


Watson Clinic

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

Health scene

FALL 2024



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for your next
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When to get a mammogram

YOU PROBABLY ALREADY

KNOW that mammograms are important because they can detect cancer before even the tiniest lump can be felt.

You're at average risk of the disease if you have no personal history of breast cancer, no strong family history of the disease and no genetic mutation that increases your risk.

If you're at increased risk for breast cancer, you should ask your healthcare provider for personalized screening recommendations.

Watson Clinic recommends mammograms every year for all women age 40 and over. If your provider determines a heightened risk for the

disease, these mammograms may be recommended even earlier.

"There is no cut-off age for screening mammograms," says

Dr. Travis Carter,



Travis Carter,
MD, MS

MD, MS, a board-certified Radiologist at the Watson Clinic Women's Center. "We recommend receiving regular, annual mammograms no matter how old you are to maintain good health."

Watson Clinic's Breast Health Services

department offers state-of-the-art mammography from the Watson Clinic Women's Center and Watson Clinic Highlands.

To schedule an appointment, call **863-680-7755, option 3**, or visit **WatsonClinic.com/Mammogram** for more information.



Steps for a successful exam

- ✓ Consider a healthcare facility that specializes in mammograms.
- ✓ As long as you like the care, stick with the same facility so your mammograms can be easily compared year over year.
- ✓ Avoid scheduling your screening the week before your period. Breasts are more likely to be tender at this time. The week after your period is the best time for less pain and clearer pictures.
- ✓ On the day of your mammogram, don't wear deodorant, powders, perfume or lotions under your arms or anywhere near your breasts. They could show up on the x-ray as white spots.
- ✓ Consider pants or a skirt and a top. It's easier to undress from the waist up.
- ✓ Tell the technologist performing the mammogram if you have breast implants or if you're breastfeeding.

If your mammogram leads to a follow-up call to schedule more tests, don't get anxious. Only 2 to 4 in 1,000 screening mammograms lead to a breast cancer diagnosis. If something is spotted, it could be dense breast tissue or a harmless cyst.

Here for your health— even on weekends

FROM THE DESK OF DR. WILLIAM J. ROTH

Sometimes it can be difficult to accommodate your healthcare appointments during a busy work week, or you may not be able to wait for a weekday appointment when an injury or illness strikes. That's why Watson Clinic offers appointment availability on the weekends across several departments.

Dr. Michelle Espanto, an Optometry specialist at our Watson Clinic Main location, provides routine exams and other eye health services on select Saturdays. Appointments may be scheduled by calling **863-680-7486**.

Caitlyn Beacham, APRN, a registered nurse practitioner who works alongside ENT/Facial Plastic Surgery physicians Dr. Serge Jean and Dr. Pranay Patel, offers Saturday availability for ENT services from her office at our Bella Vista Building. Saturday appointments with Beacham are available by calling **863-904-6296**.

Watson Clinic board-certified Internal Medicine specialist **Dr. Guillermo Vasquez** and his team offer Saturday morning appointment availability for both new and established patients from their offices at our Watson Clinic South location. Call **863-680-7190** to schedule an appointment.

When immediate pediatric care is needed on a Saturday, our Watson Clinic North Pediatrics location offers appointment availability for sick visits and newborns. Saturday appointments must be scheduled on the same day by calling **863-680-7337**.

Finally, our walk-in care facilities offer immediate care without the need for an appointment. Our Urgent Care Main and Urgent Care South locations are open seven days a week, including Saturdays and Sundays, between the hours of 8 am and 6 pm. Our XpressCare Highlands facility is open every day of the week as well, including every Saturday from 8 am to 6 pm and every Sunday from 9 am to 3 pm.

Your healthcare needs don't take weekends off. Neither do we.



William J. Roth, MD, PhD

Yours in good health,

William J. Roth, MD, PhD

Watson Clinic President, Chair and Managing Partner

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CARPAL TUNNEL

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EXPERIENCING MIGRAINES?

Here's how to find relief.



**Check out
our website**

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

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



1430 Lakeland Hills Blvd.,
Lakeland, FL 33805

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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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Sleep Center achieves accreditation milestone

Following a careful review, Watson Clinic's Sleep Disorders Center has met all standards required for reaccreditation by the American Academy of Sleep Medicine (AASM). The center was also recognized by the AASM for reaching a 15-year accreditation milestone, having achieved accreditation from the organization every year since 2009.


