

Watson Clinic

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

Health scene

SPRING 2022

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Know the facts**

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NOW AVAILABLE

Revolutionary new fibroid therapy

WATSON CLINIC OB-GYN and Female Pelvic Medicine & Reconstructive Surgeon **Dr. Tarek Garas** is the first specialist in Polk County to perform the Sonata® procedure, a highly effective option designed to treat uterine fibroids without the use of an incision. Dr. Garas recently performed the procedure at Bartow Regional Medical Center.

Fibroids are noncancerous growths that emerge in or around the uterus.

The majority of women will experience fibroids before the age of 50. These growths can vary in size, and their most common side effects are heavy menstrual bleeding and painful periods.

What's new?

Traditional treatments for fibroids have included medical and hormonal therapy, hysterectomy (surgical removal of the uterus), myomectomy (surgical removal of fibroids with the intent of

not impacting the uterus), and uterine artery embolization (injections that block blood vessels around the uterus and shrink fibroids over time).

"Previous treatment options have a host of potential side effects, including discomfort, longer healing periods from incisions to the abdomen and the possibility of pregnancy-related complications," says Dr. Garas. "The nonsurgical Sonata® treatment uses radiofrequency energy to directly target the fibroids, shrink them, and significantly reduce common symptoms like heavy and painful menstruation."

How does it work?

During the treatment, a hand piece with a high-resolution ultrasound is used to target and treat individual fibroids through radiofrequency ablation while leaving the uterus and endometrium intact. The procedure takes less than an hour to perform, and patients can return to normal activities within a couple of days.

Dr. Garas serves as Chief of Staff at Bartow Regional Medical Center. In addition to fibroid treatments, Dr. Garas specializes in comprehensive obstetric and gynecologic services for all stages of life, as well as minimally invasive gynecologic surgery; advanced robotic surgery; and the latest treatment options for pelvic organ prolapse, urinary incontinence, fecal incontinence, painful bladder syndrome and other common pelvic floor disorders. He offers his services at two convenient Watson Clinic locations: the Watson Clinic Bella Vista Building at 1755 N. Florida Ave., in Lakeland, and the Watson Clinic Bartow Building B at 2000 Osprey Blvd., Suite 201, in Bartow.



Tarek Garas, MD

Appointments with Dr. Garas—or any member of Watson Clinic's team of OB-GYN specialists—may be scheduled by calling 863-680-7312.



New names, same great services



Steven G. Achinger, MD, FASN

FROM THE DESK OF
DR. STEVEN G. ACHINGER

Watson Clinic is proud to offer exceptional healthcare services to every community we serve across Polk, Pasco and Hillsborough counties. For many decades, we've been honored to list the city of Bartow among those communities.

Our two popular Bartow facilities were designed to offer convenient care close to home for patients of all ages. Recently, we've rebranded both locations to eliminate confusion and better reflect the diverse range of services they offer.

The former Watson Clinic Bartow facility will now be known as Watson Clinic Bartow Building A. Located in Suite 100 at 2250 Osprey Blvd. in Bartow, Building A houses specialists in the departments of family medicine, endocrinology and podiatric surgery. Additional features of the facility include DEXA scans for bone density, electrocardiograms, dietary counseling, diabetes education, an on-site laboratory and x-rays.

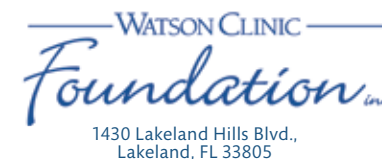
Meanwhile, Watson Clinic Bartow Obstetrics & Gynecology is now called Watson Clinic Bartow Building B. This location is housed in Suite 201 at 2000 Osprey Blvd.

Board-certified specialist **Dr. Tarek Garas** and his team offer the specialties of Obstetrics, Gynecology and Female Pelvic Medicine & Reconstructive Surgery from this location.

Additionally, members of Watson Clinic's expert Nephrology department—including myself, **Dr. Michael Achinger** and registered nurse practitioner **Angela J. Ritchea, APRN**—also maintain an active schedule at Building B.

For more information on either Building A or B, visit [WatsonClinic.com/Bartow](https://www.WatsonClinic.com/Bartow).

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



Spring 2022
President, Watson Clinic Foundation, Inc.
Galina Vugman, MD

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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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HELP YOUR KIDNEYS

Learn the signs of kidney disease and how to prevent it.

Check out our website

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

Email us at HealthScene@WatsonClinic.com.

Credentialing department recredited for three years

Watson Clinic's Credentialing department recently earned a three-year reaccreditation from the National Committee for Quality Assurance (NCQA). Valid through 2024, this accreditation was granted following a thorough survey process during which the department's policies, filing practices and quality improvement measures were evaluated.

