Stay on the go
Get help moving freely
page 8

Yes, you can!
Live well with heart failure
page 10
Rehab close to home

Housed in three convenient locations, Watson Clinic’s comprehensive rehabilitation services are delivered by a caring team of providers who specialize in physical and occupational therapy. In addition to treating an array of orthopaedic, sports-related and neurologic injuries, our expert team holds advanced certifications in orthopaedics, hand therapy, wound care, lymphedema (fluid retention), manual therapy and vestibular rehabilitation.

Our specialists use some of the most advanced rehabilitation technologies available, including the revolutionary Anti-Gravity Treadmill®.

Keeping you **on the move**

**ARE YOU LIVING** with an injury or illness that limits your physical ability or keeps you from enjoying your life to the fullest? If so, there’s a good chance that a physical or occupational therapist could help.

Physical therapy (PT) encompasses a series of treatments for people with movement problems caused by a wide range of conditions. It can improve mobility, reduce pain and help maximize a person’s ability to perform daily activities.

These services can be beneficial for people living with:

- Arthritis.
- Back and neck problems.
- Chronic pain.
- Sports- and work-related injuries.

- Sprains, strains and other problems related to orthopaedics.
- Neurological problems, including certain stroke-related disabilities, cerebral palsy, multiple sclerosis and Parkinson’s disease.
- Low-back pain and compromised core strength due to pregnancy or childbirth.

Meanwhile, occupational therapy (OT) can empower both children and adults to overcome physical adversities that interfere with daily work and life routines. They can help patients protect themselves from joint overuse, conserve energy and endurance, and devise strategies that make everyday activities more productive.

**Many benefits**

Treatment plans are customized for each patient based on individual needs. These plans can help patients achieve a variety of goals, including:

- Managing pain without the use of opioid medicines.
- Avoiding surgery. For instance, people with joint problems often try these therapies first before considering whether to have joint replacement surgery.
- Rehabilitation following an injury or surgery.
- Prevention of future issues, such as decreased mobility, through fitness programs.

The Gold Standard
FROM THE DESK OF DR. STEVEN G. ACHINGER

IN THIS CROWDED HEALTHCARE LANDSCAPE
where you’re faced with so many choices, it’s a good idea to
take an inventory of your own personal wellness needs and
examine which medical establishment is best suited to fulfill
them.

There are a myriad of reasons why Watson Clinic has been
our community’s healthcare provider of choice for close to
80 years.

Locations. Whether you live in Polk, Pasco or
Hillsborough County, there’s likely a Watson Clinic facility close to your home.

Quality of care. Collectively, we have close to 300 board-certified physicians
and expert providers who offer more than 40 medical specialties and are uniquely
equipped to treat any ailment you’re likely to experience in your lifetime.

Efficiency. With our in-house Electronic Health Record, your medical history is
instantly accessible to any physician you see within Watson Clinic. This guarantees
easy referrals and a continuity of care free from excessive paperwork and wasted
time in your doctor’s office.

Affordability. Our services typically cost less than emergency room or
hospital-based healthcare systems.

Dependability. When you choose Watson Clinic, you know your healthcare
needs are being addressed by experts who have lived and served in your community
for decades. Since 1941, we’ve elevated the practice of medicine in our community
and have gained the trust of generations of patients and their family members.

You can discover additional reasons why you can expect more from Watson Clinic
in the pages of this magazine or by visiting us online at WatsonClinic.com.

Thank you for your continued trust in us.

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

GET IT DONE
Take control of your
health today.

UNDERSTANDING CKD
Swollen feet can be a sign
of chronic kidney disease. Find
out about other symptoms and
treatment.

Check out our website
WatsonClinic.com
Email us at HealthScene@
WatsonClinic.com.

WatsonClinic.com 3
Watson Clinic Urgent Care Main now offers direct scheduling

Getting the care you need when you need it the most has never been easier. Watson Clinic’s Urgent Care Main is pleased to introduce direct scheduling, a new feature that allows you to schedule a same-day appointment from the comfort of your own home.

