Watson Clinic Healthscene SUMMER 2020

Your Urgent Care experts

Mental health Myth or fact?

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The lowdown on lung cancer screening

LEARN IF YOU’RE A CANDIDATE FOR THIS TEST

“Your best protection against lung cancer is to not smoke—or to quit if you currently do light up,” says Dr. Shalini Mulaparthi, a board-certified oncologist-hematologist at the Watson Clinic Cancer & Research Center. In addition, there’s another important step you can take to reduce your chances of dying from this disease: Talk to your doctor about getting tested for it.

A yearly lung cancer screening is recommended for many current or former smokers. The reason? Lung cancer is the leading cause of cancer deaths in both American men and women.

Lung cancer screening, which involves getting a low-dose computed tomography (CT) scan of the lungs, can detect small tumors early, when it is sometimes possible to cure them with surgery.

However, if lung cancer is found at an advanced stage, the options for treating it may be limited.

Who should be screened?
Whether or not you should be screened for lung cancer depends, in part, on your age and how much and how long you’ve smoked. You may be a candidate if you:
• Are 55 to 80 years old.
• Smoke heavily or used to smoke a lot, but have quit within the past 15 years. Heavy smoking is defined as having a 30-pack-year smoking history—for instance, having smoked a pack of cigarettes a day for 30 years or two packs a day for 15 years.

Your doctor can tell you if you’re eligible for lung cancer screening.

“If you are at high risk for lung cancer because of your age and smoking history, getting screened could potentially save your life,” says Dr. Mulaparthi.

In fact, the U.S. Preventive Services Task Force, which recommends the test for high-risk smokers, did so because the potential benefits of lung cancer screening have been shown to outweigh its potential harms.

The Watson Clinic Cancer & Research Center specializes in the diagnosis and treatment of cancer in all its forms, including lung cancer. For more information and to schedule an appointment, call 863-603-4770 or visit WatsonClinic.com/CancerCenter.

What’s in cigarette smoke?

KNOWN TO CAUSE CANCER
Arsenic Found in rat poison and pesticides
Benzene Found in rubber cement and gasoline
Cadmium Found in battery acid
Formaldehyde Used in embalming fluid

MAY CAUSE CANCER
Lead Used in batteries
Naphthalene Found in moth balls
Toluene Used to make paint thinners

JUST SOME OF THE OTHER HARMFUL CHEMICALS
Acetone Found in nail polish removers
Acetic acid Found in hair dye
Ammonia Used in household cleaners
Butane Found in lighter fluid
Carbon monoxide Found in car exhaust fumes
Hexamine Found in barbecue lighter fluid
Hydrogen cyanide Used as a chemical weapon
Methanol Found in rocket fuel and antifreeze
Nicotine Addictive—and used as an insecticide

Sources: American Lung Association; U.S. Department of Health and Human Services
In recent months, our world has felt upended by the troubling coronavirus. Many may feel hesitant to engage in the activities that were once a part of our everyday. While taking all necessary precautions is completely appropriate, there are some essentials that we cannot shortchange. At the top of this list is your health.

Whether you need to keep up with your annual physicals or require regular attention for your chronic conditions, your healthcare is too important to delay. That’s why Watson Clinic has put in place a series of protocols to ensure the safety of you and your family. These include special monitoring desks at each entrance to screen each visitor, separate waiting and treatment areas for well patients and those who are potentially symptomatic, and a team that is equipped with all the necessary equipment and supplies to ensure a safe and efficient healthcare experience for all. The safety and health of our patients and staff has been and will remain our top priority.

All of our locations are open for patient care, our departments can perform any mandatory or elective test or surgical procedure you need, and our team of over 220 board-certified physicians is eager to help you navigate a healthier tomorrow through these uncertain times.

We’ve even implemented a new platform to serve those patients who feel more comfortable receiving their healthcare without having to leave their home. It’s called telemedicine, and it allows you to schedule a one-on-one appointment with your physician from the comfort of your own iPad, smartphone device, or either a desktop or laptop with a working webcam and microphone.

Please note that telemedicine options are subject to the participation and availability of each physician. As with any routine appointment with your doctor, co-payment requirements may vary based upon your insurance coverage. For more information on the telemedicine system, visit WatsonClinic.com/Telemedicine.

