

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

March 2015

Marion Edition - Monthly

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STEM CELLS
Take Center Stage

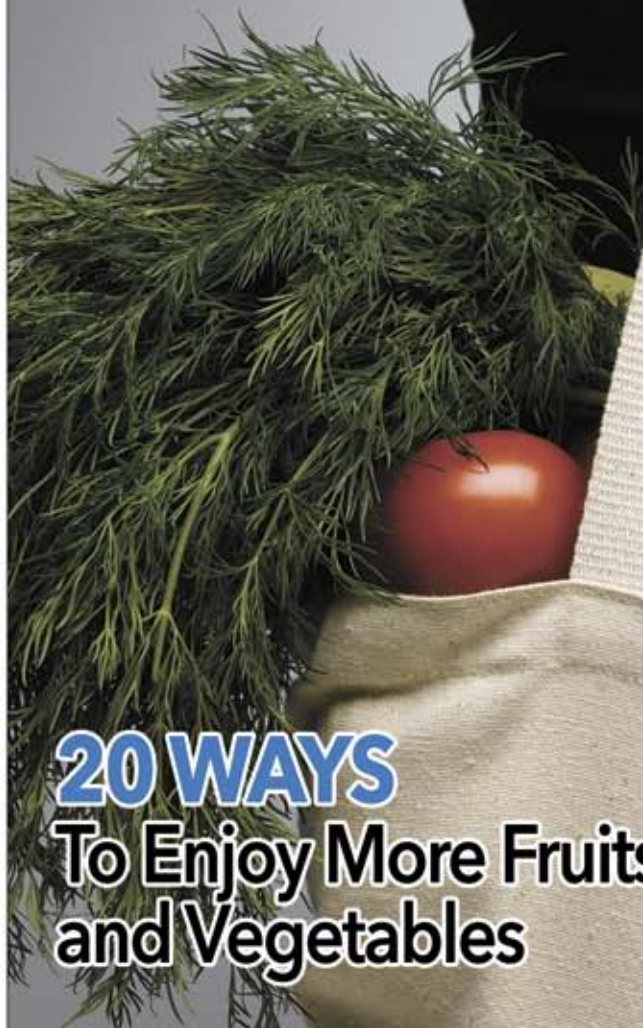
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I'd like to
dance at my
daughter's wedding.
-Samantha Q.

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Not Pictured: D. Mark Allen, MD

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March 31st | Seminar | Waterfront Inn, 1105 Lakeshore Drive, The Villages | 1:00 p.m.
April 7th | Luncheon | Office Volunteer Party, 8630 E Co Rd 466, The Villages | 1:00 p.m.
April 21st | Seminar | Waterfront Inn, 1105 Lakeshore Drive, The Villages | 1:00 p.m.
April 28th | Seminar | Gabby's Event Center, 699 US Hwy 27, Clermont | 1:00 p.m.

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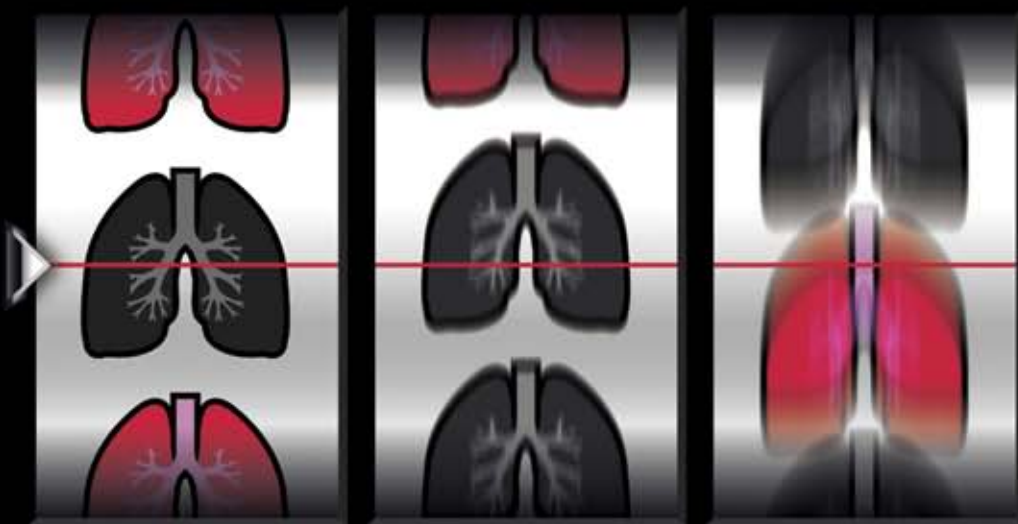
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March Is National Nutrition Month

Hearing Loss: Prevention Through Nutrition

There are many ways to support and maintain healthy hearing--protecting ears from noise pollution, turning down the music, and getting a regular checkup from an audiologist, but nutrition also plays a key part in hearing preservation. Studies confirm that hearing loss and poor nutrition go hand and hand. An Australian study reported on in the *Journal of Nutrition*, has shown that diets high in sugar and carbohydrates detrimentally impacts hearing. A similar study showed that diets high in cholesterol also contribute to hearing loss normally associated with aging. Cutting out sugary and cholesterol rich foods would be a good start to a hearing fitness plan, but good hearing nutrition doesn't only take into account what a diet includes, but also what is lacking.

Hearing loss is the third most common health problem in the United States, but few people are aware that changing their nutrition can help guard against it.



Antioxidants like **B12, folic acid, Omega 3, and vitamin A** are all important because they help fight off damaging free radicals.

Deficiency in nutrients, like B12 and folic acid can impair hearing by as much as 39% while increasing these nutrients, according to some studies, can protect hearing by as much as 20%. Folic acid deficiency specifically has been linked with high-frequency hearing loss. Research reported on in the December 2010 issue of *Otolaryngology – Head and Neck Surgery* indicates that deficiencies in folic acid and B12 impinge on hearing by harming the nervous and vascular systems and perhaps even damaging the coating over the cochlear nerve. Much of this damage is due to free radicals.

Antioxidants like B12, folic acid, Omega 3, and vitamin A are all important because they help fight off damaging free radicals.

Free radicals are everywhere and cannot be avoided, but the damage they inflict increases with poor nutrition and stress. Free radicals damage many parts of the body, so combating their presence with antioxidants not only protects hearing but has many other healthful benefits. An antioxidant rich diet can also help fight against ototoxicity, the damage some drugs like those used to battle depression and cancer can do to the inner ear.

Antioxidants are found in high quantities in healthy leafy greens and other foods like lentils, dried beans, and bananas. Substituting these nutritious foods for high cholesterol and high sugar foods would go a long way to preserving hearing and fighting off free radicals.

References

Gopinath Bamini, Flood M. Victoria, McMahon M. Catherine, Burlutsky George, Brand-Miller jennie, Mitchell Paul. (2010) Dietary Glycemic Load is A predictor of Hearing Loss in Older Adults. *Nutr.* December 1, 2010 vol. 140 no. 12 2207-2212 taken from: <http://jn.nutrition.org/content/140/12/2207.abstract>

Eating Right for Older Adults

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories.

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES.

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned vegetables.

Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

MAKE AT LEAST HALF YOUR GRAINS WHOLE.

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.



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SWITCH TO FAT-FREE OR LOW-FAT MILK, YOGURT AND CHEESE.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day.

VARY YOUR PROTEIN CHOICES

Eat a variety of foods from the protein food group each week, such as seafood, nuts, and beans and peas, as well as lean meat, poultry and eggs.

CUT BACK ON SODIUM AND EMPTY CALORIES FROM SOLID FATS AND ADDED SUGARS.

Look out for salt in foods you buy. Compare sodium in foods and choose those

with lower numbers. Add spices or herbs to season food without adding salt.

Make major sources of saturated fats such as desserts, pizza, cheese, sausages and hot dogs occasional choices, not every day foods.

Drink water instead of sugary drinks.

ENJOY YOUR FOOD BUT EAT LESS.

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using a smaller plate, bowl and glass.

Cook more often at home, where you are in control of what's in your food.

When eating out, choose lower calorie menu options. When portions are large, share a meal or take half home for later.



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."

STEM CELLS TAKE CENTER STAGE

By David Ebner, Staff Writer

The world will never forget the fate-filled day when four young men from Liverpool, England walked onto the stage of The Ed Sullivan Show in 1964. The bright stage lights and the squeals from the crowd rained down on the smiling group, and that grainy black and white image was pinned as a moment of transformation in music history.

The introduction of stem cell research onto the world stage was not filled with as much fanfare. There were no screaming fans or standing ovations when the first stem cell therapy was conducted in the form of a bone marrow transplant in 1956. The long hours that scientists spent diligently researching and studying cells in laboratories across the world were not recorded in the pages of Life magazine. Even in 2012, when the two scientists who discovered the application of stem cells as the building blocks for human life won a Nobel Prize, the response was limited mostly to the medical community.

While the history of stem cell research may seem dwarfed in comparison to that of the Beatles or Elvis Presley, its impact on the healthcare and medical industry is anything but small. Although embryonic stem cells have a long history of being in the public spotlight, adult stem cells, those that are already inside the body of an adult, are not as well known. These stem cells live in the blood, fat, bone marrow and other areas of the body and can be extracted, and reintroduced into a different part of the body. This results in the stem cells specializing as whatever type of cell they are near. For example, if the stem cells from a patient's abdominal fat were removed, cleaned and separated, and then reintroduced to the lungs

of the patient with a progressive lung disease like chronic obstructive pulmonary disease (COPD), the stem cells would become lung cells. The difference is that the new cells would be disease free and would regenerate into even more healthy lung cells, inevitably increasing lung function. For someone suffering from a debilitating disease, a stem cell treatment like the one described above could mean the difference between struggling for air and breathing easier.

