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Medical People

Published: Tuesday, January 9, 2007 at 7:09 a.m.

Dr. Barbara S. Cuddeback, psychiatrist, has joined Watson Clinic and will provide adult outpatient psychiatric care at its Watson Clinic South location, 10333 N. Parkway Frontage Road, Lakeland. Cuddeback received her medical degree from the Medical College of Georgia in Augusta. She performed her internship and residency in psychiatry at the University of Toledo in Ohio. She was a 2005 recipient of the Geriatric and Community Service Award in Toledo. To schedule an appointment, call 647-8090.

Dr. Mark Helm, psychiatrist with fellowship training in child and adolescent psychiatry, has opened a private practice at 107 Morningside Drive in Lakeland. He will treat children, teenage and adult patients. Helm has lived and practiced psychiatry in Lakeland since 1986, including having been until recently an employee of Lakeland Regional Medical Center. From 1986 until 1995, when he became a full-time LRMC employee, he had his own outpatient practice in child and adolescent psychiatry. In 1993, he helped develop and open LRMC's Adolescent Psychiatric Unit. Helm graduated from Northwestern University with a degree in biology in 1975 and received a master's in biology from the University of Missouri in 1977. In 1981, he graduated from Saint Louis University School of Medicine. He then received five years of post-medical school residency training in psychiatry and fellowship training in child/adolescent psychiatry from the Medical University of South Carolina in Charleston and from the University of South Florida College of Medicine. He can be reached at 683- 2600.

Dr. Brian Jurbala, founder and president of Highland Center for Orthopaedics, recently was named chairman of Winter Haven Hospital's orthopedic surgery department. He is certified by the American Board of Orthopaedic Surgery, from which he also has a certificate of added qualifications in hand surgery, and is president elect of the Polk County Medical Association. Highland Center for Orthopaedics, established in south Lakeland in 2002, has additional locations in Winter Haven and Wauchula.