

Watson Clinic

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Health scene

SUMMER 2024

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orthopaedic care
in Winter Haven

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What is perinatal depression?

THIS CONDITION IS BOTH COMMON AND TREATABLE



PERINATAL DEPRESSION affects many mothers-to-be and new moms every year in the United States. Characterized by a feeling of deep sadness, sleep changes, trouble enjoying life, low appetite, fatigue and an inability to perform daily tasks, this condition can severely affect the health of the mother and her relationships with her baby and other family members. It can occur during the pregnancy or up until a year after the baby is born.



Kyra
Munzenmaier, MD

“Thankfully, with proper treatment, these symptoms can greatly improve,” says **Dr. Kyra Munzenmaier**, a Psychiatry specialist at Watson Clinic Highlands who is certified in perinatal mental health from the renowned organization Postpartum Support International. “This facilitates a vital pathway where mother and child can form a healthy and joyful bond.”

Help is here

As one of her central areas of expertise, Dr. Munzenmaier is specially trained in helping women overcome the hurdles of this common condition using compassionate and innovative therapies and effective medications.

She also offers targeted treatments for other common disorders in the perinatal period, including anxiety, obsessive-compulsive disorder and trauma-related issues. Preconception medication management services are available to patients who are planning a pregnancy, or are newly expecting, and want to know if they can take medications to ensure their mental health during the process and beyond.

On the larger scope of women’s mental health, Dr. Munzenmaier treats female patients who struggle with premenstrual dysphoric disorder, as well as patients who experience mental health challenges during menopause and the perimenopausal period.



For more information or to schedule an appointment with Dr. Munzenmaier at Watson Clinic Highlands, please call **863-607-7522** or visit **WatsonClinic.com/Munzenmaier**.

Offering a wide variety of care

FROM THE DESK OF DR. WILLIAM J. ROTH

Our physicians and providers have extended expert care to patients of all ages since 1941—care that isn't just delivered in exam rooms. Many of our physicians also schedule and perform surgical procedures for their patients at local hospitals.

Watson Clinic maintains a large team of dedicated, hospital-based physicians who counsel patients and oftentimes intervene with urgent, lifesaving efforts. These Watson Clinic specialists—known as hospitalists—treat patients around-the-clock from Lakeland Regional Health.

Meanwhile, our new Orthopaedics at Winter Haven location, which is profiled within the pages of this issue, provides swift referrals to nearby Winter Haven Hospital, where our orthopaedic surgeons can perform procedures to repair all kinds of joint injuries.

Our physicians also lead the way in outpatient procedures through the Watson Clinic Surgery Center. Formerly known as Lakeland Surgical and Diagnostic Center (LSDC) Florida Campus, this facility at 1315 N. Florida Ave. in Lakeland is now operated exclusively by Watson Clinic.

The Watson Clinic Surgery Center offers the services of Clinic physicians across a diverse roster of specialties—including anesthesiology, plastic and reconstructive surgery, gastroenterology, general surgery, gynecology, orthopaedic surgery, hand surgery, podiatric surgery, radiation oncology, and urology—who perform a variety of procedures on-site and return patients back to their homes on the same day. For more information on this facility, visit WatsonSurgeryCenter.com.

From the exam room to the operating room, our skilled physicians are always there to help patients embrace their healthiest life.



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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 **Check out our website**

WatsonClinic.com

Email us at HealthScene@WatsonClinic.com.



1430 Lakeland Hills Blvd.,
Lakeland, FL 33805

Summer 2024

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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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Scheduling your care is easier than ever



SELECT WATSON CLINIC PROVIDERS NOW OFFERING EXTENDED AVAILABILITY

WATSON CLINIC has made it easier than ever to get established with a Family Medicine provider to help you follow the right path for a lifetime of good health. **Brooke Pate, APRN, FNP**; **Lauren Patterson, APRN**; and **Lindsey Simmons, APRN**,



