

Watson Clinic

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Healthscene

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silent about
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**Celebrating
80 years
of service
to our
community**



Watson Clinic opens dermatology office in Brandon

FOR MANY, the year-round Florida sunshine is one of the most appealing aspects of our state. If you don't take the proper precautions, it could also be one of the most dangerous. Skin cancer is the most common of all cancers—and the most preventable. To diminish the potential for skin cancer, it's recommended that you limit sun exposure, wear protective clothing, and apply sunscreen with an SPF of 30 or higher.

Maintaining regular appointments with a dermatologist is also an essential step. Routine annual examinations can detect potentially cancerous moles and other areas of concern at their earliest stages, when they are most treatable.

Watson Clinic has long been at the forefront of skin health services. Now their singular brand of comprehensive and personalized dermatology care has come to Brandon.

Inclusive skin care

Watson Clinic Dermatology at Brandon features the expertise of board-certified dermatology specialist **Dr. Felicia Hall**, a highly qualified nursing staff, and the latest treatments and technologies to ensure healthy and vibrant skin.

"This is a convenient location in the center of Brandon where patients can enjoy access to a diverse array of skin-care services, including annual evaluations, the detection and treatment of skin cancers, acne, eczema, psoriasis and other common disorders, dermatologic surgery, as well as the most popular noninvasive facial rejuvenation options like fillers, BOTOX® and other procedures," says Dr. Hall.

The new location is a perfect complement to the clinic's two additional standalone dermatology facilities—Watson Clinic Dermatology at Zephyrhills and Watson Clinic Dermatology at Sun City Center. Watson Clinic's dermatology department is also housed at three Lakeland locations—Watson Clinic Bella Vista Building, Watson Clinic Highlands and Watson Clinic South.



Watson Clinic Dermatology at Brandon

675 South Kings Ave.
Brandon, FL 33511

Appointments:
813-655-3680 or
866-409-DERM
(866-409-3376)

Hours of operation
Monday through
Thursday from 8:30 am
to 4:30 pm

Website:
WatsonClinic.com/
Brandon

Meet Dr. Hall

Dr. Felicia Hall received her medical degree from the University of South Florida College of Medicine in Tampa, FL. She completed her internship in internal medicine at Mount Sinai Medical Center in Miami Beach, FL, and



her residency in dermatology at the University of South Florida in Tampa, FL. Dr. Hall is certified by the American Board of Dermatology and is a member of the American Academy of Dermatology, American Society for Mohs Surgery and American Medical Association. She has 15 years of experience in private practice.

Your guide to good health



Steven G. Achinger, MD, FASN

FROM THE DESK OF DR. STEVEN G. ACHINGER

For many, the challenges of the past year have highlighted the importance of maintaining good health. If you're interested in adopting healthier habits and achieving your wellness goals, it's helpful to know where to start.

Wherever you are on your healthcare journey, your most important ally is a primary care provider. These physicians keep you up-to-date on important screenings, help you stay consistent in your ongoing treatments for chronic conditions, provide potentially lifesaving vaccinations, offer hassle-free referrals when more specialized care is needed and empower you to reach your most challenging health goals—from losing weight to quitting smoking.

At Watson Clinic, our primary care providers—otherwise known as Family Medicine and Internal Medicine specialists—offer convenient appointment availability from multiple locations.

Preventive care lies at the heart of what they do. When potential medical issues are addressed before they become chronic or problematic, everybody wins. The patient can enjoy a more gratifying quality of life, incidence of life-threatening disease can drastically decrease and communities can thrive.

These have been the central goals of Watson Clinic ever since we first opened our doors in 1941. Inside the pages of this issue of *Health Scene*, we celebrate the occasion of our 80th anniversary by looking back to our origins and celebrating the possibilities of what's to come. Throughout the generations and far into the future, our focus will remain on elevating the health of you, your family and the community we all share.

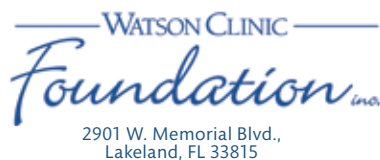
Regardless of your specific health goals or challenges, our team of more than 300 physicians and medical providers is here to keep you steady and secure on your path to a lifetime of wellness.

