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Health & Wellness[®] MAGAZINE

January 2015

Marion Edition - Monthly

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Ideal Weight Really?**

Breast Cancer

What Your Need to
Know About Early
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**Thyroid
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The screenshot shows the website interface for Health & Wellness Magazine. At the top, there's a search bar and navigation links for Charlotte Edition, Collier Edition, Lee Edition, Advertise with Us, H&W Archives, and Contact Us. The main content area features a large article on Skincancer with a photo of a woman in a sun hat. Below this, there are links to read the flip book version for Charlotte County, Collier County, and Lee County. A featured article titled "The Other Side of Parkinson's Disease" is highlighted. On the right side, there's a sidebar with "In This Issue" and a newsletter sign-up form with fields for Name and Email.

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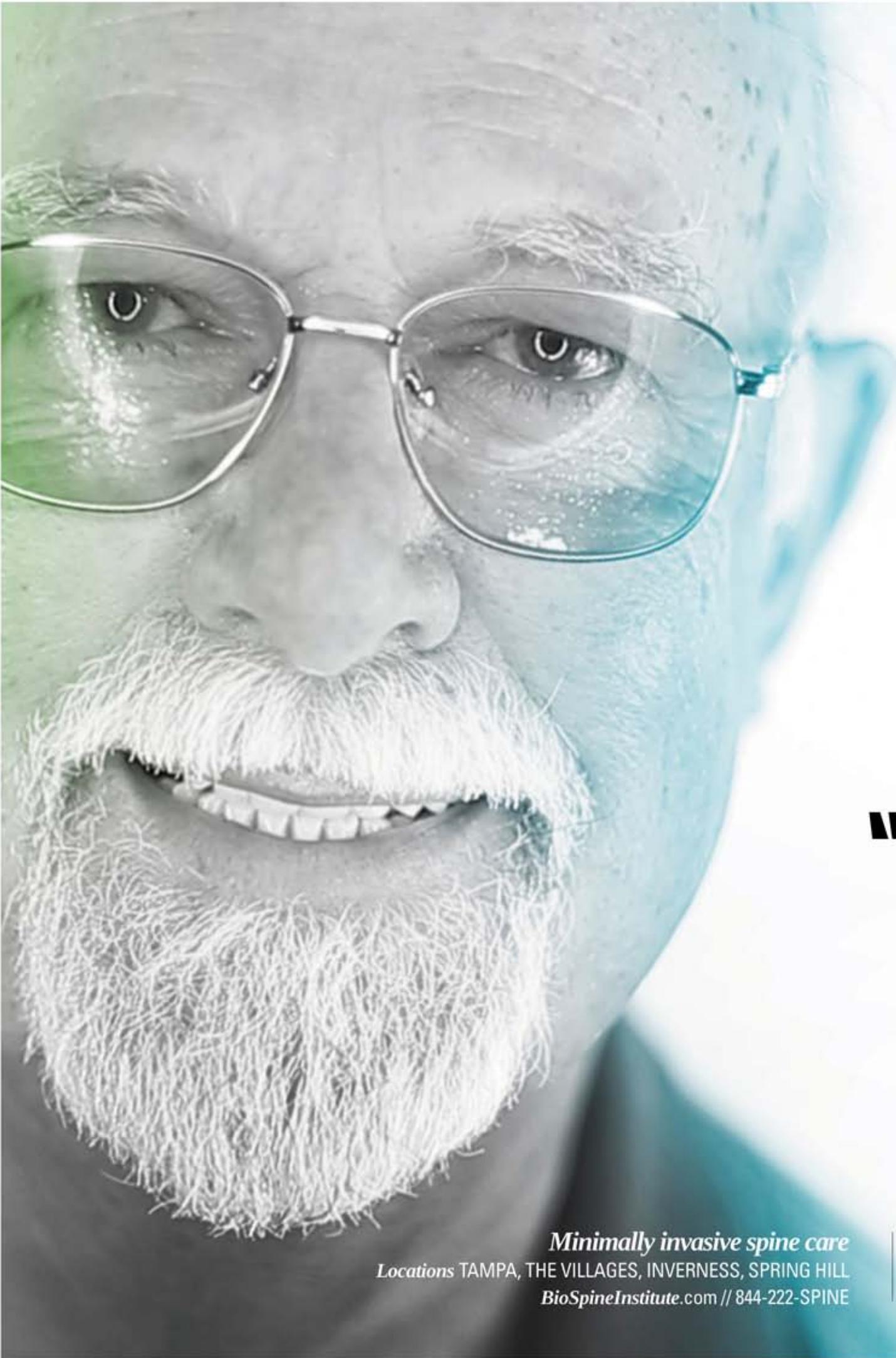
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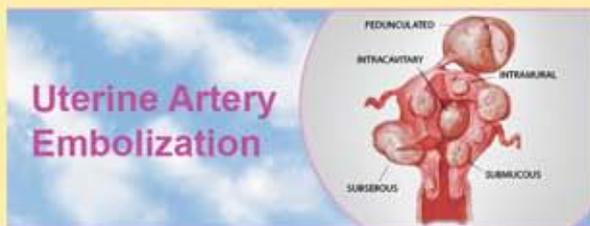
FIBROID TREATMENT WITH UTERINE FIBROID EMBOLIZATION – *What you need to know*

Uterine fibroids are the most common benign tumors in women of child-bearing age, and can come with a host of symptoms, including heavy or painful periods, bleeding between periods, frequent urination and pain in the abdomen, back and/or during intercourse. In some cases, fibroids can cause reproductive problems such as early labor, miscarriage or infertility.

If your doctor has determined that you have uterine fibroids and recommended uterine fibroid embolization (UFE), you may wonder about your options. When considering where to have your treatment, first consider the procedure itself.

UFE is a non-surgical procedure requiring a small incision in the skin where your leg meets your groin to allow a small catheter to be inserted into the femoral artery. A sedative and local anesthetic ensure that the process is virtually painless. The catheter is carefully guided into the uterine artery, which supplies blood to the uterus. Tiny, allergen-free particles are injected into the blood vessels feeding the fibroids, starving them of nourishment until they shrink. The procedure usually takes 60 to 90 minutes from start to finish.

While UFE is a highly effective alternative to surgery, it requires proper medical training and experience to be performed safely and correctly. The Board Certified interventional radiologists of RAO's Center For Vascular Health are



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WHAT IS YOUR IDEAL WEIGHT REALLY?

If you're like more than two-thirds of American adults, your ideal weight is somewhere south of your current weight.

Apparently, obesity loves company.

The number of overweight and obese Americans is increasing across all ethnicities, though at different rates. In general, overweight and obese rates are higher for African-American and Hispanic women than Caucasian women, higher for Hispanic men than Caucasian and African-American men, higher in the South and Midwest, and tend to increase with age.¹



Fine. Odds are, your weight is not ideal. Which begs the question: What is your ideal weight? The answer? Depends upon who you ask.

A lot has been written about the Body Mass Index. Many simply point to that as the ideal weight indicator. Basically, you get your BMI by multiplying your weight in pounds by 703 and dividing that by your height in inches, squared. So, if you're 6 feet tall and weigh 220 pounds, your BMI is $220 \times 703 \div 72^2 = 29.83$. Congratulations. According to the charts you're "overweight."

