

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

June 2014

Lake/Sumter Edition - Monthly

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KNOW YOUR RISK
AND PREVENT
HEART DISEASE

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NATIONAL CANCER
SURVIVORS DAY

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FULL SPECTRUM
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FOR IMPROVED EARLY
DETECTION OF
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SEE ME?**

**PROSTATE CANCER
& PREVENTION**

**TOO MUCH TIME
IN THE SUN WHEN
YOU WERE YOUNGER?**





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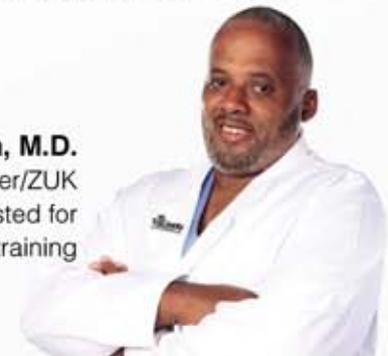
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and greater function. Dr. Kerina pioneered outpatient partial knee replacements, and has helped thousands of patients return to the active lifestyle they enjoy. Don't total your knee without exploring viable options like the outpatient partial knee replacement. Call Dr. Kerina today at 352-787-9141 for a one-on-one consultation.

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National leader and #1 surgeon for Zimmer/ZUK partial knee replacements; most requested for surgeon-to surgeon training



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

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Central Florida's Health & Wellness Magazine can be found in over 900 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

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American Heart Association Heart Healthy Recipe



Texas Caviar

Description

American
8 servings
About \$1.29 per serving

Ingredients:

- 2 (15 oz.) cans reduced sodium, black-eyed peas, drained and rinsed
- 2 green onions, green parts only, thinly sliced
- 1 ear of corn, cut off cob, or 1 cup "fresh frozen" corn
- 1 yellow or red bell pepper, seeds and stems removed, diced small
- ½ cup fresh cilantro, chopped
- 3 fresh jalapenos, seeds removed, diced small
- 2 cups tomatoes, diced small or 1 (14.5 oz.) can of no-salt canned diced tomatoes
- 3 cloves garlic, minced or 3 teaspoon minced from jar
- 2 tablespoon extra-virgin olive oil
- 2 tablespoon lime juice
- ½ teaspoon lime zest
- 1 teaspoon ground cumin
- 1 teaspoon salt
- Freshly ground black pepper, to taste

Directions:

1. In a medium bowl, combine the black-eyed peas, green onions, corn, bell pepper, cilantro, jalapenos, tomatoes, and garlic.
2. In a separate bowl, whisk together the olive oil, lime juice, zest, and cumin. Pour over vegetables, add salt and pepper and toss together until vegetables are coated completely. Best if chilled for 2-3 hours.
3. Serve as a side dish or with whole grain pita chips.

Per serving:	
Calories	150
Total Fat	4.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.5 g
Cholesterol	0 mg
Sodium	77 mg
Carbohydrates	23 g
Dietary Fiber	5 g
Total Sugars	6 g
Protein	6 g

Recipe copyright © 2014 American Heart Association. This recipe is brought to you by the American Heart Association's Simple Cooking with Heart * Program. For more simple, quick and affordable recipes, visit heart.org/simplecooking.

"THE PAIN
WAS SO SEVERE,
I COULDN'T WALK.
I COULDN'T
EVEN DRIVE.

**THAT'S
WHEN I
TOOK
MY
BACK
BACK."**

— Lorraine (Actual patient)

Minimally invasive spine care

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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.

Less than 10% of existing spine surgeons actually perform surgery using minimally invasive techniques.

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!

Consumer Reports
September 2013 issue

Newsweek 2012
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The numbers to BACK IT UP

Results are arguably the most important “numbers” a patient may be interested in and Drs. Bono and Ronzo have some of the best numbers in the country for successful minimally invasive spinal surgery.

95%

95% OF PATIENTS GO HOME THE SAME OR THE VERY NEXT DAY.

1%

OUR INFECTION RATE IS LESS THAN 1%.

100%

OUR ENTIRE CAREERS HAVE BEEN DEVOTED TO DISORDERS OF THE SPINE—NOTHING ELSE.

92%

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

12,432

MORE THAN 12,432 SURGERIES & PROCEDURES PERFORMED.

30,000

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

10%

LESS THAN 10% OF SPINE SURGEONS PERFORM “TRUE” MINIMALLY INVASIVE SURGERY.

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Man Up: Know Your Risk and Prevent Heart Disease

The list of the biggest health threats for men is surprisingly short: heart disease, cancer, accidents, chronic lower respiratory disease, stroke, type 2 diabetes, and suicide. One thing each of these threats have in common is that prevention pays off. It is no surprise that heart disease tops this list of men's health threats, compiled from statistics provided by the Centers for Disease Control and Prevention (CDC). It is time for all men to get serious about reducing your risks for heart disease. The biggest threat to men's health can often be prevented. Here's what you need to know to live a longer with a healthy heart.

In the United States, heart disease is the number one killer of both men and women. Often, though, people don't know they are at risk for heart problems.

Heart disease includes a number of conditions affecting the heart and the blood vessels in the heart. The most common type of heart disease is coronary artery disease, which is the narrowing or blockage of the blood vessels that supply blood to the heart itself. This happens slowly over time and is a major reason people have heart attacks.

A man's risk of heart disease begins to rise greatly starting at age 45. You can lower your risk of heart disease by taking certain steps, including:

Don't smoke. If you smoke or use other tobacco products, ask your doctor to help you quit. It's also important to avoid exposure to secondhand smoke.

Eat a heart-healthy diet. Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated fat, cholesterol, trans fat, and sodium.

Get your blood pressure checked at least every two years. If you have high blood pressure, follow your doctor's advice on how to lower it and keep it under control.

Manage chronic conditions. If you have high cholesterol or high blood pressure, follow your doctor's treatment recommendations. If you have diabetes, keep your blood sugar under control.

Include physical activity in your daily routine. Choose sports or other activities you enjoy, from basketball, golf, walking, to bowling. Anything that gets you up and moving every day is better than doing nothing.



Maintain a healthy weight. Extra pounds increase the risk of heart disease. Learn about your body mass index, or BMI, and how important it is to keep it within a healthy range.

Limit alcohol. If you choose to drink alcohol, do so only in moderation. Too much alcohol can raise your blood pressure.

Manage stress. If you feel constantly on edge or under assault, your lifestyle habits may suffer. Take steps to reduce stress — or learn to deal with stress in healthy ways.

Talk to your doctor about taking aspirin. The U.S. Preventive Services Task Force recommends that men ages 45 to 79 take aspirin to lower their risk of heart attack when the benefit outweighs the possible harm of gastrointestinal bleeding. Discuss your personal risk of both heart disease and gastrointestinal bleeding with your doctor.