This achievement testifies to Watson Clinic's commitment to excellence in the testing, diagnosis and treatment of

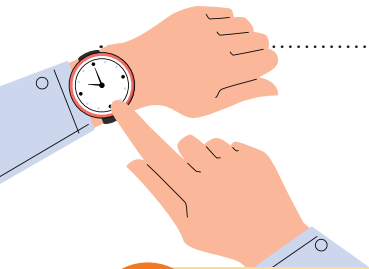
sleep disorders. To receive the five-year accreditation, the center had to meet a series of standards by offering all types of sleep testing, including overnight laboratory testing and home sleep studies, and providing high-quality patient care and management services in the evolving field of sleep medicine.

The Watson Clinic Sleep Disorders Center is the longest-running and most well-established in Polk County, and it has achieved accreditation by



the AASM since 1991. Located in the Watson Clinic Main location at 1600 Lakeland Hills Blvd. in Lakeland, the center treats a range of disorders, including sleep apnea, restless legs syndrome, narcolepsy, insomnia and much more.

 For more information or to schedule an appointment, visit [WatsonClinic.com/Sleep](https://www.WatsonClinic.com/Sleep) or call **863-680-7627**.



Need a same-day appointment?

When you need an appointment fast, Watson Clinic offers convenient options that work with your schedule.



PEDIATRICS

Board-certified Pediatric specialist **Dr. Jolie Szocki** offers same-day availability, as well as early-morning appointments, starting at 7:30 am Monday through Friday, for patients who need sports physicals, sick care, vaccinations and much more. Appointments with Dr. Szocki may be scheduled at our North Pediatrics location in Lakeland by calling **863-680-7337**.



RHEUMATOLOGY

Same-day appointments are also available through our Rheumatology department. Our four department specialists—**Dr. Leen Al Saleh**, **Dr. Lilliam E. Ayala Garcia**, **Dr. Spencer Motley** and **Dr. Sandeep Viswanath**—treat a variety of complex inflammatory conditions from their offices at our Watson Clinic Main location in Lakeland. For more information, visit [WatsonClinic.com/Rheumatology](https://www.WatsonClinic.com/Rheumatology) or call **863-680-7486** to schedule an appointment.



PRIMARY CARE

Patients can schedule an immediate primary care appointment with Watson Clinic's FAST Access service. To utilize the service, simply call **863-680-CARE (863-680-2273)**, ask the scheduler for a FAST Access appointment, and you will be accommodated on the same or next day with the first available Family Medicine or Internal Medicine provider. For more information on this service, visit [WatsonClinic.com/Care](https://www.WatsonClinic.com/Care).

Extended availability: Two providers now available at new locations

As an added convenience to our patients, two Watson Clinic providers now offer expanded appointment availability at second locations.

Appointments with Chiropractor **Dr. Jalen Banks** may now be scheduled at our Center for Rehabilitative Medicine at 1430 Lakeland Hills Blvd., as well as our Center for Specialized Rehabilitation at 2190 E. County Road 540A. Call **863-680-7718** to schedule an appointment for either location.



Jalen Banks, DC

Paul J. Champino, APRN, a registered nurse practitioner who works alongside board-certified Family Medicine specialist Dr. Jason Saylor, now accepts appointments from both our Main location at 1600 Lakeland Hills Blvd. and our Highlands location at 2300 E. County Road 540A. Appointments with Champino may be scheduled by calling **863-680-7190**.

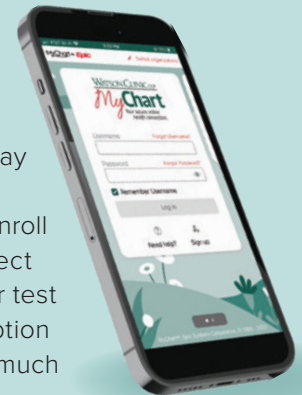


Paul J. Champino, APRN



Have you signed up for MyChart?

The MyChart Patient Portal provides a gateway for Watson Clinic patients to enjoy a more immersive healthcare experience. After you enroll in this free, online platform, you can send direct messages to your doctor's office, review your test results and medical records, request prescription refills, schedule your next appointment, and much more.