With direct scheduling, you can bypass long lines, make a reservation for an appointment at the approximate time of your choosing and limit your wait times when you’re suffering from a minor illness or injury.

Here’s how it works:
- Log in to your MyChart Electronic Health Record account at MyChart.WatsonClinic.com
- Follow the prompts to schedule your appointment at the time of your choosing.
- Stay in bed and relax before arriving for your appointment.
- Once you arrive, check in at the front desk and enjoy prompt care from a member of our medical team.

Of course, online scheduling is not required to receive care at Urgent Care Main, and walk-in visits without an appointment are always welcome.

Please note that appointment times are an approximation of when you will be seen. Delays may occur based on the severity of patient illnesses during any given time frame. This service will also be available at Urgent Care South once the facility opens in January 2020.

Skip the lines! Visit WatsonClinic.com/UrgentCare to learn more about at-home scheduling and get comfortable with your care.
A closer look at mammograms

It may be tempting to put off your next mammogram, especially if your to-do list is getting longer and longer. This is one test you don’t want to delay, however. A mammogram could save your life in a matter of minutes.

That’s because mammography is the best defense in the fight against breast cancer. They’re the most reliable way to find breast cancer early, when a cancerous tumor is still too tiny for you or your doctor to feel. That’s when treatment is the most likely to be successful.

The radiologist who reads your mammogram will look for possible signs of cancer, such as a lump or a mass. Masses can be many things, including benign (noncancerous), fluid-filled sacs called cysts.

The radiologist will also look for calcifications, calcium deposits within breast tissue that show up as white spots on a mammogram. Depending on certain features—such as how many there are—very tiny specs of calcium called microcalcifications may indicate breast cancer.

It’s crucial not to fall behind on breast cancer screening. If you’re 40 years of age or older, you should consult with your doctor about scheduling a mammogram, and you should continue these screenings every year as long as you are in good health and regardless of your age.

Watson Clinic’s Breast Health Services department has elevated the level of women’s health in our community by offering state-of-the-art 3D mammogram technology that detects cancer with greater precision than ever before, a team of fellowship-trained breast imagers who are specially trained in breast health, and an extended multi-disciplinary team with experts in breast surgery, cancer care and plastic and reconstructive surgery.

Watson Clinic breaks ground on new Urgent Care South facility

Construction has begun on Watson Clinic’s newest facility—Watson Clinic Urgent Care South. Projected to open in January 2020, the facility will be staffed by board-certified physicians and a highly professional care team who can treat minor illnesses and injuries on a walk-in basis.

In addition to the convenience of after-hours and weekend availability and on-site access to x-ray, CT, ultrasound and laboratory services, Urgent Care South will offer same-day online appointment scheduling to minimize wait times.

“Our walk-in care options—including our Urgent Care Main and XpressCare Highlands facilities—have become increasingly popular over the past few years,” says Watson Clinic Managing Partner Dr. Steven Achinger. “Our new Urgent Care South location will expand upon the level of convenience and expertise that our community demands and deserves.”

“Patients appreciate our walk-in care options because they deliver quality healthcare on their schedule, when they need it the most,” says Watson Clinic Urgent Care specialist Dr. Jarett A. Gregory. “They also provide a more cost-effective alternative to traditional emergency room visits.”

Urgent Care South will be constructed as an expansion of the current Watson Clinic South location, a beloved facility that has served the needs of patients in our community since 1985.

Why wait? Check out the new facility and Watson Clinic’s Urgent Care services at WatsonClinic.com/UCSouth.

Do this first

Always empty your bladder before having your blood pressure measured. Having a full bladder can add 10 to 15 points to your blood pressure.

Source: American Heart Association
Men: Take control of your health

IF YOU’RE LIKE a lot of men, you may pay less attention to your own health than to other important matters, like your job, home and family. However, you deserve good health—and a good, long life. Isn’t it time you did something about that?

To start to prioritize your health, you need a primary care provider (PCP), such as a family medicine or internal medicine physician, that you trust. You might ask your friends for recommendations. Whether you feel more comfortable with a male or a female provider is totally up to you.