The bottom line: understanding health risks is one thing, taking action to reduce your risks is another. Start with healthy lifestyle choices — eating a healthy diet, staying physically active, quitting smoking, getting regular checkups and taking precautions in your daily activities. The impact of taking these steps to be preventive may be greater than you'll ever know.

Dr. Vallabhan
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Dr. V

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BOARD CERTIFIED CARDIOLOGIST
SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

**It's your heart.
It should be
personal.**

And that's how I treat it.

When you come to see me... that's exactly who you will see. I will know your name, how many children you have, what foods you love to eat and how much sleep you get each night. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't. I will watch over you and treat you as I want to be treated when, one day, I am the patient and not the doctor. And that is my promise to you.

WHY ALL BABY BOOMERS SHOULD BE TESTED FOR HEPATITIS C

By Rick L. Pesano, M.D., Ph.D., Medical Director, Infectious Diseases, Quest Diagnostics

Hepatitis is an inflammation of the liver, caused by the hepatitis virus. Of the five different types of hepatitis virus (A, B, C, D and E), hepatitis C is the most common in the United States, affecting more than three million people. Hepatitis C is a serious condition that requires treatment, but because infected individuals often show no symptoms until serious liver damage has already occurred, many people are unaware that they are infected.

Recently, the Centers for Disease Control and Prevention added all “baby boomers” to the list of people who should be tested for hepatitis C. Individuals born between the years 1945 through 1965 should ask their physicians for the one-time test for hepatitis C at their next medical visit.

Chronic hepatitis C infections can last a lifetime, and can lead to liver damage, cirrhosis, liver failure, and liver cancer. In fact, liver damage occurs in an estimated 60-70% of people with chronic hepatitis C infection, and hepatitis C is the leading cause of liver cancer, liver transplants, and death from liver disease. Unlike hepatitis A and B, there is no vaccine for hepatitis C, which is spread by contact with infected body fluids such as blood or semen.

However, if asymptomatic individuals were aware that they were infected, they could be treated and possibly avoid liver damage. The Centers for Disease Control and Prevention’s recommendation that all baby boomers be tested for hepatitis C was made because over 75% of adult Americans with hepatitis C are baby boomers, and about 73% of people who die from HCV complications are baby boomers. Hepatitis C-caused deaths are on the rise, with 7,000 to 15,000 deaths per year from HCV.



Rick L. Pesano, M.D., Ph.D.

In making their recommendation, the CDC noted that testing is cost-effective and saves lives, and new hepatitis C treatments can cure up to 75% of those infected. Only the blood tests can determine whether or not you have hepatitis, and which type of the virus you have.

Since symptoms are not always evident, testing is critical to confirm whether you are infected. However, some individuals who have hepatitis might have these symptoms:

- Fever
- Fatigue (feeling tired)
- Loss of appetite
- Nausea, vomiting
- Stomach pain
- Dark-colored urine
- Diarrhea
- Gray-colored stools or pale stools
- Joint pain
- Jaundice (yellowing of eyes and skin)

Usually, there are no signs of chronic hepatitis until serious liver damage has developed.

The test for hepatitis C is very convenient and no preparation is required. Your doctor will probably order an antibody test (sometimes called an anti-HCV test), which is done through a blood draw from your vein. The blood sample will be analyzed for the presence of antibodies to the virus, which indicates exposure to the virus. If the antibody test is “nonreactive” (negative), hepatitis infection is not likely. If the test is “reactive” or positive, the person has been infected with hepatitis C. If your test is positive, your doctor will probably order an additional test to confirm the results of the antibody test.

In order to decide on the appropriate treatment plan, your doctor will also order tests to pinpoint the exact kind of hepatitis C virus that is present and to provide additional information that helps him/her develop a monitoring and treatment plan. These tests, which detect, analyze, and measure viral particles in the blood, also involve a simple blood test.

Quest Diagnostics, the world’s leading provider of diagnostic testing, information and services, offers a broad hepatitis C and B virus testing menu, including tests to help determine hepatitis C exposure and identify abnormal liver function; viral RNA testing to monitor viral load during therapy; and hepatitis C genotyping to aid in predicting treatment duration and success.

If you do test positive for hepatitis C, do not panic. Individuals who are aware that they have hepatitis C can be treated and possibly avoid liver damage, which is why testing is so critical. Hepatitis C treatments are effective in the majority of the patients with the virus, and new antiviral drugs are being introduced that show great promise for individuals with specific types of hepatitis C. Treatment for hepatitis C usually lasts about 6 to 9 months. If you have hepatitis C, you and your doctor can discuss treatment options that will help prevent further liver damage and disease and allow you to live a long, healthy life.

Successful treatment for hepatitis C does not necessarily protect a person for life. It is possible to be infected and get sick from hepatitis C again. So, it is important to follow these general steps for prevention of hepatitis:

- Wash your hands after going to the bathroom and before touching food.
- Use condoms during sexual relations.
- Avoid tap water when traveling in countries that may have water sanitation issues.
- Don’t share toothbrushes, razors, or nail clippers with an infected person.

If you are experiencing symptoms or you are a baby boomer in the target years, remember the recommendations of the CDC and ask your physician for a one-time hepatitis C test. If you have not been previously vaccinated or are unclear on your vaccination history, ask if you should be vaccinated against Hepatitis A and B. These life-saving tests and vaccines are convenient, widely available, and effective.

FOR MORE INFORMATION:

- CDC website: www.cdc.gov/knowmorehepatitis
- National toll-free hepatitis C helpline: 877-435-7443 Sponsored by HELP-4-HEP, a partnership among several well-known and nationally recognized non-profits with a combined 90+ years’ experience in hepatitis C education, support and patient advocacy.



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CELEBRATING NATIONAL CANCER SURVIVORS DAY... A FEW PICTURES ARE WORTH A THOUSAND CURES

InterCommunity Cancer Centers and Institute Recognizes
Courageous Cancer Survivors and Supporters

The American Association for Cancer Research's second *Annual Report on Cancer Survivorship in the United States* shows that as of January 2012, there were approximately 13.7 million cancer survivors in the United States, a number that is expected to rise by 31 percent to 18 million by 2022.

Anyone living with a history of cancer – from the moment of diagnosis through the remainder of life, is a cancer survivor, according to the National Cancer Survivors Day Foundation. Nearly 14 million Americans are now living with and beyond a diagnosis of cancer. In the United States, men have a slightly less than 1 in 2 lifetime risk of developing cancer; for women, the risk is a little more than 1 in 3. Learning about this disease is crucial, because many forms of cancer can be prevented and most cured if detected early.

Major advances in cancer prevention, early detection, and treatment have resulted in longer survival, and therefore, a growing number of cancer survivors. However, a cancer diagnosis can leave a host of problems in its wake. Physical, financial, and emotional hardships often persist after diagnosis and treatment. Survivors may face many challenges, such as limited access to cancer specialists and promising new treatments, inadequate or no insurance, financial hardships, difficulty finding employment, psychosocial struggles, and a lack of understanding from family and friends. In light of these difficulties, our community needs to focus on improving the quality of life for cancer survivors.





