

CENTRAL FLORIDA'S

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

September 2014

Lake/Sumter Edition - Monthly

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# InterCommunity Cancer Centers' 4th Annual



## Cancer Survivors' REUNION

### Family & Friends Welcome

Friday November 14, 2014  
5 pm to 7 pm

#### Location

American Legion Post  
699 W Lady Lake Blvd.  
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Be part of our family of cancer survivors and join us in celebration. Food and entertainment will be provided. For additional information, call InterCommunity Cancer Centers at **352-435-4470**. Preregister at [www.icccvantage.com](http://www.icccvantage.com).



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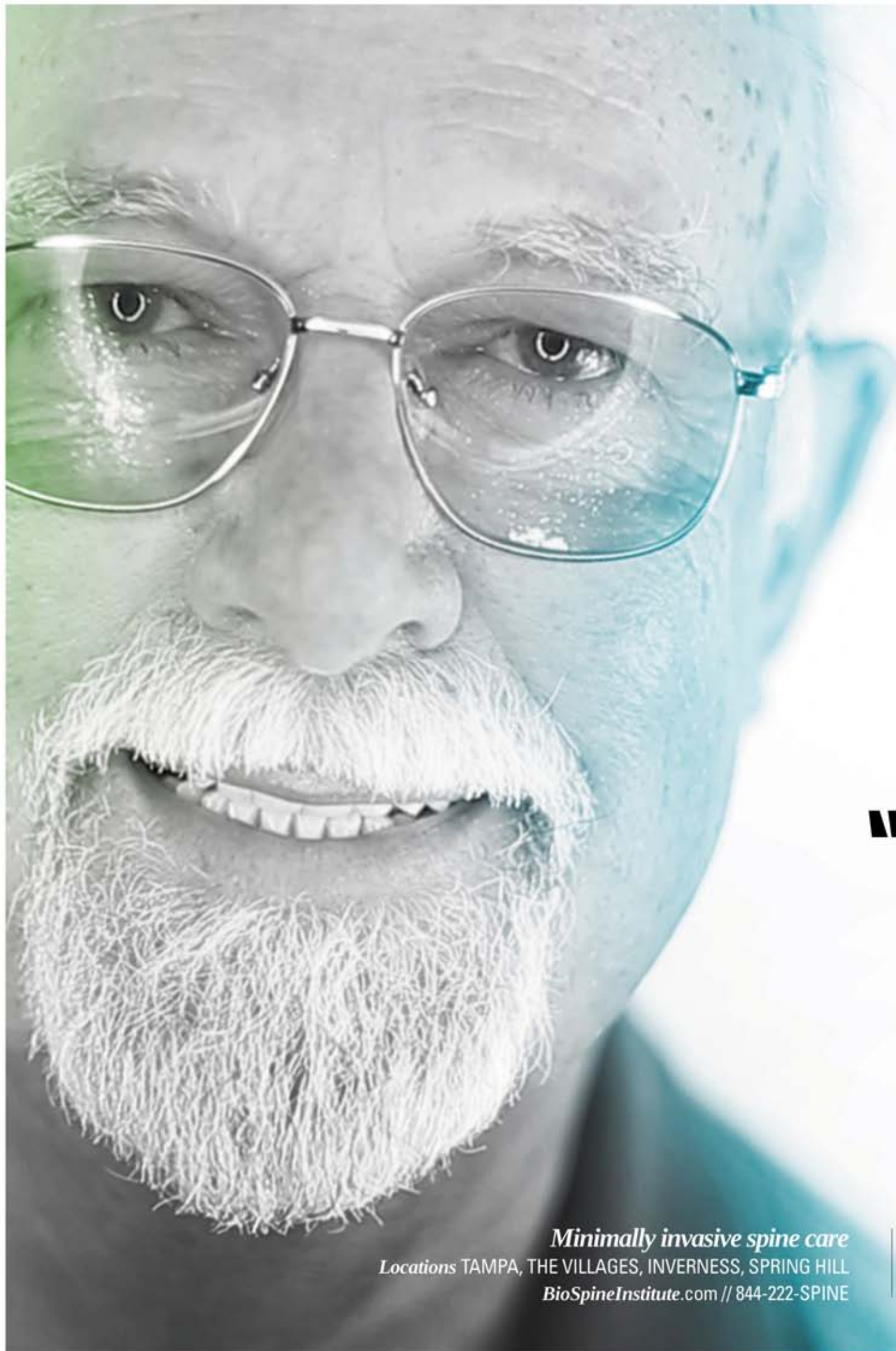
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"I DIDN'T HAVE ANY OPTIONS IT WAS EITHER THIS OR NOTHING AND I WASN'T GOING INTO ANY WHEELCHAIR.

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

— Darrell (Actual patient)

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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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# Introducing **LASER** **CATARACT SURGERY**

## The Latest Technology Meets Proven Expertise

**F**rom helping pioneer no-stitch/no-needle cataract surgery techniques to opening the area's first eye surgery center, Mid Florida Eye Center has been advancing eye care in Lake County for over 25 years. Now, with Laser Cataract Surgery, our patients have more options than ever before for restoring their vision and being independent of glasses.

### A Bladeless Surgical Experience

Laser Cataract Surgery is an option for patients who want to increase their chance of freedom from glasses. It's the most advanced cataract surgery technique available today. The surgery is totally bladeless, giving surgeons increased accuracy and the ability to correct astigmatism. Plus, the laser's real-time 3D visualization, when combined with our surgeons' expertise, results in a truly customized lens replacement procedure.

### Experience Matters

Together, our internationally renowned cataract surgeons—Dr. Jeffrey D. Baumann, Dr. Gregory J. Panzo, and Dr. Keith C. Charles—have performed more than 150,000 successful cataract and laser procedures. They understand how to effectively leverage laser technology to achieve the best possible visual outcomes.



**Gregory J. Panzo, MD**

**Jeffrey D. Baumann, MD**

**Keith C. Charles, MD**



### Advanced Technology Lenses

When paired with the right lens, Laser Cataract Surgery can dramatically improve your vision—at all distances. Thanks to our participation in groundbreaking clinical research trials, we have a diverse selection of advanced technology lenses. We'll help you choose the one that fits your lifestyle best.