Watson Clinic's Credentialing department works to verify a physician's qualifications, education record, various licenses and their ability to perform the services for which they are hired.

"This accreditation assures our community that Watson Clinic's credentialing practices meet the highest quality standards in the nation," says Kimberly Stebbins, manager of Watson Clinic's Credentialing department. "In fact, our department earned the highest score in all categories from the NCQA on this evaluation."

NCQA is an independent, not-for-profit organization dedicated to assessing and reporting on the quality of managed care plans, managed behavioral healthcare organizations, preferred provider organizations, new health plans, physician organizations, credentials verification organizations, disease management programs and other health-related programs.

You can learn more about this accreditation and others Watson Clinic has received by visiting [WatsonClinic.com/Accreditations](https://www.WatsonClinic.com/Accreditations).



New PVD program helps ease or reverse symptoms

According to the Centers for Disease Control and Prevention, approximately 6.5 million Americans ages 40 and older suffer from peripheral vascular disease (PVD), a troubling group of conditions that can affect arteries and veins outside of the heart. Watson Clinic board-certified Interventional Cardiologist **Dr. Zia Rab**



Zia Rab, MD

recently introduced a new PVD program to help patients relieve or reverse the symptoms of these painful and potentially life-threatening disorders.

"I employ a variety of highly effective, minimally invasive techniques to manage or reverse the effects of claudication (pain in the legs due to plaque buildup in the arteries), renal and carotid artery disease, non-healing wounds and ulcers of the legs, as well as chronic varicose veins," Dr. Rab reports.

Dr. Rab performs most procedures from Lakeland Regional Health Medical Center, while office-based venous procedures are performed at the Watson Clinic Main Campus at 1600 Lakeland Hills Blvd. in Lakeland.

Appointments with Dr. Rab may be scheduled by calling **863-680-7490**.

Watson Clinic cosmetic specialists ranked top 1% in nation

Allergan Aesthetics—the manufacturer of the popular facial injectable fillers BOTOX® and Juvederm®—has awarded "Diamond Level" and Juvederm Tier 5 status to a team of Watson Clinic physicians and providers: board-certified Plastic & Reconstructive Surgeon **Dr. Faeza Kazmier**; registered nurse practitioner **DJ Alleva Nelson, APRN**; board-certified Dermatologist **Dr. Ronald Patrick**; and registered nurse practitioner **Michelle L. Troyer, APRN**.

The award singles out these four Watson Clinic cosmetic specialists as ranking among the nation's top 1% for their training, experience and expertise in utilizing facial filler treatments, as well as the volume of injectable treatments they perform.

Dr. Kazmier and Nelson provide full surgical, minimally invasive surgical and noninvasive cosmetic services from their offices in Suite B of the Watson Clinic Women's Center at 1400 Lakeland Hills Blvd. in Lakeland. Appointments may be scheduled by calling **863-680-7676**.

Dr. Patrick and Troyer offer a full range of skin health services, including skin cancer screenings, dermatologic surgery and noninvasive aesthetic treatments like facial fillers. They practice at the Watson Clinic Dermatology at Sun City Center facility at 924A Cypress Village Blvd. in Ruskin. Appointments may be scheduled at this facility by calling **813-633-6121**.



Faeza Kazmier, MD



DJ Alleva Nelson, APRN



Ronald Patrick, MD



Michelle L. Troyer, APRN

Allergists offer reliable penicillin testing

The medical landscape underwent a seismic shift with the invention of penicillin 94 years ago. In the years since, these antibacterial medications have treated infections with great success and saved the lives of countless millions.

Approximately 10% of patients have a reported allergy to penicillin. But studies have shown that the vast majority of these patients—as many as 90%—have been misdiagnosed with a true penicillin allergy. In fact, unbeknown to many patients, these allergies commonly disappear over time.

A misdiagnosed penicillin allergy can limit a patient's treatment options and cause them to rely on much stronger antibiotics as a result. This can affect society as a whole, since these powerful antibiotic substitutes can produce drug-resistant bacterial spreads. To combat this, it's important that you consult a highly trained allergist/immunologist.

Watson Clinic's board-certified Allergy & Immunology physicians **Dr. Lionel Bonini** and **Dr. G. Weyman Price** specialize in the proper diagnosis of penicillin allergies. During your visit, they will conduct a comprehensive review of your medical history and perform a simple, highly sensitive and accurate series of tests to determine if you have a true allergic reaction to these antibiotics.

For more information and to schedule an appointment, call **863-680-7486** for Dr. Bonini at our Watson Clinic Main facility or **863-647-4045** for Dr. Price at our Watson Clinic South location, or visit [WatsonClinic.com/Allergy](https://www.WatsonClinic.com/Allergy).



Lionel Bonini, MD



G. Weyman Price, MD

5 facts to know about melanoma

MELANOMA is a type of skin cancer. And even though it's far from the most common type—melanoma accounts for only about 1% of all skin cancers—it does cause most skin cancer deaths.