Brooke Pate, APRN, FNP



Lauren Patterson, APRN



Lindsey Simmons, APRN



Caitlyn Beacham, APRN



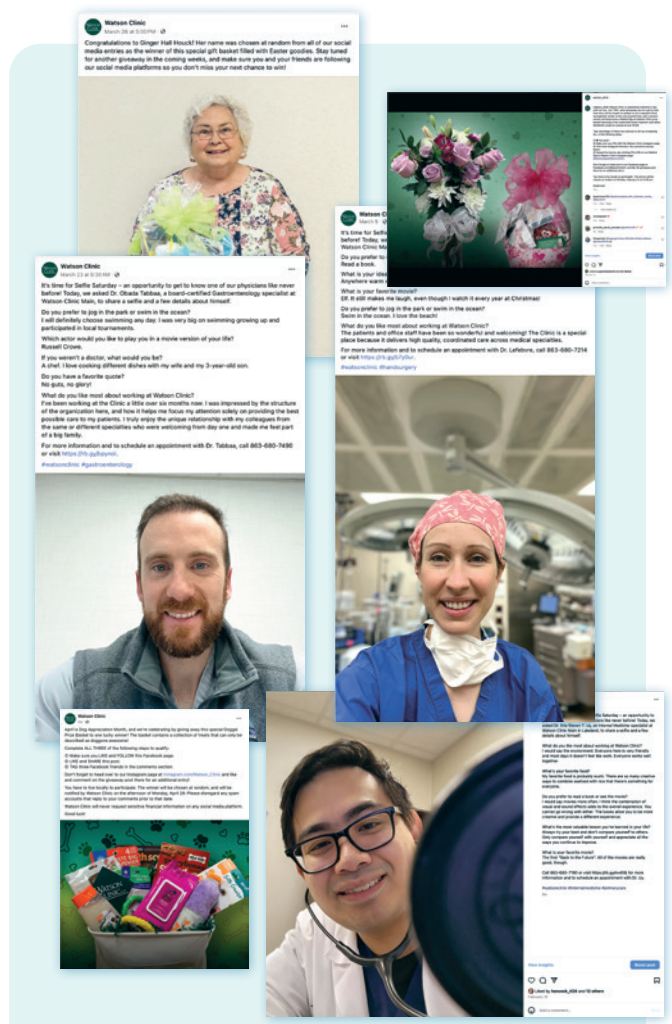
Michelle Espanto, OD

and Rony J. Alvarado, APRN, registered nurse practitioners who work alongside board-certified Family Medicine physician **Dr. Rony J. Alvarado**, are now offering open appointment availability from their Watson Clinic Highlands offices at 2300 E. County Road 540A in South Lakeland. Call **863-680-7190** to schedule an appointment with either Ms. Pate or Ms. Simmons.

Meanwhile, we understand that sometimes it's difficult to arrange your care during a busy work week. That's why we're pleased to offer appointment availability for new and established patients on select Saturdays from our Otolaryngology (ENT) and Optometry departments.

Caitlyn Beacham, APRN, a registered nurse practitioner who treats patients of ENT/Facial Plastic Surgery specialists **Dr. Serge Jean** and **Dr. Pranay Patel**, currently accepts ENT appointments on Saturdays from her office at our Watson Clinic Bella Vista Building at 1755 N. Florida Ave. in Lakeland. Call **863-904-6296** to schedule an appointment with Ms. Beacham.

Eye exams and other eye care services are now available on select Saturdays, thanks to Optometry specialist **Dr. Michelle Espanto** at Watson Clinic Main at 1600 Lakeland Hills Blvd. in Lakeland. To schedule an appointment with Dr. Espanto on Saturday or any day of the week, call **863-680-7486**.



Follow us on social media!

If you're not following Watson Clinic on any of our social media platforms, you're missing out. Facebook and Instagram users enjoy special monthly prize raffles, as well as the daily posts that are also found on our LinkedIn and X (formerly known as Twitter) profiles. These include Clinic headlines, physician profiles, patient testimonials on YouTube, and other announcements that are designed to keep you up-to-date on all things health and wellness!

Facebook: /WatsonClinicFL

Instagram: /Watson_Clinic

X: /WatsonClinic

YouTube: /WatsonClinicLLP

LinkedIn: /company/Watson-Clinic

Have you listened to our new podcast?



WATSON CLINIC recently premiered **Watson Clinic Health Talk**, a monthly podcast that offers insightful conversations with the Clinic's team of physicians and providers on a variety of healthcare topics, including common conditions, disease prevention, the latest treatments and chronic care management techniques.



The first episode, titled "Lose Weight the Healthy Way," features a discussion with **Dr. Lilliam Chiques**, a board-certified Internal Medicine and Obesity Medicine specialist and the Director of Watson Clinic's Metabolic & Weight Center, which is an extension of her practice. The conversation touches on the science behind weight loss, the most effective approaches and the benefits of seeking care from a physician-supervised program.

Additional episodes spotlight conversations with Optometry specialist **Dr. Elizabeth George**, who details the importance of routine eye exams and the common conditions they can detect, and Hand Surgery specialist **Dr. Rachel Lefebvre**, who chats about carpal tunnel syndrome and other

disorders that impact the hand.

Watson Clinic Health Talk is distributed on all major platforms, including iTunes, Amazon Music/ Audible, Spotify, TuneIn and YouTube.



For links to access the podcast through any of your favorite platforms, visit **WatsonClinic.com/Podcast**.





Pelvic floor disorders 101

YOU MAY NOT think much about your pelvic region, but a lot of important functions happen in that area. If problems develop there, they can affect your daily life.

Pelvic anatomy

The pelvic floor is the group of muscles across the bottom of your pelvis. These muscles form the shape of a dome. With the surrounding connective tissue, they support the pelvic organs and keep them in place.

Pelvic organs include the intestines, bladder, urethra, prostate and rectum. In women, pelvic organs also include the uterus, cervix and vagina.

“When the pelvic floor weakens or is injured, a pelvic floor disorder (PFD) develops,” says **Dr. Tarek G. Garas**, a



Tarek G. Garas,
MD, FACOG,
FACS, MIGS

board-certified Urogynecologist and Reconstructive Pelvic Surgeon at Watson Clinic Bartow Building B and the Watson Clinic Bella Vista Building. “Although men can get PFDs, women are more likely to get them. In fact, 1 in 5 women in the U.S. has at least one PFD.”

