

Watson Clinic

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

# Health scene

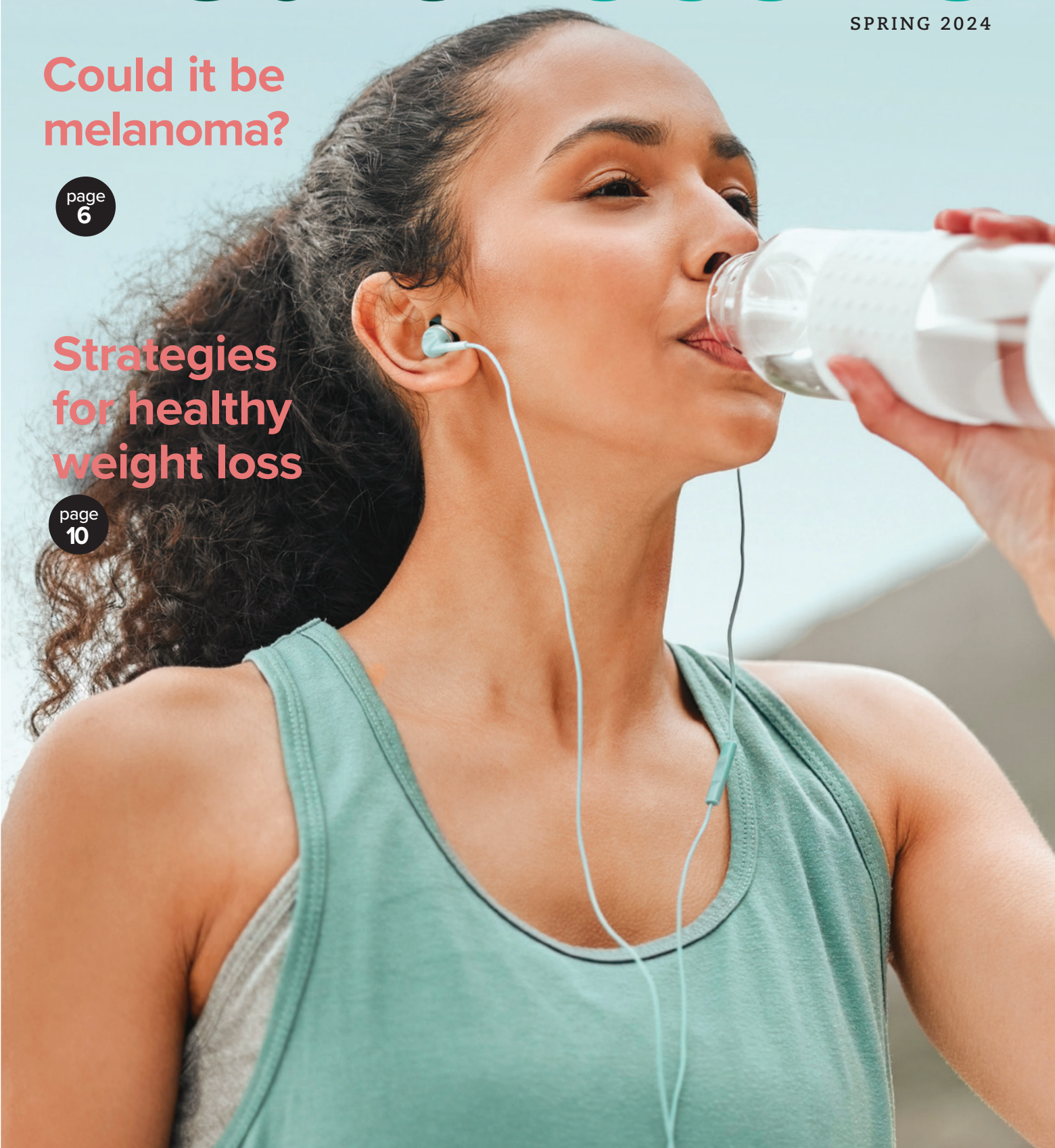
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# A revolution in CT imaging

Watson Clinic is the first healthcare facility in our area to offer the GE Revolution APEX CT scanner, a highly advanced imaging technology with more precise detection capabilities, faster speeds and more enhanced patient comforts than ever before.

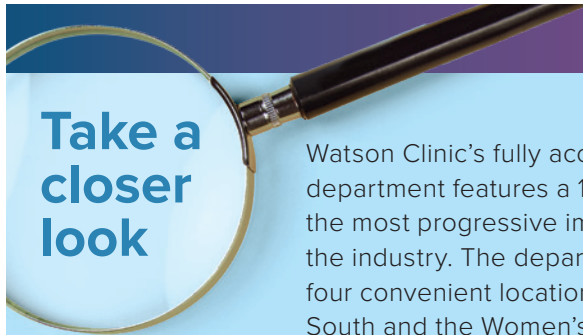
“The quality of the imagery can result in better diagnoses, more informed treatment protocols and better outcomes,” says Carlos Munoz, Director of Radiology and Imaging Informatics at Watson Clinic. “This new system carries tremendous benefits to patient care, whether it’s utilized in the detection of kidney deficiencies, abnormalities in vascular structures or in the diagnosis of ischemic heart disease.”