Here are five other facts about melanoma you should know.

1 Exposure to ultraviolet (UV) rays is a major risk factor for melanoma. "The most common source of UV rays is the sun," says **Dr. Felicia Hall**, a board-certified Dermatologist at Watson Clinic Dermatology at Brandon. "But tanning beds and sunlamps also give off UV rays."

Other risk factors for melanoma include:

- Being older—though younger adults, especially younger women, also get melanoma.
- Having fair skin, freckles, or red or blond hair.
- Having a family history of melanoma.
- Having a personal history of melanoma or other skin cancers.

- Having a weak immune system.
- Being a man older than 50.

2 Melanoma can appear on your body in multiple ways. It may show up as:

- A change to an existing mole.
- A new spot or patch on your skin.
- A slowly growing patch of thick skin that looks like a scar.
- A spot that looks like a changing freckle or age spot.
- A dark, vertical line under a fingernail or toenail.
- A band of darker skin around a nail.

3 The only way to tell if you have melanoma is to have a skin biopsy. "If your doctor suspects melanoma, they will take a sample of the suspicious spot to look for cancer cells," says Dr. Hall.



Felicia Hall, MD

4 Surgery is often part of the treatment for melanoma. If melanoma is found early enough, surgery may be the only treatment you need. The surgery may be done in your doctor's office while you're awake. However, if the melanoma has spread, you may need more extensive surgery in a hospital.

5 After you've been treated, you'll need follow-up care. If melanoma is going to recur, it's most likely to return within five years of treatment. "That's why you'll get routine check-ups afterwards to ensure there is no recurrence," says Dr. Hall. "Your doctor also will show you how to examine yourself for any signs that the cancer has returned."

Sources: American Academy of Dermatology; American Cancer Society; American Society of Clinical Oncology



Watson Clinic offers expert dermatology care from six convenient locations across Polk, Pasco and Hillsborough counties. For more information and to schedule an appointment, visit [WatsonClinic.com/Dermatology](https://www.WatsonClinic.com/Dermatology) or call **863-409-DERM (3376)**.

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

TAKE THREE

Questions for the experts

What are gallstones, and how are they treated?

Gallstones are hard, stone-like structures that form in the gallbladder—a small, sac-like structure that stores bile, a liquid made by your liver that aids in digesting fats.

Gallstones can be quite tiny—like the size of a grain of sand—or as large as a golf ball. You can have one or more stones, and they can be a mix of large and small sizes. Many times gallstones cause no symptoms and don't need treatment. However, sometimes a gallstone blocks a bile duct, triggering a painful gallbladder attack.

During an attack, you'll feel the pain in your right upper abdomen. An attack usually stops when a gallstone moves and no longer blocks the bile duct. But if that stone doesn't move and the attack doesn't stop, then you're at risk for serious complications, including inflammation of the gallbladder, liver or pancreas.

Many people can simply live with gallstones if the stones don't bother them or don't trigger frequent attacks, but treatment is often needed.

Medications and therapies may dissolve them, but the stones can return. Surgery to remove the gallbladder and endoscopic removal of the stone are the usual treatments for bothersome stones. Fortunately, the body functions just fine without a gallbladder.



Joffre R. Rivera, MD, is a board-certified Gastroenterologist at Watson Clinic Main in Lakeland. Call **863-680-7490** to schedule an appointment.

Can you recommend some tips for coping with stress?

One thing that can help: practicing mindfulness. Mindfulness involves being present in the moment and conscious of your sensations, thoughts and feelings. It can help counter stress by helping us achieve a state of relaxation.

Here are some ways to get started: **Practice slow breathing.** While seated or lying down, gently rest one hand on your stomach. Slowly breathe in through your nose and out your mouth, feeling your stomach rise and fall until you feel relaxed.

Progressively relax your muscles. Starting with your feet and moving to your shoulders, tense and then relax one muscle group at a time.

Take a mental vacation. Visualize a scene (real or imagined) that makes you feel calm.

Engage in mindful exercise. Take a short walk or bike ride, focusing on the rhythm of your movements and the scenes around you.

Consider combining mindfulness with these other stress-reducers:

- Use a journal to pinpoint causes of stress. Jot down things you're grateful for to keep stress in perspective.
- Make time for fun, whether that's working on a hobby, watching a movie or playing a game.
- Talk about your stress.



Joachim A. Benitez, MD, is a board-certified Psychiatrist at Watson Clinic Main in Lakeland. Call **863-680-7385** to schedule an appointment.

How do bunions occur, and what treatments are available?

A bunion is a hard, bony bump that forms on the foot. They occur when the big toe joint bends inward toward the other toes. The bunion bump itself is a deformity in the bone on the outside of the toe.

