

Watson Clinic

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Health scene

FALL 2023

**Women: Why
you need a
mammogram**

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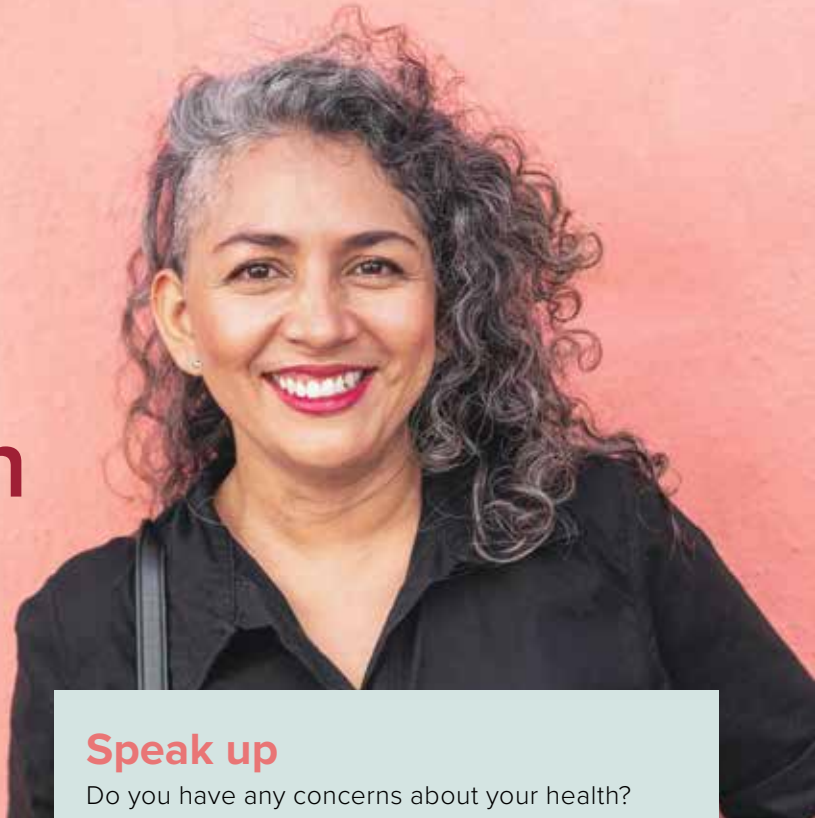
**Regain
bladder
control**

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KNOWLEDGE
IS POWER

Common health problems after menopause



Speak up

Do you have any concerns about your health? Are you experiencing hot flashes or other discomforts? Watson Clinic's OB-GYN specialists can help you transition beyond menopause in the healthiest manner possible. Call **863-680-7243**



or visit **WatsonClinic.com/OBGYN** for more information and to schedule an appointment.

LIFE AFTER MENOPAUSE differs from the years before it in some ways. One obvious change is that you won't have to manage menstrual periods anymore.



J. Brian Hopper,
MD, FACOG

Less obvious: "Some health risks can rise for women, partly due to the lower levels of estrogen hormones that exist after menopause," says **Dr. J. Brian Hopper**, a board-certified OB-GYN at Watson Clinic Highlands.

Health risks to watch for

Heart disease. Before menopause, women generally have a lower risk of heart disease than men do. After menopause, as the protective effect of estrogen (which may help keep coronary arteries healthy) declines, a woman's risk of heart disease starts to climb to a level similar to that of men.

Stroke. A woman's risk of stroke rises sharply around the time of menopause. Lower estrogen levels may play a role here also.

Osteoporosis. Bone loss accelerates after menopause. That puts women at greater risk of osteoporosis, a bone-thinning disease that makes people more prone to fractures.

Lead poisoning. The lead that builds up in everyone's bones over a lifetime may be released into your bloodstream more readily, due to the rapid breakdown of bone after menopause. Higher lead levels in the blood can contribute to health issues, such as high blood pressure, thinking problems and memory lapses.

Unwanted weight. Metabolism (the rate at which the body burns calories) slows down as we age. That's one reason many postmenopausal women gain weight that may put their health at risk.

Urinary incontinence. Accidental leakage affects about half of postmenopausal women. Low estrogen levels may play a role here too.

Some of your best years are yet to come

"It's never too early or too late to focus on staying healthy," says **Dr. Donald W. Langley**, a board-certified OB-GYN at Watson Clinic Highlands. "For example, do



Donald W.
Langley, DO,
FACOG

your best to exercise regularly (brisk walks can help!), follow a balanced diet, maintain a healthy weight and avoid smoking."

Ask your doctor if you should take supplements, like bone-healthy calcium and vitamin D.

Get checkups and recommended screenings, too, including blood tests and screenings for osteoporosis and breast, cervical and colorectal cancers.

Sources: Agency for Toxic Substances and Disease Registry; American Heart Association; Endocrine Society; Office on Women's Health

Fast access to the care you need

FROM THE DESK OF DR. WILLIAM J. ROTH

A trusted primary care provider can be the cornerstone to a lifetime of good health. These family medicine and internal medicine specialists help patients navigate the healthcare road map through all of life's journeys and detours. They empower their patients by keeping them up to date on preventive screenings, helping them manage their chronic conditions, offering effective treatments for common ailments and injuries, and accommodating swift referrals to other departments when additional specialized care is needed.