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**25**  
YEARS



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# 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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### Eustis - Prevatt

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Tel: 352-357-5725 • Fax: 352-357-6178  
M-F: 7:00am - 4:00pm  
Drug Screen: M-F 7:00am - 4:00pm

### Leesburg - 11th Street

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M-F: 7:00am - 12:00pm, 1:00pm - 4:00pm  
Drug Screen: M-F 7:00am - 12:00pm, 1:00pm - 4:00pm

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M-F: 7:30am - 4:30pm  
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## 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  
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

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Sumterville, Fl. 33585

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**(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.**

# Varicose Veins Can be More than a Cosmetic Problem

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

**S**ince varicose veins seemingly only create an unsightly appearance, many people often think that there is no real medical problem, and that they are merely a cosmetic problem. This is a common misconception of varicose veins, and it results from a lack of knowledge about the condition.

Although they pose only a cosmetic problem for many patients, some people experience varicose veins that cause physical discomfort and in some cases are quite painful. When varicose veins cause discomfort or pain, the legs may ache, swell or feel heavy or tired.

Varicose veins develop when surface blood vessels become weak. The pressure of blood pushing against the vein's wall can cause it to bulge or twist. They have a rope-like appearance and commonly develop on the thighs, calves, feet and back of knees.

If left untreated varicose veins can continue to enlarge and the pain and discomfort will worsen over time. The Comprehensive Vein Center offers Endovenous Laser Ablation and three types of Sclerotherapy treatments for varicose veins.

**Visual Sclerotherapy** can be used to treat smaller varicose veins through the injection of a chemical solution, which causes the veins to collapse and form adhesive clots which the body will absorb. This procedure normally involves minimal discomfort. Compression hoses are also advised following the treatment, to be worn for two days to two weeks, depending on the size of the veins treated.

**Ultrasound Sclerotherapy** involves using a duplex scanner at the bedside, placing a needle into the vein involved, followed by injection of sclerosing agent.

**Foam Sclerotherapy** involves injecting a foamed solution of Sotradecol into the veins. This approach can be used with both traditional and ultrasound guided sclerotherapy, and is more effective and more convenient, requiring fewer needle injections with minimal skin effects.



**Endovenous Laser Ablation** is an in-office procedure and takes less than an hour to achieve the same results as a major surgical vein stripping. Using ultrasound guidance and local anesthesia, the procedure is performed with a laser fiber inserted through a small puncture into the vein. As the fiber is slowly advanced to the desired area, it is gradually withdrawn. As the fiber is withdrawn, the vein shrinks and seals. In most cases, these veins are the root cause of smaller varicose veins, and there is very minimal pain or any associated scarring. This procedure has a 98% success rate in most cases, and the entire process involves minimal pain. Recovery is faster and most daily activities can be resumed the following day.

Regardless of which procedure is chosen, the appearance of the affected vein will improve and the pain will be minimized and oftentimes eliminated.

Although existing varicose veins can be treated, these treatments will not prevent the development of additional varicose veins. To prevent varicose veins patients can begin by maintaining a healthy weight and exercising regularly. Wearing compression stockings and/or elevating the legs can help to improve blood flow in the legs and relieve pressure. If you are suffering with varicose veins, call the Comprehensive Vein Center today for more information on treatments that are available for you, 352.259.5960. Visit [www.TheCVC.net](http://www.TheCVC.net)



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f-(352)750-1854  
email: [info@cvcMedicalDevices.com](mailto:info@cvcMedicalDevices.com)

### 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.



# Man Up: Know Your Risk and Prevent Heart Disease

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

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It should be  
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*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.

## SEPTEMBER IS NATIONAL PROSTATE CANCER AWARENESS MONTH

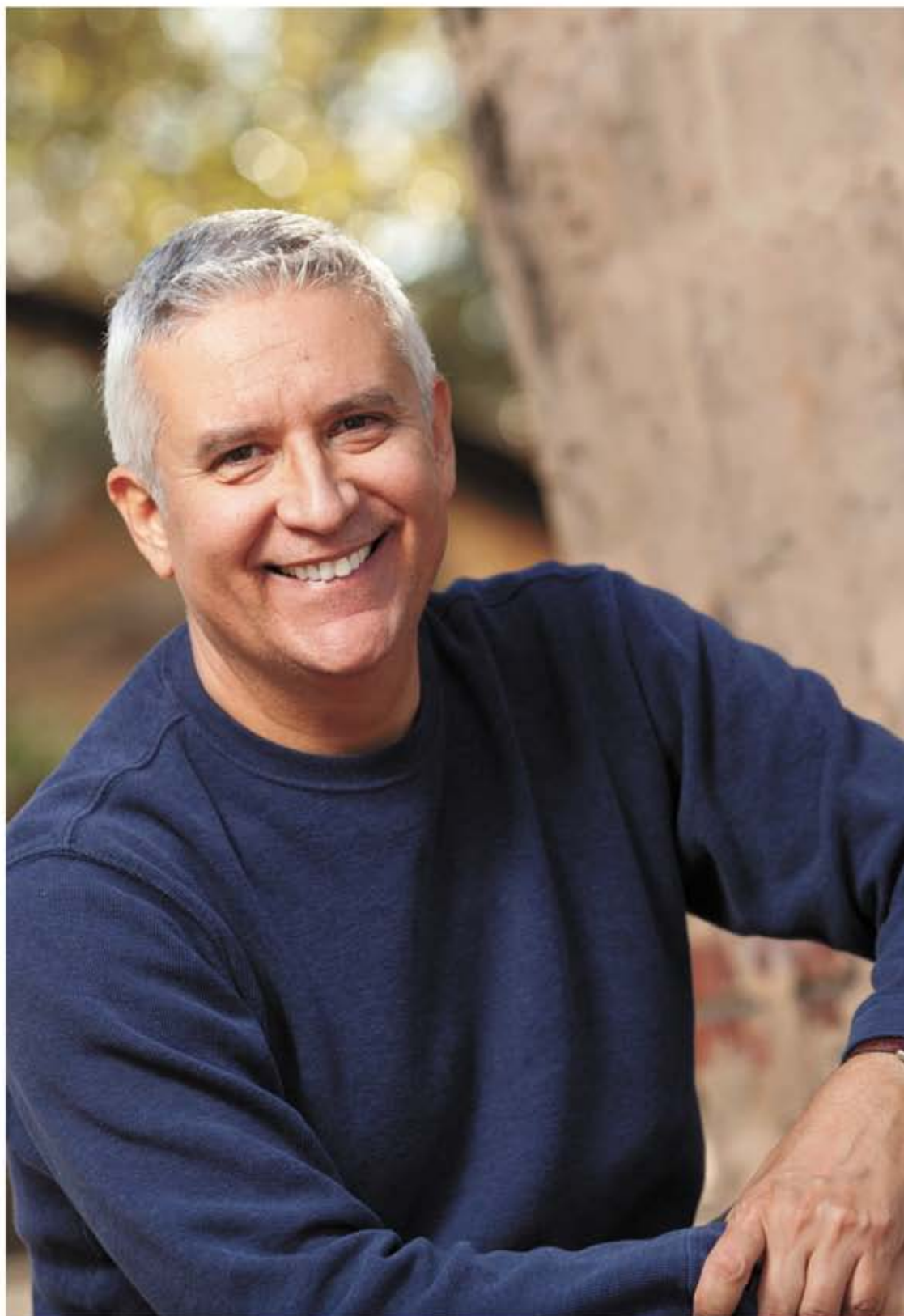
# InterCommunity Cancer Centers and Institute Spotlights New Prostate Screening Guidelines and High-Tech Radiation Treatments for Prostate Cancer