Your PCP can give you regular checkups and help make sure you get the care you need, which may include:

Health screenings. You may feel fine, and you may be healthy—or you could have a silent health problem, like high blood pressure, and not even know it.

Your PCP can use screening tests to detect some diseases before they cause symptoms, when they’re often easier to control or treat. For example, you may need to be screened for high cholesterol, type 2 diabetes or colon cancer.

Vaccines. Are you due for a tetanus booster? A shingles shot? Do you get a flu vaccine every year? “Getting recommended vaccinations can help you avoid painful and serious diseases,” says Dr. Leslie Coello Echeverry, a board-certified internal medicine and pediatrics specialist who treats adults and children at Watson Clinic Plant City.

Advice for a healthy life. Your provider can help with goals like eating right, exercising regularly, losing weight and quitting tobacco.

Your PCP is there to help, not judge, but he or she can’t do that unless you talk about sensitive topics that may be keeping you from a healthier life. Don’t hesitate to speak up about the following.

Your mental health. Do you feel sad, hopeless or disinterested in activities you once enjoyed? “These can be signs of depression, which is a serious illness. Treatment helps most people with depression enjoy life again,” says Dr. Jeremy M. Katzmann, a board-certified family medicine physician at Watson Clinic Highlands in Lakeland.

Your drinking or smoking habits. You need to come clean if you drink alcohol or smoke tobacco or other substances. Your PCP can discuss the risks with you.

Your energy level or sex drive. If you’re tired a lot or your desire for sex has plummeted, there may be a reason, such as a low testosterone level, that can be treated.

Available at four convenient locations, Watson Clinic’s team of Family Medicine and Internal Medicine specialists can put you on the path to great health. Call 863-680-7190 to schedule an appointment.

Sources: American Heart Association; Hormone Health Network; National Institutes of Health; U.S. Department of Health and Human Services
We asked members of our medical staff to answer some common health concerns.

**TAKE THREE Questions for the experts**

**Why do kids need the measles vaccine?**

As a parent, you’ve no doubt heard about this year’s measles outbreak. It’s the highest number of measles cases the U.S. has seen since 1994. Most of those measles cases have occurred among unvaccinated people.

Some parents choose not to get their kids vaccinated because they’re concerned about safety, but research shows that the measles vaccine is safe and does not cause autism or other diseases.

In contrast, measles itself can sometimes be severe in young children. It can lead to complications like pneumonia, brain damage and even death in some cases.

Measles is highly contagious. You can get it just from being in a room within a couple of hours after a person with measles has been in it. It’s more likely to spread through communities where people aren’t vaccinated.

Measles was virtually eradicated due to vaccination. However, outbreaks are inevitable when children do not get vaccinated.

The measles-mumps-rubella (MMR) vaccine protects children from measles. Two doses are needed—the first one at 12 to 15 months old and the second at 4 to 6 years old.

If you have questions about measles vaccines for your child, ask your child’s pediatrician.

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**What is melanoma and why is it so dangerous?**

Melanoma is less common than other types of skin cancer, but it’s more likely to spread to other parts of the body if it isn’t treated in time. Early detection can be lifesaving.

You are more likely to get melanoma if you have fair skin that burns easily, but really, anyone can get the disease. The biggest risk factors are sunburns and exposure to ultraviolet (UV) light—including light from the sun, sunlamps or tanning beds. Having many moles can also raise your risk of melanoma. It can also arise from an existing mole, but it may even start from normal-appearing skin.

You can reduce your risk by limiting UV exposure, wearing sunscreen with an SPF of 30 or higher, staying in the shade, and wearing protective clothing and gear—like long-sleeved shirts, hats and sunglasses. Avoid tanning either under the sun or in a booth.

Tell your doctor immediately if you notice any moles that change in size, color or shape or that bleed, become symptomatic or just look abnormal. A new mole should also be of concern.

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**How do I know if I have a headache or a migraine?**

That pounding in your head could be a migraine if the pain begins in your forehead, on the side of your head or around your eyes and then gradually gets worse.