The most common PFDs are:

- Bladder or bowel control problems.
- Constipation.
- Organ prolapse. This is when a pelvic organ slips down, sometimes protruding through the vagina or rectum.

Causes and symptoms

Researchers don’t know exactly what causes PFDs, but several things increase your risk, such as:

- Childbirth.
- Aging.
- Being overweight or obese.
- Lifting heavy things incorrectly.
- Chronic constipation.
- Pelvic surgery.

You might have a PFD if you experience:

- An urgent or frequent need to urinate.
- Painful urination.
- Urine leakage when you laugh or cough.
- Difficulty emptying your bladder or rectum completely.
- Constipation.
- Painful intercourse.

- Feeling or seeing something bulging out of your vagina.
- Leaking stool.
- Frequent UTIs.

Prevention and treatment

If you have PFD symptoms, see your healthcare provider. They will give you a physical exam and ask questions about your medical history—and overall health. They also may do some tests.

“Depending on how severe your symptoms are, treatment options can include exercises, medications, pessaries, injections and surgery,” says Dr. Garas.

PFDs can’t always be prevented, but to increase the odds that you won’t develop one:

- Do Kegel exercises to strengthen your pelvic floor. Your healthcare provider can teach you.
- Eat plenty of fiber.
- Aim for a healthy weight.
- Lift heavy items carefully. Use your legs, rather than your back or abdominal muscles.

Sources: American Academy of Family Physicians; National Institutes of Health



For more information and to schedule an appointment with Dr. Garas, call **863-680-7312** or visit **WatsonClinic.com/Garas**.

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

TAKE THREE *Questions for the experts*

What's the difference between a heart attack and heart failure?

A **heart attack** involves the severe or complete blockage of one or more arteries of the heart that can lead to weak and damaged heart muscle function. This is a medical emergency. Symptoms may include chest pain, upper body pain, dizziness and shortness of breath.

If you think you may be having a heart attack, call 911 immediately. Don't drive yourself to the hospital.

Unlike a heart attack, **heart failure** is a chronic condition that must be carefully managed over time. There are different types of heart failure, but the common issue is the failure of the heart to adequately circulate blood throughout the body. This can lead to gradual symptoms, such as shortness of breath, swelling in the legs, fatigue, excessive coughing, trouble concentrating, difficulty walking and sudden weight gain. It's important to note that sometimes a heart attack can lead to heart failure.

If you're diagnosed with heart failure, your provider will talk to you about treatment options. Lifestyle changes, a healthy eating pattern and physical activity are almost certain to be among their recommendations.



Zia Rab, MD, FACC, an Interventional Cardiologist at Watson Clinic Main in Lakeland. Call **863-680-7490** to schedule an appointment.

How can my family stay cool and safe during the summer?

Get plenty of screen time. Sun exposure and sunburn increase the risk of skin cancer and skin damage. To protect yourself, select a broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or more, which guards against the sun's harmful ultraviolet rays. Apply 30 minutes before going outside, even on cloudy days. Reapply every two hours and each time you get out of the water.

Take cover. Spare yourself the stress of extreme heat by staying inside with air conditioning between 10 am and 6 pm, when the outdoor temperature peaks.

Drink up. Water is vital to your well-being. To avoid dangerous heat-related illnesses, such as dehydration, heatstroke and heat exhaustion, drink plenty of water to replace what's lost through sweating. Be sure to drink before, during and after workouts too.

Assign a water watcher. At pool parties, designate an adult who will pay close attention to the children in the water, even those who know how to swim. The water watcher keeps consistent watch, even if there is a lifeguard present.



Erie Steven Tan Uy, MD, MPH, is an Internal Medicine specialist at Watson Clinic Main in Lakeland. Call **863-680-7190** to schedule an appointment.

How long does it take to see health improvements after I quit smoking?

- **20 minutes.** Your heart rate and blood pressure begin to drop.
- **A few days.** It takes under a week for the carbon monoxide levels in your blood to normalize.
- **2 to 12 weeks.** Your circulation and lung function get better.
- **1 year.** By the first anniversary of your quit date, you'll be coughing less. And you'll get short of breath less often. The hair-like structures that clean the lungs have returned to normal.
- **2 years.** Now you've significantly reduced your risk of a heart attack compared to when you were smoking.
- **5 to 10 years.** During this period, you cut your risk for mouth, throat and voice box cancers in half. There is less chance you'll have a stroke.
- **10 years.** When you haven't smoked in a decade, you have half the risk of developing lung cancer compared to a smoker.
- **15 years.** By now, your risk of heart disease is similar to that of a nonsmoker.

Consult your primary care provider for help quitting for good.



Brett J. Widick, MD, is a board-certified Family Medicine specialist at Watson Clinic Highlands in Lakeland. Call **863-680-7190** to schedule an appointment.

The orthopaedic care you need—all in one place!