According to most health authorities:

- A BMI of less than 18.5 is underweight.
- A BMI of between 18.5 and 25 is ideal.
- A BMI between 25 and 30 is overweight.
- A BMI over 30 is obese.

We say "most" because the numbers on the category edges can vary a point or two between "experts" but the principle is the same regardless of your classification. The BMI does have its detractors, who claim that the system does not take into account muscle mass. Those people generally prefer the waist/hip ratio as a more reliable obesity indicator.

Still others are satisfied with judging their ideal weight based upon perception. "How am I doing compared to my friends and those around me?" The problem with that, of course: Surround yourself with overweight people on one end or extreme athletes on the other and your frame of reference is skewed.

Finally, there is a school of thought that says none of that matters. Your body wants what it wants and your ideal weight was set at birth in your DNA, much as your

height and eye color were. That's the set point theory. Do what you can. Diet like mad. Exercise like a fanatic. Your body will still fight to return to what it considers your ideal weight range, the one "set" by your DNA.

>> So now what?

Maybe we're asking the wrong question. Maybe weight isn't the problem at all. No matter what chart you consult or theory you like, if you have healthy eating habits and exercise regularly, isn't that enough? Thin people who don't exercise and live on fast food aren't healthy, no matter what they weigh.

Which brings us to the final arbiter in the matter, and it's one without any stake at all in the \$20 billion weight loss industry: the CDC, or Centers for Disease Control and Prevention. According to the CDC, "balance" is the key to ideal, healthy weight. If you're on the wrong side of healthy (by the way, the CDC does use the BMI as a reliable indicator), forget diets. The CDC is not a fan of them.

"... Diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run," it says. "The key to achieving and maintaining a healthy weight isn't

*about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses."*²

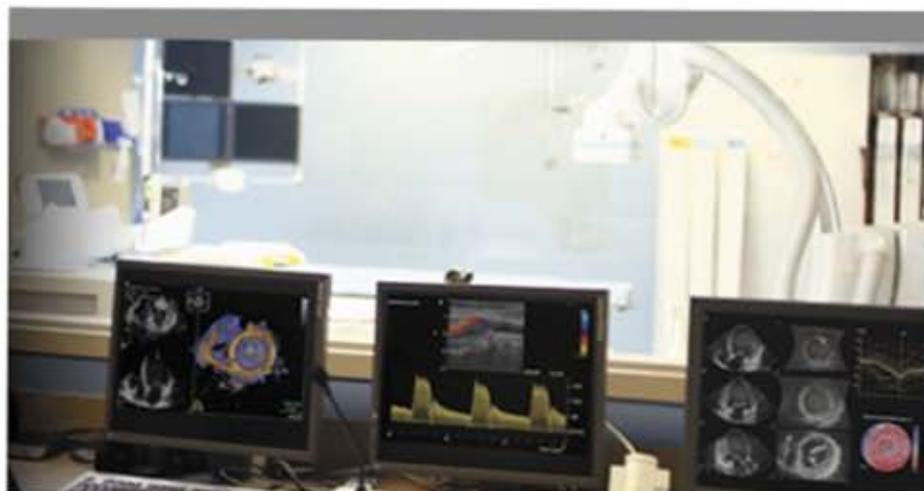
The CDC is concerned about your health, not so much your weight. Preventing diseases such as cancer, heart disease and diabetes. Feeling better, living longer, those are the issues the CDC — and we — should all be concerned about. Not how the clothes fit, but how you fit the life you were meant to lead. Eat healthy — lots of fruits and vegetables. Drink water and not sodas or those "10 percent fruit drinks." Exercise at least 150 minutes of moderately intense activity per week. Take in fewer calories than you use to lose unhealthy fat. And thank you, CDC.

So all right. Back to our original question: What is your ideal weight, really? It's pretty obvious now when you think about it:

It'll simply be the weight you end up after you do all the other things right.

1. Ogden C. L., Carroll, M. D., Kit, B.K., & Flegal K. M. (2014). Prevalence of childhood and adult obesity in the United States, 2011-2012. *Journal of the American Medical Association*, 311(8), 806-814.

2. Healthy Weight - it's not a diet, it's a lifestyle!, <http://www.cdc.gov/healthyweight/index.html>



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-Samantha Q.

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BREAST CANCER, WHAT YOU NEED TO KNOW ABOUT EARLY DETECTION AND TESTING

Each October, a diversity of organizations, businesses and individuals take part in National Breast Cancer Awareness Month to heighten public knowledge about the symptoms and treatment of this disease.

Why the focus on breast cancer, and why does it have its own awareness month? One reason is because breast cancer is the most common form of cancer among women in the United States (other than skin cancer) and the second leading cause of cancer-related deaths among women. But, women aren't the only ones affected – for men the lifetime risk of getting breast cancer is about 1 in 1,000.

The National Cancer Institute at the National Institutes of Health estimated that this year the number of new cases and deaths from breast cancer in the United States will be:



New cases of breast cancer in 2014
232,670 female; 2,360 male

Deaths from breast cancer in 2014
40,000 female; 430 male

The numbers may seem formidable, but with decades of research behind us, survival rates are getting better all the time and your best chance of beating breast cancer is to find and treat it early before it has a chance to grow and spread.

Breast Cancer Screening Guidelines

According to information from the American Cancer Society, the following screening guidelines aid in the early detection of breast cancer:

- Women 20-39 should have a clinical breast exam from a physician at least every three years.
- Woman 40 or older (the demographic most at risk of breast cancer) should have a mammogram and clinical breast exam every year.
- Women at increased risk due to family history or a past breast cancer diagnosis should consult their doctor about the possibility of more frequent screenings.
- And women and men of any age should report breast changes to a doctor right away. (A list of common breast cancer warning signs follows.)

Improving Your Odds

And while there is no way to prevent breast cancer, you can improve your odds against the disease. The American Cancer Society further recommends that the following steps can help you stay well and lower your chances of developing breast cancer:

- Maintain a healthy weight. Being overweight or obese increases breast cancer risk – this is especially true for women after menopause.
- Be physically active on a regular basis. Aim for least 150 minutes of moderate intensity or 75 minutes of vigorous activity each week. But don't pack it all into a one workout; be sure to spread it out over the week.
- Limit alcohol intake to 1 drink a day for women and 2 drinks for men.



Know the Warning Signs

Different people have different warning signs for breast cancer but some people do not have any signs or symptoms at all. This is why yearly mammograms for women 40 and older (the demographic most at risk of breast cancer) are so important. Symptoms that may occur prior to a breast cancer diagnosis include:

- Lump or mass in the breast or underarm/armpit.
- Swelling or density of part of the breast.
- Irritation or dimpling/pitting of breast skin.
- Scaly or flaky skin in the nipple area or the breast.
- Retraction of the nipple.
- Nipple discharge, other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain or persistent tenderness in the nipple or any area of the breast.

If you see or feel any of these symptoms, even if a recent mammogram was normal, see your doctor immediately for testing. In addition to an initial diagnosis, testing helps to determine the patient's type of breast cancer, which is key when assessing the prognosis and selecting therapy. Medical testing is also crucial in measuring the progress of the disease and in the ultimate goal of declaring a patient shows no signs of breast cancer.