The physicians at a medical clinic called the Lung Institute have been performing such procedures for some time now and boast that they have treated over 500 patients and have a 70 percent success rate in increasing the quality of life of their patients. The Lung Institute's Medical Director, Dr. Burton Feinerman, who has been treating patients with stem cells for over 15 years, said, "Stem cells are very important because they offer a different approach. Instead of just treating symptoms and making the patient a little more comfortable, stem cells target the disease and can repair the damaged tissue. It is a whole new ball game and gives people realistic hope that we can challenge the incurable."

It's difficult to imagine a medical breakthrough taking center stage over a story about the newest trending celebrity. However, that isn't to say that advancements in medical therapies, like stem cell treatments, aren't occurring every day and won't completely change the longevity and quality of our lives. The people that have sought these innovative treatments are already seeing these advancements in action, and although they may not be screaming like the crazed Beatles fans of the sixties, the stem cell fan base is growing every day with people that can now breathe easier.

Call (855) 914-3212 or visit lunginstitute.com/health





MRI – Providing a Painless, Up-Close Look Without Harmful Radiation Exposure

By Dr. Brian Cartwright

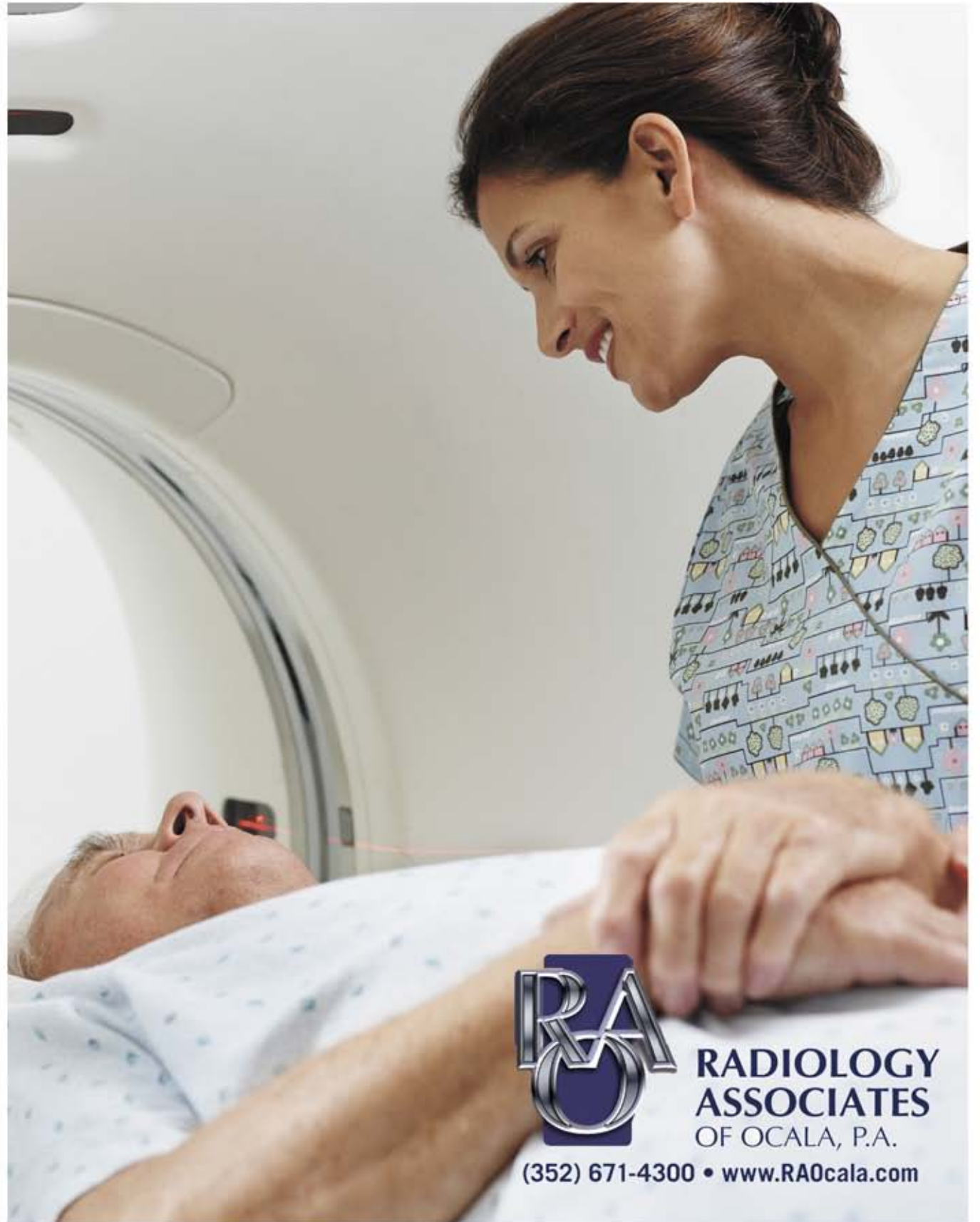
When detailed information about internal tissues or structures of the head or body is needed, doctors often rely on magnetic resonance imaging, or MRI, to provide different or additional information than can be obtained from other diagnostic tests like x-ray, ultrasound, or computerized tomography. MRI utilizes magnetic fields and radio waves to provide meticulous cross-sectional views of nearly every part of the body. Injectable contrast material is sometimes used to enhance the diagnostic capabilities of the examination. MRI is especially effective in evaluating the brain, the spinal cord, the abdominal and pelvic organs, the breasts, and musculoskeletal system.

Thoroughly researched and used effectively for more than 30 years, MRI scans are recognized by the US Food and Drug Administration as safe and free of potentially damaging ionizing radiation. Because it uses magnetic fields, MRI is sometimes unsuitable for people with certain internal metallic devices such as pacemakers and certain clips or implants.

RAO uses the most advanced MRI equipment available, including high field MRI, which produces higher picture resolution in less time, and open MRI, which provides a more spacious, open environment for people who may need more room or tend to feel claustrophobic.

As with any diagnostic imaging procedure, an MRI is a test your doctor will order only if he or she believes it is necessary to diagnose and/or treat your disease or symptoms. Your doctor and board-certified RAO radiologist will work together to decide which test is appropriate for you, and if an MRI is needed, you will be provided detailed information about what to expect from and how to prepare for your scan. Rest assured that diagnostic tests like MRI help doctors locate and treat the sources of illness, pain and dysfunction, and most important, saves lives.

If you have questions about MRI or any other diagnostic procedure, we invite you to give us a call or read the many informative articles on our website at www.raocala.com.



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Rid the Stress Before Spring

Stress is common year-round, but the winter season can be a particularly difficult time for many. The cooler temperatures, rainy days, and not as much sunlight as we are accustomed to are all potential stressors. With spring just around the corner, many people become overwhelmed with annual “spring cleaning” routines. This time of year, cleaning can take on many forms: whether you are cleaning your home or office, organizing your calendar, or preparing to start eating a clean healthier diet you can easily become stressed with the amount of work ahead of you.

If you are looking to relieve tension or searching for a great gift idea for the busy person in your life, why not consider a gift of membership for the Massage Envy Spa Wellness Plan? A Massage Envy Spa Wellness membership allows the recipient to relax and be pampered throughout the year, especially during the high stress periods we all encounter.

While momentary stress can be a good thing by helping the body to react quickly by releasing adrenaline and cortisol, prolonged exposure to stress and the continual release of these stress hormones can lead to negative physical and behavioral changes. People suffering from stress may find themselves prone to outbursts, over- or under-eating and withdrawal from social situations. They may also experience anxiety, irritability, a lack of focus or motivation, restlessness and depression. Stress can even lead to physical symptoms such as chest pain, headache, muscle pain, sleeplessness and digestive problems.

Research has shown that massage can offer relief from the symptoms of stress. Massage therapy relaxes the muscles, lowers heart rate and blood pressure, and increases the production of endorphins, the body’s natural painkillers. The release of the brain chemicals serotonin and dopamine also lead to a feeling of calm relaxation.

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Clinical studies have shown that even a single 1½ hour session of therapeutic massage can lower the heart rate and levels of stress hormones. And a recent study conducted by Cedars-Sinai Medical Center in Los Angeles showed that patients who received massage therapy had increases in their white blood cell count, indicating a more active immune system.

By encouraging relaxation and lowering blood pressure, a therapeutic massage from a Massage

Envy massage therapist can provide immediate relief from the stresses and worries of the everyday life.

The Massage Envy Spa Wellness Program includes one customized massage every month, with discounts for additional massages, products and more. If you want to give the gift of relaxation and stress relief this spring, visit your nearest Massage Envy Spa.

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- March 31st** | Seminar | Waterfront Inn, 1105 Lakeshore Drive, The Villages | **1:00 p.m.**
- April 7th** | Luncheon | Villages Office Volunteer Party, 8630 E Co Rd 466, The Villages | **1:00 p.m.**
- April 21st** | Seminar | Waterfront Inn, 1105 Lakeshore Drive, The Villages | **1:00 p.m.**
- April 28th** | Seminar | Gabby's Event Center, 699 US Hwy 27, Clermont | **1:00 p.m.**

Dr. Castellano



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FLORIDA FRESH BLUEBERRY WINES LOCALLY GROWN AND BLENDED

Central Florida's blueberries are quickly becoming Florida's version of Napa valley, and for good reason.

Conveniently located, Whispering Oaks Winery is a short 8-10 minute drive from The Villages and a 20-25 mile drive from Ocala. Make the trip to the winery and you will find yourself surrounded by fields of blueberries that are lovingly watched over until they are perfectly ripe and ready for picking! The blueberries grown at Whispering Oaks are carefully blended to create exquisite, mellow and delicious wine varieties that tantalize and tease the taste buds.

