

CENTRAL FLORIDA'S

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March 2015

Lake/Sumter Edition - Monthly

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I Found It...
The Secret to
ANTI-AGING!

**NATIONAL
KIDNEY MONTH**

What is Ablative
SKIN RESURFACING?

HEARING LOSS:
Prevention Through Nutrition

STEM CELLS
Take Center Stage

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Dr. V

T.E. VALLABHAN, MD, FACC
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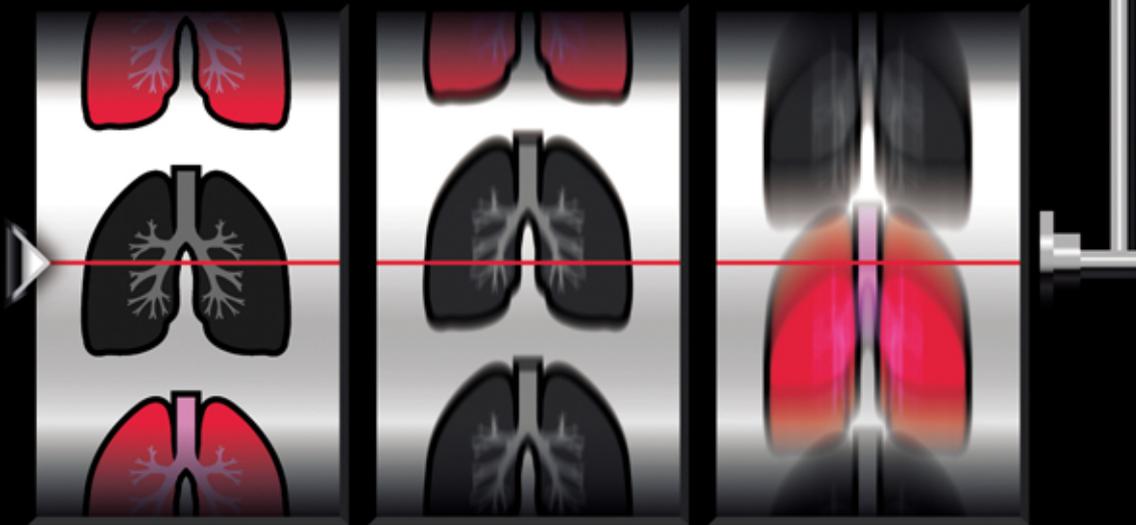


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Danielle Rosier, Au.D., F-AAA
Doctor of Audiology

* Studies conducted at University of Northern Colorado (2014) and Oldenburg Horzentrum (2013) showed that Speech Reception Thresholds (SRT) in cocktail-party situations improved up to 2.9dB for wearers with mild to moderate hearing loss using the latest BestSound™ Technology with Narrow Directionality, compared to people with normal hearing. This corresponds to over 25% improvement in speech understanding.



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- March 10th | Seminar | Waterfront Inn, 1105 Lakeshore Drive, The Villages | 1:00 p.m.
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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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



ANGINA CHEST PAIN MY ACHING HEART!

It is all about supply and demand. The heart needs a plentiful supply of oxygen and nutrients to effectively nourish the body. When the body's demand exceeds the heart's supply, complications arise. This imbalance between demand and supply results from high blood pressure and vessel narrowing leading to lack of oxygen and nutrients to the heart, referred to as angina or chest pain.

What are the risks?

Risks include age of ≥ 45 in males, ≥ 65 in females, family history of ≤ 55 in male first degree relative and ≤ 65 in female first degree relative, high blood pressure, high cholesterol, cigarette smoking, diabetes, and sedentary lifestyle.

What are the symptoms?

The pain can be described as left shoulder, lower jaw radiating pressure or discomfort with pressure, heaviness, tightness lasting 30 seconds to 30 minutes accompanied by weakness, shortness of breath, sweating, and/or nausea/vomiting. In addition, individuals may be asymptomatic.

How is it different from other common disease states?

Other disease states confused with angina are pneumonia, reflux, anxiety, and pulmonary emboli. Diagnosis is dependent on electrocardiograph, echocardiograph, exercise stress test, and angiograph. Electrocardiograph measures heart rhythm. Echocardiograph measures heart function. Exercise stress test reveals at what effort level the heart becomes compromised. Angiograph measures the vessel blockage. Angina in comparison to the other similar disease states last for shorter period of time and is relieved by rest or nitroglycerin.

