

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

July 2014

Lake/Sumter Edition - Monthly

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WHAT DOES  
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& **WOMEN**

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MONTH





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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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tendons intact and resurfaces only the damaged cartilage and bone thereby leaving up to 70% of the knee in its natural state.

This allows for vastly shortened recovery time and significantly improved patient satisfaction through the restoration of normal knee bio-mechanics. Dr. Kerina designed the Uni Path program which is

the nation's first outpatient partial knee replacement program to help hundreds of patients get back to their active lifestyle without a hospital stay.

**Don't total your knee without exploring viable options like the partial knee replacement. For an appointment call Dr. Kerina 352-787-9141.**

  
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Pain Free Outpatient Partial Knee Replacement, the future of Knee Replacement Surgery.

**J. Mandume Kerina, M.D.**  
National Leader and #1 Surgeon for  
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\*J. Mandume Kerina, M.D. - Surgeon for Zimmer/ZUK Partial Knee Replacement and National Leader in Outpatient Partial Knee Replacement and Most Requested by Zimmer for Surgeon to Surgeon Training

# Contents

July 2014

7 Stop Suffering from Pain  
Gulfcoast Spine Institute

9 Health Tip of the Month:  
Men, Get the Preventive Medical  
Tests You Need

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

12 Bladder Cancer and Women:  
Why Diagnosis Comes at Later  
Stages for Some

14 Full Spectrum Endoscopy  
Procedure for Improved Early  
Detection of Colon Cancer

16 Urgent Care When You  
Need it the Most

18 Vacation & A Fresh Look!

20 Understanding Chronic  
Venous Insufficiency

22 Mid Florida Eye Center  
Welcomes New Retina Specialist

24 The Right Food May Be  
Wrong For You

25 UV Safety Month

26 What Does Freedom  
Mean to You?

29 X-Rays, Are They  
Too Dangerous?

31 Spiritual Wellness  
The Hidden Message

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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.

Full Spectrum Endoscopy™ (Fuse®) is revolutionizing colonoscopy by providing a full 330° view of the colon, almost double the view of standard colonoscopes. A study recently published in *The Lancet Oncology* revealed that Fuse found 76% more polyps than standard colonoscopes.

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**Anand Kesari, MD**  
Gastro-Colon Clinic

To schedule a Fuse colonoscopy, call  
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"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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## 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.

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  
LEADERS IN SPINE SURGERY



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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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# HEALTH TIP OF THE MONTH...

## Men, Get the Preventive Medical Tests You Need

**S**creening tests can find diseases early, when they're easiest to treat. Talk to your doctor about which preventive medical tests you need to stay healthy.

**Body Mass Index** – Your body mass index, or BMI, is a measure of your body fat based on your height and weight. It is used to screen for obesity. You can find your BMI by visiting <http://www.nhlbisupport.com/bmi>.

**Cholesterol** – Once you turn 35 (or once you turn 20 if you have risk factors like diabetes, history of heart disease, tobacco use, high blood pressure, or BMI of 30 or over), have your cholesterol checked regularly. High blood cholesterol is one of the major risk factors for heart disease.

**Blood Pressure** – Have your blood pressure checked every 2 years. High blood pressure increases your chance of getting heart or kidney disease and for having a stroke. If you have high blood pressure, you may need medication to control it.

**Cardiovascular Disease** – Beginning at age 45 and through age 79, ask your doctor if you should take aspirin every day to help lower your risk of a heart attack. How much aspirin you should take depends on your age, your health, and your lifestyle.

**Colorectal Cancer** – Beginning at age 50 and through age 75, get tested for colorectal cancer. You and your doctor can decide which test is best. How often you'll have the test depends on which test you choose. If you have a family history of colorectal cancer, you may need to be tested before you turn 50.

**Other Cancers** – Ask your doctor if you should be tested for prostate, lung, oral, skin, or other cancers.

**Sexually Transmitted Diseases** – Talk to your doctor to see whether you should be tested for gonorrhea, syphilis, chlamydia, or other sexually transmitted diseases.

**HIV** – Your doctor may recommend screening for HIV if you:

- Have sex with men.
- Had unprotected sex with multiple partners.
- Have used injected drugs.
- Pay for sex or have sex partners who do.



- Have past or current sex partners who are infected with HIV.
- Are being treated for sexually transmitted diseases.
- Had a blood transfusion between 1978 and 1985.

**Depression** – If you have felt “down” or hopeless during the past 2 weeks or you have had little interest in doing things you usually enjoy, talk to your doctor about depression. Depression is a treatable illness.

**Abdominal Aortic Aneurysm** – If you are between the ages of 65 and 75 and have smoked 100 or more cigarettes in your lifetime, ask your doctor to screen you for an abdominal aortic aneurysm. This is an abnormally large or swollen blood vessel in your stomach that can burst without warning.

