

Watson Clinic

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

# Health scene

FALL 2022

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for you!

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# Make the most of Medicare's free wellness visits

**IF YOU ARE INSURED** through Medicare, you may not know that you qualify for free, annual wellness visits with your primary care provider. Seeing your provider regularly is essential to both your current and future health.

## What is a wellness visit?

If you have been enrolled in Medicare Part B for more than 12 months, you are eligible for one free wellness visit each year. These appointments allow your provider to monitor your well-being and detect and treat new health concerns as early as possible.

## What does a wellness visit include?

- You will fill out a questionnaire to help your provider assess your health.
- Your provider will measure your height, weight and blood pressure.
- He or she will also screen for any issues with memory or cognition.
- You will review your medical history together and talk about risk factors or treatment options for any current conditions.

- Your provider will create a health-care plan for your next five to 10 years. This may include recommended screenings, vaccines or new medications.

There may be additional costs if you need tests or procedures that are not covered by Medicare.

## How should I prepare for my wellness visit?

- 1.** Bring any relevant medical information with you, for example, vaccine records and current prescriptions.

Watson Clinic honors a wide assortment of Medicare and Medicare Advantage plans, as well as most commercial medical insurance plans, including HMOs and PPOs. Prior to scheduling an appointment with us, you can review a detailed list of each insurance plan we accept by visiting [WatsonClinic.com/Insurance](https://www.watsonclinic.com/insurance).

- 2.** Know your family medical history. Your provider will use this information when recommending other tests or health checks.

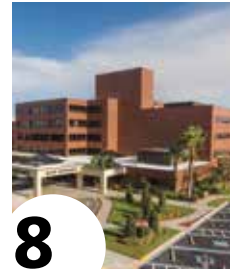
- 3.** Make a note of anything you might want to discuss. For example, do you want to plan advance directives or think about making your home safer?

And, equally as important, schedule your next annual visit as soon as possible. This will help you protect your health and make the most of your Medicare coverage.

Sources: Centers for Medicare & Medicaid Services; U.S. Department of Health and Human Services; HealthInAging.org



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**Check out our website**

[WatsonClinic.com](https://www.WatsonClinic.com)

Email us at [HealthScene@WatsonClinic.com](mailto:HealthScene@WatsonClinic.com).



## Honoring a legacy

Watson Clinic Managing Partner Dr. Steven Achinger (right) celebrates the 23-year legacy of retiring Chief Administrative Officer Stan Piotrowski (left) during a dedication ceremony at Watson Clinic Highlands.

### FROM THE DESK OF DR. STEVEN G. ACHINGER

**IF YOU HAVEN'T NOTICED** it already, be on the lookout for a new attraction during your next visit to our Watson Clinic Highlands location. It's a dedication plaque stationed at the entrance of the facility in honor of our recently retired Chief Administrative Officer, Stan Piotrowski.

You may not know him by name, but you've likely experienced the positive and profound impacts of his behind-the-scenes leadership.

Joining us in February 1999, Stan was instrumental in forging an exciting path for Watson Clinic as we ushered in a new millennium. He instituted a number of quality improvement efforts to ensure that our patients were receiving a level of care that rivals the most respected medical establishments in the country. Guided by his forward-thinking vision, we opened a series of new locations that served the needs of patients in every corner of our community and beyond—from the Watson Clinic Cancer & Research Center to the Watson Clinic Women's Center to our stand-alone dermatology offices at Sun City Center, Zephyrhills and Brandon.

Stan's legacy has elevated the wellness of patients and families across our region, and it will continue to do so for generations.



Steven G. Achinger, MD, FASN

Our new Chief Administrative Officer, Jason Hirsbrunner, possesses the necessary experience and expertise to lead Watson Clinic into our next thriving chapter. Please join me in welcoming Jason to our team!

Yours in good health,  
**Steven G. Achinger, MD, FASN**  
Watson Clinic Managing Partner



1430 Lakeland Hills Blvd.,  
Lakeland, FL 33805

Fall 2022

**President, Watson Clinic Foundation, Inc.**  
Galina Vugman, MD

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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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## Clinic awarded elite Gold Status by Epic

Here's an accomplishment that's nothing short of Epic! Watson Clinic has recently been recognized as one of the nation's leaders in our use of the new Epic Electronic Health Record system.

Epic presented us with a perfect "Gold Stars level 10 ranking" after reviewing our comprehensive utilization of the system. This ranking places Watson Clinic in the top 3% of organizations who use the system across the entire United States.

The MyChart Patient Portal powered by Epic allows users to communicate with their doctor's office, view test results, request prescription refills, schedule their next appointment and so much more from the convenience of their own desktop, laptop or smartphone. For more information and to register for free online in minutes, visit [WatsonClinic.com/Portal](http://WatsonClinic.com/Portal).