PAYING TRIBUTE TO LOCAL SURVIVORS
InterCommunity Cancer Centers (ICCC) and Institute (ICCI) of Leesburg, Lady Lake and Clermont are paying tribute to local survivors by celebrating the 27th annual National Cancer Survivors Day® on Sunday, June 1, 2014. And while there are countless stories we can tell about our courageous cancer survivors, this year, we want to take this opportunity to share with you photos of the men and women who have overcome seemingly impossible odds.

We thank you all for your smiles, your indomitable spirit, and for inspiring us everyday to continue to fight the good fight.

THE EXPERIENCE OF INTERCOMMUNITY CANCER CENTERS
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.

Vantage Oncology

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

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.

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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.



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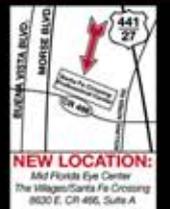
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New Revolutionary Medical Device to Improve Leg Circulation

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

Leg circulation problems affect more than 20 million Americans and over 20% of those are over the age of 65. Circulation problems in the legs can arise from smoking, poor diet and exercise, obesity, high cholesterol, and genetics. There are two components of circulation disease. One is arterial disease also called PAD (Peripheral Arterial Disease), which is a lack of proper circulation to the legs. Another is vein disease (also called Venous Insufficiency), which is a lack of proper circulation back to the heart from the legs.

These circulation problems can cause Intermittent Claudication (not being able to walk without stopping to rest), heaviness and achiness legs, swelling (ankles, lower legs), pain, muscle tension, tired legs, restless legs, brownish skin color changes in the legs, wounds or ulcers in the legs, and enlarged varicose and spider veins.

Current treatment options for both Arterial and Venous disease include stenting, ballooning, Atherectomy (cleaning out the artery) and Radiofrequency Ablations of the veins. These procedures require minimally invasive techniques and surgical interventions.

Today, a new medical device called the CV2® (named for if we had a second heart in the legs) is the new forefront of medical breakthrough. Published studies from leading Orthopedic Physician Jim Hundley Sr. MD with affiliations through the New Hanover Medical Center Surgical Department shows an improvement of Arterial flow to the legs by over 900% and Venous flow of 300%. The device simulates leg calf pumps without any strain to the heart, surrounding muscles, ligaments, and does not affect the heart rate or blood pressure, thus, allowing the user to use the device for hours without being tired. The device is an assistive device utilizing no power and implementing a treadling design (simulating an old sewing machine) to generate centripetal force to allow the user to pump the legs without fatigue. The CV2® is not only used to improve circulation in the legs, it is also used as a recovery machine for athletes and runners as a cool down device after a long exercise regimen to reduce the amount of build-up lactic acid in the muscles. With its' compact and lightweight design,

the CV2® can be used while sitting in the comfort of your home and is easily transportable. An airplane version will soon be following to bring onboard airplanes to prevent blood clots. The CV2® is offered through Comprehensive Vein Center in the Villages at Sumter Landing and can be purchased for an introductory launching price for \$269.99 +tax s/h.

Indicated for People with:

1. Lymphedema
2. Leg Swelling
3. Bad Veins (Venous Insufficiency)
4. Bad Arteries (PAD)
5. Restless Leg Syndrome
6. Athletic Injury or Recovery
7. Leg Ulcers/Wounds
8. Sedentary Lifestyle
9. Sedentary Job



Ordering Information:

Call, Fax, Email or In Person
Comprehensive Vein Center in the Villages
Sumter Landing Creekside Medical Plaza
 1050 Old Camp Road, Suite 202
 The Villages, FL 32162
 o-(352) 259-6359 | 1-844-786-7282
 f-(352)750-1854
 email: info@cvcMedicalDevices.com

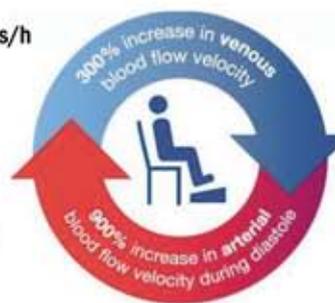


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*MSRP: \$299.99 + Tax s/h

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Offer ends June 1, 2014



Bio

Tom Tran PA-C, MPAs is one of the few Physician Assistants in the US that is NCCPA Surgery Boarded. He has extensive training, which includes 10 years experience in Trauma, General, and Vascular Surgery. He invented the Transcatheter Extractor®.



He was awarded Florida PA of the year in 2007, and is the current Treasurer of the National PA Foundation. He is the Clinical Director at Comprehensive Vein Center in The Villages, which has been a state of the art Vein Center designated to vein treatment for over four years. He has performed over 2,500 Laser and VNUS Closure procedures, and over 10,000 combined Ultrasound Guided foam and Visual Cosmetic Sclerotherapy procedures.

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CV2 Guarantee

GO2, LLC provides a one-year replacement warranty for the CV2. Replacement of such item will occur upon receipt of defective unit and inspection by GO2, LLC. GO2, LLC does not guarantee replacement for units that have been treated negligently.

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Q: What's worse than a colonoscopy?

A: A colonoscopy that can miss 41% of pre-cancerous polyps.

Colonoscopy saves lives. The fact remains, however, that standard colonoscopes miss many pre-cancerous polyps.

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Insist on Fuse® Colonoscopy.



Anand Kesari, MD
Gastro-Colon Clinic

To schedule a Fuse colonoscopy, call
(352) 237-1253 or visit www.gastro-colon.com



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Leg Swelling, Leg Pain and Varicose Veins?



We also specialize in spider veins



Before

After

Tom Tran, PA-C, MPAs
American College of Phlebology

Mike Richards, PA-C, MPAs
American College of Phlebology

Anthony Alatraste MD, Medical Director
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The treatment for varicose veins is a covered procedure if medical necessity is met.

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Too Much Time in the Sun When You Were Younger? No One Needs to Know Now!

As Floridians, one thing is for certain—we love the sun. Even if you're not a fan of going to the beach or lazy days spent outside there is no escaping the sun's powerful rays. As the sun provides us many overall health benefits, it can also be detrimental to our skin. At ImageLift, wrinkles, brown spots, thinning skin, and discoloration are just some of the chief complaints we hear about sun damage every day.

To help stop or even reverse sun damage to the skin, be sure to try some of the following tips: Use sunscreen with an SPF of 15 or higher, know your skin type and exfoliate when there is dry skin,

stay hydrated, and wear the proper clothing when doing any activities outside.

As we get older though, that damage from the sun starts to show and can affect how we feel about our appearance, and our confidence. Leah Powell, an ImageLift patient and business owner, suffered from visible sun damage. She wanted to put her best face forward for her business. Leah decided to visit Dr. Rich Castellano for an expert opinion on getting a facelift.