Wellness is a journey, and we're honored to serve as your trusted guide.

Yours in good health,

Steven G. Achinger, MD, FASN

Watson Clinic Managing Partner



2901 W. Memorial Blvd.,
Lakeland, FL 33815

Summer 2021

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

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wish to be added to or removed from the *Health Scene* mailing list, please write to **HealthScene@WatsonClinic.com** or Watson Clinic's Marketing Communications and Media Relations department at 4263 S. Florida Ave., Lakeland, FL 33813, or call **863-904-4653**. We will facilitate your request before the next issue.

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Check out our website

WatsonClinic.com

Email us at
HealthScene@WatsonClinic.com

WATSON News

Help for Parkinson's disease

The progression of Parkinson's disease can lead to severe difficulties in movement, balance and coordination.

Physical therapy can be a valuable tool in helping these patients regain their freedom of movement, improve balance, reduce the risk of falls, and greatly enhance the quality and functions of life.

That's why Watson Clinic's Physical Therapy & Sports Medicine department offers the services of three expert therapists who are specially trained and credentialed in the treatment of these patients.

"Through a four-week structured program, known as LSVT BIG training, patients can retrain their muscles to counteract the effects of Parkinson's," says Watson Clinic physical therapist Neelam Kansara, PT, DPT, who is certified in LSVT BIG therapy alongside

licensed physical therapy assistants Kimberly Melaragni, LPTA, and Nadia Valdez, LPTA. "We can assist in crafting

a plan that works for each patient's individual needs."

The therapy is helpful during all stages of Parkinson's and is highly effective in improving motor skills. This program is customized to the specific needs of the patient. It can be adapted and the pace of the program can be changed to meet the patient's needs.

The team conducts these therapies from both the Watson Clinic Center for Specialized Rehabilitation at 2190 E. County

Road 540A in Lakeland and Watson Clinic Highlands at 2300 E. County Road 540A in Lakeland.

A physician referral is required to schedule an appointment for this service. For more information, visit **WatsonClinic.com/PT** or call **863-607-3739**.



ENT surgeries performed exclusively in Bartow

Watson Clinic's acclaimed team of Otolaryngology and Facial Plastic Surgery specialists are pleased to perform ENT surgical procedures exclusively from Baycare's Bartow Regional Medical Center. These procedures include:

- Skin cancer reconstructive surgery
- Head and neck cancer surgery
- Nasal and sinus surgery, including balloon sinuplasty™
- Thyroid and parathyroid surgery
- Pediatric otolaryngology surgery

In addition, the department also offers a host of facial plastic and reconstructive surgery procedures at Lakeland Surgical & Diagnostic Center, including eyelifts, browlifts, facelifts, and nose and ear reshaping.

Each highly qualified physician counsels patients

from their offices at two Lakeland locations: Watson Clinic Bella Vista Building at 1755 N. Florida Ave. and Watson Clinic Highlands at 2300 E. County Rd. 540A.

Our surgeons include:



Serge Jean, MD, PhD



Raam S. Lakhani, MD



Pranay C. Patel, MD



For more information, visit **WatsonClinic.com/ENT** or call **863-904-6296**.



Same great service, new locations!

Women's health

OB-GYN and female pelvic medicine and reconstructive surgeon **Dr. A. Nicole Sparks** and registered nurse practitioner **Brooke Bambridge, MSN, APRN**, have recently relocated their practice from Watson Clinic Highlands to the Watson Clinic Bella Vista Building at 1755 N. Florida Ave. in north Lakeland.

In addition to Dr. Sparks, Bambridge also offers appointments and expert services at the Bella Vista Building to patients of **Dr. Samantha J. Curtis**, another OB-GYN and female pelvic medicine and reconstructive surgeon.

To schedule an appointment with Dr. Sparks, Dr. Curtis or Bambridge, please call **863-680-7243**.

Kidney health

Watson Clinic's renowned Nephrology department continues to expand availability at multiple locations across our community.

In addition to offering appointments at our Main and Bartow Obstetrics & Gynecology facilities, **Dr. Michael Achinger, Dr. Steven Achinger** and their team are also pleased to provide services from the Watson Clinic Highlands and Watson Clinic Plant City locations.