What are the treatment options?

Treatments include revascularization and/or medication. Revascularization entails percutaneous intervention or the placement of a stent or balloon catheter or coronary artery bypass surgery. Medications include aspirin, beta blockers, calcium channel blockers, nitrates, and ranolazine. The type of treatment chosen depends on the individual's presentation and risks. Standards of angina resolution involve the ABCDEs. A= aspirin and anti-anginal therapy, B=beta blocker and blood pressure, C=cigarette smoking and cholesterol D=diet and diabetes and E=education.

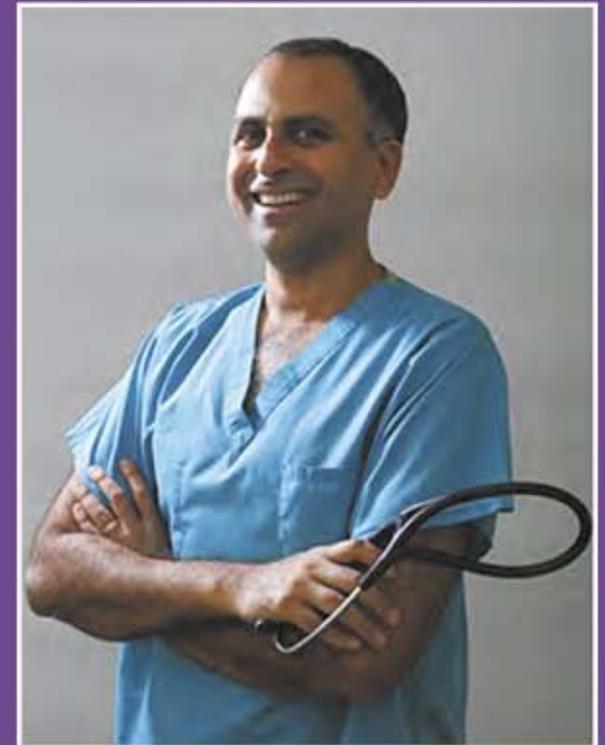


How do these treatments help?

These interventions either reduce the demand on the heart or increase the nourishing supply to the heart or both. The surgical corrections open the pathways allowing for a consistent nutrient and oxygen supply to the heart muscle. The medications work in various methods. Anti-platelet agents such as aspirin and generic Plavix reduce the "stickiness" of the blood, decreasing the clotting ability and plaque formations. Agents such as beta blockers, calcium channel blockers, and nitrates assist in slowing the heart rate and thus the demand, increasing the contractility and thus improving heart's efficacy, and vessel vasodilation and thus increasing supply of oxygen and nutrients. Ranolazine's mechanism of action is unique and reserved for prior treatment unresponsiveness. As discussed previously, as an individual inflicted with chest pain, lifestyle interventions are significant components to improving and preventing the initiation and anginal progression.

What preventative strategies exist?

Eating a healthy diet along with exercising is extremely significant in lowering risks. The diet entails < 200 mg of cholesterol, < 150 mg triglycerides, $< 7\%$ saturated fat, minimal to no trans-fat, < 1.5 g sodium, < 200 mg of caffeine, < 2 alcoholic drinks in males per day and 1 drink in females, increased fruits, vegetables, and lean sources of protein, low-fat dairy along with moderate to vigorous exercise 30 minutes most days of the week (5-7) all to achieve or maintain a normal body mass index between 18.5 and 24.9. Along with these behaviors includes lowering blood pressure to $< 140/90$, triglycerides to < 150 , hemoglobin A1c (if diabetic) $< 7\%$ or as discussed with physician. An additional lifestyle modification includes smoking cessation if a smoker as well as adhering to medications.



Dr. V

T.E. VALLABHAN, MD, FACC
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**It's your heart.
It should be
personal.**

And that's how I treat it.

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

TREAT THE HEART WELL AND THE BODY WILL PERFORM OPTIMALLY.

Varicose Veins

CAN BE MORE THAN A COSMETIC PROBLEM

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

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

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

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

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

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

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

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



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

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

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



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Bio

Tom Tran PA-C, MPAs is one of the few Physician Assistants in the US that is NCCPA Surgery Boarded. He has extensive training, which includes 10 years experience in Trauma, General, and Vascular Surgery. He invented the Transcatheter Extractor®. He was awarded Florida PA of the year in 2007, and is the current Treasurer of the National PA Foundation. He is the Clinical Director at Comprehensive Vein Center in The Villages, which has been a state of the art Vein Center designated to vein treatment for over four years. He has performed over 2,500 Laser and VNUS Closure procedures, and over 10,000 combined Ultrasound Guided foam and Visual Cosmetic Sclerotherapy procedures.



