

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

April 2014

Lake/Sumter Edition - Monthly

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**Don't Live
in Vein!**

**Facial Plastic Surgery
Can Build**

Confidence

**High Blood Pressure
is Dangerous to the Heart:**

**Do You Know
Your Numbers?**

Effective Treatment for

Sleep Apnea





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~ Patient specific, ligament-sparing partial knee replacement for rapid return to your active lifestyle ~

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spine surgeons
actually perform
surgery using
minimally
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techniques.

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Stop Suffering from Pain

OUR STORY

OFFERING ADVANCED TREATMENT OPTIONS AND MAINTAINING A COMMITMENT TO EXEMPLARY SERVICE. OUR DOCTORS FOCUS ON THE SPECIFIC NEEDS OF EACH PATIENT WITH THE GOAL OF RETURNING THEM TO A HEALTHY, ACTIVE LIFESTYLE AS SOON AS POSSIBLE.

We all know how debilitating back pain can be. It can adversely affect our quality of life and sideline us from participating in our favorite activities.

Gulfcoast Spine boasts two physicians who are nationally renowned for their success in performing minimally invasive spine surgery. Those physicians are Dr. Frank Bono and Dr. James Ronzo. They offer the most advanced diagnostics and treatments for relief of back and spine problems.

The central focus of Gulfcoast Spine is an unrelenting commitment to explore every

possibility of improving patients' lives and helping them return to their prior level of functioning. Providing total patient-centered care in a compassionate, competent manner has and always will be of utmost importance to the entire GSI team.

When you visit Gulfcoast Spine, their medical providers make sure to listen to your questions and concerns, making a thorough list of symptoms before proceeding with a detailed physical exam. These nationally recognized leaders in spine surgery work with you to develop a plan of individualized treatment

to meet your needs.

With their state-of-the-art technology and personable staff, Drs. Bono and Ronzo are dedicated to building a sincere relationship with each patient they treat and doing whatever it takes to ensure your overall health and well-being.

Life doesn't have to stop when pain strikes. We understand how important it is to return to normal, fun-filled activities like hitting the golf course with friends or swimming with the grandchildren on the weekend. Everyone deserves to live a happy, healthy, and pain-free life!



Gulfcoast Spine Institute

by the numbers



Minimally Invasive:

Dr. Ronzo and Dr. Bono's surgical process begins with a 3/4" incision, to be followed with the use of dilators to gently separate the muscle. This important step eliminates the cutting of muscle fibers. This process leaves little scarring, fast recovery times, and excellent outcomes.

95%

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LESS THAN

10%

OF EXISTING SPINE SURGEONS ACTUALLY PERFORM SURGERY USING MINIMALLY INVASIVE TECHNIQUES.

MORE THAN
30,000
PATIENTS TREATED BY
DR. RONZO AND DR. BONO IN
THE PAST 12 YEARS

92%
OF OUR BUSINESS IS
REFERRED BY A PHYSICIAN
OR WORD-OF-MOUTH

LESS THAN
60
MINUTES
THE AVERAGE SURGERY TIME
BY DRs. RONZO & BONO

LESS THAN
1%
INFECTION RATE

12,432
SURGERIES AND PROCEDURES
PERFORMED

100%
OF OUR PRACTICE HAS BEEN AND
WILL CONTINUE TO BE EXCLUSIVELY
DEDICATED TO SPINE CARE



NOT ALL PHYSICIANS ARE CREATED EQUAL

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INTERCOMMUNITY CANCER CENTERS AND INSTITUTE SPOTLIGHTS ESOPHAGEAL CANCER

With so much news surrounding the prevention, detection and treatment of breast, prostate, colon and skin cancer, it can be easy to forget that other deadly forms of cancer do exist and are on the rise. According to the American Cancer Society (ACS), there will be approximately 18,170 newly diagnosed esophageal cancer cases in 2014. As a result, the ACS also estimates that this cancer will take 15,450 lives. In its continued efforts to educate local residents about all forms of cancer, this month InterCommunity Cancer Centers (ICCC) and Institute (ICCI) of Leesburg and Lady Lake are spotlighting esophageal cancer.

The esophagus is the muscular tube through which food passes from the throat to the stomach. The majority of esophageal cancers are either adenocarcinoma or squamous cell carcinoma. Both cancers are found in the tissue that lines the inside of the esophagus.

Many researchers believe that some risk factors, such as tobacco or alcohol use, may cause esophageal cancer by damaging the DNA of cells that line the inside of the esophagus. In addition, long-term irritation of the lining of the esophagus caused by reflux (heartburn), Barrett's esophagus, and esophageal webs, may also lead to DNA damage and increased esophageal cancer risk. While we don't know the exact cause of esophageal cancer, we do know some of the key risk factors that make this cancer more likely, including the following provided by the ACS:

- **Age:** The chance of getting esophageal cancer is relatively low in youth but increases with age.
- **Gender:** This disease is three to four times more common among men than among women.
- **Gastroesophageal Reflux Disease (GERD):** In some people, acid can escape from the stomach into the esophagus causing symptoms such as heartburn or chest pain. People with GERD have a higher risk of getting adenocarcinoma of the esophagus based on how long someone has had the disease and how severe the symptoms are.
- **Barrett's Esophagus:** If stomach acid continues to enter the lower esophagus over an extended period of time, it can damage the lining of the esophagus. The longer someone has reflux, the more likely it is that they will develop Barrett's esophagus.



- **Tobacco and Alcohol:** The increased and extended use of tobacco products, including cigarettes, cigars, pipes, and chewing tobacco, as well as drinking alcohol are known lifestyle risk factors for esophageal cancer

- **Obesity:** People who are overweight or obese (severely overweight) have a higher chance of getting adenocarcinoma of the esophagus. This is in part explained by the fact that people who are obese also tend to suffer from associated conditions, including esophageal reflux.

"While we cannot prevent all esophageal cancer cases, we can reduce our risk of getting this disease by maintaining a health diet comprised of fruits and vegetables, avoiding tobacco and limiting alcohol use. Also, staying active by engaging in daily exercise and keeping a healthy weight can also help our prevention efforts," explains Hal Jacobson, M.D., medical director of ICCC/ICCI.

Patients who are diagnosed with the esophageal cancer are often prescribed chemotherapy, surgery and/or radiation treatments. Radiation therapy, including external-beam and high- and low-dose brachytherapy, are most often used by cancer specialists to shrink the tumor prior to surgery, kill any cancer cells that may remain after chemotherapy and surgery, and with more advanced esophageal cancers – shrink tumors so a patient can swallow more easily.

"While external-beam radiation therapy and brachytherapy cannot cure the cancer, it can help shrink and terminate any remaining cancer cells. In addition, brachytherapy has proven to be an effective way to relieve painful swallowing and improve a patient's quality of life," says Dr. Maureen Holasek, radiation oncologist at ICCC/ICCI.

*For more information, please visit
www.ICCCVantage.com.*

THE EXPERIENCE OF INTERCOMMUNITY CANCER CENTERS

ICCC has 25 years of cancer-fighting experience having treated over 10,000 patients. They are dedicated to empowering patients to have the confidence they need to change their lives. Radiation Oncologists Drs. Hal Jacobson, Herman Flink, Maureen Holasek and Alison Calkins bring exceptional expertise in treating breast, lung, prostate, gynecologic, skin and other cancers.

As part of a larger, nation-wide oncology group of physicians and specialists under Vantage Oncology, the oncologists at ICCC have access to aggregated clinical information and best practices from the treatment of more than 1,000 patients per day, enabling them to develop highly-effective and peer-collaborated treatments. This gives many of the centers that work with Vantage, including ICCC, the ability to offer university-quality treatment services in smaller and more rural areas. It gives local communities exceptional services closer to home and in a non-hospital setting. To learn more, please visit www.ICCCVantage.com.

ABOUT VANTAGE ONCOLOGY

Vantage Oncology offers a complete development, implementation and management solution for radiation oncology practices. It provides ownership opportunities that empower physicians to maintain control of their practice while leveraging the strength of the company's network and clinical resources. A multi-disciplinary team is committed to continuously raising the standards of cancer care. Vantage provides patients and their families with ultimate peace of mind through its commitment to clinical excellence and superior outcomes. For more information, please visit www.VantageOncology.com.

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Hal Jacobson, MD
Herman Flink, MD
Alison Calkins, MD
Maureen Holasek, MD

DON'T LIVE IN VEIN!!!!

By Tom Tran PA-C, MPAs, NCCPA Surgery Board Certified

Varicose veins and vein disease affect over 40% of women and 25% of men in the United States.

More than 1 million people will undergo vein treatment in a year's time.