**W**ith the advent of sophisticated technologies, the fight against prostate cancer has become highly advanced with its technological capabilities and precise delivery of radiation to tumor sites. However, even the most advanced technologies are rendered obsolete if your prostate cancer is not detected early. September is “National Prostate Cancer Awareness Month” and experts at InterCommunity Cancer Centers and Institute (ICCC/ICCI) are educating men about the latest prostate screening guidelines and about how radiation therapies are redefining the way this disease is now treated.

The American Cancer Society estimates that in 2013, 238,590 men will be diagnosed with prostate cancer and 29,720 will lose their lives to it. Prostate cancer is the second leading cause of cancer death in American men, behind only lung cancer. 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.

Prostate cancer is often diagnosed at such an early stage that there are no outward symptoms of disease, which is why many patients are initially alerted to it after having a routine physical or examination for an unrelated concern. Diagnosis usually occurs following an initial screening through a digital rectal examination (DRE) and a Prostate Specific Antigen (PSA) blood test. An elevated PSA level in the blood stream may indicate prostate cancer, but not always. Therefore, if either the DRE or PSA is abnormal, additional tests including ultrasound or urinalysis are conducted before a prostate biopsy is performed.

The information about if, when and how old men should be when they get screened can be confusing and has recently been a focus of national debate. New guidelines recommended by the American Urological Association (AUA), which are more in line with the ACS’ recommendations, say men 55 to 69 with average risk of getting prostate cancer should discuss the pros and cons of screening with their doctors. If they choose to undergo screening, they should do so every two years instead of annually. According to the AUA, routine screening is no longer recommended for men of average risk who are younger than 55 or older than 70. Of course, every man is different and age shouldn’t be his only consideration. We strongly advise men to talk about risk factors, family history, and personal health with their doctor to determine the best prostate health recommendations for them.





And while the new screening guidelines are still being scrutinized by medical professionals and patients alike, ICCC/ICCI is reminding patients that early detection is the one thing that we can all agree on as being a key factor to significantly improving treatment outcomes for those diagnosed. "For men over 40 and who have a family history of prostate cancer, they should initiate a conversation with their physician so that they can create a plan of attack about when and how often they should be screened," said Hal M. Jacobson, M.D., medical director of ICCC/ICCI.

### FIGHTING PROSTATE CANCER ONE "EXTERNAL BEAM" AT A TIME

Alone or in combination with other treatment modalities, external beam radiation therapy is used to treat more than half of the men diagnosed with prostate cancer. The most state-of-the-art external beam radiation therapy techniques utilizing Intensity-Modulated Radiation Therapy (IMRT), Image-Guided Radiation Therapy (IGRT) and the Calypso® 4D Localization System™ are available right here in your own backyard at ICCC.

IMRT is arguably the most widely used radiation therapy for prostate cancer. It provides highly sophisticated radiotherapy utilizing computer-controlled x-ray linear accelerators to deliver radiation doses with high precision. IMRT is used in combination with IGRT which localizes the treatment tumor site daily before each treatment for pinpoint accuracy and effectiveness.

The Calypso, or GPS for the Body®, is a form of IGRT that allows precision-guided radiation therapy delivery to the prostate with continuous, prostate-motion detection and monitoring. Essentially, Calypso tells the physician where the tumor location is at all times during daily radiation treatments.

Because of the precision involved with IMRT, IGRT, and now Calypso, ICCC radiation oncologists can use higher doses of radiation to more effectively treat the cancer. These external radiation therapy treatments are performed on an outpatient basis and provides excellent survival rates equivalent to radical surgery for prostate cancer patients. It is a non-invasive and relatively painless treatment that helps maintain a patient's high quality of life during the treatment process.

"The combination of IGRT and Calypso System deliver higher doses of radiation with fewer complications and side effects than patients typically experience when treated with conventional radiation therapy," said Alison Calkins, M.D., radiation oncologist at ICCC. "With the multi-disciplinary approach to treating malignancies today, our new technology is helping to provide optimal results for the patient."



ICCC also offers a variety of other treatments for prostate cancer including Low Dose Radiation seed implants and High Dose Radiation Brachytherapy. To learn more, please visit [www.ICCCVantage.com](http://www.ICCCVantage.com).

