

**Watson Clinic**

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

# Health scene

WINTER 2023

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# The importance of sleep

## ARE YOU GETTING ENOUGH SLEEP EVERY NIGHT?

**CHANCES ARE** the answer is no. Many of us don't get the sleep that we need, and that is a problem. The average adult should sleep seven to eight hours per night. Not getting enough sleep has been linked to diabetes, heart disease, obesity and depression.

### Two common sleep disorders

Two sleep disorders—insomnia and obstructive sleep apnea (OSA)—keep many people from getting enough sleep.

**Insomnia** is defined as having trouble falling asleep or staying asleep or waking up too early in the morning. It can cause problems such as:

- Fatigue or daytime sleepiness.
- Concentration or memory problems.
- Poor work or school performance.
- Moodiness, irritability or aggression.
- Impaired decision making.

Treatments for insomnia vary, depending on the cause, but can include:

- Changing habits to improve your sleep. That might mean things like avoiding caffeine near bedtime or making sure your bedroom is quiet and dark.
- Strategies to relax, reduce stress and establish a sleep schedule.
- Medications that can help you sleep.



Eric J. Lipson, MD



Nidal Sakka, MD



Naem Shahrour, MD

If you've ever been told that your snoring sounds like a freight train or that you make choking or gasping sounds while you sleep, then you may have **OSA**.

Both are common symptoms of this sleep disorder. OSA causes your airway to become repeatedly blocked during sleep, and you stop breathing. As a result, your brain and body don't get the oxygen they need, and you may wake up several or more times a night—often without realizing it. That can trigger things like morning headaches, or it can make you feel tired during the day. But even worse, if not treated, OSA puts you at risk for developing high blood pressure, heart disease, stroke, diabetes and depression.

Treatment for OSA includes:

- Devices to maintain an open airway and that allow you to breathe, such as a continuous positive airway pressure machine, commonly called a CPAP.
- Weight management. Many people with OSA are overweight.

Sources: American Academy of Sleep Medicine; Centers for Disease Control and Prevention

## Tired of counting sheep?

Located at Watson Clinic Main in Lakeland, Watson Clinic's Sleep Disorders Center is led by three board-certified pulmonologists—**Dr. Eric Lipson, Dr. Nidal Sakka, and Dr. Naem Shahrour**—and was one of the first sleep labs in the state of Florida to earn accreditation by the American Academy of Sleep Medicine. For more information and to



schedule an appointment, call **863-680-7627**.

## Tips anyone can use for a better night's rest

Even if you don't have an actual sleep disorder, you can still benefit from healthy sleep habits like these:

- Establish a relaxing bedtime routine with a set sleep schedule. Your bedtime should allow for at least seven hours of sleep.
- Make your bedroom quiet, comfortable and cool.
- Turn off any electronic devices at least 30 minutes before heading to bed.
- Exercise regularly, and eat a healthy diet.



# Working to **serve you**

FROM THE DESK OF DR. WILLIAM J. ROTH

**AS** a practicing Dermatologist at Watson Clinic, it's been my honor to serve the skincare needs of dermatology patients in our community since 1994. Now, in my new role as Managing Partner of Watson Clinic, I relish the opportunity to help secure the very best healthcare experience for all patients.

For over eight decades, our physicians have introduced our community to some of the most advanced treatments and technologies in the history of medicine, enhanced the lives of patients from every age group and health profile, and set the standard for world-class care delivered in a personable and compassionate manner. We've built our reputation on responding to the healthcare needs of our patients—whether that entails opening a new facility in an underserved area of our community or introducing a new specialty or treatment that can improve quality of life.

Through constantly evolving medical trends and industry challenges, these foundational values have helped us build a long and proud legacy that has continued to resonate for generations. As Managing Partner, I'll work to help us build upon that legacy and ensure that our priority remains the complete satisfaction of our patients.

Evidence of our commitment can be found within the pages of this magazine. We hope you enjoy the insights contained throughout as our doctors address the health-related topics that matter to you most, including diabetes, heart disease and pregnancy care.



William J. Roth, MD, PhD

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

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on track.



**Check out  
our website**

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

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



1430 Lakeland Hills Blvd.,  
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**President, Watson Clinic Foundation, Inc.**  
Galina Vugman, MD

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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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## Echocardiography Lab earns reaccreditation

The Intersocietal Commission for the Accreditation of Echocardiography Laboratories (ICAEL) recently granted reaccreditation status to the Echocardiography Laboratory at Watson Clinic. Established in 1984, Watson Clinic's Echo Lab is a component of the Cardiology department housed at Watson Clinic Main. The department features state-of-the-art technology and a team of highly trained specialists who conduct nearly 8,000 echocardiography studies a year.

This reaccreditation by the ICAEL reflects the lab's long-term commitment to accurate and advanced diagnostic testing and would not have been possible without Watson Clinic's team of expert sonography technicians, physicians and support staff who work every day to ensure exceptional patient care.

Heart disease poses a major threat as the leading cause of death among both men and women in the United States. Echocardiographic testing is essential in the detection and management of many types of cardiovascular disease, particularly in cases that involve



cardiomyopathies (weakness of the heart muscle), coronary artery disease and valvular disorders.

The reaccreditation was awarded following a rigorous review of the department's testing capabilities, diagnostic accuracy and the interpretive and technical abilities of its sonographers and cardiologists.

For more information on Watson Clinic's Echocardiography department, call **863-680-7503** or visit **WatsonClinic.com/Echo**.