Almost any movement, activity, bright lights or loud noise might make your head hurt even more. You might feel nauseated and vomit. Yours might begin with a warning sign called an aura, which may include vision changes—such as flashing lights or zig-zag lines—or tingling in the lips, tongue, lower face or the fingers of one hand.

Doctors still don’t know just what happens in the brain to start a migraine. It’s clear that certain triggers include loud noises, bright lights, strong smells, skipped meals, alcohol, a lack of sleep, stress, hormonal changes related to menstrual periods and birth control pills, and certain foods—such as aged cheeses and cured meats.

There’s no cure for migraines, but your doctor can tell you about medicines and other therapies that may stop them from becoming severe.

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Varsha Ghayal, MD,
is a board-certified pediatrician at Watson Clinic Highlands in Lakeland. Call **863-607-3346** to schedule an appointment.

Rick L. Moore, MD,
is a board-certified dermatologist at Watson Clinic Dermatology at Zephyrhills. Call **813-788-7867** to schedule an appointment.

Daynet Vega, MD,
is a board-certified neurologist at the Watson Clinic Main location in Lakeland. Call **863-680-7300** to schedule an appointment.

WatsonClinic.com
WATSON CLINIC’S Orthopaedic Surgery and Sports Medicine department offers compassion and expertise, coupled with the latest state-of-the-art techniques and technologies, to ensure that patients stay active and healthy through every phase of their lives.

Injury prevention techniques, sports physicals, joint replacement procedures, surgical options for the hands and feet, physical rehabilitation, and many more services are available.

Knees and hips
Whether you’re walking down the street or climbing stairs, moving a knee or hip shouldn’t make you wince in pain—but that’s exactly what can happen when arthritis wears away the shock-absorbing cartilage at the ends of bones in a hip or knee joint.

It’s no way to live.

If hip or knee pain has become a part of your life, here’s welcome news: There are more ways to ease your pain than you might realize. Weight loss, exercise and medications may help alleviate these symptoms. If steps like these don’t help and your pain is severe, your doctor may advise surgery to replace your damaged knee or hip with an artificial one.

As many as 8 out of 10 people who undergo replacement surgery are pain-free within a year, according to the American Association of Hip and Knee Surgeons. Keep in mind that joint replacement is major surgery, so carefully explore its pros and cons with your doctor.

Podiatric surgery
Few conditions are more debilitating than those involving the foot or ankle.

Watson Clinic’s podiatric surgeons offer the full spectrum of treatment options—both conservative and surgical—for plantar fasciitis and heel pain, tendinitis, bursitis, arthritis, foot care for diabetes, fractures, bunions, sesamoiditis and more. They counsel patients from three convenient locations at Watson Clinic Main, Watson Clinic South and Watson Clinic Bartow.

Hand surgery
We use our hands in so many of our daily activities that even the slightest pain or injury can hinder our quality of life and complicate our regular routines.

Below the skin, the hand consists of bones, ligaments, joints, muscles, nerves, blood vessels and tendons, and the interaction between these elements is delicate and complex.

Watson Clinic hand surgeons have undergone specialized and extensive medical training in the diagnosis and treatment of all hand, wrist, elbow, and forearm disorders, such as:

- Injuries and abnormalities.
- Arthritis and carpal tunnel syndrome.
- Fractures, lacerations and strains.
- Nerve and tendon repairs.
- Dupuytren’s contracture.
- Cyst, tumor and skin cancer removals.
Meet our team

**Orthopaedic Surgery**
Obafunto Abimbola, MD
Prashant J. Desai, DO
Peter Kazmier, MD
E. Wayne Mosley, MD
Douglas Shenkman, MD
Phuc Vo, MD
Marc Volpe, MD
Eric W. Beach, PA
William K. Beatty, DNP, APRN
Jason B. Bulman, PA
Cody Powell, PA, ATC, CSCS
Vishia M. Talbot, PA