You want the very best health care for you and your family. All of us at Watson Clinic share that same commitment. We’re proud to offer the flexibility and accessibility you need to stay healthy during this difficult period.

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

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Learn the facts about this disorder and how to control it.

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Check out our website
WatsonClinic.com
Email us at HealthScene@WatsonClinic.com
2020

**Insurance in the new year**

Watson Clinic is honored to accept a large variety of insurance plans, including Medicare and Medicare Advantage plans. It’s possible that your coverage might have changed for 2020. We encourage you to check out WatsonClinic.com/Insurance to make sure your Watson Clinic providers are still covered in your network.

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**Surgeons awarded for robotic expertise**

Watson Clinic board-certified OB-GYN and female pelvic medicine and reconstructive surgeon Dr. Tarek G. Garas and board-certified general surgeon Dr. Anthony R. Zappia have recently been recognized as Surgeons of Excellence by the Surgical Review Corporation (SRC). This distinguished accreditation reflects the expertise and experience of both surgeons in performing robotic surgical procedures.

Dr. Garas and Dr. Zappia underwent rigorous evaluations prior to achieving this accreditation, during which their surgical outcomes as well as their measures to ensure patient safety and quality standards were scrutinized. The volume of robotic surgeries performed by both surgeons also played a considerable role in the evaluation process. In fact, Dr. Zappia performs the highest number of robotic-assisted general surgeries in Polk County.

These distinctions as accredited Surgeons of Excellence assure patients in our community that the experience and surgical skill of Dr. Garas and Dr. Zappia meet or exceed the highest standards of care in the country. Dr. Garas and Dr. Zappia are the only Polk County surgeons in their fields of urogynecology/gynecology and general surgery to receive these accreditations.

The benefits of robotic surgery are numerous, including smaller and less invasive incisions, enhanced accuracy and precision, significantly reduced recovery periods, and the cost-effectiveness of faster recovery times and shorter hospital stays.

Dr. Garas performs robotic surgeries at both Bartow Regional Medical Center and Lakeland Regional Health, while Dr. Zappia performs robotic surgeries at Bartow Regional Medical Center exclusively.

For more information and to schedule an appointment, call 863-680-7312 for Dr. Garas and 863-680-7486 for Dr. Zappia or visit WatsonClinic.com/RoboticSurgery.
Radiation oncologist introduces exciting new cancer therapy

Glioblastoma is a particularly aggressive form of brain cancer that afflicts as many as 13,000 patients every year. The condition is known as a form of primary brain cancer because it originates in the brain. Typically, these tumors are located in a part of the brain that is challenging to reach and therefore difficult to treat effectively.

Thankfully, there’s a new treatment that has been shown to increase patient survival rates significantly. It’s called Optune, a device that targets tumor cells through low-intensity, wave-like electrical fields called TTFields. It is delivered through four adhesive patches placed on the head of the patient, and it can be worn and administered during normal daily activities.

Nearly half of patients who use Optune in conjunction with chemotherapy were alive after two years compared to just 31% who underwent chemotherapy alone.

Watson Clinic Cancer & Research Center radiation oncologist Dr. Nitesh Paryani is one of the few specialists in Polk County who utilizes this breakthrough treatment.

“Patients are very receptive to this new therapy,” Dr. Paryani comments. “It can enhance survival rates by as much as six months, and it results in a longer and more enjoyable quality of life.”

For more information on the benefits of Optune and to schedule an appointment with Dr. Paryani, call 863-603-4717.

Direct scheduling option for MyChart users

Watson Clinic patients can now schedule their appointments with a variety of our physicians and services that are participating in Direct Scheduling, an exciting new feature that’s accessible through the MyChart patient portal.

You can make a reservation for an appointment at the approximate time of your choosing by logging in to your MyChart account and following the prompts to schedule your appointment.

➜ Mammograms at the Watson Clinic Women’s Center: Same-day mammogram screenings may now be reserved through Direct Scheduling as well. The Watson Clinic Women’s Center also offers the option of same-day mammography results when scheduled at Suite A. The Women’s Center will continue to honor regularly scheduled appointments from mammography patients as well.