Cause of Varicose Veins and Vein Disease

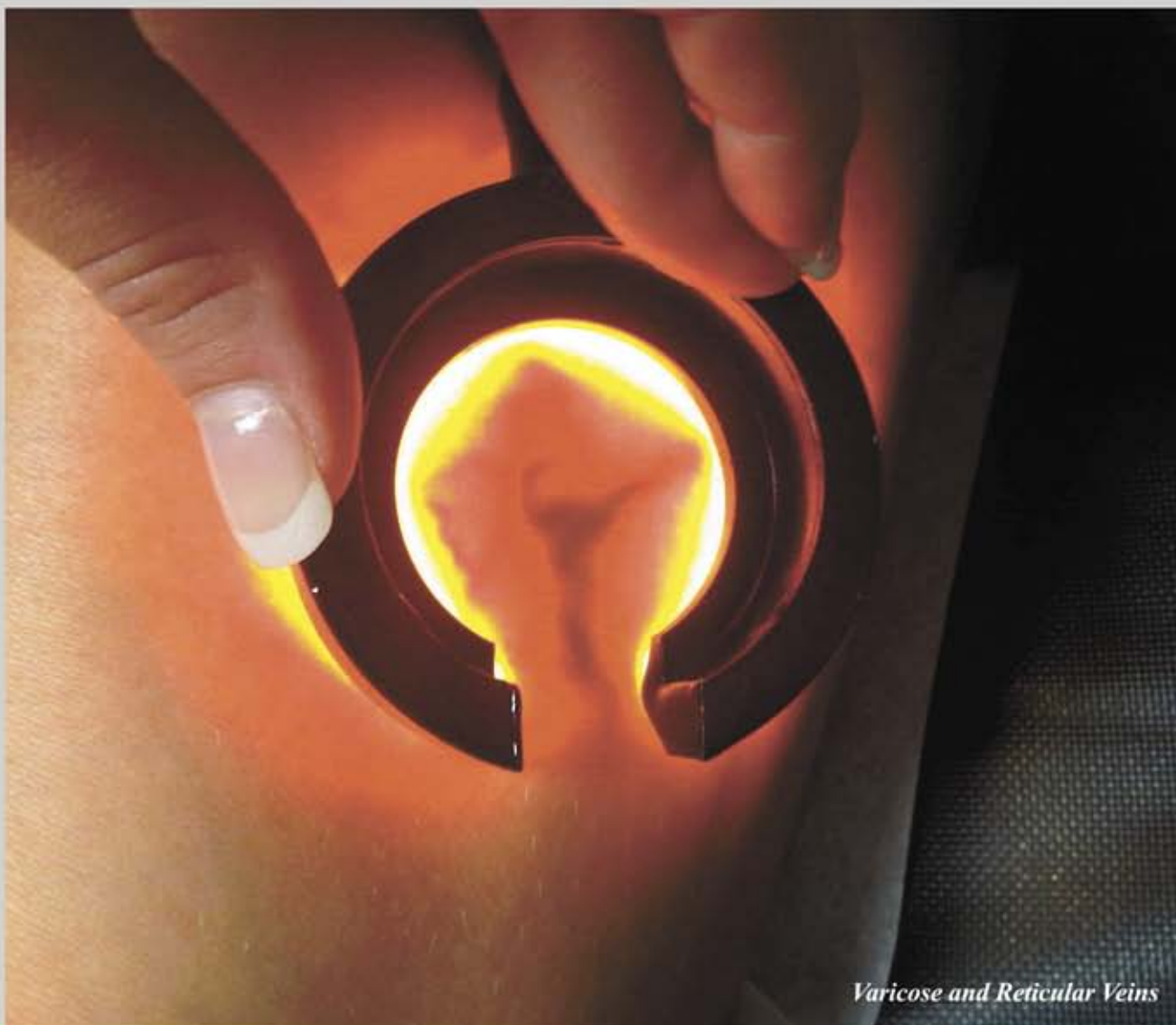
The cause of varicose veins and vein disease include:

1. Standing or Sitting a Lot for Work
2. Genetics
3. Obesity
4. Pregnancy
5. High heels
6. Weight Lifting with Your Legs
7. Traumatic Episodes including Surgery on Your Legs
8. Blood Clots

Effects of Varicose Veins

The effects of varicose veins include:

1. Leg Pain
2. Leg Cramping
3. Leg Swelling
4. Leg Aching/Discomfort
5. Visible Varicose Veins
6. Visible Spider Veins
7. Skin Color Changes (dark pigmented)
8. Vein Ulcers
9. Restless Leg Syndrome



Varicose and Reticular Veins

Early Detection is Crucial

Vein disease is one of the most misdiagnosed problems in the primary care setting. The purpose of veins is to bring blood back to the heart, and if they don't work properly in the legs, the blood sits there and can cause many problems as listed above. These symptoms can be very debilitating and affect many people's lifestyle. Early detection of the disease is crucial in preventing advancement to include swelling and ulcers. Discussing with your primary care Physician for early referral is the first step. Many patients state, "I don't have any visible veins or varicose veins." However, the problem is not what a patient sees on the outside, but the underlying vein is the causative factor. A simple referral to a dedicated vein center with a non-invasive ultrasound to detect an underlying problem can rule out or confirm vein disease.

Advanced Laser Therapy Technology

Many people are afraid of getting their veins treated because of fear of surgery. The old way of treating veins is to strip and tie the vein off in surgery and remove the varicose veins. Today, technology has allowed us to close the underlying vein using laser therapy through one needle hole. This is all done in the office without use of any scalpels or sutures. Thus, there is no downtime and patients can return to their normal activities the very next day. In combination with Foam Sclerotherapy and Visual Sclerotherapy, not only will the symptoms improve, but a good cosmetic effect will be evident. The large varicose veins are injected now instead of cutting them out, and thus, no scars or sutures. The spider veins are injected now with a new substance compared to the old saline that burns and has a high chance of recurrence.



Vein Ulcers

We Focus on Veins Only!

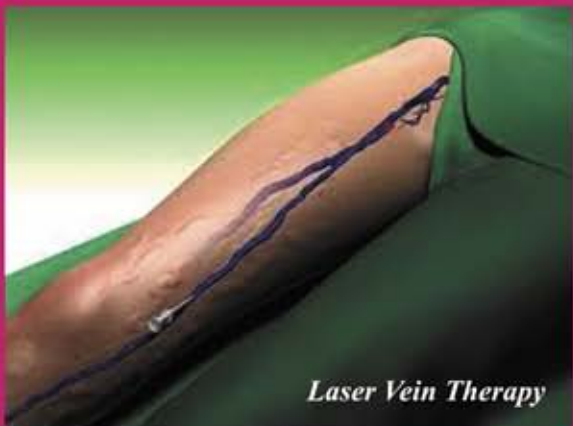
At Comprehensive Vein Center in the Villages, we focus only on Veins and nothing else. We are a highly dedicated vein center with over 10 years of vein experience, over 2,500 laser procedures and over 10,000 Foam and Visual Sclerotherapy patients treated. When you come to our vein center, we provide education of your problems, take time to explain the process, and focus on you as the patient.

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Varicose veins



Spider Veins

Bio

Tom Tran PA-C, MPAs received his Bachelor's of Nursing and he Masters in Physician Assistant studies from the University of Florida. Within his 11 years of experience he has practiced in Trauma Surgery, General and Vascular Surgery, Emergency Medicine, and Phlebology. PA Tran was recently appointed by the Lake County commissioners to serve as a Board Member of the Florida Wellness Council.



PA Tran has performed over three thousand laser vein procedures and over five thousand foam and sclerotherapy injections. He is one of the first PAs in Orlando to perform minimally invasive radio-frequency and laser vein ablation. PA Tran has been featured in various journals and magazines, and currently hold numerous patents, trademarks, and copyrights.

To learn more, call Comprehensive Vein Center in The Villages at 352-259-5960, or visit our website at www.thecvc.net.

High Blood Pressure is Dangerous to the Heart Do You Know Your Numbers?

Chances are that you know someone with high blood pressure; maybe you have the condition as well. If you haven't checked your blood pressure recently, you should make it priority to do so at your next doctor visit. Long term, uncontrolled or untreated high blood pressure can cause wide range of changes in the anatomy of the heart and kidneys. Cardiovascular diseases triggered by the direct or indirect effects of high blood pressure, is known as hypertensive heart disease. These heart diseases include angina and coronary artery disease; heart failure; and hypertrophy of the heart muscle (heart muscle thickening).

Causes of Hypertensive Heart Disease

High blood pressure is the major triggering factor of hypertensive heart disease and is the subsequent cause of death. In general, high blood pressure is a serious condition associated with high pressure within the arterial blood vessels. As a result, the workload of the heart is increased and it pumps harder in order to keep pace with this pressure. Due to the excessive pressure within the blood vessels, the major vessels of the heart (coronary arteries) tend to rupture and damage over time. This promotes the development of arterial plaque due to the deposition of collagen and subsequent clot formation inside the blood vessels. Subsequently, the heart muscle thickens and the patient tends to develop serious life threatening complications.

Signs and Symptoms of Hypertensive Heart Disease

The symptoms of hypertensive heart disease vary from patient to patient. A combination of symptoms including shortness of breath, chest pain with following mild physical activity or at rest, sweating, nausea, dizziness, light-headedness, rapid or irregular pulse, cough with bloody mucus, feet and ankle swelling, and palpitations may be present. Not everyone with hypertensive heart disease experiences symptoms, after all, high blood pressure is often called "the silent killer."

Treating Hypertensive Heart Disease

The treatment of the hypertensive heart disease depends on diagnosis and root cause of the condition. Treatment is generally aimed at controlling the high blood pressure. Effectively lowering the high blood pressure can significantly minimize the

symptoms of heart disease. Medications, life-style alterations, and surgery are the most common ways to control and prevent hypertensive heart disease.

Recommended Foods to Control and Prevent Hypertensive Heart Disease

Appropriate intake of right foods is critical to control hypertensive heart disease. The main goal of food intake is to deliver high fiber, lean protein, natural foods such as whole grains, fruits and vegetables to the body. Increasing intake of calcium, healthy fats (olive oil, flax seed oil, mustard oil), omega 3 fatty acids (obtained from sea foods, kelp, salmon, sun flower seeds, flax seeds, nuts, olives, tuna), whole grains (barley, wheat, oats, and rye) and soy can aid in lowering and managing blood pressure.