## Why it’s better

The scanner features the most powerful x-ray tube ever made, for unparalleled image quality, and lightning-fast rotation speeds that can capture high-definition, low-contrast images in seconds. Patient comfort is enhanced with a 70% reduction in operating noise and an

open bore that can accommodate patients with larger bodies.

The GE Revolution APEX CT scanner is housed in the Radiology department at Watson Clinic Main at 1600 Lakeland Hills Blvd. in Lakeland. Appointments are available for patients with a physician referral.



Take a  
closer  
look

Watson Clinic’s fully accredited Radiology department features a 100% digital inventory of the most progressive imaging technologies in the industry. The department is located across four convenient locations: Main, Highlands, South and the Women’s Center.



For more information, call **863-680-7755** or visit **WatsonClinic.com/Radiology**.

# Proud to educate, enrich and empower

FROM THE DESK OF DR. WILLIAM J. ROTH

Watson Clinic recently earned a three-year reaccreditation from the Accreditation Association of Ambulatory Health Care, Inc. (AAAHC), a leading advocate for nationally recognized standards of patient care. The AAAHC also awarded us with a new, three-year accreditation as a Patient-Centered Medical Home, a distinction that recognizes seamless care coordination between the patient and each member of their medical team.

An accreditation from the AAAHC is considered a highly coveted benchmark in the healthcare industry. It assures our patients that they are receiving a caliber of care on par with the very best medical establishments in the country.

## A meticulous inspection

This accreditation is awarded only after an organization undergoes a meticulous inspection by a team of surveyors across every aspect of operations, including administrative areas, facilities, and imaging and laboratory services. This is a process that we embrace on a voluntary basis because we're eager to challenge our own high standards, welcome every opportunity to improve, and earn expert validation for the quality and safety of the services we provide.

Watson Clinic has a proud history of receiving these awards from the most elite medical advocacy groups in the country. To learn more about this history, please visit our website at [WatsonClinic.com/Accreditations](https://WatsonClinic.com/Accreditations).

These accomplishments reflect our commitment to you. We're honored to serve as a trusted ally in each patient's quest for a healthy and productive life. To achieve this, we call upon the compassion of our doctors and the game-changing technologies they employ.

Our mission is also defined by our efforts to educate, enrich and empower our patients and community.

*Health Scene* magazine is an important component of that mission. We hope that this issue provides valuable insights that ensure a healthier tomorrow for you and your family.



William J. Roth, MD, PhD

Yours in good health,

**William J. Roth, MD, PhD**

Watson Clinic President, Chair and Managing Partner

## Inside this issue



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Could you be at increased risk?



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**EXERCISE AND PREGNANCY**  
It can benefit both you and your baby.

 **Check out our website**

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

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



1430 Lakeland Hills Blvd.,  
Lakeland, FL 33805

## Spring 2024

HEALTH SCENE is published three times a year (this is issue 3 of 3) as a special service for the friends and neighbors of WATSON CLINIC. It is supported by generous contributions made to Watson Clinic Foundation, Inc. The Foundation's mission is to promote community wellness through education, research and service. If you

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.

### Watson Clinic Board of Directors

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### Health Scene Communications Team

Jenny Baker, Jamey DuVall, Nicole Longo

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

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## Be sure to verify your insurance coverage

Are you enrolled in Medicare or Medicare Advantage?

Watson Clinic wants to remind you that your insurance coverage may have changed in the new year.

If you have questions, please consult our website at [WatsonClinic.com/Insurance](https://www.WatsonClinic.com/Insurance) for a complete list of insurance plans we accept. If your coverage isn't included, be sure to contact your insurance company and let them know you'd like Watson Clinic to be included in your network.



Watson Clinic General Surgeon and Surgical Oncologist Dany Barrak, MD, MPH, discusses pancreatic cancer treatment innovations during a recent community lecture held at Watson Clinic Main in Lakeland.

## Learn tools and tips for better health

Want to learn about the latest treatments for prostate cancer? Or how to lose weight and keep it off?

These are just two of the topics recently discussed in our free lecture series. Presented by our team of expert physicians and medical providers, these free community events provide attendees with the most up-to-date information on a variety of chronic conditions and common ailments.


To keep in the know and to RSVP for upcoming lectures and other special events, visit [WatsonClinic.com/Events](https://www.WatsonClinic.com/Events).



## New skin rejuvenation service

Watson Clinic Women's Center Plastic & Reconstructive Surgeon **Dr. Faeza Kazmier** and physician assistant **Chalsey Lockhart, PA**, are pleased to offer the Exosome Regenerative Complex, a biotech breakthrough that is clinically proven to improve the appearance of fine lines, wrinkles, age-related pigment and other skin-related issues.

This intensive dual-action complex is specially formulated to absorb and communicate with skin cells, aiding in the revitalization of the skin following a cosmetic procedure.

For more information on the entire menu of  services provided by Dr. Kazmier and Ms. Lockhart, please visit [WatsonClinic.com/Kazmier](https://www.WatsonClinic.com/Kazmier) or [WatsonClinic.com/Lockhart](https://www.WatsonClinic.com/Lockhart).