➜ Allergy shots: Patients who require injections for their allergies can now schedule them through the patient portal with board-certified allergy specialist Dr. Lionel Bonini at Watson Clinic Main in Lakeland.

In addition to online appointment scheduling, the portal also offers patients telemedicine video visits, secure messaging with their doctor’s office, prescription refill requests, test results—and much more. Watson Clinic patients who have not yet registered for an account can do so in a few easy steps for free at WatsonClinic.com/Portal.
CANCER and its treatments can sometimes cause unpleasant side effects, like hair loss or nausea. However, there is a potential side effect that every cancer patient should know about, because it is life-threatening: blood clots.

“Anyone with cancer or who is undergoing cancer treatments is at increased risk for developing a blood clot,” says Dr. Leonard Gitter, a board-certified oncologist-hematologist at the Watson Clinic Cancer & Research Center whose areas of expertise include lung cancer, gastric and colon malignancies, prostate cancer, breast cancer, sarcoma, melanoma, and geriatric oncology. The risk is greatest in the first few months after a cancer diagnosis (while cancer is usually being treated). It is also higher in patients who:

- Have surgery lasting longer than an hour.
- Undergo chemotherapy, hormone therapy or radiation therapy.
- Take certain medicines, such as drugs that help the body make more red blood cells or block the formation of new blood vessels.
- Have certain types of cancer—such as cancers of the pancreas, lungs, ovaries, brain, blood and kidneys—and more advanced cancers.

Like anyone else, people with cancer can develop blood clots caused by factors other than cancer, such as sitting or lying down for long periods of time, smoking, being older, being African American, having other chronic or inherited conditions, or having a personal or family history of clots.

**Why it matters**
Blood clots can develop deep in a leg or an arm, a condition known as deep vein thrombosis (DVT). A DVT clot can sometimes break free and travel to the lungs, resulting in a life-threatening condition called pulmonary embolism (PE).

If you have cancer, your doctor may recommend medicines or other steps to help prevent cancer-related blood clots. It’s also important to call your doctor or an emergency department right way if you notice any of the following signs and symptoms of a blood clot in your arm or leg:

- Swelling.
- Pain or tenderness not caused by an injury.
- Skin that is red or discolored.
- Skin that is warm to the touch.

“You should call 911 immediately if you have trouble breathing, chest pain that worsens when you breathe deeply or cough, a faster than normal or an irregular heartbeat, or you cough up blood. These can be signs of a PE,” says Dr. Gitter.

Sources: American Society of Clinical Oncology; Centers for Disease Control and Prevention

The Watson Clinic Cancer & Research Center offers a diverse group of oncology specialists who work together to give personalized care to each patient. For more information, call 863-603-4770 or visit WatsonClinic.com/CRC.

**Annual Report now available!** The Watson Clinic Cancer & Research Center has summarized their efforts in the fields of research, technology and patient care and highlighted the latest community cancer trends in their 2019 Annual Report. The report is accessible online at WatsonClinic.com/AnnualReport.
Questions for the experts

What’s the proper way to clean and care for contact lenses?
We love our contact lenses. Talk about freedom—they make seeing the world in 20/20 vision comfortable and convenient. They do come with some risks, however, especially if you don’t wear them as directed or care for them properly.

These risks can include an eye infection called microbial keratitis and corneal ulcers (open sores on the eye’s surface). In extreme cases, serious eye problems from contact lenses can lead to blindness.

To help keep your eyes healthy, follow these tips for contact lens care and use:
• Clean your lenses properly as directed by your eye doctor.
• Don’t wear contact lenses while sleeping.
• Always use fresh lens solution in your lens storage case.
• Remove your lenses before showering, swimming or using a hot tub.
• Never use water to clean or store your lenses. Even tap water may harbor infection-causing germs. Contact lenses make it easier for these germs to enter your eyes.
• Don’t wear or use your lenses for longer than recommended.
• Change your contact lens storage case every three months—or sooner if your doctor tells you to.

Following these tips will ensure that you get the most benefit from your contact lenses while protecting the health of your eyes.

If you are having problems with contact lenses such as new redness, pain, decreased vision, etc., remove your contact lenses and contact your eye doctor for further care.