This expansion allows a greater level of convenience and accessibility for patients in need of care for chronic kidney disease, hypertension and other related disorders.

For more information or to schedule an appointment with a member of Watson Clinic's Nephrology department, call **863-680-7190** or visit **WatsonClinic.com/Nephrology**.

Your hearing health is our priority

According to the National Institute on Deafness and Other Communication Disorders, 1 out of every 8 Americans over the age of 12 experiences some degree of hearing loss in both ears.

Whether a patient has hearing loss or a related balance disorder, the Watson Clinic Hearing Center is uniquely equipped to serve the hearing wellness needs of both children and adults.

Housed in two convenient Lakeland locations—Watson Clinic Bella Vista Building and Watson Clinic Highlands—the department features the expertise of multiple fully licensed audiologists and a hearing aid specialist. The services they offer include:

- Adult and pediatric hearing evaluations

- Newborn hearing screenings
- Balance and vestibular testing
- Assistive listening devices
- Cochlear implants
- Bone-anchored hearing devices
- Custom ear plugs
- Custom musician's plugs
- Custom swim plugs

The department also offers a complete line of the latest technologies in hearing aids, as well as fitting and repair services for these devices. They work closely with Watson Clinic's Otolaryngology specialists when more intensive surgical efforts are needed.



Visit **WatsonClinic.com/HearingCenter** or call **863-904-6296** for more information or to inquire about an appointment.

INTRODUCING OUR NEWEST PROVIDERS



**KAREN
CHABRIER, MD**
URGENT CARE

Medical school:

Medical College of Pennsylvania (now Drexel University), Philadelphia, PA

Internship: Naval Hospital, Oakland, CA, General Surgery

Residency: Hassler Center for Family Medicine, Fairview General Hospital, Cleveland, OH, Family Medicine

Board certification: Family Medicine

Location: Watson Clinic Urgent Care South



FELICIA HALL, MD
DERMATOLOGY

Medical school:

University of South Florida College of Medicine, Tampa, FL

Internship: Mount Sinai Medical Center, Miami Beach, FL, Internal Medicine

Residency: University of South Florida, Tampa, FL, Dermatology

Board certification: Dermatology

Location: Watson Clinic Dermatology at Brandon

Appointments: 813-655-3680



ELFIA ALCALA, APRN
FAMILY MEDICINE

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

Memberships: American Association of Nurse Practitioners and Polk County Advanced Practice Nurses Association

Supervising physician: Jason C. Saylor, DO

Location: Watson Clinic Main

Appointments: 863-680-7190



**MICHNITZA
BRUTUS, APRN**
PAIN MANAGEMENT

Education: South

University, Tampa, FL (BSN, MSN)

Membership: American Association of Nurse Practitioners

Supervising physician: Osman A. Latif, MD

Location: Watson Clinic Main

Appointments: 863-680-7300



**LAUREN
PATTERSON, APRN**
FAMILY MEDICINE

Education: Florida

Southern College, Lakeland, FL (BSN), University of South Florida, Tampa, FL (MSN)

Membership: American Association of Nurse Practitioners

Supervising physician: Rony Alvarado, MD

Location: Watson Clinic Highlands

Appointments: 863-680-7190



**DEANNA
RILEY, APRN**
FAMILY MEDICINE

Education:

Chamberlain University, Chicago, IL (BSN, MSN)

Memberships: American Association of Nurse Practitioners and Florida Association of Nurse Practitioners

Supervising physician: Jeremy Katzmann, MD

Location: Watson Clinic Highlands

Appointments: 863-680-7190



**ADRIANA
HERRON, PA**
DERMATOLOGY

Education: University

of South Florida, Tampa, FL (BS), Florida State University College of Medicine, Tallahassee, FL (MSPAP)

Membership: National Commission on Certification of Physician Assistants

Supervising physician: Ronald J. Patrick, MD

Location: Watson Clinic Dermatology at Sun City Center

Appointments: 813-633-6121



Meet the latest additions to our team of expert physicians and providers. Appointments are now available, except where noted. Visit **WatsonClinic.com** for more information.

