

FALL 2025

# WATSON CLINIC Health scene



## Spotlight on pediatrics

### Inside this issue

- + What to know about Parkinson's disease
- + Skin cancer 101

*Health Scene is a community health education magazine made possible by generous donations from Watson Clinic Foundation's supporters.*

COMING SOON!

# TWO NEW LOCATIONS to meet your needs

Watson Clinic is pleased to announce two new locations—a state-of-the-art Medical Office Building and a cutting-edge Ambulatory Surgery Center—that are currently under construction on the Orlando Health Watson Clinic Lakeland Highlands Hospital campus at 4000 Lakeland Highlands Blvd. in south Lakeland.

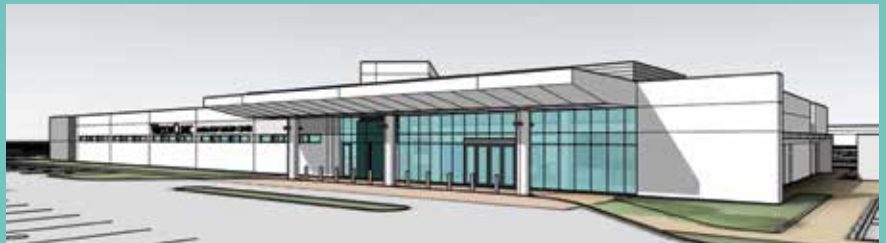
**Watson Clinic Parkway Medical Center** will be an 80,000-square-foot, four-story Medical Office Building offering convenient appointment availability with specialists from Watson Clinic's departments of Urology, Orthopaedic Surgery, General Surgery, OB-GYN, Gynecologic Oncology, Urology and much more. On-site radiology imaging and laboratory testing will further enhance the level of care provided in this exciting new facility. The building will also offer kiosks for self check-in, expansive waiting areas, and additional features that support operational efficiency and patient comfort.

**Watson Clinic Surgery Center South** will expand the roster of outpatient procedures and services offered at the Watson Clinic Surgery Center at 1315 N. Florida Ave. in Lakeland. The center will be outfitted with six state-of-the-art operating rooms, 20 pre- and post-holding bays, and six post-anesthesia care units.

Like Watson Clinic's 20 additional locations throughout Polk, Pasco and Hillsborough counties, the new Medical Office Building and Ambulatory Surgery Center will serve as standalone facilities operated exclusively by Watson



Watson Clinic Parkway Medical Center



Watson Clinic Surgery Center South

Clinic. When coupled alongside the Clinic's affiliation with Orlando Health on the Lakeland Highlands Hospital, these two additional locations will ensure a full-fledged campus where a patient's every medical need can be addressed.

The previously announced Orlando Health Watson Clinic Lakeland Highlands Hospital will feature over 69 emergency and

observational beds, 11 operating rooms, 18 intensive care units, and a wealth of additional features and benefits to the community.

Currently, the entire Lakeland Highlands campus is scheduled to open in the summer of 2026. **For more information and frequent updates on this ambitious project, follow Watson Clinic on their social media platforms or visit [WatsonClinic.com/OH](https://WatsonClinic.com/OH).**



Watson Clinic CEO Jason Hirsbrunner discusses the construction of this exciting new medical campus, and what it means for the community, in a recent episode of the Watson Clinic Health Talk podcast. Visit **[WatsonClinic.com/Podcast](https://WatsonClinic.com/Podcast)** or scan the QR code to hear this can't-miss conversation about the future of healthcare in our community!

FROM THE DESK OF DR. WILLIAM J. ROTH

# The convenient and cost-efficient choice

For non-life-threatening illnesses or injuries—such as an upper respiratory infection, a broken bone, an allergic reaction, a sports injury or a cut requiring stitches—your first instinct might be to visit an emergency room.

But Watson Clinic's three walk-in care locations offer the exceptional care you need for all of these ailments—and many more—while saving you considerable time and money in the process.

Watson Clinic Urgent Care Main, Urgent Care South and XpressCare Highlands feature teams of board-certified physicians and expert medical providers who provide care for many of the same conditions treated at an emergency room. Our facilities also come equipped with on-site imaging and laboratory capabilities, so you don't have to wait long for your test results to inform the most effective treatments possible. Each location is open during extended hours, seven days a week.

Here's the best part of all: Visiting one of our walk-in care locations will save you 10 times or more than what

you'd have to pay for similar care from an emergency room setting.

You don't have to schedule an appointment to receive care at our walk-in facilities, but if you'd like to reserve a time to be seen, you can visit **WatsonClinic.com/WalkIn** and click the "On My Way" button.