Sometimes a primary care provider is essential for those surprise illnesses or other health-related matters that you can't wait weeks or months to address. For instances like these, Watson Clinic is pleased to offer FAST Access, a set of options that work with your needs and on your schedule. For patients with busy schedules and pressing health concerns, we now offer same-day and next-day appointment availability. Here's how it works:

- Call **863-680-CARE (863-680-2273)**
- Ask the scheduler for a FAST Access appointment.
- Get the care you need on that same day or the next with the first available family medicine or internal medicine physician or provider.

For more details on this service, visit [WatsonClinic.com/Care](https://www.WatsonClinic.com/Care). Looking for even faster access to care? Our three walk-in locations—Urgent Care Main, Urgent Care South and XpressCare Highlands—continue to provide immediate care without the need for an appointment. These facilities are open during extended

hours seven days a week (including some holidays), and they're ideal for patients 2 years of age and up who need treatments for minor illnesses and injuries right away.

Visit [WatsonClinic.com/WalkIn](https://www.WatsonClinic.com/WalkIn) for more information, or check out the article on page 14 of this issue.



William J. Roth, MD, PhD

Yours in good health,

William J. Roth, MD, PhD

Watson Clinic Managing Partner

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Know the signs of a flu emergency.



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GET CARE NOW
We have three options for immediate care.

 **Check out our website**

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

Email us at HealthScene@WatsonClinic.com.



1430 Lakeland Hills Blvd.,
Lakeland, FL 33805

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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.

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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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Protect yourself from mosquito bites and malaria

Florida has seen a rise in malaria rates in recent months. Malaria is a mosquito-borne disease that can cause symptoms like extreme sickness, fever, chills, nausea, body aches and headache. The disease is contracted through mosquito bites, not from person-to-person contact.

Here are some steps you can take to remain vigilant against mosquito bites:

- Spray yourself with mosquito repellent when necessary.
- Cover your arms and legs with protective clothing.
- Mosquitoes breed by laying eggs in or near standing water. Be sure you drain any areas of standing water (indoors or outdoors). Even a bottle cap filled with water can attract breeding activity within a week. Other household or yard items that can retain standing water include buckets, toys, child pools and covers, car or boat covers, roof gutters, coolers, pet dishes, birdbaths, trash cans, recycling bins, and tires.
- Use air conditioning and keep screens on all the windows in your house. Repair any torn screens.
- Keep all doors and windows closed.



If you're experiencing symptoms associated with malaria, schedule an appointment with a Watson Clinic primary care physician by calling **863-680-7190**. You might be referred to our Infectious Diseases department for follow-up care.

Need more info about a chronic condition?

Watson Clinic is proud to offer educational opportunities for patients living with a variety of chronic conditions. Here are a few:

Diabetes

The demands of a diabetes diagnosis can be overwhelming and may require a vast overhaul of your diet and lifestyle. Guided by a registered nurse and dietitian who are certified diabetes care and education specialists, our in-person diabetes education classes can empower patients to successfully manage the disease.

Topics include:

- Medications
- Monitoring blood sugar
- Long-term complication prevention

Available in both group and in-person training sessions by physician referral only, these classes are held at Watson Clinic Bartow Building A and Watson Clinic Main.



For more information, visit [WatsonClinic.com/DiabetesEducation](https://www.watsonclinic.com/diabeteseducation).

CKD

For patients who have been diagnosed with stage IV chronic kidney disease, Watson Clinic's Nephrology department offers a series of classes designed to help patients gain a better understanding of their disease and to make the best decisions in their management of it.

These one-on-one classes shed light on proper diet, treatment options, including kidney transplantation and home dialysis, and the daily ins and outs of living successfully with the disease.

Classes are available through physician referral only. For additional information and to find out if you're a



candidate for the classes, call **863-680-7190**.

Heads up: Physicians and providers on the move



In recent months, several of our specialists have relocated to different offices or separate locations. Please make note of the following relocations when you schedule your next appointment:



Gregory Joseph Coffman, MD

The Cardiology department

has moved from the second floor to the first floor of our Watson Clinic Highlands facility, located at 2300 E. County Road, 540A, in south Lakeland. Patients who are checking in for appointments with Cardiologist **Dr. Gregory Joseph Coffman** at Highlands will now go directly to the “C” desk on the first floor. Appointments may be scheduled by calling **863-680-7490**.



Stephen Swengros, MD



Brett Widick, MD

Internal Medicine physician

Dr. Stephen Swengros and Family Medicine physician **Dr. Brett Widick** have moved their practices to Watson Clinic Highlands on a full-time basis. Both physicians previously had offices at Watson Clinic South. The mid-level providers for both physicians have made the move with them, including registered nurse practitioners **Georgette Farmer, APRN, Jean Kanidis, APRN,** and certified physician assistant **Keeva Cleary, PA**. To schedule an appointment, call **863-680-7190** or visit your MyChart patient portal.



Tammy Gebo-Seaman, DO

Gastroenterologist Dr. Tammy Gebo-Seaman now practices exclusively from her Watson Clinic Main office on a full-time basis. Appointments may be scheduled by calling **863-680-7490**.



Osman Latif, MD

Pain Management specialist **Dr. Osman Latif** and registered nurse practitioners **Heather Holst, APRN,** and **Michnita Brutus, APRN,** have also moved their Watson Clinic Highlands offices from the second to the first floor. Dr. Latif and his care team continue to see patients at our Watson Clinic Main facility as well as 1600 Lakeland Hills Blvd. in Lakeland. Call **863-680-7300** to schedule an appointment at either location.

Stay in the know

FOLLOW US ON SOCIAL MEDIA

Want to be in the know on the latest news throughout Watson Clinic? Then like and follow us on our social media platforms!