TAKE THREE

Questions for the experts

Why is vitamin D important?

The first thing to know about vitamin D is that it isn't really a vitamin. It's a hormone made by your kidneys. The second thing is that it helps keep your bones strong by boosting your body's ability to absorb calcium, the mineral that makes up bones.

Your body makes vitamin D in a chemical reaction that happens when sunlight hits your skin. That's why it's sometimes called the sunshine vitamin. You also get vitamin D naturally from a few foods, like fatty fish. Other foods and beverages can be fortified with vitamin D. Check the labels to see how much is in them.

Your muscles need vitamin D to move. Your nerves need it to carry messages between your brain and other parts of your body. Your immune system needs it to function properly too. If you don't have enough vitamin D to pair with calcium, you can eventually develop osteoporosis, which also causes brittle bones.

If you don't think you get enough vitamin D, talk with your doctor. Together you can come up with ways, including taking a supplement, for you to get the vitamin D your body needs.



 **Lilliam E. Ayala Garcia, MD**, is a board-certified rheumatologist at Watson Clinic Main in Lakeland. Call **863-680-7486** to schedule an appointment.

What advice do you have for an emotional overeater?

Eating to satisfy emotional needs is common, but it can become a problem when we do it frequently. Possible signs of emotional overeating include:

- Eating because of feelings or situations, not because you're hungry
- Feeling an urgent need to eat
- Craving a specific kind of food
- Eating an unusually large amount of food
- Eating at odd times of day, such as late at night
- Feeling embarrassed or guilty about what you ate
- Feeling like food is a friend
- Rewarding yourself with food

Once you figure out your triggers, you might call a good friend instead of eating or try taking a walk or a bath.

Physical activity can help lift your mood, relieve stress and distract you from food cravings. A good night's rest helps too. Set aside time every day to unwind. You can also schedule an appointment with me at the Metabolic & Weight Center at Watson Clinic Main by calling the number listed below. The program offers sensible and lasting solutions to managing weight issues.



 **Lilliam S. Chiques, MD**, is a board-certified obesity medicine specialist at Watson Clinic Main in Lakeland. Call **863-680-7190** to schedule an appointment.

What is considered a heart-healthy diet?

Fruits and vegetables are naturally low in fat and high in fiber. Choose multiple colors of fresh produce to make sure you're getting a variety of nutrients. Especially good choices include leafy greens, broccoli, carrots, apples, bananas, oranges, pears, grapes and prunes.

Choose fatty fish that are high in heart-healthy omega-3 fatty acids. These include salmon, mackerel, tuna, trout and sardines. These foods can help lower triglyceride levels and subsequently reduce your risks for heart attack or stroke.


Stock up on whole grains. Oats, for example, contain iron, B vitamins and soluble fiber, which may help lower blood cholesterol. Brown rice is high in fiber, protein and B vitamins. You can use other whole grains in most recipes that call for rice.

Choose whole grain pasta over enriched varieties for more fiber and protein. Regular white pasta does not contain this valuable heart-healthy fiber.

Beans and lentils contain fiber, protein and B vitamins. Keep a variety on hand, such as black, pinto, kidney and white beans and brown, green and red lentils.

Limit or avoid sugary drinks, sweets, fatty or processed meats, excess saturated fats, salty foods, and highly processed foods.



 **John G. Canto, MD, MS, MSPH**, is a board-certified cardiologist at Watson Clinic Main in Lakeland. Call **863-680-7490** to schedule an appointment.

Celebrating 80 YEARS of quality health

IN THE SUMMER of 1941, the classic *Citizen Kane* premiered in theaters, baseball great Joe DiMaggio began a 56-game hitting streak for the New York Yankees and a new car would set you back an average of \$925.

The Watson Clinic partnership began in the historic marble Arcade building in downtown Lakeland.



Dr. Herman Watson (right) and nephew Dr. Samuel Edgar Watson (left).

In 1958, Watson Clinic constructed the Main Clinic on 1600 Lakeland Hills Blvd. in Lakeland. This structure continues to serve as the Clinic's central hub of operations.



It also marked the season when Watson Clinic first opened our doors to the community. Though the seeds of Watson Clinic were planted long before they sprouted into existence 80 years ago.