Watson Clinic's urgent care facilities are yet another example of how we continue to respond to the needs of the communities we serve. You'll find many other indicators of our commitment to you throughout this issue of *Health Scene*, including news of the expanded availability of our pediatrics department, the latest physician and provider recruits who are anxious to care for you, and links to our Watson Clinic Health Talk podcast episodes, which contain insights that can help you lead a healthier life.



Yours in good health,  
**William J. Roth, MD, PhD**  
Watson Clinic President,  
Chair and Managing Partner

## A quick look inside



### 6

#### SLEEP TIGHT

Get tips for a better night's rest.



### 8

#### DIABETES AND GLP-1 MEDICATION

Learn how this newer drug can help manage the condition.



**Check out our website**

**WatsonClinic.com**

Email us at  
**HealthScene@WatsonClinic.com.**

— **WATSON CLINIC** —  
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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 Foundation Board of Directors**

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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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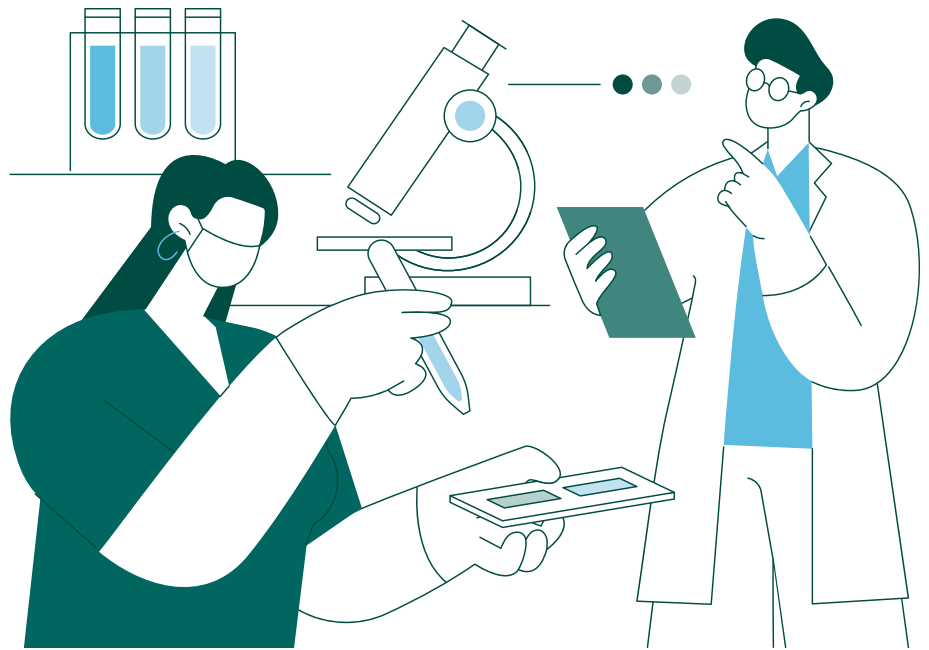
COLLEGE of AMERICAN  
PATHOLOGISTS

## Lab locations achieve prestigious accreditation

The laboratory at Watson Clinic Main and the Histology lab at the Watson Clinic Bella Vista Building have received accreditations by the College of American Pathologists (CAP), the industry leader in affirming excellence among laboratory testing facilities.

These accreditations confirm that both locations adhere to the most recent best practices in the industry. They were granted following a rigorous process, during which inspectors examined the laboratory records and quality control of procedures, staff qualifications, equipment, facilities, safety programs and overall management.

“Watson Clinic maintains the highest possible standards in providing accurate and reliable lab testing for all of our patients, which in turn results in more effective treatment measures,” says Watson Clinic Director of Laboratory Services



**Jacob Diaz, MHA, MLS(ASCP)<sup>CM</sup>.**

“These accreditations are a reflection of that commitment.”

Watson Clinic’s six laboratory locations conducted more than

4.3 million tests in 2024 alone. For more information about all of Watson Clinic’s laboratory services, visit **[WatsonClinic.com/Lab](https://www.watsonclinic.com/Lab)**.

## Physician and provider on the move

Board-certified Family Medicine specialist **Dr. Kristina Hair** has moved from her Watson Clinic Bartow Building A practice to treat patients for minor illnesses and injuries exclusively from Watson Clinic Urgent Care South at 1033 N. Parkway Frontage Rd., behind Oakbridge Plaza, in south Lakeland. Walk-ins are welcome, or you may reserve a time to be seen

by using the *On My Way* feature at **[WatsonClinic.com/UCSouth](https://www.WatsonClinic.com/UCSouth)**.

Meanwhile, registered nurse practitioner **Suzanne Cooper, APRN**, recently moved from our Allergy department to the Internal Medicine practice of board-certified physician **Dr. Agustin Tavares**, which is housed in our Watson Clinic South location. Appointments with Cooper



Kristina  
Hair, DO



Suzanne  
Cooper, APRN

may be scheduled by calling **863-680-7190** or by visiting **[WatsonClinic.com/Cooper](https://www.WatsonClinic.com/Cooper)**.



