

CELEBRATION OF WELLNESS

Celebration
Pediatrics



Issue 72

January 2024

Breastfeeding

By Connie Ortiz, MSN, APRN, FNP-C



Breast milk is the optimal source of nutrition for virtually all babies, especially in their early days of life. The beauty of breast milk is that it meets essentially all the nutritional needs. Premature babies are at a higher risk for illnesses, and breast milk has important health benefits for these small gestational babies. Early breastfeeding (within the first few hours after birth) has many benefits, including providing the baby with Colostrum and allowing the mother to establish her milk supply.

What is Colostrum?

Colostrum, or "first milk," is a gold or yellow liquid rich in nutrition and healthy antibodies that help protect infants from infections. It's important to remember in the early days of breastfeeding, the quantity of colostrum is small. Due to Colostrum's high amount of nutrition, the small quantity is sufficient as long as the baby receives it frequently.

Increasing milk supply:

Frequent breastfeeding or pumping signals the breast to make more milk. With frequent feedings, the body adapts to meet your baby's needs with a natural "demand and supply."

Basic principles:

Position for comfort - You can breastfeed in many positions; most importantly, you and the baby are comfortable.

Latching - The key step in breastfeeding is latching correctly and forming a seal around the nipple, covering much of the areola near the baby's lower jaw. A comfortable latch protects your nipple from pain or irritation and allows for good milk flow.

How to detect a good latch?

1. Complete comfort during breastfeeding.
2. Baby's cheeks are full, and the tongue comes out over the lower lip during latch-on.
3. After feeding, the nipple looks normal and full, not creased, sloped, or compressed.
4. Suckling and swallowing: When babies are feeding well, you can hear them swallow.



The mother's health benefits of breastfeeding:

1. Decrease the risk of breast and ovarian cancer
2. Decrease the risk of type 2 diabetes
3. Decrease the risk of high blood pressure.

Milk storage guidelines are essential to maintain the safety and quality of expressed breast milk for your baby's health.

TYPE OF BREAST MILK	STORAGE LOCATIONS AND TEMPERATURES		
	Countertop 77°F (25°C) or colder (never refrigerated)	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	1-2 Hours	Up to 1 Day (24 hours)	NEVER refreeze human milk after it has been thawed
Leftover from a Feeding (did not enter the bottle)	Use within 2 hours after the baby is finished feeding		

These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider.
Find more breastfeeding resources at: WIC breastfeeding.fns.usda.gov www.usda.gov/breastfeeding

Celebration Pediatrics is a certified lactation specialist, Monica Clark, MSN, APRN, FNP-C, CLC.

For more information or to schedule an appointment with Connie or Monica, call us at 877-595-5113.

Join Us for Our Monthly Meet & Greet with Dr. Anwer on January 16, 2024, at 5:30 PM.

We invite new prospective patients to attend our free monthly Meet & Greet events to meet our providers and discover more about our patient-centered medical home. Secure your spot now by calling our office at 407-566-9700.



Same Day Sick Appointments

As the cold and flu season continues, we understand the urgency of your child's health. That's why we offer same-day-sick appointments at Celebration Pediatrics. To schedule an appointment, please call us at 877-595-5113.

Happy New Year

Wishing you health and happiness to you and your family in the new year ahead.



Celebration
Pediatrics



CELEBRATION: 1530 Celebration Boulevard • 301 • Celebration, FL 34747
WINTER GARDEN: 1997 Daniels Rd • Winter Garden, FL 34787
(866) 595-5113 • www.celebrationpediatrics.com



CELEBRATION OF WELLNESS

 Celebration
Obstetrics & Gynecology

Issue 72

January 2024

Establishing a True Partnership for Comprehensive Women's Health

The "New Year, New You" mantra inspires excitement for fresh starts and positive decision-making. At Celebration Obstetrics & Gynecology, we believe that comprehensive care for women should include all aspects of their health, even aesthetic concerns. Rather than solely putting the responsibility on our patients to make these changes, we aim to establish a strong, collaborative partnership with you in the new year. We are shifting the "New Year, New You" to a "New Year, New Us"!

Our team of providers is committed to providing you with a relaxed, positive experience that addresses your concerns with compassion and understanding. As part of our focus, we want to share our expansion of treatments including medical weight loss, hormone counseling, in-office vaginal rejuvenation and pelvic floor rehabilitation treatments, and specific treatment plans to address changes from pregnancy and menopause.

"As we observe patients progress through the various stages of life, it's important to understand that many solutions are available to bring about positive change. Life is a precious gift, and we refuse to accept the notion of aging as a limiting factor. We are committed to providing the best possible care to our patients. We are continuously expanding our capabilities to offer innovative solutions."

- David A. Marcantel, MD, FACOG, Owner.



Ensuring your wellness is our top-most priority. We are dedicated to providing comprehensive care in all of our office locations, including gynecological services, preventive care, and aesthetic treatments. We believe that when you feel your best, you look your best, and we are committed to helping you achieve both. For further information on the complete range of our services, scan the QR code or call us at 407-566-2255.



Some of our exceptional providers (L-R):

Norris M. Allen, MD, FACOG;
Aledyandra Crespo-Nieves, MD, FACOG;
Robert F. Lemert, MD, FACOG;



Happy New Year

May the new year bring you peace, joy, and happiness!



New Insurance? No Problem. Contact Us Today!

We understand how important it is to stay on top of your health by scheduling annual exams. With the recent changes in insurance policies, it may be confusing to know what is covered and what is not. That's why we work with a variety of insurance providers to ensure that our patients get the care they need without any surprises. Our team will work with you to determine what services are covered under your plan and make any necessary adjustments to provide you with the best possible care. Don't let insurance changes keep you from taking care of your health. Schedule your annual exam with Celebration Health Wellness today and let us help you feel confident with your health. Contact us at 1-877-800-0239.



Provider Spotlight

Victoria Richione, APRN, FNP-C, knew from a young age that she wanted to be a nurse. She said, "For as long as I can remember, I have enjoyed helping and caring for people. After completing nursing school, I started my career in labor and delivery and have loved it ever since." While obstetrics is exciting to Victoria, her passion lies within family planning with a strong emphasis on patient education. "I always want my patients to be heard, no matter what they need to say. I am always there to listen to concerns, questions, and excitements. Mutual respect is important in a successful provider/patient partnership."

 Celebration
Obstetrics & Gynecology

CELEBRATION: 410 Celebration Place, 208, Celebration, FL 34747
DAVENPORT: 2209 N. Boulevard West, C, Davenport, FL 33837
WINTER GARDEN: 1997 Daniels Road, Winter Garden, FL 34787
877-800-0239 • www.CelebrationObgyn.com



Connect With Us