
- Be a Polk County resident over the age of 18.
- Have an annual household income at or below 300% of the federal poverty guidelines.
- Have less than \$5,000 in total household liquid assets.
- Complete and submit the online application and submit all required support documentation.
- Be willing to fill out an online questionnaire upon completion of the program.

All applications must be submitted electronically at WatsonClinic.com/BridgeofHope.

Assistance is not provided until eligibility is determined. Watson Clinic Foundation is not obligated to provide service to anyone, and the program is limited to funds provided by the FBCF. No financial relief will be paid directly to any applicant; it is instead paid directly to the service provider.

If you do not have access to a computer, please call the Arts in Medicine Coordinator to help you complete an application over the phone at **863-603-4718** or via email at AIM@WatsonClinic.com.

Survivorship Workshop Series

The road to breast cancer survivorship requires tenacity, optimism and lots of support. Once treatment has ended, it can be difficult for a survivor to acclimate to their new reality, especially when those avenues of support that were so prominent during their struggle suddenly disappear. That's where the Breast Cancer Survivorship Series comes in.

Spearheaded by the Watson Clinic Foundation Arts in Medicine program and conducted twice annually, the Breast Cancer Survivorship Series offers a series of four classes aimed at helping survivors reconnect to their sense of community, purpose and self. The second round of classes recently wrapped and featured a number of healing group activities led by the Polk Museum of Art, Florida Dance Theater and the Garden Club of Lakeland.

Stay up to date on future series offerings at WatsonClinic.com/Survivorship.



Reach us

Watson Clinic Locations

Bartow Building A	863-533-7151
Bartow Building B	863-534-2728
Bella Vista Building	863-904-6200
Cancer & Research Center	863-680-7780
Center for Rehabilitative Medicine	863-680-7700
Center for Specialized Rehabilitation	863-607-3699
Dermatology at Brandon	813-655-3680
Dermatology at Sun City Center	813-633-6121
Dermatology at Zephyrhills	813-788-7867
Health Scene	863-904-4653
Highlands	863-607-3333
MAIN	863-680-7000
North Pediatrics	863-680-7337
Plant City	813-719-2500
South	863-647-8011
Urgent Care Main	863-680-7271
Urgent Care South	863-647-4047
Watson Clinic Foundation	863-904-2656
Women's Center	863-680-7752
XpressCare Highlands	863-393-9472



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