Central Florida is becoming legendary as the perfect location to grow blueberries. The local blueberry fields are lovingly tended and expertly managed to provide the very best wines.

Whispering Oaks' wine selection is created with fresh blueberries harvested and fermented with care to create a unique table wine that is far from ordinary.

BENEFITS OF BLUEBERRY WINES

It is a common belief that red wines contain the most health benefits. However, this may not always be the case. For people seeking the potential health benefits of a glass of wine, blueberry wine is a comparable, and, in many instances, better alternative to grape wines.

In some cases, blueberry wine can provide more healthy compounds than white or red wines, according to one study conducted by the University of Florida.

Blueberries have one of the highest antioxidant levels of most fruits and vegetables. Much higher than grapes. Health articles have been touting their benefits for years now. Diets in blueberries have shown an increase in memory, coordination and balance. They are naturally high in Resveratrol, which has cardiovascular protective qualities.



The health benefits of blueberries are numerous. For easy reference, the list of blueberry benefits below was collected from various reputable medical sources:

- improve vision
- antioxidants for disease prevention
- strengthen blood vessels and clear arteries
- enhance memory
- eliminate urinary tract infections
- reverse age-related physical and mental conditions
- promote weight control

If you like the idea of getting more blueberries in your daily diet but can't think of anything to do with blueberries besides putting them in muffins or on oatmeal, wine may be a great and tasty alternative for you.

Wine Tastings at the Whispering Oaks Visitor Center Centrally located on the beautiful property, surrounded by majestic oaks is the Whispering Oaks Visitor Center. Open daily from 11:00 – 7:00pm, the Visitor Center offers free wine tasting, tours on request, gift items, and live music on weekends!

For wine tasting, stop in to the visitor center and discover the rich taste of all-natural blueberry wines. If you have never tried it, you are in for a surprise!

*Whispering
Oaks*
- Winery -

UPCOMING EVENTS

Saturday, March 7 1:00-5:00pm

Walt Whitney - singer/songwriter who focuses on blues, soul, country and rock & roll

Sunday, March 8 1:00-5:00pm

Jim Rast – favorite among locals, sure to play something you enjoy

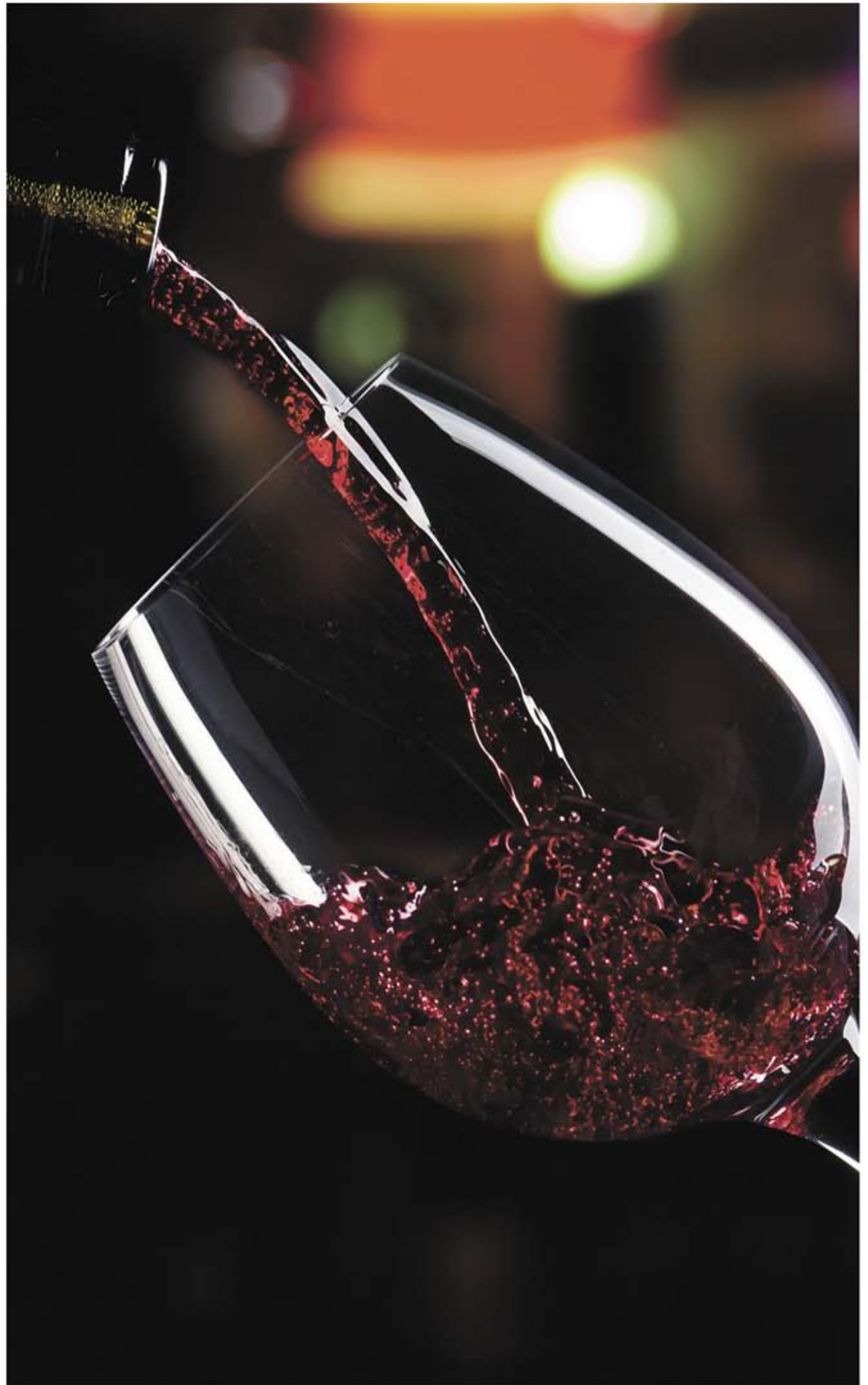
Saturday, March 14 1:00-5:00pm

Full Circle – duo that sounds like a five piece band playing old time rock and roll, blues, jazz, country and comedy

Sunday, March 15 1:00-5:00pm

Jim Rast – favorite among locals, sure to play something you will enjoy

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Just Who Gets Prostate Cancer?

By Virginia Carnahan, APR, CPRC
Director of Development

Most people are surprised to learn that more men are diagnosed with prostate cancer every year than women are diagnosed with breast cancer! Think about that for a moment. How many women do you know who have battled breast cancer? Seems like every family, every neighborhood, every group of friends has at least one breast cancer story. Women who fought and won; women who fought and lost. Famous women – names we all know.

And yet there are more men among us who have learned they have prostate cancer. Statistics from the National Cancer Institutes (a division of the National Institutes of Health) predict that 1 in every 8 American women will be found to have breast cancer sometime in her life. The NCI/NIH number for men learning they have prostate cancer is 1 in 6. Do the math.

We don't hear as much about prostate cancer because men just don't talk about their personal issues. Also, men don't have a vocal and visible spokesperson for prostate cancer like Susan G. Komen became for breast cancer. Much of the education about breast cancer in the last two decades was a result of the Komen family's efforts which began more than 25 years ago.

There are men out there who have openly shared their prostate cancer diagnoses: Robert DeNiro, Colin Powell, Rudy Giuliani, Bob Dole, Arnold Palmer, Don Imus, Harry Belafonte, John Kerry, Nelson Mandela, Joe Torre, Roger Moore, Charlton Heston, Dennis Hopper, Sir Alec Guinness, James Brown and many more. Prostate cancer is not very selective; if you have a prostate you have a chance of developing prostate cancer.

We don't know exactly why some men develop this disease. It is believed by some to be just part of the natural aging of the prostate gland. Something in the DNA triggers the prostate cells to "go wonky," and to become highly undifferentiated, to begin to grow wildly and to beat a path of escape outside the gland, on to the bones and organs throughout the body. In addition, we know that some situations and environmental factors can encourage the growth of malignant cells. Men who were exposed to Agent Orange during the Vietnam War stand a much higher



risk of developing prostate cancer – and to develop a particularly aggressive form of prostate cancer. Men who have a family history of prostate cancer stand a greater chance of developing it, and African Americans have a higher risk of the disease, too.

It is believed that diets high in red meat, processed foods, dairy products and sugars can contribute to development of prostate cancer (as well as other cancers). Stress, air pollution, lack of sleep – etc. may play a role in this disease.

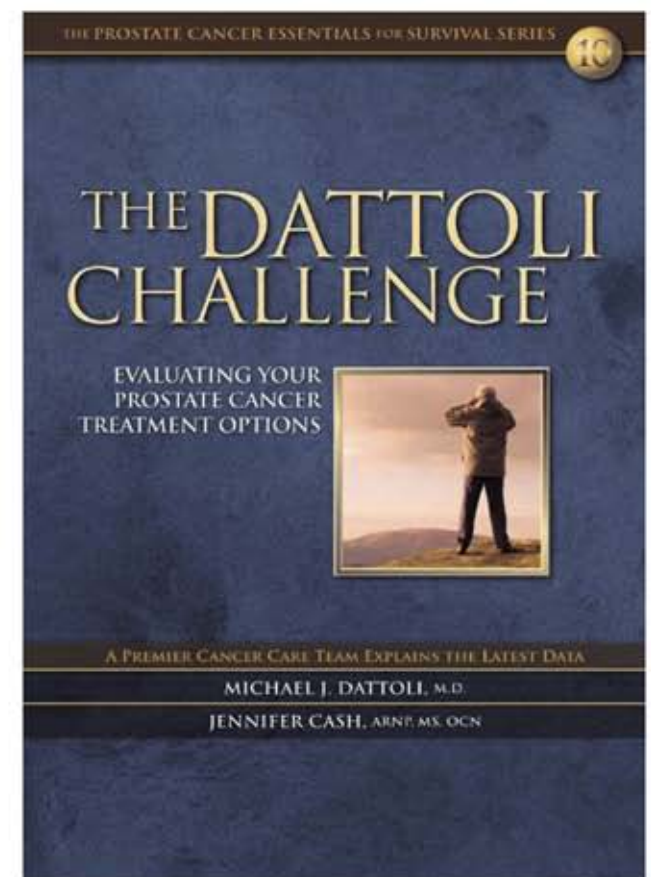
If you venture onto the World Wide Web, you can find lots of material about prostate cancer. Some is very good; some is plain awful and untrue. One must be very discriminating in deciding what to believe of internet information. Make sure it comes from a reputable source and can be verified by publication in respected medical journals.