What’s the best way to erase a tattoo?
At one time, having your high school sweetheart’s name tattooed on your arm within a big, red heart seemed like the ultimate expression of love. Alas, when the romance fizzes, you’re stuck with a name and heart pasted to your bicep.

You may be able to remove that tattoo with the use of laser technology. Laser removal uses pulses of high-intensity laser energy that pass through the outer layer of skin. These pulses are selectively absorbed by the tattoo pigment. The laser breaks the pigment into small particles, which may be excreted by the body or stored in other tissues.

Every color of ink absorbs different wavelengths of light, so a multicolored tattoo may require the use of multiple lasers.

Watson Clinic employs the Enlighten laser by Cutera to perform these treatments, which are FDA-approved as safe and effective procedures that produce no scarring and minimal discomfort, remove any color, and work on all skin types.

This same technology can also be used to remove or diminish signs of acne, brown or red aging spots, freckles, rosacea scars, spider veins in the face and legs, wrinkles, uneven skin texture, and more.

What is COPD?
COPD (chronic obstructive pulmonary disease) is an umbrella term that describes several progressive lung diseases, including emphysema and chronic bronchitis. The most common cause of COPD is smoking. Many people don’t recognize the symptoms of COPD until the disease is in its later stages, when it’s not as easy to treat.

Chronic cough, shortness of breath while doing everyday activities, frequent respiratory infections, blue lips or fingernail beds, fatigue, an abundance of mucus, and wheezing should raise red flags, especially if you have a history of smoking.

There are several tests your doctor may use to diagnose COPD. The main test is called spirometry, and it measures how well you can blow air out of your lungs. Your doctor might order chest x-rays and other tests too.

If you smoke, the first step in treating COPD is to stop the habit. Ask your doctor about stop-smoking aids. Several are available.

You will also need to take medications, and your doctor also may prescribe supplemental oxygen therapy.

COPD will never go away completely, but you can learn to control symptoms and lead a fulfilling life.

Kaitlyn E. Dwyer, OD,
is an optometrist at Watson Clinic Main in Lakeland. Appointments can be scheduled by calling 863-680-7486

J. Scott Ferguson, DO,
is a board-certified plastic and reconstructive surgeon at Watson Clinic Main in Lakeland. To schedule an appointment, call 863-680-7821

Naem Shahrour, MD,
is a board-certified pulmonologist at Watson Clinic in Lakeland. Call 863-680-7190 to schedule an appointment.

Naem Shahrour, MD,
is a board-certified pulmonologist at Watson Clinic in Lakeland. Call 863-680-7190 to schedule an appointment.
WALK-IN care options have never been more popular. In recent years, patients with minor illnesses and injuries have benefited tremendously from the ability to receive healthcare on their schedules, without the need for an appointment.

Always ahead of the curve, Watson Clinic noticed the appeal of these options early with the opening of Watson Clinic Urgent Care Main in 2013.

Care close to home
The overwhelming success of this location has now led to the opening of Watson Clinic Urgent Care South, a beautiful facility that caters to the immediate care needs of residents in South Lakeland, Bartow, Plant City and surrounding communities.

At Watson Clinic Urgent Care South, patients and non-patients ages 2 and up can receive immediate care for minor illnesses and injuries like colds, flus, coughs, earaches, small lacerations, bladder infections, sore throats, upper respiratory infections, dehydration and much more.

The facility itself houses a team of three board-certified physicians—Jarett A. Gregory, DO, Patricia A. Schmaedeke, MD, and Allan Wells, MD—an extended team of highly qualified care team members, an on-site laboratory for faster test results, and an inventory of advanced diagnostic tools, such as x-ray, ultrasound, EKG and CT scan. Visitors benefit from three separate procedure rooms, eight exam rooms, and dedicated treatment rooms for hydration and respiratory concerns.

Specialized care
This potent combination of expertise and technology also allows the team
to address more complex conditions than are generally treated at routine urgent care centers, like gallbladder and intestinal concerns. When additional specialized care is needed, the team can offer swift referrals to any of Watson Clinic’s more than 200 board-certified physicians across 40 medical and surgical specialties. If an emergency requires hospital care, Urgent Care South provides convenient and immediate ambulance transport.