Faeza Kazmier, MD



Chalsey Lockhart, PA

## Play ball!

Watson Clinic's Orthopaedic Surgery & Sports Medicine department is renowned for its innovation and expertise. It's a reputation built on many decades of keeping everyone from weekend warriors to professional athletes active and agile.

It's also why Watson Clinic enjoys the distinction as the official medical provider for the Detroit Tigers Florida Operations and the Lakeland Flying Tigers.

From spring training through the remainder of the regular season, from the first swing of the bat to the last, Watson Clinic is there to address any health-related issues or physical impairments that may arise for players and staff alike.



Learn more about this long and meaningful collaboration by visiting [WatsonClinic.com/Tigers](https://www.WatsonClinic.com/Tigers).

## Clinic partners with Bonnet Springs Park



Pictured, from left: Josh Henderson, CEO of Bonnet Springs Park; Dr. William Roth, Watson Clinic Managing Partner; and Jason Hirsbrunner, CEO of Watson Clinic

Watson Clinic is a proud sponsor of the Watson Clinic Gallery at the Hollis Family Welcome Center in Bonnet Springs Park. The family recreational park and community learning center is located within a nature preserve, minutes from downtown Lakeland.

"Watson Clinic has been an essential presence in the tapestry of our community since 1941," says Watson Clinic Managing Partner **William J. Roth, MD, PhD**. "We're thrilled to support Bonnet Springs Park and their celebration of the richness, diversity and sprawling natural resources of the Polk County community we're all so honored to call home."

Opened in October 2022, the

park rests on 168 acres that were once home to Florida's largest railyard, a history that's explored in the Watson Clinic Gallery.

"We are incredibly grateful to Watson Clinic for their continued support and generosity toward Bonnet Springs Park," says **Josh Henderson**, Chief Executive Officer of Bonnet Springs Park. "The Watson Clinic Gallery spotlights the people and various industries that have been so instrumental in shaping the character and growth of our community. As one of the most trusted and established medical establishments in our region, Watson Clinic has been the ideal partner for this project."



The Watson Clinic Gallery at Bonnet Springs Park is located at 400 Bonnet Springs Blvd. in Lakeland. For more information, visit [BonnetSpringsPark.com](https://www.BonnetSpringsPark.com).

# Could it be melanoma?

**MANY OF US** may not be too keen on taking an up-close-and-personal look at our own bodies, but there's a very good reason to do just that: It's one of the best ways to discover melanoma, the most deadly form of skin cancer.






“Though less common than other skin cancers, melanoma can spread to other parts of the body if not caught early. It can be fatal if diagnosed at a late stage,” says **Dr. Richard L. Moore**, a board-certified Dermatologist and Micrographic Dermatologic Surgeon at the Watson Clinic Dermatology at Zephyrhills location. “However, if found before it has had a chance to spread, melanoma is very treatable.”



Richard L. Moore, MD

## How to spot melanoma

Melanoma is often mistaken for a mole, freckle or age spot, so knowing the difference is important. To help recognize this type of skin cancer, doctors have come up with some simple guidelines called the ABCDEs of melanoma.

-  **Asymmetry.** Does one half of the spot look different than the other?
-  **Border.** Does it have an irregular or undefined border?
-  **Color.** Does it have different shades of tan, brown or black—or parts that are white, red or blue?
-  **Diameter.** How big is it? Melanomas are usually bigger than a pencil eraser, but they can be smaller.
-  **Evolving.** Has the spot changed shape, size or color?



## Get to know your skin

Here are six simple steps to check your body for melanoma:

- 1** In a full-length mirror, look over the front and back of your body, raising your arms to check your sides.
- 2** Closely examine your forearms, underarms and palms.
- 3** Check in between your toes and the soles of your feet.
- 4** Use a hand-held mirror to help you see the back of your neck and scalp.
- 5** Part your hair to get a closer look at the skin on your head.
- 6** Lastly, use the hand-held mirror to check your back and buttocks.

**Remember:** While self-examination can help detect melanoma, it's important to see your healthcare provider if you have any spots that you think might be melanoma. Only your provider can diagnose this type, or any type, of skin cancer. So don't wait: The earlier melanoma is found and treated, the better.

Sources: American Academy of Dermatology; American Cancer Society

**Keep  
your skin  
healthy**

Watson Clinic offers comprehensive dermatology services from six convenient locations across Lakeland, Bartow, Zephyrhills and Sun City Center. For more information or to schedule an appointment, call **866-409-3376 (866-409-DERM)** or visit [WatsonClinic.com/Dermatology](https://www.WatsonClinic.com/Dermatology).



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

TAKE  
THREE

# Questions for the experts

## What are some tips for living well with diabetes?

Follow the ABCs:

**A is for the A1C test.** This blood test that averages your blood sugar over the past two to three months is a top indicator of how well you're managing your diabetes. Get the A1C test at least twice a year. To reduce the risk of developing diabetes complications, most people need a result of under 7%.

**B is for blood pressure.** Over time, unmanaged high blood pressure can lead to serious health problems, including heart disease, stroke and kidney disease. A healthy blood pressure goal is less than 120/80, unless your doctor sets a different goal for you. Work with your doctor to meet your blood pressure goal.