## How was your experience?

You might receive a patient satisfaction survey through your MyChart Patient Portal account following your next visit with us. Please take a few moments to share your thoughts with us so we can continue to offer the caliber of care that you and your family deserve.

If you haven't signed up for your own patient portal account yet, you can register for free in minutes by visiting **WatsonClinic.com/Portal**.

## Medical provider on the move



Chalsey Lockhart, PA

Certified physician assistant **Chalsey Lockhart, PA**, has moved to the Plastic & Reconstructive Surgery department in Suite B of the Watson Clinic Women's Center at 1400 Lakeland Hills Blvd. in Lakeland. Lockhart works alongside board-certified Plastic Surgery specialist **Faeza Kazmier, MD**, from this location. Previously, Lockhart treated patients of Watson Clinic South Internal Medicine physician **Agustin Tavares, MD**.

Lockhart works with Dr. Kazmier in the surgical care of patients and offers a host of treatments that rejuvenate and aesthetically enhance the skin, including Clear + Brilliant Touch, a next-generation laser technology that achieves anti-aging effects by using two separate wavelengths during a single treatment session; the Candela laser treatment for unwanted hair, spider veins and brown spots; injectable fillers, such as Juvederm® Voluma™; and neuromodulators, including BOTOX® and Daxxify™.



Appointments with Lockhart may be scheduled by calling **863-680-7676**.

## Relief for aching muscles


Dry needling has become an increasingly popular option for people experiencing painful muscle tightness. Similar to acupuncture, this safe and effective treatment uses very thin needles to decrease muscle tightness, increase blood flow and ensure a faster recovery from injury.

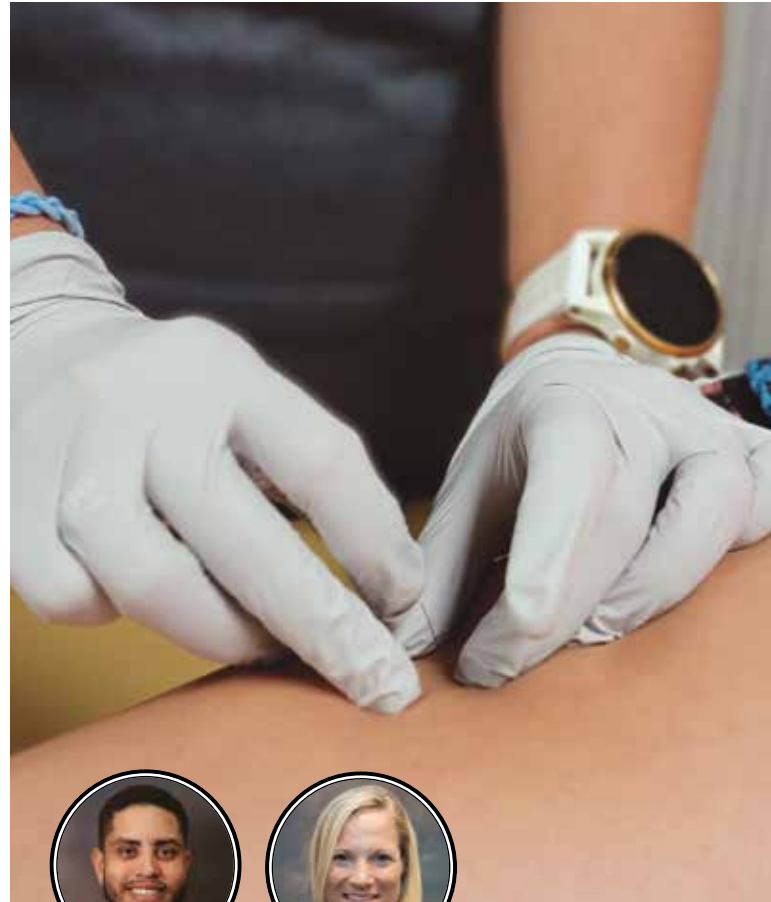
During the treatment, thin, monofilament needles are directed to the affected areas of the body, which may include the shoulder, hip, neck or back. When inserted into the skin, these needles enter trigger points in the injured tissues and engage a twitch response, which works out the tightness and discomfort.

Dry needling is a minimally invasive and relatively painless process, and it is performed to complement other rehabilitation efforts.

The treatment may be recommended following an evaluation by one of our licensed physical therapists or Chiropractic Medicine providers.

Dry needling services are provided by Chiropractic Medicine provider **Jalen Banks, DC**, and certified physical therapist **Holli Finneren, PT, DPT**, from the Watson Clinic Center for Specialized Rehabilitation, at 2190 E. County Road 540A, in Lakeland.

 For more information or to schedule an appointment, call **863-680-7718**.



Jalen Banks, DC



Holli Finneren,  
PT, DPT

## Reducing risk during prostate cancer treatment



David Graham, MD

**Dr. David Graham**, a board-certified Radiation Oncologist at the Watson Clinic Cancer & Research Center, is the first specialist in Florida to be named a Center of Excellence for his expertise in using the SpaceOAR™ Hydrogel, a revolutionary injectable spacer that minimizes

the often painful and damaging side effects of radiation therapy for prostate cancer patients. This recognition was presented by the device manufacturer Boston Scientific.

Radiation therapy is a popular prostate cancer treatment that helps to ensure survival and long-term management of the disease. But the treatment can also produce undesirable side effects, such as damage to healthy surrounding tissue and compromised urinary

tract, bowel and sexual function. The SpaceOAR™ Hydrogel is a soft, injectable spacer that gently separates the prostate from the rectum, greatly minimizing the possibility of these ill side effects.