## Specialists on the move

Watson Clinic physicians and medical providers continue to evolve and expand their practices in an effort to provide even more convenient expert care.



Thomas Moskal, MD, FACS, FSSO

General Surgeon, Breast Surgeon and Surgical Oncologist **Dr. Thomas Moskal** has moved his practice from the Watson Clinic Cancer & Research Center to the 3 West floor of Watson Clinic Main at 1600 Lakeland Hills Blvd. in Lakeland.

 Appointments with Dr. Moskal continue to be scheduled by calling **863-680-7486**.



Nichole Murphy, APRN


Meanwhile, registered nurse practitioner **Nichole Murphy, APRN**, has relocated from the Watson Clinic Urgent Care Main facility to the Watson Clinic Women's Center, where she will be working alongside **Dr. Elisabeth L. Dupont** in the Breast Surgery department.

 Appointments may be scheduled by calling **863-680-7638**.



Michnitza Brutus, APRN

In addition to her full-time offices at Watson Clinic Main, registered nurse practitioner **Michnitza Brutus, APRN**, has expanded her Pain Management practice to include select appointment availability at Watson Clinic Highlands at 2300 E. County Road 540A in south Lakeland.

 Appointments may be scheduled at either location by calling **863-680-7300**.



## Pucker up

Heading outdoors? Remember: Skin cancer can develop on your lips too. Apply a nonirritating lip balm with a sun protection factor (SPF) of at least 30.



## Diabetes and gum disease

Diabetes can compromise the health of your mouth and lead to gum disease if not managed properly. Be sure to discuss these risks with your physician, and schedule regular appointments with your dentist as well.

## Surgeon honored for expertise in InterStim™ technology



Tarek G. Garas, MD

Watson Clinic OB-GYN and Female Pelvic Medicine & Reconstructive Surgeon

**Dr. Tarek G. Garas** was recently named an InterStim™ Center of Excellence by Medtronic, the world's largest medical device manufacturer. This distinction is awarded to caregivers who have demonstrated particular expertise in the

use of the InterStim™ system to treat overactive bladder (also known as OAB) as well as nonobstructive urinary retention and chronic fecal incontinence.

According to the National Association for Continence, more than 33 million Americans live with incontinence, and many of them don't realize that their condition may be treatable. The InterStim™ technology delivers relief by gently stimulating the patient's sacral nerves through a small device implanted in the lower back.

Dr. Garas offers his services at the Watson Clinic Bella Vista Building at 1755 N. Florida Ave. in Lakeland and Watson Clinic Bartow Building B at 2000 Osprey Blvd., Suite 201, in Bartow.



Appointments may be scheduled by calling **863-680-7312**.

## Physical therapy for expectant and postpartum mothers



Esther Spence, PT

Pain in the lower back is one of the most common complaints among pregnant women. This discomfort can severely hinder a woman's daily life, and it may lead to long-term issues that remain after childbirth.

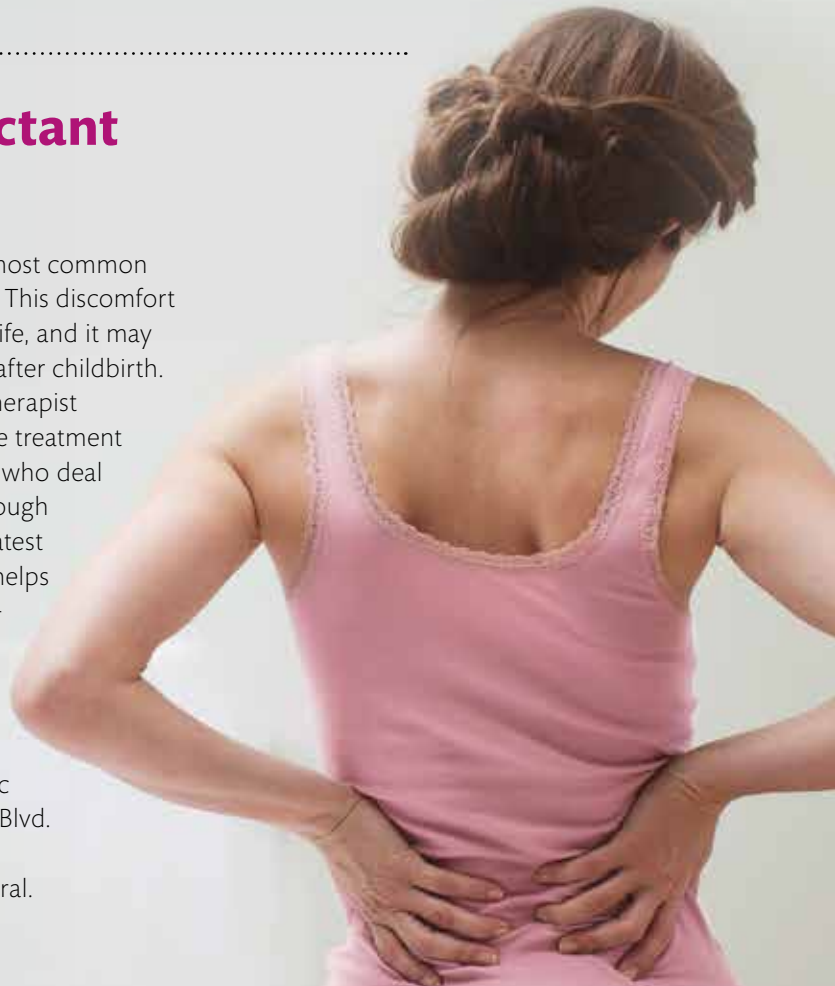
Watson Clinic's licensed physical therapist **Esther Spence, PT**, specializes in the treatment of pregnant and postpartum women who deal