**Nonsurgical Orthopaedics**
Salvador O. Montenegro, MD

**Hand Surgery**
Ann L. Licht, MD, FACS

**Podiatric Surgery**
James J. Butler, Jr., DPM
Zully A. Calvo, DPM
Ripal Y. Patel, DPM

LOCATIONS
**Orthopaedic, Hand and Podiatric surgery**
**Watson Clinic Main**
1600 Lakeland Hills Blvd.
Lakeland, FL

**Orthopaedic and Hand Surgery**
**Watson Clinic Highlands**
2300 E. County Road 540A
Lakeland Highlands, FL

**Podiatric Surgery**
**Watson Clinic Bartow**
2250 Osprey Blvd., Suite 100
Bartow, FL

**Watson Clinic South**
1033 N. Parkway Frontage Road
Lakeland, FL

For more information or to schedule an appointment, please call **863-680-7214** or visit [WatsonClinic.com/Ortho](http://WatsonClinic.com/Ortho).
Heart failure doesn’t mean your heart is about to stop.
When you have heart failure, either the left side of your heart has been weakened by a heart attack or a history of high blood pressure and isn’t pumping like it should—or the right side of your heart has become stiff and unable to fill with blood. In either case, fluid may then build up in your body.

Usually, the left side of the heart is affected first, but chances are both sides of your heart are affected. Heart failure on either side may cause fatigue and shortness of breath. Some people have coughing too.

You may be the most important member of your healthcare team.
Taking medications and making lifestyle changes—such as cutting back on salt, exercising with your doctor’s guidance, avoiding alcohol and tobacco, and maintaining a healthy weight—are cornerstones of treatment.
In addition, you need to see your doctor regularly, get all the tests and lab work done that your doctor orders, take medicines as directed, and follow your doctor’s advice.
"It’s also key to watch for signs and symptoms that may indicate your disease is getting worse," says Dr. Patrick J. Reddy, a board-certified cardiologist at Watson Clinic Main in Lakeland. "Bring these things to your doctor’s attention right away."
Signs and symptoms include having:
- Increased swelling in your legs, ankles, feet or abdomen.
- An ongoing cough or congestion.
- Increased fatigue.
- Worsening shortness of breath during your usual activities or even at rest.
- Confusion, dizziness or light-headedness.
- Loss of appetite or nausea.
- Trouble sleeping, especially if it’s difficult for you to lie flat.
- Sudden weight gain, such as 2 to 3 pounds within a day or 4 to 5 pounds within a week.

Make a plan
5 FACTS YOU NEED TO KNOW TO LIVE WELL

IF YOU HAVE just been diagnosed with heart failure, you can take comfort in the fact that you’re not alone. More than 6 million Americans are living with the disease—with the emphasis on the word living.
Even though heart failure is serious and there is no cure, it is treatable. The more you learn about it, the more you can do to live longer and enjoy a healthier and more active life.
Here are five facts about heart failure and living with the condition that you should know.

Heart failure doesn’t mean your heart is about to stop.
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Patrick J. Reddy, MD, FACP, FACC, FASNC, FAHA
For many decades, Watson Clinic’s Cardiology department has built a reputation for innovation and expertise. Same-day and next-day appointments are available for established Watson Clinic patients. Call 863-680-7490 for more details and to schedule an appointment.

You can do this!
Remember, for many people, heart failure is highly manageable. Taking charge of the disease begins with educating yourself and staying active in your care.

3

If you have trouble sticking with your treatment plan, there are solutions.
Managing heart failure can be challenging. For example, you may need to take several medicines, which can be expensive—and confusing to remember.

You may discover that a lot of the foods you normally eat are loaded with salt, and you may not know how to cook more healthful meals.

If you have challenges, let your doctor know. He or she can help you with them. There may be less expensive medicines you can take, for instance, or tools—such as medicine charts or pillboxes—might make it easier to keep track of which medicines to take and when.

If cooking or eating well is a problem, your doctor can refer you to a registered dietitian who can help you plan tasty and healthy meals.

The important thing to know is that you don’t have to figure things out on your own.