OUR WINTER HAVEN LOCATION BRINGS CONVENIENCE AND PEACE OF MIND

WHETHER IT'S CAUSED

by conditions such as arthritis or from an injury or accident, muscle and joint pain can make even the most mundane, everyday tasks feel unmanageable.

To find relief, patients often have to consult a series of specialists from different healthcare organizations—orthopaedists who can diagnose the issue, surgeons who can work to repair it and physical therapists who can help condition the patient toward a full recovery.

Our newest location—Watson Clinic Orthopaedics at Winter

Haven—makes this entire process convenient and hassle-free.

Providing expert care

“Watson Clinic is renowned for treating the whole patient, and this dynamic is especially evident in our devotion to comprehensive orthopaedic care,” says board-certified Orthopaedic Surgery specialist **Dr. D. Chad Lamoreaux**. “From injury prevention to physical therapy to minimally invasive joint replacement, Watson Clinic has remained a leader in this field for many decades. It’s a privilege to

bring this caliber of care to patients in Winter Haven and surrounding communities.”

In addition to Dr. Lamoreaux, the facility is led by board-certified Orthopaedic Trauma Surgeon **Dr. Peter Kazmier** and physician assistant **Kari Whitman, PA**. This cutting-edge facility offers on-site x-ray capability, pre- and post-surgical consultations, and easy access to a comprehensive roster of services designed to treat injuries afflicting the hand, hip, thigh, knee, leg, shoulder, elbow, foot and ankle.

Speedy referrals

For patients who can benefit from physical therapy with or without surgery, Watson Clinic offers a team of specially trained physical and occupational therapists from three convenient locations in Lakeland.

When surgical intervention is

Watson Clinic Orthopaedics at Winter Haven is located at 100 Avenue I Northeast in the heart of Winter Haven. Appointments may be scheduled by calling 863-680-7214. For more information, visit WatsonClinic.com/OrthoWH.



▶ Orthopaedic Trauma Surgeon Dr. Peter Kazmier and patient.



▲ Physician assistant Kari Whitman, PA

◀ Orthopaedic Surgeon Dr. D. Chad Lamoreaux and patient.



needed, patients receive swift referrals to nearby Winter Haven Hospital, where a team of Watson Clinic Orthopaedic Surgeons are at the ready, including Dr. Lamoreaux, Dr. Kazmier, **Dr. Obafunto Abimbola**, **Dr. Douglas Shenkman** and **Dr. Phuc Vo**. These highly experienced surgeons can perform a host of minimally invasive joint replacement procedures, joint resurfacing, ligament reconstruction, arthroscopic surgery, fracture repair and much more.

“This provides a continuity of care where a patient’s entire range of needs can be addressed and accommodated under one network,” Dr. Kazmier says. “Your medical record follows you wherever you go within Watson Clinic. That means that each of our specialists are aware of your journey, which empowers them to help you achieve maximum results.”

Orthopaedic care near you

With over a dozen physicians, surgeons and medical providers across seven locations, Watson Clinic covers every facet of Orthopaedic, Podiatric and Sports Medicine care. Call **863-680-7214** or visit **WatsonClinic.com/Ortho** for more details on the department.

Watson Clinic Main
1600 Lakeland Hills Blvd.
Lakeland, FL 33805

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

Watson Clinic Bartow Building A
2250 Osprey Blvd., Suite 100
Bartow, FL 33830

Watson Clinic Orthopaedics at Winter Haven
100 Avenue I Northeast
Winter Haven, FL 33881

Watson Clinic Center for Rehabilitative Medicine
1430 Lakeland Hills Blvd.
Lakeland, FL 33805

Watson Clinic South
1033 N. Parkway
Frontage Road
Lakeland, FL 33803

Watson Clinic Center for Specialized Rehabilitation
2190 E. County Road 540A
Lakeland, FL 33813



OUR NEWEST PROVIDERS

SUNDEEP BOJEDLA, DO NEUROLOGY

Education: Rowan School of Osteopathic Medicine, Stratford, NJ

Internship: University of Maryland Medical Center, Baltimore, MD, Internal Medicine

Residency: University of Maryland Medical Center, Baltimore, MD, Neurology

Board certification: Neurology

Location: Watson Clinic Main

Appointments: 863-680-7300



JOSEPH D. RODERIQUE, MD ANESTHESIOLOGY

Education: Virginia Commonwealth University School of Medicine, Richmond, VA

Internship: Naval Medical Center, San Diego, CA, General Surgery

Residency: University of Florida, Gainesville, FL, Anesthesiology

Board certification: Anesthesiology

Location: Lakeland Regional Health



ZHEN WU, MD RADIOLOGY

Education: Tonji Medical College of Huazhong, Wuhan, China

Internship: Grady Memorial Hospital, Morehouse School of Medicine, Atlanta, GA, General Surgery

Residency: Detroit Medical Center, Wayne State School of Medicine, Detroit, MI, Radiology

Fellowships: The Emory Clinic Department of Radiology, Atlanta, GA, Abdominal and Cardiothoracic Imaging

Board certification: Radiology



SUZANNE M. COOPER, APRN ALLERGY (ADULTS AND PEDS)