### THE EXPERIENCE OF INTERCOMMUNITY CANCER CENTERS

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

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

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[www.ICCCVantage.com](http://www.ICCCVantage.com)



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



## *A 7-Step Process For Choosing The Right Facial Cosmetic Procedure*

Are you confused by all of the options out there that claim to make you look younger? Would you like to look your best, but are too afraid to experiment with something too new or too old-fashioned? Keep reading, we will discuss Dr. Rich Castellano's 7 basic steps you should consider for any Facial Cosmetic Treatment:

**1. Tighten the Sagging Skin:** This is the primary focus to create the "Wow!" result. The best look usually comes from tightening. If you like what you see when you pull in the mirror, that is a pretty good idea of what can be achieved. The experts can tell you where non-surgical options are effective.

**2. Restoring Lost Volume:** Look at your pictures when you were in your 20's and 30's and you will see how the volume in our face has changed. Restoring the lost volume doesn't replace tightening loose skin, but it does provide a little or no downtime option to look more youthful!

**3. Repairing and Polishing Damaged Skin:** Whether it is sundamage or acne scarring, it is never too late to take care of your skin. Start out with sunscreen, steamed and raw vegetables to nourish your skin, quit smoking, and drink 2-3 liters of water a day for optimum skin health. Laser treatments are effective maintenance and prevention.

**4. Understand your face is like a "Tent" or a "Hand in a Glove":** The tent posts of the face are the chin, back of the jaw, cheek, and brow. Look at your shoes, and the facial tent falls down around the mouth. Look up and the facial tent tightens. Or, think of how a hand fills in the glove when we put it on. As we get older, the hand gets smaller and doesn't fill in the "Facial Glove."

**5. Maintenance and Prevention** are better than **6. Renovation**, though Renovation is sometimes needed. Always best to know both smaller and bigger treatment options.

**7. The most attractive thing we do to our face is SMILE!** This tightens our skin, plumps the cheeks, and build's the tent posts at the cheeks to make us look (and feel) our best!

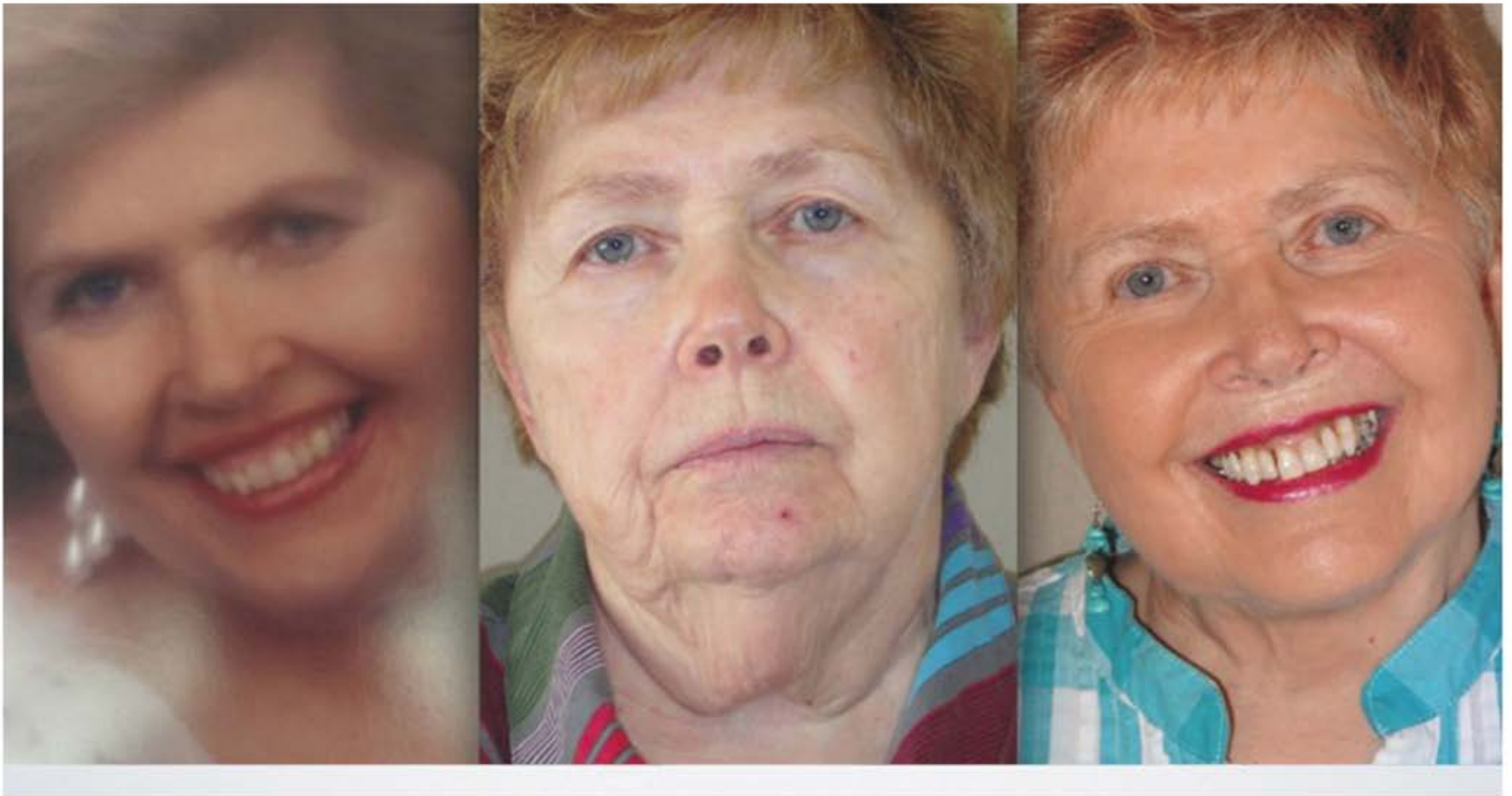
When choosing any cosmetic treatment, please consider how it relates to all 7 of these steps to best predict your outcome and choose correctly!