In researching material for this article I came across a site: "Six Weird Clues to Prostate Cancer Risk." Of course I had to read this one! Here are a couple of the little jewels (most likely fake, of course) that I found:

- Men whose index finger is longer than his ring finger are 33% less likely to develop prostate cancer
- Men who start losing hair by age 20 are twice as likely to develop prostate cancer
- Men who father only girls may be 60% more likely to have prostate cancer
- Taller men (taller than what?) have a 19% greater chance of developing prostate cancer
- American Men who live north of 40 degrees latitude (such as Philadelphia, PA; Columbus, OH; or Provo, UT) have the highest risk of dying from prostate cancer.

So there you go. It pretty much boils down to the luck of being born male, your environment and diet growing up, the professions you end up in as an adult and your lifestyles. Wish there was better news but at this point there's not much.

While you have very little choice in whether or not you will develop this disease or not, you can have a major impact on whether you will survive it. The biggest thing you can do is educate yourself and commit to regular, annual PSA and digital screening exams. If you find this disease early, it is highly curable. The tricky part is that there are rarely any symptoms when the disease is early.



My suggestion is to take a hint from the breast cancer crusaders. Every time you hear about women needing annual mammograms, take it to heart and go get your own life-saving screening for prostate cancer! Man up – your life may depend on it.

If you would like to learn more about prostate cancer, contact us for a copy of "The Dattoli Blue Ribbon Prostate Cancer Solution." 941-365-5599

Michael J.
DATTOLI CANCER CENTER
& BRACHYTHERAPY RESEARCH INSTITUTE
Dedicated to Life

1-877-DATTOLI | www.dattoli.com

I found it — The Secret to Anti-Aging!

My cholesterol dropped by 73 points in 1 month, my husband's morning blood sugar level dropped from 200 to 113 in 3 months, and we are feeling and looking so much YOUNGER!



Kare & Charles Possick

A few months ago, my husband's blood sugars were out of control after years of controlling it with diet. And his skin had taken on a yellowish-grey pallor... which showed me that his liver and kidneys were also in serious trouble. I was scared!

A friend stopped by, took one look at Charles, and said, "We have to get him on the Micronized Heart of Royal Purple Rice immediately!" Although I had never heard of it, I quickly said, "Get me some now." I am so grateful that I did!

Within 3 weeks his skin was pink and glowing and he was feeling so much better. I also began eating it and began noticing more energy, sounder sleep, and improved skin.

But What Really Got My Attention...

We had our blood tested and after eating this rice product for only a month, my cholesterol had dropped by 73 points! I had been taking several other natural supplements for two years to lower cholesterol to no avail, but after only one month my cholesterol dropped to normal, as did my triglycerides, and three other blood markers that had been way too high. My doctor was shocked. He said no drug would give me those quick and dramatic results!

And Charles, with several medical conditions, had 10 blood markers drop significantly! My doctor said he knew of nothing that could work like that across so many body systems! "Not drugs...but real foods," I said.

What's In This Product and How Does It Work?

The basis of the product is a ancient, heirloom strain of royal purple rice that is now grown in Thailand in a pristine valley that has never seen chemicals, pesticides, or GMO's.

Then, the purple husk, which is extremely high in antho-cyanin antioxidants, along with the very heart of the rice (the endosperm) is removed—this is the part that carries the super polysaccharide sugars and polypeptide amino acid building blocks. Everything else is discarded.

With only the dense nutrient rice heart left — this is then milled down to the size of a micron! That's it—that is all that's in this amazing raw natural product.

**It takes
60 pounds of
Royal Purple
Rice to make
ONE Pound
of my product.**



It is so tiny and powerful that when you eat it ... it does not even have to go through your digestive system — it can immediately go into the cells and energize them! Like tiny arrows, these highly charged alpha glucan chains of super nutrients can pierce cell walls and furnish the mitochondria (the cell's battery) with fuel to create massive amounts of ATP Light Energy, so that the cells can recharge, regenerate, and function at the highest level.

Recharge, Repair, and Regenerate Your Cells

The reason so many people who are eating well and taking good supplements are still sick is ... nutrition can't get into the cell!

A recent medical study showed — more than 80% of the population is insulin resistant at some level That means that the sugars and nutrients we need for energy cannot get into the cells. (If a cell phone battery cannot be recharged — it powers down and eventually dies). If you are tired, and have dis-eases that have names... your cells are also powering down and dying.

When the sugars (polysaccharides) can't get into your cells to be used for energy, they cause another problem, too. They float around your blood stream, sticking to proteins and fats—or "glycating". Wherever they stick they cause problems... if they stick in the bloodstream they cause hardening of the arteries and high blood pressure, in the brain they cause learning and memory issues or dementia, in the eyes—cataracts, in the skin—wrinkles. With my raw natural product you can recharge your cells and reverse the glycation and aging now!

Read What This Has Done For My Friends...

When I shared this with my friend, Bonnie, her body used the new cellular energy to reduce her blood pressure and smooth the wrinkles from her face. Nicole's intense pain from an accident is gone and she is off her debilitating medications. Jeff is no longer experiencing acid reflux or gout. Dee Dee's night blindness is gone and so are her allergies. Charles morning blood sugars have dropped from 200 to 113. I am looking so much younger that someone asked me if I had a 'procedure' done! Even my grand-daughter's dog has gotten rid of his digestive issues because of this product. So ... would you like to see what this amazing food will do for you?

Call me (Kare) at: 727-798-8764
**I'll send you my FREE book, answer all
 your questions, and get this product on its
 way to you so you can begin anti-aging, too!**

www.KaresPurpleRiceProducts.com

// INSTITUTE OF CARDIOVASCULAR EXCELLENCE //

CHOOSE TO EAT **HEART** **HEALTHY** — FOR BETTER OR FOR WORSE.

Your heart will be a vital, beating part of you for the rest of your life. It's up to you how you'll treat it.

Exercise? You know that's a given. Practically every study since studies began touts the benefits of regular exercise on a healthy heart.

What about nutrition? Eating heart-healthy, like deciding to exercise, is also a choice. But when it comes to nutritional choices, like everything in life, you can often do better. Then again, you can often do worse ...

Proteins

We Americans eat, on average, twice the protein we really need. Protein is present in meat, dairy, beans and nuts, so it ought to be easy to make true heart-healthy choices ...

For better: Choose lean meats, cold-water fish (salmon, mackerel), low-fat dairy products, limit egg yolks, try soybean substitutes (burgers and tofu), skin your chicken and trim your meats.

For worse: Full-fat dairy, organ meats, bacon, whole eggs, fried chicken, hot dogs and sausages, cold cuts, ribs.



Salt

Like protein, Americans consume roughly twice the amount of salt recommended by the Institute of Medicine — over 3,400 mg./day! All that sodium is a major contributor to heart disease and stroke.

We do need some salt — 180 to 500 mg./day — for our bodies to function well. The Department of Agriculture would like healthy adults to limit their sodium intake to about a teaspoon (2,300 milligrams) of sodium a day. We need to do more than take the salt-shaker off the table. Canned and frozen processed foods also need to go. Make your own dinners from fresh ingredients to really take control.

For better: Experiment with herbs in place of salt, use a salt substitute (there are several brands on grocery shelves), choose reduced-salt versions of everything — especially condiments like low-salt soy sauce and ketchup.

For worse: Table salt, canned and prepared dinners, tomato juice, full strength soy sauce.

Fruits and Vegetables

The two go hand-in-hand as we are constantly admonished that our hearts will be happiest when we eat more fruits and vegetables. We get more vitamins and minerals from them. Their fiber fills us up and takes the place of less healthy foods we may be tempted to eat. Fruits and vegetables are the go-to items in

most diets. Some essential amino acids we can only get from plants. Yet, even with fruits and vegetables there are better — and worse choices....

For better: Fresh or frozen is best for fruits and vegetables. Choose low-sodium canned vegetables. Choose fruits canned in their own juices or water.

For worse: Coconuts, vegetables in cream sauces, vegetables fried or breaded, fruit packed in sweet syrups, frozen fruits with sugar added (that's just wrong).

Grains

"Whole grains" is the easy answer when it comes to which grains are the best for your heart. Whole grains help regulate blood pressure and contribute to overall heart health. But don't settle for traditional whole wheat. Branch out to other whole grain sources like quinoa or couscous. Flax-seeds are another healthy choice; full of fiber and omega-3 fatty acids. Grind them up and sprinkle over hot cereal or yogurt. In grains, like other food categories, choices make a difference.

For better: Whole-wheat flour, whole grain breads — look for 100% whole wheat or 100% whole grain, whole-grain pasta, oatmeal (not instant), other whole grains like brown rice, barley, buckwheat, high-fiber cereal (5 gms at least per serving), ground flaxseed.

For worse: White, refined flour — it lurks in almost every dessert



from pies and cakes to bread and rolls, buttered popcorn, granola bars, egg noodles and snack crackers.