FOR MORE INFORMATION:

- Visit the National Cancer Institute website: www.cancer.gov/cancertopics/types/breast
- Call the American Cancer Society 24 hour helpline at 800-227-2345, or visit their website: www.cancer.org/cancer/breastcancer/

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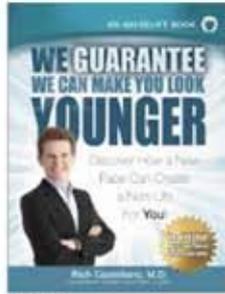
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- January 27th *Seminar at the Waterfront Inn, The Villages: 1p.m.*
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- February 17th *Seminar at the Waterfront Inn, The Villages: 1p.m.*

Dr. Castellano



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January is Thyroid Awareness Month.

Are you feeling sluggish, tired or depressed? Have you noticed your nails are brittle and your hair feels like straw? Sleepless nights and fatigue overcome you. Last but not least those extra 10 pounds you have been trying to lose will not leave, instead you see the numbers on the scale keep rising. It may be time to have your thyroid checked.

Many people do not know about the thyroid and what its main function is in the body. The thyroid is a small butterfly gland located in the lower part of your neck. The function of the thyroid is to secrete hormones throughout your body. You may hear these hormones called T3 (triiodothyronine) and T4 (thyroxine). These hormones are responsible for delivering energy to your cells.

Thyroid conditions are classified under categories. These categories are:

Hypothyroidism is when your thyroid is under-active. Symptoms of an under active thyroid include a slowed down metabolism which can include weight gain, fatigue, depression, thinning hair and brittle nails are just some. One of the most common causes of hypothyroidism is the autoimmune condition called Hashimoto's disease. This happens when the antibodies attack the thyroid and destroy the ability for the thyroid to produce hormones.

Hyperthyroidism is when the thyroid gland becomes overactive. The most common cause associated with hyperthyroidism is the autoimmune condition called graves disease. This is the opposite of hypothyroidism. Antibodies target the thyroid, which in turn causes the speeding up of releasing hormones. Symptoms include weight loss, fatigue, rapid heart rate, increased bowel movements, nervousness are just a few.

Another cause of hyperthyroidism is called thyroiditis. This is known as inflammation of the thyroid. Any type of viral or bacterial infection can cause thyroiditis.

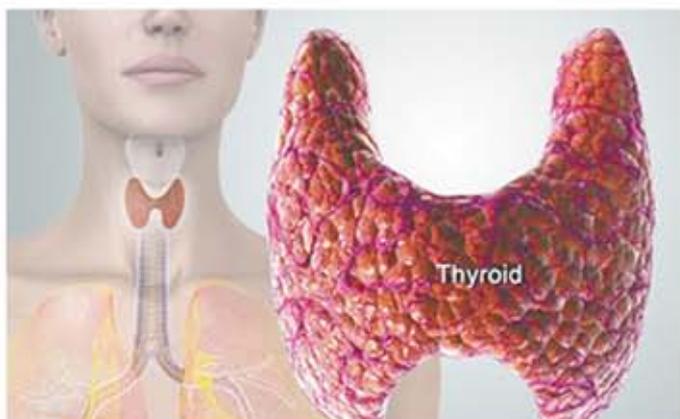
When a thyroid becomes enlarged it is known as a Goiter. These thyroid nodules can be cancerous and non cancerous. Nodules can be solid or liquid filled cysts, lumps and tumors. A small percent of these can be cancerous causing the removal of the thyroid.

If you feel you have any of these symptoms you should speak to your doctor. Your doctor will send you for blood work to determine your TSH levels. A TSH under 0.5 indicates hyperthyroidism and a TSH level over 0.5 indicate hypothyroidism. Whether low or high medication will be given to regulate your thyroid.

For an under active thyroid a person will be given a synthetic thyroid hormone called Synthroid or Levothyroid. Propylthiouracil and Pethimazole (Tapazole) are used on a person who has an over-active thyroid. It can take anywhere from six to twelve weeks to start seeing some improvement. Blood tests will be taken again to see if the medication is the right dosage or should be adjusted.

Along with medication, a healthy diet and exercise regimen is essential. Some foods will counteract with your medication and your thyroid. Some of these foods are raw cruciferous vegetables like brussel sprouts, broccoli, cauliflower, collard greens and kale, rutabaga, turnips, and bok choy. Soy products like soymilk, tofu, soybeans and soy sauce should be avoided. A brisk walk twenty minutes a day, at least three times a week will help you to build up a strong mind and body.

Remember January is thyroid awareness month. If you think you may be experiencing a thyroid condition don't wait speak to your doctor about your symptoms so you can get your thyroid under control.



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HAVE YOU BEEN PRESCRIBED A STATIN?

LEARN WHAT THE FDA HAS TO SAY ABOUT THESE MEDICATIONS.

If you're one of the millions of Americans who take statins to prevent heart disease, the Food and Drug Administration (FDA) released important new safety information earlier this summer on these cholesterol-lowering medications.

The FDA has advised consumers and health care professionals that:

- Routine monitoring of liver enzymes in the blood, once considered standard procedure for statin users, is no longer needed. Such monitoring has not been found to be effective in predicting or preventing the rare occurrences of serious liver injury associated with statin use.
- Cognitive (brain-related) impairment, such as memory loss, forgetfulness and confusion, has been reported by some statin users.
- People being treated with statins may have an increased risk of raised blood sugar levels and the development of Type 2 diabetes.
- Some medications interact with lovastatin (brand names include Mevacor) and can increase the risk of muscle damage.

This information should not scare people off statins, says Amy G. Egan, M.D., M.P.H., deputy director for safety in FDA's Division of Metabolism and Endocrinology Products (DMEP). "The value of statins in preventing heart disease has been clearly established," she says. "Their benefit is indisputable, but they need to be taken with care and knowledge of their side effects."

FDA will be changing the drug labels of popular statin products to reflect these new concerns. These labels are not the sticker attached to a prescription drug bottle, but the package insert with details about a prescription medication, including side effects.



The statins affected include:

- Altoprev (lovastatin extended-release)
- Crestor (rosuvastatin)
- Lescol (fluvastatin)
- Lipitor (atorvastatin)
- Livalo (pitavastatin)
- Mevacor (lovastatin)
- Pravachol (pravastatin)
- Zocor (simvastatin).

Products containing statins in combination with other drugs include:

- Advicor (lovastatin/niacin extended-release)
- Simcor (simvastatin/niacin extended-release)
- Vytorin (simvastatin/ezetimibe).

Liver Injury Called Rare

FDA has found that liver injury associated with statin use is rare but can occur. Patients are advised to consult their health care professional if they have symptoms that include unusual fatigue, loss of appetite, right upper abdominal discomfort, dark urine or yellowing of the skin or whites of the eyes.

Statins work in the liver to reduce the production of cholesterol, a waxy substance that can form plaque on the walls of the arteries and keep the heart from getting the blood it needs.

Egan explains that there had been signals in early clinical trials of possible liver damage tied to statin use, so health care professionals were advised to regularly test their patients' liver enzyme levels. However, she says, such damage is rare, and the tests are not effective at predicting or preventing who will develop this rare side effect.

So, the FDA is now recommending that liver enzyme tests be performed before statin treatment begins and then as needed if there are symptoms of liver damage.

Reports of Memory Loss

FDA has been investigating reports of cognitive impairment from statin use for several years. The agency has reviewed databases that record reports of bad reactions to drugs and statin clinical trials that included assessments of cognitive function.