At ImageLift, we are a National Center of Excellence for our long-term fillers, and we train other doctors in the ImageLift techniques. The experience of Double Board-Certified Facial Plastic Surgeon, Dr. Rich Castellano, is sought across the country and internationally. We 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."*

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877.346.2435**



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*Results are typical and do vary:*



Free ImageLift seminars are being held at the following locations in September.  
Meet the doctor and enjoy free food, free books, drawings, and door prizes.

**CALL NOW TO RSVP - LIMITED SEATING**

- |                 |  |
|-----------------|--|
| <b>Sept. 4</b>  | The Waterfront Inn, The Villages: <b>1p.m.</b>             |
| <b>Sept. 9</b>  | ImageLift Villages Office: 11a.m. <b>Free Filler Party</b> |
| <b>Sept. 23</b> | The Waterfront Inn, The Villages: <b>1p.m.</b>             |
| <b>Sept. 30</b> | Gabby's Banquet Hall, Clermont: <b>1p.m.</b>               |

Disclaimer: One volunteer will be chose at the filler party to receive a free syringe of filler! 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 ad for the free, discounted fee, or reduced fee service, examination, or treatment.

*Dr. Castellano*



**THE VILLAGES** // 8630 East County Road 466  
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# 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.

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**8am to 5pm**

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**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

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# DON'T LET ORAL CANCER SNEAK UP ON YOU!

**C**ancer. We hear about it almost every day, whether in the paper, on the news, or by word of mouth. Rarely do we acknowledge that cancer can affect us personally. This frightening disease comes in various forms. Commonly talked about types are lung cancer, prostate cancer, cervical cancer, and breast cancer. Not many know about oral cancer. Do not let the lack of awareness fool you; oral cancer should be taken very seriously. According to The Oral Cancer Foundation, over forty-three thousand Americans will be diagnosed with oral cancer this year; of those, 8,000 will result in death. In fact, its five-year mortality rate is higher than both cervical and prostate cancer.

The good news regarding oral cancer is that if it is properly diagnosed, the cure rate is 80-90%. Unfortunately, detecting the disease is often missed. To the naked eye, signs and symptoms of oral cancer are hard to recognize. Simple symptoms include bad breath, tooth loosening, tongue problems, or sensory loss of the face.

*More detailed symptoms consist of the following:*

- Sore, lump, or ulcer on the lip or in the mouth that does not heal
- White or red path on the gums, tongue, or lining of the mouth
- Unusual bleeding, pain, or numbness in the mouth
- Oral pain that does not go away or a feeling that something is caught in the throat
- Difficulty or pain with chewing or swallowing
- Swelling of the jaw that causes dentures to fit poorly or become uncomfortable

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*There are five stages of Oral Cancer:*

- **Stage I.** The cancer is no more than 2 centimeters and has not spread to lymph nodes in the area.
- **Stage II.** The cancer is more than 2 centimeters but less than 4 centimeters and has not spread to lymph nodes in the area.
- **Stage III.** Either of the following may be true – the cancer is more than 4 centimeters. The cancer is any size but has spread to only one lymph node on the same side of the neck as the cancer.
- **Stage IV.** Any of the following may be true:
  - The cancer has spread to tissues around the lip or oral cavity; the lymph nodes in the area may or may not contain cancer.
  - The cancer is any size and has spread to more than one lymph node on the same side of the neck as the cancer, to lymph nodes on one or both sides of the neck, or to any lymph node that measures more than 6 centimeters.
- **Recurrent.** The cancer has returned after it has been treated. It may come back in the lip and oral cavity or in another part of the body.

#### **How do you find out if you have Oral Cancer?**

As previously stated, the signs and symptoms are not easy to identify, so if you suspect its presence you can take an Oral Cancer Screening Test. This is done by the doctor looking at the tissue for any visible problems using a special light. Locally, Village Dental gives this screening to its patients at both their New Patient Exam and their annual exam.

Remember, the high mortality rate associated with oral cancer is due to late stage diagnosis. Oral Cancer Screening Tests can help out with this. One of Village Dental's patients backs up this statement.

**Testimonial Story:** *The patient was seen in October for a new patient exam. Dr. Hall saw something abnormal on the panoramic x-ray. Because of this Dr. Hall stopped the New Patient exam and urged the patient to see an Oral Surgeon. The patient was diagnosed with Stage IV of Oral Cancer. The patient went to surgery unfortunately losing his right eye and all his upper right teeth in the process. Not only this, but the patient had to have muscle from his stomach to be transplanted into his cheek. This patient was unaware there was an Oral Cancer Screening Test before going to Village Dental. This patient was not offered this exam at his previous dentist. In fact, when he went to his previous dentist regarding the pain, the dentist told him he had an impacted wisdom tooth that needed to be removed. The patient was also having problems in his right eye. It was not until the patient had his New Patient exam at Village Dental that he discovered his Oral Cancer diagnosis. He is very happy with Village Dental's results. Their exam is the reason he is alive today. Taking an Oral Cancer Screening Test earlier in the process could have saved him his right eye and many teeth.*

**Village Dental provides its patients with the highest quality care.**

# Chiropractic: A Safe and Natural Alternative to Medication and Surgery

By Daniel Taylor D.C. - Compton Chiropractic Care

**C**hiropractic medicine is one of the fastest growing fields within the medical community. It is a natural form of health care that corrects biomechanical fixations in the body in order to restore function. For example, when there is a misalignment in the spine, the disruption of nerve pathways can lead to localized pain, muscle spasms or pain traveling down one's arms or legs. Doctors of Chiropractic (DC) evaluate a patient much like any other medical practitioner. However, rather than using drugs to mask symptoms, chiropractors look to treat the source of the problem. In order to properly diagnose and treat patients, Doctors of Chiropractic must undergo intensive training over an eight year period. As well, they are regulated by both state and national boards.

Your first appointment will begin with a thorough review of your case history. This is followed by orthopedic, neurological, and chiropractic exams with a focus on the affected area; digital x-rays are performed only when medically necessary. After the evaluation, the doctor will explain the cause of your pain and suggest various treatment options. Typically, treatment can start at the time of your first visit.