**Diabetes** – If your blood pressure is higher than 135/80, ask your doctor to test you for diabetes. Diabetes, or high blood sugar, can cause problems with your heart, eyes, feet, kidneys, nerves, and other body parts.

**Tobacco Use** – If you smoke or use tobacco, talk to your doctor about quitting. For tips on how to quit, go to <http://www.smokefree.gov> or call the National Quitline at 1-800-QUITNOW.

## Dr. Vallabhan

### 352.750.2040

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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.

# 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.



**T**hree 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](http://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

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# BLADDER CANCER AND WOMEN

## WHY DIAGNOSIS COMES AT LATER STAGES FOR SOME

InterCommunity Cancer Centers and Institute Encourages Women to Remain Vigilant and Seek Specialist if Experiencing Symptoms

**A** new study recently discussed at the American Urological Association annual meeting highlights a potentially frightening finding about bladder cancer that experts at InterCommunity Cancer Centers (ICCC) and Institute (ICCI) of Leesburg, Clermont and Lady Lake want all women to be aware of. As far as this disease's most recognizable symptoms, noticing blood in the urine is frequently a first indicator of the disease for both men and women. But for women specifically, the new research has indicated that women with blood in their urine are only half as likely as men to be referred beyond their primary care provider to a urologist for further investigation.

These new findings are concerning because women with bladder cancer are historically known to be diagnosed at a later stage and as a result, die more often from the disease than men do. So why is there a gap between bladder cancer evaluation for men and women? According to the study's researchers, who conducted a medical chart review of nearly 10,000 patients, the diagnostic result of blood in the urine for women is often assumed by the primary care provider to simply be a urinary tract infection (UTI).

While UTIs are more frequently suffered by women, the research found that some of the diagnostic gap may also be attributed to primary care providers' understanding that women are statistically less likely to be diagnosed with bladder cancer than men. But the general dismissal of symptoms as something "not serious" is dangerous and one that unnecessarily prevents or delays doctors from catching bladder cancer earlier in women. Doing so not only increases health care treatment costs, more importantly, it increases a woman's chance of dying from the disease.



So what should you do if you or someone you know has blood in her urine? Be your own health care advocate and talk to your doctor about your symptoms. While proponents of this recent research are hopeful in helping primary care physicians better assess bladder cancer risk in women who present with such symptoms, you'll still need to be the one to fight for your health.

The ACS' website identifies numerous signs and symptoms regarding bladder cancer including the following:

#### WHAT ARE THE SIGNS AND SYMPTOMS OF BLADDER CANCER?

Bladder cancer can be found early, and both doctors and patients play important roles in finding this disease. If you have any of the following symptoms, tell your doctor.

##### Blood in the Urine

In most cases, blood in the urine is the first warning sign of bladder cancer. Depending on the amount of blood, the urine may be orange, pink, or, less often, darker red. Sometimes, the color of the urine is normal but small amounts of blood are found when a urine test (urinalysis) is done because of other symptoms or as part of a general medical checkup. Keep in mind that blood may be present one day and absent the next, with the urine remaining clear for weeks or even months. If a person has bladder cancer, the blood eventually reappears.

However, blood in the urine or changes in bladder habits does not always confirm a bladder cancer diagnosis. It is often caused by other things like an infection, benign (non-cancerous) tumors, stones in the kidney or bladder, or other benign kidney diseases.

Changes in bladder habits or symptoms of irritation  
Bladder cancer can sometimes cause changes in urination, such as:

- Having to urinate more often than usual
- Pain or burning during urination
- Feeling as if you need to go right away, even when the bladder is not full

##### Symptoms of advanced bladder cancer

Bladder cancers that have grown large enough or have spread to other parts of the body can sometimes cause other symptoms, such as:

- Being unable to urinate
- Lower back pain on one side
- Loss of appetite and weight loss
- Swelling in the feet
- Bone pain



"If you believe a UTI diagnosis is incorrect or just "feel" that something more should be done, speak up. Ask your doctor for a referral to a urologist for further evaluation. If you're wrong, you'll have peace of mind. But if you're right, it could save your life," says Alison Calkins, M.D., radiation oncologist at ICCC/ICCI.