Meet our new physicians and providers, learn about the many services we offer, and keep up-to-date on special events we take part in throughout the community. We even host occasional giveaways filled with terrific prizes!

Help us spread the word by inviting your social media friends and family to join our pages too!

Watson Clinic

Facebook: /WatsonClinicFL

X, formerly known as Twitter: /WatsonClinic

Instagram: /Watson_Clinic

LinkedIn: /company/Watson-Clinic

YouTube: /WatsonClinicLLP

Pinterest: /WatsonClinic

Medical Spa at Watson Clinic

Facebook: /MedSpaWC

Instagram: /MedicalSpaatWatsonClinic





When the flu becomes an emergency

FOR MANY OF US, having a bad case of the flu can be a miserable experience. But sometimes the flu can be more than just an annoying sickness. It can be downright dangerous.

Although it takes a few days to a week or two, most people recover from the flu, which is a viral respiratory infection. But some people develop severe and potentially life-threatening complications, like pneumonia. The flu can also lead to dehydration, and it can worsen other health problems a person may already have, like asthma or heart disease.

Although anyone can develop flu complications, people at higher risk include adults over age 65, younger children and pregnant women. People with underlying health conditions such as diabetes or heart, kidney or lung disease are also at higher risk.

“If you have flu-like symptoms and you’re in a high-risk group, ask your doctor about antiviral medicines,” says **Dr. Kristina Hair**, a board-certified Family Medicine specialist at Watson Clinic Bartow Building A in Bartow. “When started early, they may help you recover sooner.”

You should seek medical care right away if you have signs or symptoms of a flu emergency, which include:

- Trouble breathing or fast breathing in children
- Chest pain
- Dizziness or confusion
- Severe muscle pain, which can be bad enough to affect walking
- Seizures
- A fever or cough that improves but then returns or worsens
- In children, a fever above 102 degrees or any fever in infants younger than 12 weeks
- Dehydration—signs include not urinating, having a dry mouth and having no tears when crying
- A worsening of chronic health conditions



Kristina Hair, DO

Call 863-680-7190 to schedule an appointment with Dr. Hair or any member of Watson Clinic’s primary care team.



Our flu clinics are now open!

Watson Clinic is currently administering flu vaccinations exclusively to patients from flu clinics that have been set up at a number of our most popular and convenient locations.

In addition to the regular flu vaccination, the clinic is also providing the Prevnar 20® pneumonia vaccine for patients who are 65 years of age or older.

If a patient does not receive their immunization during one of these flu clinics, they may do so during a regularly scheduled appointment with their Watson Clinic primary care physician at most locations.

For information on the locations of the flu clinics and their operating hours, please call our Flu Clinic SHOTline at **863-680-7FLU**



(863-680-7358),

visit our website at **WatsonClinic.com/Flu** or consult a Watson Clinic physician.

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

TAKE
THREE

Questions for the experts

What is a UTI, and how is it treated?

Bladder infections are the most common type of urinary tract infection (UTI). They happen when bacteria from the skin or rectum gets into the urinary tract. Along with discomfort, cramps and frequent urination, you may have pink urine, caused by blood from the infection.

Prompt treatment is important. If the infection spreads, it can cause a kidney infection, which is much more serious. Fever, back pain, nausea or vomiting are common symptoms of a kidney infection.

Anyone can get a UTI, but they are more common in women. Many women will get a bladder infection (also called cystitis) at some point in their lives.

Here are ways to reduce your chances of getting a UTI:

- Urinate after sexual activity
- Drink plenty of fluids daily
- Take showers more frequently than baths
- Avoid or minimize the use of powders or other products on the genital area

You may receive a prescription for antibiotics. Be sure to take all the prescribed doses, even if you feel better. Also, drink plenty of water and fluids. Medicine for pain reduction may also be recommended.



Sumita Chandran, MD, is an Internal Medicine specialist at Watson Clinic Main in Lakeland. Call **863-680-7190** to schedule an appointment.

How should I prepare for a pregnancy?

If you're trying to have a baby or just thinking about it, these practical pointers can help you get ready for a healthy pregnancy.

At least one month before trying to conceive, start taking a daily supplement that contains at least 400 micrograms of folic acid. Having enough folic acid in your body in advance can help prevent major birth defects in your baby's brain and spinal cord.

See your OB-GYN before conceiving to discuss your health, diet and lifestyle. Bring a list of your medications. You can take a pregnancy test in your doctor's office. The test measures a hormone, human chorionic gonadotropin (hCG), in urine. High levels of hCG are a sign of pregnancy.

If you decide to take an at-home pregnancy test instead, the best time to test is a week or two after you miss your period. You can take tests earlier, of course, but keep in mind that accuracy will improve with time.

If your test is positive, make an appointment to see an OB-GYN as soon as possible. They can help you prepare for the next chapter of your pregnancy. You might want to bring a list of questions you may have to your first appointment.



Taylor Cook, DO, is an OB-GYN at Watson Clinic Highlands in south Lakeland. Call **863-680-7243** to schedule an appointment.

When should I get a colorectal cancer screening?

If you're turning 45 years old and are at average risk of colorectal cancer, it's time to check in with your doctor about screening.

The test helps doctors detect small cancers in the colon and rectum before they grow large enough to cause symptoms. At this early stage, colorectal cancer treatment is often most effective.

Screening can actually prevent colorectal cancer. Some tests look for growths, called polyps, in the colon. Finding and removing them helps stop cancer from ever starting.

Several screening tests are used to check for colorectal cancer.