The reports about memory loss, forgetfulness and confusion span all statin products and all age groups. Egan says these experiences are rare but that those affected often report feeling “fuzzy” or unfocused in their thinking.

In general, the symptoms were not serious and were reversible within a few weeks after the patient stopped using the statin. Some people affected in this way had been taking the medicine for a day; others had been taking it for years.

What should patients do if they fear that statin use could be clouding their thinking? “Talk to your health care professional,” Egan says. “Don’t stop taking the medication; the consequences to your heart could be far greater.”

The Risk of Diabetes

Diabetes occurs because of defects in the body’s ability to produce or use insulin—a hormone needed to convert food into energy. If the pancreas doesn’t make enough insulin or if cells do not respond appropriately to insulin, blood sugar levels in the blood get too high, which can lead to serious health problems.

A small increased risk of raised blood sugar levels and the development of Type 2 diabetes have been reported with the use of statins.

“Clearly we think that the heart benefit of statins outweighs this small increased risk,” says Egan. But what this means for patients taking statins and the health care professionals prescribing them is that blood-sugar levels may need to be assessed after instituting statin therapy,” she says.

The Potential for Muscle Damage

Some drugs interact with statins in a way that increases the risk of muscle injury called myopathy, characterized by unexplained muscle weakness or pain. Egan explains that some new drugs are broken down (metabolized) through the same pathways in the body that statins follow. This increases both the amount of statin in the blood and the risk of muscle injury.

If you or someone you love has been prescribed a statin and you would like to learn more about the benefits and side effects of these medications, please speak with your physician or call **352-671-3100**. We are happy to answer your questions and address any of your concerns.



References:

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Journal of the American College of Cardiology. Effect of Rosuvastatin on Fatigue in Patients with Heart Failure. Volume 61, No. 10, 2013.

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SCHUYLER GROVE, DC

Dr. Schuyler Grove is an Ocala native who has returned to his hometown to bring optimal health and wellness to the community. Dr. Grove takes a "whole person" approach in chiropractic care, looking for the underlying causes of disease, discomfort, and pain, as opposed to just treating the symptoms. Dr. Grove also has training in the use of supplementation and nutrition to better assist his patients in their pursuit of health.

“Save a limb. Save a life.”

Limbststitute **Comprehensive Vein Care and Limb Salvage**

The 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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Tavares 2754 Dora Ave. // 352.259.5960
The Villages 1050 Old Camp Road // 352.259.5960
limbststitute.com

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

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



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

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

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

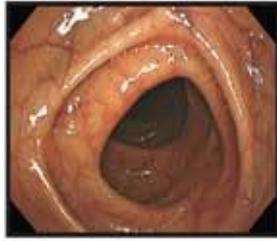
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2 Rockey DC, Paulson E, Niedzwiecki D, et al. Analysis of air contrast barium enema, computed tomographic colonography, and colonoscopy: prospective comparison. *Lancet*. Jan 22-28 2005;365(9456):305-311

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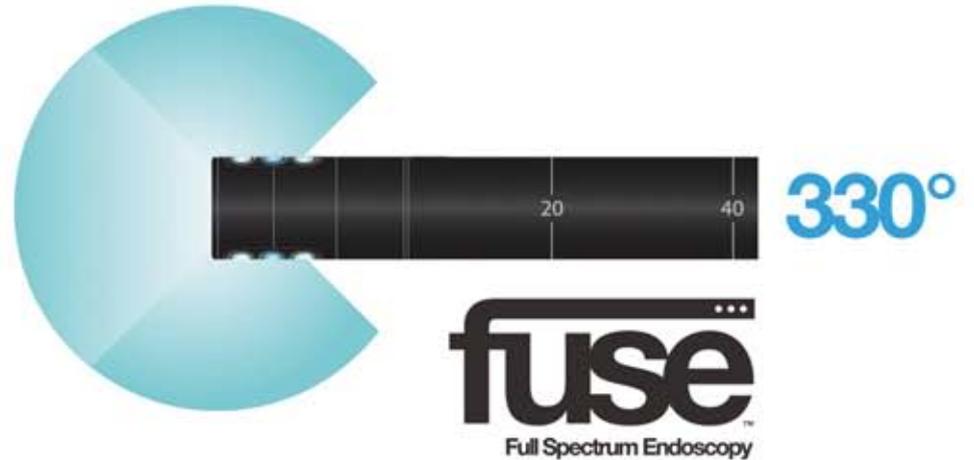
Dr. Anand Kesari



**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**

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

INTERCOMMUNITY CANCER CENTERS HOST FOURTH ANNUAL CANCER SURVIVORS' REUNION

In honoring the indomitable spirit and courage of local cancer survivors, Inter-Community Cancer Centers (ICCC) of Leesburg and Lady Lake hosted its Fourth Annual Cancer Survivors' Reunion on Friday, November 14th. The free event took place at the American Legion Post in Lady Lake. ICCC is part of Vantage Oncology which includes more than 60 cancer treatment centers in 14 states providing quality, personalized care in a community setting.

A total of 234 attendees enjoyed music, food, light refreshments and the opportunity to share their stories with fellow survivors.

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

Nearly 14 million Americans are now living with and beyond a diagnosis of cancer. In the United States, men have a slightly less than 1 in 2 lifetime risk of developing cancer; for women, the risk is a little more than 1 in 3. Learning about this disease is crucial, because many forms of cancer can be prevented and most cured if detected early.

"As cancer specialists, we continue to work diligently to find new radiation and drug therapies to improve survival rates. However, we must not forget the emotional impact cancer has on patients and their families. By hosting events such as these, we are providing a nurturing environment that enables survivors to share their experiences and hopefully lend support to those patients recently diagnosed," said Alison Calkins, M.D., radiation oncologist at ICCC.

Major advances in cancer prevention, early detection, and treatment have resulted in longer survival, and therefore, a growing number of cancer survivors. However, a cancer diagnosis can leave a host of problems in its wake. Physical, financial, and emotional hardships often persist after diagnosis and treatment. Survivors may face many



challenges, such as limited access to cancer specialists and promising new treatments, inadequate or no insurance, financial hardships, difficulty finding employment, psychosocial struggles, and a lack of understanding from family and friends. In light of these difficulties, our community needs to focus on improving the quality of life for cancer survivors.

"This event was an incredible experience and it felt like we received an early holiday gift by seeing so many of our patients happy and healthy," added Dr. Calkins. "We are inspired both personally and professionally by our amazing patients who simply refuse to back down from cancer. Their incredible courage is why we dedicate our lives to saving theirs."

THE EXPERIENCE OF INTERCOMMUNITY CANCER CENTERS

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

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

ABOUT VANTAGE ONCOLOGY

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

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(352) 326-2224
www.ICCCVantage.com



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

DEPARTMENT OF VETERANS AFFAIRS

The Villages VA Outpatient Clinic

Date: Saturday, February 7, 2015
Subject: The 8th Annual Tri-County Veterans Health Fair
Health Fair: Vendor/Speaker Information
“Celebrating the Courage and Commitment of Those Who Served”

To: Participants and Vendors
 The 8th Annual Tri-County Veterans Health Fair will be held on *Saturday February 7, 2015* from 10 a.m. to 2 p.m. at The Villages VA Outpatient Clinic in The Villages, FL. In keeping with the VA’s mission to provide exceptional healthcare to those who served, the 8th Annual Health Fair is expected to promote health by providing education relevant to Veteran’s issues and foster communication between the VA and the local veteran community.