These uncomfortable bumps affect about a third of all Americans, and they tend to get worse if left untreated. So it's important to pay attention to them.

You're at higher risk of developing a bunion if you are older, have arthritis or flat feet, have a job that puts a lot of stress on your feet, have a family history of bunions, wear shoes that are too tight or force your toes to squeeze together, or walk in a way that puts pressure on the joint at the base of your big toe.

If you often wear shoes that hurt your bunion, your first step may be to buy some new, more comfortable footwear. You can also apply ice to the affected area of your foot if you feel discomfort. A podiatrist can discuss additional options for you, including at-home therapies, physical therapy, medications or special shoe inserts to make walking more comfortable. Sometimes surgery is recommended.



Zully A. Calvo, DPM, is a board-certified Podiatric Surgeon at Watson Clinic South in Lakeland. Call **863-680-7214** to schedule an appointment.

Is it type 2 diabetes?

THE FUEL THAT POWERS EVERY CELL in the body is the sugar (glucose) produced by the food we eat. Sometimes, however, our bodies stop processing blood sugar well. When we can't keep our blood sugar at normal levels, the diagnosis is type 2 diabetes.

The basics of type 2 diabetes

Type 2 diabetes is most common in adults, but an increasing number of children, teens and young adults also have the condition. If left untreated, it can cause a whole host of serious conditions, such as heart disease, blindness and kidney disease.

But there's good news! "Type 2 diabetes can be prevented or delayed with healthy lifestyle changes to weight, diet and exercise," says

Dr. Khanh T. Pham, a board-certified Endocrinologist at Watson Clinic Main and Watson Clinic Bartow.

 **Call 863-680-7190** to schedule an appointment with any of these specialists.

What are the symptoms?

See your primary care provider (PCP) if you have any of these possible signs and symptoms of type 2 diabetes:

- Frequent urination, often at night.
- Feeling very thirsty or hungry.
- Losing weight without trying.
- Blurry vision.
- Numbness or tingling in your hands or feet.
- Fatigue.
- Dry skin.
- Slow-healing sores.
- More infections than usual.

Testing for type 2 diabetes

"There are several tests that can determine if you have type 2 diabetes," says

Dr. Mitchell Kutner, a board-certified Family Medicine physician at Watson Clinic Main in Lakeland. Here are some options:



Khanh T. Pham, MD



Mitchell Kutner, MD

We offer comprehensive care for patients living with diabetes. Your primary care provider can help you manage the disease, as well provide referrals when additional care is needed. Our endocrinology team can help you control diabetes through medication, diet and exercise. Physician referrals can also be arranged to our certified diabetes educators, who offer classes aimed at empowering patients with diabetes to live their best life.

A1C. This measures your average blood sugar levels over the past two or three months. Diabetes is diagnosed when sugar levels are 6.5% or higher.

Fasting plasma glucose (FPG).

This measures blood sugar levels after you haven't had anything to eat or drink (except water) for at least 8 hours. A result of 126 mg/dL or more indicates diabetes.

Oral glucose tolerance test (OGTT). This measures how well your body processes sugar after drinking a special sweet drink. Diabetes is diagnosed at 200 mg/dL or higher.

A random (or casual) plasma glucose test. This measures blood sugar levels at any time. Diabetes is diagnosed when the levels are 200 mg/dL or higher.

See your primary care provider

"Talk with your primary care provider if you suspect you might have type 2 diabetes," says Dr. Kutner. "Your provider can test you for the disease, and if you do have it, the two of you can map a plan forward with treatment options that are right for you."

Every cell in your body will thank you.

Sources: American Diabetes Association; Centers for Disease Control and Prevention

From routine eye examinations to surgical efforts, our team of eye care specialists can detect and treat a full range of vision issues resulting from diabetes. Call **863-680-7486** for more information and to schedule an appointment with our Optometrists or Ophthalmologists.

10 facts about diabetic retinopathy

Anyone with diabetes—type 1, type 2 or gestational—is at risk for diabetic retinopathy. So if you have diabetes, it's good for you to learn as much as you can about this eye disease, including these 10 important facts.

1. Diabetic retinopathy occurs when high blood sugar damages your retina—the light-sensitive lining found at the back of your eye. Sugar can block tiny blood vessels in your retina, causing them to bleed or leak fluid. Your eyes try to compensate by growing new blood vessels. These new blood vessels don't work as well.

2. Diabetic retinopathy may not cause any symptoms at first. But sometimes early stages of the disease can cause changes in vision, such as trouble reading or seeing things that are far away. These symptoms may come and go.

3. As the disease progresses, damaged blood vessels in the retina start to bleed into the center of the eye. Symptoms can include floating dark spots or streaks that look like cobwebs, blurred vision, a dark or empty spot in the middle of your vision, and trouble seeing at night.