"I had always thought that when I got older I would get it (a facelift), said Leah. "After being in the sun

all of my life and seeing what it (a facelift) did for my friend, I wanted to go ahead with it."

With the latest technologies and techniques available, we can help hide the effects of sun damage, and help you look and feel young again! ImageLift offers a wide range of procedures to help your improve your confidence and quality of life, including the ImageLift FaceLift.

The ImageLift Facelift consistently delivers the "WOW!" results while still maintaining a natural appearance. Our most popular facelift is split into three categories: small, medium, and large. Your ImageLift physician will help you determine which ImageLift Facelift is right for you! Results vary for each type of facelift, and are typical. You deserve to look and feel your best, so what are you waiting for?

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RICHARD CASTELLANO, M.D.**



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



Leah Powell had the Medium ImageLift.

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 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 ImageLift patient Leah, "I read the book and loved it! It really helped prepare me."

See Leah's testimonial at: youtube.com/imagelift



RESULTS ARE TYPICAL AND DO VARY.

Meet The Docs At An Upcoming Event

Thursday, June 5th @ 1:00 PM
Seminar at the Waterfront Inn

Tuesday, June 10th @ 11:00 AM
Artefill Luncheon at the Villages Office

Thursday, June 26th @ 1:00 PM
Seminar at the Waterfront Inn

All Events are 100% Complimentary



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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





Dr. Anand Kesari Offers Innovative Full Spectrum Endoscopy Procedure for Improved Early Detection of Colon Cancer

Gastro-Colon Clinic is one of the first in the nation to use EndoChoice's Fuse™ endoscope system to reduce the 'miss rate' of lesions during colonoscopy



Although colonoscopy exams prevent many colon cancer deaths¹ and are the gold standard, for detecting colorectal cancers,² the procedure is not completely effective in preventing cancer cases.³ For this reason, Gastro-Colon Clinic has invested in an innovative technology that significantly improves the accuracy of colonoscopy exams and can greatly reduce the number of potentially pre-cancerous lesions missed by standard, forward-viewing endoscopes.

The Fuse™ endoscope system from EndoChoice®, Inc. uses three small cameras at the tip of a flexible GI endoscope. "Unlike standard, forward-viewing endoscopes that use a single camera, the Fuse system lets doctors see nearly twice as much surface area," said Dr. Kesari.

"The Fuse endoscope is all about seeing more of the GI tract. It projects the expanded view on three screens to give physicians previously unseen views, such as behind colonic folds and difficult anatomy. We are pleased to offer this important new technology to our community."

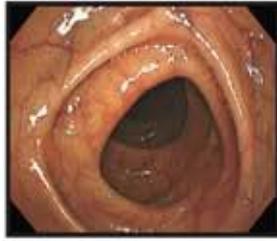
1 Zauber AG, Winawer SJ, Waye JD, et al. Colonoscopic Polypectomy and Long-Term Prevention of Colorectal-Cancer Deaths. *N Engl J Med* 2012; 366:687-696

2 Rockey DC, Paulson E, Niedzwiecki D, et al. Analysis of air contrast barium enema, computed tomographic colonography, and colonoscopy: prospective comparison. *Lancet*. Jan 22-28 2005;365(9456):305-311

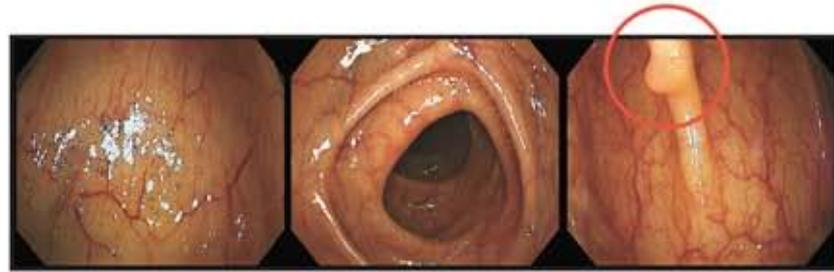
3 Brenner H, Chang-Claude J, Seiler CM, Sturmer T, Hoffmeister M. Potential for colorectal cancer prevention of sigmoidoscopy versus colonoscopy: population-based case control study. *Cancer Epidemiol Biomarkers Prev*. Mar 2007;16(3):494-499.



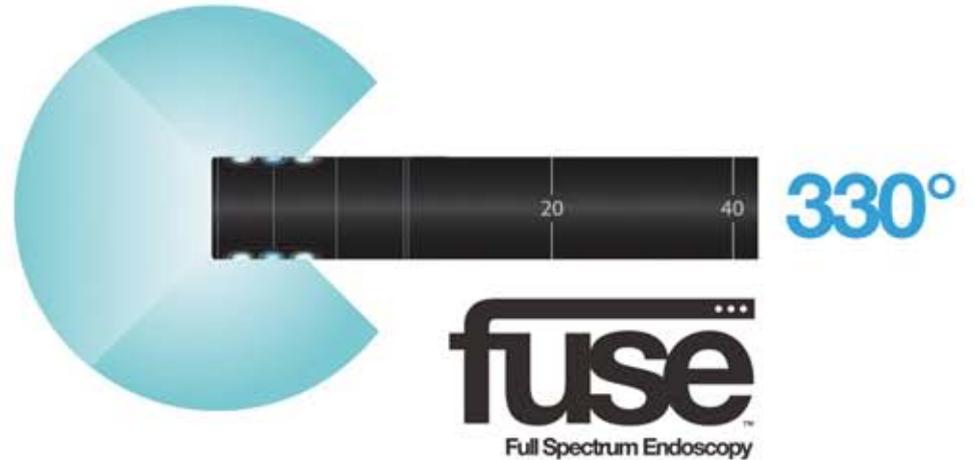
Dr. Anand Kesari



**Standard Colonoscope
Limited 170° Field of View**



**Fuse™ Colonoscope
Panoramic 330° Field of View**



The Fuse system recently received FDA 510(k) clearance for marketing in the U.S. “As an early adopter of the innovative Fuse system, Gastro-Colon Clinic is at the forefront of U.S. healthcare providers offering the best technology and procedures for detecting colorectal cancers,” said Dr. Kesari. “Our team is proud to be using the new system in our ongoing effort to reduce cancer and provide the highest quality care to our patients.”

In a multi-center trial conducted in the U.S., Europe and Israel, researchers performed a series of colonoscopies comparing standard, forward-viewing endoscopes and the new Fuse system.

The endoscope used in the first examination was selected randomly. After the first inspection, each patient immediately underwent a second colonoscopy performed by the same doctor, but with the competing endoscope. The 185 patient trial showed standard, forward-viewing endoscopes missed 41% of potentially pre-cancerous lesions,



or adenomas, while the Fuse system missed just 7%. Additionally, Fuse found 69% more adenomas when compared to standard, forward-viewing endoscopes. The results of this clinical study were presented at a major medical society meeting earlier this year and recently published in The Lancet Oncology.