##### Sources:

<http://news.vanderbilt.edu/2014/05/urologic-cancer-studies-point-to-need-for-referral-education/>

<http://www.cancer.org/cancer/bladdercancer/detailedguide/bladder-cancer-signs-and-symptoms>

#### 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](http://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  
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Hal Jacobson, MD  
Herman Flink, MD  
Alison Calkins, MD  
Maureen Holasek, MD



## 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



**A**lthough colonoscopy exams prevent many colon cancer deaths<sup>1</sup> and are the gold standard, for detecting colorectal cancers,<sup>2</sup> the procedure is not completely effective in preventing cancer cases.<sup>3</sup> 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  
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**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,  
Ocala (Shores), Fl. 34472

10435 SE 170th Pl.,  
Summerfield, Fl. 34491



**(352) 237-1253**  
[www.gastro-colon.com](http://www.gastro-colon.com)

**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

**T**hey 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

**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



**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**



**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



# Vacation & A Fresh Look!

Summer vacations mean various destinations to different kinds of travelers, whether you're looking to stick an umbrella in the sand, sip drinks by the pool, or hike some hills. Vacations are a great time to meet up with family and friends and for escaping our daily routines. One thing we often leave behind when we are traveling is actually the most important part of our whole trip - our SMILE!

Did you ever notice the number of people walking around with a blank expression on their face? Sometimes we get so caught up in planning and traveling, too often we forget our primary focus - to smile and be happy.

Your Smile is a FREE FACELIFT which we should wear every day! It plumps your cheeks and tightens the neck and jawline. Nothing says "Confidence" like a great smile. Let your confidence shine through this summer and experience all of the joys of vacation with a fresh look!

Do you want to enjoy quality time with your family or grandchildren? This begins and ends with a smile. Then why not invest in yourself this summer! When you look and feel your best, it will invigorate your relationships! Surprise people you haven't seen in a long time by how young and good your smile looks!

If you are looking for more improvement than what your smile brings, ImageLift offers the latest technologies and techniques available to look and feel young again! We take pride in providing our patients with the best of care, right here in The Villages. ImageLift offers a wide range of procedures to help you 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 are typical and do vary for each type of facelift. 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 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 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." Call now to learn more, 855-968-8480.

See Leah's testimonial at:  
[youtube.com/imagelift](http://youtube.com/imagelift)



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**Thursday, July 10th @ 11:00 AM**  
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**Thursday, July 24th @ 1:00 PM**  
ImageLift Seminar at the Waterfront Inn



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# UNDERSTANDING CHRONIC VENOUS INSUFFICIENCY

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

**D**o your legs often feel heavy, restless, or painful; or are they covered with varicose or spider veins? If so, you may be one of the many people walking around with venous insufficiency and not even know it. Unfortunately, venous insufficiency is often under diagnosed and under treated. Continue reading to learn more about chronic venous insufficiency, a condition that may be affecting you or someone you know.

When your leg veins cannot pump enough blood back to your heart, you have chronic venous insufficiency (CVI). CVI is also sometimes called chronic venous disease, or CVD. You have three kinds of veins: superficial veins, which lie close to the skin, deep veins, which lie in groups of muscles, and perforating veins, which connect the superficial to the deep veins. Deep veins lead to the vena cava, your body's largest vein, which runs directly to your heart.

When you are in the upright position, the blood in your leg veins must go against gravity to return to your heart. To accomplish this, your leg muscles squeeze the deep veins of your legs and feet to help move blood back to your heart. One-way flaps, called valves, in your veins keep blood flowing in the right direction. When your leg muscles relax, the valves inside your veins close. This prevents blood from flowing in reverse, back down the legs. The entire process of sending blood back to the heart is called the venous pump.

When you walk and your leg muscles squeeze, the venous pump works well. But when you sit or stand, especially for a long time, the blood in your leg veins can pool and increase the venous blood pressure. Deep veins and perforating veins are usually able to withstand short periods of increased pressures. However, sitting or standing for a long time can stretch vein walls because they are flexible. Over time, in susceptible individuals, this can weaken the walls of the veins and damage the vein valves, causing CVI.





### What causes Chronic Venous Insufficiency?

Over the long-term, blood pressure that is higher than normal inside your leg veins causes CVI. This can lead to damage to the valves, which can further worsen the problem. In some instances, the valves that prevent blood from flowing "backwards," can be congenitally defective. Other causes of CVI include deep vein thrombosis (DVT) and phlebitis, both of which cause elevated pressure in your veins by obstructing the free flow of blood through the veins.

DVT occurs when a blood clot (properly called a thrombus) blocks blood from flowing toward the heart, out of a deep or perforating vein. The blood trying to pass through the blocked veins can increase the blood pressure in the vein, which, in turn, overloads your valves. Vein valves that do not work properly are called incompetent because they stretch and no longer work efficiently, and incompetent valves contribute to CVI. DVT is a potentially serious condition that causes leg swelling and requires immediate medical attention because sometimes the blood clots in the veins can break off and travel to the lungs. This condition is called a pulmonary embolus.

Phlebitis occurs when a superficial or deep vein becomes swollen and inflamed. This inflammation causes a blood clot to form, which can also lead to DVT.