“Patients have enjoyed a greatly enhanced quality of life, thanks to this spacer,” reports Dr. Graham. “The spacer is predominantly made of water and is implanted during a simple outpatient procedure. After a period of months, the hydrogel is naturally absorbed into the body and expelled through the urine.”



Dr. Graham treats patients from his office at the Watson Clinic Cancer & Research Center, located at 1730 Lakeland Hills Blvd., in Lakeland. For more information on the benefits of the SpaceOAR™ Hydrogel spacer, call **863-603-4717**.





Richard A.  
Dudrak II, MD

Watson Clinic offers a variety of convenient options if you're experiencing a cold that requires treatment. In addition to scheduling an appointment with a primary care provider, patients can seek immediate walk-in care from our Urgent Care Main, Urgent Care South and XpressCare Highlands locations or same-day or next-day care from Priority Care Highlands. Visit [WatsonClinic.com/WalkIn](https://www.WatsonClinic.com/WalkIn) for more details.

# Common cold? Here's how to cope

**THERE'S NO CURE** for the common cold, but certain things do help ease the annoying symptoms.

There are more than 200 viruses that can cause a cold. These viruses spread from person to person via viral particles in the air and close personal contact or by touching a contaminated surface.

"Cut your risk of catching a cold by washing your hands frequently, not touching your face and avoiding sick people," advises **Dr. Richard Dudrak II**, an Urgent Care physician at Watson Clinic Urgent Care Main in Lakeland. "Exercising and eating healthy foods also help."

Contrary to popular belief, getting wet and chilled can't give you a cold.

Even though you have to wait for a cold to run its course, you may be able to ease symptoms by resting, drinking plenty of fluids, using a clean humidifier or cool mist vaporizer, rinsing your nose with saline nasal spray, taking a steamy bath, taking oral zinc products, or using an over-the-counter medicine or inhaler as recommended by your doctor.



## The COVID-19 factor

Early symptoms of COVID-19 may also mimic those of a common cold, including a cough, a sore throat, and a runny or stuffy nose. That's why it's important to get tested for COVID-19.

Anyone with underlying health conditions that put them at risk, or who is around others with these health risks, should perform a COVID-19 home test within the first few days of experiencing cold-like symptoms. Day three of symptoms is the most accurate timeline for detecting COVID-19 with a home test.

If you aren't confident that you've performed the test correctly, then an office-based test is recommended. If anyone with health concerns tests positive with a home test, they should contact their doctor or visit an urgent care to see if medication therapies are indicated.



## When should you see a doctor?

Cold symptoms can last from two days to two weeks. Seek medical attention for any severe symptoms or serious complications, including the following:

- Difficulty breathing, fast breathing or wheezing.
- Dehydration.
- Fever above 102 degrees or fever for longer than a few days.
- Chest pain or pressure.
- Ear pain.
- Sinus headache.
- Symptoms that last more than 10 days without improving.
- Symptoms that worsen or improve, but then return or worsen.

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

TAKE  
THREE

# Questions for the experts

## Should I get a booster if I've already contracted COVID-19?

Yes, you should still get a booster shot—but perhaps not right away.

The Centers for Disease Control and Prevention recommends booster shots for everyone eligible, including those who've already had COVID-19. But if you are still sick with the virus, you should wait until you have recovered and ended your isolation period. That's at least five days.

Here's why getting a booster is important: You can get COVID-19 more than once. Staying up-to-date on your shots may make you less likely to get COVID-19 again, and the vaccines can help prevent serious illness if you do get sick.

The vaccines help your body make more antibodies and offer longer-lasting protection.

If you've had COVID-19 and recovered, you can get your booster shot as soon as you're done isolating. But studies show that waiting at least three months after your positive COVID-19 test (or the start of your symptoms) may increase your immune response to the vaccine.

Watson Clinic offers the updated Moderna bivalent boosters—which can better target the current Omicron variants—as a single dose to people 18 or older. Visit [WatsonClinic.com/Coronavirus](https://www.watsonclinic.com/coronavirus) for more details.



**Guillermo O. Vasquez, MD**, is an Internal Medicine specialist at Watson Clinic South in Lakeland. Call **863-680-7190** to schedule an appointment.

## What should I know about kids' vaccines?

For full protection, kids need to be vaccinated according to the immunization schedule published by the Centers for Disease Control and Prevention (CDC). Keeping track of your child's timeline of vaccines (and not putting them off) is essential, because delaying immunizations leaves children vulnerable.

Even diseases like chickenpox can become serious and, in some cases, fatal. And diseases we've already beaten, like measles, can stage a comeback when kids go unvaccinated. Vaccines provide protection by boosting your child's natural immunity to diseases.

Also, some schools may require their students to be immunized before they can attend classes. The best way to protect your child is to follow CDC's recommended vaccine schedule. Immunizations that children of various ages need include:

- Measles, mumps and rubella (MMR).
- Chickenpox (varicella).
- Tetanus, diphtheria and pertussis (Tdap).
- Polio.
- Meningitis.
- Pneumococcal (pneumonia).
- Hepatitis A and B.
- Human papillomavirus (HPV).
- Rotavirus.



**Holly Cunneen, DO**, is a board-certified pediatrician at Watson Clinic Highlands in Lakeland. Call **863-607-3346** to schedule an appointment.