“Standard, forward-viewing endoscopes provide up to 170 degrees of forward vision. The advantage of Fuse is that it allows endoscopists to examine twice the anatomy with a wide 330 degree view. This is especially advantageous because adenomas can be missed in difficult to find areas of the anatomy,” said Dr. Kesari. “The findings are compelling and support the data from previous studies showing the limitations of standard, forward-viewing endoscopes. EndoChoice’s innovative Fuse technology dramatically improves the effectiveness of this life-saving procedure. And improving the effectiveness of every procedure we perform here at Gastro-Colon Clinic is what we’re all about.”

Patient scheduling with the new Fuse system is now underway at Gastro-Colon Clinic. More than 15 million colonoscopies are performed across the United States each year and most insurance companies cover the costs for those patients over age 50.

**Gastro-Colon Clinic
Dr. Anand Kesari**

7535 SW 62nd Court,
Ocala, Fl. 34476

1400 US 441 N. Bldg. 930,
The Villages, Fl. 32159

1389 S. US 301,
Sumterville, Fl. 33585

7578 SE Maricamp Rd. #102,
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Ask your Doctor to refer you to Dr. Anand Kesari of Gastro-Colon Clinic for all your GI and Colonoscopy needs. Get the best possible endoscopic evaluation around.

URGENT CARE

WHEN YOU NEED IT THE MOST

 **441 Urgent Care** 
 is hosting a 4th of July party to honor their patients from 4pm to 8pm at their Summerfield locations. Everyone should come out to enjoy food and drink and festivities.

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 detention 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

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365 days a year

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Fax: 352-693-2345



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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 care 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

Dealing with Sciatica Shooting Down the Leg?

DON'T PAY THOUSANDS FOR SPINAL DECOMPRESSION!

By Compton Chiropractic Care

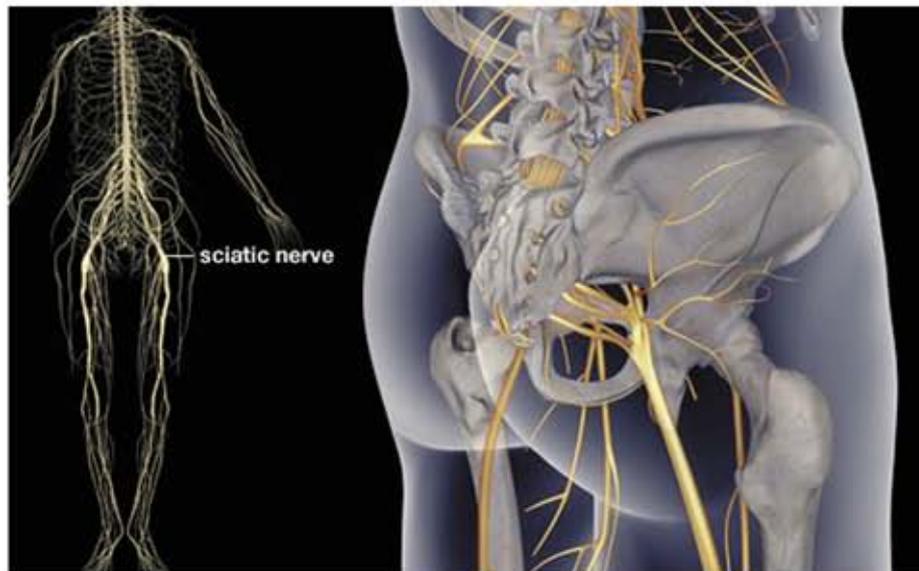
Sciatica is a pain that you would not want to wish on your worst enemy. It is described as a sharp and shooting pain travels down the leg, but most people experiencing the symptoms will describe it as a numbness, tingling or burning sensation.

You may have considered local newspaper advertisements advertising decompression, but don't want to pay thousands up front for long treatment plans. Well at Compton Chiropractic there is a more affordable decompression therapy called Cox Flexion distraction technique that can relieve your sciatic symptoms.

What makes Cox flexion distraction different from other decompression machines is the doctor is with you at all times. The doctor will use his hands and the machine to make corrections as he is administering treatment. Ask yourself this question: Do you want a machine taking care of you or do you want a top rated experienced doctor there with you at all times that can make adjustments and provide you with better results with fewer visits?

Having the doctors at Compton Chiropractic control the decompression from start to finish guarantees that the patients will receive more effective care and much shorter treatment plans. The typical treatment is 8-12 visits where as other decompression therapies require a patient to undergo over 26 visits. Our doctors also works with your primary care physicians, neurologists, and neurosurgeons in order to provide effective conservative care first. The truth is not every patient is a candidate for major surgery or prescription medication. This conservative treatment has been shown to decrease disc pressure by approximately 75% thus allowing relief of the signs and symptoms of disc related pain (Sciatica). The average treatment time last about 15 minutes and most patients report feeling better in just a few visits.

The Cox Flexion distraction was developed by Dr. James M. Cox For 50 years Dr. Cox has designed this decompression treatment; documenting the science of



Doctor Compton shares that, "some patients are candidates for surgery in order to correct their sciatic symptoms; however in most cases I able to postpone or prevent surgery for my patients."

The Doctors at Compton Chiropractic are graduates from Palmer College of Chiropractic and have been serving The Villages since 2006. The Doctors are integrated with several local

this non-surgical alternative to back surgery approach to back pain relief in the hands of well-trained back specialists.

Evidence-based protocols are tested in laboratory trials and clinical trials supported by privately funded, clinician-volunteer, and federally funded research grants. Their objectives are to document the effect decompression has on the spine and its nerves to relieve pain (drops pressure) as well as the amount of time in days (29 average) and visits (12 average) it takes to relieve pain.

These protocols are well-defined in medically-published textbooks and peer-reviewed journal articles. Their proper application, even the amount of force, is taught in recognized postgraduate and graduate training programs. Patients seeking relief of their lower back pain and neck pain can rest easy knowing that Cox Technic flexion distraction protocols are safe, gentle, and well-documented to help them.

primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively.

Dr. Compton shares how many residents have become his patient's:

First:

- Most patients come directly to our office as referrals are not necessary.

- Others tend to start at their Primary care Physicians office (PCP). The PCP will evaluate and treat with medication. Then the patient presents to our office.

Second:

- We evaluate and treat the patient while working with the PCP if indicated.

- We treat as needed based on the patient's presentation (3-12 visits). Should we fail to see results quickly we recognize the need to progress the case. This means advanced imaging and orthopedic consultation.

.....
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Military Veteran

Dr. Brent Compton
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Biology Sciences

Dr. Daniel Taylor
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Molecular & Microbiology Sciences

TESTIMONIALS

"I suffered from sciatica for 25 years until a friend told me about Doc. After 4 treatments I was back on the golf course and out of pain." - K.R.