Stool tests are designed to take at home and return to a lab for diagnosis. These tests look for hidden blood in the stool or changes in stool DNA, which may be signs of cancer. If something suspicious is found, then the next step is a **colonoscopy**, a test that checks the entire colon and rectum for cancer or polyps, which may be removed during the exam. It's usually done every 10 years.

You may need earlier and more frequent testing if you are at increased risk based on your personal and family health history.



Lijian Wang, MD, DSc, is a Gastroenterology specialist at Watson Clinic Main in Lakeland. Appointments may be scheduled by calling **863-680-7490**.



The why and how of breast cancer screening

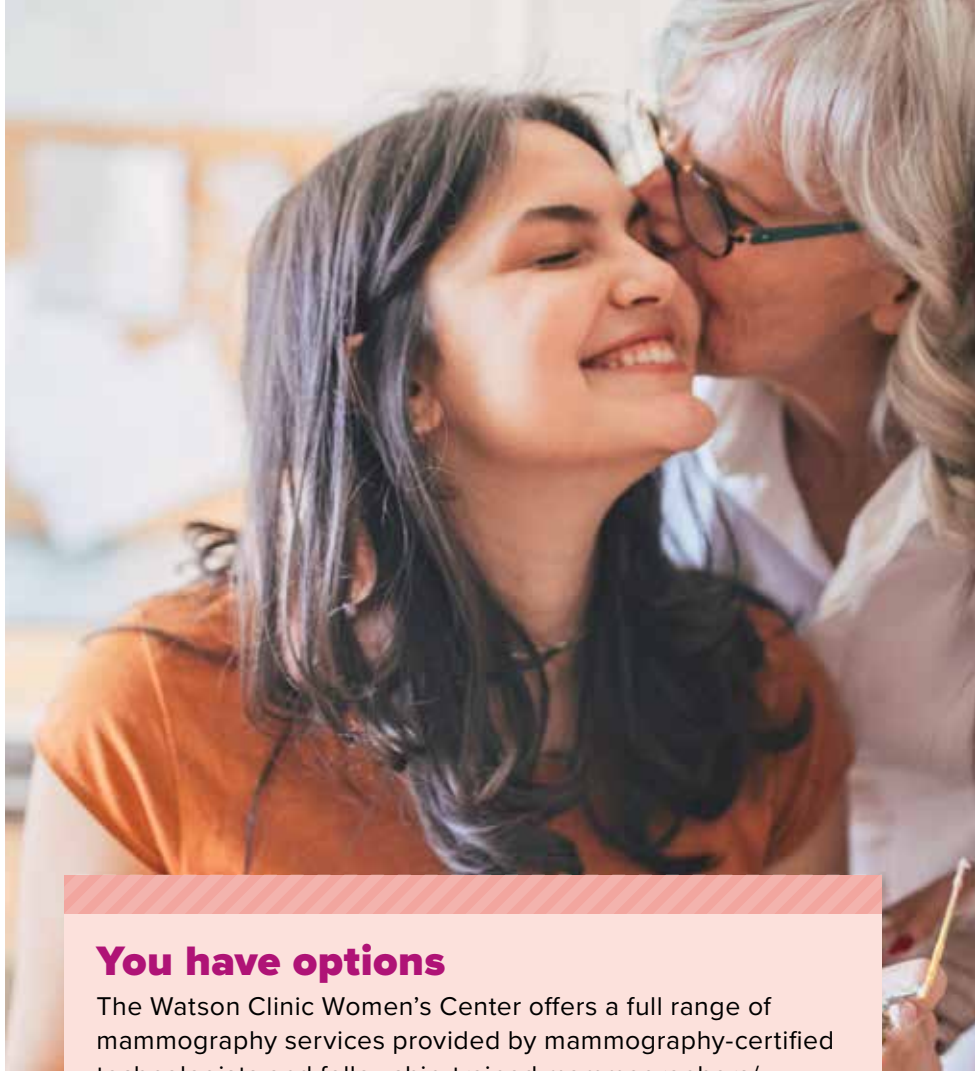
AS WITH MANY other cancers, finding breast cancer early is a good thing because the disease tends to be easier to treat in its beginning stages.

The best tool we have for detecting breast cancer is a mammogram. This low-dose x-ray can find breast cancer before you have any symptoms of the disease, like a lump. Research shows that women who get regular mammograms are more likely to find breast cancer early. They are also less likely to undergo aggressive treatments for their cancer, such as breast removal, and less likely to die from the disease.

All that adds up to a simple recommendation: Don't skip mammograms. Make sure they are a part of your regular screening schedule for cancer.

Here are four tips to help you better understand this important test.

1 Check your age. Starting yearly mammograms at age 40 has helped to cut breast cancer deaths by more than 40%.



You have options

The Watson Clinic Women's Center offers a full range of mammography services provided by mammography-certified technologists and fellowship-trained mammographers/radiologists. Highly perceptive 3D mammogram technology is available at both the Watson Clinic Women's Center and Watson



Clinic Highlands locations. Call **863-680-7755, option 3**, to schedule your annual mammogram.



Jaehoon
Bang, MD



Travis A.
Carter, MD, MS



Charlotte
Elenberger, MD

2 Know your risk. Some women may be at high risk for breast cancer. "If you think you are, talk to your doctor about whether you need to start doing mammograms earlier or if you should have other tests besides a mammogram," says **Dr. Charlotte Elenberger**, a board-certified radiologist at the Watson Clinic Women's Center.