Fats

Yes. You must eat fats as part of a heart-healthy diet. They're a source of fuel, provide essential fatty acids and deliver fat-soluble vitamins. But in this category the choices for better or worse are pretty well defined. The American Heart Association targets saturated fats and trans fats as the worst offenders and has set limits on their recommended consumption. For saturated fats — less than 7% of daily calories. For trans fats it's less than 1%. The easiest way to start reducing our intake of fats is, again, in the kitchen. Trim fat off meats. Limit butter, margarine and shortening. Use low-fat substitutes. And you can still make choices for better or worse ...

For better: Choose olive and canola oils, margarine with no trans fats.

For worse: Of course, butter, lard, and bacon grease should be limited. But these may surprise you: non-dairy creamers, hydrogenated margarines and shortening, coconut and palm oil, cocoa butter (it's the reason there's a limit on that dark chocolate you hear is so good for you).

"Choice" goes straight to the heart of everything that makes us who we are. Our careers, our spouses, our cars, our clothes — and the food we eat — are choices we make. Choosing to maintain a heart-healthy diet frankly seems like one of the easier choices. We hope this article helps with some of the decisions that go with that choice — *for better or for worse.*



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 Summerfield 10435 SE 170th Place // 352.233.4393
 Williston 412 W. Noble Ave. // 352.528.0790
 The Villages 1050 Old Camp Road // 352.259.5960
 The Villages 1950 Laurel Manor Dr. Bldg 240 // 352.509.9295

ocalaice.com // limbstitute.com

Institute of
**Medical
 Excellence**
 Institute of
**Cardiovascular
 Excellence**
Limbstitute
 Comprehensive vein care
 and limb salvage

“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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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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March is National Kidney Month

In a popular 1970 song, singer-songwriter Joni Mitchell asked, “Don’t it always seem to go that you don’t know what you’ve got till it’s gone”—a question that could have been aimed at people with kidney disease. The kidneys play a crucial role in maintaining overall health, but are rarely appreciated until they become damaged and can no longer do their jobs.

Top 5 Jobs Kidneys Do

Do you know what your kidneys do every day to keep you healthy? The answer is quite a lot. The kidneys play an important role in keeping your body functioning properly. Here are the 5 top jobs healthy kidneys perform.

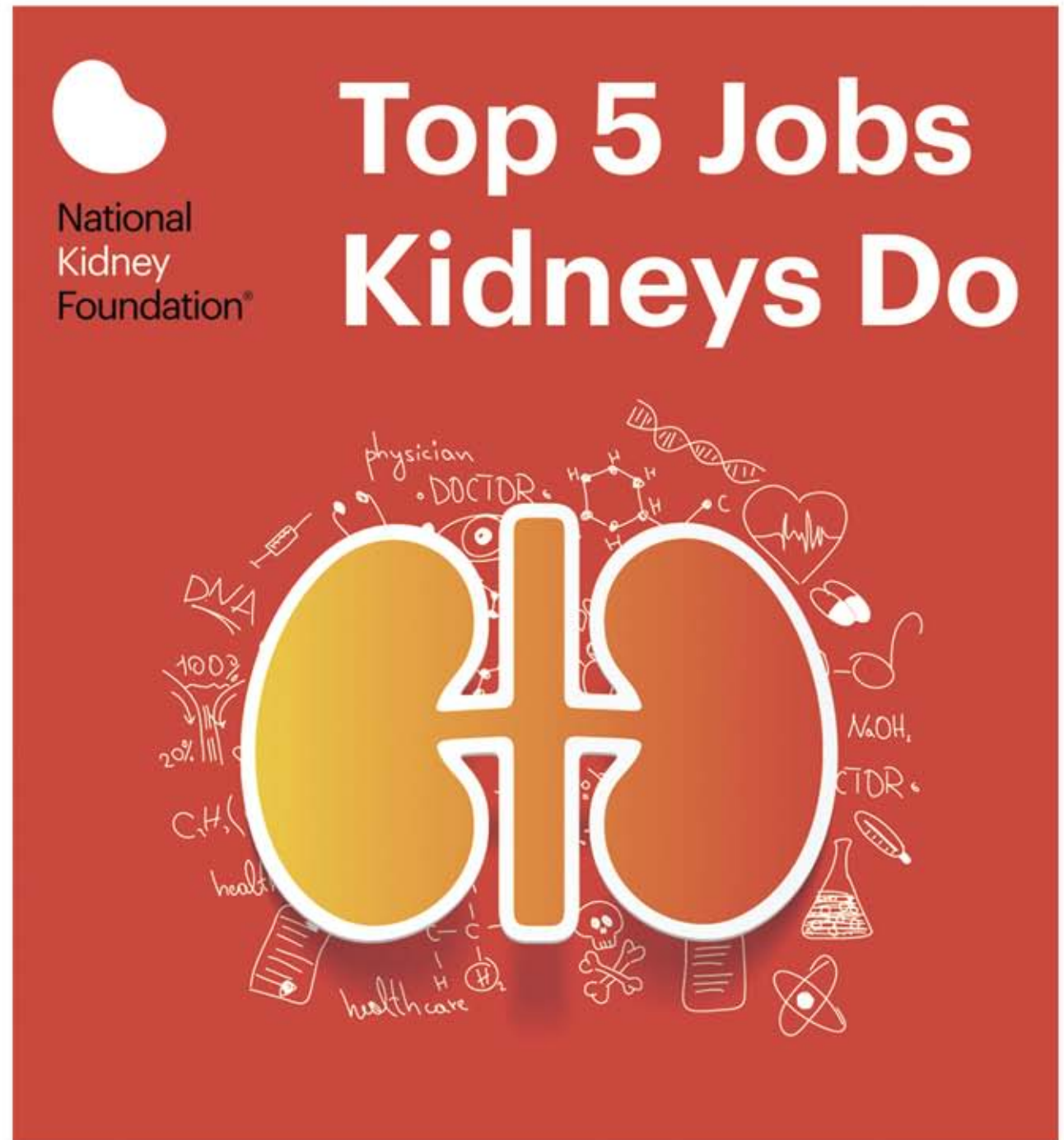
1. Remove wastes and extra fluid. Your kidneys act like a filter to remove wastes and extra fluid from your body. Your kidneys filter about 200 quarts of blood each day to make about 1 to 2 quarts of urine. The urine contains wastes and extra fluid. This prevents buildup of wastes and fluid to keep your body healthy.

2. Control blood pressure. Your kidneys need pressure to work properly. Kidneys can ask for higher pressure if it seems too low, or try to lower pressure if it seems too high by controlling fluid levels and making the hormone that causes blood vessels to constrict.

3. Make red blood cells. Your kidneys make a hormone called erythropoietin. Erythropoietin tells bone marrow to make red blood cells. Red blood cells carry oxygen from your lungs to supply all your body's needs. Red blood cells give you the energy you need for daily activities.

4. Keep bones healthy. The kidneys make an active form of vitamin D. You need vitamin D to absorb calcium and phosphorus. Calcium and phosphorus are important minerals for making bones strong. The kidneys also balance calcium and phosphorus so your body has the right amount.

5. Control pH Levels. pH is a measure of acid and base. Your kidneys maintain a healthy balance of the chemicals that control acid levels. As cells break down, they make acids. The foods you eat can either increase or lower the amount of acid in your body. Your kidneys balance the pH of your body by either removing or adjusting the right amounts of acid and buffering agents.



Kidney Disease

Many of us don't give much thought to our hardworking kidneys but the truth is 1 in 3 American adults are at risk for developing kidney disease. The main risk factors are diabetes, high blood pressure, a family history of kidney failure and being age 60 or older.

What Causes Chronic Kidney Disease?

The two main causes of chronic kidney disease (CKD) are diabetes and high blood pressure, which are responsible for up to two-thirds of the cases. Diabetes happens when your blood sugar is too high, causing damage to many organs in your body, including the kidneys and heart, as well as blood vessels, nerves and eyes. High blood pressure, or hypertension, occurs when the pressure of your blood against the walls of your blood vessels increases. If uncontrolled, or poorly controlled, high blood pressure can be a leading cause of heart attacks, strokes and chronic kidney disease. Also, chronic kidney disease can cause high blood pressure.

What are the Symptoms of CKD?

Most people may not have any severe symptoms until their kidney disease is advanced. However, you may notice that you:

- feel more tired and have less energy
- have trouble concentrating
- have a poor appetite
- have trouble sleeping
- have muscle cramping at night
- have swollen feet and ankles
- have puffiness around your eyes, especially in the morning
- have dry, itchy skin and need to urinate more often, especially at night.

The National Kidney Foundation offers 7 Golden Rules of Prevention to lower your chances of getting kidney disease.

1. Get regular check-ups

You take your car in for a tune-up to make sure it runs smoothly, so why wouldn't you take care of your body? Your doctor can check for kidney disease with 2 simple tests: a urine test and blood test. A urine test called albumin creatinine ratio (ACR) checks if there is a protein called albumin in your urine. A blood test called glomerular filtration rate (GFR) tells how well your kidneys are working to remove waste from your body.