## What can you tell me about monkeypox?

The monkeypox virus is an infection that has afflicted an increasing number of Americans in recent months. Despite the rise in cases, monkeypox is still considered relatively rare.

Symptoms are similar (yet often milder) to those experienced with smallpox. Monkeypox is rarely fatal and usually lasts two to four weeks.

Symptoms may include fever, headache, muscle aches, back pain, swollen lymph nodes, chills, fatigue and a rash. Monkeypox can be spread through:

- Direct contact with infectious rashes or scabs or body fluids.
- Respiratory secretions during prolonged, face-to-face contact or during intimate physical contact.
- Handling items, such as clothing, that have made contact with an infectious rash or bodily fluids.
- Through the placenta to the fetus of a pregnant person.
- A scratch or bite from an infected animal.

Monkeypox is capable of spreading from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. People who do not have symptoms cannot spread the virus to others.

For information on testing and vaccine availability, visit [WatsonClinic.com/Monkeypox](https://www.watsonclinic.com/monkeypox).



**Lilliam S. Chiques, MD**, is a board-certified Internal Medicine specialist at Watson Clinic Main in Lakeland. Call **863-680-7190** to schedule an appointment.

# Get ready for baby

**YOU'VE JUST FOUND OUT** you're pregnant, and soon this wonderful news will be obvious—you'll have a baby bump!

And like every mom-to-be, you want a healthy pregnancy. What follows is expert advice on the best way to care for yourself and the baby you can't wait to meet.

## First things first

"Of all the things you can do to help keep yourself and your baby healthy, perhaps the most important is to get early and regular prenatal care," says **Dr. Taylor Cook**, an OB-GYN at Watson Clinic Highlands.

Regular checkups can help keep you and your baby healthy throughout your pregnancy to delivery.

Your first prenatal visit is usually the longest because your doctor will have a lot of questions for you.

Your checkup may include:

- A physical exam, including a pelvic exam and a Pap smear.
- A check of your blood, blood pressure and urine.
- Any vaccinations you may need.
- A discussion about prenatal tests.

At this visit your doctor will also tell you your due date.

During later checkups, your doctor will listen to your baby's heartbeat and measure your belly to check your baby's growth. Use these visits to get answers to any questions you might have about your pregnancy and delivery.

## 6 steps for two

Your lifestyle—and everyday choices—can have a major effect on your health and the health of your growing baby. To take good care of both of you, follow these six pregnancy must-do's:



**1 Make smart food choices.** That means you should:

- Eat a variety of healthy foods so your baby is well-nourished. Choose fruits, vegetables, whole grains, calcium-rich foods and foods low in saturated fat.
- Drink plenty of fluids, especially water.
- Stay away from fish that is high in mercury, such as swordfish, tilefish, king mackerel and shark. Mercury has been tied to birth defects.
- Also avoid raw fish, undercooked meat, deli meat and unpasteurized cheeses—such as certain types of feta, blue cheese and Mexican-style soft cheeses. Check the label to make sure the cheese is pasteurized.



**2 Get enough folic acid.** Take a multivitamin or prenatal vitamin with 400 micrograms of folic acid every day.

This B vitamin helps protect against major birth defects in a baby's brain and spine.



**3 Aim for a slow, steady weight gain.**

"Generally, you should gain about 2 to 4 pounds total for the first trimester and 3 to 4 pounds per month for the second and third trimesters," says **Dr. Samantha J. Curtis**, a board-certified OB-GYN at the Watson Clinic Bella Vista Building. "But ask your doctor what's best for you and your baby."



**4 Stay fit.** Unless your doctor tells you otherwise, get at least 2½ hours of moderate-intensity aerobic activity every week.

It's best to spread out your workouts. Avoid any exercise in which you might get hit in the abdomen, such as basketball or soccer.





**5 Don't smoke, drink alcohol or use recreational drugs.** Doing so puts your baby at risk for things like fetal alcohol spectrum disorders and sudden infant death syndrome. If you need help quitting, talk to your doctor. Stay away from second-hand smoke too. It's also harmful for developing babies.



**6 Always speak to your doctor before you start or stop a medicine.** Many medications, including over-the-counter ones, can cause problems during pregnancy. But not taking a medicine you need can also be risky for you and your baby. Your doctor can advise what's right for you on this topic.

To schedule an appointment with a member of Watson Clinic's OB-GYN department at either the Watson Clinic Highlands or Watson Clinic Bella Vista Building location, call **863-680-7243**.