You probably know someone that has received an "adjustment" from a chiropractor. What does this actually do, though? The purpose of an adjustment is to restore proper range of motion and biomechanical function to the affected joint by correcting the misalignments. This is an extremely safe and effective



form of health care that has been deeply researched by various scholars, physicians and medical journals alike. Manipulations have been used for thousands of years and are still utilized by Doctors of Chiropractic and Doctors of Osteopathy as treatment options. Some patients can hear a popping sound and, while this can have a startling effect, it is a completely normal occurrence. The noise comes from gas being released between the joints. During a manipulation, the affected joint will open slightly and become mobile again; this causes a change in pressure inside the joint resulting in the sound of gas being released. The same effect occurs when you crack your knuckles; which, contrary to popular belief does not damage the joint or cause arthritis.

Even if you have had a past surgery or suffer from osteoporosis, there are still many techniques that can be utilized to meet your needs. Besides using common "hands-on adjustments", our doctors at Compton Chiropractic are trained in special techniques to provide adjustments with little or no force at all.

**What about sciatica?** Doctors of Chiropractic welcome treating patients with complicated conditions like sciatica; in fact, we excel at it on a daily basis. At Compton Chiropractic, we offer the Cox Flexion Distraction Technique as a non surgical method of treating disc related injuries. Many are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc, stenosis and decompression. Most are also aware that surgery and or

## Non-Surgical **PAIN** Relief



### Compton Chiropractic

### 352-391-9467

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medications are often unsuccessful treatments for these conditions. However, years of research and technology have pushed the field of Chiropractic into the 21st century and now there is hope for those who suffer from this debilitating pain. This conservative treatment has been clinically shown to decrease intradiscal pressure by approximately 75%; thus allowing relief from the symptoms of disc related pain and stenosis within as little as 8-12 visits. In past years, physicians would send patients to physical therapy prior to considering surgery. While therapy is excellent at rehabilitating muscles in the body, it has been shown less effective than chiropractic care in the treatment of low back pain.

At Compton Chiropractic, our primary goal is pain relief. Treatment will not take 30 visits and will not cost thousands of dollars. Every new patient is treated as an individual and receives an initial examination in order to properly diagnosis the condition. With a proper diagnosis and treatment plan, patients will recover faster as opposed to treating the site of pain without a full understanding of the pain generator.

## FREE consultation

The patient and any other person responsible for payment has the 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 this advertisement. Expires 9/30/14

We accept all major insurances and our friendly staff will communicate with your carrier prior to treatment to determine eligibility and benefits. This typically helps avoid any future surprises. So stop living with pain and call 352-391-9467 today for a free consultation with one of our physicians.

### TESTIMONIALS

See what some of our patient's had to say about our practice:

*"I suffered from sciatica for 25 years until a friend told me about Dr. Compton. 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. Compton fixed the numbness in my foot. I am back to playing tennis and loving it!"* - J.J

*"I had a bad experience with chiropractors before, but you're the best. I forgot what living without pain was like. Thanks Doc"*- C.C.

*"My other doctors could not help my mid-back pain and kept giving me pain medication. After seeing Dr. Taylor, he not only took my pain away but prevented it from returning"*- B. D.

*"I was having severe pain in my right arm. I tried everyone else, so I decided to give Compton Chiropractic a try. In three visits, my arm pain was completely gone"*- M.C.

### COMPTON CHIROPRACTIC CARE

Providing Quality Chiropractic Care to patients in and around The Villages, Florida.

#### Our Philosophy

- Treat patients as individuals and perform a thorough exam
- Deliver an accurate diagnosis
- Treat patients with the highly reliable and world-known Palmer "hands on" Technique
- No long-term treatment plans or large out-of-pocket expenses
- Provide patients with non-surgical alternatives to pain

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- Quality care without the wait

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# “Save a limb. Save a life.”

## Limbststitute

### Comprehensive Vein Care and Limb Salvage

**T**he statistics are staggering: Almost one of every 200 Americans has suffered an amputation — about 97 percent of those to a lower limb.

The real tragedy? Many of those losses could have been avoided with swift and adequate intervention. Simply put, the Limbststitute Comprehensive Vein Care and Limb Salvage with offices located in The Villages, Summerfield and Tavares, was created to do just that.

The newest addition to the Institute of Cardiovascular Excellence family, the Limbststitute provides comprehensive vein care and incorporates the latest technologies — closing off veins with radio waves for example — to get the best results. The staff members there are also wound care specialists and experts in artificial skin grafts. Their mission is to do whatever it takes to save a limb and give a patient their life back.

Indeed, the key to the success of the Limbststitute is that all of the many specialties involved with reversing the declining health of an arm or leg have been gathered together under one roof. Inside its 4,000 square feet of designated examination rooms, labs, testing and treatment facilities, medical professionals and physicians have been hand-selected from various specialties to form a collective team dedicated to a singular goal: the treatment and management of peripheral vascular diagnoses.

In the past, patients in danger of losing a limb traditionally would have had to shuttle between various doctors in separate facilities: a cardiologist, medical internist, phlebologist, podiatrist and specialists in infectious disease and wound care to name just a few. Not only was it inconvenient, chances are that those specialists were not committed to a total focus on limb salvage.



The Limbststitute provides a better way, with all of the tests and treatments and physicians necessary to intervene and reverse the effects of critical limb ischemia on the same page — and under the same roof.



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**Now Meet The Specialists**



**Tom Tran**  
PA-C, MPAS • Phlebologist

**Mike Richards**  
PA-C, MPAS • Phlebologist

**Member of the American College of Phlebology**

The Limbstitute is fortunate to count Tom Tran among its staff of medical professionals. He brings a unique and lauded background to bear on the special challenges associated with venous disorders. He worked his way through college and went on to become a registered nurse in the ICU at Shands Hospital in Gainesville. Afterwards, he accepted positions with several emergency departments throughout Florida. Tom capitalized on his interest in venous health by inventing a medical device — the Trans-catheter Extractor — and started his own company to sell his device throughout the U.S.

“I often removed a patient’s catheter through surgery,” Tran says. “This device allows for less down time for the patient and takes him out of the operating room and into the doctor’s office.”