VA Community Based Outpatient Clinics (CBOCs) from Ocala and Lecanto will also be participating in this health fair.

We look forward to having you participate in this event. Attached is a Registration Form. Please fax or scan and email the form back as soon as possible. The event will begin at 10 a.m. but we ask that you set up your display between 8 a.m. and 9:30 a.m. Due to limited resources, we also ask that you please bring your own display tables. Thank you.

More information regarding the health fair will be sent as we get closer to the event. We look forward to hearing from you and hope that you will be a part of this annual Veterans’ Health Fair.

Please send back the attached registration form to reserve your service area.

Please feel free to call me at (C) 352-728-3508 or (W) 352-674-5000 ext. 1937

Thank you to all exhibitors for providing this important service, so together, we can build a healthier Veteran Community!

Mary Ellen Pelkey, BSN, RN-BC
 Chair Person for the Veterans Health Fair
 Mary.Pelkey2@va.gov

REGISTRATION FORM
 The 8th Annual Tri-County Veterans Health Fair
 Saturday, February 7, 2015

NAME OF SERVICE: _____

CONTACT PERSON: _____

PHONE #: _____ EMAIL: _____

PLEASE CHECK THE APPROPRIATE RESPONSE:

Yes, My Service/Organization will be able to participate in next year's health fair.

Names (s) of person(s) representing your service organization:

No, my Service/Organization will not be able to participate in next year's health fair.

Please provide the following information: Type of Display/Topic of Information and any special needs to requests:

Yes, I will require an electrical outlet (minimum # of outlets available)

No, I will not require an electrical outlet.

If you have questions, please contact Mary Ellen Pelkey 675-5000 EXT. 1937

RETURN FORM TO: FAX 352-674-5030 attention: Mary Ellen Pelkey







Happiness and hearing aids: Is there a connection?



PERHAPS.

In fact, a recent Italian study published in *Geriatrics & Gerontology International* concluded that the benefits of digital hearing aids in relation to depressive symptoms, general health and social interactivity, but also in the caregiver-patient relationship, were clearly shown. In fact, reduction in depressive symptoms and improved quality of life at statistically significant levels were observed early on with the use of hearing aids.

This Italian study, in fact, echoes the general findings of research conducted more than two decades ago. A 1990 study—published by Cynthia D. Mulrow, MD, MSc, and co-investigators in the *Annals of Internal Medicine*—concluded that hearing loss is associated with important adverse effects on the quality of life of elderly persons—effects which are reversible with hearing aids.

About Hearing Aids

Research shows that hearing loss is frequently associated with other physical, mental, and emotional health conditions, and that people who address their hearing loss often experience better quality of life. Eight out of 10 hearing aid users, in fact, say they're satisfied with the changes that have occurred in their lives specifically due to their hearing aids—from how they feel about themselves to the positive changes they see in their relationships, social interactions, and work lives.

When people with even mild hearing loss use hearing aids, they often improve their job performance; enhance their communication skills; increase their earnings potential; improve their professional and interpersonal relationships; stave off depression; gain an enhanced sense of control over their lives; and better their quality of life.

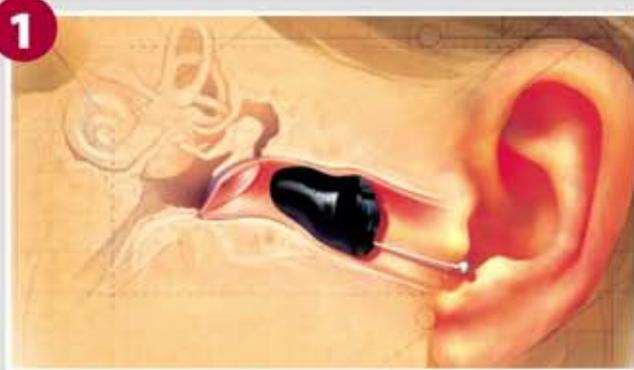


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www.hearusa.com

Here are five little-known facts about today's hearing aids:



1 They're virtually invisible. Many of today's hearing aids sit discreetly and comfortably inside the ear canal, providing both natural sound quality, and discreet and easy use.



3 You can enjoy water sports and sweat while wearing them. Waterproof digital hearing aids have arrived. This feature is built into some newly designed hearing aids for those concerned about water, humidity, and dust. This feature suits the active lifestyles of swimmers, skiers, snowboarders, intensive sports enthusiasts and anyone working in dusty, demanding environments.



2 They automatically adjust to all kinds of soundscapes. Recent technological advances with directional microphones have made hearing aids far more versatile than ever before—and in a broad range of sound environments.



4 They work with smartphones, home entertainment systems and other electronics. Wireless, digital hearing aids are now the norm. That means seamless connectivity—directly into your hearing aid(s) at volumes that are just right for you—from your smartphone, MP3 player, television and other high-tech gadgets.



5 They're always at the ready. A new rechargeable feature on some newly designed hearing aids allows you to recharge your hearing aids every night, so they're ready in the morning. It's super convenient—and there's no more fumbling with small batteries.



Meet our Audiologist: Danielle Rosier, Au.D., F-AAA

Audiologists complete, at minimum, an undergraduate and master's level degree in audiology and a supervised clinical fellowship program prior to obtaining state licensure and national certification.

Originally from Ocala, Dr. Rosier became interested in hearing health after observing an audiologist work with a hearing impaired patient. She was amazed at how the patient's life transformed and decided she wanted to help people and make positive changes in their lives.

Dr. Rosier graduated Summa Cum Laude with a Bachelor of Arts degree in Communication Sciences and Disorders from the University of Florida in 2008 and stayed in Gainesville to earn her Audiology Doctorate in 2012. She is a recipient of the Thomas B. Abbot Excellence in Audiology Award in 2012. Dr. Rosier is also on the Board of the Hearing Loss Association in the area.

Currently a fellow of the American Academy of Audiology and the Florida Academy of Audiology, Dr. Rosier focuses on adult and pediatric diagnostic audiometry, tinnitus evaluation and management, amplification, auditory electrophysiology, and aural rehabilitation counseling.

"Being an audiologist is my passion. Improving the quality of life for my patients and their families by offering one-on-one personalized care is so rewarding. My goal is to empower patients to manage their hearing loss and improve their quality of life by providing patient-centered care that incorporates evidence-based practice, compassion and expertise."

www.hearusa.com

Solving the Weight Loss Puzzle

Frustrated with excess weight? Find out why your body holds on to excess fat!

Written by Carolyn Waygood, Certified Natural Health Professional

Let's shed some light on the misconception that excess weight is simply caused by too many calories and too little exercise. Most "diets" focus on calorie deprivation, while most "diet programs" are focused on restricting calorie consumption and increasing physical exercise. While improving your food choices and participating in 20 minutes of exercise each day can benefit all of us, in most cases there's other factors which lead to excess weight than diet and exercise alone. If you're one of those people who "have tried everything", and still don't see weight loss results – you're not alone.

With statistics indicating that 2 out of 3 Americans face excess weight issues, the topic of healthy eating – and everything else related to excess weight – has to be addressed. "In my opinion", notes Carolyn Waygood, Certified Natural Health Professional and Diabetes Educator, "the health and medical industries aren't doing a good job educating the public on the many causes of weight gain, and more importantly, how to solve the excess weight puzzle." There are many factors that contribute to excess body weight. While one of the main culprits is our diet, it's not the complete picture.