with low-back pain and compromised core strength. Through education, specially targeted exercise therapies and the latest advancements in physical therapy technologies, Spence helps patients diminish their back pain and strengthen their abdominal wall, which can lead to faster recovery following childbirth.

Spence works with patients at Watson Clinic Physical Therapy & Sports Medicine, located at 2300 E. County Road 540A in south Lakeland, as well as the Watson Clinic Center for Rehabilitative Medicine at 1430 Lakeland Hills Blvd. in Lakeland.



Appointments are available through physician referral. Call **863-680-7718** for more information.



# Breastfeeding support for new moms

**CONGRATULATIONS** on your great news: You're having a baby!

Along with the excitement, you may be feeling a little overwhelmed by the challenges ahead. One of these challenges involves the decision to breastfeed.



Wendi Johnson,  
APRN, IBCLC

"Breastfeeding is such a valuable and sacred process for many new mothers, because it promotes the healthy growth and development of their baby and

affords a special opportunity for bonding between mother and child in those early stages," says **Wendi Johnson, APRN, IBCLC**, a registered nurse practitioner who works alongside board-certified Gynecologist Dr. John R. Ellington, Jr., from the Watson Clinic Bella Vista Building in Lakeland. "But the process can present a number of issues that the mother might not be equipped to overcome if she's not prepared for them."

That's why qualified lactation consultants are considered essential members of the maternal-infant care team even before childbirth occurs.

## Uniquely qualified

Johnson has earned status as an international board-certified lactation consultant with specialized training in providing high-quality breastfeeding care for new and expectant mothers

and their babies. Her prenatal and postpartum services create a smoother transition from hospital to home, and she empowers moms for breastfeeding success through every challenge along the way, including breast engorgement, poor breastfeeding latch, difficulties with milk supply, clogged ducts, nipple pain or infant fussiness.

As an international board-certified lactation consultant, Johnson is a member of an elite group of specialists who are:

- Recognized as possessing the only standardized, board-certified lactation credential available.

- Knowledgeable about up-to-date evidence-based practices.
- Experienced in a wide variety of complex breastfeeding situations.
- Competent to assist mothers with establishing and sustaining breastfeeding, even in the midst of difficulties and high-risk situations that can arise.
- Sensitive to the needs of both mothers and children as they work to help mothers reach their breastfeeding goals.

Consultations with Johnson are now available from her office at the Watson Clinic Bella Vista Building at 1755 N. Florida Ave. in Lakeland, as well as remotely via the MyChart Patient Portal Telemedicine option.



Call **863-680-7243** for more information and to schedule an appointment or visit **WatsonClinic.com/Lactation**.



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

TAKE  
THREE

# Questions for the experts

## What are the dangers of dehydration?

Every cell, tissue and organ in the human body contains water. Without water, 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. And you lose more fluids than usual in hot weather, when exercising, while running a fever, or if you have diarrhea or are throwing up.

All of 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—such as the liver, kidneys and brain—and can even cause death.

Individuals with a chronic illness, like diabetes, or certain medical conditions, such as kidney stones or a bladder infection, are at higher risk. Advanced age, heavy exercise, pregnancy, breastfeeding and some medications can increase the risk of dehydration as well.

Drink plenty of fluids every day, especially when you are exercising (both during and after activity) and when the weather is hot. Choose water rather than sugary drinks. And carry a water bottle with you so you can sip on water as you go about your day.



**Melissa Ballengee, MD**, is a board-certified Family Medicine and Obesity Medicine specialist at Watson Clinic Main in Lakeland. Call **863-680-7190** to schedule an appointment.

## What are the benefits of whole grains in your diet?

Foods made from wheat, rice, oats, cornmeal, barley or other cereal grains are categorized as grain products. That includes bread, pasta, cereal and grits. Some of these products are whole grains, while others are refined grains.

Whole grains are made up of the entire grain kernel—bran, germ and endosperm. Refined grains, like enriched breads and white rice, contain only the endosperm.