In contrast, if you have high blood pressure, you should avoid oily foods, foods containing trans fats, fried foods and salty foods. Intake of sodium (salt) should be limited as it increases the salt and water retention in the body and predisposes you to kidney disease. High cholesterol containing foods such as red meat, egg yolk, oily foods, sweets and fatty animal products should be avoided as well.

Hypertensive heart disease symptoms are present in 7 out of 100 people and are the leading cause of death throughout the world. Don't become another statistic simply because you don't know what your blood pressure is. It is recommended that adults have their blood pressure checked regularly at least every two year.

Seeing a heart doctor can help determine if you need to change your lifestyle to prevent heart problems down the road. Knowing your family's medical history can help you better understand your own risk for having issues with your heart as well.

Dr. Vallabhan

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Dr. V

T.E. VALLABHAN, MD, FACC
BOARD CERTIFIED CARDIOLOGIST
SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

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Before

After

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American College of Phlebology

Mike Richards, PA-C, MPAs
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The treatment for varicose veins is a covered procedure if medical necessity is met.

*THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.

Effective Treatment for Mild to Moderate Sleep Apnea with Oral Appliance Therapy

By Village Dental

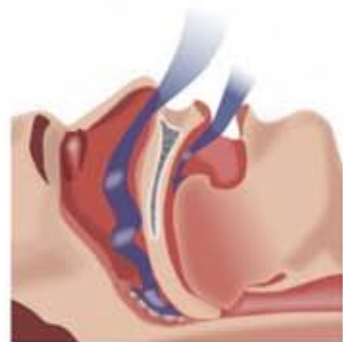
Sleep apnea is the condition in which a person stops ("apnea") breathing for more than 10 seconds, many times in a night. People with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times during the night and often for a minute or longer.

Sleep apnea is very common, as common as adult diabetes, and affects more than eighteen million Americans, according to the National Institutes of Health. Risk factors include being male, overweight, and over the age of forty, but sleep apnea can strike anyone at any age, even children.

Yet still, because of the lack of awareness by the public and health care professionals, the vast majority remains undiagnosed and therefore untreated, despite the fact that this serious disorder can have significant consequences.

Sleep Apnea Can Be Treated

Left untreated, sleep apnea can cause memory problems, weight gain, impotency, headaches, high blood pressure and other cardiovascular disease, including heart attack, stroke and even death! Moreover, untreated sleep apnea may be responsible for job impairment and motor vehicle crashes. Fortunately, sleep apnea can be diagnosed and treated.



Symptoms of Sleep Apnea

The primary indication of sleep apnea is snoring, especially loud and continuous snoring. Of course, not all snorers have sleep apnea, but as both the snoring and the

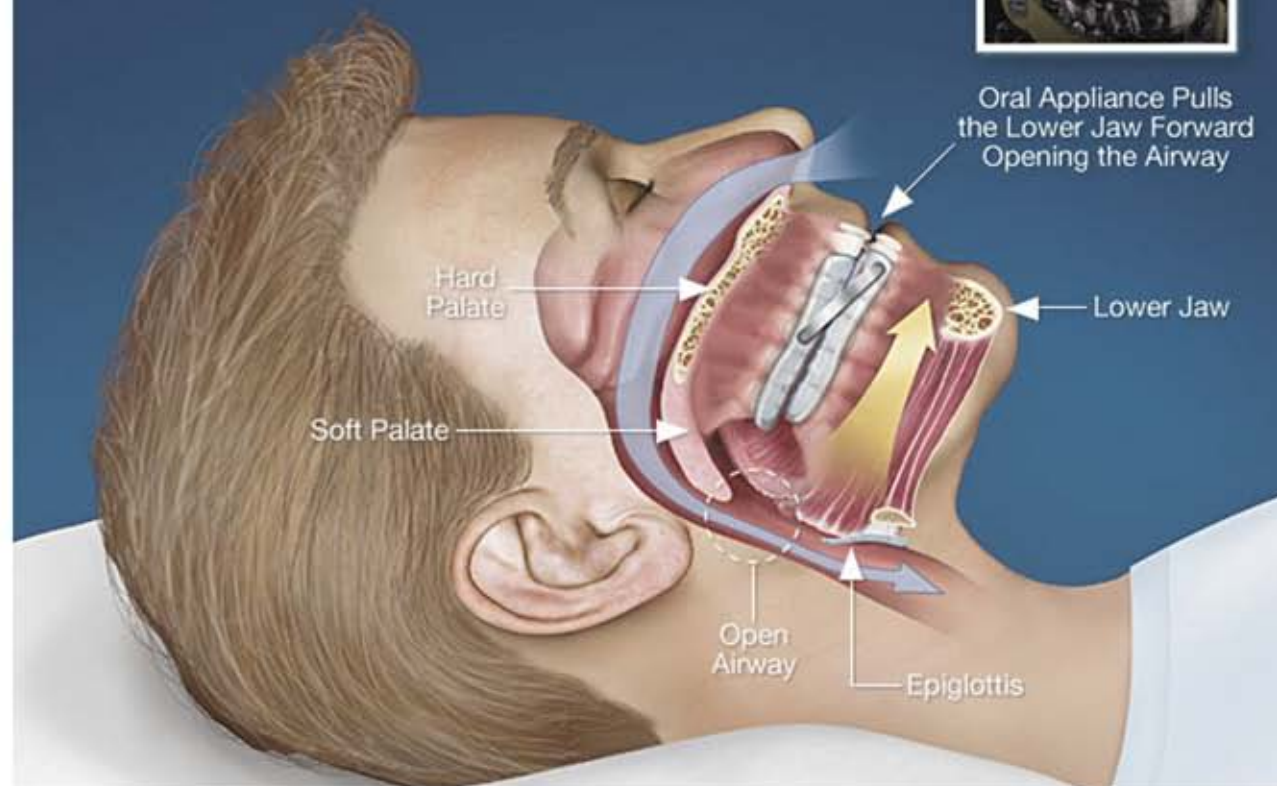
pauses in breathing occur during the night, many people who have sleep apnea are undiagnosed. Another main indication of sleep apnea is a feeling of tiredness during the day, despite a good amount of hours of sleep.

Oral Appliance Therapy

The first and most comfortable option to CPAP for the treatment of obstructive sleep apnea.



Oral Appliance Pulls the Lower Jaw Forward Opening the Airway



The pauses in your breathing can last anywhere from a few seconds to a few minutes and can occur 30 or more times in an hour. Typically, normal breathing starts up again with loud snorts or a choking sound, which alters your sleep pattern and can cause you to wake up or move around. Due to this irregular breathing, you go from a deep sleep to a lighter sleep. This, in turn, results in poor sleep quality and can make you tired during the day. Sleep apnea is one of the leading causes of tiredness in adults.

Types of Sleep Apnea

There are three types of apnea: obstructive, central, and mixed. Of the three, the most common form of sleep apnea is Obstructive Sleep Apnea. This happens when the soft tissue in a person's throat collapses or is blocked, resulting in shallow breathing or pauses in breathing.

Another less common type is central sleep apnea. This condition occurs where the part of your brain that controls breathing does not send the correct signals to your breathing muscles. As a result, your efforts to breathe will be for brief periods only and will be interrupted. This condition is more common for people who have certain medical conditions or use certain medicines.

Sleep apnea often goes undiagnosed. Doctors are not always able to detect the condition during routine office visits. Furthermore, there are no blood tests for the condition. Most people who suffer from sleep apnea don't even know it because it occurs during sleep.

Chronic sleep deprivation can contribute to serious health conditions such as heart disease, high blood pressure, stroke, weight gain and diabetes.



Sleep Apnea Treatment Options

The main treatments for obstructive sleep apnea are:

1. CPAP (Continuous Positive Airway Pressure) Therapy

CPAP is the gold standard for sleep apnea treatment, providing a restful night's sleep, and the only really effective therapy for severe sleep apnea.

Typical Issues with CPAP

CPAP is a treatment that uses a continuous stream of mild air pressure to keep your airway open. A mask is fitted over your nose, or both nose and mouth, with straps to keep the mask in place. There is a tube on the mask that connects to the CPAP machine. Air is blown in through this tube and delivered straight to your mask. While CPAP is considered a safe and painless treatment, there are some who cannot tolerate it. Common problems related to CPAP include:

- Nasal congestion
- Claustrophobia
- Sinus problems
- Mask leaks
- Dry mouth
- Stomach bloating and discomfort
- Mask coming off during sleep
- Mask allergies and skin irritation

Many people find CPAP intolerable or difficult to use night after night for the whole night.

2. Oral Appliance Therapy

Approved by the American Academy of Sleep Medicine as a possible first line of treatment option for mild to moderate sleep apnea sufferers, Oral Appliance Therapy is an excellent option provided by dentists. This can be used as an alternative treatment if the patient is intolerant or can also be used in combination with the CPAP to make the therapy



more tolerable. An oral appliance is similar to a mouth guard worn for sports or teeth grinding. It works by moving the lower jaw forward slightly to open the airway during the night. Oral appliances are comfortable and easy to wear.

3. Weight Loss

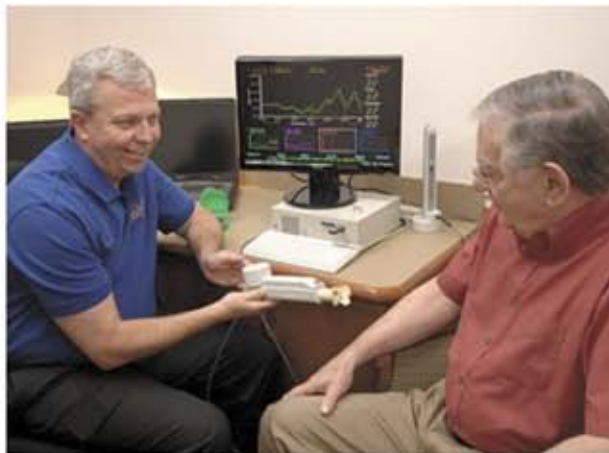
Obesity is often a factor in sleep apnea, with the increased weight causing the airway to be impacted by the soft tissues in the throat. Losing weight can help reduce or eliminate sleep apnea.