**Walk right in—or schedule an appointment**
Walk-ins are always welcome and appointments are not necessary at Urgent Care South, but established Watson Clinic patients have the option of scheduling a same-day appointment through their personal MyChart at Watson Clinic patient portal account.

Cost-effectiveness is also one of the great benefits associated with receiving urgent care at Watson Clinic. “Our facility is an appealing option to residents and families in this community and beyond,” says Dr. Gregory, “because it offers the care you need when you need it the most, but without the high costs and other inconveniences associated with a traditional emergency room visit.”

Urgent Care South is adjacent to our Watson Clinic South location, which has served residents in our community since 1985. The addition of Urgent Care South expands the square footage of this campus by over 2,700 square feet, for a total of 37,138 square feet.

**Watson Clinic Urgent Care South**
1033 North Parkway Frontage Road
Lakeland, FL 33803
863-647-4047
Every day: 8 am to 6 pm

**Watson Clinic Urgent Care Main**
West Entrance
1600 Lakeland Hills Blvd.
Lakeland, FL 33805
863-680-7271
Every day: 8 am to 6 pm

**Watson Clinic XpressCare Highlands**
2300 E. County Road 540A
Lakeland Highlands, FL 33813
863-393-9472
Monday through Saturday: 8 am to 6 pm
Sunday: 9 am to 3 pm

**Watson Clinic Priority Care Highlands**
2300 E. County Road 540A
Lakeland, FL 33813
863-680-7190
*Appointments within 24 to 48 hours of request.

For more information on Watson Clinic Urgent Care South and the remainder of Watson Clinic’s walk-in care options, visit [YourUrgentCareExperts.com](http://YourUrgentCareExperts.com).
Type 1 diabetes: What every parent should know

**WHEN** stories are written about diabetes, the focus is often on type 2 diabetes because it is by far the most common form of the disease. However, there is another type of diabetes that deserves attention—one that parents, in particular, need to know about—and that is type 1 diabetes. It’s usually diagnosed in children, teens and young adults and is a lifelong condition that must be carefully controlled.

**How it develops**
Type 1 diabetes is caused by a lack of insulin, a hormone that moves sugar from the bloodstream into cells to be used for energy. Without insulin to move it into cells, sugar builds up in the bloodstream.

Signs and symptoms of type 1 diabetes are mainly caused by the inability to use that sugar for energy and by excess levels of unused sugar spilling into the urine, leading to dehydration.

Signs and symptoms of the disease include:
- Hunger, sometimes severe.
- Weight loss.
- Increased thirst.
- Increased urination. This is easily missed in infants who are not yet toilet trained. It can also cause accidents in children previously toilet trained.
- Fatigue.
- Irritability.

**How it is detected and treated**
“If you think your child might have type 1 diabetes, see your child’s primary care provider (PCP) right away—it’s important to find the disease as early as possible,” says Dr. Vindya Gunawardena, an endocrinologist at Watson Clinic Main in Lakeland. The PCP can diagnose the disease by checking your child’s blood and urine.

Type 1 diabetes is treated with regular daily injections of insulin, which are delivered with small syringes and tiny, short needles that are almost painless.

Blood sugar levels need to be checked several times a day with a finger stick. Blood sugar is measured when a tiny drop of blood is placed on a strip that’s inserted into a home glucose meter.

**How you can help**
“If your child is diagnosed with type 1 diabetes, you can support the child by helping them in understanding the disease and working with them in the treatment process,” says Dr. Gunawardena. “Children with the disease can lead happy and healthy lives if the disease is kept under control.”

Work with a diabetes educator to create a healthy eating plan that will help manage your child’s diabetes and will include food that everyone in the family can enjoy. Also make staying active a family priority.

You might want to consider joining a support group for parents of children with diabetes. Your child might want to join a support group of their own too.

Let him or her know that many successful people—from Olympic athletes to famous actors—have diabetes. The disease has not held them back from their dreams, and it shouldn’t hold your child back either.

Sources: American Academy of Pediatrics; American Diabetes Association; Centers for Disease Control and Prevention
According to the Centers for Disease Control and Prevention, well over 3.4 million adults and children in the United States have epilepsy. In fact, statistics show that more cases are being diagnosed than ever before.