Factors that can increase your risk for CVI include a family history of varicose veins, being overweight, being pregnant, not exercising enough, smoking, and standing or sitting for long periods of time. Although CVI can affect anyone, your age and sex can also be factors that may increase your tendency to develop CVI; women older than 50 most often get CVI.

### Symptoms of Chronic Venous Insufficiency

If you have CVI, your ankles may swell and your calves may feel tight. Your legs may also feel heavy, tired, restless, or achy. You may feel pain while walking or shortly after stopping.

CVI is also associated with varicose veins. Varicose veins are swollen veins that you can see through the skin. They often look blue, bulging, and twisted. Large varicose veins can lead to skin changes like rashes, redness, and sores.

CVI can also cause problems with leg swelling because of the pressure of the blood pooling in the veins. Your lymphatic system may also produce fluid, called lymph, to compensate for CVI. Your leg tissues may then absorb some of this fluid, which can increase the tendency for your legs to swell. In severe cases, CVI and the leg swelling can cause ulcers to form on the lower parts of the leg.

CVI is one of the oldest ailments known to mankind. Recent discoveries in medicine have shown that in some cases of CVI, there is a major contribution to the condition from superficial veins, which are most often varicose. Patients whose condition is due primarily to incompetence of the perforating veins can be treated by foam sclerotherapy, laser, and radio frequency ablation of such veins.

If you are walking around with painful, restless, swollen legs or have unsightly and bothersome varicose veins, call the Comprehensive Vein Center at 352-259-5960 to learn more about the non-medication treatments that are available. Don't let your venous insufficiency problem go undiagnosed and untreated any longer!

Source: Society of Vascular Surgery

## New Revolutionary Medical Device to Improve Leg Circulation



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 The Villages, FL 32162  
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 f-(352)750-1854  
 email: [info@cvcMedicalDevices.com](mailto:info@cvcMedicalDevices.com)



COMPREHENSIVE  
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### 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.*

# MID FLORIDA EYE CENTER WELCOMES NEW RETINA SPECIALIST

**M**id Florida Eye Center is pleased to announce the addition of Dr. Shawn C. Wilker, a nationally renowned board-certified, fellowship-trained ophthalmologist and retina specialist.

Dr. Wilker joins Dr. Ray D. Maizel, Lake County's first retina specialist and a leader in the science and technology of retinal care. Together, the two doctors constitute the center's Retina Institute, a practice focused on the diagnosis and treatment of vitreo-retinal and macular diseases.

Like Dr. Maizel, Dr. Wilker has dedicated a significant amount of his practice to research. His participation in numerous high-profile clinical research trials has led to advances in the field—and new treatments for his patients. "With the partnership of Dr. Wilker and Dr. Maizel, two renowned researchers, our Retina Institute is poised to do amazing things," said Dr. Jeffrey D. Baumann, Mid Florida Eye Center's co-founder and one of the practice's cataract specialists. "Best of all, it translates to new treatment options—and new possibilities—for our patients."

Dr. Wilker completed his undergraduate training at Stetson University and received his medical degree from Case Western Reserve University. He completed an internship in internal medicine at University of Florida and went on to serve his residency at Case Western Reserve University. His varied accomplishments include a Fellowship in Medical and Surgical Retina at The Wilmer Ophthalmologic Institute at Johns Hopkins University. He has served as an Assistant Professor of Ophthalmology at Case Western Reserve University since 2009.

Both Dr. Maizel and Dr. Wilker will be available to perform advanced vitreo-retinal surgery at Mid Florida Eye Center's Surgery Center of the Villages, giving their patients the opportunity to undergo this procedure in a convenient, comfortable outpatient setting. The two doctors are also available to administer leading-edge treatments for macular degeneration.



Visit [MidFloridaEye.com](http://MidFloridaEye.com) to learn more about exciting things happening at Mid Florida Eye Center's Retina Institute. Patients requesting an appointment should call Mid Florida Eye Center at 1-888-820-7878 (toll free) or 352-735-2020.

## About Mid Florida Eye Center

Mid Florida Eye Center is a full-service eye care practice that has served the Central Florida community for over 25 years. With six board-certified ophthalmologists, five optometrists, five office locations, two state-of-the-art surgery centers, and a dedicated research team, Mid Florida Eye Center is recognized as one of the nation's leading eye care centers.

Mid Florida Eye Center believes that being a "leader in eye care" means staying ahead of the curve in research and technology advancements. As a result, patients have trusted Mid Florida Eye Center to perform more than 140,000 cataract and laser procedures.

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



EXCELLENCE IN RETINA SURGERY

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# 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 150,000 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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The treatment for varicose veins is a covered procedure if medical necessity is met.

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**  
Board Certified- ABFM

\*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.

# The Right Food May be Wrong For You

By Compton Chiropractic Care

**Y**ou'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 ad-visers 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!