Beginning October 1, 2024, users can enjoy even more features and enhanced functionality from the MyChart platform, including:

- Paperless statements directly from your patient portal account.
- Direct appointment scheduling and communications with more physicians and providers.
- Online payments and access to insurance coverages, claims and benefit information.
- Greater flexibility with online appointment check-ins and other pre-visit tasks.

The MyChart patient portal helps patients stay informed and be active participants in their own healthcare, all while avoiding long phone wait times when they need to schedule an appointment or have another special request for their doctor's office.

MyChart can be accessed from your computer or mobile phone and can be downloaded free from the Apple App Store or Google Play Store. Visit **WatsonClinic.com/MyChart** to learn more.

Carpal tunnel syndrome: Know the facts

ACCORDING TO THE AMERICAN MEDICAL ASSOCIATION,

carpal tunnel syndrome affects up to 10 million people in the United States. It's one of the most common hand-related disorders.

"You have a hard tunnel in your wrist, with tendons and your median

nerve inside that tunnel," explains **Dr. Rachel Lefebvre**, a board-certified Hand Surgery specialist at Watson Clinic



Rachel Lefebvre, MD

Main in Lakeland. "Carpal tunnel syndrome occurs when there's pressure inside the tunnel, which can lead to numbness or tingling in the fingers and weakness from advanced compression of the nerve."

Risk factors for the condition include repetitive use, diabetes and rheumatologic disease. A comprehensive exam is needed to accurately diagnose the condition, as it can be mistaken for other painful conditions of the hand.

How is it treated?

If caught early, carpal tunnel syndrome may be managed through nonsurgical means, such as the wearing of a splint or, in some clinical scenarios, a steroid injection. If the condition is in an advanced state or the nonsurgical options aren't effective, minimally invasive surgery is the gold standard of care.



Tune in!

Dr. Lefebvre discusses carpal tunnel syndrome and other common hand disorders in episode 3 of the Watson Clinic Health Talk podcast. You can subscribe to the show wherever you get your podcasts or visit [WatsonClinic.com/Podcast](https://www.watsonclinic.com/podcast) for more information.



Using a small incision in the palm, the surgeon can decrease the pressure on the nerve, eliminating discomfort and debilitation. Patients go home the same day and can expect a brief period of recovery.

"Following surgery, the nerve needs a chance to recover," says Dr. Lefebvre. "Typically, I ask that patients don't lift anything heavy for two weeks. Within six to 12 weeks,

most patients are comfortable using the hand for their usual, including heavier, activities."

In addition to carpal tunnel syndrome, Dr. Lefebvre specializes in surgical and nonsurgical treatments of the forearm, wrist and hand, as well as peripheral nerve repair and reconstruction. Appointments with Dr. Lefebvre

may be scheduled by calling  **863-680-7214**.

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

TAKE
THREE

Questions for the experts

What are the symptoms of GERD?

GERD is a chronic disease that develops when food, acid and bile in your stomach move up into your esophagus. If the condition is not treated by a doctor, serious complications could develop, including esophageal cancer.

The esophagus is a tube that extends from your throat to your stomach. A muscle at the bottom of the esophagus normally keeps stomach contents where they belong. But if it isn't working correctly, stomach contents can slide backward. This backward movement causes symptoms such as heartburn, regurgitation, nausea, chronic cough, sore throat and hoarseness.

These symptoms justify a call to your gastroenterologist if you take over-the-counter medicine for your heartburn two or more times a week, if it's difficult to swallow food, you vomit blood or have black or bloody bowel movements, or you have lost weight without trying.

Treatment options may include lifestyle changes, prescription medications and surgery to prevent stomach contents from entering the esophagus.



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

Am I at risk for osteoporosis?

When bones lose mass and mineral density, osteoporosis can result. Eventually, it can cause your bones to become thinner, weaker and more prone to fractures.

You may not know you have osteoporosis until you break a bone. These fractures occur most frequently in the wrist, spine and hip, but they can happen anywhere in the body.

Anyone can get osteoporosis, but these circumstances can make it more likely:

- Being 65 or older
- Being a woman
- Smoking, heavy alcohol use, not getting enough calcium and vitamin D, and a lack of regular physical activity
- Having a small body frame, a family history of hip fracture or osteoporosis, and low estrogen or testosterone levels

Women over the age of 65, men over the age of 70, or patients of any age who display these risk factors should be screened for osteoporosis. The most common test is called a DEXA scan. This painless test takes x-ray pictures of the inside of your body to diagnose osteoporosis.