Epilepsy is a common brain disorder that causes recurring seizures, and it requires diagnosis and treatment by a neurologist.

Disrupted nerve cell activity in the brain causes the epileptic seizure. A convulsive seizure appears as a forceful and uncontrollable shaking, while a nonconvulsive seizure is an uneventful alteration in consciousness.

Seizures can present in subtle and unusual ways, like out-of-context laughing, smiling, crying, loss of muscle tone, visual or auditory hallucinations, etc. It is the unpredictability that makes seizures so devastating in some cases.

Causes
Epilepsy affects all ages. In newborns and during childhood, it can result from birth injuries or genetic abnormalities. It can also be acquired from conditions such as head trauma, brain infections, fever, stroke, brain tumors or lesions. In some adults, convulsive seizures can result from medication side effects, alcohol withdrawals and drug abuse.

Diagnosis and treatment
You must seek treatment from a trained neurologist to receive an accurate diagnosis. The process of diagnosing the condition will likely include brain imaging. A CT scan or MRI may be ordered by the doctor, along with blood tests. An electroencephalogram (EEG) may also be needed for certain patients.

“In 60% to 70% of cases, medication can control epileptic seizures,” says Dr. Jaivir S. Rathore, a board-certified neurologist, fellowship-trained neurosurgical epileptologist from John Hopkins and Cleveland Clinic serving as the director of the epilepsy division at Watson Clinic Main in Lakeland. “For those who do not respond to medications, other options include brain surgery, responsive neurostimulation, deep brain stimulation and a ketogenic diet. Depending on the patient, these options have provided relief and decreased the frequency of seizures.”

For a few people, drug treatment is not enough to control their epilepsy completely, but it is still beneficial in preventing some seizures, especially the grand mal seizures, which could be life-threatening.

Neurosurgery, including laser therapy, may be an option for people whose epilepsy is caused by an abnormality in one particular area of the brain.

Not all cases of epilepsy last a lifetime. Many patients recover and no longer need treatment after a period of time.
OBABUNTO ABIMBOLA, MD, MPH
ORTHOPAEDIC SURGERY/SPORTS MEDICINE
Medical school: University of North Carolina at Chapel Hill School of Medicine, Chapel Hill, NC
Residency: University of Florida College of Medicine at Jacksonville, Jacksonville, FL, Orthopaedic Surgery
Fellowship: Hip and Knee Institute of Cape Cod Orthopaedics and Sports Medicine, Hyannis, MA, Orthopaedic Surgery Adult Reconstruction
Location: Watson Clinic Main
Appointments: 863-680-7214

HOLLY CUNNEEN, DO
PEDIATRICS
Medical school: New York Institute of Technology College of Osteopathic Medicine, Old Westbury, NY
Residency: East Tennessee State University, Johnson City, TN, Pediatrics
Board-certification: Pediatrics
Location: Watson Clinic Highlands
Appointments: 863-607-3346

MANOJ DHARIWAL, MD
URGENT CARE
Medical school: Saba University School of Medicine, Saba, Dutch Caribbean
Internship: Easton Hospital Surgical Program, Easton, PA, Surgery
Residency: Flower Hospital, Dothan, AL, Family Medicine
Fellowships: Cleveland Clinic, Cleveland, OH, Vascular Medicine; Indiana University, Bloomington, IN, Sports Medicine; St. Joseph’s Hospital, Syracuse, NY, Emergency Medicine
Board-certifications: Family Medicine, Sports Medicine
Location: Watson Clinic Urgent Care Main
Appointments: 863-680-7271

JAIVIR S. RATHORE, MD
NEUROLOGY; DIRECTOR—EPILEPSY DIVISION
Medical school: NHL Municipal Medical College in Ahmedabad, Gujarat, India
Residency: University of Illinois School of Medicine, Chicago, IL, Adult Neurology
Fellowships: The Cleveland Clinic, Cleveland, OH, EEG, Clinical Neurophysiology and Epilepsy, Research; Wake Forest University School of Medicine, Winston-Salem, NC, J. Kiffin Penry Epilepsy; The Johns Hopkins Hospital and University School of Medicine, Baltimore, MD, Clinical Epilepsy
Board-certification: Neurology
Location: Watson Clinic Main
Appointments: 863-680-7300