# Welcome

## New physicians and providers

Join us in welcoming the latest additions to our team of physicians and providers. Appointments are available as listed. For more information on these and all of our highly qualified team members, visit [WatsonClinic.com/physician-search](https://www.WatsonClinic.com/physician-search).



### Daryl V. Nisbett, MD

#### General Surgery

**Education:** University of Louisville School of Medicine, Louisville, KY, MD

**Residency:** Carolinas Medical

Center, Charlotte, NC, General Surgery

**Board certification:** General Surgery

**Location:** Watson Clinic Main

**Appointments:** 863-680-7486 or

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



### Huma Razzaq, MD

#### Urgent Care

**Education:** Florida State University College of Medicine, Tallahassee, FL, MD

**Residency:** Advocate Lutheran

General Hospital, Park Ridge, IL, Family Medicine

**Board certification:** Family Medicine

**Location:** Watson Clinic Urgent Care Main

**Appointments:** Walk-ins welcome, or reserve a time to be seen using the *On My Way* feature at

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



### Kaela E. Bryant, RRA

#### Radiology

**Education:** Midwestern State University, Wichita Falls, TX, BS, MS

**Membership:** American Society of Radiologic Technologists

**Location:** Watson Clinic Main



### Reynica Cadet, APRN, FNP

#### Oncology-Hematology

**Education:** Simmons University, Boston, MA, ABSN, MSN, FNP

**Membership:** American Nurses Credentialing Center

**Supervising physician:** Shalini Mulaparthi, MD

**Location:** Watson Clinic Cancer & Research Center

**Appointments:** 863-603-4770 or

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



### Ashley England, PT, DPT

#### Physical Therapy

**Education:** Illinois State University, Normal, IL, BS; Bradley University, Peoria, IL, DPT

**Locations:** Watson Clinic Highlands and Watson Clinic Center for Specialized Rehabilitation

**Appointments:** 863-680-7700 or [WatsonClinic.com/England](https://www.WatsonClinic.com/England)



### Adam Norris, AuD

#### Audiology

**Education:** Lamar University, Beaumont, TX, MS; University of Florida, Gainesville, FL, AuD

**Membership:** American Academy of Audiology

**Locations:** Watson Clinic Bella Vista Building and Watson Clinic Highlands

**Appointments:** 863-904-6296 or [WatsonClinic.com/HearingCenter](https://www.WatsonClinic.com/HearingCenter)



### Nicole K. Wells, APRN, FNP

#### Oncology-Hematology

**Education:** Polk State College, Lakeland, FL, BSN; Florida Southern College, Lakeland, FL, MSN, FNP

**Membership:** American Academy of Nurse

Practitioners

**Supervising physician:** Leonard Gitter, MD

**Location:** Watson Clinic Cancer & Research Center

**Appointments:** 863-603-4770 or [WatsonClinic.com/NWells](https://www.WatsonClinic.com/NWells)



### Monica F. Williams, APRN, FNP

#### Family Medicine

**Education:** Polk State College, Lakeland, FL, BSN; Walden University, Minneapolis, MN, MSN, FNP

**Membership:** American Academy of Nurse

Practitioners

**Supervising physicians:** M. Karina Solorzano-Klapprott, MD, and Richard F. Sweeney, MD

**Location:** Watson Clinic Bartow Building A

**Appointments:** 863-680-7190 or [WatsonClinic.com/MonicaWilliams](https://www.WatsonClinic.com/MonicaWilliams)

# Are you getting enough sleep?



Most adults need seven to nine hours of sleep each night for a sound reason: Sleep is the cornerstone of health and well-being. It's as essential to survival as food and water.

## Rewards of rest

While you're sleeping, your body and brain don't shut down. Rather, they go into repair mode. A good night's sleep allows important processes to happen. It:

- Gives your cells, tissues and blood vessels time to repair and heal.
- Strengthens your immune system.
- Fortifies alertness, decision-making, focus, learning, memory, reasoning and problem-solving.
- Enhances creativity and productivity.
- Helps build and repair muscle.
- Boosts your mood and energy levels.

## Say good night to sleep issues

With a good night's sleep, you should feel rested and ready for action during the next day. Regularly missing out on a full night's rest, however, can not only make you feel sluggish and tired, but it can also put you at increased risk for heart disease, high blood pressure and many other conditions. It can also contribute to weight gain, inflammation and accidents.

## Sleep tweaks

If you are having trouble regularly getting enough sleep, try these simple sleep strategies.