4

The bathroom scale will become a valuable health tool.
It’s important for people with heart failure to weigh themselves daily.

“Weight gain can be a sign that your body is retaining fluid,” says Dr. Zia Rab, a board-certified cardiologist at Watson Clinic Main in Lakeland. “To correct this, you may need an adjustment in your medications or diet.”

Your doctor will explain when weight changes need attention and how to handle them.

5

Heart failure isn’t just a physical condition.
Fear, anxiety, depression, stress. It’s perfectly normal to have feelings like these when diagnosed with a serious illness. If you have any of them, it’s essential to tell your doctor because they can affect the quality of your life—and they can keep you from taking good care of yourself.

Often, it’s helpful to talk about these feelings—perhaps with a counselor. Joining a support group for people with heart failure may be useful as well. You can hear how other people with the disease have learned to cope with it.

For many decades, Watson Clinic’s Cardiology department has built a reputation for innovation and expertise. Same-day and next-day appointments are available for established Watson Clinic patients. Call 863-680-7490 for more details and to schedule an appointment.

Sources: American Heart Association; Heart Failure Society of America; National Institutes of Health
SAY ‘HELLO’
to our new physicians and providers

RAMI ABOUD, MD
GASTROENTEROLOGY
Medical school: Jordan University of Science and Technology, Irbid, Jordan
Internship & Residency: Henry Ford Hospital, Detroit, MI, Internal Medicine
Fellowship: Augusta University, Augusta, GA, Gastroenterology
Board-certification: Internal Medicine
Location: Watson Clinic Main and Highlands
Appointments: 863-680-7490

DONNA ASUPAN, MD
INTERNAL MEDICINE
Medical school: St. Luke’s College of Medicine–William H. Quasha Memorial, Quezon City, Philippines
Residency: Mercy Hospital and Medical Center, Chicago, IL, Internal Medicine
Location: Watson Clinic Main
Appointments: 863-680-7190

GLORIA A. AYUBA, DO
CARDIOLOGY
Medical school: A.T. Still University, College of Osteopathic Medicine, Kirksville, MO
Residency: Beaumont Health, Dearborn, MI, Internal Medicine
Fellowship: Beaumont Health, Dearborn, MI, Cardiovascular Medicine
Board-certifications: Internal Medicine, Cardiovascular Medicine, Nuclear Cardiology, Echocardiography, Cardiovascular Computed Tomography
Location: Watson Clinic Main
Appointments: 863-680-7490

LEONARD GITTER, MD
ONCOLOGY-HEMATOLOGY
Medical school: Technion Israel Institute of Technology, Haifa, Israel
Residency: New York Medical College, New York, NY, Internal Medicine
Fellowships: NYU Winthrop University Hospital, Mineola, NY, Geriatric Medicine; SUNY Upstate Medical University, Syracuse, NY, Hematology Oncology
Board-certifications: Internal Medicine, Medical Oncology and Hematology, Geriatric Medicine
Location: Watson Clinic Cancer & Research Center
Appointments: 863-603-4770

VINDYA H. GUNAWARDEN, MD
ENDOCRINOLOGY
Medical school: George Washington University School of Medicine & Health Sciences, Washington, DC
Residency: University of South Florida Morsani College of Medicine, Tampa, FL, Internal Medicine
Fellowship: University of South Florida Morsani College of Medicine, Tampa, FL, Endocrinology/Diabetes Medicine
Board-certification: Internal Medicine
Location: Watson Clinic Main
Appointments: 863-680-7190

MARIAM HANNA, MD
RADIOLOGY
Medical school: Florida State University College of Medicine, Tallahassee, FL
Internship & Residency: Einstein Medical Center in Philadelphia, PA, Internship; Virginia Commonwealth University, Richmond, VA, Radiology, Residency
Fellowship: Virginia Commonwealth University, Richmond, VA, Breast Imaging
Board-certifications: Radiology, Venous and Lymphatic Medicine
Location: Watson Clinic Women’s Center
Meet the latest additions to our team! Appointments with each of these specialists are now available.