**C is for cholesterol.** High LDL ("the bad") cholesterol is more common in people with diabetes. You should get your cholesterol tested at least once a year. LDL cholesterol should be below 100 mg/dL, and your HDL ("the good") cholesterol should be 40 mg/dL or higher.

It's also important that you make healthy food choices, be physically active for 30 minutes most days of the week and keep up with your checkups.



**Vindya Boelke, MD**, is a board-certified Endocrinology specialist at Watson Clinic Main in Lakeland and Watson Clinic Plant City. Call **863-680-7190** to schedule an appointment.

## How can I stay mentally sharp as I age?

Noticeable mood changes, a lack of interest or appetite, and difficulty concentrating are some signs of cognitive decline in older adults. Here are some changes older people can consider making to improve their outlook on life.

**A regular exercise routine, especially outdoors.** Physical activity and spending time in nature are proven ways to lift spirits. A daily 30-minute walk, or a few rounds of exercise throughout the day (for a total of 30 minutes), is a great habit.

**Meaningful social connection.** Spending quality time with family and friends is an obvious choice. Volunteering is another way to meet people who have common interests and build a sense of purpose.

**A healthy diet.** Good nutrition, such as eating a variety of fruits, vegetables and healthy proteins, supports mental health.

**Good-quality sleep.** Maintaining a regular sleep schedule helps all ages get enough ZZZs, as does avoiding TV and mobile device screens before bedtime.

**Talk therapy.** A mental health professional, especially one who specializes in counseling older adults, can help with anxiety, depression, grief and self-acceptance.



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

## How can I make the most of my child's doctor visits?

Well-child checkups are the perfect time for you to share any concerns you may have about your child's physical or mental health.

Has your child complained about having headaches or other pain problems? Have you noticed your child struggling to breathe when they exercise or play hard? Does your child seem slow to talk? Make a note of any problems and share those concerns with your child's provider.

Don't forget to also mention if your child has experienced any important life changes that might be influencing their behavior, such as the birth of a new sibling, a serious illness or death of a loved one, a move to a new school or home, or a separation or divorce in your family.

Speak up if you have questions for your provider. Ask about your biggest concerns first. Those might include:

- Is my child at a healthy weight? If not, what can we do as a family to help change that?
- How can I get my child to try different foods?
- What are appropriate ways to discipline my child?

The more you know, the more effective you can be as a parent.



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



# Could you be at increased risk of developing ovarian cancer?

**ONE IN 78 WOMEN** will get ovarian cancer, compared with 1 in 8 for breast cancer.

“It is much less common than breast cancer, but ovarian cancer causes more deaths than other gynecologic cancers,” says **Dr. Richard J. Cardosi**, a Gynecologic Oncologist at the Watson Clinic Bella Vista Building location.



Richard J. Cardosi, MD, MIGS

## Why is ovarian cancer so deadly?

“The symptoms of ovarian cancer are not specific and are often the same as symptoms caused by other conditions,” says **Dr. Logan Blankenship**, a Gynecologic Oncologist at the Watson Clinic Bella Vista Building. “They frequently don’t show up until the disease is advanced, often after it has spread to other organs in the body.”



Logan Blankenship, MD

## What to know about robotic surgery

Surgeons today have a powerful tool in the operating room, and they’re using it for a growing number of minimally invasive procedures, including those aimed at treating ovarian cancer. It’s a robotic surgery system called da Vinci.

The da Vinci Surgical System is widely used. According to Intuitive Surgical, the company that developed da Vinci, more than 12 million robotic surgeries have been performed around the world with da Vinci. More than 60,000 surgeons have been trained in how to use it.

Robotic surgery (also known as robot-assisted surgery) can be used for many procedures. At Watson Clinic, our specialists have long been leaders in the utilization of this breakthrough technology, including Gynecologic Oncologists Dr. Richard Cardosi and Dr. Logan Blankenship, General Surgeons and Surgical Oncologists Dr. Dany Barrak and Dr. Thomas Moskal, and OB-GYN specialists Dr. Taylor Cook, Dr. Samantha Curtis, Dr. Tarek Garas, Dr. J. Brian Hopper and Dr. Donald Langley.

## How does robotic surgery work?

During robotic surgery, the surgeon sits at a computer console. They have 3D views of the part of the body being operated on. The surgeon controls robotic arms, which hold tiny instruments.

The arms move like a human hand and wrist. They are quite flexible and can make very small, precise movements. This is especially helpful during procedures in small or hard-to-reach areas.



## What symptoms should I look out for?

Common complaints include:

- Bloating.
- Pelvic or abdominal pain.
- Trouble eating or a feeling of fullness.
- Feeling like you need to urinate right away.
- Constipation.
- Back pain.
- Pain during sex.
- A swollen belly combined with weight loss.

## Am I at risk?

It's impossible to predict for certain who will get the disease, but factors that can increase your risk include:

- **Your age.** The disease is most common in women 55 years and older, though younger women can get it too.
- **Your pregnancy history.** Women who have never been pregnant or had a full-term pregnancy, or those who had their first full-term pregnancy after age 35, are at higher risk.
- **Your weight.** Being at an unhealthy weight increases risk.
- **If you take hormone replacement therapy.**
- **Your personal or family medical history.** Having a close female relative with ovarian cancer or a family or personal history of breast, uterine or colorectal cancer raises your risk.
- **If you carry certain genes.** These include the breast cancer genes.