4. Diabetic retinopathy can lead to vision loss and blindness.

5. Diabetic retinopathy can trigger other problems in the eyes. These include diabetic macular edema (DME), in which the blood vessels in the retina leak fluid and cause swelling in the macula, which is part of the retina. Diabetic retinopathy also can lead to a type of glaucoma.

6. Your risk for developing diabetic retinopathy increases the longer you have diabetes.

7. Your eye doctor can find diabetic retinopathy early during a dilated eye exam. "This is why it's so important for people with diabetes to get regular eye checkups," says **Dr. Kaitlyn E. Dwyer**, an Optometrist at Watson Clinic Main in Lakeland. "Early treatment can halt damage to your eyes and prevent blindness."



Kaitlyn E. Dwyer, OD

8. You can lower your risk for getting diabetic retinopathy by controlling your blood sugar, blood pressure and cholesterol levels.

9. To slow the development of diabetic retinopathy:

- Take your diabetes medicine as prescribed.
- Follow a healthy diet.
- Be physically active.
- Avoid alcohol and smoking.

10. Diabetic retinopathy can be treated in several ways. "One treatment is injections of medicine in your eyes," says **Dr. Shawn Chhabra**, a board-certified Ophthalmologist at Watson Clinic Main in Lakeland. "Another is laser treatment, which can shrink blood vessels and stop leaking. Surgery is also sometimes used to treat the disease."



Shawn Chhabra, MD

Another reason to **control** your **blood pressure**

HIGH BLOOD PRESSURE IS A SERIOUS THREAT TO YOUR KIDNEYS

YOUR KIDNEYS play a vital role in filtering your blood and keeping your body functioning properly. So it's important that your kidneys stay healthy. One way to do that is to make sure your blood pressure stays within a normal range.

"Blood pressure that is too high can cause kidney disease," says **Dr. Michael**

J. Achinger, a board-certified Nephrology specialist at Watson Clinic.

Blood pressure is the force of your blood as it flows through your blood vessels. When blood pressure is too high, blood vessels stretch so the blood can flow through them more easily. This stretching damages blood vessels throughout the body,

including those in the kidneys.

Kidneys with damaged blood vessels don't remove wastes and extra fluid through your urine as they should. In turn, the extra fluid that accumulates in blood vessels may cause blood pressure to go even higher, creating a dangerous cycle.

"High blood pressure is the second leading cause of kidney failure in the U.S.," says Dr. Achinger.

Symptoms of kidney disease

Like high blood pressure, kidney disease does not have symptoms—at least not in its early stages.

"You may notice swelling in your legs, feet or ankles," says **Dr. Steven G. Achinger**, a board-certified Nephrologist at Watson Clinic. "This is called edema, and it is caused by a buildup of extra fluid and salt that healthy kidneys would expel."

In its later stages, kidney disease may cause:

- Loss of appetite.
- Nausea.
- Vomiting.
- Fatigue.
- Trouble concentrating.
- Problems sleeping.
- Increased or decreased urination.
- Generalized itching or numbness.
- Dry skin.

Do you have high blood pressure?

If you have high blood pressure, talk to your doctor about your risk for kidney disease. They might want to do some tests of your urine and maybe a blood test to determine early signs of kidney damage. Your doctor may also recommend lifestyle changes, medications or other therapies that can help you successfully keep your high blood pressure in line.



Watson Clinic's kidney specialists, otherwise known as Nephrologists, are also experts in the treatment of high blood pressure. These board-certified specialists have been specially trained to determine and address the root causes of hypertension. They offer a variety of treatments that can help to lower blood pressure to an acceptable range and keep it there.

To schedule an appointment with a member of Watson Clinic's Nephrology team at any one of four convenient locations—Watson Clinic Main, Watson Clinic Bartow, Watson Clinic Highlands and Watson Clinic Plant City—please call the department directly at **863-680-7190** or visit their website at **WatsonClinic.com/Nephrology**.



Michael J. Achinger, MD



Steven G. Achinger, MD



Angela Ritchea, APRN



Watson Clinic's Orthopaedic Surgery and Sports Medicine department utilizes the latest state-of-the-art technologies and minimally invasive techniques to repair and replace hips, knees, shoulders, ankles and other joints. In addition, the team provides noninvasive options for injury prevention and rehabilitation. For more information and to schedule an appointment at Watson Clinic Main or Watson Clinic Highlands, call **863-680-7214** or visit **WatsonClinic.com/Ortho**.



Prashant J. Desai, DO

Shoulder pain making you miserable?

IT MAY BE TIME TO REPLACE THAT ACHY JOINT

IF you've been putting up with severe shoulder pain, you might wish you could just get a new shoulder and get back to living your life again. The good news: That may be more than wishful thinking.