SUNIT TOLIA, DO
CARDIOLOGY
Medical school: Michigan State University College of Osteopathic Medicine, East Lansing, MI
Internship and Residency: St. John Providence Hospital, Southfield, MI, Internal Medicine
Fellowship: St. John Providence Hospital, Southfield, MI, Cardiology
Board-certification: Internal Medicine and Cardiovascular Disease
Location: Watson Clinic Main
Appointments: 863-680-7490

FABIO VASQUEZ, MD
FAMILY MEDICINE
Medical school: University of Minnesota, Minneapolis, MN
Internship and Residency: Hennepin County Medical Center, Minneapolis, MN, Family Medicine
Board-certification: Family Medicine
Location: Watson Clinic South
Appointments: 863-680-7190
AJAY VERMA, MD
RADIOLOGY
Medical school: University of South Florida, Tampa, FL
Internship: University of Florida, University Medical Center, Jacksonville, FL, Internal Medicine
Residency: Chicago Medical School Mount Sinai Hospital, Chicago, IL, Diagnostic Radiology
Residency and Fellowship: St. Louis University, St. Louis, MO, Diagnostic Radiology, Nuclear Medicine
Board-certification: Radiology
Location: Watson Clinic Main
Appointments: 863-680-7214

ALLAN WELLS, MD
URGENT CARE
Medical school: University of Louisville, Louisville, KY
Residency: Trover Foundation, Madisonville, KY, Family Medicine
Board-certification: Family Medicine
Location: Watson Clinic Urgent Care South
Appointments: 863-647-4047

REAH LEIGH ARMAMENTO, PT, CLT
PHYSICAL THERAPY
Education: Cebu Normal University, Cebu, Philippines, BSN; Velez College, Cebu, Philippines, MS, Physical Therapy
Memberships: Licensed Physical Therapist, Certified Lymphedema Therapist
Location: Watson Clinic Center for Rehabilitative Medicine
Appointments: 863-680-7700

HOLLY K. BARTLEY, APRN
DERMATOLOGY
Education: University of South Florida, Tampa, FL, MSN
Memberships: American Academy of Nurse Practitioners
Supervising physician: Ronald Patrick, MD
Location: Watson Clinic Dermatology at Sun City Center
Appointments: 813-633-6121

MALLORY BASTIAN, PA
ORTHOPAEDIC SURGERY/SPORTS MEDICINE
Education: University of Florida, Gainesville, FL, BS, Psychology; Nova Southeastern University, Fort Myers, FL, MMS, Physician Assistant Studies
Memberships: Florida Academy of Physician Assistants
Supervising physician: Phuc Vo, MD
Location: Watson Clinic Main
Appointments: 863-680-7214

REBECCA BROCK, MS, PA
DERMATOLOGY
Education: Southeastern University, Lakeland, FL, BS, Nova Southeastern University, Fort Lauderdale, FL, MS, PA
Memberships: Society of Dermatology Physician Assistants Inc.
Supervising physician: Galina Shistik, MD
Location: Watson Clinic Bella Vista Building
Appointments: 863-904-6201

ASHLEY N. CRAIG, APRN
GASTROENTEROLOGY
Education: University of South Florida, Tampa, FL, MSN
Memberships: American Academy of Nurse Practitioners, Polk County Advanced Practice Nurses Association
Supervising physician: Joffre Rivera, MD
Location: Watson Clinic Main
Appointments: 863-680-7490

LAURA PELLEGRINI, APRN
OB-GYN/FEMALE PELVIC MEDICINE & RECONSTRUCTIVE SURGERY
Education: University of South Florida, Tampa, FL, BSN and MSN
Memberships: American Academy of Nurse Practitioners, Polk County Advanced Practice Nurses Association
Supervising physician: Tarek Garas, MD
Location: Watson Clinic Bella Vista Building
Appointments: 863-680-7243

ALEXANDRA STARZHEVSKIY, APRN
INTERNAL MEDICINE
Education: University of South Florida, Tampa, FL, BSN and MSN
Memberships: American Association of Nurse Practitioners, Oncology Nursing Society
Supervising physicians: Ivan Rivera, MD, and Ernesto Uy, MD
Location: Watson Clinic Main
Appointments: 863-680-7190
Mental health problems: Don’t buy into these myths

Watson Clinic mental health team
Watson Clinic is committed to nurturing both the physical and mental well-being of our patients. Mental health concerns are extremely common and benefit from professional counsel and treatment.