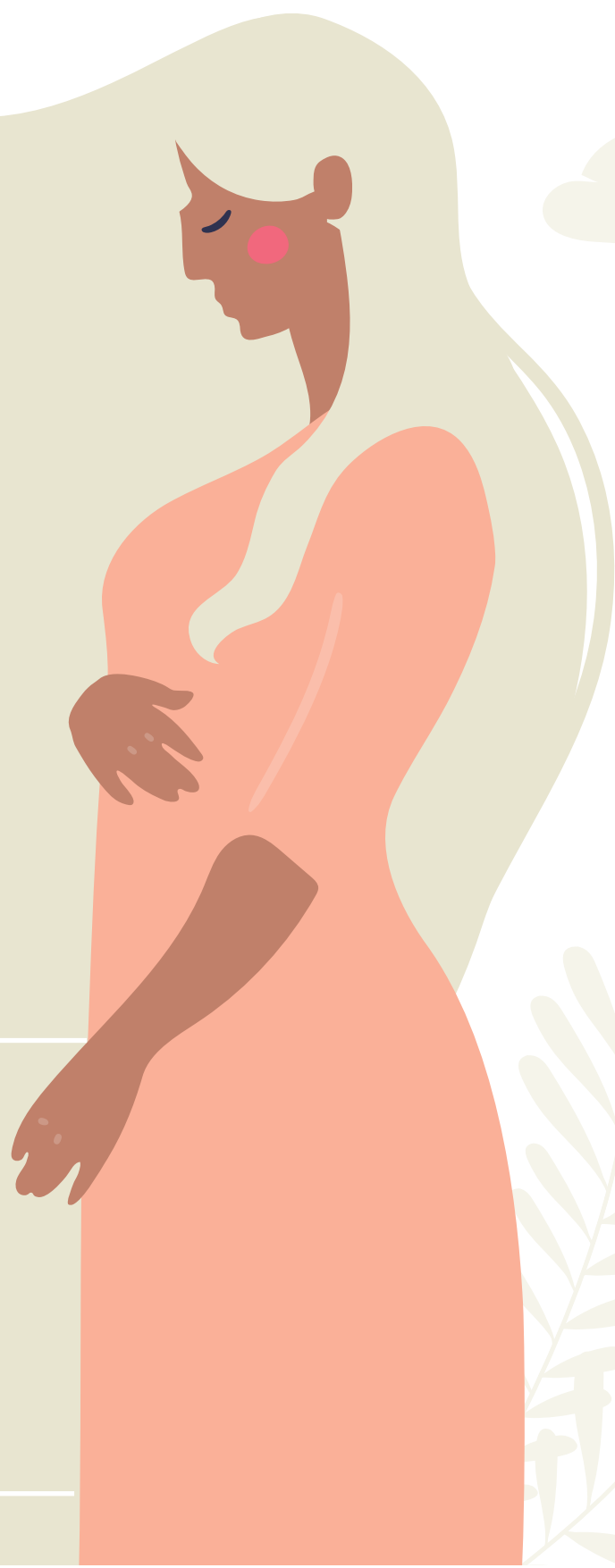
Sources: *Eunice Kennedy Shriver* National Institute of Child Health and Human Development; March of Dimes; Office on Women's Health



Taylor Cook, DO



Samantha J. Curtis,  
MD, FACOG



## Classes for new and expectant parents

Watson Clinic is pleased to host a series of educational classes every month for couples anticipating or experiencing the birth of a child. Topics include pregnancy and childbirth education, caring for your newborn, and breastfeeding basics. These classes are led by licensed registered nurses and are intended exclusively for Watson Clinic patients.



Visit **WatsonClinic.com/Events** for additional information.

# Carb counting for diabetes

**A DIABETES DIAGNOSIS** often leads to lifestyle changes, including paying closer attention to what you eat. Tracking the carbohydrates (carbs) in foods can help you manage blood sugar levels to help you stay healthy.

Your body uses carbs as fuel. Carbs turn into glucose and affect your blood glucose more than other foods do. That's why carb counting can be an important meal-planning tool for managing diabetes, especially if you take insulin at mealtime.

It is important to eat carbs throughout the day because they provide energy and important vitamins, minerals and fiber that your body needs.



## Carb counting 101

Maintaining the right balance between carbs and insulin (whether your body produces it or you take it) helps to regulate your blood glucose level. Determining when and how much you eat should be based on your lifestyle, medications and meal-planning goals.

Foods that contain carbohydrate include:

- Grains, such as bread and pasta.
- Starchy vegetables, such as potatoes, corn, peas and beans.
- Fruit and juices.
- Dairy products, such as milk and yogurt.
- Sweets, such as cookies and cake.

For diabetes meal planning, one carb serving is about 15 grams of carbohydrate. The total amount of carbs you can consume to stay within your target blood sugar range depends on your age, weight and exercise level.

## Tips for reading food labels

- 1.** Find the serving size (remember to always compare the serving size to your actual portion)
- 2.** Locate the total carbohydrates in 1 serving (sugars are included in this number, so you do not need to count them separately).
- 3.** Count the grams of total carbohydrates.



## Examples of carb amounts in foods (1 serving equals 15g carbs)

- |                               |                        |
|-------------------------------|------------------------|
| 1 slice of bread              | ½ banana               |
| ⅓ cup rice or pasta           | 1 cup berries or melon |
| ½ cup potatoes, corn or beans | 1 cup milk             |
| 1 small apple or orange       | 6 ounces yogurt        |

Carbs are an important part of a healthy meal plan. Try to get most of your carbs from fruits, vegetables, whole grains and low-fat milk and yogurt.

## Examples of how to count carbs

One way to count carbs is the insulin-to-carb ratio. You'll count the grams of carbohydrate in the foods you plan to eat. Then you'll determine how much insulin—based on the carb count of that meal—you'll need to take. This method is typically recommended if you take insulin by shots or pump. This can include people with type 1 diabetes and some people with type 2 diabetes.

The Diabetes Plate Method is another way to count carbs. With this method, you'll limit the grams of carbohydrate based on portion sizes. Using a dinner plate, you'll put non-starchy vegetables, such as broccoli, greens, tomatoes and carrots, on half the plate; meat or another protein on one-fourth of the plate; and a grain or starch, such as corn and peas, on the last fourth.