**Stick to a sleep schedule.** Go to bed and wake up at the same time each day, even on weekends.



**Power down.** Before bedtime, turn off electronic devices and the TV. Avoiding bright lights and loud sounds from your TV and devices helps set the stage for slumber. Instead, do something relaxing, such as taking a warm bath or reading a book.



**Cut back on caffeine and alcohol.** Both can be sleep stealers, especially if consumed shortly before bedtime.



**Wear yourself out.** Exercise helps you fall asleep faster and stay asleep longer. Try to get in 20 to 30 minutes of physical activity each day, in the morning or afternoon. Exercise can also boost alertness, so avoid working out in the hours before going to bed.

## Sleep better, feel better

Located at Watson Clinic Main in Lakeland, Watson Clinic's Sleep Disorders Center was one of the first sleep labs in the state of Florida to earn accreditation by the



Eric Lipson, MD



Nidal Sakka, MD



Naem Shahrour, MD

American Academy of Sleep Medicine. For more information and to schedule an appointment with any of our three board-certified Pulmonology and Sleep Medicine specialists—Dr. Eric Lipson, Dr. Nidal Sakka and Dr. Naem Shahrour—call **863-680-7627** or visit **WatsonClinic.com/Sleep**.



# QUESTIONS FOR THE EXPERTS

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

## How can I maintain my weight as I age?

Our metabolism tends to slow with age. Many of us also experience a decrease in muscle mass. The good news is that a few simple steps can help keep the weight gain and health problems at bay.

**Keep moving.** Regular physical activity can help you use up more of the calories you consume, and it may help you keep your metabolism up. Walking is a good way to get aerobic exercise because it's simple to do. Strength training is important too.

**Pay attention to portion sizes.** As we get older, we should consume fewer calories to maintain the same weight. Try keeping a food diary to track what you eat and how much. Look at nutrition labels for calorie and serving size information to keep your portions in check. Aim to consume a nutritious variety of fruits, vegetables, whole grains, low- or nonfat dairy, and lean proteins.

**Don't skimp on sleep.** Sleeping too little may mess with metabolism and the hormones that make you hungry, causing you to eat more.

**Switch to water.** Drinking plenty of water keeps you hydrated and may help you feel full more quickly.



**Rony J. Alvarado, MD**, is a board-certified Family Medicine specialist at Watson Clinic Highlands in south Lakeland. Appointments may be scheduled by calling **863-680-7190** or by visiting [WatsonClinic.com/Alvarado](http://WatsonClinic.com/Alvarado).

## How do I head off a headache?

Not every headache can be prevented, but these tactics may help to make them less severe.

**Get enough sleep.** Aim for seven to eight hours every night.

**Be aware of and avoid headache triggers.** These include bright lights, smells, certain foods and beverages, and too much stress.

**Try relaxation techniques.** Deep breathing exercises, yoga and massage can help you control your body's natural fight-or-flight response to stress and pain.

**Keep a journal.** Jot down what you were doing, drinking and eating before the headache started. Note how long it lasted, how severe it was and what type of medication you took for it, if any.

**Take pain relievers.** Ask your doctor which type of medication is best for you.

There are several different types of headaches—including tension headaches, migraines, sinus headaches and cluster headaches. Discuss your symptoms with your primary care provider, who can also provide a referral to a highly trained neurologist if additional, specialized treatment is needed.



**M. Karina Solorzano-Klapprott, MD**, is a board-certified Family Medicine specialist at Watson Clinic Bartow Building A in Bartow. Appointments may be scheduled by calling **863-680-7190** or by visiting [WatsonClinic.com/Solorzano-Klapprott](http://WatsonClinic.com/Solorzano-Klapprott).

## What are the different birth control options and the risks associated with them?

**Diaphragms, condoms and sponges.** These don't need a prescription. You must use them each time you have sex.

**Hormonal pills, skin patches, shots and vaginal rings.** These need to be used daily, monthly or every three months, depending on the type.

**Long-acting reversible contraception.** This includes intrauterine devices (IUD) and matchstick-sized implants under your skin. They work for three to 10 years, depending on the type.



**Taylor Cook, DO**, is a board-certified OB-GYN at Watson Clinic Highlands in south Lakeland. Appointments may be scheduled by calling **863-680-7243** or visiting [WatsonClinic.com/Cook](http://WatsonClinic.com/Cook).

**Tubal ligation (having your tubes tied) and vasectomy.** You can stop using birth control or have your provider remove an IUD or implant if you want to get pregnant. Tubal ligation and vasectomy are considered permanent.

Birth control can be very effective, but some methods work better than others. For example, the effectiveness of hormonal birth control ranges from more than 90% to nearly 100% when used correctly.

Birth control may have side effects and health risks that you and your doctor should discuss. It's important that you share your health history with your provider.