2. Control Blood Pressure

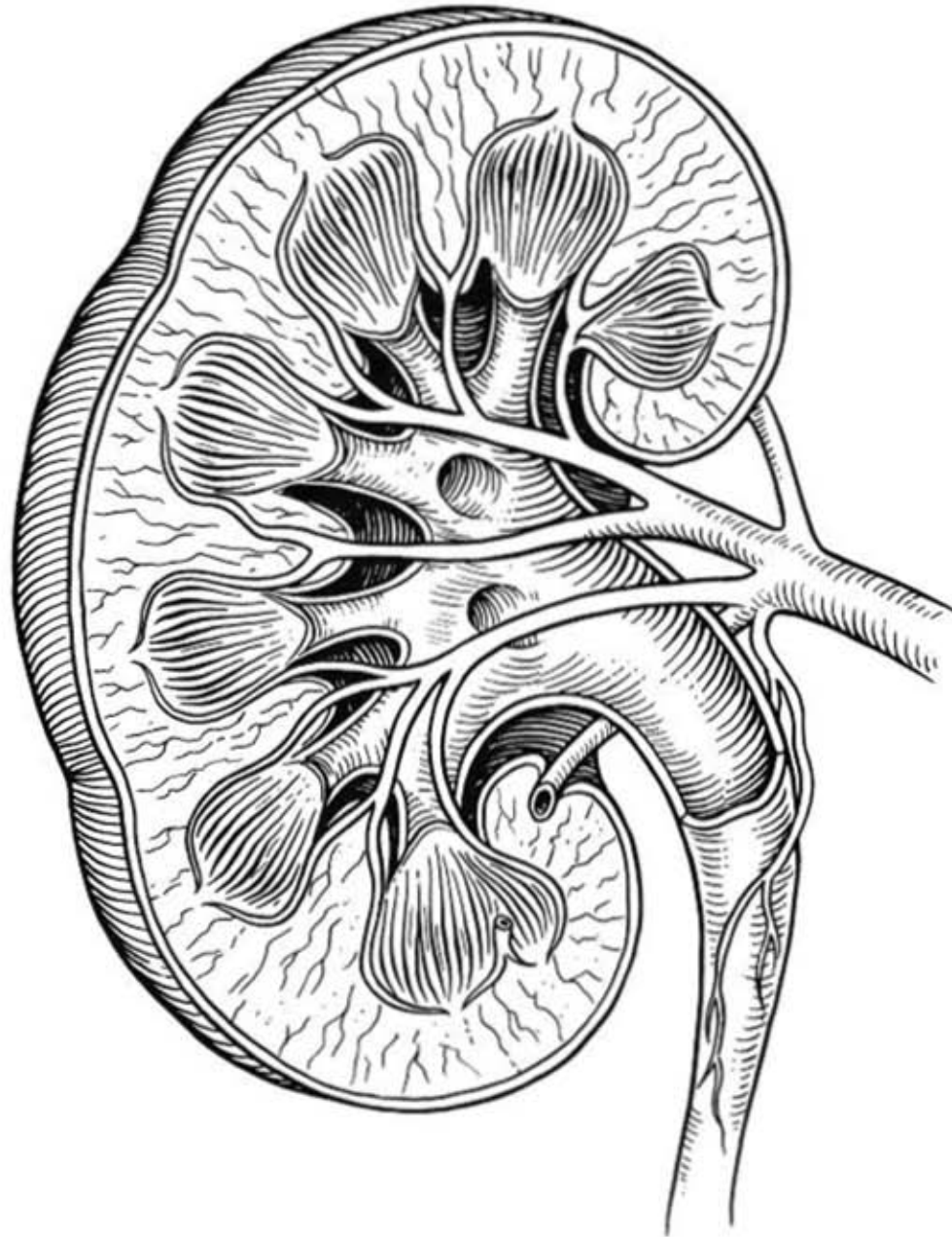
High blood pressure can damage your kidneys and increase your chances of getting kidney disease. If your blood pressure remains high, your doctor may have you take medicine. Making simple tweaks to your lifestyle, such as cutting back on salt and alcohol, losing excess weight, and exercising can help keep your blood pressure in check.

3. Control Blood Sugar

High blood sugar levels make the kidneys filter too much blood. Over time, this extra work stresses the kidneys and can cause damage. If you have diabetes, the best way to protect your kidneys is to keep your blood sugar well controlled. Your treatment plan may include diet, exercise, and medicine to lower your blood sugar levels.

4. Eat a Healthy Diet

A healthy diet plan, such as the DASH (Dietary Approaches to Stop Hypertension) Diet, can help lower blood pressure and lower your chances of getting heart disease and kidney disease. The DASH eating plan includes fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds, and nuts. It also has less sodium, sugars, fats, and red meats.



5. Exercise

You've heard it before and we're going to say it again: you must exercise. https://www.kidney.org/atoz/atozTopic_Fitness-Rehabilitation. Exercise can help you keep a healthy weight, control blood pressure and cholesterol, build strength and endurance, and lower your chances of getting diseases such as diabetes, heart disease, and kidney disease. There are many types of exercises that can help you stay healthy including walking, household chores, playing a sport, or aerobic exercise (jogging, swimming, biking, climbing stairs, or hiking).

6. Quit Smoking

By now you should know the many dangers associated with smoking. Smoking causes diseases in every organ of the body, including the kidneys. If you are not able to quit smoking on your own, ask your doctor about treatment options.

7. Do Not Overuse Pain Medicines

Using too much pain medicines called NSAIDs (non-steroidal anti-inflammatory drugs such as ibuprofen) may cause kidney disease. Long-term use of NSAIDs, especially at high doses, reduces the blood flow to the kidney which causes harm to kidney tissue. Ask your doctor about other medicine to manage pain, such as acetaminophen.

Source: National Kidney Foundation

National Poison Prevention Week is March 15-21

More than 2 million poisonings are reported each year to the poison control centers across the country. More than 90 percent of these occur in the home. The majority of non-fatal poisonings occur in children younger than six years old. And, poisonings are one of the leading causes of death among adults. National Poison Prevention Week is a week nationally designated to highlight the dangers of poisonings and how to prevent them using the following Medicine Safety Tips.



Poison Prevention Week Council
NATIONAL POISON PREVENTION WEEK
2015: March 15-21
poisonprevention.org

Medicine Safety Tips

- Ask babysitters, visitors, and houseguests to keep purses, briefcases or bags that contain medicines up high, away and out of sight from your children. The same rule applies when your children are visiting a friend or relative's home.
- Buy products in child-resistant packaging whenever possible. But remember, child-resistant is not childproof, and is designed to keep children away from the product for a short time before a parent notices.



- Use child-resistant packaging properly by closing the container tightly after use.
- If you think someone has been poisoned, call 1-800-222-1222 to reach your local poison center. This national toll-free number works anywhere in the U.S. 24 hours a day, 7 days a week, 365 days a year.
- Keep the poison center toll-free number near your phone, or program 1-800-222-1222 into your home and mobile phone.
- Read medicine and product labels before each use and follow directions exactly.
- Tell children what medicine is and why you must be the one to give it to them.
- Never call medicine "candy" to get a child to take it.
- Never leave medicine out on a kitchen counter or at a sick child's bedside.
- Always turn the light on when giving or taking medicine. Check the dosage every time.
- Put on your glasses to read the label when you need to take a medicine so that you know you have the correct amount of the right medicine.
- Avoid taking medicine in front of children.
- Never take more than the prescribed amount of medicine.

- Never "borrow" a friend's medicine or take old medicines.
- Tell your doctor what other medicines you are taking so you can avoid harmful or dangerous drug interactions. This includes prescriptions, over-the-counter medicine, vitamins and herbal products.
- Clean out the medicine cabinet periodically, and safely dispose of medicines that are expired or no longer needed.
- Always relock the safety cap on a medicine bottle. If the medicine has a locking cap that turns, twist it until you hear the click or you cannot twist any more.
- Don't remove medicine from a child-resistant package and put it in another type of easy to open container.
- Read the labels of prescription and over-the-counter medicine carefully to make sure you are not taking more than one product at a time with the same active ingredient.
- Use only the measuring device (dosing cup, dosing syringe, or dropper) that is included with your medicine. If a measuring device is not included or you do not receive one, ask for one from your pharmacist. Don't substitute another item, such as a kitchen spoon.
- If you don't understand the instructions on the medicine label, or how to use the dosing device (dosing cup, dosing syringe, or dropper), talk to your pharmacist or doctor before using the medicine.
- Never share or sell your prescription medicines.
- Monitor the use of medicines prescribed for children and teenagers, such as medicines for attention deficit disorder, or ADD.
- Keep medicines in their original bottles or containers whenever possible. If you transfer medicines to another container, such as a pill minder or organizer, store them in a place that is too high for a child to reach or see, since these containers are often not child-resistant. If possible, ensure the storage location has a safety latch.
- Some medicines are dangerous when mixed with alcohol. Consult your doctor or pharmacist before drinking alcohol if you are taking a prescription or over-the-counter medicine.
- Talk to your doctor before taking any vitamins or herbal supplements. They can interact with your medicine.

Article Source: PoisonPrevention.org

20 Ways to Enjoy More Fruits and Vegetables

As part of National Nutrition Month, the Academy of Nutrition and Dietetics is encouraging all of us to eat a healthy diet that is customized to fit into our busy and sometimes complicated lives. Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

- 1. Variety abounds** when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
- 2. Mix up a breakfast smoothie** made with low-fat milk, frozen strawberries and a banana.
- 3. Make a veggie wrap** with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
- 4. Try crunchy vegetables** instead of chips with your favorite low-fat salad dressing for dipping.
- 5. Grill colorful vegetable kabobs** packed with tomatoes, green and red peppers, mushrooms and onions.
- 6. Add color to salads** with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.*
- 7. Keep cut vegetables handy** for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.



- 8. Place colorful fruit** where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
- 9. Get saucy with fruit.** Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
- 10. Stuff an omelet with vegetables.** Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
- 11. "Sandwich" in fruits and vegetables.** Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.
- 12. Wake up to fruit.** Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
- 13. Top a baked potato** with beans and salsa or broccoli and low-fat cheese.
- 14. Microwave a cup of vegetable soup** as a snack or with a sandwich for lunch.
- 15. Add grated, shredded or chopped vegetables** such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
- 16. Make fruit your dessert:** Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
- 17. Stock your freezer** with frozen vegetables to steam or stir-fry for a quick side dish.
- 18. Make your main dish** a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.*
- 19. Fruit on the grill:** Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
- 20. Dip:** Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.