Vindya  
Boelke, MD



Khanh T. Pham, MD

## Team up with diabetes experts

Yes, diabetes may bring changes to your lifestyle, but you can do this. Get a jump-start by asking your doctor for help. Watson Clinic's board-certified Endocrinology specialists **Dr. Vindya Boelke** and **Dr. Khanh T. Pham** can help you manage your diabetes through medication, diet and exercise. Appointments may be scheduled at two convenient locations—Watson Clinic Main in Lakeland and Watson Clinic Bartow Building A in Bartow—by calling **863-680-7190**.

Patients also benefit from the expertise and guidance of the Clinic's certified diabetes care and education specialists who offer individual and group education aimed at helping patients with diabetes live their best lives. Appointments must be arranged through a Watson Clinic Endocrinologist.



INTRODUCING

# OUR NEWEST PROVIDERS



**TRAVIS A. CARTER, MD, MS**  
**RADIOLOGY**

**Education:** University of South Florida College of

Medicine, Tampa, FL

**Internship:** University of South Florida College of Medicine, Tampa, FL, Surgery

**Residency:** University of South Florida College of Medicine, Tampa, FL, Radiology

**Fellowship:** Moffitt Cancer Center, Tampa, FL, Breast Imaging

**Board certification:** Radiology

**Location:** Watson Clinic Women's Center



**PATRICK FRANCOIS, MD**  
**NEPHROLOGY**

**Education:** Caribbean Medical University,

Willemstad, Curaçao

**Residency:** St. John's Episcopal Hospital, Queens, NY, Internal Medicine

**Fellowship:** University of Miami, Miami, FL, Nephrology

**Board certification:** Internal Medicine

**Location:** Watson Clinic Highlands

**Appointments: 863-680-7190**



**MARVIN R. MCBRIDE, MD**  
**HOSPITALIST**

**Education:** Indiana University School of

Medicine, Indianapolis, IN

**Internship:** IU Health Ball Memorial Hospital, Muncie, IN, Family Medicine

**Residency:** IU Health Ball Memorial Hospital, Muncie, IN, Family Medicine

**Board certification:** Family Medicine

**Location:** Lakeland Regional Health Medical Center



**NICOLE M. DAWSON, MD**  
**ANESTHESIOLOGY**

**Education:** University of Nebraska Medical

Center College of Medicine, Omaha, NE

**Internship:** University of Iowa Hospitals and Clinics, Iowa City, IA, OB-GYN

**Residency:** University of Nebraska Medical Center, Omaha, NE, Anesthesiology

**Board certification:** Anesthesiology

**Location:** Bartow Regional Medical Center, Lakeland Regional Health Medical Center, Lakeland Surgical & Diagnostic Center



**ELIZABETH N. GEORGE, OD**  
**OPTOMETRY**

**Education:** Southern College of Optometry,

Memphis, TN

**Residency:** Bay Pines VA Medical Center, Bay Pines, FL, Ocular Disease & Low Vision

**Board certification:** Optometry

**Location:** Watson Clinic Main

**Appointments: 863-680-7486**



**D'AISHIA BURGESS, APRN**  
**PULMONOLOGY**

**Education:** Polk State College, Winter

Haven, FL, BSN; Florida Southern College, Lakeland, FL, MSN

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

**Supervising physician:** Naem Shahrour, MD

**Location:** Watson Clinic Main

**Appointments: 863-680-7190**



**KRISTINA HAIR, DO**  
**FAMILY MEDICINE**

**Education:** Lincoln Memorial Debusk College of Osteopathic

Medicine, Harrogate, TN

**Residency:** Reid Health, Richmond, IN, Family Medicine

**Board certification:** Family Medicine

**Location:** Watson Clinic Bartow Building A

**Appointments: 863-680-7190**



**Meet the latest additions to our team of expert physicians and providers. Appointments are now available, except where noted. Visit [WatsonClinic.com](http://WatsonClinic.com) for more information.**



**JOSEPH R. GRYCH, APRN**  
**URGENT CARE**

**Education:**

Chamberlain University, Addison, IL, BSN, MSN

**Supervising physicians:** Richard Dudrak II, MD, Aned Orbezo, MD, Om Prakash, MD, and Rajendra Sawh, MD

**Location:** Watson Clinic Urgent Care Main

**Appointments: 863-680-7271**



**BRANDI N. PLUMMER, APRN**  
**INTERNAL MEDICINE**

**Education:** Polk

State College, Winter

Haven, FL, BSN; Florida Southern College, Lakeland, FL, MSN

**Membership:** American Academy of Nurse Practitioners

**Supervising physician:** Guillermo Vasquez, MD

**Locations:** Watson Clinic Main and South

**Appointments: 863-680-7190**



**BRANDI C. RAY, APRN**  
**INTERNAL MEDICINE**

**Education:** University of South Florida,

Tampa, FL, BSN, MSN

**Memberships:** American Academy of Nurse Practitioners, American Association of Critical Care Nurses Alumna

**Supervising physician:** Agustin Tavares, MD

**Location:** Watson Clinic South

**Appointments: 863-680-7190**



## Prescription vs. over-the-counter hearing aids


Over-the-counter hearing aids have recently become available to people who have mild to moderate perceived hearing loss. The availability of these devices might seem like a convenient alternative to prescription hearing aids, but they lack a number of benefits that could greatly enhance the quality of life for hearing-impaired people.

“Over-the-counter hearing aids are designed to be a one-size-fits-all solution. That will fall short for many patients, because no two hearing problems are the same,” reports board-certified Audiologist **Amanda Hidalgo**. “Prescription hearing aids are tailored to meet a patient’s unique, individual needs—from the fit of the device to specific amplification and other program settings.”