Education: Florida Southern College, Lakeland, FL

Memberships: American Association of Nurse Practitioners, Polk County Advanced Practice Nurses Association

Supervising Physician: G. Weyman Price, MD

Location: Watson Clinic South

Appointments: 863-647-4045



HOLLY DELLENGER, APRN CARDIOLOGY

Education: University of South Florida, Tampa, FL, MSN

Memberships: American Nurses Credentialing Center, American Association of Nurse Practitioners

Supervising Physician: Neal G. Kavesh, MD, FACC

Location: Lakeland Regional Health



SARAH HAMLIN, APRN CARDIOLOGY

Education: University of South Florida, Tampa, FL, MSN

Memberships: American Nurses Credentialing Center, American Association of Critical Care Nurses

Supervising Physicians: Mark H. Mines, MD, FACC, and Zia Rab, MD, FACC

Location: Watson Clinic Main

Appointments: 863-680-7490



ANA M. ONTIVEROS, APRN, FNP ONCOLOGY- HEMATOLOGY

Education: University of South Florida, Tampa, FL, MSN

Memberships: American Association of Nurse Practitioners, American Nurses Credentialing Center

Supervising Physician: Leonard Gitter, MD

Location: Watson Clinic Cancer & Research Center

Appointments: 863-603-4770



ANITA NGUYEN, OD OPTOMETRY

Education: Southern College of Optometry, Memphis, TN

Residency: Bay Pines Veterans Affairs Medical Center, Bay Pines, FL, Primary Care and Ocular Disease

Board certification: Optometry

Location: Watson Clinic Main

Appointments: 863-680-7486



CHARLES READDY, DO RADIOLOGY

Education: Nova Southeastern University College of Osteopathic Medicine, Fort Lauderdale, FL

Internship: Genesys Regional Medical Center/Flint Osteopathic Hospital, Flint, MI

Residency: Michigan State University, East Lansing, MI, Radiology

Board certification: Radiology

Location: Watson Clinic Main



HANNA PATEL-MILLS, PA
DERMATOLOGY

Education: Wingate University, Hendersonville, NC

Membership: American Academy of Physician Assistants

Supervising Physician: Ronald J. Patrick, MD

Location: Watson Clinic Dermatology at Sun City Center

Appointments: 813-633-6121



JENNIFER G. POTTS, APRN
INTERNAL MEDICINE

Education: Florida Southern College, Lakeland, FL, MSN

Memberships: American Association of Nurse Practitioners, American Association of Nurse Practitioners

Supervising Physician: Guillermo O. Vasquez, MD

Location: Watson Clinic South

Appointments: 863-680-7190



KATHERINE PUISIS, APRN
PEDIATRICS

Education: Florida International University, Miami, FL, MSN

Memberships: American Nurses Association, National Association of Pediatric Nurse Practitioners

Supervising Physicians: Holly Cunneen, DO, Varsha Ghayal, MD, and Sheena Tonkin, MD

Board certification: Pediatric Nursing Certification Board

Location: Watson Clinic Highlands

Appointments: 863-607-3346



JESSICA ROBINSON, DNP, APRN, FNP-C
OBSTETRICS AND GYNECOLOGY

Education: Palm Beach Atlantic University, West Palm Beach, FL, MSN, DNP

Memberships: American Association of Nurse Practitioners, American Association of Nurse Practitioners