# Managing diabetes with GLP-1s

When you have type 2 diabetes, you can feel better and stay healthier when you reach your blood sugar (glucose) goals. Usually, you need to follow a meal plan and get some exercise. You might also need to take medicines.

Many people with type 2 diabetes take metformin. But other options include newer drugs, like GLP-1 agonists.

“GLP-1s are often used with other diabetes medicines to help manage the disease,” says **Dr. Lilliam S. Chiques**, a board-certified Internal Medicine and Obesity Medicine specialist at Watson Clinic Main in Lakeland. “You may have heard about these drugs because some of them also are used to help treat obesity.”

Most GLP-1s, including semaglutide (Ozempic), liraglutide (Victoza) and dulaglutide (Trulicity), are

For instance:

- Metformin decreases the amount of glucose produced by the liver and makes it easier for the muscles to use insulin, the hormone that helps glucose enter cells to be used for energy.
- Sulfonylureas, like glimepiride and glipizide, stimulate the pancreas to release more insulin.
- Insulin injections replace the insulin that the body has difficulty making or can't properly use.

## Beyond blood sugar control

GLP-1s are effective at reducing A1C (blood sugar measured over three months) and at helping keep that number in target range.

“But they can do more than just manage blood sugar numbers,” says Dr. Chiques. “They also may help reduce the risk of heart disease and end-stage kidney disease, two major complications of diabetes.”

Because GLP-1s reduce hunger and increase feelings of fullness, they may also help people lose weight. Some GLP-1s—like Wegovy (a brand name for semaglutide)—are prescribed as weight-loss drugs in people who don't have diabetes.

## What are the side effects?

Some of the most common side effects of GLP-1s are gastrointestinal issues, including:

- Nausea
- Vomiting
- Diarrhea

More serious risks include pancreatitis (inflammation of the pancreas) and gastroparesis (when food moves too slowly out of the stomach).

GLP-1s can be expensive. But a lower-cost, generic version of liraglutide is now available.

## Are GLP-1s right for you?

Talk to your doctor. Together you can decide if GLP-1s are the best way to manage your diabetes.

## What are GLP-1s?

GLP-1s (short for glucagon-like peptide-1 receptor agonists) are medicines that help lower blood sugar.



injected. One GLP-1—semaglutide (Rybelsus)—can also be taken by mouth in the form of a pill.

## A different way to control blood sugar

GLP-1s work by mimicking hormones in the body that help maintain blood sugar levels.

“That's different from how other diabetes medicines work,” says Dr. Chiques.





## DIABETES?

### Don't skip these tests

A1C blood  
sugar tests



Blood pressure  
checks



Cholesterol  
checks



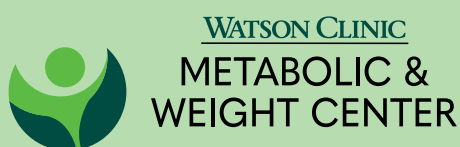
Dilated eye  
exams



Foot checks



Kidney tests



## Get help managing diabetes

Dr. Chiques leads the Watson Clinic Metabolic & Weight Center, where she offers sensible, long-term solutions for managing diabetes, hypertension and other chronic conditions that can stem from obesity. For more information and to schedule an appointment with the department at Watson Clinic Main in Lakeland, call **863-680-7190** or visit **[WatsonClinic.com/WeightCenter](https://WatsonClinic.com/WeightCenter)**.



Lilliam S.  
Chiques, MD



# Keep your kids healthy



## What's the best way to handle my child's fever?

When the body detects an illness, it responds by raising its temperature to fight it. This is known as a fever. Fevers fight various infections, bacteria and viruses.

There are symptoms that may prompt you to check your child's temperature, including dry mouth, earache, vomiting, poor appetite, pale appearance, skin rash, sore or swollen joints, sore throat, stomach pain, limpness, difficulty breathing, and whimpering. An infant may have high-pitched crying, fussiness and swelling of the soft spot on the head.

It's tempting to feel your child's forehead to check for a fever, but know that this isn't a reliable method. Instead, use a thermometer meant for taking human temperatures.

There are three types of digital thermometers that can be used for accurate readings: multi-use, temporal and tympanic. The standard for fever varies based on age and how the temperature is taken.

When a child has a low fever, but can eat, drink, sleep and play normally, treatment may not be necessary. You can provide care at home by keeping your child comfortable:

- Dress them in light clothing. Offer a blanket if they have chills or are shivering.
- Make sure your child gets plenty of rest.
- Provide fluids, such as water and soups, to prevent dehydration. Ice pops and flavored gelatin can also help with hydration and sore throats.
- Use over-the-counter medication to help reduce the fever.