- **Your race/ethnicity.** White women and women with Eastern European or Ashkenazi Jewish backgrounds are at higher risk.
- **If you have endometriosis.**
- **If you smoke.**

## How is ovarian cancer diagnosed and treated?

Your doctor may order a transvaginal ultrasound to check your ovaries, fallopian tubes and uterus. An internal exam, biopsy and blood test are other diagnostic tools.

Surgery, radiation and chemotherapy are standard treatments and can help prolong survival. This is especially true if ovarian cancer is caught early, when five-year survival rates increase to about 94%. Early diagnosis is often difficult because symptoms can be vague. However, if you are experiencing uncomfortable, persistent symptoms, even if they're vague, or if you have risk factors for the disease, you should consult your women's health physician. It may save your life.

Sources: American Cancer Society; National Ovarian Cancer Coalition

 **Don't hesitate.** For more information on Watson Clinic's Gynecologic Oncology department or to schedule an appointment, call **863-680-7578** or visit **WatsonClinic.com/GynOnc**.

## Advantages of robotic surgery

It is minimally invasive. This means smaller cuts are made than with traditional surgery. After surgery, you may have:

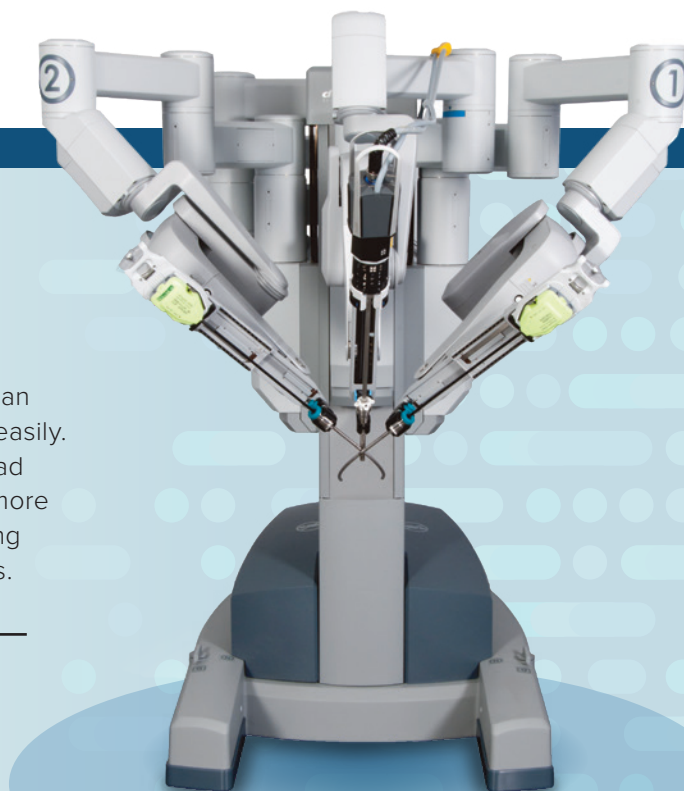
- A quicker recovery.
- Less pain and bleeding.
- A reduced risk of infection.
- Smaller scars.

For your surgeon, robotic assistance makes it easier to perform some types of procedures. Your surgeon can see the surgery area more easily.

The surgeon can sit instead of standing, which may be more physically comfortable during long or complex procedures.

**Is it for you?** Talk with your doctor about the possibility of robotic surgery. Be sure to bring up any questions or concerns you have. For more information, visit our website at

 **WatsonClinic.com/RoboticSurgery.**





# Strategies for healthy weight loss

**WHEN LIFE GETS HECTIC**, healthy habits that support weight loss are sometimes the first things to go. Luckily there are proven strategies to help. Here are five tips for approaching weight loss in a healthy and manageable way.



**Focus on fruits and vegetables.** The produce section is bursting with foods that are naturally low in calories and filled with fiber. High in antioxidants, fruits and vegetables tame inflammation, which can help reduce your risk for obesity. Try filling 75% of your plate with plants at each meal.

**Plan your meals.** When you know you want to eat more vegetables, one secret to success is planning when you'll get those servings into your daily diet. That starts with breakfast: Plan what you'll eat, and don't skip it.



When you have your groceries and meal plan ready, you're less likely to skip any meal. That's a good thing. Skipping meals leads to blood sugar and energy crashes. You can end up eating whatever is around, like chips or cookies.

**Reduce refined carbohydrates.** Also known as simple carbs, these foods include white bread, pizza, pastries, pasta, white rice and sweets. They are typically high in calories and lead to blood sugar spikes and crashes. Instead, choose unrefined carbs, including vegetables and whole grains. These healthy foods can help you lose weight and reduce the risk of disease.





WATSON CLINIC  
METABOLIC &  
WEIGHT CENTER

HEALTHY WEIGHT

# Achieve lasting results

Led by **Dr. Lilliam S. Chiques**, Watson Clinic's **Metabolic & Weight Center** works to reverse the effects of obesity by empowering adults through sensible, manageable and health-based means. The goal of the program is to help patients achieve lasting results that will have a positive impact on their weight and overall health.