You know a food is a whole grain when you see the words *whole grain* in the ingredient list. Note that terms like *multigrain*, *stone-ground*, *100% wheat* and *cracked wheat* do not necessarily mean that the food is whole grain. Also, just because a food is brown doesn't mean it is whole grain. The color may come from molasses or another added ingredient.

Eating the bran and germ helps you manage your weight; improve digestion; and keep your body healthy, your skin glowing and your hair shiny. Whole grains can help cut your chances of getting heart disease, diabetes and some types of cancers.

Aim to make at least half of the grains you eat whole grains. These can include barley; brown and wild rice; bulgur (cracked wheat); corn and popcorn; oats; quinoa; and whole-grain pasta, bread or cereal.



**Rony J. Alvarado, MD**, is a board-certified Family Medicine specialist at Watson Clinic Highlands in Lakeland. Call **863-680-7190** to schedule an appointment.

## How do I know if I'm getting enough calcium and vitamin D?

Without enough calcium and vitamin D, which helps your body absorb calcium, your bones can weaken over time, putting you at risk for osteoporosis.

Low-fat and nonfat dairy products—including milk, cheese and yogurt—are loaded with calcium and fortified with vitamin D, offering roughly 300 milligrams of calcium per 1-cup serving. Other sources of calcium include tofu, fortified cereal, and orange juice, soy milk or rice milk fortified with calcium and vitamin D.

Read labels and choose foods with 20% to 30% daily value (DV) of calcium, which means that a food contains 200 or 300 milligrams of calcium per serving. Aim for three servings of calcium-rich foods or beverages per day.

Women age 50 and younger and men 70 and younger need 1,000 milligrams of calcium daily. Beyond these age ranges, both men and women should bump up their calcium intake to 1,200 milligrams per day.

All adults should aim for 600 international units (IU) of vitamin D daily until age 71, when the need increases to 800 IU daily. If you're pregnant or breastfeeding, try to get 1,000 milligrams of calcium and 600 IU of vitamin D daily.

You might want to take a supplement if you can't get enough of these vital nutrients from food alone.



**Sandeep B. Viswanath, DO**, is a board-certified Rheumatologist at Watson Clinic Main in Lakeland. Call **863-680-7486** to schedule an appointment.

WATSON CLINIC'S NEPHROLOGY DEPARTMENT IS HOUSED AT FOUR



**Watson Clinic Main**

1600 Lakeland Hills Blvd., Lakeland, FL 33815



**Watson Clinic Bartow Building B**

2000 Osprey Blvd., Suite 201, Bartow, FL 33830

# KIDNEY CARE THAT

WATSON CLINIC IS A LEADER IN TRANSPLANTS AND HOME DIALYSIS



Michael J.  
Achinger, MD, MPH



Patrick Francois, MD



Steven G.  
Achinger, MD, FASN



Marcia Berry, APRN

**CLOSE TO 800,000 PEOPLE** in the United States experience end-stage kidney failure. These patients are faced with two options to survive: dependence on routine dialysis therapy or a kidney transplant.

Providing swift, effective care for these patients has proven challenging in medical establishments across the county. Patients are often met with discouragement when trying to secure a place on impossibly long lists of kidney transplant candidates. Meanwhile, dialysis treatments can consume up to 12 or more valuable hours every week away from home.

Thankfully, Watson Clinic has long set the standard in both kidney transplantation and convenient, home-based dialysis care.

### Surpassing the state average in kidney transplants

According to the National Kidney Foundation, the average period of time a patient must wait for their first approved kidney transplant is 3.6 years. Tragically, an average of 13 people a day will die while waiting for these transplants.

Watson Clinic is on the forefront for expediting kidney transplants. "Historically, Watson Clinic nephrology patients are 2½ times more likely to receive a kidney transplant when compared to the state average," says **Dr. Steven G. Achinger**, a board-certified Nephrologist at Watson Clinic.

How do we do it? Watson Clinic employs a unique and innovative team approach. Our nephrologists can provide easy referrals to additional departments when more specialized care is needed, including Family Medicine, Urology, Podiatry and others. These specialists are all contained within the Watson Clinic network and are often under the same roof. They join forces to procure patients a place on a kidney transplant list without the myriad of complications experienced outside of our region.



Appointments may be scheduled at any one of our four convenient locations by calling **863-680-7190**.



## CONVENIENT LOCATIONS:



### Watson Clinic Highlands

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



### Watson Clinic Plant City

615 E. Alexander St., Plant City, FL 33563

# SETS THE STANDARD

## Offering dialysis at home

“Watson Clinic has doubled the percentage of our patients who are on home dialysis over the past several years,” reports **Dr. Michael J. Achinger**, a board-certified Nephrologist at Watson Clinic.

The advantages of receiving dialysis at home are numerous. First, a patient’s home is naturally more comfortable and convenient than spending many hours each week inside a hospital or other healthcare center. Patients enjoy greater flexibility in scheduling and can undergo dialysis more frequently and for longer periods of time. This results in significantly improved outcomes, including profound gains in quality of life and a lower risk of death.