"Before you embark on a weight-loss program, understand that everybody's weight challenges are different" suggests Ms. Waygood. "Just because your friend lost 50 pounds following one diet program, doesn't mean you will be as successful. Your excess weight could be caused by something completely different, and your body will respond to health alterations at a different rate." No one has a crystal ball, or a tool to look inside you and determine the cause (or causes) of your weight problem. Solving your personal weight loss puzzle takes awareness, patience, and commitment. Changing the body, repairing faulty processes, and building healthy habits doesn't happen overnight.



"It usually takes at least 3 months to experience a positive health change", explains Carolyn, "and may take as long as 6 or 9 months before a person notices their health is improving". So if someone tries to tell you "it's easy", well, it's not. The weight loss puzzle is a complicated one with many facets. Finding out which piece (or pieces) you need to solve your weight challenge takes time and consideration. Take a look at some of the pieces below, and determine if any may be impacting your ability to achieve optimal weight levels.



If you, or someone you know, battles with one or more of the health concerns listed below, it could be affecting your overall health and impacting your ability to achieve optimal weight levels. Contact Carolyn Waygood, CNHP today to schedule a FREE 30-minute phone consultation to help you understand these categories better by calling (941) 713-3767 today. Carolyn is an Independent Representative of Plexus Worldwide, a U.S.-based manufacturer of natural wellness products formulated to help people address a variety of different health concerns. Ms. Waygood has helped many people achieve healthy weight loss, blood sugar control, improved energy, appetite control, improved digestive health, relief from muscle and joint soreness, and improved nutrition. Read more about the positive health benefits individuals have achieved using Plexus products.

POOR NUTRITION	SLOW METABOLISM
IRREGULAR ELIMINATION	IMBALANCED DIET
ACIDIC BODY PH	ENDOCRINE HEALTH
MUSCLE & JOINT SORENESS	LACK OF SLEEP
LACK OF EXERCISE	INCOMPLETE DIGESTION
POOR HYDRATION	LACK OF OXYGEN
IMBALANCED HORMONES	PRESCRIPTION MEDICATIONS
TOO MUCH STRESS	INTESTINAL HEALTH

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



"I started taking Plexus Slim with Accelerator 4 months ago and I have lost 26 pounds. I went from a size 12 to a size 8. Even during the Holidays when the food craving was at its worst, I was able to enjoy and eat what I wanted without gaining a pound!" - Hope S.



"When I started taking the Plexus products I weighed 185 pounds and was wearing a size 14. I used Plexus for five months and lost a whopping 52 pounds. I am in a size 5 now. I feel great thanks to Plexus Slim. And the best part is that I haven't gained a single pound back. What an amazing product. I would recommend this to anyone." - Rochelle D.



"At first I was skeptical about the Plexus products. However, I went ahead and tried them and I am very blessed that I did. I have gone from a size 22 (211 pounds) to a size 14 (174 pounds). I have lost a total of 32 inches." - Brandi S.



"I decided to try Plexus on October 24, 2013. I really needed to lose a few pounds and only 10 weeks later my results far exceeded my expectations! Not only did I lose a lot of weight and inches, I am no longer sick! 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



"I started my Plexus journey on October 3rd, 2013. Since then, my blood pressure has gone down, I'm sleeping better, I have less weight on my bum knee, and have more energy! Within 4 months I was down 64 pounds. I went from a size 54 pants to a size 38!" -David Kempen

To read more customer testimonials, and learn more information about the health benefits associated with Plexus products, visit www.WAYGOOD.MyPlexusProducts.com.



Ms. Waygood provides FREE health education seminars to groups of all sizes. Contact her today to schedule a health seminar for your organization, church, or office!



"I prayed to God for three things: get healthy, lose weight, and find a better paying job. In two and a half months I had lost 43 pounds, 39 inches! I am now in a size 8! I'm getting healthy, I'm losing weight and have a great job that I love! Plexus was the answer for all three of my prayer requests." - Rhonda Langdon

Try a 3-Day Trial Pack of Plexus Slim & BOOST for only \$11.95 (with FREE shipping & handling!), and see for yourself how you can achieve more balanced blood sugars, improved energy, and better appetite control! Order yours today at www.WAYGOOD.MyPlexusProducts.com!

Want to kick off the New Year with healthy goals? Contact Carolyn today to register for a **FREE wellness seminar** in your area! "Natural Health in the New Year", an informative 55-minute health seminar, is scheduled in Tampa, Saint Petersburg, Bradenton, Sarasota, North Port, and Fort Myers throughout January, 2015! This is a great opportunity to learn more about natural health alternatives, and the Plexus products in a no-pressure sales, educationally-focused environment! Call Ms. Waygood today for more information at (941) 713-3767.



INTRODUCING FINANCIAL CAREGIVERS

Understanding the need for personal financial oversight

Caregiving involves more than just providing assistance with medical problems. It also includes helping your loved ones manage his or her finances to ensure that he or she will be able to pay for needed care and live more comfortably. Often times, these duties fall to family members who lack the professional experience to act on someone else's behalf. You become what is known as a "fiduciary," which means you must act in the best interests of the person you are representing. Most people do not have experience acting in that capacity. The job can be especially tough if the appointed caregiver lives far away or has other demands on his or her time. There may be missed warnings signs: a slowly growing pile of unopened bills, several overdraft notices, or repeated calls from creditors. The stakes are high: bad decisions can deplete a loved one's assets and cause disputes between family members. Suddenly, a lifetime worth of assets hangs in the balance in need of comprehensive protection.

Enter a new resource designed to safeguard and monitor your personal finances: financial caregivers. Financial caregiving typically involves bill paying, deposits, tax preparation, and other financial duties. A financial caregiver will help you organize all of your important financial documents and materials so that it is easier for you to track your finances. This organization is also extremely valuable in the event that a family member or loved one needs to take over this role. The financial caregiver relationship is a partnership between you and your caregiver. The organization will ensure that all bills, including health and life insurance premiums, are paid on time. The goal is to remove the burden created by managing your personal finances.

A good financial caregiver keeps true and complete records of all money and property. They will keep a detailed list of everything you receive or spend, including the amount of checks written and deposited, dates, and other important information. Your financial caregiver will keep all receipts, even for small expenses. An example of a tool that is often utilized by a financial caregiver is setting up automatic deposit and bill-paying systems to simplify money management. The key element in the financial caregiver relationship is trust. Your caregiver should make you feel at ease with sharing control over your assets by including you in all decision making and providing frequent updates.



The most beneficial aspect of enlisting a financial caregiver to assist with your personal finances is the protection you receive from fraud or other financial exploitation. A financial caregiver monitors your money and property for any sudden changes or suspicious transactions, such as checks made out to unfamiliar companies. Because your financial caregiver develops a personal relation-

ship with you, they are aware of any inappropriate relationships where a relative or friend may be exerting undue influence. Undue influence is often a key element in financial abuse cases. Your financial caregiver can prevent this from occurring and help remove any oppressive influences. The caregiver also maintains a relationship with your relatives and other loved ones so that you are not cut off from those who care about you. Another form of protection offered by financial caregivers involves consumer scams. These scams are constantly changing, ranging from "too good to be true deals" and sweepstakes promotions to double billings and identity theft. Whether it is a clever scam artist or desperate family member, your financial caregiver acts as a buffer between you and those trying to take advantage of your savings.