- Services include:**
- Meal replacements
  - Comprehensive medical assessment with complete lab and metabolic testing
  - Lifestyle counseling
  - Intermittent fasting
  - Ketogenic diet
  - Pre- and post-bariatric surgery coordination and testing
  - Medications to support weight loss
  - Diabetes education

## Meet the Metabolic & Weight Center team

**Lilliam S. Chiques, MD**, is a board-certified Internal Medicine and Obesity Medicine specialist. She is a diplomate of the American Board of Obesity Medicine and a member of the Obesity Medicine Association.



**Aimee Bert-Moreno, APRN**, is a Registered Dietitian, Certified Diabetes Care and Education specialist, and Nutrition Counselor. She is a member of the Obesity Medicine Association and the American Association of Diabetes Care and Education Specialists.



**Perry Kuhn, PA**, is a member of the Obesity Medicine Association and specializes in the treatment of obesity.



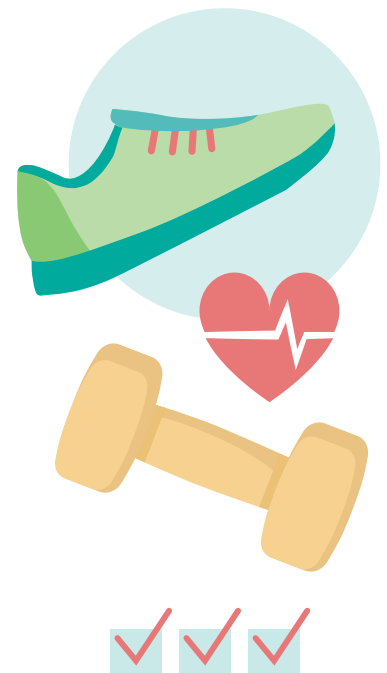
**The Metabolic & Weight Center is currently accepting new patient appointments** from Watson Clinic Main. Appointments may be scheduled by calling **863-680-7190**.



**Cut back on sugar.** The empty calories that come with sugar can derail your weight loss journey. Limiting sugary treats,

including sweetened beverages, doughnuts, muffins and candy, can help you lose weight and lower your risk of diabetes. The American Heart Association recommends limiting added sugar to 6 teaspoons or less per day.

**Get active.** Exercise can help you lose weight and maintain a healthy weight for life. Walking is one of the easiest and most effective ways to exercise. Adults should try to get at least 150 minutes of moderate-intensity aerobic physical activity, such as brisk walking, each week—broken down into 30 minutes a day, five days per week. To reach that goal, you can start by taking three 10-minute walks three times a day. As your stamina improves, try walking longer and making it more challenging by picking up the pace and including hills. Everything counts, including walking instead of driving, whenever possible.





# OUR NEWEST PROVIDERS



## DANY K. BARRAK, MD, MPH GENERAL SURGERY/ SURGICAL ONCOLOGY

**Education:** University of Balamand, Balamand, Lebanon

**Internship:** American University of Beirut, Beirut, Lebanon, Surgical

**Residency:** MedStar Georgetown University Hospital, Washington, DC, General Surgery

**Fellowships:** University of Southern California, Norris Cancer Center, Los Angeles, CA, Complex General Surgical Oncology Research; Fox Chase Cancer Center, Philadelphia, PA, Complex General Surgical Oncology