## In-center dialysis team

Watson Clinic Nephrology specialists Dr. Michael J. Achinger, Dr. Steven G. Achinger, Dr. Patrick Francois, and Marcia Berry, APRN, provide these services to patients who seek care at dialysis centers throughout our community. Each specialist possesses many years of experience in treating dialysis patients.

Berry is a registered nurse practitioner and has been treating Watson Clinic Nephrology patients since 2017. She has over two decades of experience in providing renal disease management and dialysis services and cares for patients in various dialysis units on a daily basis.



Appointments may be scheduled at any one of our four convenient locations by calling **863-680-7190**.

## What is a nephrologist?

The kidneys are small organs with a big mission: to filter waste and extra water from blood. They also produce several hormones that help control blood pressure, make red blood cells and activate vitamin D. All of these functions are vital to good health.

That’s why if you’re diagnosed with kidney disease, you may need to see a nephrologist—a doctor who specializes in treating kidney problems.

## When to see one

Your primary care physician might refer you to a nephrologist if you have signs of a kidney problem, such as:

- Protein or blood in your urine.
- Severe high blood pressure.
- Loss of kidney function.

Your nephrologist may recommend medicines or changes in your diet to treat kidney disease. Treatment is important, because without it kidney disease often gets worse. In severe cases—known as kidney failure—dialysis or a kidney transplant may be needed.

Whatever type of kidney disease you have, your nephrologist will partner with your primary care physician to monitor your treatments and help you thrive in your daily life.

Sources: American College of Physicians; National Institutes of Health

# Urgent Care, ER or PCP?

KNOW WHICH TO CHOOSE IN AN EMERGENCY SITUATION

**WHEN YOU'RE FACED** with one of life's emergencies—a sudden illness, a sports injury or another health-related issue—it's important to understand your options.

Whether the emergency is experienced by an adult or a child, the questions are the same. Is it severe enough to warrant a visit to the emergency room? Or would you or your child be better served by a trip to an urgent care facility? Should you wait for a regular appointment with your primary care provider (PCP) or your child's pediatrician?

Far too often, patients choose to visit an emergency room when an urgent care option might be better suited for their needs. This can put a strain on valuable healthcare resources and bring about unnecessary costs that are passed on to the patient.

To help you decide where to seek care, here's a list of some common medical emergencies and the most appropriate care options for both adults and children:

## Adults

### YOUR DOCTOR

- + Checkups and physicals.
- + Common illnesses that don't require immediate treatment.
- + Flu shots and other vaccines.
- + Preventive care and health screenings.
- + Routine tests.
- + Medication refills.
- + Most services provided by XpressCare and Urgent Care.

Appointments with your Watson Clinic Internal Medicine or Family Medicine physician can be scheduled by calling **863-680-7190**.

### XPRESSCARE AND URGENT CARE

- + Cold or flu.
- + Sore throat.
- + Upper respiratory, eye or skin infection.
- + Urinary tract infection (UTI).
- + Cut requiring stitches.
- + Earaches.
- + Minor burns.
- + Sprains or strains.
- + Nausea, vomiting or diarrhea.
- + Allergic reaction.
- + Animal or insect bites.
- + Minor sports injury.
- + Suspected broken bone that hasn't shifted out of place.

### URGENT CARE ONLY

- + Abdominal pain.
- + Chest pain.
- + Coughing or vomiting blood.
- + Sudden loss of consciousness.
- + Shortness of breath.
- + Head or eye injury.

### EMERGENCY ROOM

- + Chest pain.
- + Signs of a stroke, including numbness, affected speech or weakness of limbs.
- + Uncontrolled bleeding.
- + Severe abdominal pain.
- + Severe burns.
- + Major trauma.
- + Poisoning or overdose.
- + Difficulty speaking.
- + Broken bone that has shifted out of place.
- + Rape or assault victims.





To schedule an appointment with Watson Clinic's Pediatrics department at any one of four convenient locations, call **863-607-3346** (Highlands), **863-680-7337** (North Pediatrics), **813-719-2500** (Plant City) or **863-647-8012** (South).

# Children

## YOUR PEDIATRICIAN

- + Checkups and physicals.
- + Common illnesses that don't require immediate treatment.
- + Flu shots and other vaccines.
- + Preventive care and health screenings.
- + Routine tests.
- + Medication refills.
- + Specialist referrals.
- + Your child's regular ongoing medical issues.
- + High fever (call your pediatrician).
- + Persistent vomiting (call your pediatrician).
- + Most services provided by XpressCare and Urgent Care.

## XPRESSCARE AND URGENT CARE

- + Congestion.
- + Sore throat.
- + Bladder infections.
- + Cut requiring stitches.
- + Earaches and headaches.
- + Minor burns.
- + Dehydration.
- + Poor feeding.
- + Skin rash.
- + Vomiting or diarrhea.
- + Minor sports injury.