4. Surgery

In some cases, surgery can help by permanently moving the jaw forward to open the airway or by improving the soft tissue anatomy.

5. Sleep Positional Therapy

For some patients, sleeping on their backs can cause sleep apnea. Various methods are used to induce side sleeping. This is generally only a treatment for mild sleep apnea.



Free Sleep Apnea Consultation

In your consultation, we will review your questionnaire results, discuss with you your symptoms and condition, and show you the effectiveness of how Oral Appliance Therapy could reduce your symptoms.

The dentists at Village Dental are trained in dental sleep medicine and are familiar with the various designs of dental sleep appliances. They can determine if Oral Appliance Therapy is right for you and which dental appliance best suits your specific needs.

If you or someone you know suffers from sleep apnea, a dental sleep appliance may be the answer! Call Village Dental today at 352-205-7667 to schedule a free consultation.

Village Dental

352-205-7667 | 352-753-7507

Patient testimonial



Prior to recommending the Respire Appliance, Dr. Hards did a complete oral exam and full review of a sleep study report by my sleep disorder physician.

He showed me a sample appliance and fully explained how it would function and

what results I could expect. After the appliance was received, Dr. Hards did a thorough fitting exam, including x-rays and began an adjustment process over the following weeks.

The entire process was very pleasant and professional especially with the wonderful office staff at Village Dental.

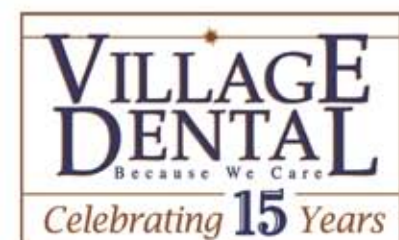
The end result of the service has been very successful and I now get the restful sleep I had been missing. – William S.

I received a thorough exam of my mouth and throat with the latest equipment! The equipment is designed to come up with the exact configuration needed in creating a dental appliance. Dr. Farrell and his staff were very diligent when checking each step of the measuring process.



What a convenience it is to not deal with the supplies necessary for the CPAP! It is great to have the ability to travel without checking the availability of distilled water, outlets in motels and most of all the inspection at the airport. – Diane S.

"I suffer from sleep apnea and used a CPAP machine for seven years to stop my loud snoring, but it was uncomfortable, inconvenient, noisy and unpleasant to use. Dr. Hall suggested I try a custom-fit mouthpiece. It's small, comfortable, and I don't need to be hooked up to anything to get 95% oxygen flow all night! It has changed my life! Dr. Hall is wonderful!" – Linda Ericson



Don't Forget Your Test - New Technology Reminds Patients to Get Important Diagnostics

By Dr. Harvey Kaufman, Senior Medical Director, Quest Diagnostics, the world's leading provider of diagnostic information services.



Three quarters of healthcare costs in the U.S. are attributed to management of chronic diseases. To a large extent, this is because chronic diseases, like cardiovascular disease, diabetes and cancer, are prevalent. For example, 1.9 million adults were diagnosed with diabetes in 2010 alone.

Following your doctor's orders in terms of diet, exercise, taking your medicine and getting follow-up laboratory tests is often the key to control or prevent a chronic disease from developing further.

Reminder calls from pharmacies to patients alerting them that it is time to refill their prescription are quite common. These calls can help to keep patients from not running out of their medications.

What's relatively new is that now patients can also be reminded when it is time to get a follow up lab test. Lab testing is very important to quality, effective health care. Physicians use lab tests, along with medical history, symptoms, and other factors, to help catch disease in its early phases, adjust prescription medication dosages and monitor disease. Lab testing is important for caring for people with certain chronic diseases, like diabetes and heart disease, that require ongoing monitoring.



Although lab tests are often vital to healthcare, many patients don't get the tests they need or delay getting the tests. A study found that physicians who write orders for recurrent lab testing estimate that patients only go for the prescribed follow up tests about 80% of the time.

If your doctor determines that frequent testing is necessary, receiving reminders can help you stay on schedule, whether it's to monitor a condition or a drug that you're taking. Keeping your lab testing up to date and on time is important and will help you and your doctor to better manage your healthcare.

Quest Diagnostics, the leading provider of diagnostic information services, provides a free service called TestMinder(r) that helps to remind patients to be tested. A person can sign up at a local Quest Diagnostics Patient Service Center or through doctors who use the Quest Diagnostics electronic system for ordering and receiving lab tests. Reminders can be provided as emails (English or Spanish), text messages or phone calls. If preferred, reminders can be sent to a caregiver.

Quest Diagnostics serves half of the physicians and hospitals in the United States. The company has more than 100 Patient Service Centers across Florida. For additional information regarding TestMinder visit www.QuestDiagnostics.com/Patient.

Remember, lab testing is vital to healthcare, and can be especially important for those patients with a chronic condition. A reminder system, like TestMinder, can help you stay on track of your healthcare.



The lab you trust is now
in your neighborhood.



Visit our Florida Patient Service Centers

Eustis - North Grove

601 North Grove Street, Eustis, FL 32726
Tel: 352-483-8115 • Fax: 352-483-8125
M-F: 6:30am - 12:00pm, 1:00pm - 3:30pm

Eustis - Prevatt

2130 Prevatt Street, Suite B, Eustis, FL 32726
Tel: 352-357-5725 • Fax: 352-357-6178
M-F: 7:00am - 4:00pm
Drug Screen: M-F 7:00am - 4:00pm

Leesburg - 11th Street

101 South 11th Street, Suite 2, Leesburg, FL 34748
Tel: 352-787-5721 • Fax: 352-787-6837
M-F: 7:00am - 12:00pm, 1:00pm - 4:00pm
Drug Screen: M-F 7:00am - 12:00pm, 1:00pm - 4:00pm

Leesburg - Dixie

801 East Dixie Avenue, Suite 105A, Leesburg, FL 34748
Tel: 352-787-9006 • Fax: 352-787-9113
M-F: 7:30am - 4:30pm
Drug Screen: M-F 7:30am - 4:30pm

Mount Dora

18989 Highway 441, Mount Dora, FL 32757
Tel: 352-383-3474 • Fax: 352-383-8298
M-F 7:00am - 12:00pm, 1:00pm - 4:00pm

Summerfield

17820 SE 109 Avenue, Suite 106A, Summerfield, FL 34491
Tel: 352-307-5813 • Fax: 352-307-7926
M-F: 7:00am - 12:00pm, 1:00pm-4:00pm, Sat: 8:00am - 12:00pm

The Villages

The Villages
11962 County Road-101, Suite 402, Lady Lake, FL 32162
Tel: 352-205-7144 • Fax: 352-205-7324
M-F: 6:30am - 12:00pm, 1:00pm - 3:30pm

The Villages II

The Villages
1580 Santa Barbara Boulevard, Suite E, Lady Lake, FL 32159
Tel: 352-391-1189 • Fax: 352-391-1203
M-F: 7:00am - 1:00pm, 2:00 pm - 4:00 pm

Appointment scheduling from Quest Diagnostics turns your wait time into free time. Simply schedule an appointment in one of three convenient ways:

- Visit [QuestDiagnostics.com/EZ Appointment](http://QuestDiagnostics.com/EZAppointment)
- Call 1-888-277-8722
- Download our mobile app at QuestDiagnostics.com/GoMobile

*Patient lab results available in select states. See website below for full listing.
QuestDiagnostics.com/patient-results-by-state

QuestDiagnostics.com

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Facial Plastic Surgery Can Build **CONFIDENCE!**

George is a singer, performer, and a family man. And he did not feel confident about his appearance on stage. Cosmetic surgery has evolved and both men and women alike are taking advantage of new technology and less invasive techniques! For George Shelton, his experience at ImageLift was **AMAZING!**

At first, George was unsure about getting the ImageLift Facelift saying "that the cost would prohibit" him from getting this procedure, but after meeting with Dr. Rich Castellano, he took the plunge and "realized that it wasn't nearly as much as he thought it would be." At his follow up

appointment from the ImageLift Medium Facelift, George and his wife think "it turned out great - couldn't be happier with it!" "My friends and family ask if I have lost weight," George says, smiling. "But they've definitely noticed a difference and are impressed with it [the results]." As a singer and performer, George said his "confidence level is completely different... I no longer worry about how I look onstage." George encourages people who are on the fence about facial plastic surgery to, "come see Dr. Castellano, get the book, and that they'll make the right decision."

The ImageLift Facelift consistently delivers the "WOW!" results while still maintaining a natural appearance. Our most popular facelift is split into three categories:

Small – You like what you see when you pull on your neck and jawline in the mirror, pulling the skin in the direction towards your ears.

Medium – You need the MOST improvement right under your chin, the best result on profile.

Large – You need the most improvement you can have with one procedure, you want general anesthesia (though it can be performed under local anesthesia by some doctors), and you are comfortable with extended recovery times.

If you need even just a little perk-up, we also offer little to no-downtime treatments. You deserve to look and feel your best, what are you waiting for?

"The book had a lot of my questions answered that I didn't even have to ask. I think a lot of people need to read your book, because when they read it, they will lose this fear that they have about it [facial plastic surgery]!"