PREMIER SERVICES FOR LIFE

live easy

For the independent Senior that isn't ready to "go to a home" and deserves the best life has to offer.

HOW YOU WILL LIVE EASY?



TRANSPORTATION SERVICES

"keeper," just someone who is with you and will take you to the different places you want to go... or that medical appointment that you might not want to go to!

Whether you want to visit the library, need medicine from the pharmacy or desire to spruce up at the beauty salon (or get that high and tight at the barber shop), we will get you there with ease

LIST OF SERVICES

- Beauty salon or barber shop
- Doctors appointments
- Events and parties
- Exercise classes
- Library
- Lunch and dinner outings
- Pharmacy
- Physical therapy and post-surgical rehab appointments



ORGANIZATION AND MOVING

It's not as simple as packing up boxes, loading a truck, then repeat in reverse, and that's difficult enough.

Are all your services transferred to the new home and services no longer needed cancelled?

How do you determine what to keep, transfer to family or friends, sell, donate or even toss.

Are you confident your new potential new home is the right fit for you?

Maybe you just need a little organization for your current home.

These are all things our concierge team are here to help you with and our services are tailored to fit your needs!

LIST OF SERVICES

- Moving announcements
- Organizing closets, cabinets, attic, garage
- Packing and shipping
- Packing and unpacking boxes
- Tidying up or organization
- Transferring or canceling phone, cable, internet, etc. services
- Grocery shopping and setting up home after stay at skilled rehab center

HOME SERVICES AND ERRANDS

Do you desire to live easy at home? A caregiver is important, but what about an extra set of hands to make life leisurely and enjoyable? Premier Services for Life can help you grocery shop, plan meals and





cook, provide cleaning services, assist with home electronics and computers, and run errands. Just ask and we'll get it done! We specialize in the finest level of non-medical involvement so that you can continue to experience a full and enjoyable life. You don't have to be a king or queen...but you can live like one now.

LIST OF SERVICES

- Dry cleaning
- Grocery shopping
- Laundry
- Light housekeeping
- Meal preparation
- Paying Bills
- Personal shopping
- Picking up prescriptions
- Taking out trash
- House sitting and pet services



SOCIAL LIFE & WELL BEING

You don't just want a "caregiver" with you – you want to be seen with someone that looks like a professional and is a part of your family.

Whether you want to see a movie, take a day trip, plan a social function with friends, get all dolled up for church or attend a lunch or dinner engagement... Premier Services for Life will make it easy!



LIST OF SERVICES

- Attending parties and events
- Cooking or baking together
- Daily check-ins
- Day trips
- Dining out
- Games, puzzles, cards, etc.
- Going to the movies, theatre, symphony, etc.
- Hosting get-togethers with friends
- Medication reminders (only non-medical involvement)
- Post operation companionship
- Scrapbooking or crafting
- Taking walks and other exercise
- Tennis, golf or other leisurely sports

Premier Services for Life is a family owned and operated lifestyle concierge that provides the gift of time and affords peace of mind. and seek to build trust and create a stable and enjoyable environment.

We communicate regularly with the family, and as often as requested, so loved ones can rest assured. We know our services are more than a job; we are building relationships and providing care to enhance a lifestyle. Simply put, you or your loved ones will experience elevated service that will help you live easy!



(352) 857-4013

P.O. Box 3834

Ocala, Florida 34478

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By Superior Residences



Making the decision to move a loved one into full-time care is one of the most difficult choices a family will face.

But getting to know the kinds of care that are available and visiting an assisted living residence can put your mind at ease about finding the right place and program for your family's needs.

"The most important thing, always, is to keep your loved one safe and healthy," said Gary Crews, Executive Director at Superior Residences of Cala Hills in Ocala, which provides assisted living and memory care. "The right place will offer custom care that respects individual needs while providing a home-like, loving environment."

There are several options available for those who need residential care. Assisted living can monitor health and lend a hand to residents in the early stages of Alzheimer's and dementia, while memory care is geared specifically to the needs of residents in more advanced stages.

All full-time care residents should receive customized care plans and services with staff available 24/7 to assist with their daily needs. Memory care residents should also have specially trained staff and extra security measures in place to help keep them safe and comfortable.

Ask if the facility has ECC or "Age in Place" license that allows your loved one to stay in one place for the remainder of their life, even as their illness progresses. This may keep you from having to move your loved one to another facility as the disease progresses.

Still, even knowing there are great programs available, the decision can be difficult.

The Alzheimer's Association (www.alz.org) offers these questions to help determine when residential care is the best option:

- Is the person with dementia becoming unsafe in their current home?
- Is the health of the person with dementia or my health as a caregiver at risk?
- Are the person's care needs beyond my physical abilities?
- Would the structure and social interaction at a care facility benefit the person with dementia?

Change is always challenging, but a full-time care residence like Superior Residences can offer seniors a happier, healthier life while offering family peace of mind.

Call today to talk with a Superior Residences team member about all the options available to you at 352-861-2887. We look forward to helping in any way possible.



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Caring for a loved one with *dementia* can become *overwhelming* and the decision to seek help can feel like giving up.

But it's never the wrong choice to get the best care.

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Limb Swelling: Medicare Approved Treatment Options

By Alyssa Parker

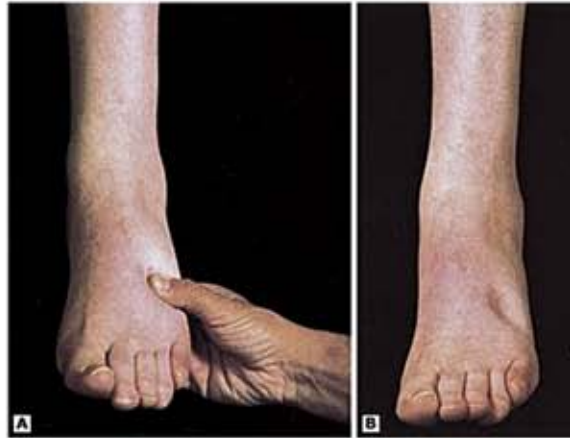
Pneumatic compression devices are one of the most highly recommended treatments for limb swelling and are a Medicare approved treatment option. Dating back to the 1960's pneumatic compression pumps have been used for the treatment of limb swelling due to acute and chronic conditions. In most cases compression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

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

How does compression therapy work?

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

The pneumatic sequential compression relieves the pain and pressure in the swollen area and reduces the size of the limb. The sequential inflation of the chambers, of the sleeve around the affected limb, begins distal (lower region of the limb furthest from attachment) to proximal (area of attachment to the body) naturally mimicking your bodies lymph return while stimulating the blood flow in the legs.



What causes limb swelling?

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

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

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

Is a Compression Device the right treatment for me? Using a compression device is a great treatment option for patients who have tried compression stocking, elevation, diuretics, and massage with little or no relief. It's also a treatment option for individuals who have chronic venous ulcers. When compression stockings get worn out or stretched over time; many patients aren't receiving the needed compression. When using a compression pump the pressure is locked in, ensuring that you're getting the appropriate amount of pressure each treatment.

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

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

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

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

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



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Hydrotherapy Key Benefits

Hydrotherapy has been used for thousands of years to help people *feel better*. Putting together three of nature's most powerful relieving agents: heat, water, and air, it invigorates and gently massages the body while easing away aches and pains.


Three basic factors comprise hydrotherapy: Heat, Buoyancy, and Massage:

- **Heat** from the warm water increases blood flow producing a healing effect on sore or damaged tissue and relaxes tired muscles and joints. Immersion in hot water causes the blood vessels to dilate, resulting in increased circulation, including circulation of the immune system's white blood cells. This helps to open airways and help white blood cells circulate to the affected areas promoting healing.

- **Buoyancy** of the water reduces body weight by approximately 90% while you enjoy your deep soak, relieving pressure on joints and muscles, while creating the relaxing sensation of floating in space. It abolishes gravity, allowing the body to float amplifying the power in the muscles.

- **Massage** is the secret to effective hydrotherapy. This energized warm-water stream relaxes tight muscles and stimulates the release of endorphins, the body's natural pain killers. Jet driven massage gently eases tension directly out of your muscle groups to relieve soreness from your back, hips, legs, and the symptoms of arthritis.



 The New England Journal of Medicine

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- Fibromyalgia • Sprains • Knees
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MARCH 2-8 IS SLEEP AWARENESS WEEK

What is Your Sleep IQ?

True or False?

During sleep, your brain rests.

False. While your body rests, your brain doesn't. An active brain during sleep prepares us for alertness and peak functioning the next day.

Sleeping just one hour less a night can prevent you from learning or functioning normally.

True. Most adults need around eight hours of sleep to function at their best. To determine your sleep need, sleep until you wake on your own...without an alarm clock. Feel alert? That's your sleep need. You can teach yourself to sleep less, but not to need less sleep.

Boredom makes you feel sleepy, even if you have had enough sleep.

False. Sleep loss causes sleepiness. Boredom, like a warm or dark room, merely unmasks it.

Resting in bed with your eyes closed cannot satisfy your body's need for sleep.

True. Rest is not a substitute for sleep. Sleep is as necessary to health as food and water. When you don't get the sleep you need, your body builds up a sleep debt. Sooner or later, this debt must be paid... with sleep.

Snoring is not harmful as long as it doesn't disturb others.

False. Snoring may indicate the presence of a life-threatening sleep disorder called sleep apnea. People with sleep apnea snore loudly and wake up repeatedly during the night, gasping for breath. These repeated awakenings lead to severe daytime sleepiness. Many people with sleep apnea are unaware they have this condition.

Everyone dreams every night.

True. Though many people fail to remember their dreams, dreaming does occur for every person, every night. Dreams are most vivid during REM or rapid eye movement sleep.