"I thought I would live with this pain for the rest of my life, But thankfully I was wrong and Doc was right." - M.M.

"Dr. C is an amazing Doctor who actually cares for his patients like they were family." - A.O.

"My back feels twenty years younger." - C.C.

"Although the Doctor was only able to give me temporary relief, he was responsible for getting me to great surgeon who helped me. I will continue to see and trust Dr. Compton." - T.A

Doctor Compton's office is located in The Palm Ridge Plaza off CR 466 and they accept all major insurances. Office hours are M-F from 9am to 5 pm and Saturdays 9-2.

Compton Chiropractic added on another physician, Dr. Daniel Taylor to their practice. With three physicians on staff, Compton Chiropractic can now more effectively serve it's increasing patient base.

Feel free to set up a free consultation to meet with one our doctors in order to determine what treatment plan may be right for you! 352-391-9467.

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Can You See Me?

Welcome to June. The summer months are upon us and everyone would like to see crisp and clear at all the beautiful sights of summer. Now you can. The whole month of June is known as cataract awareness month.

Cataracts are more common in adults 70 and older but according to the Prevent Blindness America (PBA) cataracts can affect more than 22 million Americans aged 40 and older. Cataracts is a clouding of the eye's lens which blocks or changes the passage of light into the eye. Unlike many eye diseases, however, vision loss due to cataract can be restored. Cataract surgery is one of the most common performed today in the United States and has a success rate of 95%. Studies have shown that hip surgeries has declined with people that had cataract surgeries.

Cataracts do not cause pain, redness or tears. Changes in your vision may be a sign of cataracts.

These changes can include:

Blurred vision, double vision, ghost images and a feeling of a film over the eyes.

Lights may seem to dim for reading or for close up work. You may feel startled by bright or strong lights.

Halos around lights.

Changing eyeglass prescription often, but does not seem to help.

Some may even notice the cataract. This looks like a milky or yellowish spot on the pupil. The center of the eye is normally black.



Cataracts can't be cured with medications, dietary supplements, exercise or optical devices. The only effective treatment for cataracts is surgery to remove the clouded lens. More than 2.7 cataract surgeries are performed each year. Normally this is an outpatient procedure with minimal pain. During surgery the clouded lens is removed and implanted with a clear new artificial lens. This lens is permanent and does not require replacement or cleaning.

Even though cataracts are a normal part of aging, there are certain factors that increase your risk significantly.

Ultraviolet lights- It is so important to wear a good pair of sunglasses with protective coating.

Other risk factors include eye injury, diabetes, family history of cataracts, previous eye surgery, prolonged use of corticosteroids, exposure to ionizing radiation, and smoking.

You can reduce the risk by not smoking and avoiding tobacco smoke, eating a balanced diet, protecting yourself from the sun, staying on top of your health problems and getting your eyes checked regularly. It's important to have your eyes examined by an ophthalmologist every four years after age 40, and at least every other year after age 65. If you experience any signs or symptoms of a cataract, visit your eye doctor right away.

We may not be able to prevent cataracts but we can sure try to prolong them. Let us all see clearly, have your eyes checked during the month of June.

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Early Detection Saves Lives

Oral cancer is not a rare disease. Approximately 37,000 people are diagnosed with oral cancer every year in the US. It kills one person every hour of every day, and over 100 new individuals will be diagnosed with it each day. The good news is that it can be caught early in its development through a quick, simple, painless screening.

Who should get screened?

Every adult. Oral cancer can often be caught early, even as a pre-cancer. With early detection, survival rates are high and the side effects from treatment are at their lowest. Like other screenings, such as cervical, skin, prostate, colon and breast examinations, oral cancer screening is an effective means of finding cancer at its early, highly curable stages. Make it one of your annual health check-ups.

What are the risk factors?

The two most common causes of oral cancer are 1. Long-term use of tobacco and alcohol; and 2. Exposure to the HPV16 virus (human papilloma virus version 16), a newly identified etiology, and the same one responsible for the vast majority of cervical cancers in women. Due to the connection to this virus, the quickest growing segment of the oral cancer population is composed of young, healthy, non-smokers.

Early Indicators

- Red and/or white discolorations of the soft tissues of the mouth
- Any sore that does not heal within 14 days
- Hoarseness that lasts for a prolonged period of time



Advanced Indicators

- A sensation that something is stuck in your throat
- Numbness in the oral region
- Difficulty in moving the jaw or tongue
- Difficulty in swallowing
- Ear pain that occurs on one side only
- A sore under a denture that does not heal even after adjustment of the denture
- A lump or thickening that develops in the mouth or on the neck

An oral cancer screening should be conducted every year, so make sure you see us today!

For more information about oral cancer, please log on to The Oral Cancer Foundation's official website at www.oralcancer.org.



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Prostate Cancer & Prevention

Do we know enough to significantly reduce our risk of Prostate Cancer?

Written by, Carolyn Waygood, Certified Natural Health Professional & Plexus Ambassador

Prostate cancer is currently the second leading cause of cancer death in men in the U.S., and it's about time we help educate men on ways to reduce their risk of this debilitating disease beyond the typical advice to "eat right and exercise more". While eating a diet high in cruciferous vegetables and reducing saturated fats (among other things) has been known to reduce risk of many diseases including prostate cancer, and the link between regular exercise and better health is widely known, we now know there are many other ways to reduce one's risk of developing prostate cancer. "Prostate cancer may seem inevitable in some men", reports Positive Med in an article entitled "Dramatically Reduce Prostate Cancer Risk". However, "growing evidence suggests you can dramatically reduce the risk of this cancer, and slow its progression if you already have it". Since there are ways to delay cancer's development or inhibit its growth, why aren't we broadcasting it over the radio? Do your part in sharing this important information this June (Men's Health Month), and pass this article on to the men in your life!

It's Better to Prevent than to Treat

Most medical professionals know that over the course of a lifetime a man could engage in healthy dietary practices consuming a lot of **tomatoes, cruciferous vegetables, green tea, pomegranates, and soy protein**, and probably significantly lower their risk of prostate cancer. "There are a number of good opportunities for men to avail themselves with potentially preventing prostate cancer", admits Dr. Gerald L. Andriole Jr, MD, Professor and Chief, Division of Urologic Surgery, Washington University School of Medicine, in his paper titled *Contemporary*



Prostate Cancer Prevention. "We know about vitamins and minerals, specifically selenium and vitamin E, and we know there's good laboratory data that **COX-2 inhibitors** (COX-2 is an enzyme responsible for inflammation and pain) may be effective preventatives of prostate cancer. I think there is a lot of good news out there about prostate cancer prevention."