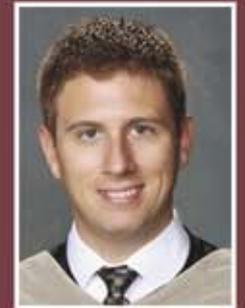
## Ask yourself if you experience any of the following:

- **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



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# UV Safety Month

**E**veryone needs some vitamin D from the sun, it gives us light and heat to survive but not everyone knows that skin cancer caused by the sun is the most common type of cancer in the United States, especially melanoma (the deadliest form) Ultraviolet rays from the sun are the main cause of skin cancer. UV radiation can have harmful effects on the skin. There are two types of UV radiation, they are UVA and UVB. UVA rays are not absorbed by the ozone layer and are penetrated deep into the skin causing blotches, wrinkles and leathery looking skin that just makes you look older. Ocular melanoma and cataracts are eye problems caused by the sun. Powerful UVB rays, which are partially absorbed by the ozone layer, mostly affect the surface of the skin and are the primary cause of sunburn (also known as “first-degree burn”).

Everyone cannot avoid the sun but we can protect our self. Sunscreens should be applied before and during outings in the sun. Sunscreens should have an SPF of at least 30 – 50. Lip protection should also be worn with a SPF of 30. Reapply sunscreen every hour to two hours especially after swimming or sweating.

Reduce exposure to the sun during peak hours of the day between 10am – 4 pm. Wear protective clothing, some now have SPF protection in the material. Wear a hat. Always wear sunglasses with UV protection. Your eyes are very sensitive and can be damaged very quickly.

Remember even in cloudy days, 80 percent of the sun’s rays can penetrate through the clouds. So don’t be fooled protect yourself. Remember prevention is the key. Spread the word.



UV INDEX 1 2		UV INDEX 3 4 5			UV INDEX 6 7		UV INDEX 8 9 10			UV INDEX 11+
Low (0-2)		Medium (3-5)			High (6-7)		Very High (8-10)			Extremely High (11+)
Sunglasses, SPF 30+		Sunglasses, SPF 30+ Hat & SummerSkin™			Sunglasses, SPF 30+ Hat & SummerSkin™ Seek Shade		Sunglasses, SPF 30+ Hat & SummerSkin™ Seek Shade  Limit time outside between 10am-4pm			Sunglasses, SPF 30+ Hat & SummerSkin™ Seek Shade  Stay inside between 10am-4pm

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# What Does **FREEDOM** Mean to You?

*Being Thankful for the Many Forms of Freedom in our Lives.*

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

**J**uly is a month in America when we pause and give thanks for the many freedoms our nation provides us, such as the freedom of speech, freedom to practice a religion of choice, and the freedom of assembly. While these articles helped make up the Bill of Rights, and have become an integral part of American life, there are still many other aspects of life most Americans are still constrained by, including health challenges, financial restrictions, and time constraints.



## Freedom from Health Challenges

When you are someone plagued with health concerns, you appreciate those days when you are free from pain, free from illnesses, and free from the limitations ill-health places on your everyday life. Unfortunately, most people have begun to accept those constraints as if they were a "life-sentence" of disease. Nothing could be further from the truth - or your potential reality. "Too many people are simply living with ill-health, not by choice", explains Carolyn Waygood, Certified Natural Health Professional, "but because they haven't been educated or empowered to change their situation." Good health is something everyone is capable of achieving, they just need a little direction. Recently, Plexus Worldwide, a natural health company based in Scottsdale, Arizona, hosted their annual convention in Dallas, Texas, and the theme of the gathering was "FREEDOM". During the 3-day event, thousands of Plexus customers and representatives shared their experiences, detailing the many health benefits they achieved through the Plexus products. "I think it's so important to let everyone know", noted Sabra McCraw as she addressed the over 8,000 attendees, "that [Plexus] is not just about weight loss...while the weight loss is great, that's just a tiny benefit to what Plexus does!"



*Figure 1: Sabra McCraw Before & After Plexus!*

doctors weren't finding. After deciding to take Plexus to hopefully aid in my weight loss, I learned about candida overgrowth and the havoc it can cause to your entire body, so I decided to do the candida spit test and was it ever present! I immediately started taking the recommended Plexus products to get rid of it. The first few weeks I'll admit were really rough, I learned I was going through what's called candida die off symptoms that included nausea, diarrhea, stomach cramps, severe headaches and body aches. I was determined to stick it out and see if this Candida Overgrowth had been the root of my problems. When the die off symptoms subsided, I started feeling really good! Three months later... I am now convinced that this was indeed my problem and with Plexus Slim, Accelerator, Probio5, Bio Cleanse and X Factor I have won the battle against the Candida! I feel amazing and have more energy than I ever remember having, my mood even seems to be elevated. I want to call my husband most days and tell him how incredibly happy I feel. I know to some that may seem silly but when you get as down as I was it's a HUGE thing! I'm no longer on my thyroid meds, my hormones or my GERD/Acid Reflux meds, the insomnia is gone as well and now I fall asleep with ease and no longer need sleep aids or antidepressants. I also don't remember the last Hot Flash I had! These Plexus products have given me my life back and I will never stop taking them, they really do work! They are changing the lives of my family and friends and for this I am so grateful!"