– George,
ImageLift patient



DOUBLE BOARD CERTIFIED
FACIAL PLASTIC SURGEONS,
RANDALL WEYRICH, M.D. AND
RICHARD CASTELLANO, M.D.



*Available for a limited time at our Villages location at no charge to you.

GEORGE HAD THE IMAGELIFT MEDIUM FACELIFT.

At ImageLift, we are a National Center of Excellence for our long-term fillers, and we even train other doctors in the ImageLift techniques. The combined experience of two Double Board-Certified Facial Plastic Surgeons, Dr. Rich Castellano and Dr. Randall Weyrich, is sought after across the country and internationally. They will absolutely provide you with a customized treatment plan that works for you and your individual needs, right here in The Villages, no travel required.

Our book is an easy read and an excellent resource. Here is a comment from George, about our book:

"The book had a lot of my questions answered that I didn't even have to ask. I think a lot of people need to read your book, because when they read it, they will lose this fear that they have about it [facial plastic surgery]!"

Let us help you get that younger look back! Call now to learn what treatment is best for you at 855-968-8480 or visit our website at Imagelift.com.



RESULTS ARE TYPICAL AND DO VARY.

Visit our website to see George's video.

Meet The Docs At An Upcoming Seminar!

Wednesday, April 9th @ 1:00 PM

Seminar at the Holiday Inn

Thursday, April 17th @ 11:00 AM

Sculptra Luncheon at the Villages Office

Thursday, April 24th @ 1:00 PM

Seminar at the Waterfront Inn

All Events are 100% Complimentary



IMAGELIFT®

Let us help you get that younger look back! Call now to learn what treatment is best for you at 855-968-8480 or visit our website at ImageLift.com

The Villages | 8630 East County Road 466 | 855-968-8480 | ImageLift.com



Mid Florida Eye Center Looks Ahead to Advancements in Eye Care

For those of us with 20/20 vision, it's easy to take noticing a friendly smile from across the room or reading a handwritten note for granted. But for those who have lost the ability to see clearly, it's often the little moments in life that are missed most. "Losing vision or being totally dependent upon glasses can greatly diminish a person's quality of life," says Dr. Jeffrey D. Baumann, co-founder of Mid Florida Eye Center. "This is why we are always looking for new ways to help our patients regain sight and be independent of glasses."

Mid Florida Eye Center has helped Central Florida residents restore their vision and quality of life for over 25 years. Since the start of the practice in 1987, Dr. Baumann and co-founder Dr. Gregory J. Panzo have taken it upon themselves to seek out the latest in eye care for their patients. Both helped pioneer no-needle, no-stitch cataract surgery, and, with the addition of four ophthalmologists and five optometrists, five office locations, and two state-of-the-art surgery centers, they've grown their practice into one of the leading eye care centers in the nation.

Although they could sit back and reflect on their accomplishments, which include opening the area's first accredited outpatient eye surgery center, the doctors at Mid Florida Eye Center continue to push ahead. Each ophthalmologist has their own area of specialty, and each is relentless in their pursuit of the latest technologies and treatments.

With the caliber of its staff and status as a world-class facility, Mid Florida Eye Center is consistently chosen to participate in clinical research studies. "The best thing about being able to participate in these studies is that we're able to offer new and highly advanced treatments to our patients," explains Dr. Baumann. "Often these are available at a reduced cost—or at no cost—to the patient."

For Mid Florida Eye Center, keeping eye care convenient—and comfortable—for patients remains a top priority. Along with continuously analyzing and testing new equipment, the practice is renovating its lobbies and waiting



areas to provide patients with a serene, relaxing environment from the moment they walk in. Clinics are located in Mount Dora, Leesburg, The Villages, and Apopka. The practice's outpatient surgery centers are conveniently located at the Mount Dora and The Villages locations.

No matter what your eye care needs may be, you can be confident in the care you'll receive at Mid Florida Eye Center. Schedule your consultation by calling 1-888-820-7878 (toll-free) or 352-735-2020. Visit MidFloridaEye.com to learn more.

Board-Certified | Fellowship-Trained | Participating Medicare Provider
Two Surgical Locations | Five Office Locations
 • THE VILLAGES/STONECREST • THE VILLAGES/SANTA FE
 • MOUNT DORA • LEESBURG • APOPKA



CATARACT, LASER & RETINA INSTITUTE

Call us toll-free at 1-888-820-7878 or at 352-735-2020 to Schedule Your Appointment.



At Interim HealthCare®, we're experts in helping people stay in their homes.

Interim
HEALTHCARE®

We offer a wide range of home care services that keep you right where you want to be – safe and comfortable in your familiar environment. Because of our experience, we understand the challenges you – or your loved ones – face, and we know how to help you find the answers you need. And provide the kind of care you can count on. We offer a variety of services, including:

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Receive our monthly newsletter. Sign up online



Providing information  that will promote living a healthy, well-balanced lifestyle.

Central Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

EYE CARE THAT PUTS YOU FIRST.

From helping to pioneer innovations in small-incision, no-stitch cataract surgery and implant technology to being the area's first accredited outpatient surgery center for eyes, Mid Florida Eye Center is consistently at the forefront of eye care. Our physicians—who are all fellowship-trained—are known for many firsts of their own. For this reason, they're regularly sought after to lead training and research.

We're proud of these accomplishments, but we're most proud of what we do to put our patients first. We continue to participate in numerous clinical trials so we can provide our patients with the latest in eye care. Our doctors and staff are committed to providing the best possible care for our patients. And although we've performed over 140,000 cataract and laser procedures, we still get excited over each patient's success as if it were our first.



Ray D. Maizel, MD

Gregory J. Panzo, MD

Jeffrey D. Baumann, MD

Stacia H. Goldey, MD, FACS

Keith C. Charles, MD

Shawn C. Wilker, MD



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MidFloridaEye.com

Call 888.820.7878 or 352.735.2020
to schedule your appointment!

THE VILLAGES/STONECREST • THE VILLAGES/SANTA FE • MOUNT DORA • LEESBURG • APOPKA



URGENT CARE

WHEN YOU NEED IT THE MOST

They are the "after hours" of health care – the weekends and evenings when your regular doctor's office is closed and a trip to the emergency room isn't necessary. Perhaps you suffered a minor cut or injury from a fall and you don't want to wait all night or all weekend without medical attention. The most common illness especially during the COLD season is Sinus Pressure, Congestion and Post Nasal Drip (PND). The question is: do you wait until your symptoms could potentially get worse? No, says William Goellner, M.D., medical director of 441 Urgent Care Center. Physician Assistant, Adam Santos, add: "It is better to prepare and prevent than to repair and repent." It is 441 UCC goal to keep patients out of the Hospital. Early detection of Upper Respiratory Infection (URI) can prevent an elderly patient from going to acute bronchitis to pneumonia. "For most non-emergency medical ailments, 441 UCC is a convenient and cost-effective alternative to emergency room care," Adam Santos explains.

441 Urgent Care Center open its door in June 1, 2009 at Summerfield Location. The original idea was to provide excellent care to local retiring communities mainly Spruce Creek South, Spruce Creek North at Del Webb and Stone Crest. In response to Villages resident, we extended our services to The Villages in March 2011 by opening our Buffalo Ridge Location on CR - 466. With the exponential growth in The Villages and the increase need for more urgent cares, our third location was open in March 2013 at Lake Sumter Landing. "We are excited about having three locations to meet the urgent care needs of our patient," PA

Santos says. "The three locations are open late because we realize not everyone can fit healthcare needs into an 8a.m. To 5p.m.. Monday through Friday schedule. We want people to know we are there for them so they can receive passionate, quality healthcare whenever they need it. They really like our services because they see results quicker and do not have to go through bureaucratic layers to accomplish their goals."

In addition to urgent care, all three locations offer travel medicine, shingles vaccine, allergy testing, laboratory testing, school and sports physical, pre-employment exams, and DOT physicals. Because their genuine care for their patients, they even have a shuttle service offered to residents who live within 20 miles of each facility. For a small nominal fee of \$10, a 441 van picks up patients and returns them to their home. The van will also transport patient from and to their doctors appointments. This service has been greatly appreciated by our communities.

The 441 Urgent Care team prides itself on offering affordable, fast and friendly services. They have vast medical expertise and years of experience. By combining their medical experiences they have more than 50 years in the field of caring for local communities. Their diagnosis are fast and accurate so that they can get you on the road to recovery. Follow up also is an integral part of their care. Every patient are encouraged to follow up with their primary care provider or they have the option to return to 441 at any time.

SUMMERFIELD

OPEN DAILY
8am to 10pm
365 days a year

Office:
352-693-2340
Fax: 352-693-2345



Spruce Creek Medical Plaza • 17820 SE 109 Ave, Ste 108
Summerfield • Across from Wal-Mart on Hwy 441

THE VILLAGES - BUFFALO RIDGE - CR466



Golf Cart Access

OPEN M-F
8am to 8pm
SAT & SUN
8am to 5pm

Office:
352-350-1526

3602 Wedgwood Lane, Buffalo Ridge Shopping Plaza,
2 Doors Down From Bonfish Grill, Inside The Villages Lab, Hwy 466

THE VILLAGES - LAKE SUMTER LANDING

OPEN M-F
7am to 8pm
SAT & SUN
8am to 5pm

Office:
352-350-1525



Golf Cart Access

910 Old Camp Road, Suite 182, Across from Too Jay's in between Citrus
Cardiology and the Medicine Chest (yellow building with blue trim)

URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM

441 Urgent Care Centers offer a number of benefits, according to Adam Santos, PA-C, before you head to the ER, you need to consider several things:

- First, urgent care offer better value because patients receive the same quality of care at a more affordable cost and friendly staff members are there to greet them and answer they questions. The majority of insurance companies have lower co-pays for urgent care than they do for the emergency room. In addition, when you go to the ER, you will pay additional facility fees and doctors' fees. Patients who go to 441 Urgent Care receive only one bill, that is it. Simple and easy.
- Second, Emergency rooms prioritize everyone who walks in with a triage process. This results in someone with a nonlife-threatening illness spending hours in the waiting room with other sick and contagious patients before they ever see a physician or mid-level provider. At 441 Urgent Care, the door-to-door time is less than one hour.
- Another advantage that 441 Urgent Care provides is prompt follow-up care. If you go to the ER, you are told to follow up with your primary care physician, this process may take weeks. Instead at 441 Urgent Care is open seven days a week, 365 days a year; you can simply walk back in for your follow up appointment or if your condition worsens, providing you the adequate follow up you deserve. For example: Patients that comes in with dehydration, they can be brought back in have IV fluid hydration or serial antibiotic shots. No appointment necessary. This is truly concierge medicine.