Factors that increase the risks for breast cancer include having:

- A BRCA1 or BRCA2 gene mutation found through genetic testing
- Radiation therapy to the chest between the ages of 10 and 30
- Breasts with a lot of dense tissue
- A first-degree relative (parent, sibling or child) under the age of 50 who's had breast cancer



MAMMOGRAMS:

Know what to expect

During a mammogram, a radiologic technician will position your breasts on a special machine and slowly compress each of your breasts between two plates, which helps produce a high-quality image.

To get a good picture of your breast health and help make the test more comfortable, it's important to do your homework. These tips can help the mammogram process go smoothly.

✓ **Pay attention to timing.** If you still get a period, try not to schedule your mammogram the week before or during your period. For menstruating women, that's when breast tissue tends to be more sensitive.

✓ **Skip the deodorant.** On the day of your mammogram, don't use deodorant, antiperspirant, powders, lotions, creams, or perfume under your arms or breasts. These products may show up as white spots or shadows on the x-ray, which may lead to more testing.

✓ **Pick pants, shorts or a skirt.** For the test, you'll need to undress from the waist up, and you'll be given a wrap to wear. If you wear a skirt or pants that day rather than a dress, you'll only need to remove your top and bra.

✓ **Speak up.** "You should tell the x-ray technologist if you have breast implants or have noticed any breast changes or problems," advises **Dr. Travis A. Carter**, a board-certified radiologist at the Watson Clinic Women's Center. "And alert them if you're breastfeeding or think you might be pregnant."

✓ **Know that breast compression is quick.** Breast compression during a mammogram can be uncomfortable, but keep in mind that it only lasts about 10 to 15 seconds per image. If it hurts, the technologist can try to adjust the compression.

✓ **Try not to worry.** An abnormal mammogram reading might just indicate a benign cyst or dense breast tissue. If you receive a callback for further testing, the doctor usually just needs to procure a clearer image.



Even if you are not at an increased risk for breast cancer, you still need mammography screening starting at age 40. Most women diagnosed with breast cancer do not have a family history.

3 Know all your testing options.

For some women at high risk for breast cancer, screening with a breast MRI or ultrasound may be recommended in addition to a mammogram.

4 **Do your due diligence.** "You should be aware of any changes in the size or shape of your breast, as well as any nipple dimpling or retraction," notes **Dr. Jaehoon Bang**, a board-certified radiologist at the Watson Clinic Women's Center. "Check for any lumps in your breasts or under your arm. If you notice any changes, talk to your doctor immediately."

DON'T SUFFER IN SILENCE

Get relief

from the symptoms of incontinence

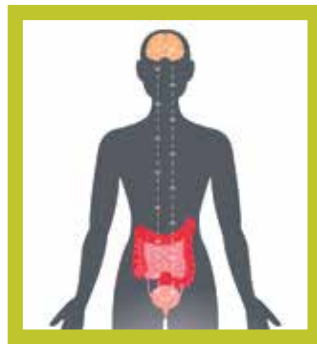
MILLIONS OF AMERICANS

suffer from overactive bladder, bowel incontinence and urinary retention. For many, their symptoms control their life. Kathy Boehm was one of these sufferers.

“When I lost all control of the bladder, it really put restrictions on me,” she remembers. “That was hard for me because I’m a very active person.”

Boehm tried the conservative approaches to treating her condition—exercises, dietary modifications and prescription medications. When those were unsuccessful, she endured a number of more invasive procedures designed to correct her condition. None of them worked, and some even made it worse.

Then she contacted **Dr. Tarek G. Garas**, a Watson Clinic board-certified OB-GYN and Female Pelvic Medicine & Reconstructive Surgeon.



Nerve therapies can help.



Device lead, battery, remote control and recharger

He presented her with a potential solution: an exciting nerve therapy that was reaping overwhelmingly positive results for patients with similar concerns.

“The lack of connection between the brain, bladder and bowel is thought to be a major contributing factor to many cases of incontinence,” says Dr. Garas. “Nerve therapies ignite and modulate this connection through gentle stimulation.”

How it works

Utilizing technologies manufactured by Axonics®, Dr. Garas implants a small lead to the sacrum at the small of the patient’s back. A battery the size of two postage stamps also rests under the skin to keep the lead powered and functional. The patient can control the strength of the lead current with an easy-to-use remote control.

Past versions of these therapies were hindered by cumbersome technologies—the batteries were

Don't be embarrassed: Speak up about incontinence!