The future of healthcare for residents of Lakeland and surrounding communities had its origins in Metter, Georgia, a small city in the southeastern portion of the state. That's where Willis Herman Watson was born into the world on Feb. 12, 1889. Two years after graduating from the University of

Georgia School of Medicine in 1912, he made the move to Lakeland to start his own private practice, a professional ambition that was interrupted briefly by his calling to serve during World War I.

In the years immediately following the war, Lakeland enjoyed a brisk population boom. Quality healthcare options became even more paramount to service the needs of our growing community. Dr. Herman Watson was soon joined in his practice by his nephew, Edgar. In 1938, Dr. Jere Annis joined the team from the

world-renowned physician-led team at the Mayo Clinic in Rochester, MN.

Plans were set in motion to model a healthcare establishment from the Mayo Clinic's formidable example. In 1941, that vision was born in the form of Watson Clinic.

Continuing to serve you

So much of the world has changed over the past eight decades, but it's comforting to know that our mission has not.

Watson Clinic continues to be owned and operated by its physicians.

care

Watson Clinic at a glance

- + **One of the largest medical practices** in the southeast.
- + **First medical clinic in the United States** to achieve accreditation from the American Association of Medical Clinics in 1969.
- + **Operating 19 convenient locations** across Polk, Pasco and Hillsborough counties.
- + **Offers over 300 physicians and medical providers** practicing over 40 medical and surgical specialties.
- + **Watson Clinic Foundation** founded in 1960 as philanthropic arm of the clinic.
- + **Watson Clinic Center for Research** opened in 1985 to foster the latest medical innovations and promising clinical trials.
- + **Introduced community to some of the most consequential advancements** in the history of healthcare, including treadmill stress testing, robotic surgery and 3D mammography.



Today, Watson Clinic operates 19 convenient locations across our community landscape, including the impressive south Lakeland facilities: Watson Clinic Highlands (at right), and Watson Clinic South/Watson Clinic Urgent Care South campus (above).



That means that the services we provide are not determined by outside bureaucrats, but by the medical professionals who come face-to-face with the patient population on a daily basis. Every decision we make is based upon the needs of the patient and our mission to elevate the health and vitality of our community as a whole.

Through evolving technologies and escalating challenges, Watson Clinic continues to set the standard for an all-inclusive healthcare experience.

It's a recipe that has enhanced the

lives of countless people, and it has served as a great influence to other medical establishments throughout our region and beyond. Many have followed our lead when it comes to groundbreaking research, innovative care and personalized approaches to the practice of medicine.

Looking ahead

We may be turning 80 this year, but we're just getting started.

As we enter our next 80 years, we remain focused on responding to the

needs of our community through the convenience of our locations, the ingenuity of our providers, and the breadth of our specialties and services. We'll never waver from delivering the tools of tomorrow that will continue to ease illness and cure disease. Finally, we will continue to maintain the meaningful doctor-patient interactions that have successfully cemented our legacy above all else.

We thank each and every one of you for being a part of the Watson Clinic family.

COVID-19 vaccines: Why you shouldn't wait

MANY tens of millions of people in the U.S. have been vaccinated against COVID-19. It's important that those who can get a vaccine do so as soon as possible.

Besides reducing your own risk of getting COVID-19, there are other reasons to get a vaccine now. For starters, you'll be helping to:

1. Bring an end to the pandemic. When enough people are immunized against COVID-19, the virus will be less able to spread around. That's called herd immunity. We don't know the exact percentage needed, but the World Health Organization says a large portion of people will need to be vaccinated to reach herd immunity.

2. Protect the healthcare system. You've heard about the strain COVID-19 has placed on hospitals. When infections surge or if nurses and doctors get sick, they may have less capacity to care for the very ill. Staying healthy helps ensure that care will be available for those who need it.

3. Safeguard those around you. Getting your shots as soon as you can may make it less likely that you will spread COVID-19 to your inner circle. This could include your loved ones who may not be able to get the vaccine yet.

It's worth doing—for yourself and your community.



Watson Clinic Women's Center plastic and reconstructive surgeon Dr. Faeza Kazmier receives her dose of the COVID-19 vaccine.