- Sabra McCraw

While Sabra's experience is a common one, Plexus Health Ambassadors still have an uphill battle when trying to encourage others to take the necessary steps to improve their health. "Unfortunately, most people are skeptical, and they become paralyzed by their doubt", explains Ms. Waygood. "To help encourage people to invest time and energy into their health, I simply let them know that Plexus has an effective line of natural wellness products that have proven time and time again that they can help improve even the most stubborn health challenge. The key is to work WITH your Plexus Ambassador as they help YOU overcome your personal health issues. It takes patience and perseverance, but everyone can break free from dis-ease."



*Figure 2: Angel Fletcher Before & After Plexus!*

## Financial Freedom

When you have good health, you are free to live a life of joy,... and a little extra money helps too! Take it from Angel Fletcher, Plexus Ambassador, and a single mother

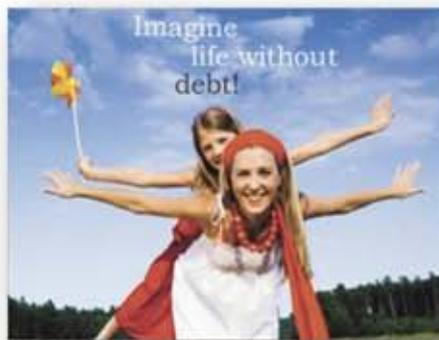
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of three. At one point in her life, she packed her car with 3 suitcases and headed back home to live with her mother. Her daughter was sick, she lived off food stamps, and weighed 300 pounds. Life seemed pretty dark, until she was introduced to Plexus. When her daughter's doctors approved the Plexus products and she began to witness an improvement in her health, Angel began to use them too. When Angel started her personal Plexus journey, she weighed 300 pounds and was a size 26. After she lost 97 pounds, and scaled down to a size 5, she knew she had to share the products with the world! Today, while the improvements in her family's health are recognized as the most important blessing, the income she earns through the Plexus business opportunity is beyond her (and ours!) imagination!

"One of the most amazing things about being affiliated with Plexus", notes Carolyn Waygood, Plexus Health Ambassador, "is it offers people a real opportunity to achieve better health, *as well as* a unique business model that empowers people to build financial independence. There's no other income opportunity that offers someone the ability to get healthier and TWELVE ways to earn money!" While some Plexus customers chose to participate in the Plexus business in order to earn extra income, it is not a requirement when purchasing Plexus products. However, if you're considering trying a Plexus product for yourself or a loved one, take the time to learn about the business opportunity because it's helped thousands of people all over the world achieve financial freedom.

**Freedom to Live Your Life on Your Terms!**

Freedom to dictate your own schedule, the hours you work, the time you spend with your family, when you want to take a vacation, and when you simply want to relax at home seems to be an unrealistic dream. Maybe it was based on historical business models, but not anymore!



"We are living through an important change in traditional business models", explains Ms. Waygood. "The influence of social media, the increased importance in personal testimonies and referrals, a consumer's desire for more education, and the need for increased wealth are driving the success of direct-sales and home-based businesses." The positive impact the direct selling channel of distribution has made, and continues to make, on the lives of people is both real and achievable. The fact that a single mother of 3, once bound by food stamps and ill-health, could obtain both health and wealth from products sold through direct-sales should encourage everyone.

**You are invited to learn more about Plexus products and business opportunity by visiting:**  
**[www.Waygood.MyPlexusProducts.com](http://www.Waygood.MyPlexusProducts.com)**  
 Interested consumers can also listen in on a Weekly 30-minute Conference Call every Wednesday evening, 9:00 EST, by dialing (857) 232- 0155, and entering the access code: 610844.  
 If you have trouble accessing this number, call (602) 734 - 2177.



Plexus Ambassadors are certainly encouraged, and feel blessed to be involved in a young company based on high-quality natural wellness products, and guided by a moral and ethical executive team. Talk to any Plexus Health Ambassador and they will tell you they are thankful for the freedom Plexus has brought them; freedom from sickness, freedom from debt, and freedom to spend their time doing what they love! "If you're frustrated with your job, and feel passionate about helping others be healthier", suggests Ms. Waygood, "than you owe it to yourself and others to learn more about Plexus!"