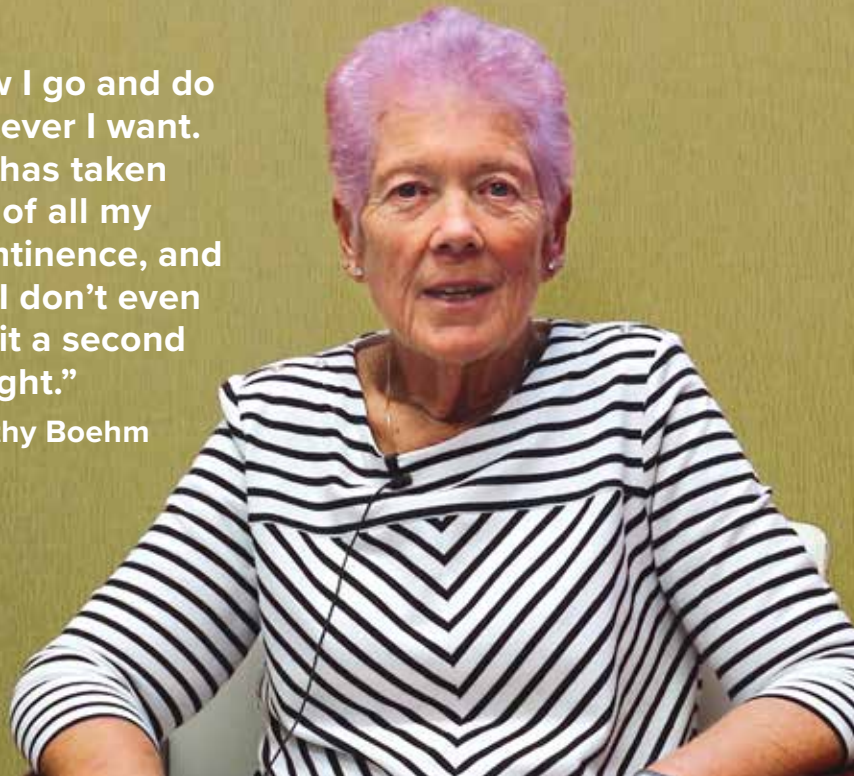


Laughing, exercising or not being able to find a bathroom quickly enough shouldn't make you leak urine. Yet that's just what happens every day to countless women, who are twice as likely as men to have trouble controlling their bladders.

It can be embarrassing to admit to a doctor that you're leaking urine, whether it's just an occasional accident or an ongoing problem that's disrupting your life. But here's an incentive to speak up: Urinary incontinence is highly treatable.

“Now I go and do whatever I want. This has taken care of all my incontinence, and now I don’t even give it a second thought.”

—Kathy Boehm



Make an appointment

Dr. Garas accepts patient appointments at two convenient locations:

Watson Clinic Bartow Building B at 2000 Osprey Blvd., Suite 201, in Bartow and the Watson Clinic Bella Vista Building at 1755 N. Florida Ave. in Lakeland. Appointments with Dr. Garas may be



Tarek G. Garas, MD, MIGS

scheduled by calling **863-680-7312**.



much larger and had a shorter life span, the incision made to implant the device was more invasive, and the patient was more restricted in certain situations.

“Now, patients have a choice of two batteries,” says Dr. Garas. “One is the size of two postage stamps, needs to be recharged once every six months for approximately 20 minutes and has a life of 20 years minimum. At the end of that period, the battery can be replaced in the operating room in about seven minutes. The second

battery is slightly larger, does not require recharging, and can last between 20 and 25 years.”

Another new benefit for patients with the device is their ability to undergo imaging procedures like an MRI, which is something they couldn’t do with previous versions.

Patients can even test the effectiveness of the device before committing to the full implant procedure. These tests can take place over the course of a couple of days to a couple of weeks depending on the underlying diagnosis.

Feeling better

Though initially hesitant, Boehm decided to give Axonics therapy a try, and her life has been profoundly altered in the years since her procedure.

“Now I go and do whatever I want,” she raves. “This has taken care of all my incontinence, and now I don’t even give it a second thought.”

For more information on Boehm’s journey, visit our Video Channel at [WatsonClinic.com/Video](https://www.watsonclinic.com/video).

Why are women so vulnerable?

Pregnancy, childbirth and menopause can all weaken the pelvic muscles needed for bladder control. The urethra—the tube that takes urine out of the body—is also shorter in women than in men. Consequently, it has less

muscle. And if it’s weakened or damaged, it’s more likely to trigger incontinence.

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

estrogen after menopause may weaken the urethra.

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

Sources: National Institutes of Health; Office on Women’s Health

OUR NEWEST PROVIDERS

Say hello to the latest additions to our team. Each of these physicians and providers is accepting appointments, except where noted. Visit WatsonClinic.com for more information.

NEAL AGEE, MD, FACS
**GENERAL SURGERY/
 SURGICAL
 ONCOLOGY**



Education: Medical University of Silesia, Katowice, Poland
Residency: Brooklyn Hospital Center, Brooklyn, NY, Surgical
Fellowships: Advent Healthcare Cancer Center, Orlando, FL, Surgical Oncology, Research Fellowship – Minimally Invasive Surgery
Board-certification: Surgery
Location: Watson Clinic Main
Appointments: 863-680-7486

LEEN AL SALEH, MD
RHEUMATOLOGY



Education: Damascus University School of Medicine, Damascus, Syria
Residency: MedStar Georgetown University/Washington Hospital Center, Washington, DC, Internal Medicine
Fellowship: MedStar Georgetown University/Washington Hospital Center, Washington, DC, Rheumatology
Board-certification: Internal Medicine
Location: Watson Clinic Main
Appointments: 863-680-7486

MICHELLE ESPANTO, OD, FAAO
OPTOMETRY



Education: Nova Southeastern University College of Optometry, Davie, FL
Residency: Malcom Randall VA Medical Center, Gainesville, FL, Primary Care
Membership: American Academy of Optometry, Fellow
Board-certification: Optometry
Location: Watson Clinic Main
Appointments: 863-680-7486

JIMMY G. GARAS, MD, MBA
ANESTHESIOLOGY



Education: Wake Forest University School of Medicine, Winston-Salem, NC
Internship: Louisiana State University, New Orleans, LA, Surgical
Residencies: Ochsner Clinic Foundation, New Orleans, LA, Anesthesiology; University of Florida, Gainesville, FL, Anesthesiology
Locations: Lakeland Regional Health Medical Center, Lakeland Surgical & Diagnostic Center