It all begins with a hearing test. With decades of experience and doctorate degrees in audiology, the Watson Clinic Hearing Center team offers comprehensive evaluations to assess the nature and degree of each patient’s hearing loss. From there, a hearing device will be selected that will prove most effective in correcting a patient’s hearing loss, and they will be custom-fitted for maximum comfort.

When a person’s condition requires more specialized medical attention, appointments can be swiftly arranged with one of Watson Clinic’s board-certified otolaryngologists.

Additional services provided by the Hearing Center include evaluations and programming for cochlear implants and bone-anchored devices, as well as hearing aid repairs and supplies. Over-the-counter hearing aids are also offered through the Hearing Center for people who prefer to pursue this approach.

 The Watson Clinic Hearing Center is housed in both the Bella Vista Building and Highlands locations in Lakeland. For more information or to schedule an evaluation, visit [WatsonClinic.com/HearingCenter](https://www.WatsonClinic.com/HearingCenter) or call **863-904-6296**.



Amanda Hidalgo, AuD, CCC-A, ABAC

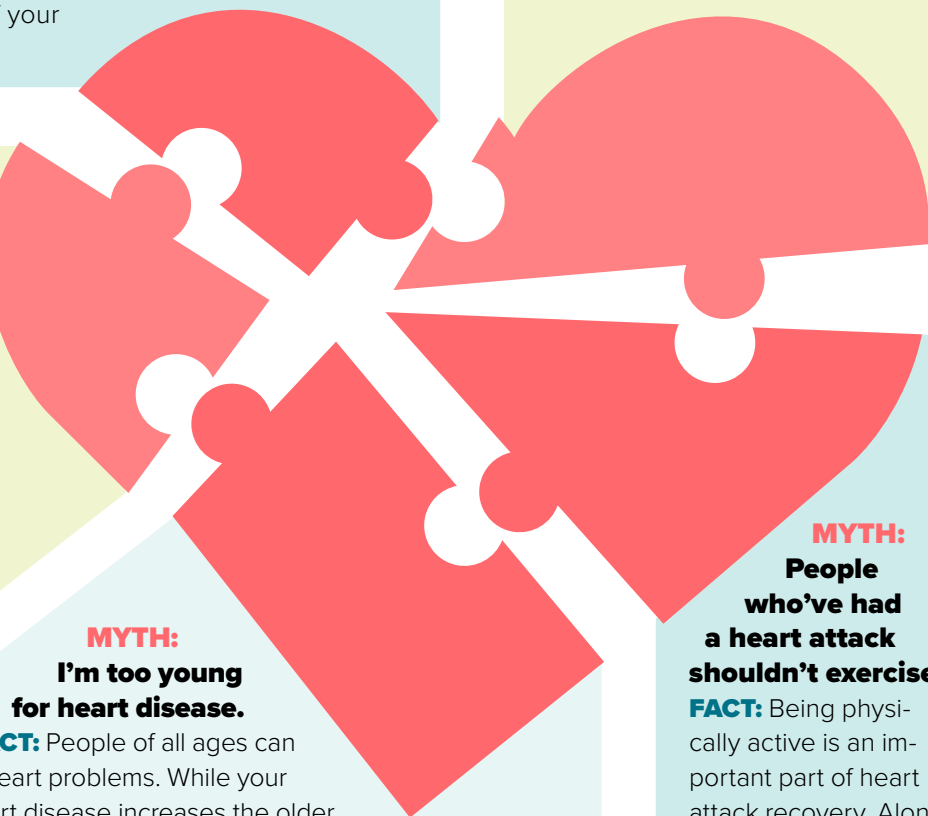
# 5 heart disease myths exposed

**MYTH: I'll know it if I have heart disease.**

**FACT:** For many people, their first sign of heart disease is a heart attack. Some factors that contribute to heart disease and heart attacks—such as high blood pressure and high cholesterol—often don't cause symptoms. That's why it's important to see your primary care provider and get recommended screenings for these and other heart disease risk factors. Knowing where you stand helps you take charge of your heart health.

**MYTH: Heart attacks always involve intense chest pain.**

**FACT:** Chest discomfort is a common symptom. But it's not the only one, and it may be only mild. Other potential heart attack symptoms include shortness of breath, nausea, lightheadedness, or discomfort felt in one or both arms, the jaw, the neck or the back. If you even suspect you or someone else might be having a heart attack, call 911.



**MYTH: I'm too young for heart disease.**

**FACT:** People of all ages can have heart problems. While your risk for heart disease increases the older you get, being young doesn't make you immune.

For example, many people are born with heart conditions. And many people have a family history of early heart disease. You can't change your family history, obviously, but you can take steps at any age to keep your heart healthy. Among them: Don't smoke, control your cholesterol, blood pressure and blood sugar, eat a well-balanced diet low in artery-clogging saturated fat, exercise regularly, and maintain a healthy weight.

**MYTH: Women don't have to worry about heart disease.**

**FACT:** About 1 in 5 U.S. women dies from heart disease. "It's the leading killer of both women and men," says **Dr. John G. Canto**, a board-certified Cardiologist and Director of CV Prevention, Research & Education at Watson Clinic Main in Lakeland. "It's a bigger threat to women than even breast cancer."