Start by Reducing Inflammation

Based on data from a new study at the Johns Hopkins Kimmel Cancer Center, published April 2014 titled *Biomarkers & Prevention.*, men who suffer from chronic prostatitis (inflammation of the prostate gland) may have close to twice the risk of developing prostate cancer compared to those without inflammation. Although the study can't prove which came first "the chicken or the egg", in other words it is indeterminable whether inflammation played a factor in the development of cancerous cells, or whether the presence of cancer cells instigated the inflammation, both medical and scientific research has linked chronic inflammation to many diseases, including cardiovascular disease, diabetes, arthritis, Alzheimer's, and prostate cancer. "This study is a big step in preventing prostate cancer and advocating surveillance of men with BPH (Benign Prostatic Hyperplasia) and chronic prostate inflammation. Treating and avoiding inflammation of the prostate could reduce the number of cases yearly which develop into prostate cancer." added Dr. David Samadi, Chair of Urology and Chief of Robotic Surgery at Lenox Hill Hospital in New York City.

As explained in a paper entitled "Inflammation and Prostate Cancer" published by the National Institute of Health, "Chronic inflammation has been associated with the



development of malignancy in several other organs such as esophagus, stomach, colon, liver and urinary bladder". The report explains that inflammation is thought to promote the development of cancer by causing cellular damage. Could it be that inflammation, either in conjunction with other things, such as diet and heredity, or by itself, is the cause of the oxidative damage that leads to cancer? There is precedent for this idea. Inflammation is known to cause damage to cells and to DNA. It is already known that long-term inflammation is associated with many kinds of tumors. For example, chronic hepatitis causes cancer of the liver; chronic stomach inflammation causes stomach cancer; reflux esophagitis, over time, can cause cancer of the esophagus. "Natural health practitioners are taught to consider chronic inflammation as the precursor to most diseases", notes Carolyn Waygood, Certified Natural Health Professional and student of Naturopathy. "As a result, if we can reduce or control chronic inflammatory conditions, we can potentially reduce the risk of many associated illnesses."

As with every illness, a Natural Health Professional would ask "what is causing the inflammation, and how do we reduce or eliminate it?". Since the prostate is located adjacent to the bladder, urethra and rectum, chronic strain or injury to these anatomical structures could contribute to surrounding inflammation. Therefore, the optimal health of these body parts may reduce one's risk of localized inflammation and ultimately developing prostate cancer. Drinking adequate amounts of water can help flush the bladder and keep the urethra clean, and maintaining healthy body pH levels and avoiding over-acidity of the urine and other body fluids may also improve bladder and urethra health. Maintaining healthy digestion and elimination is important to colon health, and avoiding chronic constipation will help reduce strain in the rectal region which could, in turn, cause swelling of the prostate. It is also known that elevation of estrogens in the presence of testosterone results in a prostate-specific inflammatory response. So maintaining a balance of these powerful hormones can also help maintain prostate health. "Although many things could be responsible for inflammation of the prostate", advises Ms. Waygood, "educating oneself of common inflammatory factors is powerful ammunition in the fight against prostate disease."

Prostate Cancer: GET THE FACTS
Other than skin cancer, prostate cancer is the most common cancer in American men.

1 in 6 men will be diagnosed with prostate cancer during his lifetime.

Prostate cancer can be a serious disease, but most men diagnosed with prostate cancer do not die from it. In fact, more than 2.5 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today.

2.5M

Disclaimer: All information provided in this article, particularly any information relating to specific medical conditions, health care, preventive care, and healthy lifestyles, is presented for general informational purposes only. It should not be considered complete or exhaustive and does not cover all disorders or conditions or their treatment. The information provided is not intended as a substitute for the advice provided by your own physician or health care provider, and may not necessarily take your individual health situation into account. The author assumes no liability or responsibility for any errors or omissions in the content of this article. The statements regarding any products included in this article have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



The **Plexus Fast-Relief Pain** supplement was specially formulated to help reduce inflammation using well-known anti-inflammatory enzymes such as Serrapeptase and Bromelain. Serrapeptase is known as the "Miracle Enzyme," and with more than 25 years of research in Europe, has proven to deliver significant relief from pain and inflammation without the usual side effects of NSAIDs. Bromelain is another enzyme

shown to possess substantial anti-inflammatory and anti-pain properties. But what truly sets the Plexus Fast-Relief Pain capsules apart from other anti-inflammatory products on the market is the added ingredient ETARol™. This patented, highly purified extract of the New Zealand green lipped mussel contains all the potent and wide-ranging properties of its source, including anti-inflammatory support, pain relief and tissue regeneration. Scientific findings show ETARol™ is the superior source of the green lipped mussel, and is known to be a 5-LOX inhibitor (like COX-2, the biological compound 5-LOX also plays a major role in the inflammatory process) in patients with arthritis. Taking between 2 to 4 Fast-Relief Pain capsules daily, depending upon the severity of inflammation, has shown to significantly reduce pain and chronic inflammation.

The **Plexus BioCleanse** supplement was formulated to improve intestinal health and bowel elimination while improving body pH and oxygen levels. An oxygenating magnesium complex, BioCleanse helps restore health of the intestinal muscle used to move waste out of the body, and reduce inflammation caused from acidic conditions. Oxygen works to neutralize acidic conditions while improving cellular health, and inhibits the growth of pathogens in the intestinal tract which may also lead to inflammatory conditions. Men who suffer from chronic constipation have found relief with daily use of Plexus BioCleanse, and may also benefit from the Plexus ProBio5 supplement. When problems with elimination are linked to inadequate digestion, the healthy probiotics and helpful digestive enzymes contained in ProBio5 can help. While important enzymes such as protease and peptizyme help break down food more fully, added probiotics help maintain bacterial balance. Together, these powerful daily supplements help maintain intestinal health and may reduce strain and inflammation associated to chronic constipation.



The Link Between Prostate Disease and Elevated Glucose & Insulin Levels

According to the National Institute of Health, "the effect of insulin resistance was apparent"¹ in recent studies addressing the association between prostate cancer risk and insulin sensitivity or resistance. Although past research has frequently shown that obesity is a strong risk factor for adult-onset diabetes, the link between obesity and cancer is less widely known. But that is changing. Recent studies have confirmed that excess weight is associated with the incidence and mortality of a number of cancers, such as colon, pancreas, and kidney, in addition to aggressive prostate cancer in men and breast cancer and endometrial cancer in women. More recently, researchers have narrowed down one of the primary culprits in the link between weight and cancer – insulin resistance. Insulin resistance is a condition whereby some organs become resistant to insulin's ability to shuttle glucose into cells, especially after eating a meal high in carbohydrates.