Supervising Physicians: J. Brian Hopper, MD, and Donald W. Langley, DO

Location: Watson Clinic Highlands



Appointments: 863-680-7243

ARIEL VULGAMORE, DNP, APRN, CPNP-PC
PEDIATRICS

Education: University of Florida, Gainesville, FL, DNP

Supervising Physicians: W. Jason Cornett, MD, and Kendra Velez Rodriguez, MD

Location: Watson Clinic North Pediatrics

Appointments: 863-680-7337



KARI WHITMAN, PA
ORTHOPAEDIC SURGERY

Education: Nova Southeastern University, Orlando, FL, MS

Membership: Pi Alpha National Honor Society for Physician Assistants

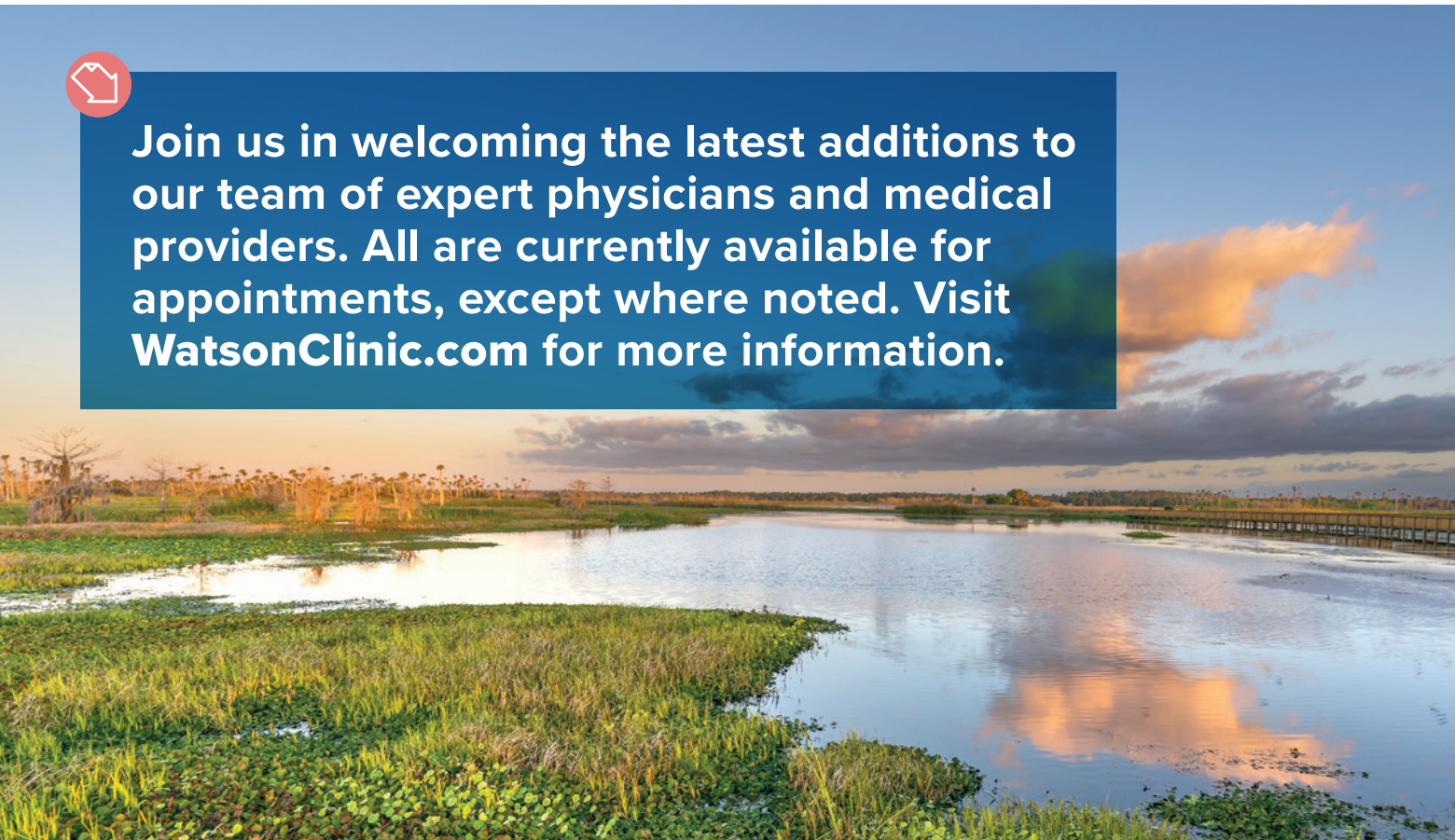
Supervising Physician: D. Chad Lamoreaux, MD

Location: Watson Clinic Orthopaedics at Winter Haven

Appointments: 863-680-7214



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



What to expect **during**

YOU'RE PREGNANT—CONGRATULATIONS! This is the beginning of an exciting journey.

Pregnancy is usually measured by weeks, and a typical pregnancy lasts 40 weeks. Those weeks are grouped into trimesters.



FIRST TRIMESTER

This starts on the first day of your last menstrual period and ends at 13 weeks and 6 days of pregnancy. During the first trimester, your baby's major organs, limbs, parts of the face and eyelids start to develop.

Early-pregnancy changes

“At this stage, your body starts going through significant changes to nourish the baby's growth and to prepare for labor and delivery,” says

Dr. Taylor

Cook, an OB-GYN specialist at Watson Clinic

Highlands in Lakeland. “You'll



Taylor Cook, DO

feel different, both physically and mentally.”

Not every pregnant person experiences the same things, but typically, you can expect:

Fatigue. As your body becomes accustomed to supporting a new life, you'll feel very tired. Be sure to get enough sleep at night and take naps as needed.

Morning sickness. Pregnancy hormones can cause nausea and vomiting. Things that once smelled and tasted good may suddenly upset your stomach.

Heartburn, indigestion and constipation. Pregnancy hormones can slow down digestion. This is, in part, to give your body more time to absorb nutrients for your baby.

You may also notice gas and bloating.

Breast changes. Your breasts will start to become larger, and they will feel swollen and sensitive.

Light-headedness. Your body is creating more blood for the baby. This could make you feel dizzy or light-headed.

Prenatal visits

As soon as you know you're pregnant, it's important to find an obstetrician (OB) and start receiving prenatal care.

You will visit your OB throughout your pregnancy. You and your OB will discuss all aspects of your pregnancy, including labor and delivery.

ng pregnancy

SECOND TRIMESTER

THE NEXT STEP OF YOUR PREGNANCY JOURNEY

This period of time spans from weeks 14 to 27.

“For many people, the second trimester is easier than the first,” says

Dr. Samantha J.

Curtis, a board-certified OB-GYN

specialist at the Watson Clinic Bella Vista Building in Lakeland.