**MYTH: People who've had a heart attack shouldn't exercise**

**FACT:** Being physically active is an important part of heart attack recovery. Along with other lifestyle changes, like eating a healthy diet, exercise may help you live longer. But it's important to choose activities that are right for you. If you've had a heart attack or another heart problem, ask your doctor about joining a cardiac rehabilitation program where you can learn to safely exercise and take care of your heart.



John G. Canto, MD, MSPH, FACC, FACP, FAHA, FASE

By introducing the latest innovative procedures to the community and embracing the most progressive clinical research, Watson Clinic's Cardiology department has long been a recognized and respected leader in the healthcare industry. The department features a team of expert noninvasive and interventional Cardiology specialists who accept appointments from two convenient locations—Watson Clinic Main and Watson Clinic Highlands. For more information and to schedule an appointment, visit [WatsonClinic.com/Cardiology](http://WatsonClinic.com/Cardiology) or call **863-680-7490**.



CANCER

# A JOURNEY BEYOND survivorship

**IN 2018**, Simoni Bonadies got the call every woman dreads. She had been diagnosed with breast cancer.

A teacher at Rochelle School of the Arts in Lakeland, Bonadies always found comfort and inspiration in creativity. This impulse proved essential to her healing during her arduous treatment phase. She poured her feelings into her artwork.

“Those dark feelings could not stay in my mind because it would have made me more sick,” Bonadies reflects. “Otherwise, you can go into depression very easily.”

The Watson Clinic Foundation Arts in Medicine (AIM) program provided Bonadies with the creative outlet she craved. Based on research that has found creative activities foster more healing, the program offers meaningful outlets for patients,

caregivers and staff at the Watson Clinic Cancer & Research Center.

## From surviving to thriving

The support Bonadies received during her treatment was empowering and helped to usher her through the darkness of her diagnosis. But once the cancer was eradicated and the survivorship phase of her journey began, she pondered her next step.

A growing number of breast cancer survivors find themselves in that same predicament: How can I go from merely surviving to thriving?

“When you finish the treatment and your hair is back and you’re OK, everybody goes back to normal and you still feel in danger,” Bonadies shares. “It feels like the ship doesn’t have a captain anymore.”

Thankfully, the AIM program came through with a potential solution. Bolstered by a generous grant from the Florida Breast Cancer Foundation, AIM program coordinator Tiffany Van Wieren introduced the Breast Cancer Survivorship Series, a collection of four monthly educational and creative workshops that empower survivors to reconnect with their community and their sense of self.

## Inspiring hope

### ARTS IN MEDICINE PROGRAM AND BREAST CANCER SURVIVORSHIP SERIES

These workshops are available at no cost and are open to breast cancer survivors throughout our community who are within their first five years of survivorship (as determined by their date of diagnosis).

**For more information** or to submit a registration request for the workshop series online, visit [WatsonClinic.com/Survivorship](http://WatsonClinic.com/Survivorship) or call **863-603-4718**.

Bonadies signed up for the first set of classes.

“Survivorship is learning how to eat better, improve your quality of life and do things that are healthy for your mind too,” she says.

The workshop series equipped Bonadies with all of this and more. Alongside fellow survivors, she learned the ins and outs of post-treatment self-care by engaging with a Watson Clinic Oncologist and Nutritionist. She painted at the Polk Museum of Art, danced with the Florida Dance Theater and created her own mini-garden with the Garden Club of Lakeland.

The series inspired Bonadies to take her life back.

While her story is all her own, it certainly echoes the voices of so many women who must navigate the difficult transition beyond survivorship. For these patients, the workshop series provides an option for hope and personal growth.



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



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Lakeland, FL 33805

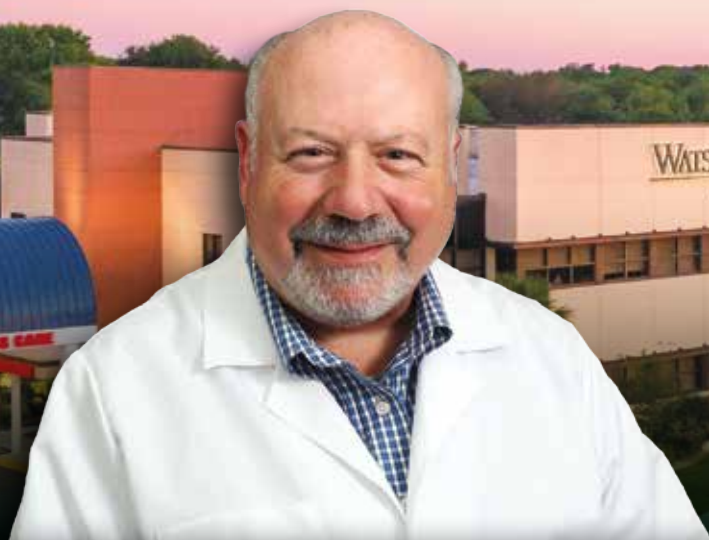
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## WATSON CLINIC<sup>LLP</sup>

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# Healthcare When You Need It

*Same Day and Next Day Appointment Availability.*



**Jack B. Davidoff, MD**

Board-certified  
Family Medicine Physician

**Priority Care Highlands**, headed by **Dr. Jack Davidoff** and licensed practical nurses **Amber Childs, LPN** and **Karen Mahoney, LPN**, is an option for Watson Clinic patients who need prompt treatment for a non-emergency illness or injury that can't wait for a regular appointment with their doctor.

**Call 863-680-7190  
to schedule an appointment!**



Amber Childs, LPN



Karen Mahoney, LPN

**Watson Clinic Highlands**  
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