Watson Clinic's immediate care facilities—Urgent Care Main, Urgent Care South and XpressCare Highlands—are open seven days a week and offer expert treatments for minor illnesses and injuries for patients ages 2 and up without the need for an appointment.

## EMERGENCY ROOM

- + Severe asthma or allergic reaction.
- + Traumatic injury.
- + Turning pale or blue.
- + Severe burn or laceration.
- + Severe abdominal pain.
- + Sudden loss of consciousness.
- + Shortness of breath.
- + Lethargic or hard to wake.
- + Poisoning or overdose.
- + Stiff neck.
- + Head or eye injury.
- + Broken bone that has shifted out of place.



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** for more information.



**SHAWN AMIN, DO**  
**PAIN MANAGEMENT**

**Education:** Rowan University School of Osteopathic Medicine, Stratford, NJ

**Internship:** University of Connecticut School of Medicine, Farmington, CT, Preliminary Medicine

**Residency:** Rutgers New Jersey Medical School, Newark, NJ, Anesthesiology

**Fellowship:** Rutgers New Jersey Medical School, Newark, NJ, Pain Management

**Board-certifications:** Anesthesiology, Pain Medicine

**Location:** Watson Clinic Main  
**Appointments: 863-680-7300**



**SUMITA CHANDRAN, MD**  
**INTERNAL MEDICINE**

**Education:** Stanley Medical College, Chennai, India

**Residency:** Mercy Hospital, State University of New York, Buffalo, NY, Internal Medicine

**Board-certification:** Internal Medicine

**Location:** Watson Clinic Main  
**Appointments: 863-680-7190**



**TAYLOR COOK, DO**  
**OB-GYN**

**Education:** William Carey University College of Osteopathic Medicine, Hattiesburg, MS

**Residency:** Louisiana State University Health Science Center, Baton Rouge, LA, OB-GYN



**JACK DAVIDOFF, MD**  
**PRIORITY CARE**

**Education:** St. George's University School of Medicine, Grenada, West Indies

West Indies

**Internship and Residency:** St. Joseph's Hospital and Medical Center, Robert Wood Johnson University, New Brunswick, NJ, Family Medicine

**Memberships:** American Board of Family Medicine, American Association of Physician Specialists  
**Board-certification:** Family Medicine

**Location:** Watson Clinic Highlands  
**Appointments: 863-680-7190**



**MANOJ DHARIWAL, MD**  
**XPRESSCARE**

**Education:** Saba University School of Medicine, Saba, Dutch Caribbean

Caribbean

**Internship:** Easton Hospital, Easton, PA, Internship, Surgical

**Residency:** Flower Hospital, Sylvania, OH, Family Practice

**Fellowships:** Cleveland Clinic, Cleveland, OH, Vascular Medicine; Indiana University, Bloomington, IN, Sports Medicine; St. Joseph's Hospital, Syracuse, NY, Emergency Medicine

**Memberships:** American Medical Society for Sports Medicine; American Academy of Family

Physicians; Certified, Registered Physician in Vascular Interpretation

**Board-certifications:** Family Medicine, Sports Medicine

**Location:** Watson Clinic XpressCare Highlands

**Appointments: 863-393-9472**



**DELANEY HAKE, AUD,**  
**CCC-A, ABAC**  
**AUDIOLOGY (WATSON CLINIC HEARING CENTER)**

**Education:** Indiana University, Bloomington, IN, BA; Purdue University, West Lafayette, IN, AuD  
**Membership:** Occupational Hearing Conservationist by the Council for Accreditation in Occupational Hearing Conservation

**Location:** Watson Clinic Bella Vista Building and Watson Clinic Highlands

**Appointments: 863-904-6296**



**KATHERINE KALMANEK, MD**  
**ANESTHESIOLOGY**

**Education:** Northwestern University, Feinberg School of Medicine, Chicago, IL

**Internship and Residency:** Northwestern McGaw Medical Center, Chicago, IL, Anesthesiology

**Fellowship:** Columbia University Medical Center, New York Presbyterian Hospital, New York, NY, Adult Cardiothoracic Anesthesiology

**Board-certification:** Anesthesiology and Echocardiography

**Memberships:** American Society of Anesthesiologists, Society of

Cardiovascular Anesthesiologists  
**Locations:** Lakeland Regional Health, Bartow Regional Medical Center, Lakeland Surgical and Diagnostic Center



