

# Delivering the Personalized Services You Expect



Watson Clinic's OB-GYN department features a team of highly experienced specialists, both male and female providers, convenient Lakeland and Bartow locations, and a complete roster of women's health services including routine gynecologic care, high-risk pregnancy care and complex surgical capabilities. Patients are active participants in their own care, and referrals for screenings are provided as needed for laboratory services, bone density scans and the latest 3D mammography.

**General Gynecology** - Watson Clinic provides exceptional gynecologic care for every phase of a woman's life. We offer a complete range of services including annual evaluations, menstrual irregularity treatments, contraceptive modalities, minor in-office procedures, ultrasound evaluations, as well as highly advanced vaginal, laparoscopic and robotic surgical procedures.

**Obstetrics & Delivery Coverage** - For expectant mothers-to-be, our obstetricians are among the most recognized and accomplished in Central Florida. Our department provides services ranging from prenatal counseling to complete pregnancy care and everything in between, including genetic testing, the latest in 4D/3D ultrasound imaging, and effective management of the highest-risk pregnancies. Our team works closely together to ensure a warm and attentive continuity of care for each patient. We also offer a multitude of pregnancy, childbirth and newborn education classes and expert lactation consultants.

**Urogynecology and Reconstructive Pelvic Surgery** - For women experiencing pelvic pain, urinary incontinence, fecal incontinence and pelvic organ prolapse, our Urogynecology and Reconstructive Pelvic Surgery program offers the latest evaluation and treatment options available. From lifestyle and dietary modifications, pessary

management, pelvic floor physical therapy, sacral neuromodulation, in-office surgeries and pelvic reconstructive efforts, our program will tailor an individualized treatment plan just for you.

**Reproductive Endocrinology and Fertility** - When certain health disorders and fertility issues hinder women from participating in the miracle of new life creation, Watson Clinic provides expert and compassionate consultation, evaluation and treatment options right here in Polk County. Our team offers consultative IVF services at the Bella Vista Building with a physician on staff at the nationally recognized Center for Reproductive Medicine to expand the breadth and availability of these services even further.

**Gynecologic Oncology** - Working closely with the OB-GYN team, gynecologic oncologists Dr. Richard J. Cardosi and Dr. Logan Blankenship diagnose and treat all cancers of the female reproductive system. Dr. Cardosi, a nationally recognized expert in robotic techniques, utilizes this in over 70% of his surgical procedures.



## WATSON CLINIC

To schedule an appointment with an OB-GYN physician, please call:

**863-680-7243**



**Bartow Building B**  
2000 Osprey Blvd., Suite 201 • Bartow



**Bella Vista Building**  
1755 N. Florida Ave. • 3<sup>rd</sup> Floor • Lakeland



**Highlands**  
2300 E. County Rd. 540A • 2<sup>nd</sup> Floor • Lakeland

To view and register for upcoming education classes, established Watson Clinic OB-GYN patients should visit:  
**[www.WatsonClinic.com/Events](http://www.WatsonClinic.com/Events)**

All Watson Clinic obstetrical physicians participate in the Florida Birth-Related Neurological Injury Compensation Association (NICA) fund. For specifics on the program, contact the Florida Birth-Related Neurological Injury Compensation Association, 1-800-398-2129.

# Women's Care

that **DELIVERS**  
...for all ages.



## WATSON CLINIC

WatsonClinic.com/OBGYN |       

# Watson Clinic Obstetrics & Gynecology Team



**Faria Ahmed, MD, MPH**  
Obstetrics & Gynecology  
Highlands

- Washington University, St. Louis, MO, MPH & MSW
- University of Missouri School of Medicine, Columbia, MO, MD
- TriHealth, Cincinnati, OH, Residency, Obstetrics and Gynecology



**Mona El-Gayar, MD**  
Obstetrics & Gynecology  
Highlands

- University of South Dakota Sanford School of Medicine, Vermillion, SD, MD
- University of Central Florida/HCA Consortium, Gainesville, FL, OB-GYN, Residency