HASSAN HASANEIN, MD
**ONCOLOGY-
 HEMATOLOGY**



Education: University of Damascus School of Medicine, Damascus, Syria
Residency: Brookdale University Hospital, Brooklyn, NY, Internal Medicine
Fellowship: University of Missouri, Columbia, MO, Hematology-Oncology
Board-certification: Internal Medicine
Location: Watson Clinic Cancer & Research Center
Appointments: 863-603-4770

YAHIA HOMSI, MD
PSYCHIATRY



Education: Damascus University School of Medicine, Damascus, Syria
Residency: Charleston Area Medical Center, West Virginia University, Charleston, WV, Internal Medicine/Psychiatry
Board-certifications: Psychiatry, Internal Medicine
Location: Watson Clinic Main
Appointments: 863-680-7385

SPENCER A. MOTLEY, MD
RHEUMATOLOGY



Education: University of Texas Medical Branch Galveston, Galveston, TX
Internship & Residency: Keesler Medical Center, Keesler Air Force Base, Biloxi, MS, Internal Medicine
Fellowship: San Antonio Military Medical Center, Fort Sam Houston, TX, Rheumatology
Board-certifications: Internal Medicine, Rheumatology
Location: Watson Clinic Main
Appointments: 863-680-7486

ANISLEIDYS MUNOZ, MD
HOSPITALIST



Education: San Juan Bautista School of Medicine, Caguas, PR
Residency: Rochester General Hospital, Rochester, NY, Internal Medicine
Board-certification: Internal Medicine
Location: Lakeland Regional Health Medical Center

KYRA MUNZENMAIER, MD
PSYCHIATRY



Education: University of South Florida Morsani College of Medicine, Tampa, FL
Residency: St. Luke's University Health Network, Easton, PA, General Psychiatry
Certification: Perinatal Mental Health
Location: Watson Clinic Highlands
Appointments: 863-607-7522

AYUSHMAN SHARMA, MD
RADIOLOGY



Education: Brown University, Providence, RI
Residency: University of South Florida, Tampa, FL, Diagnostic Radiology
Fellowship: Barrow Neurological Institute, Phoenix, AZ, Neuroradiology
Location: Watson Clinic Main



OBADA M. TABBAA, MD
GASTROENTEROLOGY

Education: Damascus University School of Medicine, Damascus, Syria



Internship &

Residency: MedStar Georgetown University/Washington Hospital Center, Washington, DC, Internal Medicine

Fellowships: MedStar Georgetown University/Washington Hospital Center, Washington, DC, Gastroenterology and Advanced Endoscopy

Board-certifications: Internal Medicine, Gastroenterology

Location: Watson Clinic Main

Appointments: 863-680-7490

AMANDA ANDERSON, MSN, APRN
ONCOLOGY-HEMATOLOGY

Education: University of Tampa, Tampa, FL



Membership:

American Academy of Nurse Practitioners

Supervising Physician: Shalini Mulaparathi, MD

Location: Watson Clinic Cancer & Research Center

Appointments: 863-603-4770

DELANEY K. ANSELL, APRN, FNP
DERMATOLOGY

Education: University of South Florida, Tampa, FL



Membership:

American Nurses Credentialing Center, FNP

Supervising Physician: Rick L. Moore, MD

Location: Watson Clinic Dermatology at Zephyrhills

Appointments: 813-788-7867

MARGARET C. GOLDBERG, AUD, CCC-A, F-AAA

AUDIOLOGY

Education: A.T. Still University/Arizona School of Health Sciences, Mesa, AZ



Memberships:

American Speech-Language-Hearing Association; American Academy of Audiology, Fellow

Location: Watson Clinic Highlands

Appointments: 863-904-6296

ALEXANDRA Z. HOPKINS, AUD, CCC-A

AUDIOLOGY

Education: Nova Southeastern University, Davie, FL



Membership: American Speech-Language-Hearing Association

Locations: Watson Clinic Bella Vista Building, Watson Clinic Highlands

Appointments: 863-904-6296

PERRY C. KUHN, PA
INTERNAL MEDICINE

Education: Kettering College, Kettering, OH



Memberships:

American Academy of Physician Associates, Obesity Medicine Association

Supervising Physician: Lillian S. Chiques, MD

Location: Watson Clinic Main

Appointments: 863-680-7190

CRISTYNA A. OTTAIANO, APRN

CARDIOLOGY

Education: University of South Florida, Tampa, FL



Memberships:

American Academy of Nurse Practitioners, Association of Critical Care Nurses

Supervising Physicians: John G. Canto, MD, FACC, MSPH, and Gregory Joseph Coffman, MD

Location: Watson Clinic Main

Appointments: 863-680-7490

STACY SWANSON, APRN
DERMATOLOGY

Education: University of Toledo, Toledo, OH; University of South Florida, Tampa, FL



Memberships: American Association of Nurse Practitioners

Supervising Physician: Catherine B. Marcum, MD

Locations: Watson Clinic Bartow Building A, Watson Clinic South

Appointments: 863-680-7267

NAKISHA WATSON, APRN
OTOLARYNGOLOGY (ENT)

Education: University of Alabama at Birmingham, Birmingham, AL

Memberships: American Academy of Nurse Practitioners, Polk

County Advanced Practice Nurses Association

Supervising Physician: Raam S. Lakhani, MD

Locations: Watson Clinic Bella Vista Building, Watson Clinic Highlands

Appointments: 863-904-6296

TONYA WIDENER, APRN
HOSPITALIST

Education: Polk State College, Winter Haven, FL; University of South Florida, Tampa, FL



Supervising Physician:

Chadi Alkhalil, MD

Location: Lakeland Regional Health Medical Center

KESHAYLA YOUNG, DNP, APRN, FNP-BC
PULMONOLOGY

Education: University of South Florida, Tampa, FL



Membership: American Nurses Credentialing Center, FNP

Supervising Physician: Naem Shahrour, MD

Location: Watson Clinic Main

Appointments: 863-680-7190

No appointment? No problem!