“Morning sickness and fatigue have stopped, and generally you’ll feel more energetic and more like you did before you got pregnant.”



Samantha J. Curtis, MD

Your changing body

You may experience some (or all) of the following changes during the second trimester.

Breasts:

- They’ll continue to develop milk glands and grow but will feel less tender.
- Skin on and around nipples may darken.
- Small glands will release an oily substance to keep the nipples from drying out.
- A yellowish fluid (colostrum) may begin leaking.

Skin:

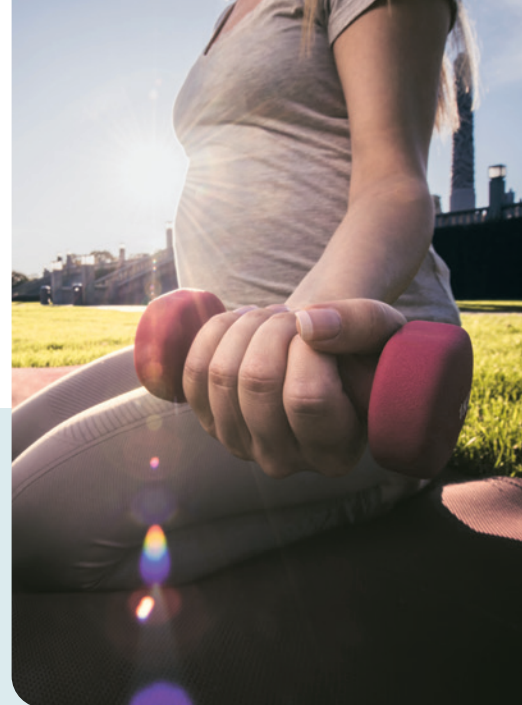
- Stretch marks are caused by your growing belly. If possible, meet your doctor’s recommended weight goals to minimize them. They often fade after pregnancy. Moisturize to relieve itchy skin.
- Wear strong sunscreen

because of increased sun sensitivity.

- A dark line can form down the middle of your belly from your navel to your pubic hair.
- Patches of darkened skin on your face may form.

Body:

- Leg pains and cramping. To help, sleep on your side. Contact your healthcare provider right away if one leg becomes painful and swollen. Your provider may check for deep vein thrombosis (DVT).
- Swelling in your ankles, hands and face.
- Back, pelvis and hip aches. This happens from the stress of your growing belly and hormones that relax ligaments to prepare you for childbirth.
- Loose teeth or bleeding/swelling gums. Loose teeth may occur because of relaxed ligaments in your mouth. They return to normal after pregnancy. If you have bleeding or swelling in your gums, see your dentist to check for periodontal disease. It can be risky for your developing baby.
- Mild stomach pain and cramping from your growing uterus.
- Heartburn.
- Urinary tract infections (UTIs) can be caused by hormones and the growing uterus



preventing your bladder from emptying completely. Check with your healthcare provider; untreated UTIs can cause early labor.

- Irregular contractions (Braxton-Hicks) that go away quickly. If contractions become regular, painful and persistent, contact your healthcare provider right away or visit the emergency department.

Changes in your baby

- The baby grows from about 6 inches and 4 ounces to about 14 inches and 2¼ pounds.
- Although the baby has always been moving, you’ll feel its movements more often.
- Near the end of your second trimester, you may notice the baby’s sleep and waking cycles. In the middle of this phase, the baby’s sex should be clear from an ultrasound.
- By the end of the second trimester, the baby has an active digestive system, air sacs forming in the lungs and a rapidly developing brain.

—Continued on page 14

What to expect during pregnancy

—Continued from page 13



THIRD TRIMESTER

THE HOME STRETCH

Now you're in the final stage: weeks 28 through 40. These final weeks are an exciting time as you get ready to welcome your baby into the world.

"By now, the baby's bones are fully formed and their eyes open and close," says Dr. Curtis. "Although the lungs aren't completely developed yet, your baby is making some breathing movements.

You may notice your baby moving less. That's because they are quickly running out of room. Late in the third trimester, the baby may change to a head-down position and drop lower in your abdomen. The baby is considered full-term (meaning they are ready to be born) at 39 weeks, but in some instances, they will be allowed to go until 41 weeks.

"Your body is preparing for labor and childbirth now," says Dr. Cook. "You might feel more aches and pains, especially in your back, hips and pelvis. You also may have trouble sleeping.

Try to sleep on your left side, which is better for circulation, and place a pillow between your knees or behind your back."

Baby's growth puts pressure on your organs. You may feel short of breath or need to go to the bathroom more often than usual. Your breasts may feel tender, and your nipples may still leak colostrum.

Emotionally, the third trimester can be both happy and stressful. Your nesting instinct may take hold. As you're getting your home ready for baby's arrival, remember to take it easy. Make it a priority to get a good night's sleep and take naps during the day if you feel tired.

The final few weeks

As you get closer to your due date, your cervix will stretch and become thinner to prepare for labor and delivery. You and your doctor will discuss signs of labor and what to do when you think labor has begun.

