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## Life Wise

### The Best Health Advice

The best health advice you have ever received came from your mom when you were a toddler; it's to **wash your hands**. Hand-washing reduces the risk of foodborne illness, respiratory, and other infections. Life is better with clean hands...a mother's wisdom for a happy, healthy life!

Source: CDC: [https://www.cdc.gov/healthywater/hygiene/fast\\_facts.html](https://www.cdc.gov/healthywater/hygiene/fast_facts.html)



# LifeTimes

The Art of Living Well

SPRING 2022

## Why You Should Continue Well-Woman Visits After Menopause

With menopause marking the end of fertility, many women believe they no longer need routine well-woman exams. However, there are many benefits of continuing these routine visits to the gynecologist.

### What is Menopause?

Menopause is the time in an adult woman's life when her period stops, marking the end of fertility. During menopause, the ovaries stop producing estrogen and progesterone, which ultimately stops a woman from having her period.

During the process of menopause, it's normal for a woman to experience the following:

- Hot flashes
- Night sweats
- Vaginal dryness
- Mood swings
- Hair loss
- Facial hair growth

### Reasons to Continue Well-Woman Visits

#### Pelvic Exams

Although you no longer need a pap smear after going through menopause, pelvic exams are still important. During a pelvic exam, your gynecologist is able to check the outside of your vagina, the vaginal canal, and the cervix

for abnormalities and causes for concern. Your physician will also check for the proper positioning of your reproductive organs.

#### Cancer Screenings

While women over the age of 65 no longer need to be screened for cervical cancer, having routine screenings is essential when it comes to diagnosing and treating other gynecological cancers. In fact, as you continue to age, the risk for developing the following cancers continues to increase:

- Breast cancer
- Ovarian cancer
- Uterine cancer

By continuing well-woman visits, you can stay up-to-date on screenings like mammograms, ultrasounds, and pelvic exams.

#### Sexual Health

Going through menopause doesn't mean the end of sexual activity. This makes it essential to continue seeing your gynecologist to stay on top of your sexual health and wellness. Regardless of your marital status, it is essential to have routine STD and STI screenings.

### Women's Health Services in Titusville

When it comes to supporting your health, it is important to find a gynecologist you can trust.

- Gynecology
- Gynecologic surgery
- Pregnancy and birth
- Reproductive medicine
- Mammography and imaging
- Menopause

Whether you need maternity care or a complex surgical procedure, we have all the services you need for every phase of life.

Right here. Close to home.

We Believe  
in Your Health

Find your Health Expert.  
[Visit parrishhealthcare.com](http://parrishhealthcare.com).



# Chairman's Message

This spring issue of LifeTimes is dedicated to women's health. Inside this issue you will learn how Parrish Healthcare continues to innovate health services with a focus on prevention and wellness. We'd also like to recognize Mother's Day that occurred on Sunday, May 8, 2022. There is no better time than Mother's Day to reflect on all the ways mothers provide loving experiences for their children and families. Mothers are among our earliest teachers in life. They show us the importance of self-care: sleep, play, cleanliness, and nutrition.

Moms teach us to be careful and mindful of our surroundings. Moms nurse us back to health when we get sick or suffer an injury. Mom is the epitome of *Healing Experiences For Everyone All The Time®*. On behalf of the Board of Directors and the entire Parrish family of care partners, we want to say a heartfelt "Thank You" to every Mother. Robert L. Jordan, Jr.



Robert L. Jordan, Jr.,  
Chairman

## News & Notes



### Parrish Health and Wellness Now Open

Parrish Health and Wellness Center located at the Crossroads Shopping Plaza, 3065 Columbia Blvd., Suite C104, Titusville, FL, is now open. The center features individual exercise pods; a variety of cardio, functional and strength training equipment; personal training services; private restrooms and showers; and complimentary Wi-Fi. Annual and monthly membership options are available.

### Parrish Medical Group Welcomes New Providers

Dr. David Schafer, Orthopedic Surgeon  
Dr. Steven Holmes, Occupational Health  
Dr. Kevat Patel, Primary Care  
Dr. Bryan Parry, Orthopedic Surgeon

Visit [parrishhealthcare.com/our-providers](http://parrishhealthcare.com/our-providers).

Visit [parrishhealthcare.com/healthandwellness](http://parrishhealthcare.com/healthandwellness) for more information.

### Former Parrish Health & Fitness Center to become Orthopedic & Sports Medicine Center of Excellence

Construction is now underway to create the new state-of-the-art Orthopedic and Sports Medicine Center. Physicians Anthony Allotta, DO, and Orthopedic Surgeon David Schafer, MD, are providing the clinical and programmatic oversight for this program. The center will include medical services, athletic training, physical therapy and rehabilitation services, injury prevention, treatment clinics and more.

### Parrish Medical Center maintains the Gold Seal of Approval for Primary Stroke care since 2004

Parrish Medical Center (PMC) has earned The Joint Commission's Gold Seal of Approval® for primary stroke care. PMC's recertification as a Primary Stroke Center extends its first-in-Brevard County achievement for area patients endangered by stroke's potentially debilitating effects. "Primary Stroke Center Certification recognizes health care organizations committed to fostering continuous quality improvement in patient safety and quality of care" says Mark Pelletier, RN, MS, chief operating officer, Accreditation and Certification Operations, and chief nursing executive, The Joint Commission.



David Schafer, MD



Steven Holmes, MD



Kevat Patel, MD, MS



Bryan Parry, MD



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## LIVE, LAUGH, LEARN EVENTS

*Events, seminars, support groups and more.*

*Need a Health Expert to speak to your group? Our experts are available to speak to your group on important health issues. Contact us at [communications@parrishmed.com](mailto:communications@parrishmed.com) to schedule a speaker for your next meeting.*

Parrish Healthcare sponsors classes, events and support groups for all ages. Unless otherwise noted, registration is required, and classes are free.

Look for updates and newly added events online at [parrishhealthcare.com](http://parrishhealthcare.com).

### Decoding Diabetes

Dates and times vary. Diabetes is a complex disease. Certified Diabetes Care and Education Specialist, Peggy McLaughlin, RN will decode diabetes during this fun, interactive and instructional class. Space is limited.

Visit [parrishhealthcare.com/decodingdiabetes](http://parrishhealthcare.com/decodingdiabetes) to sign up.

### NATIONAL OBSERVANCES

**National Stroke Awareness Month – May**  
**Mental Health Month – May**  
**Men's Health Month – June**  
**National Cancer Survivor's Day – June 6th**  
**Family Health and Fitness Day – June 11th**

## SUPPORT GROUPS

### Mom's Group

Mondays from 10-11 am  
The Children's Center  
5650 S. Washington Ave., Titusville, FL  
Free support group for mothers with babies ages birth to six months. During this class, moms will be able to discuss topics such as infant feeding, sleeping, milestones, car seats, play, development, post-partum care, birth control, post-partum depression, dietary needs and much more! Space is limited.

Contact Teri Newman at [Teri.Newman@parrishmed.com](mailto:Teri.Newman@parrishmed.com) to sign up.

### Care Givers Support Groups

Monthly, Second and Fourth Thursday  
9:30-11:30 am  
Heritage Hall, 931 N. Washington Ave., Titusville  
Some factors of aging can be surprising and unexpected. On the second and fourth Thursday of every month Clinical Social Worker Janet Rooks is here to help. The Care Givers Support Group provides a safe place for individuals to learn about the unexpected factors of aging. Individuals will learn from those who are facing similar situations, as well as others who have already conquered their worries. There is no registration required for this event, all are welcome.