IF YOU'RE STRICKEN by a minor illness or injury, Watson Clinic's three walk-in care facilities—Urgent Care Main, Urgent Care South and XpressCare Highlands—provide the services, tools and expertise you need to get better fast.

Each location is open during extended hours, seven days a week (including some holidays).

Walk-in care has become an increasingly popular option for patients in recent years. In addition to the convenience of receiving immediate medical attention when you need it most without the need for an appointment, these facilities are a cost-effective alternative to an emergency room visit.

Watson Clinic's walk-in care facilities are staffed by board-certified physicians and highly trained providers who have instant access to laboratory and imaging services as needed.

They treat a wide array of common ailments for both adults and children. For more information on Watson Clinic's

 walk-in facilities, visit WatsonClinic.com/WalkIn

Conditions treated in adults

- Sore throat
- Upper respiratory, eye or skin infection
- Urinary tract infection (UTI)
- Cuts requiring stitches
- Earaches
- Minor burns
- Sprains or strains
- Nausea, vomiting or diarrhea
- Allergic reaction
- Animal or insect bites
- Minor sports injuries
- Suspected broken bone that hasn't shifted out of place
- Abdominal pain*
- Chest pain*
- Coughing or vomiting blood*
- Sudden loss of consciousness*
- Shortness of breath*
- Head or eye injury*

***Urgent Cares only**



Conditions treated in children (ages 2 and older)

- Congestion
- Sore throat
- Bladder infections
- Cuts requiring stitches
- Earaches and headaches
- Minor burns
- Dehydration
- Poor feeding
- Skin rash
- Vomiting or diarrhea

Three convenient locations for minor illnesses



Urgent Care Main

West Entrance (off of Morrell Drive)
1600 Lakeland Hills Blvd.
Lakeland, FL 33805

Hours: Monday through Sunday:
8 am to 6 pm

Phone: 863-680-7271



Urgent Care South

North Entrance (behind Oakbridge Target)
1033 N. Parkway Frontage Road
Lakeland, FL 33803

Hours: Monday through Sunday:
8 am to 6 pm

Phone: 863-647-4047



XpressCare Highlands

2300 E. County Road, 540A
Lakeland Highlands, FL 33813

Hours: Monday through Saturday:
8 am to 6 pm;
Sunday: 9 am to 3 pm

Phone: 863-393-9472



15 YEARS OF hope & healing

IN 2008, A NEW PROGRAM WAS INTRODUCED at the Watson Clinic Cancer & Research Center. It offered a chance for patients to indulge in painting activities, work on crafts or simply to sit back and enjoy a live musical performance—all reprieves from the hardships of their cancer treatment. By providing these outlets for creative expression, the program hoped to reduce patient anxiety and create an environment more conducive to physical and psychological healing. It worked.

In the years since, Arts in Medicine has touched the lives of many cancer survivors in our community, as well as their loved ones and caregivers. They work from the program's well-equipped studio, which is located on the second floor of the facility.

Rotating collections of patient artwork hang from the walls of the cancer center and provide a testament to the power of artistic expression.

When a patient takes part in a creative activity as part of the program, these activities not only fortify their ability to cope with illness and treatment, but they inspire a strong sense of community with others who share their same journey.

Survivorship Series

That healing sense of community informs the mission of the program's latest venture—the Breast Cancer Survivorship Series. Now in its third cycle, the series offers four inspiring and educational classes that are made possible through a generous grant from the Florida Breast Cancer Foundation and the participation of various community partners, including the Polk Museum of Art, Satya Life Yoga, the Garden Club of Lakeland and others. Participants work together in various sessions of relaxing and

creative activities like movement, painting and horticulture.

These classes are available at no cost and are open to breast cancer survivors throughout our community who are within their first five years of survivorship. Visit WatsonClinic.com/Survivorship or call **863-603-4718** for the latest updates on upcoming class sessions.

Help us make a difference

The Arts in Medicine program is provided by the Watson Clinic Foundation, an organization that has served the needs of our community since 1960. Visit WatsonClinic.com/AIM for more information on the program, opportunities to volunteer or ways to donate to this wonderful cause.



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
MAIN	863-680-7000
North Pediatrics	863-680-7337
Plant City	813-719-2500
South	863-647-8011
Urgent Care Main	863-680-7271
Urgent Care South	863-647-4047
Watson Clinic Foundation	863-904-2656
Women's Center	863-680-7752
XpressCare Highlands	863-393-9472



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Lakeland, FL 33805

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WATSON CLINIC LLP

Your **Home** for Quality *Healthcare*

Watson Clinic is proud to be recognized as a **Patient Centered Medical Home** by the National Committee for Quality Assurance, one of the nation's top patient advocacy groups. These recognitions were granted to the following six Watson Clinic Primary Care and Pediatric locations:

- **Main**
- **South**
- **Highlands**
- **North Pediatrics**
- **Bartow Family Medicine**
- **Plant City**

This achievement highlights our commitment to putting the patient at the forefront of all we do.

When you're committed to your patients, it shows.



Serving the Healthcare Needs of Central Florida Since 1941

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