**Board certification:** Surgery

**Location:** Watson Clinic Main

**Appointments: 863-680-7486**



## LOGAN BLANKENSHIP, MD GYNECOLOGIC ONCOLOGY

**Education:** Florida State University, Tallahassee, FL

**Residency:** University of Florida, Jacksonville, FL, Obstetrics and Gynecology

**Fellowship:** University of Texas, San Antonio, TX, Gynecologic Oncology

**Location:** Watson Clinic Bella Vista Building

**Appointments: 863-680-7578**



## MICHELLE ESPANTO, OD, FAO OPTOMETRY

**Education:** Nova Southeastern University College of Optometry, Davie, FL, Doctor of Optometry

**Residency:** Malcom Randall VA Medical Center, Gainesville, FL, Primary Care

**Board certification:** Optometry

**Location:** Watson Clinic Main

**Appointments: 863-680-7486**



## RACHEL LEFEBVRE, MD HAND SURGERY

**Education:** Albany Medical College, Albany, NY

**Internship and**

**Residency:** George Washington University, Washington, DC, Orthopaedic Surgery

**Fellowship:** University of Southern California, Los Angeles, CA, Hand Surgery

**Board certifications:** Hand Surgery, Orthopaedic Surgery

**Location:** Watson Clinic Main

**Appointments: 863-680-7214**



## RAVI PATEL, MD FAMILY MEDICINE

**Education:**

American University of the Caribbean, St. Maarten

**Residency:** Florida State University, College of Medicine, Winter Haven, FL, Family Medicine

**Board certification:** Family Medicine

**Location:** Watson Clinic Main

**Appointments: 863-680-7190**



## GEORGE J. SPESSOT, MD, FASA ANESTHESIOLOGY

**Education:** Ponce School of Medicine, Ponce, PR

**Internship:** Brookdale Hospital Medical Center, Brooklyn, NY, Surgery

**Residency:** Brookdale Hospital Medical Center, Brooklyn, NY, Anesthesia

**Board certification:** Anesthesiology

**Locations:** Lakeland Regional Health Medical Center, Lakeland Surgical & Diagnostic Center



## ERIE STEVEN TAN UY, MD, MPH INTERNAL MEDICINE

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

**Internship and Residency:** Sunrise Health GME Mountainview Hospital, Las Vegas, NV, Internal Medicine

**Location:** Watson Clinic Main

**Appointments: 863-680-7190**



**GERALYN CLEMENTS, APRN**  
*INTERNAL MEDICINE*

**Education:** Nova Southeastern University, Fort Lauderdale, FL; Florida Southern College, Lakeland, FL  
**Membership:** American Association of Nurse Practitioners  
**Supervising Physician:** Leslie Coello Echeverry, MD  
**Location:** Watson Clinic Plant City  
**Appointments: 813-719-2500**



**ALLISON FOJTIK, MSN, APRN**  
*CARDIOLOGY*

**Education:** Florida Southern College, Lakeland, FL  
**Memberships:** American Association of Nurse Practitioners, American Association of Critical Care Nurses, Florida Association of Nurse Practitioners and Polk County Nurse Practitioners Association  
**Supervising Physician:** John G. Canto, MD, MSPH, FACC  
**Location:** Watson Clinic Main  
**Appointments: 863-680-7490**



**LINDSEY T. SIMMONS, APRN**  
*FAMILY MEDICINE*

**Education:** Maryville University, St. Louis, MO  
**Membership:** American Association of Nurse Practitioners  
**Supervising Physician:** Rony J. Alvarado, MD  
**Location:** Watson Clinic Highlands  
**Appointments: 863-680-7190**



**ALISHA D. COKER, DNP, APRN, FNP-BC**  
*FAMILY MEDICINE*

**Education:** Florida Gulf Coast University, Fort Myers, FL  
**Memberships:** American Nurses Credentialing Center, American Nurses Association, Florida Nurses Association  
**Supervising Physicians:** James G. Hardigan, DO, PharmD, and Sharareh Mazaheri, MD  
**Location:** Watson Clinic Main  
**Appointments: 863-680-7190**



**ANJALI NAIR, APRN**  
*PULMONOLOGY*

**Education:** University of Tampa, Tampa, FL  
**Membership:** American Association of Nurse Practitioners  
**Supervising Physician:** Naem Shahrour, MD  
**Location:** Watson Clinic Main  
**Appointments: 863-680-7190**



**SARA MATTHEWS, PA**  
*OBSTETRICS AND GYNECOLOGY*

**Education:** Lincoln Memorial University, Harrogate, TN  
**Memberships:** American Academy of Physician Assistants, Association of Physician Associates in Obstetrics and Gynecology  
**Supervising Physician:** Tarek G. Garas, MD, MIGS  
**Location:** Watson Clinic Bella Vista Building  
**Appointments: 863-680-7243**



**ARIN R. STEPHENS, PA**  
*UROLOGY*

**Education:** University of North Texas Health Science Center, Fort Worth, TX  
**Membership:** National Commission on Certification of Physician Assistants  
**Supervising Physician:** Mark Swierzewski, MD  
**Location:** Watson Clinic Main  
**Appointments: 863-680-7300**



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



# Exercise and pregnancy

**EXERCISE IS GOOD** for your physical and mental health—even while you're pregnant.

Although you may need to take some precautions, it's generally safe to exercise while you're pregnant, and it can benefit both you and your baby. Exercise could help to ease pregnancy discomforts, reduce the risk of some pregnancy complications and help you achieve a healthy pregnancy weight. It can even help you avoid postpartum depression after you give birth.

## Check with your doctor first

Make sure there aren't any medical reasons why you shouldn't exercise at this time. Once your doctor gives you the green light to start or continue exercise, follow these tips for success:

**Choose activities you enjoy**—such as brisk walking, water aerobics or stationary cycling.

**Avoid risky activities** that involve lying on

your back and those that could cause you to fall. You should also avoid contact sports, like soccer or basketball.

**Make it a habit** to include 150 minutes of moderately intense aerobic activity each week. However, any amount of exercise is better than none.

**Drink plenty of water.** If it's hot out, move your workout indoors.

If you're pregnant, check with your Watson Clinic OB-GYN specialist before embarking on an exercise regimen.



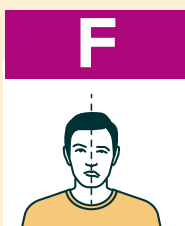
Call **863-680-7243**

to schedule an appointment at any one of our three convenient locations: Watson Clinic Bartow Building B, Watson Clinic Bella Vista Building or Watson Clinic Highlands.



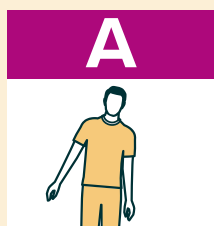
## The signs of stroke

Want to know the warning signs for a stroke? Think F.A.S.T.



### Face drooping

Ask the person to smile. Look for drooping on one side of the face.