Watson Clinic Medical Director and Internal Medicine Specialist Dr. Lilliam Chiques celebrates after her COVID-19 vaccination.



How to talk to loved ones about getting a COVID-19 vaccine

IF you've been vaccinated against COVID-19, you know it can be a big relief. You may be eager for your friends and loved ones to take advantage of that opportunity too.

Some people are hesitant, though. It can be difficult to know how to have a conversation about what's holding

them back. This is new territory for all of us, after all.

If you're ready to dive into those conversations, though, your support can make a difference—if you do it in a positive way. Here are some tips from the Centers for Disease Control and Prevention and other experts:

1 Listen without judgment.

It's normal to have questions or concerns about new vaccines. Before you were vaccinated, you may have had some doubts at first too. It's important to acknowledge any concerns your loved one has and try to understand them. Try to ask open-ended questions and really listen to the answers without interrupting. Remember: The goal is not to win an argument. It's to learn what the other person is worried about and to offer information that could put their mind at ease.



2 Share facts—but ask first.

Sometimes people just need accurate information to help them make up their minds. Ask for permission to share what you know. They may be more open to listening and less likely to be defensive that way. It may help hesitant people to know that:

- The Moderna, Pfizer, and Johnson & Johnson vaccines are nearly 100% effective at preventing hospitalizations and deaths from COVID-19.
- Most side effects are mild (like a sore arm or tiredness). Some people have no side effects at all. Serious complications are rare.
- While the COVID-19 vaccines are new, scientists have been working with the technology for mRNA and viral vector vaccines for more than 20 years.
- Diverse groups of people took part in the vaccine studies.
- By far, most doctors who have been offered the vaccines have taken them.
- COVID-19 vaccines are free.



3 Help them find their why.

Why did you choose to be vaccinated? Some people do it because they want to be safer or to be able to spend time with their grandkids. Others just want to help the world move a little closer to normal. Sharing your reasons with your loved ones might help them to identify theirs. It doesn't hurt to remind them that you love and care about them—and want them to be healthy and safe.

4 Offer to help navigate the system.

Maybe your friend is willing to get a vaccine but doesn't know how to get an appointment—or it isn't easy for them to access the booking system. Could you offer to help? If you've already been vaccinated, you know the ropes. Helping to set up the appointment may be quicker, easier and less stressful for you.



5 Know when to press pause.

If either of you becomes upset, take a break from the discussion. Maybe you'll be able to pick it up in a more positive way later. Maybe not. Whatever your loved one decides, you still want to have a good relationship when all is said and done.



If you're a Watson Clinic patient and have not yet received your first or second dose of the COVID-19 vaccine, you can schedule yours by calling **863-680-7190** or visiting your MyChart Patient Portal account. For the latest updates on vaccine availability and protocol, visit **[WatsonClinic.com/Coronavirus](https://www.WatsonClinic.com/Coronavirus)**.

Get help for migraines

A MIGRAINE can make it next to impossible to work, manage household responsibilities or do just about anything else. That's something you may know all too well if you've recently started getting these severe headaches.

Here's what else you should know: Migraines are manageable, and a variety of options are available today to treat them.

If you haven't done so yet, your first step should be to see your doctor. They can usually tell if you're having migraines based on your symptoms.

"Migraines tend to involve intense bouts of throbbing pain, often on one side of the head," says **Dr. Gabriel Pantol**, a board-certified neurologist at Watson Clinic Main in Lakeland. "Migraine episodes can last for several hours or even days."

During a migraine attack, many people get an upset stomach. Light,

sounds and movement can make a migraine worse. Many people also experience visual disturbances, called auras, prior to getting a migraine. They might see flashing lights or heatwaves.

Medicines for migraines

Some medicines treat migraine attacks when they occur, while others help prevent migraines in the first place.



Preventive medications

include CGRP monoclonal antibodies, antiepileptic drugs like topiramate, beta blockers like propranolol, and tricyclic antidepressants like amitriptyline.

And while you may know BOTOX® injections as a wrinkle treatment, they can be another option for preventing migraines.



Medicines that stop

migraine pain include triptans, lasmiditan and

gepants like ubrogepant and rimegepant.