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transparency is an important part of the financial caregiver process and helps provide a more accurate assessment to your family members or loved ones. Family Wealth Guardians produces monthly reports that present a very clear picture of your current financial situation and details all expenses. Our representatives meet with you in the comfort of your own home several times per month in order to review all of your financial information. At

The most valuable tool in establishing a financial caregiver is a power of attorney. A durable power of attorney is a legal document that designates another person (your "agent" or "attorney-in-fact") to make decisions on your behalf in the event that you become incapacitated and are unable to make decisions for yourself. This authority is strictly limited by what the power of attorney document allows. Your financial caregiver will ensure that your financials, as described in the power of attorney, are being handled according to your wishes. In some circumstances, your financial caregiver may also make sure that there is no improper use of existing powers of attorney. These powerful documents can become a license to steal if placed into the wrong hands.

Family Wealth Guardians brings a professional and personal approach to handling clients' financial and estate planning needs. Our financial caregiver services are designed to include loved ones and family members so that those important relationships do not become strained. This financial

these meetings, we help our clients sort their mail and pay all bills in a timely manner. Your caregiver will also help you dispose of all "junk" mail that is looking for personal information or false payments. Following their time with our financial caregivers, clients of Family Wealth Guardians will experience confidence with their financial situation and freedom from the burden of managing personal finances. It is never too early to start planning ahead and preparing for your future. Let Family Wealth Guardians help you find financial peace of mind.



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Ryan King, Esq. - President & CEO
Ryan graduated from the University of Florida's Levin College of Law. He completed the Florida Bar Exam and was duly admitted by the Supreme Court of Florida to the Florida Bar in 2013. Prior to joining Family Wealth Guardians, Ryan worked as an attorney and legal advisor serving clients with Accountants and Business Advisors, Inc. in Gainesville, FL where he assisted clients with a variety of legal issues. Using his experience in estate planning and corporate law, he continues to further his legal education in an effort to better serve the needs of all clients of Family Wealth Guardians.

Ryan completed his undergraduate work at the University of Florida with a bachelor's degree in Sport Management and a minor in Business. While working on those degrees at Florida, Ryan was a member of the Florida men's basketball program. He spent nearly five years working under Coach Billy Donovan and his staff as a team manager and graduate intern. His time with the Gators included two national championship rings from the 2006 and 2007 season to go along with a lifetime of experiences. Outside of work, Ryan remains passionate about sports and spending time with his family. He devotes much of his free time to playing golf and visiting different stadiums and venues to watch his favorite teams.



Tina Pratt - Financial Caregiver & Office Manager

Tina recently completed her AA in Business Administration as well as an AS in Health Services Management, and is currently pursuing her bachelor's degree in Health Services Administration at Santa Fe College.

Tina brings 25+ years of accounting and administration experience to the Family Wealth Guardians team. She particularly enjoys her time spent visiting with clients in their homes and making sure they remain informed about, and secure with, their personal finances.

Tina remains very active in her community by volunteering with the Florida Chapter of The ALS Association. Over the past year, she served as the volunteer walk coordinator for Ocala's first Walk to Defeat ALS, the signature fund raising event for The ALS Association. She is hoping to develop another fundraising walk in Ocala in the near future, as well as one in The Villages. When not at work or volunteering, she spends a great amount of time with her three beautiful grandchildren.

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Marathon Runners Over 30: The Unheard of Advantages

By Curt Davies - curt.davies@marathondriven.com

When you're over the age of 30, running marathons can bring many benefits that are often not the case when you're younger. Whether you're aware of the advantages or not, they do exist, and is exactly what I'm going to be going through in this article. Sit back, relax, and enjoy reading some of the many benefits you get when running and training for marathons.

1. Healthy body and mind

The first and often considered the most evident point is that when you run marathons, you become more physically and mentally healthy. You've also probably heard that the key to a good race is a healthy mind, correct? Nonetheless, running changes you for the better. When you first begin to run marathons, you'll find it to be particularly hard as you don't have much experience. As you become more qualified and experienced as a marathon runner, you'll notice how much easier it is to run a marathon in comparison to when you just started. You'll also begin to notice how much better you feel for doing so. Your mind will be clear, and your body will be capable of doing things you never thought were possible! Not to mention you'll look and feel younger the more fit and healthy you are.

2. More energy for important things

When you're over 30, you begin to cherish the more important things in life you never really appreciated. This includes your siblings, family, friends, spouse, and other significant others. When you have children, it can be draining to spend a lot of time with them. They can be high-maintenance and a handful at times, but that's the joys of being a parent (you'll be more appreciative of this when they grow up and won't want to spend as much time with you, trust me!). When you run and train for marathons, you begin to feel more motivated and energized to playing and spending time with those who you consider to be important. This isn't restricted to children: it can be pets, hobbies, travelling, and whatever else you sometimes don't have the energy to do.

3. Meet awesome people

If there's one thing I love about marathon running, it's all the awesome people I get to meet. From

all ages, races, sexes, heights, personalities (you get the point) it really allows you to open your mind which helps you become a better person. Marathon running is a community event – everyone is there for one another, supporting each other from start to finish. I have known strangers helping strangers push through the race, with encouragement, whether it is through words or actions. I find that some of the most positive people are marathon runners, and we're all in it together!

4. Rewarded with a medal at the end

This may not seem like a big deal to many people, but to me, it is – for psychological reasons. Receiving a medal at the end of a long, exhausting marathon is a huge moment, and one you should remember for the rest of your life. The weeks of training put into the marathon, and you're rewarded with sentimental value at the end (it's shiny and looks cool, also). It is proof you finished a marathon. When your friends and family are over, you can wear that medal around your neck with pride – after all, you earned it!

5. Travelling experiences

No matter where you live or what your background is, when you become enthusiastic about running marathons, it opens doors to many different travelling experiences. This gets you outside of your own country or state, and allows for you to experience the cultural differences of the location you're travelling to. Through this, it'll you'll inevitably meet people from all over the world who are there for the same reasons as yourself, and is an ideal way of making new friends with similar interests as you. And at the end of your travel, you'll have an abundance of memories, pictures and videos to share with others for the rest of your life. Just imagine travelling from America to, say... Buenos Aires Marathon in Argentina. What a story that'll be for the rest of your life! I can guarantee you your grandchildren would love to hear that one.

Marathon Driven
www.marathondriven.com



6. Running is an antidepressant

The main issue with medication antidepressants is it can be a risk when consuming the medication. Depending on your health status, age and many other factors, you could be putting your body in potential danger. For example, if you're over the age of 65, you're more likely to be prone to falls, fractures and loss of bones caused by an antidepressant. However, running is a natural, healthy antidepressant and can be done by almost anyone completely free. If you look back at point #1, you'll notice this point isn't exclusive to that point. However, on the topic of depression and antidepressants, running is a proven method of receiving a dose of natural antidepressants, and is recommended by all renowned, credible psychologists.

Conclusion

If you're over 30 running and training for marathons like never before, then I bow down to you, and congratulate you for bettering yourself and your life. It takes heroism to fight against the grain to change your life, and that needs to be acknowledged.