**SHIVAM KHAROD, MD**  
**RADIATION ONCOLOGY**

**Education:** University of Florida College of Medicine, Gainesville, FL

**Internship:** University of Florida Health/Shands Hospital, Gainesville, FL, Internal Medicine

**Residency:** University of Florida Health/Shands Hospital, Gainesville, and Jacksonville, FL, Radiation Oncology

**Location:** Watson Clinic Cancer & Research Center

**Appointments: 863-603-4717**



**PAVANAJA REDDY, MD**  
**ANESTHESIOLOGY**

**Education:** Kakatiya Medical College, Warangal, India

**Internship:** Gandhi Hospital, Warangal, India

**Residency:** SUNY Health Science Center, Brooklyn, NY, Anesthesiology; Mount Sinai Medical Services, Elmhurst Center, Elmhurst, NY, Transitional Medicine  
**Memberships:** American Society of Anesthesiology, American Association of Physicians of Indian Origin

**Board-certification:** Anesthesiology

**Location:** Lakeland Regional Health, Bartow Regional Medical Center, Lakeland Surgical and Diagnostic Center



**SUNIL ROHATGI, MD**  
**ONCOLOGY-HEMATOLOGY**

**Education:** University of Florida College of Medicine, Gainesville, FL

**Residency:** Baylor College of Medicine, Houston, TX, Internal Medicine

**Fellowship:** New York University College of Medicine, New York, NY, Hematology/Medical Oncology

**Board-certification:** Internal Medicine

**Location:** Watson Clinic Cancer & Research Center

**Appointments: 863-603-4770**



**SHAWN SIMPSON, DO**  
**HOSPITALIST (OB-GYN)**

**Education:** Philadelphia College of Osteopathic Medicine, Philadelphia, PA

**Internship and Residency:** St. Luke's Hospital, Bethlehem, PA, Obstetrics and Gynecology

**Board-certification:** OB-GYN

**Memberships:** American Osteopathic Association, American College of Osteopathic Obstetricians and Gynecologists

**Location:** Lakeland Regional Health



**JOLIE SZOCKI, MD**  
**PEDIATRICS**

**Education:** University of the West Indies, St. Augustine, Trinidad

**Residency:** University of Florida College of Medicine, Gainesville, FL, Pediatrics

**Fellowship:** University of Florida College of Medicine, Jacksonville, FL, Pediatric Hematology and Oncology

**Board-certification:** Pediatrics

**Memberships:** American Association of Pediatrics, American Society of Pediatric Hematology and Oncology

**Location:** Watson Clinic North Pediatrics

**Appointments: 863-680-7337**



**CHARLES BIRGE, JR., APRN**  
**PULMONOLOGY**

**Education:** Polk State College, Lakeland, FL; Florida Southern College, Lakeland, FL

**Memberships:** American Association of Nurse Practitioners

**Supervising physician:** Naem Shahrour, MD

**Location:** Watson Clinic Main

**Appointments: 863-680-7000**



**MAKENZIE GORDON, PA**  
**CARDIOLOGY**

**Education:** University of Tennessee, Knoxville, TN;

Lincoln Memorial University-School of Medical Sciences, Harrogate, TN

**Membership:** American Academy of Physician Assistants

**Supervising physicians:** Mark H. Mines, MD, and Zia Rab, MD

**Location:** Watson Clinic Main

**Appointments: 863-680-7490**



**STACEY MERCADANTE, APRN**  
**ORTHOPAEDIC SURGERY & SPORTS MEDICINE**

**Education:** University of South Florida, Tampa, FL, BSN; University of Tampa, Tampa, FL, MSN

**Membership:** American Association of Nurse Practitioners

**Supervising physician:** Phuc Vo, MD

**Locations:** Watson Clinic Main

**Appointments: 863-680-7214**



**RYAN PAYNE, PA**  
**OTOLARYNGOLOGY (ENT)/FACIAL PLASTIC SURGERY**

**Education:** Florida

Southern College, Lakeland, FL, BS; University of Georgia College of Education, Athens, GA, MS; Emory University School of Medicine, Atlanta, GA, MS

**Membership:** National Commission on Certification of Physician Assistants

**Supervising physicians:** Serge Jean, MD, and Pranay Patel, MD

**Locations:** Watson Clinic Bella Vista Building and Watson Clinic Highlands

**Appointments: 863-904-6296**

# Could you be at increased risk for ovarian cancer?



## OVARIAN CANCER CAN

involve the ovaries or related areas of the fallopian tubes or peritoneum—the membrane that lines abdominal organs.

“One in 78 women will get ovarian cancer, compared with 1 in 8 for breast cancer,” reports **Dr. Richard Cardosi**, a board-certified Gynecologic Oncologist at the Watson Clinic Bella Vista Building location. “But although it is much less common than breast cancer, ovarian cancer has a much higher mortality rate.”

### What symptoms should I look out for?

The symptoms of ovarian cancer are not specific and are often the same as symptoms caused by other conditions. They frequently don't show up until the disease is advanced, often after it has spread to other organs in the body.

Common complaints include:

- Bloating.
- Pelvic or abdominal pain.
- Trouble eating or a feeling of fullness.
- Changing bowel habits.
- Back pain.
- Pain during sex.
- A swollen belly such that clothing is becoming tight, yet combined with weight loss.