In addition to taking medicines as prescribed, Dr. Pantol suggests lifestyle changes that may help you manage migraines, such as:

- Keeping a regular sleep schedule.
- Avoiding migraine triggers. Those might be things like certain foods and drinks, stress, loud sounds, and bright lights or smells. Keeping a journal of what you were eating and doing when you got a migraine can help you identify triggers.
- Losing excess weight, if you're overweight.
- Exercising and finding other ways to manage stress.



Gabriel Pantol, MD

Sources: American Academy of Family Physicians; National Institute of Neurological Disorders and Stroke



 **Don't wait it out—we can help! Watson Clinic's department of Neurology specializes in the treatments of chronic migraines, Alzheimer's disease, epilepsy, multiple sclerosis and other disorders related to the nervous system. For more information and to schedule an appointment, call 863-680-7300 or visit WatsonClinic.com/Neurology.**

Help your kids get a good night's rest

WANT to help your kids start each day off right? Make sure they hit the pillow early enough each night.

"Getting enough sleep benefits children in many ways," says **Dr. Holly Cunneen**, a board-certified pediatrician at Watson Clinic Highlands in south Lakeland. "For starters, well-rested kids tend to behave better. They learn better too. They may have fewer illnesses since sleep is good for the immune system."

For sleepy kids, it's a different story. Being drowsy can make kids crabby. It's hard to concentrate on school work when they're tired. Worse, chronically sleepy kids may have a higher risk for some health problems. These include obesity, high blood pressure, headaches and depression.

Even though sleep is essential, all too often children fall short. So it's important to make sure kids head off to bed early enough to get enough hours of nightly shut-eye. Kids need this much sleep (including naps), according to Dr. Cunneen:

- Infants—12 to 16 hours
- Toddlers—11 to 14 hours
- Preschoolers—10 to 13 hours
- Grade-schoolers—9 to 12 hours
- Teens—8 to 10 hours

Tips for better sleep

If your kids have trouble falling asleep even while sticking to a bedtime, these tips may help.

Wind down. As bedtime approaches, keep noises to a minimum. Dim the lights. Darkness promotes melatonin (a sleep-inducing hormone).

Turn off the tech. Avoid letting kids watch or listen to upsetting or scary content within two hours of bed, and make sure they avoid TV, smartphone, tablet or other screens within an hour of their bedtime. "Some content can be

too stimulating," says Dr. Cunneen. "And the blue light from screens can interfere with the body's release of melatonin."

Start a relaxing routine. You might have your kids brush their teeth and read a book or take a warm bath before heading off to sleep.

Turn down the heat. It's easier to fall asleep in a bedroom that is a little bit on the cool side.

Watch the caffeine. Encourage your kids to limit or avoid caffeinated beverages four to six hours before bed.

Set a good example. Go to bed on time yourself.



Holly Cunneen, DO

The best care for your children

A good pediatrician is like a trusted member of the family. Watson Clinic's Pediatrics department proudly offers multiple board-certified physicians and an expanded team of expert providers, the convenience of four centralized locations across Polk and Hillsborough counties, flexible appointment availability, and the compassionate, personalized care parents trust most.

Schedule an appointment by calling one of the following locations:

Watson Clinic Highlands
2300 E. County Road, 540A,
Lakeland, FL 33813
863-607-3346

Watson Clinic North Pediatrics
1430 Lakeland Hills Blvd.
Lakeland, FL 33805
863-680-7337

Watson Clinic Plant City
615 E. Alexander St.
Plant City, FL 33563
813-719-2500

Watson Clinic South
1033 N. Parkway Frontage Road
Lakeland, FL 33803
863-647-8012

Incontinence:

A secret women shouldn't keep

LAUGHING, exercising or not being able to find a bathroom quickly enough shouldn't make you leak urine. Yet that's just what happens every day to countless women, who are twice as likely as men to have trouble controlling their bladders.

It can be embarrassing to admit to a doctor that you're leaking urine, whether it's just an occasional accident or it's an ongoing problem that's disrupting your life.

Here's an incentive to speak up: Urinary incontinence (that's the medical term) is highly treatable. Now here's a look at a topic that should never be taboo.