A TEAM EFFORT

The physicians at 441 Urgent Care are board certified in both emergency medicine and family practice. In addition, their Physician Assistants (PA) and Nurse practitioners (ARNP) are also board certified and experienced in multiple specialties including: emergency medicine, internal medicine, pediatrics, surgery, oncology, occupational medicine and family practice. In alliance with The Villages Regional Hospital and Lake Medical Imaging (LMI) 441 Urgent Care utilized laboratory and imaging services to allow the physicians and mid-level providers to treat higher and acute problems. We plan to complement the emergency department by providing healthcare to patients who may be too acutely ill for a primary care office, but not critical enough to warrant an emergency department visit. And the extended hours of operation allows them to provide services after hours, weekends and holidays.



William Goellner, MD, Medical Director
Duke University Medical School (1974)
Surgical Internship, Dallas, TX (1974-1975)
Surgical Residency, Miami, FL (1975-1977)
Board Certified in Emergency Medicine
American College of ER Physicians, former president
American Heart Association, Emergency Care Committee
American Medical Association, member
Florida Associations of EMS Physicians, Charter member

Our medical director Dr. William E. Goellner is a graduate of Duke University Medical School and is board certified in emergency medicine and tropical medicine. He completed his residency training in general surgery in Dallas, Texas and Jackson Memorial in Miami, Florida. 441 Urgent care is primarily staffed by board-certified emergency medicine physicians, Dr. William Goellner and Dr. Mark Sbarro. Together our physicians have over 50 years of emergency and urgent care experience. To complement our physicians we also are blessed with experienced physician assistants (PA) and nurse practitioners (ARNP)

SIMPLY THE BEST

The after hours team is here to care for your immediate and urgent care needs. "There was a big need for an urgent care center because people were typically going to emergency rooms and discovering that the wait time is long, tedious, and stressful." PA, Adam Santos says. "They are grateful we are here and truly appreciate that we can see them anytime, day or night, weekend or holiday." "The emergency room is an over-utilized, expensive and stressful place to seek healthcare for those who do not have a true emergency," PA, Adam Santos states. "We believe urgent are is a solution for this complex healthcare system and bridges the gap between primary physicians and emergency rooms." One local physician, Dr. Hammersfahr, a neurologist agrees when he stated that "When I need results fast for my patients and my family, I send them to 441 Urgent Care." After all, your health is important and you deserve the best care possible, regardless of whether you are facing an unexpected illness or emergency.

When you come to 441 Urgent Care Centers you experience the best of all medical worlds: you are treated with respect and compassion by our friendly staff members. "It is my personal and professional opinion that patients should consider urgent care before going to the emergency room," says PA Santos.



Adam Santos, PA-C

"Your care means more to us than your wallet"



John Santos, ARNP

MISSION STATEMENT

It is our mission statement to provide the highest level of healthcare by utilizing medical experience and technology equivalent to what one would find in an emergency department.

MOTTO

Hard work pays off and honesty will prevail

441 URGENT CARE GOALS

- We will take care of our patients in a timely fashion
- We will explain the patient's condition in layman's term, so that they will fully understand their diagnosis and treatment plan
- We will allow ample time to answer any patient's questions regarding treatment
- We will assure that their care is continued by their primary care provider (PCP) or referral source, or a combination of both
- We will assure that every patient that leaves 441 Urgent Care will know that someone has cared about his or hers health and well-being in a holistic way.

OUR PHILOSOPHY

See you at your convenience

Provide top level care without top level pricing

Be ever mindful that your time is valuable

Create a warm and relaxed environment

Include you in the medical decision process

Treat you as we would treat our own

ADULT AND PEDIATRIC CARE ON SITE LAB, X-RAY AND EKG

ILLNESSES:

- Colds, flu, and other viral illnesses
- Bronchitis, pneumonia, asthma attacks
- Ear, throat and sinus infections
- Rashes and Poison Ivy / Oak
- Nausea, vomiting and dehydration
- Urinary Tract Infections / STD's
- Migraines and chronic / acute LBP

INJURIES:

- Fractures, sprain, strains and dislocations
- Lacerations (cuts) abrasions (scrapes)
- Splinters and foreign body removal
- Wound care / repair and abscess drainage
- Work related injuries w / authorization

CARE PATROL

Finding assisted living or other care for seniors can be stressful enough without worrying if it is a safe and reliable choice. Chuck Bongiovanni MSW, MBA, CSA, CFE was a Master's level Social Worker employed by a Medicare licensed home health company 20 years ago. He found a situation where a family needed his social work background to calm their Mother, who they had placed in a nearby facility. He discovered her outbursts were very appropriate for the situation she found herself and in helping her and the family find an excellent new community a business was born. That same Social Work Model is available in hundreds of cities across the nation, and is now available in Lake and Sumter Counties free of charge as a community service by calling 352-356-8127.

David and Angela Wilkins launched their Assisted Transition franchise eighteen months ago, providing care and living solutions for seniors and their families at no cost. They have developed a concierge type service for The Villages to The Gulf, specializing in finding appropriate assisted living, independent living, memory care or home care. They both completed the rigorous coursework for the nationally accredited Society of Certified Senior Advisors and are CSA's. This designation assures you they abide by a Professional Code of Ethics and have continuing education requirements. They have hosted multiple area Senior Advocacy Symposiums in their passionate quest to provide information, education, and local resources for seniors and their families.

In February of 2014 Care Patrol purchased Assisted Transition nationally and David and Angela were given the opportunity to choose between the two brands. They chose the brand that provides the safest care options for seniors, Care Patrol. They will continue to utilize the relationships, connections, knowledge and empathy they built over the past several years. With the new Care Patrol business named The Villages to The Gulf every phone call will be answered by a Master's level Social Worker or Certified Senior Advisor. Then a Senior Care Consultant meets with the family to educate everyone about assisted living programs, state licensing requirements and senior care options.

Based on the care and social needs, geographic preference and financial ability an individualized tour is offered of just the appropriate safe solutions. Care Patrol provides personalized service and essential guidance in making the innumerable age-related caregiving decisions by calling 352-356-8127.

For families looking for quality care communities and expert recommendations, especially when they have no idea where to start, Care Patrol is essential. Education on all care options is available from a company that prescreens and monitors every care provider at no cost to families because compensation is provided by a national network of providers who are proud to be represented by the best.

Rumors of mistreatment and neglect along with advances in medicine challenged what was normal 35 years ago, moving elderly people to nursing homes. In 1981 Dr. Brown Wilson decided to create an option for custodial care to nursing homes that was arguably the first assisted living residence in the country. She combined health, housing and hospitality when she opened Park Place in 1981 near Portland Oregon. The idea grew quickly and by 1986 all assisted living facilities included 24 hour staffing and activities to facilitate social interaction. The decade of the 1990's saw exponential growth as assisted living became a mainstream option for aging adults.

The regulations for assisted living continue to be state regulated so each state has slightly different standards that facilities must adhere to. Even though many seniors live on fixed incomes a vast majority pay out of pocket for assisted living cost since Medicare does not cover custodial care. Long Term Care insurance and some Veterans benefits enhance the private pay options. Independent living communities provide housing for those who for all intents and purposes can live independently. The underlying goal is this rapidly growing option is to eliminate the social isolation that often plagues seniors as they become older.



Home care can be an option for certain situations. While generically home care covers both medical and non-medical care the custodial version is non-medical. A caregiver agency who specializes in hiring caregivers provides companionship, or housework, or personal care depending on the individual needs and funds. They ensure the schedule is maintained that was agreed to from their employee group. The prices vary based on the workload required, distance to drive and other factors. Using individuals without an agency has proven to be problematic in many ways so Care Patrol only works with agencies licensed by the state.

As health care changes and demographics explode the need for senior care in the coming years, the model that Chuck Bongiovanni MSW, MBA, CSA started years ago is your assurance that you are working with a company that exists to provide the safest care options for seniors across America. David Wilkins CSA and Angela Wilkins CSA tour their clients to recommended facilities much like a Realtor shows families to new homes. They cover all of Lake, Sumter, and Citrus counties as well as South Marion County. With over 3,000 Assisted Living locations in Florida, and over 3,000 Home Care Companies in Florida it helps to have a friend in the business. This free community service can be accessed by calling 352-356-8127.



IS
NOW



The Right Food May be Wrong For You

By Compton Chiropractic Care

You've seen your doctor, but nothing seems to explain the cause of these symptoms. Well get ready to change everything you ever thought you knew about your diet, nutrition and how to be healthy! Compton Chiropractic is now offering a new test that pinpoints exactly what foods are toxic to your body so you can stop feeling lousy, tired moody, or bloated.