CHRISTOPHER JONES, MD
CARDIOLOGY
Medical school: East Carolina School of Medicine, Greenville, NC
Residency: East Carolina School of Medicine, Greenville, NC, Internal Medicine
Fellowships: Marshall University School of Medicine, Huntington, WV, Cardiology; The University of Chicago, Chicago, IL, Clinical Cardiac Electrophysiology
Board-certification: Internal Medicine, Cardiovascular Disease
Location: Watson Clinic Main
Appointments: 863-680-7490

E. WAYNE MOSLEY, MD
ORTHOPAEDIC SURGERY
Medical school: University of Kentucky, College of Medicine, Lexington, KY
Internship & Residency: University of Kentucky, College of Medicine, Lexington, KY, General Surgery, Internship; Orthopaedic Surgery, Residency
Board-certification: Orthopaedic Surgery
Location: Watson Clinic Main and Highlands
Appointments: 863-680-7214

JAMES I. OKOH, MD
RADIOLOGY
Medical school: Howard University College of Medicine, Washington, DC
Internship & Residency: Washington Hospital Center, Washington, DC, Internal Medicine, Internship; Howard University Hospitals, Washington, DC, Diagnostic Radiology, Residency
Fellowship: Johns Hopkins Hospital, Baltimore, MD, Neuroradiology
Board-certifications: Radiology, Neuroradiology, Diagnostic Radiology
Location: Watson Clinic Main

ZIA RAB, MD
CARDIOLOGY, INTERVENTIONAL CARDIOLOGY
Medical school: Upstate Medical University, Syracuse, NY
Internship & Residency: Montefiore Medical Center, Bronx, NY, Internal Medicine
Fellowships: Hofstra University Northwell School of Medicine, Manhasset, NY, Cardiovascular Disease; Westchester Medical Center, Valhalla, NY, Interventional Cardiology
Board-certifications: Internal Medicine, Cardiovascular Diseases, Interventional Cardiology, Nuclear Cardiology, Echocardiography, Vascular Medicine
Location: Watson Clinic Main
Appointments: 863-680-7490

MARK SWIERZEWSKI, MD
UROLOGY
Medical school: Tufts University School of Medicine, Boston, MA
Internship & Residency: Strong Memorial Hospital, Rochester, NY, General Surgery, Internship; Lahey Clinic Medical Center, Burlington, MA, Urology, Residency
Fellowship: Eastern Virginia Medical School, Norfolk, VA, Adult and Pediatric Genitourinary Reconstruction
Board-certification: Urology
Location: Watson Clinic Main
Appointments: 863-680-7300

JINOOS TAEF, MD
INTERNAL MEDICINE
Medical school: Ankara University School of Medicine, Ankara, Turkey
Internship & Residencies: Hacettepe University School of Medicine, Ankara, Turkey, Internal Medicine, Internship; Tehran University School of Medicine, Tehran, Iran, Dermatology, Residency; Saint John's Episcopal Hospital, Far Rockaway, NY, Internal Medicine, Residency
Board-certification: Internal Medicine
Location: Watson Clinic Main
Appointments: 863-680-7190
IT IS ESTIMATED that 1 in every 7 American adults has chronic kidney disease (CKD). Often referred to as the “silent disease” due to its initial lack of noticeable symptoms, the disease has a higher mortality rate than breast or prostate cancer.

In light of this, it’s crucial that patients understand how to combat this dreaded disease.

CKD occurs when kidneys are restricted in their ability to clean the blood of harmful toxins and waste. Risk factors include diabetes, high blood pressure, family history, smoking and African American ethnicity.

Warning signs include nausea, loss of appetite, fatigue, sleep loss, difficulty concentrating, cramps, feet and ankle swelling, shortness of breath, uncontrolled high blood pressure, and chest pain. When these appear, your primary care provider may refer you to a nephrology specialist for further analysis and treatment.