## When to seek care

If your child has a fever that lasts more than 24 hours (for children under 2-years-old) or three days (for children over 2-years-old), contact your child's doctor. Also call if they still feel or act sick after the fever has subsided.





## What can a pediatrician do for my child?

Pediatricians specialize in the physical, emotional and social development of children—from birth through adolescence to adulthood. As your child's primary care provider, a pediatrician can:

- ✓ Treat acute illnesses (such as strep throat) and chronic ones (such as asthma).
- ✓ Give your child all the necessary immunizations that can help protect him or her from some serious diseases.
- ✓ Offer you advice on how to help keep your child healthy and on common parenting issues, such as discipline and toilet training.
- ✓ Guide you in anticipating your child's needs through the years.
- ✓ Refer you to a specialist if your child requires one.



Seek emergency medical attention immediately if your child:

- Has a fever that rises above 104 degrees repeatedly.
- Is younger than 3 months old with a rectal temperature of 100.4 degrees or higher.

You should also seek medical attention if your child has a fever and:

- Additional symptoms, such as stiff neck, severe headache, severe sore throat, rash, and nausea and vomiting.
- Behavior changes, such as being more tired or fussy than usual.
- A compromised immune system.
- Exposure to scorching temperatures, such as an overheated car.
- Seizures.

## What tips can help protect my child from injury?

As parents, it is our job to keep our children safe from serious harm. This can look different depending on their age. Younger children may not be able to follow directions or understand certain risks. Parents can protect their child by not only ensuring that they are in a safe environment, but also by teaching them how to keep themselves safe.

Protect your child by taking these five steps today:

**Drive safely.** Avoid speeding and driving aggressively or impaired. Ensure that your child has the right child safety seat installed. Having the correct

—Continued on page 12





# Keep your kids healthy

—Continued from page 11

safety seat for your child's age and weight can help protect your child in the event of an accident.

**Ensure a safe home.** Install and routinely test smoke and carbon monoxide alarms. If you have an infant, baby-proof your home. Large furniture should be secured to the wall, and any medicines, cleaners or other dangerous substances should be stored in locked cabinets.

**Teach older children how to cross the street safely.** Safe habits around roads are important. Instruct your

child to check traffic signals, check for cars and to pay attention to their surroundings while walking.

**Do not leave small children unattended.** Always stay near your child to avoid any situations that might place them at risk. This is particularly important when your child is on a changing table.

**Provide your child with the right sports equipment.** Make sure they have the right protective gear to help prevent injuries.



## Get to know us

Watson Clinic's team of expert and compassionate pediatricians are available for appointments from four convenient locations.

When immediate care is needed on a Saturday, our Watson Clinic North Pediatrics location offers appointment availability between the hours of 8 am and 12 pm for sick visits and newborns who are within 48 hours of discharge from the hospital. The physicians in the department also share and rotate coverage for child patients who experience after-hours emergencies.

In addition, some members of our North Pediatrics team are now rotating hours at our Watson Clinic South location to expand accessibility and convenience for patients who reside in that area

### Locations



**Watson Clinic Highlands**  
Appointments: **863-607-3346**



**Watson Clinic North Pediatrics**  
Appointments: **863-680-7337**



**Watson Clinic Plant City**  
Appointments: **813-719-2500**



**Watson Clinic South**  
Appointments: **863-647-8012**  
or **863-680-7337**

and to offer same-day appointments for sick visits, sports physicals and new patients as well.

Visit [WatsonClinic.com/Pediatrics](https://www.WatsonClinic.com/Pediatrics) for more information.

### Meet Our Pediatric Physicians



Leslie Coello  
Echeverry, MD



W. Jason  
Cornett, MD



Holly Cunneen,  
DO



Varsha Ghayal,  
MD



Cynthia H.  
Hutto, MD



Jolie Szocki,  
MD



Sheena H.  
Tonkin, MD



Kendra Velez  
Rodriguez, MD



# Parkinson's disease: What you should know

Have you ever noticed your hand trembling and wondered if it could be Parkinson's disease?

"Parkinson's disease is a nervous system disorder that involves a loss of dopamine-producing brain cells, resulting in movement problems like slowness, stiffness and shaking," says **Dr. Daynet Hisley**, a Neurology specialist at Watson Clinic Main in Lakeland. "It tends to worsen over time."

Scientists are still learning about the causes of Parkinson's disease. But things that may increase your risk include being older than 60 (an early onset form affects younger people) and having a family history of Parkinson's.

## Signs can be subtle at first

Parkinson's disease can start with mild tremors of the hand, arm or head; smaller handwriting; a softer voice; or an expressionless face.

"As the disease progresses, people with Parkinson's may develop a distinctive shuffling walk that includes leaning forward and taking small, quick steps," says

**Dr. Sundeep Bojedla**, a Neurology specialist at Watson Clinic Main in Lakeland. "Some people with Parkinson's have sleep problems or a decreased sense of smell as well."