Looking for a Plexus Ambassador close to you? Contact one of our passionate and professional representatives today, and learn more about the many health benefits associated to the Plexus natural products, as well as the generous income program Plexus offers. Let them help you improve your health, and wealth, with Plexus!

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- Abdominal Pain & Discomfort
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- Relief from Chronic Inflammation
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## This Month's American Heart Association Heart Healthy Recipe



### Apple Walnut & Chicken Salad

4 servings  
About \$3.42 per serving

#### Ingredients:

- ¼ cup plain nonfat yogurt
- 2 tablespoons light mayonnaise
- ¼ teaspoon salt-free dried Italian spice blend or dried thyme, dried basil or both combined
- 2 cups shredded chicken from skinless breast of a rotisserie-cooked chicken or 2 (10 oz.) cans salt-free white meat chicken, drained
- 3 tablespoons chopped, unsalted, unoiled walnuts (or whatever nuts are on sale)
- ½ cup halved seedless grapes or no sugar added dried fruit like prunes or cranberries
- 1 red (sweeter) or green (more tart) apple, finely chopped

#### Directions:

Combine yogurt, mayonnaise, and spice blend in a large bowl with a fork. Add chicken, nuts, grapes, and chopped apple. Stir to combine.

#### Green Salad:

- 1 head lettuce (green leaf, red leaf or romaine), chopped into small pieces
- ½ cucumber, chopped (optional to seed or peel)
- 1 large tomato, chopped
- 1 tablespoon extra-virgin olive oil or canola oil
- 1 tablespoon red vinegar, white vinegar, or lemon juice

In a bowl, combine chopped lettuce, cucumber, and tomato. Add oil and vinegar, stirring to combine with salad. Serve salad greens with chicken salad on top.

**Cooking Tips:** If you like sweetness, grab a red apple; if sour-tart is more your thing, pick a green one. Also, chopped apples will turn brown very quickly, but the yogurt in the chicken salad will stop this from happening.

**Keep it Healthy:** Combining a little light mayonnaise with no-fat yogurt is a great way for a delicious and still tasty salad.

**Storage Tip:** When nuts are on sale, buy more than needed and store in a sealable bag in the freezer to keep fresh.

Per serving:	
Calories:	272
Total Fat:	13.0 g
Saturated Fat:	2.0 g
Trans Fat:	0.0 g
Polyunsaturated Fat:	5.0 g
Monounsaturated Fat:	5.0 g
Cholesterol:	73 mg
Sodium:	334 mg
Carbohydrates:	18 g
Dietary Fiber:	5 g
Total Sugars:	11 g
Protein:	24 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](http://heart.org/simplecooking).



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# X-Rays, Are They Too Dangerous?

It is easy for us to worry about our health. Our social media and news outlets are constantly bombarding us with dangerous scenarios where we could be under attack from invisible sources. If we believed all of these scare tactics we would never use a microwave, talk on our cell phone, or go to the dentist and get an x-ray. Be rest assured that our world is not as scary as it may seem.

X-rays can cause concerns regarding radiation exposure to our bodies. Yet these invisible rays of energy save lives every day without doing any harm. In terms of dentistry, x-rays are needed to detect abnormalities that the dentist and hygienist cannot detect visually. The importance of finding these abnormalities or infections is crucial. If caught early enough, unnecessary pain, treatment and progression can be prevented.

The difference between x-rays and normal rays of light are basic. Rays of light do not have enough energy to penetrate you, whereas x-rays do. Both have the ability to take pictures; light takes photos of the surface of an object while x-rays take pictures of the objects' insides. Now, the thought of energy "passing through" you might be what scares you the most; however, the logic behind the fear doesn't necessarily hold up. A unit of measure for radiation is a rem. According to The National Council on Radiation Protection (NCRP), the average person in the U.S. receives about 360 mrem every year. We receive this exposure from outer space, radioactive materials on earth, and even small amounts of radioactive material we consume in most of our foods. Now here is the shocking comparison: a typical dental x-ray image exposes the human body to about 2 or 3 mrem. However...We use Extremely Low Dose Digital Radiography, which uses one tenth of the dosage of a traditional x-ray film.

### Dental X-Ray Radiation Comparison

	Exposure in Millirems	Equivalent # of Low Dose Digital Dental X-Rays
Daily Exposure from Nature	0.98	10
One Digital X-Ray	0.09	1
Yearly exposure from nature is approximately 360 Millirems per year.		
Yearly digital bitewing x-rays are approximately 4 Millirems per year if taken every 12 months as recommended by the ADA.		

That being said, it is also important to understand the benefits of these dental x-rays. It is sometimes difficult to identify decay between teeth and fillings. X-rays can see right through everything. Other problems that can be found are bone loss and possible abscesses. Village Dental in Florida recommends scheduling routine exams to address these issues early on. It is common for patients to have no symptoms until the condition becomes severe. This causes the solution to be more difficult, not to mention more expensive to fix. Also, the incidence of periodontal disease increases with age and is another reason why it is important to take x-rays.