"While it isn't as well-known as knee or hip replacement surgery, shoulder replacement surgery is an option in certain situations," says **Dr. Prashant J. Desai**, a board-certified Orthopaedic Surgeon and Sports Medicine specialist at Watson Clinic Highlands. And it works just as well at relieving joint pain as a hip or knee replacement, according to the American Academy of Orthopaedic Surgeons.

Severe arthritis is one reason to consider shoulder replacement surgery. Over time, arthritis can damage

the cushioning cartilage within a joint so severely that bones begin to rub against bones. The result: a painful, stiff shoulder.

"Fractures and certain severe shoulder injuries (unusually large or long-lasting rotator cuff tears) are some other reasons a shoulder might be replaced," says Dr. Desai.

If you have shoulder pain due to arthritis or another problem, your doctor will most likely want you to try conservative treatments like physical therapy or anti-inflammatory medications.

If these things don't work, shoulder replacement surgery may be recommended, especially if, for instance:

- Shoulder pain limits your daily activities, like getting dressed, using a toilet or bathing.

- Your shoulder hurts even when you rest, and it keeps you awake at night.
- Your shoulder is weak and hard to move.

If you decide to have shoulder replacement surgery, your surgeon will most likely remove the damaged parts of your shoulder's ball-and-socket joint and replace them with new metal and plastic parts. Or he or she may replace just the ball part of the joint. It will depend on the condition of your shoulder.

After shoulder replacement surgery, you'll probably be able to go home in one to three days. You'll likely be able to return to many regular activities, such as driving, two to six weeks after surgery. Full recovery can take up to six months.



INTRODUCING

OUR NEWEST PROVIDERS



SANDEEP ANREDDY, MD, FACC, MPH
CARDIOLOGY
Medical school: Gandhi Medical

College, Secunderabad, Telangana, India

Internship and residency:

Thomas Jefferson University Hospital, Philadelphia, PA, Internal Medicine

Fellowship: Allegheny General Hospital, Pittsburgh, PA, Cardiovascular Disease

Board certifications: Internal Medicine, Nuclear Cardiology, Echocardiography, Cardiovascular Medicine, Cardiovascular Computed Tomography

Location: Watson Clinic Main
Appointments: 863-680-7490



SETH BROWN, MD
RADIOLOGY
Medical school: University of Cincinnati College of Medicine, Cincinnati, OH

Internship: The Christ Hospital, Cincinnati, OH, Internal Medicine

Residency: University of Florida, Gainesville, FL, Radiology

Fellowship: University of Florida, Gainesville, FL, Interventional Radiology

Board certification: Diagnostic Radiology

Location: Watson Clinic Main
Appointments: 863-680-7000



CHARLOTTE ELENBERGER, MD
RADIOLOGY
Medical school: Medical University of

South Carolina, Charleston, SC

Residency: Duke University Medical Center, Durham, NC, Radiology

Fellowship: Duke University Medical Center, Durham, NC, Breast & Body Imaging

Board certification: Radiology
Location: Watson Clinic Main and Watson Clinic Women's Center
Appointments: 863-680-7000



GARY FENNIG, DO
ANESTHESIOLOGY
Medical school: Ohio University College of Osteopathic Medicine,

Athens, OH

Internship and residency: Cleveland Clinic (South Pointe Hospital), Warrensville, OH, Anesthesiology

Board certification: Anesthesiology

Locations: Lakeland Surgical and Diagnostic Center & Lakeland Regional Health

Appointments: 863-680-7000

 **Say hello to the latest additions to our team. Each one is now accepting appointments, except where noted. Visit WatsonClinic.com for more information.**



JULIA MCNEICE, DO
INTERNAL MEDICINE
Medical school: Midwestern University, Arizona College of

Osteopathic Medicine, Glendale, AZ

Residency: Parkview Medical Center, Pueblo, CO, Internal Medicine

Board certification: Internal Medicine

Location: Watson Clinic Main
Appointments: 863-680-7190



ANED ORBEZO, MD
URGENT CARE
Medical school: St. Matthew's School of Medicine, West Bay,

Cayman Islands

Residency: University of Alabama at Birmingham, Selma, AL, Family Medicine

Board certification: Family Medicine

Location: Watson Clinic Urgent Care Main
Appointments: 863-680-7271



ALEXANDRA OSORIO, MD
RADIOLOGY
Medical school: University of Puerto Rico,

San Juan, Puerto Rico

Internship: University Hospital of Puerto Rico, San Juan, Puerto Rico, Internal Medicine

Residency: Temple University Hospital, Philadelphia, PA, Diagnostic Radiology

Fellowship: Yale-New Haven Hospital at Yale University School of Medicine, New Haven, CT, Vascular and Interventional Radiology