He was named Physician Assistant of the Year in Florida in 2007 and appeared in numerous articles throughout the nation. He is actively involved as a Board of Trustees member of the Physician Assistant Foundation, and is an adjunct instructor for the NOVA University Physician Assistant Program.

**Member of the American College of Phlebology  
Fellow Member American Academy of Physician Assistants and  
Member Florida Academy Physician Assistants**

Mike Richards sees patients every day whose problems could have been avoided or at least minimized with a little forethought.

“Certain things we do to ourselves on a daily basis can lead to long-term issues,” he says. “Something as simple as wearing high heels can cause damage over time to vein valves and lead to venous insufficiency, varicose veins and worse. The opposite is also true. Patients who are aware, who have proactive habits and recognize potential problems early almost always have better outcomes.”

Mike is proud to be a part of the Limbstitute family.

“What’s important with The Limbstitute is that we are able to assess and treat all of a patient’s limb issues at one location,” he says. “Arterial problems such as PAD, venous reflux that can lead to leg ulcers, wounds that just won’t heal. We have it all under one roof, along with specialties like cardiology, phlebology (vein care) and internal medicine. Even nutrition consultation, which can be critical to healing and a positive long term result.”

*Save a limb. Save a life.* It’s a prescription written daily at the Limbstitute. Certainly the statistics can be daunting. But for the professionals in limb salvage who take it one limb/one life at a time, every good outcome is a victory that spurs them on to the next challenge. The arms and legs of the people in Central Florida are all the healthier because of it.

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# Villages Rehab & Nursing Center

**A**t The Villages Rehab & Nursing Center, we are dedicated to helping our residents maximize their potential and live their lives to the fullest. We offer a modern, comfortable and secure facility staffed by caring professionals where each individual receives the finest sub-acute medical care, Rehabilitation services and 24 hour skilled nursing care. We understand this may be a difficult time for all concerned and we are here to provide the support your loved one and your family needs during this period of transition. We are committed to maintaining a facility where compassionate health care, nursing, and rehabilitation services are provided in an environment of respect, dignity and personal attention to the needs of the individual.

## Rehabilitation Programs

### Taking the team approach to treatment

Our rehabilitative neighborhoods are committed to helping people maximize their potential through our professional services. Our skilled staff specializes in rehabilitative therapy and other services including:

- Internal Case Management
- Home Safety Evaluations
- 24 hour Skilled Nursing Services
- Physical therapy
- Occupational therapy
- Speech / Language Pathology
- Respiratory therapy
- Patient Education
- State of the art pressure reduction beds

Drawing upon years of hands-on experience and utilizing a team approach, we provide a distinct expertise in proven, outcome-oriented treatment techniques. Additionally, our specialized therapies are designed to improve the impairment and lessen the symptoms from certain conditions such as:



### Orthopedic

- Fractures
- Total Knee Replacements
- Total Hip Replacements
- Joint Replacements
- Spinal Injury
- Neck surgeries

### Neurological

- (CVA) Cerebrovascular
- Accident
- Multiple Sclerosis
- Parkinson's Disease
- Communication Disorders
- Neuromuscular Diseases

## Skilled Nursing Care

Our staff is comprised of a dynamic and innovative multi-disciplinary team of licensed physical, occupational, and speech therapy professionals experienced in



**Villages**

Rehab & Nursing Center

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treating a wide variety of diagnoses, and registered and licensed nurses who have "Quality" nursing skills. They work together to set goals and produce measurable progress with all residents.

### Services Include:

- Medical Director
- Medicare and Medicaid Certified
- Physical, Occupational, and Speech Therapy
- Audiology
- Vision
- Dental
- Psychiatry
- Dermatology
- Laboratory
- Pharmacy
- Podiatry
- Psychological Counseling
- Radiology



## Wound care Services

### Types of wounds treated include:

- Diabetic
- Venous Stasis
- Ischemic
- Pressure
- Post surgical



*and much more...*

# Tips for Healthy Aging!

**H**ave you ever met someone and assumed they were 10-20 years younger than their actual age due to their great energy and wit? Sure, there are the “chosen” ones that are blessed with graceful aging genes. But there are also people who decide to make daily lifestyle changes which help to make them healthier and happier, as well. In the past couple of decades, we have come a long way regarding staying in shape. Here are some ways that we can all help ourselves.

## Eating Right.

Everyone knows that eating junk food is bad. A healthy immune system will keep our weight in check, along with eliminating unwanted toxins from our body. To keep your body healthy, distance yourself from artificial sweeteners and foods. Chemical preservatives and salt can be avoided by simplifying your diet. According to Dr. William and Martha Sears, foods for ideal health are seafood, dairy, spinach, nuts, olive oil, broccoli, oatmeal, flaxseed meal, avocados, pomegranate juice, tomatoes, tofu, yogurt, red onions, garlic, beans and lentils. People who live long and healthy usually give credit to eating fruits and vegetables. As well as replacing red meat with fish. The omega-3 fatty acids found in seafood can also help keep the body running more efficiently.

The traditional three meals a day is no longer considered the standard in terms of eating healthy. When we eat larger amounts of food with fewer meals, our body does not absorb all of the foods nutrients. Instead, it stores the food in fat cells. The same amount of food spread out over six meals instead of the usual three will achieve a higher absorption rate. Obviously, this is important in maintaining a healthy weight.

## Exercise.

Getting in shape does not always mean being able to bench press twice your weight. Just getting up and



moving everyday can be enough to keep the blood flowing. The more often your blood circulates through the body, the more time it has to filter toxins. Blood also disperses natural medicines your body creates to keep everything working properly. Exercising your brain is another important aspect of staying in shape. An article from Huffington Post articulates that regularly practicing recall games, such as word puzzles, will help keep the neurons stimulated in your brain. Dementia, from Alzheimer's disease, is defined as the decreased activity between neurons. Using them more often can help prevent dementia. Routine can also limit your brain stimulation. Driving different routes to places, or something as simple as trying new foods, can help keep your brain active.