### Am I at risk?

Factors that can increase your risk include:

- **Your age.** The disease is most common in women 55 years and older, though younger women can get it too.
- **Your pregnancy history.** Women who have never been pregnant or had a full-term pregnancy, or those who had their first full-term pregnancy after age 35, are at higher risk.
- **Being at an unhealthy weight.**
- **Your personal or family medical history.** Having a close female relative with ovarian cancer or a family or personal history of breast, uterine or colorectal cancer.
- **If you carry certain genes** that predispose you to an increased likelihood of developing ovarian cancer.
- **Your race/ethnicity.** White women and women with Eastern European or Ashkenazi Jewish backgrounds are at higher risk.
- **If you smoke.**

### How is ovarian cancer diagnosed and treated?

Your doctor may order a transvaginal ultrasound or a CT scan.

A blood test can also measure the level of the protein CA-125 in your blood. Though elevated CA-125 levels can signal the presence of ovarian cancer, they can also be a sign of other conditions that are not cancer-related. An internal female exam may be helpful.

Surgery and chemotherapy are standard treatments and can help prolong survival. If ovarian cancer is caught early, five-year survival rates increase to about 94%. But because symptoms can be vague, early diagnosis is often difficult. If you are experiencing uncomfortable, persistent symptoms, even if they're vague, or if you have risk factors for the disease, you should schedule an appointment with your women's health provider.



Richard Cardosi, MD

**Watson Clinic Gynecologic Oncologist Dr. Richard Cardosi specializes in the comprehensive treatment of gynecologic cancer and the use of minimally invasive robotic surgical technologies. Call 863-680-7578 or visit [WatsonClinic.com/Cardosi](http://WatsonClinic.com/Cardosi) for more information.**

# Embracing survivorship through

# creativity

**HOUSED IN THE WATSON CLINIC CANCER & RESEARCH CENTER** at 1730 Lakeland Hills Blvd. in Lakeland, the Watson Clinic Foundation's Arts in Medicine (AIM) program offers all forms of the expressive arts for cancer patients, caregivers and family members at the center. Creative activities include watercolor painting, origami and mosaics. Research shows that these creative outlets reduce anxiety and create an environment that is more conducive to healing.

This life-enhancing program wouldn't be possible without the generosity of organizations and individuals who give their time, talent and monetary support.

### Survivorship Workshop Series

One such example of this generosity comes from the Florida Breast Cancer Foundation, an organization dedicated to ending the suffering caused by breast cancer through research, education, advocacy, helping with living expenses, mammograms and medical item programs. Their recent grant to the

AIM program has led to the formation of the Breast Cancer Survivorship Series, a collection of four monthly educational and creative workshops that empower survivors to reconnect with their community and their sense of self.

With assistance from local partners—including the Polk Museum of Art, Florida Dance Theater and the Garden Club of Lakeland—enrollees of the workshops can learn how to thrive on their journey of survivorship by engaging in various activities, including art, dance and horticulture.

These workshops are available at no cost and are open to breast cancer survivors throughout our community who are within their first five years of survivorship (determined by their date of diagnosis). The next series of workshop classes will take place starting in January.



For more information and to submit a registration request for a workshop series online, visit

**WatsonClinic.com/Survivorship** or call **863-603-4718**.



## GiveWell Grant

For the second year in a row, the Arts in Medicine program has received a meaningful grant in the amount of \$4,500 from the GiveWell Community Foundation, a charitable organization that addresses community needs throughout Polk County.

The grant was presented in response to an application submitted as part of the organization's 2022 Impact Polk competition, and it was distributed from the George W. Jenkins Fund within the GiveWell Community Foundation. These funds will be used to purchase supplies and other items that will help the program continue to grow and serve the needs of our community.

# 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
<b>MAIN</b>	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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## Consulting a **PODIATRIST** is one of the most important steps you can take.

These specially-trained foot specialists can help prevent or treat a variety of diabetic complications, including:

- **Nerve damage**
- **Restricted blood flow**
- **Numbness**
- **Sores, cracks or ulcers**

In fact, adding a podiatrist to your care team can lower your risks of lower limb amputation by 85% and hospitalization by 24%.\*

### Call **863-680-7214** for an appointment today!



**James J. Butler, Jr., DPM**

Watson Clinic Main  
1600 Lakeland Hills Blvd.  
North Lakeland



**Zully A. Calvo, DPM**

Watson Clinic South  
1033 N. Parkway Frontage Rd.  
South Lakeland



**Dominic E. DiPierro, DPM**

Watson Clinic Highlands  
2300 E. County Road 540A | South Lakeland  
Watson Clinic Bartow Building A  
2250 Osprey Blvd. | Suite 100 | Bartow, FL

\*American Podiatric Medical Association