Board certification: Interventional and Diagnostic Radiology

Location: Watson Clinic Main
Appointments: 863-680-7000



HASAN SULEIMAN, MD
URGENT CARE
Medical school: Ross University School of

Medicine, Miramar, FL

Residency: Wayne State University, Rochester, MI, Family Medicine

Board certification: Family Medicine
Location: Watson Clinic Urgent Care Main
Appointments: 863-680-7271



SANDEEP VISWANATH, DO
RHEUMATOLOGY
Medical school: Lake Erie College of

Osteopathic Medicine, Bradenton, FL

Residency: Midwestern University, Chicago College of Osteopathic Medicine, Internal Medicine

Fellowship: Lake Erie College of Osteopathic Medicine, Bradenton, FL, Rheumatology

Board certifications: Internal Medicine, Rheumatology

Location: Watson Clinic Main
Appointments: 863-680-7486



JASIE BEHRENS, PA
DERMATOLOGY
Education: University of Florida, Gainesville, FL, BS; South University,

Tampa, FL, MS

Memberships: National Commission on Certification of Physician Assistants; American Academy of Physician Assistants; Florida Academy of Physician Assistants

Supervising physician: William Roth, MD, PhD

Location: Watson Clinic Bella Vista Building
Appointments: 863-904-6201



AIMEE BERT-MORENO, APRN
INTERNAL MEDICINE
Education: ECPI University, Lake Mary, FL,

BSN, MSN

Memberships: American Association of Nurse Practitioners; Obesity Medicine Association; American Association of Diabetes Educators; Association of Diabetes & Education Specialists

Supervising physician: Lilliam S. Chiques, MD

Location: Watson Clinic Main
Appointments: 863-680-7190



KATHARINE BUCK, APRN
INTERNAL MEDICINE
Education: Florida Atlantic University,

Boca Raton, FL, BSN; Chamberlain College of Nursing, Addison, IL, MSN

Board certification: American Nurses Credentialing Center

Supervising physician: Ivan Rivera, MD

Location: Watson Clinic Main
Appointments: 863-680-7190



PJ CHAMPINO, APRN
FAMILY MEDICINE
Education: Keiser University, Lakeland, FL, BSN, MSN

Membership: American Academy of Nurse Practitioners

Supervising physician: Jason Saylor, DO

Location: Watson Clinic Main
Appointments: 863-680-7190



JESSICA CUZZONE, APRN
FACIAL PLASTIC SURGERY/ OTOLARYNGOLOGY (ENT)

Education: University of South Florida, Tampa, FL, BSN; Chamberlain University, Chicago, IL, MSN

Memberships: American Association of Nurse Practitioners

Supervising physicians: Serge Jean, MD, and Pranay Patel, MD

Locations: Watson Clinic Bella Vista Building & Watson Clinic Highlands
Appointments: 863-904-6296



DAWN DURRELL, PA
FACIAL PLASTIC SURGERY/ OTOLARYNGOLOGY (ENT)

Education: Southeastern University, Lakeland, FL, BS; Nova Southeastern University, Orlando, FL, MS

Memberships: American Academy of Physician Assistants; Florida Academy of Physician Assistants

Supervising physicians: Serge Jean, MD, and Pranay Patel, MD

Location: Watson Clinic Bella Vista Building
Appointments: 863-904-6296

INTRODUCING OUR NEWEST PROVIDERS



**KAYLA HESTER, APRN
OTOLARYNGOLOGY**

Education: University of South Florida, Tampa, FL, BSN; University of South Florida, Tampa, FL, MSN
Memberships: American Association of Nurse Practitioners
Supervising physician: Raam Lakhani, MD
Locations: Watson Clinic Bella Vista Building & Watson Clinic Highlands
Appointments: 863-904-6296



**JESSICA JEFFRIES, PA
DERMATOLOGY**

Education: Shorter University, Rome, GA, BS; South University, Savannah, GA, MS
Memberships: National Commission on Certification of Physician Assistants; Society of Dermatology Physician Assistants; American Academy of Physician Assistants
Supervising physician: Luke Miller, MD
Location: Watson Clinic Highlands
Appointments: 863-680-7267



**NEENA JINOY, APRN
HOSPITALIST/
NEPHROLOGY**

Education: St. James College of Nursing, Kerala, India, BSN; South University, Tampa, FL, MSN, FPN
Memberships: American Association of Nurse Practitioners
Supervising physicians: Michael Achinger, MD, and Steven Achinger, MD
Location: Lakeland Regional Health



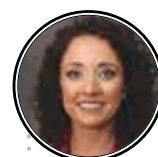
**ASHLEY LINTON, APRN
HOSPITALIST**

Education: Polk State College, Winter Haven, FL, ASN, BSN; Florida Southern College, Lakeland, FL, MSN
Memberships: American Association of Nurse Practitioners; Polk County Advanced Practice Nurses Association
Supervising physician: Chadi Alkhalil, MD
Location: Lakeland Regional Health