## Stress Free Living.

Stressors are not healthy on the body, physically or mentally. Whether it is a job, person, or situation, try to limit exposure to anything that stresses you out. Think more on the solution than the problem itself. If it cannot be changed there is no reason to worry about it. A quick fix

to anxiety is humor. Being social and hanging around people who make you laugh does a lot more good than you may realize; like meditation, it clears your mind. The largest variable for having a happy and stress-free life is just having fun.

In the end...Healthy Aging is up to you. Watching what you eat is important. The saying, “you are what you eat” is very true. Give your body the nutrients it needs to keep a healthy immune system. Try to eat smaller portions spread out throughout the day for maximum absorption. When in doubt, get up and do something. Sitting or lounging does not do the body any good. Walking or even dancing can be fun.

This encourages the blood flow to increase, which will disperse anti-oxidants and relieve the body of toxins. Do not forget to make small changes in your daily activities to keep the mind from getting complacent. If you want to feel young, act young. Do what you can to have fun with these guidelines and you won't be disappointed with the results.

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# ONE ANOTHER

By Brent Myers, Pastor of Community Life

It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

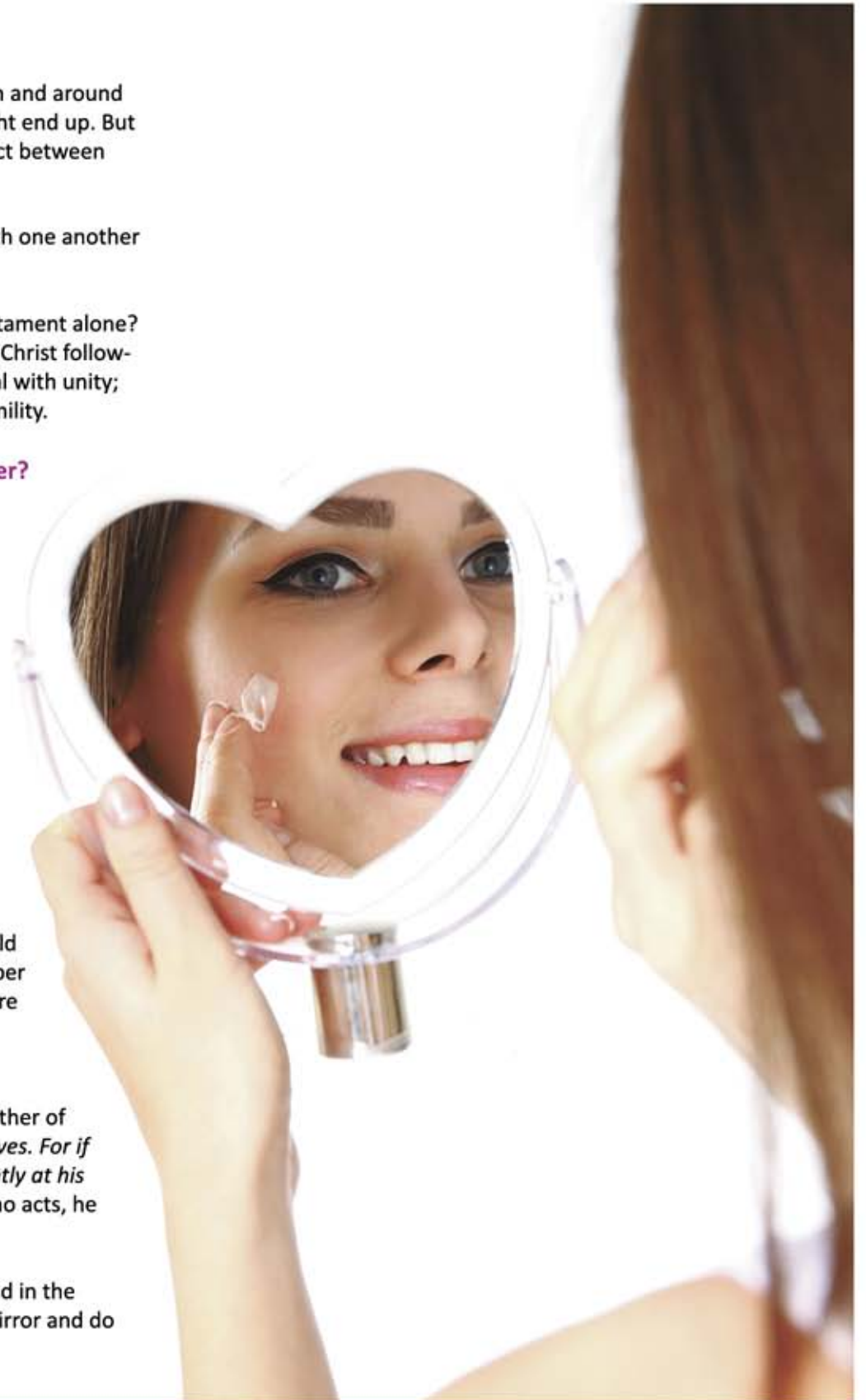
## So what are some of these great reminders of how to treat one another?

- Love one another (John 13:34, others)
- Accept one another (Romans 15:7)
- Forgive one another (Colossians 3:13)
- Don't complain against one another (James 4:11)
- Be at peace with one another (Mark 9:50)
- Serve one another (Galatians 5:13)
- Regard one another as more important than yourself (Philippians 2:3)
- Don't judge one another (Romans 14:13)
- Encourage one another (1 Thessalonians 5:11)
- Pray for one another (James 5:16)

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.”* James 1:22-25, ESV

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.



# 2nd Annual Disabled American Veteran 5K Run/Walk

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Last years inaugural event was very successful. We are looking to build on that this year. Most of our sponsors have partnered with us again to help make this event grow! If you are interested and would like to be a new sponsor feel free to contact us at the number below. You can also drop us a line in our emails and let us know what you would like to help out. All sponsors are welcome to have a booth the morning of the race. Thanks again, please support one of our sponsors or your local Disabled American Veteran's Groups at DAV.org



Please feel free to contact us about the upcoming event! Joe Lingerfelt (joey.lingerfelt@gmail.com)(937-938-0058) or Cate Murphy (goodchick67@yahoo.com) (352)455-8024 Register or donate at Active.com under DAV 5k!



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After

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