Here for you and your baby



With great compassion, medical expertise and the latest technologies, Watson Clinic's OB-GYN department can help ensure a healthy future for both mother and baby through every phase of pregnancy and beyond. Our obstetrics team works together, assuming different rotations of hospital delivery coverage while at Lakeland Regional Health. Call **863-680-7243** or visit **WatsonClinic.com/OBGYN** for more information and to schedule an appointment at one of our three convenient locations:

- Watson Clinic Bartow Building B
2000 Osprey Blvd., Suite 201
Bartow, FL 33830
- Watson Clinic Bella Vista Building
1755 N. Florida Ave.
Lakeland, FL 33805
- Watson Clinic Highlands
2300 E. County Road 540A
Lakeland, FL 33813

Meet Watson Clinic's team of obstetric specialists

- Taylor Cook, DO
- Samantha J. Curtis, MD, FACOG
- Tarek G. Garas, MD, FACOG, FACS, MIGS
- J. Brian Hopper, MD, FACOG
- Donald W. Langley, DO, FACOG
- Shawn T. Simpson, DO (Obstetric Hospitalist)
- Brooke Bambridge, APRN
- Alicia Belisle, APRN
- Sara Matthews, PA
- Holly C. Payne, APRN
- Jessica Robinson, DNP, APRN, FNP-C



The healing power of art

HOW CANCER PATIENTS BENEFIT FROM THE ARTS IN MEDICINE PROGRAM



Did you know that engagement in the arts can improve clinical outcomes for cancer patients? Growing data suggests that the arts can boost immune levels, decrease depression and sharpen cognitive function in patients who are undergoing treatment. The arts can also help smooth the transition from patient to survivor and beyond.

The Watson Clinic Foundation Arts in Medicine (AIM) program was founded on these principles. Whether patients indulge in painting, origami, music, jewelry making or any number of additional activities, the program has helped improve their mood, lessen the burdens of stress and anxiety, and given them a sense of purpose that has carried them through the treatment process.

The program serves patients and their caregivers with an array of in-house activities and outreach efforts.

AIM in action

Recent examples of these outreach efforts include **Stand Up to Cancer**, a series of two events that took place in June

and featured supportive services for patients undergoing treatment for breast, endometrial, cervical and uterine cancers. Attendees were empowered by educational interactions with advocates and local shops, access to donated wigs, and much more.

AIM joined forces with the Breast Cancer Foundation of Central Florida, the Wings of Teal Ovarian Cancer Support Group and the Friends of The Well (the nonprofit arm of the local work space The Well) to make this event possible.

Meanwhile, the program's **Breast Cancer Survivorship Workshop Series** continues to enlist survivors who have completed their treatment and are looking for a sense of peace and purpose in the next step of their journey. Each workshop includes a series of classes that promote health and healing, including art journaling, yoga,

gardening and more. These classes have been hosted by an assortment of local partners, including the Polk Museum of Art, the Garden Club of Lakeland and Satya Life Yoga.

Partners in healing

The Breast Cancer Survivorship Workshop Series is made possible through a generous grant provided by the Florida Breast Cancer Foundation. Additional grants have been provided by the George W. Jenkins Fund within the GiveWell Community Foundation, a charitable organization that addresses community needs throughout Polk County. These organizations have been essential partners in the empowerment of cancer patients and their caregivers.

For more information on the Arts in Medicine program, call 863-603-4718 or visit WatsonClinic.com/AIM.

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
Orthopaedics at Winter Haven	863-393-9463
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

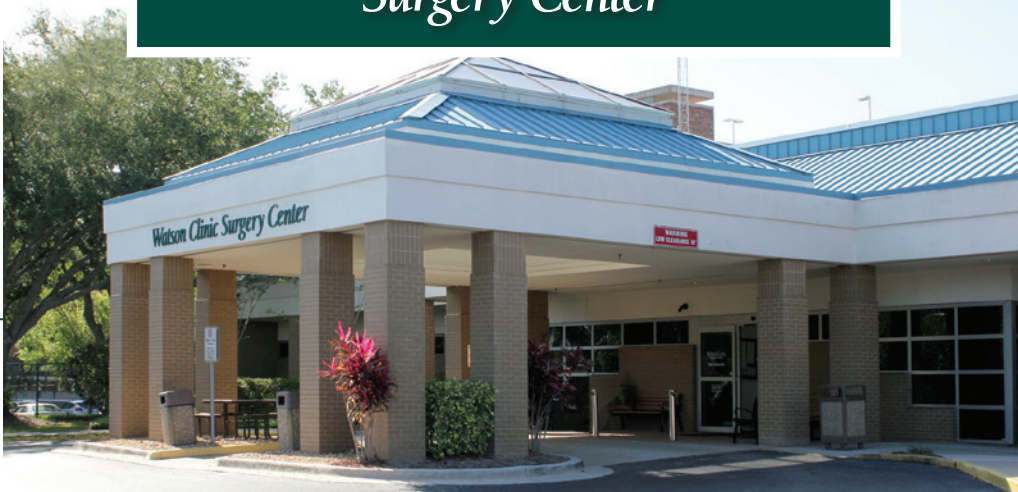


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