The older you get, the fewer hours of sleep you need.

False. Sleep need remains unchanged throughout adulthood. Older people who sleep less at night tend to sleep more during the day. If poor sleep habits, pain or health conditions make sleeping difficult, a physician can help.

No matter how sleepy you are, you can force yourself to stay awake.

False. If you're sleepy enough, you can fall asleep anywhere. It's also possible to fall asleep for a few seconds and not even realize it. These "microsleeps" can be dangerous if they happen when you're driving.

If you're sleepy, raising the volume of your radio is a great way to stay awake while driving.

False. Playing a radio, chewing gum, and opening windows are not great ways to keep sleepy drivers alert because their effects are short-lived. If you're having trouble staying awake while driving, try to pull over at a safe place and take a short nap or have a caffeinated drink. The best solution is to drive after a good night's sleep.

Most sleep disorders go away even without treatment.

False. Sleep disorders don't disappear without treatment. Treatment may be behavioral (for example, going to sleep and waking at the same time every day), pharmacological, surgical or a combination. Untreated sleep disorders may have serious consequences that worsen your health, quality of life, school and work performance, and relationships. Worse, untreated sleep disorders can lead to accidents and death.

How'd you do? It's probably safe to say that most Americans are not getting the amount of sleep that they need. Sleep is crucial at all ages. Sleep provides an opportunity for the body to repair and rejuvenate itself. In one experiment, animals deprived entirely of sleep lost all immune function and died in just a matter of weeks. Many of the major restorative functions in the body like muscle growth, tissue repair, protein synthesis, and growth hormone release occur mostly, or in some cases only, during sleep.

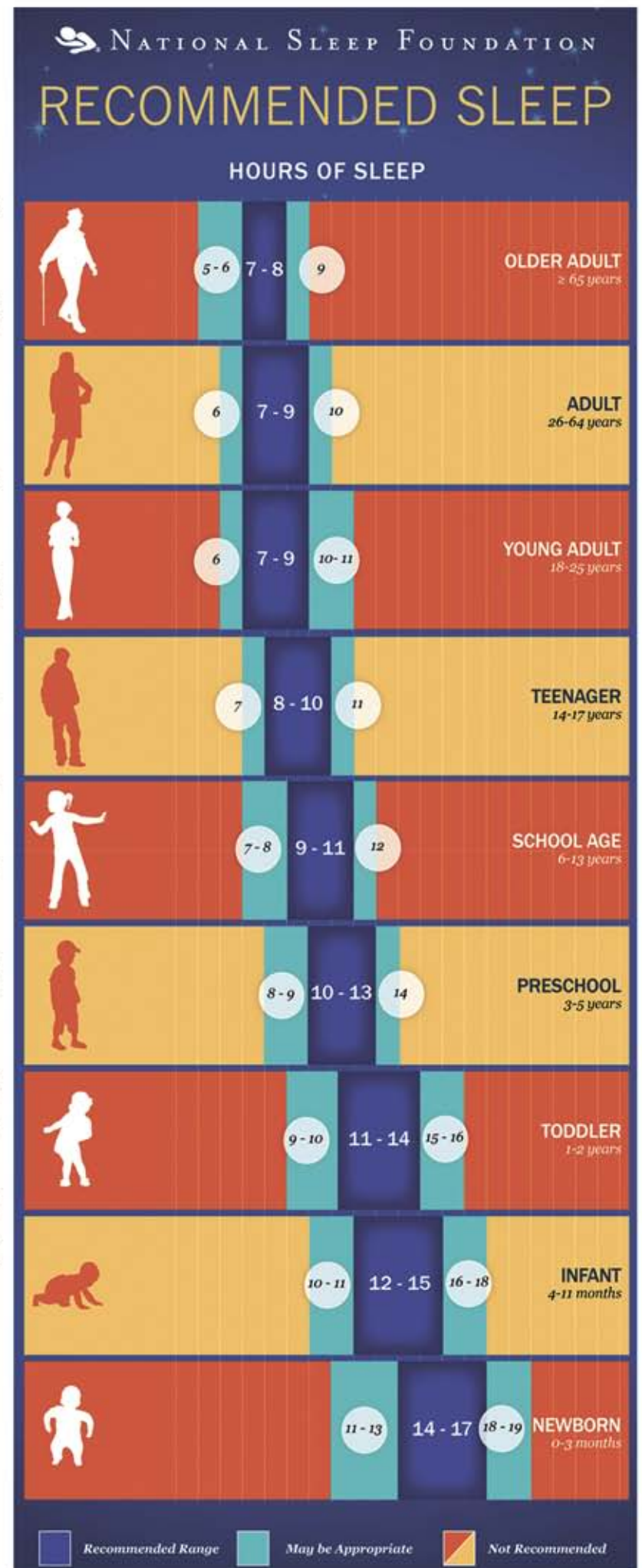
Benefits of Adequate Shut-eye:

- Improve memory
- Live Longer
- Curb Inflammation
- Spur Creativity
- Improved Athletic Performance
- Improved Learning
- Better Attention
- Improved metabolism
- Lower Stress
- Improved mood

Here Are Some Tips for a Good Night's Sleep:

- Avoid caffeine after 2:00 PM
- Avoid a heavy meal right before sleeping.
- Keep lights lowered in the evening.
- Try gentle stretching and deep breathing right before bed.
- "Unplug" from all electronics one hour before bed and keep all electronics in another room after bedtime
- Make your bedroom a calming, comfortable haven. Clear it of all distractions and stress.

Sources: Sleepfoundation.org
<http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep/health.com>



Throwaway Kids Become World Changers

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

2:38 p.m.
February 12, 2015
Upper Room, Day Spring Episcopal
Conference Center
Parrish, Florida

Dear Reader,

My friend Ben Rodgers and I took an afternoon break from the day's leadership development work we were engaged in and, while on our break, Ben, who is the executive director of Children's Cup ministries, told me the story of one of the "throwaway kids" his ministry rescued in Africa. Let me warn you, it's not for the faint of heart.

A mother in Zimbabwe had been promised a lot by a man, but after being abandoned by him later found out that the only real thing he had given her was...a disease that would eventually end her life. So over time she gave up hope and decided to end her life instead of waiting for the inevitable. But before doing so, in her desperation, she did something that most of us couldn't even fathom, much less follow through with: she dropped her baby boy in an open-pit toilet in the ground to end his life.

No one knew how long he had been in this pit toilet, but the little guy was a fighter. He screamed, yelled and thrashed around; making so much noise that eventually some boys in the neighborhood heard him, came and fished him out of the putrid pit. I don't know if you can even begin to imagine the nastiness of that. Anyway, after they fished him out, they took him to a Care Point that had been established and was run by Children's Cup in their community.

For quite a while they didn't know if the little guy was going to live or die, especially since he had ingested a lot of sewage from the pit toilet. Day after day he was improving physically, but not emotionally. Ben said he had visited with him and even at the age of five, the little guy was an emotional zombie. But eventually, with the help of the care



point team, he slowly began to get better. The day-in-and-day-out food, clean water, medical care, education and a whole lot of love from the Children's Cup missionaries began to have an effect, and he started to make positive changes. His face even started to warm and become more animated.

Fast Forward Seven Years

A couple of years ago, my friend Ben was visiting this Care Point. While there, (it's hard to see the screen and type with tears in your eyes) this handsome twelve-year-old young man began running toward Ben as fast as he could yelling, "Pastor Ben, Pastor Ben!" He stopped short and wrapped his arms around my friend. Ben greeted him with a hug and asked how he was. How was his schoolwork going? The boy said things were going really, really well. Then Ben asked him this question, "So Tinotenda, what do you want to do with your life when you grow up?"

To which the young man said, "When I grow up, I want to be a pastor and bring hope to other kids. The 'throwaways' like me." (More tears for me)

That little throwaway kid is now a focused young man with a vision for his future—a future to change the world in which he lives.

As Ben and I got back to our leadership work, he said, "You know, it was at that moment that I knew this really works." He was referring to the Children's Cup Care Point strategy to take the throwaway kids and help them become world changers—read about it at their website below.

Your Turn

I've been to Zimbabwe more than once, have seen them with my own eyes and held them in my own arms, these throwaway kids who suffer the ravages of AIDS and a country devastated by ninety percent unemployment. I was in Africa the entire month of April last year, and the hopelessness and sheer desperation the people live in every single day seeps into your soul if you have any heart at all. But Children's Cup has developed practical and economical processes to effectively make real and permanent change in these kids' lives.

I make no apologies about what I'm about to say to you now. Please go to this website today: www.childrenscup.org, and give at least \$100.00 to this amazing ministry. They feed, provide clean water, medical care, educate and teach these children some type of trade on a budget of less than \$1.25 per day. That's less than the cost of a cup of coffee at Starbucks. The missionaries raise their own support funds. It's one of the few ministries that I personally know that every penny is used to the fullest possible way to bring hope to these 'throwaway kids.'

Thanks for reading this one. I know it's a tough read, but I wanted you to know, and I want you to help.

To your spiritual health,
Alex E. Anderson

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

P.S. And just so we are clear, I am not being paid by anyone to write this.

*P.S.S. Ben told me that Tinotenda's name in his native tongue means "we thank you."
Kind of say it all, doesn't it?*

He gets tired
just walking to
the mailbox.
— Melissa S.

Melissa was right to be concerned about her husband. Family history is a primary contributor to a person's overall cardiovascular health. It's never too early to ask your doctor for an assessment. Never too soon to ask for recommendations to help. The good news, after a thorough workup at the **Institute of Cardiovascular Excellence**, we were able to determine that his heart was in good shape. His cholesterol was high but it was manageable through medication. **Melissa's heart felt as if a great weight had been removed from it.**

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