**Taylor Cook, DO**  
Obstetrics & Gynecology  
Highlands

- William Carey University College of Osteopathic Medicine, Hattiesburg, MS, DO
- Louisiana State University Health Science Center, Baton Rouge, LA, Residency, Obstetrics and Gynecology
- Board-certified in Obstetrics and Gynecology



**Tarek G. Garas, MD, FACOG, FACS, MIGS**  
OB-GYN, Urogynecology & Reconstructive  
Pelvic Surgery

- Bella Vista Building & Bartow Building B**
- Creighton University School of Medicine, Omaha, NE, MD
  - University of Miami / Jackson Memorial Hospital, Miami, FL, Internship & Residency, Obstetrics and Gynecology
  - Board-certified in Obstetrics and Gynecology, Urogynecology & Reconstructive Pelvic Surgery



**Samantha J. Curtis, MD, FACOG**  
Obstetrics & Gynecology  
Bella Vista Building

- Medical College of Georgia, Augusta, GA, MD
- Winnie Palmer Hospital for Women & Babies, Orlando, FL, Residency, Obstetrics and Gynecology
- Board-certified in Obstetrics and Gynecology

# Hospitalist



**Heidi A. Beining, DO**  
Hospitalist, Obstetrics & Gynecology  
Lakeland Regional Health  
Medical Center

- Ohio University College of Osteopathic Medicine, Athens, OH, DO
- Cuyahoga Falls General Hospital, Cuyahoga Falls, OH, Internship & Residency, Obstetrics and Gynecology
- Board-certified in Obstetrics and Gynecology

# Gynecology



**Rosemary P. Cardosi, MD, FACOG**  
Gynecology  
Bella Vista Building

- University of South Florida College of Medicine, Tampa, FL, MD
- University of South Florida College of Medicine, Tampa, FL, Internship & Residency, Obstetrics and Gynecology
- Board-certified in Obstetrics and Gynecology



**John R. Ellington, Jr., MD, FACOG**  
Gynecology  
Bella Vista Building

- Medical College of Georgia, Augusta, GA, MD
- University of Alabama Medical Center, University Hospital, Birmingham, AL, Internship, Residency and Instructor, Obstetrics and Gynecology
- Board-certified in Obstetrics and Gynecology

# Gynecologic Oncology



**Logan Blankenship, MD**  
Gynecologic Oncology  
Bella Vista Building — 863-680-7578

- University of South Florida, Tampa, FL, MS, Women's Health
- Florida State University, Tallahassee, FL, MD
- University of Florida, Jacksonville, FL, Residency, Obstetrics and Gynecology
- University of Texas, San Antonio, TX, Fellowship, Gynecologic Oncology
- Board-certified in Obstetrics and Gynecology, Gynecologic Oncology



**Richard J. Cardosi, MD, FACOG, FACS**  
Gynecologic Oncology  
Bella Vista Building — 863-680-7578

- University of Tennessee College of Medicine, MD
- University of South Florida College of Medicine, Tampa, FL, Internship & Residency, Obstetrics and Gynecology
- H. Lee Moffitt Cancer Center, Tampa, FL, Fellowship, Gynecologic Oncology
- Board-certified in Obstetrics and Gynecology, Gynecologic Oncology

# Additional Providers

The following specialists assist members of the OB-GYN team for a superior healthcare experience.



**Alicia Belisle, APRN**  
Obstetrics - Gynecology – Bella Vista Building  
Under the guidance of Dr. Garas



**Wendi Johnson, APRN, IBCLC**  
Gynecology – Bella Vista Building  
Under the guidance of Dr. Ellington



**Ashley S. Rourk, APRN**  
Obstetrics - Gynecology – Highlands  
Under the guidance of Dr. Cook



**Brooke Chang, APRN**  
Obstetrics - Gynecology – Bella Vista Building  
Under the guidance of Dr. Curtis



**Melissa Good, DNP, APRN**  
Gynecologic Oncology – Bella Vista Building  
Under the guidance of Dr. Richard Cardosi



**Nicole Rule, APRN, PHD**  
Gynecology – Bella Vista Building and  
Bartow Building B  
Under the guidance of Dr. Garas

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