Cancer is an ongoing problem in today's society with an almost unlimited number of potential causes. It is easy to be frightened of x-rays, since there are countless articles connecting radiation to cancer. Instead of the 2-3 mrem that an x-ray releases, it would take an exposure of 1000 mrem in one sitting to have any measured effect. Even with this high of a dose, your chances of getting cancer only increase by less than 1%. The simple fact is that every human being on the planet has cancerous cells in their body. Our immune systems are constantly destroying these cells. It is only when our immune system becomes deficient in some way that our body is unable to keep these cells from multiplying.



It is important to know the facts before making conclusions about what is in your best interest. If you have any questions regarding dental x-rays or any other procedures, you can contact Village Dental at (352) 753-7507 or (352) 205-7667. They have three locations in The Villages: 111 LaGrande Blvd., 540 Fieldcrest Drive and are located in the Pinellas Plaza at 2532 Burnsed Blvd., off of Hwy 466A.

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# The Hidden Message

By Alex Anderson

## Bizarre Stories

There are enough bizarre things about the Bible to give lots of reason to visit its pages regularly. Some of my crazy favorites are as follows: Peter, one of Jesus most noteworthy disciples, gets out of a perfectly good boat and walks to Jesus on the waters of the Sea of Galilee during the middle of a storm. Does that make much sense to you?

Another strange one is about a woman named Mary who crashes a dinner party where Jesus is the guest of honor. She is so grateful for something He had apparently done for her that she pours, not accidentally spills, a bottle of perfume over Jesus that cost in 2012 US money over \$36,000.00. That's a lot of money for any bottle of perfume much less to be poured over someone all at once.

One of my all-time favorites is when Saul, a well-meaning Jewish Rabbi, is on his way to Damascus and in the middle of the day is blinded by a piercing light which so disorients him that he loses his balance and falls off his noble steed, his donkey. But that's not Saul's entire bizarre road trip. As he is picking himself up off the ground he realizes that he cannot see anymore. Then it gets really bad.

He hears a voice talking to him. So Saul responds to the voice and asked who was speaking. The voice says that it is Jesus. At this point of time Jesus had risen from the grave during what we call Easter and was supposed to be in Heaven. What was He doing back on Earth, talking to Saul and why blind him with light? The rest of Saul's funky road trip evolves into some man praying for him to get his sight back and it happens in the most peculiar way, which makes for a lot of fun reading.



## Odd Things

The Old Testament has 17 historical, 5 poetical and 17 prophetic books. As a matter of fact, it is one of the few documents to survive so many different wars, so many different regimes, and so many different centuries on the earth. That is pretty amazing. Seems like God may have had something to do with that. The New Testament has four gospels, the book of Acts, twenty-one epistles and the Revelation. Personal Revelation seems to really run all throughout the Bible. John got Revelation on the Isle of Patmos. He was too tough to die when they boiled him in oil. So they stuck him on an island by himself. Big mistake. They should have never done that because God was, to some degree, living inside of John or at least enough to write the book of Revelation. That's very odd indeed.

## A Few Fun facts

Some facts about the Bible: there are 1189 chapters. The Old Testament has 260. The longest chapter in the Bible is Psalms 1:9. It is very long. The shortest verse, John 11:35, happened when Jesus was standing in front of

his best friend's tomb, Lazarus, and Jesus wept. The Bible was written over 1500 years, over 40 different generations and has over 40 authors. It was totally directed by the hand of God. To date, between printings and distributions, a recent survey says there are probably over 6 billion copies out there. It is the most widely published material ever.

## Hidden Message

But the real reason we read the Bible is because it speaks to us. No I'm not suggesting you will hear audible voices like that guy Saul did on his strange road trip, but you will hear something. Something inside your soul will connect with the hidden, secret voice of the Bible. It's the voice of Holy Spirit. It is unlike any other set of written words you will ever read. According to the writer of the book of Hebrews, the Bible is literally alive!

Jesus said this, about His own words; "These words that I speak, they are spirit and life." They are unusual. They are different than anything you could ever read. When you read Plato, Socrates, or Shakespeare, you realize they were awesome thought-leaders, but their words are not quite like the words of the Bible. It is living and active and it kind of pokes around inside of you in a good sort of way. The Bible is literally God breathed, so when we read it, God helps us to understand its deeper meanings.

So grab a copy of the New Living Translation of the Bible, fill up your tea or coffee cup and spend a little time reading some surely bizarre and odd things. And who knows what you may "hear" along the way. It's a lot of fun.

*To your spiritual health,*

*Alex E. Anderson*

*Author of the book, Dangerous Prayers*

*www.dangerous-prayers.com*

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