**MYTH**

NEARLY 1 in 5 adults in the U.S. will experience a diagnosable mental health illness during their lifetime. These illnesses are widely misunderstood, which can prevent people from getting the help they need.

Here’s a look at five mental health myths that need debunking:

**MYTH**

Mental health problems are a sign of weakness.

**REALITY:** They’re never the fault of someone who has one. “Mental health problems are a treatable medical disorder, not a character flaw,” says Dr. Joachim A. Benitez, a board-certified psychiatrist at Watson Clinic Main in Lakeland. “Many factors play a role in how and why someone develops a mental health illness, including brain chemistry, genes that may run in families, and stressful or traumatic events.”

**MYTH**

People who are mentally ill are violent.

**REALITY:** The vast majority of people with a mental health problem are not violent. In fact, only between 3% and 5% of violent acts are attributable to people with a severe mental illness. Chances are you know someone with a mental health illness but don’t realize it. That’s because mental illness is often a hidden disease—many people who struggle with it remain highly productive members of society.

**MYTH**

Children never experience a mental health problem.

**REALITY:** In half of people with a mental health illness, the first warning signs appear before age 14. And even very young children can show signs of mental distress.

**MYTH**

Therapy is a waste of time.

**REALITY:** Research shows that therapy, which is typically short-term, is very effective at helping people recover from a mental illness. But it works best when combined with medicine. When both are part of a treatment plan, up to 90% of all people see an improvement in their symptoms.

**MYTH**

There’s not much you can do for people with mental health problems.

**REALITY:** You can make a big difference in someone’s life. Only 44% of adults and less than 20% of children with mental health problems get necessary treatment.

“If someone you know is struggling mentally, reach out. Let them know you’re available to listen and support them and to help them find the mental health services they need.”

—Dr. Benitez

Sources: American Academy of Family Physicians; MentalHealth.gov; National Alliance on Mental Illness

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**PSYCHIATRY**

[Image of Joachim A. Benitez, MD]

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

[Image of Karen R. Teston, MD]

Karen R. Teston, MD
(Children, Adolescents and Adults)
Watson Clinic Highlands
863-607-3689

**PSYCHOLOGY**

[Image of Michael L. Kieffer, PhD]

Michael L. Kieffer, PhD
Watson Clinic Main
863-668-3465
THE WATSON CLINIC FOUNDATION relies on the generosity of individuals, organizations and businesses throughout our community to realize its mission. Their help makes it possible for the Foundation to help others.

The Lake Ashton Ladies Golf Association and the Niners Golf Association are two groups that have given generously to the Foundation over the years. Their contributions are earmarked to fund breast cancer education and research projects.

From their recent Pink Ribbon Day Golf Tournament, the organizations were able to raise $10,349, which they proudly presented to the Foundation. This brings the total amount of their contributions over the past five years to an astonishing amount of $22,238.50!

The Watson Clinic Foundation and President Dr. Galina Vugman sincerely thank the Lake Ashton Ladies Golf Association and the Niners Golf Association for their tireless efforts to improve the health of our community.

To find out how you can support our Foundation, please visit WatsonClinic.com/WCF or call 863-904-2656.

Healthy In Pink: Survivor to Thriver Social

Date: Thursday, Oct. 8
Location: Lone Palm Golf Club
Time: 6 to 8 pm

This is a FREE event devoted to breast cancer education and empowerment. Be on the lookout for more details. To register for this event, visit WatsonClinic.com/Pink or call 863-904-2656.
A healthy tomorrow begins today.

When pain keeps you from indulging in the hobbies you love the most, Watson Clinic is always here to lend a hand. From arthritis to carpal tunnel syndrome to joint replacements, our hand surgery department helps you stay active and healthy with the doctors you trust, the technologies you need, and the locations that are close to home.

Your health. Your future.

Watson Clinic LLP
Hand Surgery
For all your Hand Surgery needs, call 863-680-7214 or visit WatsonClinic.com/HandSurgery.