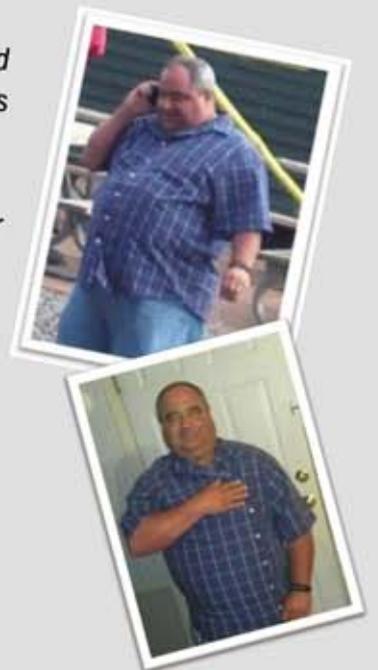
Edward L. Giovannucci, MD, ScD, Professor of Nutrition and Epidemiology at Harvard School of Public Health explains it this way; "The link between insulin resistance and cancer may be related to the compensatory high levels of insulin. Insulin is an important growth factor for body tissues. Typically, insulin increases when nutrients are plentiful, and drops dramatically during a fasting state. Insulin may signal cells to increase rapidly in number through a variety of mechanisms. Insulin could directly signal growth, or it could do this by increasing the levels of other potent growth factors (insulin-like growth factors [IGF]), or it could make cells more sensitive to other growth factors. Although cancer is a complex, multifactorial disease, one of the consistent characteristics of cancer cells is their ability to grow uncontrollably and to be resistant to programmed death. Thus, growth factors are critical to the initial development of cancers, as well as to their progression."



Plexus Slim, a powdered drink mix formulated using natural ingredients and designed to help balance blood sugar while increasing insulin sensitivity and breaking down glucose, was originally created to help Type 2 Diabetics better manage glucose & insulin levels. Now available through Plexus Health Ambassadors, Plexus Slim has helped people all over the world lose weight, balance blood sugar, control the appetite, and achieve greater energy – naturally! Men who face an increased risk of prostate or other disease due to excess weight or insulin resistance, may find help losing weight and balancing glucose levels with Plexus Slim & Accelerator. Mixing one packet of Plexus Slim into a bottle of water, shaking, and drinking each morning before breakfast, and taking 1 to 2 Plexus Accelerator supplements along with any other daily vitamins, has helped hundreds of thousands of people lose weight naturally, and improve glucose and insulin levels.

Richard is 5' 4", and at his worst weighed 305 lbs. and was on a fist-full of medications for blood pressure, his heart, and high triglycerides and cholesterol levels. "We went to a trade show and saw a Plexus booth," Richard said. "I wanted nothing to do with this 'wonder product.' My wife loved me so much that she went behind my back and bought some. I am so thankful she did; Plexus has saved my life." Now, nine months after starting with Plexus, Richard has lost 45 lbs., and nine inches around his waist. In December, his doctor took him off the last of his medications! "I feel a responsibility to share Plexus with everyone. My future was so bleak and now I get to be there for my kids and grandchildren."

- Richard Chamberlain



Interested in learning more? Come visit with Carolyn and your local Plexus Representatives at a June "Introduction to Plexus" event Saturday June 21st from 10 AM to 11 AM hosted by Ancient Ways Martial Arts Academy located at 3405 Cortez Road West, Bradenton, FL 34210! R.S.V.P. to Carolyn at (941) 713-3767, and receive a FREE GIFT! You can also contact Carolyn at Carolyn@BetterBreastCheck.com to schedule a FREE initial consultation. To purchase your Plexus natural health products, visit www.Waygood.MyPlexusProducts.com today!

1. J Natl Cancer Inst. 2003 Jan 1;95(1):67-71.



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The Rub

By Alex Anderson

Last June I had the privilege of spending some time with Pastor Rick Warren and a few other awesome pastors in Orange County, California. Even though it had been a brief six weeks since Pastor Rick had lost one of his sons, he was incredibly warm and very engaging.

As I was waiting a few days later at the John Wayne International Airport to jet my way back to Florida, the authenticity of my time with Pastor Rick began to alter me. I knew that I had been in the presence of a world-class leader whose resume would contest any on the planet. Besides being the founder of Saddleback, the eighth-largest church in America, his book, *The Purpose Driven Life*, has sold over 30 million copies. He has been a presenter on the famous *TED Talks* and holds the Guinness World Record for the largest collection of books signed by the author. He has also spent the last 10 years or so teaching leadership to thousands of pastors in lands where a lack of resources generally prevents such privileges.

He truly is an amazing person to achieve so much, but the uncompromising disposition that stood out to me was his humility. He carries a natural warmth and authentic love for others. I was changed for the better by hanging out with him that day. Being with Pastor Rick reinforced my desire to be a world class Christ-follower and leader.

My pastor, Randy Bezet, often says, "Life change happens in context of relationships." And this is absolutely true. I know no quicker or more direct way to alter our lives than to have an authentic relationship with someone who is different. It can work in either direction by the way, for the best or the worst. We seem to "rub off" on each other as Pastor Rick has on me (thanks Pastor Rick).

In the same way that iron sharpens iron, a person sharpens the character of his friends.
~Proverbs 27:17 (Voice)

The "rub off" can be subtle or drastic, but it appears in many different ways. Selecting our close friends is alarmingly important to our future since they can change our beliefs, emotions, self-esteem and our



long-term decisions. Author Jim Rohn was fond of saying, "You are the average of the five people you spend the most time with." So take a minute and find out your answers to these life-altering questions.

Quickly name out loud your five closest friends and ask yourself these questions.

How much money do they make? How much do I make? How much love do you see expressed in their relationships? How much love do I express and receive? Are they healthy or sickly? How is my health? Are they happy with their relationship with God? Then ask yourself, "Am I happy with my relationship with God (you can be by the way)?"

It's downright eerie how true these results can be and what kind of comfort, or more critical yet, a wake-up call they can be.

In 1999 I had the opportunity of meeting Charlton Heston, the actor who played Moses in the 1956 Cecil B. DeMille classic movie, *The Ten Commandments*. In Mr. Heston's case, at 6'3" tall with a big smile and a strong handshake, he made quite the impression on me. One of my childhood movie heroes, he was bigger than life. At 78 years old he was the picture of perfect health and manliness.

Being in his presence sent me back to my childhood days, playing and working on the farm.

Meeting and shaking Mr. Heston's hand, much like meeting Pastor Rick Warren, was a lifetime opportunity for me.

Both of these life-moments came my way, but the decision to follow through and connect with them, was my personal decision. These types of life-moments can be by design; more frequent and intentional.

Here are actions you can take that give you the same life impact when you are intentional. Step 1: Decide what part of your life you want altered and improved. Step 2: Ask God to help you be aware of life-changing role models that have the aspect of life you seek. Go ask them. I have done this many times with great success. God has provided a mentor on every occasion. Step 3: Give back. Be of service to the mentor and to God, by being a mentor.

"You have not because you ask not..."
James 4:3 KJV

Intentionality, prayer and the courage to ask are the keys. This is your life, so get started, and send me an email with how it turns out. I know what will happen if you do. Your life will get better.

To your spiritual health,

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



441 Urgent Care is hosting a 4th of July party to honor their patients from 4pm to 8pm at their Summerfield locations. Everyone should come out to enjoy food and drink and festivities.

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