If you notice these signs in yourself or a loved one, see your healthcare provider.

## Treatment options

Although there isn't yet a cure for Parkinson's, getting an early diagnosis can significantly improve quality of life. Treatments such as these help people live better with the disease:

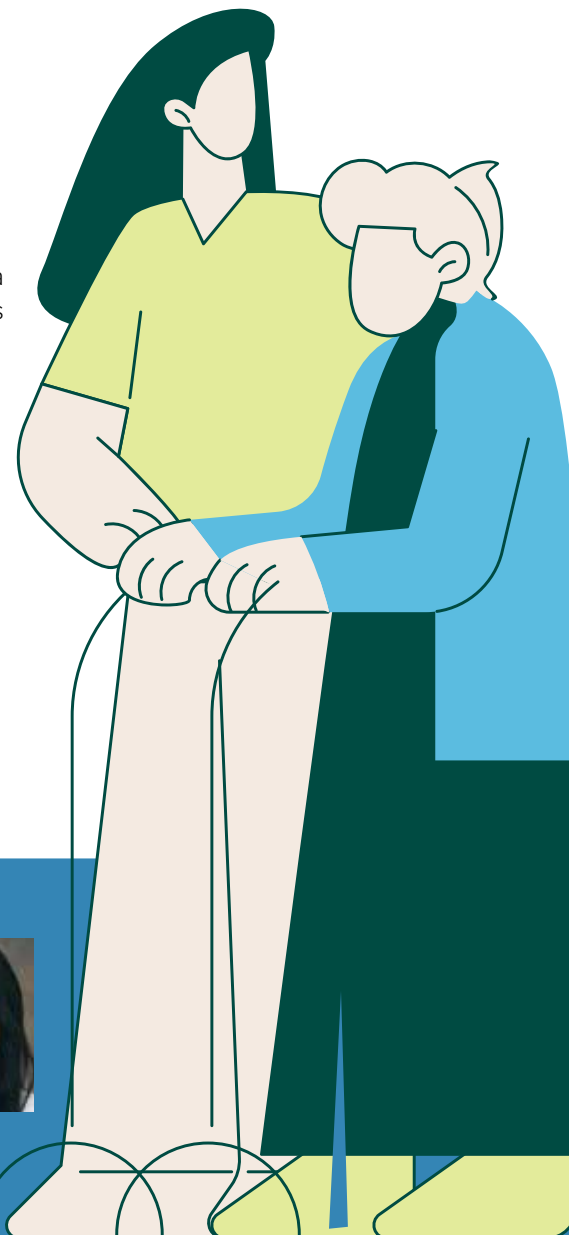
**Medications.** Carbidopa-levodopa is the main treatment for Parkinson's disease. This drug combination boosts dopamine levels in the brain to help ease movement problems.

**Surgery.** If medicines aren't working, deep-brain stimulation (DBS) may be an option to help ease Parkinson's movement symptoms. DBS does not stop the disease from progressing.

**Rehab therapies.** Specialized physical and speech therapies cannot reverse Parkinson's, but

they can help make the disease more manageable. For example, specific therapies can help people improve their ability to:

- Walk
- Swallow
- Speak loudly



## We're here to help

Watson Clinic's Neurology department specializes in the diagnosis and treatment of Parkinson's disease and other disorders related to the nervous system. Call **863-680-7300** to schedule an appointment or visit **WatsonClinic.com/Neurology** for more information.



Sundeep  
Bojedla, DO



Daynet  
Hisley, MD

# Protect yourself from skin cancer

Thinking about getting the perfect tan? As it turns out, there is no such thing.

“You can’t get a tan without damaging your skin,” asserts **Dr. William Roth**, a board-certified Dermatologist at the Watson Clinic Bella Vista Building and Watson Clinic Highlands. “The body is actually trying to protect itself against further damage when it creates a tan.”

Why? Because sunlight contains ultraviolet (UV) radiation that can easily penetrate the skin.

“There’s no safe level of exposure,” Dr. Roth continues.

There are steps that can be taken to mitigate the dangers of this exposure, including staying in the shade whenever you can, limiting your time outside to avoid the sun’s peak hours (generally anytime before 9 am and after 5 pm), and wearing sunscreen.

“You should always use a

broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30 or higher,” Dr. Roth advises. “You should apply it to all sun-exposed areas, including your hands, arms, ears and the back of your neck. And you should reapply anytime the sunscreen is washed or rubbed off.”

## Common, but treatable

According to the American Academy of Dermatology, skin cancer is the most common form of cancer in the United States, and incidents of the disease continue to rise. The risks are particularly dominant in the Sunshine State.