Spencer Motley, MD, is a board-certified Rheumatology specialist at Watson Clinic Main in Lakeland. Call **863-680-7486** to schedule an appointment.

What are the signs of lung disease?

Some common types of lung disease are asthma, emphysema, chronic obstructive pulmonary disease (COPD) and lung cancer. When any of these conditions occur, they can bring pain and make breathing a struggle. Knowing the warning signs can help you avoid serious illness or even death.

The symptoms of lung disease can include a chronic cough, chronic mucus production, chronic chest pain, shortness of breath, coughing up blood or wheezing.

Any of these symptoms could be signs of lung disease—if you experience them, you should make an appointment with a pulmonologist. To help prevent lung disease:

- **Don't smoke.** Smoking causes chronic inflammation and destroys lung tissue. It can lead to lung cancer as well as COPD.
- **Get regular checkups.** Checkups can help spot a problem early, when it's most treatable.
- **Exercise.** Staying physically active is one of the best ways to keep your lungs healthy. Exercise strengthens your lungs.
- **Do breathing exercises.** It can help keep your lungs in good shape.



Eric Lipson, MD, is a board-certified Pulmonology specialist at Watson Clinic Main in Lakeland. Call **863-680-7190** to schedule an appointment.



PREPARE

for your checkup:

Things to ask your provider



YOUR ANNUAL PHYSICAL is an opportunity to talk face-to-face with your healthcare provider.

You may have a lot on your mind before this important, annual, wellness checkup.

“When you finally get to the appointment, you may have only a few minutes to ask all your questions and voice your concerns,”

says **Dr. Richard F. Sweeney, Jr.,** a board-certified Family Medicine specialist at Watson Clinic Bartow Building A. “It’s common to forget what you wanted to discuss.”



Richard F. Sweeney, Jr., MD

That’s why you might want to prepare ahead of time. Here are six ways to get the most out of your annual exam, with tips on preparing for it, what to do while it’s happening and putting the information to use after it’s over.

1 Plan your questions

In the weeks before your checkup, identify your three or four most important questions—and write them down.

General questions might include:

- Am I due for any vaccines?
- What can I do to help prevent common health conditions?
- Where can I get help for a mental health issue?
- What changes can I make to eat healthier?
- How can I be more physically active?


If you’re having any screenings or tests, you might ask:

- What’s the purpose of this test?
- What are the risks or side effects?
- When should I expect the results, and how will I get them?

Primary care designed for your convenience

Watson Clinic's primary care providers can be found in our Family Medicine and Internal Medicine departments. Family Medicine specialists can treat patients of all ages—from the age of 2 into the elderly years—while Internal Medicine specialists typically treat adult patients starting at the age of 16.

Both sets of specialists can address issues related to the entire breadth of medicine, including disease prevention, general wellness concerns, the ongoing management of chronic conditions and sick care. When specialized care is needed, they can offer easy referrals to other departments within the Clinic.

 Watson Clinic offers a team of more than four dozen primary care specialists who practice from five convenient locations:

Lakeland

- Watson Clinic Main
- Watson Clinic Highlands
- Watson Clinic South

Appointments:
863-680-7190

Bartow

- Watson Clinic
Bartow Building A

Appointments:
863-680-7190

Plant City

- Watson Clinic
Plant City

Appointments:
813-719-2500

2 Set goals

“It’s a good idea to go into an annual exam with health goals to discuss with your provider,” says **Dr. Sumita Chandran**, a board-certified Internal Medicine specialist at Watson Clinic Main in Lakeland. “They can help you ensure success in reaching these goals, which may include losing weight or quitting smoking.”



Sumita
Chandran, MD

3 Keep your doctor informed

During your visit, you should tell your doctor if you’re concerned about the following:

- Difficulty with balance, walking or frequent falling
- Bladder control issues or urinary leakage
- Starting, increasing or maintaining your current level of exercise

4 Invite someone you trust

Consider bringing a trusted family member or friend. “They can help remind you of your concerns or take notes during the visit,” says Dr. Chandran.

5 Know your meds

Collect all your prescription medications, over-the-counter medicines and supplements, in case you are asked about them, or simply make a detailed list to share with your doctor.