Author Bio

Curt Davies is a marathon enthusiast and has built his own website located at www.marathondriven.com. It's stacked with information and other goodies regarding marathon running and training for those over the age of 30. If you want to find out more about Curt and what he writes about, open the link mentioned earlier.

The Scariest Thing I Have Ever Done

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

I want to share a recent email from a friend. I warn you it may cause some spiritual discomfort.

Hi Pastor Alex,

I was thinking today of how amazing it is that you just sent a *Dangerous Prayers* email lesson on this subject.

My husband and I have led a small group based on your book, *Dangerous Prayers* and it was awesome! I am excited for your new book, *Prayer Killers*, because it is so important that we look in our heart to see if we are holding on to anything that could be a prayer killer! I pray a lot for the people God places on my heart. I usually ask God to show me anything in my heart that is not pleasing to Him: Pride, Judgment, Bitterness, anything that is not right as King David did in Psalm 51:10.

Well, many months ago God placed someone I personally knew on my heart to pray for. Someone from back home, a former boss' husband; a police officer that had done things that landed him on the wrong side of the law and went to prison. He was released a few years later and his wife faithfully stuck by his side. So for some odd reason I got up that morning and I felt like I needed to Google his name, "weird," I thought, but proceeded to do it and his story was there. It was an amazing story of how God had helped him and I thanked God for the encouraging story.

Around two months later he was back on my heart, but this time as an urgent prayer for him. I didn't know why, so I Googled him again, and he had been arrested again for very similar charges as before. What he did was so wrong and I personally knew some of the people he hurt, including his family. This time I struggled, but I decided to pray for him and his family.

As I prayed, I felt something cold in my heart. Something foul was in my soul. I was unsure of what it was, but knew that holding on to something crummy would not be good. And it seemed like my prayer was being smothered. I wondered if it was something towards the man. I asked God, "What's wrong? Am



I just mad at this guy? I mean you asked me to pray for him, but something feels disconnected... I know he is your son and you love him no matter what." God was clear, "You are holding on to bitterness and judgment towards someone else." I was? Who? As I asked another person's face started materialize in my mind. And it was not one person, but two faces! Ugh! I realized then that I had started my prayer by asking God to cleanse my heart, and so He was.

Buried bitterness toward these two people was inside of me... so deep that I had even convinced myself that it was not there. "God forgive me for holding on to this foul selfishness for so long and help me forgive myself."

After that I thought, "Great, all is well, right?" NOT! God said, "You need to speak to these people and let them know that you have been judging them and ask them to forgive you." What? I can't do that. I knew God was stretching my love towards Him and others. But can I be honest Pastor, it was very scary.... probably the scariest thing I had ever done.

I decided to seek counsel and they said I really needed to confront this. So with some God-given courage, I was transparent with them about our past painful interactions that caused my buried hatred for them. I was afraid...but I experienced an amazing life-lesson.

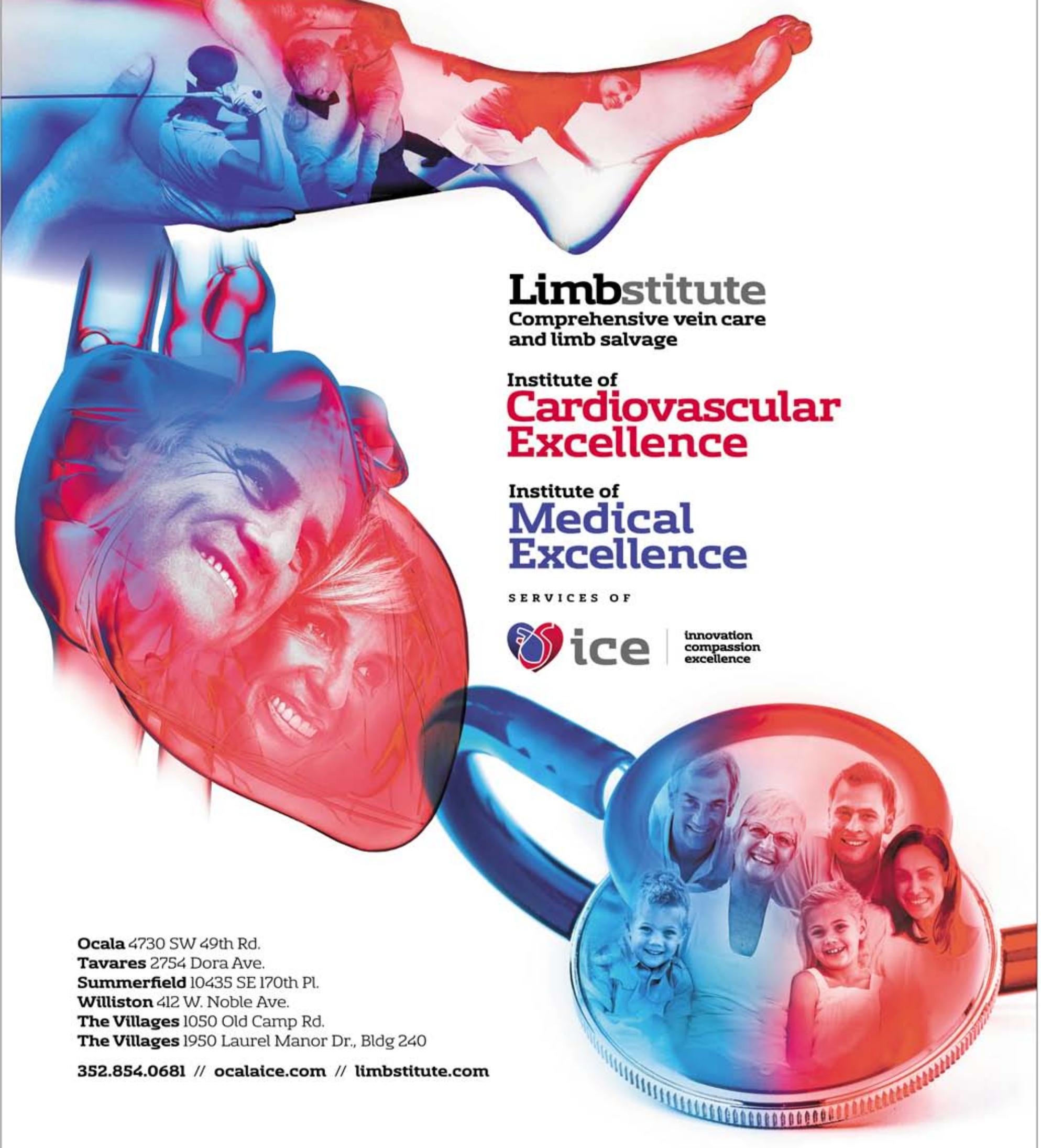
I felt like a piece of me that was not good just left; like a dead branch of my life had been trimmed! I knew inside of my heart that now I had room...room for more life and more fruit!

You see Pastor, I have an issue and it's my mouth. I can be very direct, and though my words are honest, they can be biting and well... not very life-giving. God has been working on that. I am glad that I did follow through with the confrontation because I learned that I was bitter over something that I was partially responsible for with my own tongue. Now I am learning to speak life, and to confront things, with an "I am seeking to understand attitude." What an eye-opening experience!

I'm very sorry for the long email, but I wanted to share this after reading your last email lesson, *Prayer Killer*.

Thanks again Pastor, Kerri.

To your spiritual health,
Alex E. Anderson
 Author of the book, *Dangerous Prayers*
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