Years ago scientists discovered your body has an internal chemical balance that is as unique to you as your fingerprint. Likewise, every food you eat has its own "chemical imbalance"; a unique set of natural or man-made chemicals. As your body reacts differently to each and every food, the food you eat each day will enhance proper body chemistry, or disrupt the correct balance. In fact, 95% of the patients that are tested show that one or more foods they regularly eat cause a toxic reaction in the body. You might not even notice these inflammatory reactions. Most of them work at a cellular level, and may cause symptoms that you will not notice right away. Nutritious foods you eat (like corn, soy, egg whites, green pepper or chicken for example) may actually act like an invader to your body. When you eat foods that form inflammation in your system, those foods can cause harmful, chronic problems with your health.

What can I do?

Compton Chiropractic is now partnering with Immunolabs in order to determine how your body reacts to the foods you eat is through a test called a Bloodprint. This simple blood test pinpoints the foods that support healthy body chemistry and those that are toxic to you.

This is not a standard blood test nor is it a regular food allergy test that most doctors order. While most doctors test life-threatening types of allergic reaction, this bloodprint tests for foods that are slowly causing inflammatory responses in your body. This could explain why you are experiencing chronic pain or flare ups of autoimmune reactions (such as rheumatoid arthritis psoriatic arthritis, multiple sclerosis etc).

What makes immunolabs different to other diet problems?

It is simple, we help you find foods that your body does not want you to ingest. Then, Immunolabs offers a customized meal plan for your exact body chemistry including special reporting available on 154+ foods. Your custom meal plan will include "good" foods and eliminate any toxic foods. This nutritional plan will also work to remove cravings, eliminate binge eating and line up your food intake with your unique body chemistry in order to achieve and maintain your ideal weight as well as

decreasing inflammation in your body. Immunolabs will continue to work with you in order to improve your diet by offering personalized coaching phone sessions with trained health advisers and a free online forum.



With foods that support healthy digestion and proper functions you can unleash your physical, emotional, and mental energy. Set up a consultation today so you can start a pathway to experiencing better health and a positive outlook to a new glow in health!

Ask yourself if you experience any of the following:

- **Musculoskeletal:** osteoarthritis, rheumatoid arthritis, multiple sclerosis, gout, neuropathy, thyroid dysfunction, Addison's Disease, diabetes, lupus erythematosus?
- **Digestive Tract issues:** belching, bloated feeling, constipation, diarrhea, nausea, passing gas, stomach pains, vomiting, Irritable Bowel Syndrome, Diverticulitis, Celiac's Disease?
- **Ears:** Drainage from ear, ear aches, ear infections, hearing loss, itchy ears, ringing in ears?
- **Emotions:** Aggressiveness, anxiety/fear, depression, irritability/anger, mood swings nervousness?
- **Energy and activity:** Apathy, fatigue, hyperactivity, lethargy, restlessness, sluggishness?
- **Eyes:** Blurred vision, dark circles, itchy eyes, sticky or swollen eyelids, watery eyes?
- **Dizziness:** Faintness, headaches, insomnia, light-headedness?
- **Joint and Muscles:** aches in muscles, arthritis, feeling of weakness, limited movement, pain in joints, stiffness?
- **Lungs:** Asthma, bronchitis, chest congestion, difficulty breathing, shortness of breath, wheezing?
- **Mind:** Confusion, learning disabilities, poor concentration, poor memory?
- **Mouth and Throat:** Canker sores, chronic coughing, gagging, sore throat, swollen tongue, lips, or gums?
- **Nose:** excessive mucous, hay fever, sinus problems, sneezing attacks, stuffy nose?

- **Skin:** acne, dermatitis, eczema, excessive sweating, flushing/hot flashes, hair loss, hives, rashes itching?
- **Weight:** binge eating, compulsive eating, cravings excessive weight, underweight, water retention?
- **Other:** anaphylactic reactions, chest pains, frequent illness, genital itch, irregular or rapid heartbeat, urgent urination?



Dr. Compton



Dr. Brent Compton

Compton Chiropractic Care
352-391-9467

If you experience any of these symptoms, then consider the blood print challenge today! The bloodprint study is considered an elective test by insurance companies and is not a covered service. Compton Chiropractic has worked with Immunolabs to bring introductory pricing to The Villages. The first 100 participants will qualify up to 50% in discounts and rebates.

And remember: every participant receives a money back guarantee: if you do not see any clinical change in your condition, Immunolabs will refund the lab portion of the test.

FREE
consultation

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ARE YOU A DISTRACTED DRIVER?

April is known as National Distracted Driving Awareness Month. Everyone loves the freedom of getting behind the wheel of their car and just go, but are you easily distracted behind the wheel? Over 3,328 people nationwide were killed and over 421,000 were injured in motor vehicles accidents by distracted drivers. Distracted driving has become a deadly trend as is on the up rise.

One of the most deadly causes of a distracted driver is cell phone usage. Over 28 percent of all crashes are caused by drivers using a cell phone. Drivers who use hand held devices are four times more likely to be distracted and be involved in a serious accident. Text messaging while driving is a heightened concern because it actually has three combined types of distractions. These distractions are manual, visual and cognitive. Manual involves your hands to be off the steering wheel. Visual- your eyes are not on the road and cognitive means your thinking is impaired and your thoughts are not on driving.

Hands free devices can decrease the number of serious injuries and deaths while driving but this will not prevent a distraction from occurring. Suggestions are to turn your phone on silence when driving. Resist temptations by putting your phone in the glove compartment or trunk. Many cell phone companies now have certain apps on the phone that states you are driving. If someone calls or texts you they will receive this message. Other distractions while driving are reading a map, putting on makeup, shaving (yes I have witnessed this) eating, drinking, pets and even disciplining the children.

During the month of April enforcement will be out looking for distracted drivers. Fines can be as much as \$100 dollars. Is talking on a cell phone or doing something else other than focusing on driving worth a fine or a life? Many people don't realize that a motor vehicle can be a deadly weapon. Let's all ban together and drive safely for another day.

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NEW SLEEP Medication

Are you one of the lucky people that simply lie down at night and fall asleep right away and stay that way for the next 8 hours? Do you wake up feeling completely rested, refreshed and energized for the day without the need for caffeine to get you moving? If yes to all of the above, you are in the minority but keep reading as you will definitely want to share this medical article with your co-workers, friends and family!

Why is SLEEP so important?

Sleep, especially REM sleep, plays a vital role in good health and well-being. REM sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day; it is forming new pathways to help you learn and remember information.

If you're sleep deficient, you may have trouble learning, making decisions, solving problems, controlling your emotions and behavior and coping with change. Sleep deficiency has also been linked to depression, suicide and risk-taking behavior.

Additionally, your immune system relies on sleep to stay healthy. Ongoing sleep deficiency can change the way in which your immune system responds. For example, if you're sleep deficient, you may have trouble fighting common infections.

Why do people have TROUBLE sleeping?

33% of all people have trouble falling asleep or staying asleep

- STRESS
- ANXIETY
- DEPRESSION
- CIRCADIAN RHYTHM PROBLEMS
- GABA/NEURO-TRANSMITTER INSUFFICIENCY



REMTabz^{Rx} (Diazalclone)

Why REMTabz?

Doctors use two main types of medications to help their patients improve their sleep:

- **Anxiety/Stress Reducers** such as *Xanax* (BENZODIAZEPINES)
- **GABA/Neurotransmitter Regulators** such as *Ambien & Lunesta*

	REMTabz ^{Rx}	AMBIEN	Xanax ^{Rx}
Prescription Strength	✓	✓	✓
Non-Drug	✓		
Fall Asleep Faster	✓		
Relieves Stress	✓		✓
Relieves Anxiety	✓		✓
+ GABA Insufficiency	✓	✓	
+ Circadian Rhythm	✓		
Increase REM	✓		

Unfortunately, both types of those medications have massive side effects and often aren't helpful in both helping you get to sleep AND stay asleep. REMTabz (Diazalclone) is a true pharmacological sleep pill that safely combines the best attributes of Stress/Anxiety Relief and the most powerful sleep aid formula available. REMTabz is designed to safely produce the sleep aid effects of both types of prescription sleep medications without the side effects. In other words, REMTabz allows both your body and mind to rest!

The ingredients contained in this powerful sleep aid have been tested in clinical trials and have been proven to decrease the amount of time it takes to fall asleep and allow you to get more quality rest. REMTabz proprietary formulation (Diazalclone) directly stimulates the production of Alpha & Delta brain waves creating a state of deep relaxation for all stages of REM sleep (N1, N2 & N3). REMTabz is the non-prescription solution for your sleepless nights, specifically designed for effectiveness without the harmful side effects. Developed through years of research, REMTabz is the

perfect balance of science & nature that delivers night after night of consistent deep sleep. Formulated with the most powerful patented sleep aiding ingredients, REMTabz is designed to help you fall asleep and stay asleep without leaving you feeling drowsy the next day. REMTabz is the perfect balance of science & nature brought to you by the global leaders in non-prescription pharmaceuticals.



If you are among the many who suffer from insomnia and other sleep disorders, you owe it to yourself to try REMTabz today!

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- Fall Asleep Quickly
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- No Side Effects
- Non-Addictive
- Wake Up Refreshed - Not Drowsy
- No Prescription Needed



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Compression Devices: Effective Treatment for Limb Swelling

By Alyssa Parker

Pneumatic compression devices are one of the most highly recommended treatments for limb swelling and are a Medicare approved treatment option. Dating back to the 1960's pneumatic compression pumps have been used for the treatment of limb swelling due to acute and chronic conditions. In most cases compression pumps are used for swelling associated with lymphedema as well as venous insufficiency. Limb swelling left untreated without a clinical diagnosis and lack of proper treatment may lead to a variety of problems.