6 Prep an update

If anything’s changed since your last checkup, speak up. Did you start exercising? Move to a new house? Lose your job? Has there been a death in the family?

“All these things can affect your health, and your provider needs to know,” says Dr. Sweeney.



Understanding migraines

THE HEADACHE YOU HAVE could just be a headache—but it could also be the beginning of a migraine. “Knowing the symptoms can help you recognize a migraine and know when to get help,” says **Dr. Sundeep Bojedla**, a board-certified Neurology specialist at Watson Clinic Main in Lakeland.



Sundeep Bojedla,
DO

Migraines often occur with the following symptoms, while

headaches do not.

- Intense throbbing or dull, aching pain on one or both sides of the head, which may worsen when you move
- Nausea or vomiting
- Vision changes (blurred vision or blind spots)
- Sensitivity to light, noise or odors
- Feeling tired and/or confused
- Feeling cold or sweaty

- Stiff or tender neck
- Light-headedness
- Stuffy nose
- Tender scalp

Common migraine triggers

“There are six general areas of things that can trigger migraines,” Dr. Bojedla says.

1. Certain foods and drinks, including:

- Processed meats and cheeses
- Alcoholic beverages
- Caffeine in coffee and chocolate
- MSG (a flavor additive) or yeast
- Fresh and dried legumes (like beans)
- Cultured dairy products (like buttermilk and sour cream)
- Pickles and other preserved foods (like olives)
- Fruits like papaya, passion fruit, figs, red plums and raisins

2. Hormone changes. “Women are three times more



Daynet Hisley, MD

likely to have migraines related to their menstrual cycle, menopause, hormonal birth control or hormone replacement therapy,” says

Dr. Daynet Hisley, a board-certified

Neurology specialist at Watson Clinic Main in Lakeland.

3. Stress. This triggers almost 70% of migraines.

4. Sudden exposure to bright lights, sounds or strong smells.

5. Some medications.

6. Illness, like a cold or the flu, particularly in children.

Types of migraines

The most common types of this neurological condition include:

Migraine with an aura (classic migraine). “An aura is seeing patterns of dots, sparks, zigzags or other shapes or losing some of your vision,” says Dr. Bojedla. “This can occur before, during or after a headache or with no pain at all.”

It typically lasts from five minutes to an hour and may include numbness or tingling on one side of the face or body and speech or language disruption. A quarter of people who experience migraines have this kind.

Migraine without an aura (common migraine). Up to 75% of migraine patients experience this. It typically includes moderate to severe head pain with pulsing or throbbing on one side of the head. Light and noise sensitivity and nausea or vomiting are also possible.

Migraine without head pain (silent migraines). This type occurs with auras and other common migraine symptoms.

Retinal migraine (ocular migraine). “This type causes vision changes, like blindness in one eye, blurriness and other vision issues not related to auras,” says Dr. Hisley. “Symptoms are usually short-lived.”

Take steps to manage migraines

These tips may reduce the frequency and severity of migraines:

- Get better-quality sleep, which will help manage pain.
- Try biofeedback and relaxation techniques to manage stress and anxiety.



Expert neurology care

Watson Clinic’s board-certified Neurology specialists are skilled at diagnosing the many diverse disorders that can affect the nervous system, including the brain, spinal cord and optic nerve. These conditions include:

- Alzheimer’s disease
- Chronic migraines
- Parkinson’s disease
- Epilepsy
- Multiple sclerosis
- Strokes
- Tumors

Technologies that the department uses include deep brain stimulation; electroencephalogram, which is a test used to diagnose epilepsy; an electromyogram, a diagnostic test used to determine the exact nature of a neurological issue; and FDG PET imaging, which can detect the potential presence of Alzheimer’s disease in the brain. Led by board-certified Neurology specialists



Dr. Sundeep Bojedla and Dr. Daynet Hisley, the department is located

at our Watson Clinic Main location at

1600 Lakeland Hills Blvd. in Lakeland.

For more information and to

schedule an appointment, call **863-680-7300** or visit

WatsonClinic.com/Neurology.

- Eliminate your most common trigger foods and drinks. (This helps 85% of people.)
- Eat regular, small meals.
- Stay hydrated.
- Exercise regularly.
- Rely on a good social support network of friends and family to reduce stress.