Why are women so vulnerable?

"Pregnancy, childbirth and menopause can all weaken the pelvic muscles needed for bladder control," says

Dr. Tarek G. Garas, a board-certified Female Pelvic Medicine & Reconstructive Surgeon at Watson Clinic's Bella Vista Building and Bartow Obstetrics & Gynecology locations. The urethra—the tube that takes urine out of the body—is also shorter in women than men. Consequently, it has less muscle. If it's weakened or damaged, it's more likely to trigger incontinence.

Women can leak urine at any age, but it's more common later in life. In fact, more than 4 in 10 women 65 and older have trouble with bladder control. That's likely because dwindling levels of estrogen after menopause may weaken the urethra.

Staying dry

There are many effective treatments for incontinence, and often doctors advise the simplest and safest first. That might be trimming down if you're

overweight, since extra pounds put pressure on your bladder. Or stopping smoking if you light up, since the habit can contribute to leaking.

Your doctor can help you decide the right remedies for you, but you need to talk about the problem first.



Tarek G. Garas, MD



Your doctor may advise:

Doing Kegel exercises. These exercises involve tightening and relaxing the muscles that control urine flow. Strengthening them can help you hold urine longer.

Treating constipation by eating more fiber. Constipation can make urinary incontinence worse.

Training your bladder. Gradually increasing the times between bathroom visits may help you hold more urine.

Changing your drinking habits. You'll be less likely to leak urine if you avoid carbonated drinks (such as soda), caffeinated drinks and alcohol.

"If steps like these don't help, your doctor may talk to you about other options. Among them: medicine, medical devices, nerve stimulation and—in some cases—surgery," Dr. Garas explains.

Trusted in the community for close to 20 years, **Dr. Tarek G. Garas** and his team specialize in comprehensive gynecologic services for all stages of life, as well as minimally invasive gynecologic surgery, advanced robotic surgery, and the latest treatment options for incontinence and other common pelvic floor disorders. For appointments and more information, call **863-680-7312** or visit **WatsonClinic.com/Garas**.



Calling all creators!

**CONSIDER VOLUNTEERING FOR THE
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Promoting community wellness
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Help us make a difference

THE advantages of art therapy have been well-documented. This is especially true of its application in healthcare settings. An environment where creative expression is embraced is more conducive to positivity and healing.

Physically, these activities succeed in raising endorphins and engage natural relaxation response. From a psychological perspective, the creative arts can reduce episodes of anxiety and depression. In the process, patients and caregivers both enjoy the comforts of a strong, unified community composed of others who share the same challenges.

That's why the Watson Clinic Foundation enacted the Arts in Medicine program in 2007, designed to enhance the well-being and treatment outcomes of patients who seek care at the Watson Clinic Cancer & Research Center. Whether engaging in

painting, scrapbooking, coloring, craft-making or enjoying a soothing musical performance, the patients and caregivers who take part in the program have reported life-changing benefits.

We need volunteers!

The program can only thrive with the assistance of community volunteers.

We welcome everyone to take part in the program using their unique creative skills. We're looking for vocalists, instrumentalists and volunteers who can host workshops and facilitate classes on any kind of creative endeavor.

In addition, the program is always seeking grants, monetary donations or arts supplies.

For more information on the Arts in Medicine program, or to donate supplies or volunteer your time and talents, call **863-603-4718** or visit **WatsonClinic.com/AIM**.

Established in 1960 as the philanthropic arm of Watson Clinic, the Watson Clinic Foundation works to improve health awareness and the quality of medical care throughout our community. The Foundation's special programs and outreach efforts have impacted countless lives across the state of Florida and beyond.

All of these programs would not be possible without the generous financial support of compassionate individuals and local businesses, who have given so much to improve the lives of their fellow citizens. For more information on these and many additional diverse programs spearheaded by the Watson Clinic Foundation, and to find out how you can make a difference in your community, please call **863-904-2656**.

Reach us

Watson Clinic Locations

Bartow	863-533-7151
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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
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For more information, please visit www.WatsonClinic.com/Walkin.



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2300 E. County Rd. 540A
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Fri. | 8 am - 2 pm

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