Thankfully, skin cancer is also among the most treatable of all cancers, especially when it’s detected early.

For someone with no history of skin cancer, Dr. Roth recommends an annual skin evaluation with a highly trained dermatologist. “It’s a

form of preventive surveillance,” he says.

Skin self-checks should be performed once a month, during which a spouse or partner can look at those hard-to-see areas.

## Major types of skin cancer

There are many different types of skin cancer, but the three most common are:

- **Basal cell carcinoma.** Might appear as small bumps, open sores, patches or lesions.
- **Squamous cell carcinoma.** These often present as scaly patches or bumps.
- **Melanoma.** The most serious kind of skin cancer that is often indicated by changes in an existing mole or unusual new spots on the skin.

If you find a suspicious area you’re concerned about, you should schedule an appointment with your dermatologist as soon as possible.

Appointments with Dr. Roth and his care team may be scheduled by calling **863-904-6201**. For more information on Watson Clinic’s Dermatology department, which spans five convenient locations across Polk, Pasco and Hillsborough counties, visit **WatsonClinic.com/Dermatology**.



Learn more about skin cancer prevention, detection and treatment by tuning in to the Watson Clinic Health Talk podcast, featuring a long-form interview with Dr. Roth. Visit **WatsonClinic.com/Podcast** or scan the QR code.





— WATSON CLINIC —  
*Foundation inc.*

# Watson Clinic Foundation announces new board members

The Watson Clinic Foundation proudly welcomes the following new members to their Board of Directors. Collectively, they possess many decades of experience in healthcare and community advocacy and will help the Foundation embark on a series of exciting initiatives that will continue to enhance the health of our community for generations to come.

**Kay Annis Wilson** is the daughter of **Dr. Jere Annis**, an Internal Medicine specialist who helped form Watson Clinic as a physician group practice in 1941. Her previous work experience includes serving as the Director of Special Projects at Stanford University and as the founder and CEO of the consulting firm Circlepoint.

**Pamela Carter, RN, BSN**, is a registered nurse who's enjoyed working in the healthcare field for 40 years. She is currently working as a registered nurse at Central Florida SurgiCenter in Lakeland.

**Ted Copeland** has served as the Director of Legal Affairs, Privacy and Compliance at Watson Clinic since 2023.

**Marsha Corum Vass** is a Lakeland community advocate with decades of experience in the consulting field. She possesses expertise in strategic planning, team building and implementation.

Founded in 1960, the Watson Clinic Foundation serves as the philanthropic arm of Watson Clinic. Throughout the years, the Foundation has impacted countless lives through special programs and outreach efforts. The mission of the Watson Clinic Foundation is to promote the wellness of our community through education, research, service and collaboration.

To submit a donation to the Watson Clinic Foundation, and for information on additional members of its Board of Directors, visit [WatsonClinic.com/WCF](https://WatsonClinic.com/WCF).



## Special events

The Watson Clinic Foundation's Arts in Medicine (AIM) program integrates the arts into a healthcare setting, which has been shown to boost morale among cancer patients and their caregivers and improve treatment outcomes. Special events spearheaded by the program include:

**Legacy Lane Project.** This emotional photography exhibit showcases beautiful images of local survivors alongside moving recounts of their cancer journeys. This exhibit is currently available for viewing on the second floor of the Watson Clinic Cancer & Research Center at 1730 Lakeland Hills Blvd. in Lakeland.

**Polk Arts & Health Week (Nov. 3–9, 2025).** Thanks to an exciting grant from the Polk Arts and Cultural Alliance, this new, annual tradition unites organizations across Lakeland to promote the transformative benefits of the arts for individual and community health.

Visit [WatsonClinic.com/AIM](https://WatsonClinic.com/AIM) for more information on these and other events.



Sign up **Today!**



# WATSON CLINIC

## Expert Walk-in Care that Saves You Time and Money

**Did you know** an emergency room visit can cost up to 10x more than a trip to a Watson Clinic Urgent Care facility?

Our three convenient walk-in locations are open **7 days a week**, offering onsite **CT scans, ultrasounds** and **X-rays**, as well as fully equipped **laboratories** for fast, accurate test results. Just walk in and get the expert care you need – without the high cost or hassle.

### Urgent Care Main

1600 Lakeland Hills Blvd. | Lakeland  
Monday – Sunday  
8 am – 6 pm

### Urgent Care South

1033 North Parkway Frontage Rd. | Lakeland  
Monday – Sunday  
8 am – 6 pm

### XpressCare Highlands

2300 E. County Rd. 540A | Lakeland  
Monday - Saturday: 8 am – 6 pm  
Sunday: 9 am – 3 pm



**Central Florida's Premier Healthcare Provider**

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