Know when to seek medical attention

It’s especially important to contact your healthcare provider for the following symptoms:

- Changes in sleep quality or ongoing insomnia. A sleep assessment can identify solutions.
- Sudden vision changes.
- Interference with your daily activities, especially your ability to eat and drink sufficiently.



Welcome

new physicians and providers

HEIDI A. BEINING, DO HOSPITALIST (OB-GYN)

Education: Ohio University College of Osteopathic Medicine, Athens, OH



Internship: Cuyahoga Falls General Hospital, Cuyahoga Falls, OH, OB-GYN

Residency: Cuyahoga Falls General Hospital, Cuyahoga Falls, OH, OB-GYN

Memberships: American College of Osteopathic Obstetricians and Gynecologists, American Osteopathic Association

Board certification: OB-GYN

Location: Lakeland Regional Health

GEORGE GHAREEB, DO CARDIOLOGY

Education: Liberty University College of Osteopathic Medicine, Lynchburg, VA



Internship: McLaren Greater Lansing Hospital—Michigan State University, East Lansing, MI, Internal Medicine

Fellowship: McLaren Greater Lansing Hospital—Michigan State University, East Lansing, MI, Cardiology

Board certifications: Internal Medicine and Echocardiography

Location: Watson Clinic Main

Appointments: 863-680-7490

FRANCES PEREZ, MD RADIOLOGY (MAMMOGRAPHY)

Education: Albany Medical College, Albany, NY



Residency: Medical College of Georgia, Augusta, GA, Diagnostic Radiology

Fellowship: MD Anderson Cancer Center, Houston, TX, Breast Imaging

Membership: American College of Radiology

Board certification: Radiology

Location: Watson Clinic Women's Center

ANID O. PHELPS, MD URGENT CARE

Education: St. Matthew's Medical University, Oviedo, FL



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

Board certification: Family Medicine

Location: Watson Clinic Urgent Care Main

ANJA CARL, AUD, CCC-A AUDIOLOGY

Education: University of California San Diego, La Jolla, CA, and San Diego State University, San Diego, CA, AuD



Memberships: American Speech-Language-Hearing Association

Location: Watson Clinic Bella Vista Building

Appointments: 863-904-6296





Join us in welcoming the latest additions to our team of expert physicians and providers. All are currently available for appointments, except where noted.

Watson Clinic offers over 350 physicians and providers who practice more than 40 medical and surgical specialties. These highly qualified medical professionals treat patients from 20 convenient locations spread across Polk, Pasco and Hillsborough counties. For more information, visit WatsonClinic.com.

SOPHIA JOSEPH, APRN, FNP
INTERNAL MEDICINE

Education: Nova Southeastern University, Clearwater, FL

Membership: American Academy of Nurse Practitioners
Supervising Physician: Lilliam Chiques, MD

Location: Watson Clinic Main

Appointments: 863-680-7190



LINETT M. REYES, APRN, FNP
HOSPITALIST

Education: Keiser University, Fort Lauderdale, FL

Membership: Florida Nurses Association

Supervising Physicians: Ala Abuaita, MD, and Julian Rios, MD

Location: Lakeland Regional Health



MELISSA L. WELCH, APRN
INTERNAL MEDICINE

Education: Florida Southern College, Lakeland, FL

Memberships: American Association of Nurse Practitioners

Supervising Physician: Stephen Swengros, MD

Location: Watson Clinic Highlands

Appointments: 863-680-7190



DESHAWN D. MITCHELL, APRN
HOSPITALIST

Education: South University, Tampa, FL

Memberships: American Academy of Nurse Practitioners, American Association of Critical Care Nurses
Supervising Physician: Chadi Alkhalil, MD

Location: Lakeland Regional Health



JULIE SEXTON, APRN
INTERNAL MEDICINE

Education: Grand Canyon University, Phoenix, AZ

Memberships: American Nurses Credentialing Center, American Nurses Association

Supervising Physician: Geetha Krishnan, MD

Location: Watson Clinic Main

Appointments: 863-680-7190



LOVEMORE ZINHEMA, APRN
NEPHROLOGY

Education: Walden University, Minneapolis, MN

Membership: American Academy of Nurse Practitioners

Supervising Physicians: Steven Achinger, MD and Michael Achinger, MD

Location: Watson Clinic Main

Appointments: 863-680-7190




Prepare for flu season

It's that time of year again! Flu activity in the United States usually peaks around late December to early March, so vaccinations are generally recommended between September and November.