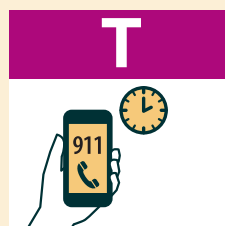
### Arm weakness

Ask the person to raise both arms to the same height. One arm may drift downward or not raise at all.



### Speech difficulty

Ask the person to speak. Listen for slurred or unintelligible speech.



### TIME TO CALL 911

When alerting emergency medical services, note the time symptoms started and other possible signs of stroke.

### OTHER SYMPTOMS OF STROKE MAY INCLUDE:

- Nausea or vomiting.
- Sudden change of consciousness, such as fainting, confusion or seizures.
- Sudden loss of balance or coordination.
- Sudden, severe headache.
- Sudden trouble understanding simple statements.
- Sudden vision impairments, such as double vision.

**RECOGNIZING THE SYMPTOMS OF A STROKE** and calling 911 immediately can make a significant difference in treatment options and recovery outcomes.

If you are concerned about strokes, make an appointment with a member of our Neurology team at Watson Clinic Main in Lakeland by calling **863-680-7300**.

# The power of the arts

Did you know that the creative arts have been employed in the healing process for hundreds of years? As we've deepened our understanding of the human mind and body, the parallels between art and health have become more apparent.

Activities like singing, painting, dancing, playing music and craftworking can result in the following health-enriching benefits:

- Reduced anxiety and blood pressure
- Increased serotonin levels
- Increased blood flow to the brain
- An openness to new ways of thinking and experiencing
- A more hopeful outlook

The creative arts have been incorporated into various healthcare settings to great success—from inspiring interaction from loved ones with dementia to aiding in the rehabilitation of stroke patients.

They've also proven fruitful for patients undergoing cancer treatment. The **Watson Clinic Foundation's Arts in Medicine (AIM)** program works closely with our local community of cancer patients to inspire free creative expression, a sense of calm in the midst of difficult times and meaningful connections with others who share their journey.

## Helping patients thrive to survivorship and beyond

The **Breast Cancer Survivorship Workshop Series** is just one example of the program's outreach efforts.

These educational and creative sessions are made possible by a generous grant from the Florida Breast Cancer Foundation. They involve local partners who are committed to enhancing the lives of their community members,

including the Polk Museum of Art, Satya Life Yoga, the Garden Club of Lakeland and others.

Available at no cost and open to breast cancer survivors throughout their first five years of survivorship, these classes invite participants to engage in calming physical activity, create succulent Zen gardens, craft an art journal and learn other skills that can help survivors transition to a thriving life beyond cancer.

For more information and to RSVP for upcoming class sessions, visit [WatsonClinic.com/Survivorship](http://WatsonClinic.com/Survivorship).



**ARTS IN MEDICINE**

— WATSON CLINIC —  
*Foundation* inc.  
Promoting community wellness  
through education, research and service.



## We need your support!

This program would not be possible without the generous support of people like you. If you have a talent you'd like to share, please contact our AIM Coordinator at **863-603-4718** or by email at [AIM@WatsonClinic.com](mailto:AIM@WatsonClinic.com). They will work with you to harmonize your talents into a wonderful volunteer experience.

We invite you to stop by the Arts in Medicine studio, located on the second floor of the Watson Clinic Cancer & Research Center at 1730 Lakeland Hills Blvd. in Lakeland. There, you will find glorious displays of art works from our program participants.



Visit [WatsonClinic.com/AIM](http://WatsonClinic.com/AIM) for more information on the program and examples of how you can help.

# Reach us

## Watson Clinic Locations

Bartow Building A	863-533-7151
Bartow Building B	863-534-2728
Bella Vista Building	863-904-6200
Cancer & Research Center	863-680-7780
Center for Rehabilitative Medicine	863-680-7700
Center for Specialized Rehabilitation	863-607-3699
Dermatology at Sun City Center	813-633-6121
Dermatology at Zephyrhills	813-788-7867
Health Scene	863-904-4653
Highlands	863-607-3333
Orthopaedics at Winter Haven	863-393-9463
<b>MAIN</b>	863-680-7000
North Pediatrics	863-680-7337
Plant City	813-719-2500
South	863-647-8011
Urgent Care Main	863-680-7271
Urgent Care South	863-647-4047
Watson Clinic Foundation	863-904-2656
Women's Center	863-680-7752
XpressCare Highlands	863-393-9472



1430 Lakeland Hills Blvd.  
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# WATSON CLINIC



# Need **FAST** Access to Healthcare?

If you need immediate care with or without an appointment,  
Watson Clinic offers options that work with your needs and on your schedule.

## Same Day or Next Day Appointments

**Monday - Friday | 8 am - 5 pm**

- Call **863-680-CARE (2273)**
- An appointment will be made with the first available **Family or Internal Medicine physician or provider.**

## Walk-in Care

Immediate access to healthcare without  
the need for an appointment.

**Open Extended Hours 7 Days a Week**

- **Urgent Care Main**
- **Urgent Care South**
- **XpressCare Highlands**



[WatsonClinic.com/Care](https://www.watsonclinic.com/care)



[WatsonClinic.com/Walkin](https://www.watsonclinic.com/walkin)