Patient's with Venous Insufficiency who experience severe and persistent edema overtime can lead to trapped protein-rich fluid also referred to as secondary lymphedema. The lower region of the leg becomes permanently swollen and may start to harden. Due to poor circulation and protein-rich fluid buildup wounds may become chronic and appear more frequently. Common signs and symptoms that occur are fluid accumulation in a limb, a feeling of heaviness or tightness, thickening of the skin, pain or redness, or chronic ulcers in the affected limb.

How does compression therapy work?

A compression device is used for both acute care (short term in the hospital) as well as chronic care (long term in the home). The compression pump increases blood flow and lymphatic flow. By increasing the circulation in the affected limb many painful symptoms will be alleviated. When compression treatment is used on a limb the excess fluid is removed and worked back into the lymphatic system the natural way. For patients with chronic ulcers using a compression device will help heal the wound from the inside out, by increasing the circulation in the return of the blood from the heart. The heart delivers oxygen rich blood back to the legs and the tissue.

The pneumatic sequential compression relieves the pain and pressure in the swollen area and reduces the size of the limb. The sequential inflation of the chambers, of the sleeve around

the affected limb, begins distal (lower region of the limb furthest from attachment) to proximal (area of attachment to the body) naturally mimicking your bodies lymph return while stimulating the blood flow in the legs.

What causes limb swelling?

There can be many different causes for limb swelling, however, two of the most common diseases for chronic limb swelling are Lymphedema and Venous insufficiency. After having a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities.

Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb. Poor circulation may cause shallow wounds to develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

Is a Compression Device the right treatment for me?

Using a compression device is a great treatment option for patients who have tried compression stocking, elevation, diuretics, and massage with little or no relief. It's also a treatment option for individuals who have chronic venous ulcers. When compression stockings get worn out or stretched over time; many patients aren't

receiving the needed compression. When using a compression pump the pressure is locked in, ensuring that you're getting the appropriate amount of pressure each treatment.

Diuretics may be useless and harmful over time if your edema (swelling) is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial fluid is not present because you are taking a diuretic, this will only aggravate your lymphatic system which may lead to additional fluid retention and additional swelling. Also, using a pneumatic compression device may help the prevention of blood clotting along with deep vein thrombosis or those individuals who are at risk for it.

If you or someone you love suffers from limb swelling it is important to keep a few things in mind. If any of the following apply, seeking medical advice is recommended.

- Family history of edema, venous insufficiency, or lymphedema
- Pitting or skin hardening: push your finger into your skin and count how long it takes to return
- Hemosiderin staining: "red socks" appear from the ankles down
- Traumatic injury or surgery potentially damaging your circulatory system (knee replacement etc)
- Radiation exposure

For patients who many have Chronic venous insufficiency a test called a vascular or duplex ultrasound may be used to examine the blood circulation in your legs.

The compression pump is approved by Medicare and covered by many commercial insurers; Actual coverage varies with individual commercial insurance policies. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition.

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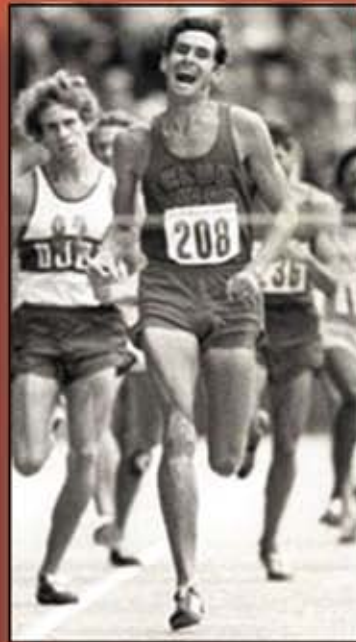
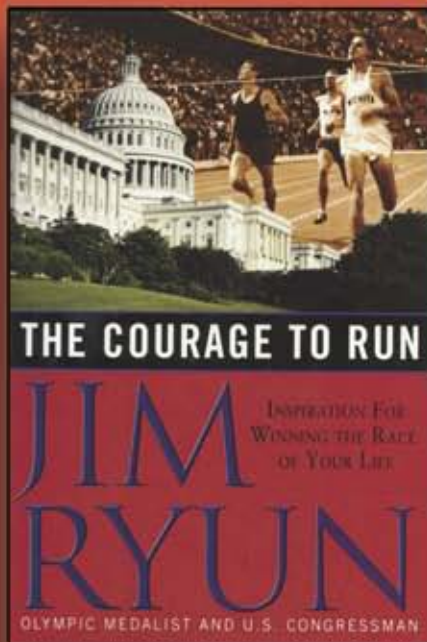
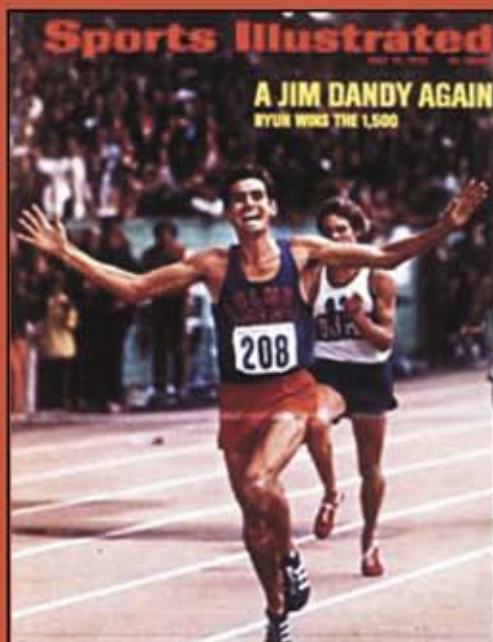
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www.HealthandWellnessFL.com

The Art of Sacrifice

By Alex Anderson
Senior Associate Pastor at Bayside Community Church

At a recent men's gathering, I was asked to share some of my journey in ministry – specifically on sacrifice. At first I thought about the decades of long hours and little sleep, extending a helping hand to the helpless, working with bread crumbs for resources, but then it hit me...nobody slammed me in a corner and forced me to do this. I'm the one who stood up and chose ministry for myself. I do believe ministry is a calling and not everyone is cut out for it, but I'm the one who went to the front door to answer the "call." So then I began to ask myself the real question.

"If I chose ministry for myself, then where is the real sacrifice?"

One of my brothers is a Rheumatologist. He put in nine years of cold coffee and threads of sleep in hospital residency, fellowships and training after medical school, not to mention a small fortune in educational loans. He sacrificed and was in his thirties before he became a partner in a practice in North Carolina. Now he is unquestionably successful. So did he sacrifice or did he invest? I believe the answer is yes... for both.

For me, sacrifice is when you pursue, with red-hot passion, something for the benefit of others, but with no thought of personal payoff. But, can we really, honest-to-God do that? I mean NOT get a payoff this side of Heaven.

My saintly grandmother

When I was very young my grandmother would cook a stunning breakfast. She would bake the biggest and fluffiest butter-dripping biscuits you have ever put in your mouth. Before the crack of dawn, while everyone else was turning their pillows over to the cool side, she had been in her kitchen meticulously measuring out all the ingredients to bake her biscuits to perfection. Everyone in the family called her a saint for her early morning sacrifice to create these heavenly delights.

But hold on a minute, I learned something very interesting about my saintly grandmother. I learned that she got a powerful payoff for her early morning ritual.

Satisfaction

One of her hearts greatest delights was when I would "hum" while eating her heavenly creations. My two year old humming delighted my grandmother to no end. And if I did not hum while eating her food she thought she had failed. Once my dad told my grandmother how wonderful the breakfast was, to which she gave a tongue in cheek reply, "If Alex doesn't hum, then you're full of baloney." I did not realize the weight of my culinary critique when I was two.

My grandmother, brother and I all get something for our sacrifices this side of Heaven. Something deep in our hearts cries out to be satisfied. It's that one thing that makes all the frustration and effort worth it. And that's okay because there is a reason that it's okay.

Your "10"

Like my grandmother, brother and many others, lifelong thriving people never pursue success. However, they do bird-dog their passion. Many of them had two undeniable realizations when they were knee-deep in their "10." They noticed that their passion could be a slamming contribution to someone else. It may be using their hands to make killer biscuits. It may be using their minds to learn medicine, but it is always with a zeal to serve others first.

Don't aim for success if you want it; just do what you love and believe in, and it will come naturally.
~David Frost

The second "aha" moment that pops up is, "it's easy". It seems to come naturally to who you are. Your brainwork and actions tend to shape your life



for that purpose. You find yourself day in and day out getting a kick out of what you're up to. So much so that even if no one ever paid you for it, you would still do it cause you're having a blast.

Vacation for life

If you do what you love, you'll never work a day in your life. ~Mark Anthony

So how about you? Are you living in your "10"? Are you having a blast? I know there could be a million reasons you are not, but why not jump ship and go for it? I mean do you really want to be sitting in your rocking chair on your front porch at 92 one day, thinking: "I really wished I had given 'that' a try."?

In the hearts of all, I have put skill, that they may accomplish my plans. ~Exodus 31:6

My hope is that you go to bed every night tired instead of bored...in the hot pursuit and use of your gifts and talents...putting it on the line for those you are crazy about, your community.

If not...why?

To your spiritual health,

Alex E. Anderson
Author of the book, *Dangerous Prayers*
www.dangerous-prayers.com

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