The flu is a contagious respiratory illness that causes mild symptoms in most cases. But in some situations, it can lead to more severe complications, particularly for certain populations who are at an increased risk, including older people, young children and patients with certain health conditions.

An annual flu vaccine is the best defense against these serious risks.

 **For the latest information on Watson Clinic's flu vaccination protocols and availability, please call our Flu Clinic SHOTline at 863-680-7FLU (7358), visit our website at [WatsonClinic.com/Flu](https://www.WatsonClinic.com/Flu) or consult a Watson Clinic physician.**

Get vaccinated at our flu clinics

Watson Clinic now offers flu vaccinations exclusively to established patients at a series of flu clinics across many of our most popular and convenient locations. The days and hours of operation for each of the flu clinics are as follows:

- **Watson Clinic Main**, 1600 Lakeland Hills Blvd. in Lakeland: Check in at the 1 West Orthopaedics Desk, Monday through Friday from 8 am to 5 pm (adult patients only).
- **Watson Clinic South**, 1033 N. Parkway Frontage Road in Lakeland: Check in at the Lab Desk, Monday through Friday from 8 am to 4:30 pm (adult patients only).
- **Watson Clinic North Pediatrics**, 1430 Lakeland Hills Blvd. in Lakeland: Fridays only from 8 am to 5 pm (pediatric patients only).
- **Watson Clinic Highlands**, 2300 E. County Road 540A in Lakeland: Fridays only from 8 am to 4:30 pm (adult and pediatric patients).
- **Watson Clinic Plant City**, 615 E. Alexander St. in Plant City: Fridays only from 8 am to 4 pm (adult patients only).

Walk-ins are welcome at all flu clinic locations. Appointments may be scheduled by phone only for the Watson Clinic Main and Watson Clinic South locations by calling **863-680-7190**.

Each flu clinic location also offers the high-dose flu vaccine for patients 65 years of age and 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.

In addition to these flu vaccinations, the Watson Clinic Main Flu Clinic location provides the 2024–2025 Moderna Spikevax® COVID vaccine to patients who request it.

Recognizing the importance of art in healing

CITY PROCLAMATION INCLUDES FOUNDATION PROGRAM IN ANNUAL ARTS & HEALTH DAY



THE WATSON CLINIC FOUNDATION'S ARTS IN MEDICINE (AIM) PROGRAM

was among a handful of local organizations included in a proclamation by the City of Lakeland that declared Saturday, July 27, as Arts & Health Day. The proclamation underscored the program's commitment to recognizing and celebrating the significant role that the arts play in enhancing individual and community health.

“Through our Arts in Medicine program, we're able to use art in all its forms to promote healing and wellness, which in turn

improves patient outcomes for cancer patients at the Watson Clinic Cancer & Research Center,” says Arts in Medicine program coordinator Tiffany Van Wieren. “This proclamation from the City of Lakeland highlights the importance of these efforts—not only in the lives of patients and their caregivers, but in the community as a whole.”

A collaborative effort

Additional participants in the proclamation included the Mayor's Council on the Arts, Lakeland Vision, Polk Arts and Cultural Alliance, Polk Museum of Art, Lakeland Symphony Orchestra, Florida Dance Theater, and Lakeland Volunteers in Medicine.

“The Mayor's Council on the Arts is experiencing the most

collaborative arts organization inter-cooperation in Lakeland's history,” says Lakeland Mayor Bill Mutz. “It is so exciting to witness the desire of all organizations to strengthen their facets of expertise to improve overall art and health in our fortunate city!”

In the lead up to Arts & Health Day, AIM and other local partners encouraged all area residents to take part in the Community Canvas project. Each participant contributed individually designed hexagonal-shaped pieces of paper, each of which were joined together to create an artistic collage that is being displayed in the lobby of the AIM studio for a period of one year.

The Arts in Medicine studio is located on the second floor of the Watson Clinic Cancer & Research Center at 1730 Lakeland Hills Blvd. in Lakeland and is open from 8:30 am to 5 pm.

For more information on the Foundation's AIM program, and to learn how you can volunteer to improve the lives of cancer patients in our community, visit WatsonClinic.com/AIM.

Watson Clinic Foundation Arts in Medicine program coordinator Tiffany Van Wieren (third from right) proudly displays the city proclamation alongside other arts representatives in the community.



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