The first step taken by Watson Clinic’s team of board-certified nephrologists involves screening, which consists of very simple and non-invasive blood and urine testing. By detecting evidence of kidney disease at an early stage, nephrologists can help to prevent organ failure and the need for ongoing dialysis. An early referral to a nephrologist has been shown to improve patient outcomes.

In addition to screening and diagnostic services, Watson Clinic nephrologists care for patients who require dialysis treatments, provide hospital-based consultations for patients with kidney failure, and work with partners to expedite kidney transplant procedures. In fact, patients who receive care from facilities that are partnered with Watson Clinic are 2½ times more likely to procure a kidney transplant when compared to the state average.

Dialysis patients can receive care and counsel from Watson Clinic nephrologists at nearly every center in the county, including Lakeland and Haines City facilities where they serve as medical directors.

When more specialized care is needed, the department can offer swift referrals to additional kidney specialists and care facilities across the region.

Meet the Watson Clinic Nephrology team

Michael J. Achinger, MD, MS

Steven G. Achinger, MD

Marcia Berry, APRN

Angela J. Ritchea, APRN

Appointments can be scheduled by calling 863-680-7190.

Two convenient locations!

Watson Clinic Main
1600 Lakeland Hills Blvd.
Lakeland, FL

Watson Clinic Bartow OB-GYN
(select hours every Friday)
2000 Osprey Blvd., Suite 201
Bartow, FL
Paying it forward
We understand that when it comes to keeping our community healthy and productive, we’re all in this together. That’s why the Watson Clinic Foundation provides support to organizations—both local and national—who share in our mission, including the Breast Cancer Foundation of Central Florida, Volunteers in Service to the Elderly (VISTE), the American Cancer Society and many others.

Amazon Smile
Are you shopping on Amazon this holiday season? The Amazon Smile program allows you to cross off items on your shopping list while contributing to the Watson Clinic Foundation.

To contribute, visit amazonSmile.com and type “Watson Clinic Foundation” in the search bar. For every purchase you make, Amazon Smile will make a donation to our Foundation. Each donation will assist our Foundation in building a healthier community.

It’s a great way to give back.

3 ways to give back

SINCE 1960, the Watson Clinic Foundation has worked tirelessly to promote wellness through education, research and service. We would like to acknowledge just a few of our most popular initiatives and demonstrate how your support helps us empower a healthier community.

1. **Amazon Smile**
   Are you shopping on Amazon this holiday season? The Amazon Smile program allows you to cross off items on your shopping list while contributing to the Watson Clinic Foundation.

   To contribute, visit amazonSmile.com and type “Watson Clinic Foundation” in the search bar. For every purchase you make, Amazon Smile will make a donation to our Foundation. Each donation will assist our Foundation in building a healthier community.

   It’s a great way to give back.

2. **Save on your taxes**
   Both individual and corporate donations help make it possible for us to continue serving the wellness needs of our community. Some of those donations could be tax-deductible.

   For more information, visit WatsonClinic.com/WCF or call 863-904-2656.

3. **Arts in medicine**
   The Watson Clinic Foundation’s Arts in Medicine program encourages patients and their caregivers to engage in a variety of creative activities, including painting, crafts and music. Participation in the creative arts has been shown to reduce stress and promote an environment more conducive to healing.

   Located on the second floor of the Watson Clinic Cancer & Research Center in Lakeland, Arts in Medicine welcomes volunteers who can provide the tools and talents necessary to keep the program thriving.

   If you can assist in our creative endeavors, play an instrument or donate supplies, we’d love to hear from you! For more information on the program and to volunteer, call 863-603-4718 or visit WatsonClinic.com/AIM.

The Watson Clinic Foundation proudly presented a check in the amount of $100,000 to the Breast Cancer Foundation of Central Florida (BCFCF), an organization devoted to providing financial resources and personal support to individuals and families affected by breast cancer. This is the first of three donations the Watson Clinic Foundation will make to the BCFCF over the next three years—for a grand total of $300,000.
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TWO CONVENIENT LAKELAND LOCATIONS:
WATSON CLINIC BELLA VISTA BUILDING & WATSON CLINIC HIGHLANDS

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