**CHALSEY
LOCKHART, PA
INTERNAL MEDICINE**

Education: University of Florida College of Medicine, Gainesville, FL, MPAS
Membership: Florida Academy of Physician Assistants
Supervising physician: Agustin R. Tavares, MD
Location: Watson Clinic South
Appointments: 863-680-7190



**STEPHANIE POGREBA,
APRN
OBSTETRICS AND
GYNECOLOGY**

Education: Purdue Global University, Lafayette, IN, BSN, MSN
Membership: American Association of Nurse Practitioners
Supervising physician: Tarek Garas, MD
Location: Watson Clinic Bella Vista Building
Appointments: 863-680-7312



**ELIZABETH
SWENGROS, PA
FAMILY MEDICINE**

Education: Florida State University, Tallahassee, FL, Family and Child Sciences, BS; Florida State University College of Medicine, Tallahassee, FL, MS, Physician Assistant
Memberships: American Academy of Physician Assistants; Florida Academy of Physician Assistants
Supervising physicians: James Hardigan, MD, PharmD, and Sharareh Mazaheri, MD
Location: Watson Clinic Main
Appointments: 863-680-7190



**ERIN TEMPLES, APRN
PLASTIC &
RECONSTRUCTIVE
SURGERY**

Education: University of Florida, Gainesville, FL, BSN; University of South Florida, Tampa, FL, MSN
Memberships: American Association of Nurse Practitioners, Association of Perioperative Nursing
Supervising physician: Faeza Kazmier, MD
Location: Watson Clinic Women's Center
Appointments: 863-680-7676

Watson Clinic Foundation's Arts in Medicine

HOW TO VOLUNTEER

RESEARCH shows that creative activities—such as watercolor painting and making origami and mosaics—reduce anxiety and create an environment that is more conducive to healing. Additionally, artistic expression helps to engage our natural relaxation response by increasing the circulation of endorphins, builds a sense of communal connection with those who are undergoing similar struggles and fortifies an individual's ability to cope with illness through a renewed sense of empowerment.

These findings inspired the formation of the Watson Clinic Foundation's Arts in Medicine (AIM) program. The program offers all forms of the expressive arts to cancer patients, caregivers and family members.

The AIM Studio is located on the second floor of the Watson Clinic Cancer & Research Center at 1730 Lakeland Hills Blvd. in Lakeland, and art activities and live performances are often conducted in the main lobby of the facility.

Volunteer opportunities

This meaningful program can't function without the generosity and talents of our volunteers. If you enjoy sharing your artistic talents and abilities in order to make a difference in the lives of others, we have a place for you. You can volunteer as a guest

artist or as a scheduled volunteer. If you choose to become a scheduled volunteer, our AIM coordinator will harmonize your talents into a wonderful volunteer experience.

In order to qualify for volunteer opportunities, you must be at least 18 years of age and eager to help people!

Volunteers provide AIM activities in the lobbies and chemotherapy rooms of the Cancer Center. They also assist in special events and work with the coordinator to meet the patient's needs.

Supplies and other donations

The program is always in need of art supplies and other materials that are crucial to creating new and rewarding experiences for our patients and their loved ones.

For those who are interested in purchasing paints, frames and additional needed supplies for Arts in Medicine, you can find a wish list of items that could benefit the program through Amazon. The list can be accessed at WatsonClinic.com/AIM.

Additionally, Amazon will donate 5% of the price for your eligible AmazonSmile purchases to the charitable organization of your choice. You can support AIM by shopping at AmazonSmile and choosing Watson Clinic Foundation, Inc., as the charity you wish to support.

Lend a hand

For additional information, please call the AIM program coordinator at 863-603-4718. To fill out an online volunteer form, visit WatsonClinic.com/AIM.



ARTS IN MEDICINE

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 Brandon	813-655-3680
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



1430 Lakeland Hills Blvd.
Lakeland, FL 33805

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Defining the future of healthcare in Bartow

Watson Clinic works to empower Bartow residents of every generation to live their healthiest lives. We offer a diverse array of specialties housed in two convenient facilities - including **family medicine, endocrinology, podiatric surgery, gynecology, obstetrics, female pelvic medicine & reconstructive surgery** and **nephrology** - and our team of specialists are readily available to perform surgical procedures at neighboring Bartow Regional Medical Center. We're proud to be a part of the Bartow community, and to provide all-inclusive, world-class healthcare close to home.

Keeping Bartow Healthy for Generations.



WATSON CLINIC LLP
WatsonClinic.com/Bartow



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2250 Osprey Blvd., Suite 100 | Bartow, FL



Bartow Building B
2000 Osprey Blvd., Suite 201 | Bartow, FL