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Before

After

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

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

Anthony Alatraste MD, Medical Director
Board Certified- ABFM

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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

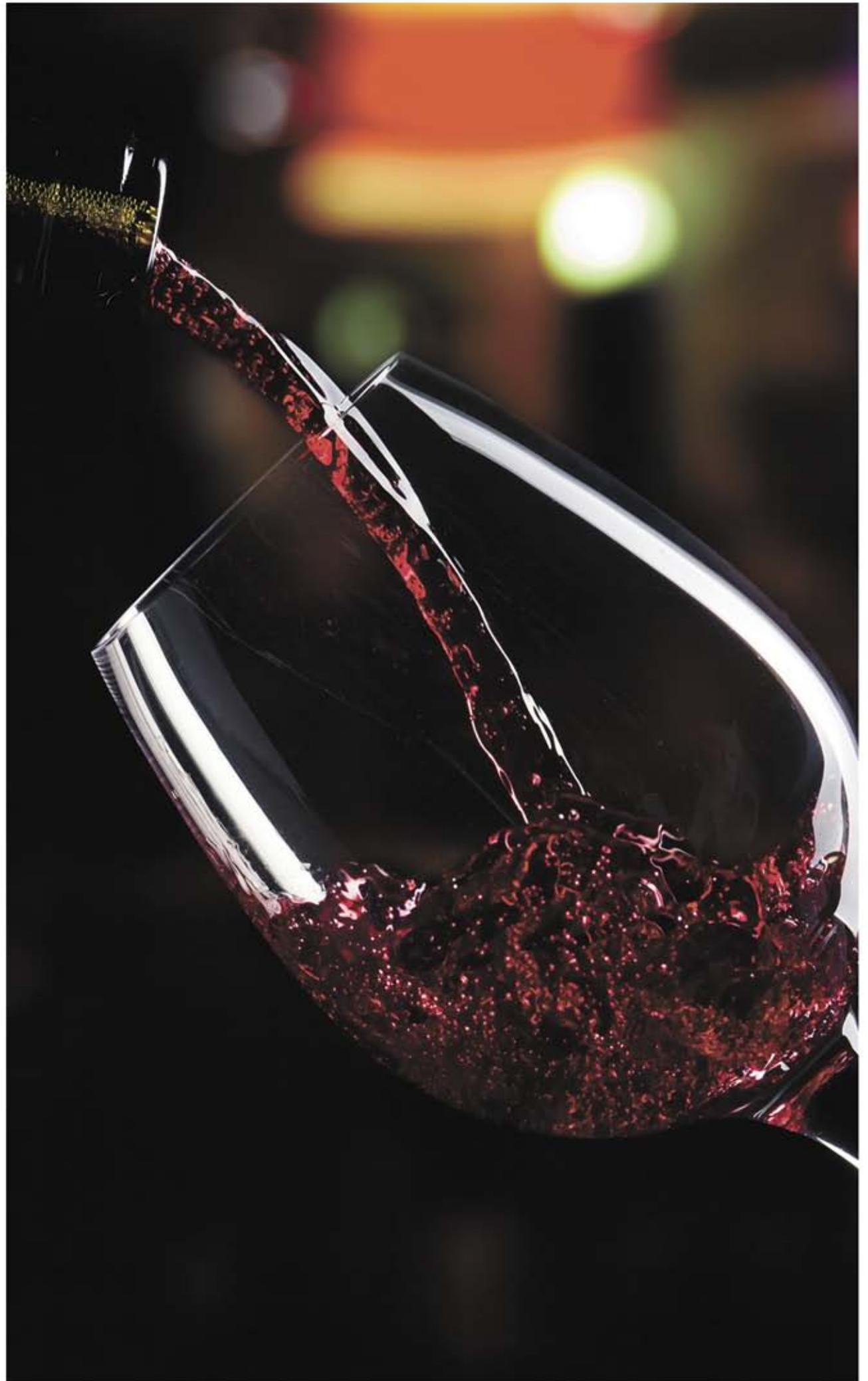
Saturday, March 14 1:00-5:00pm

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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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.

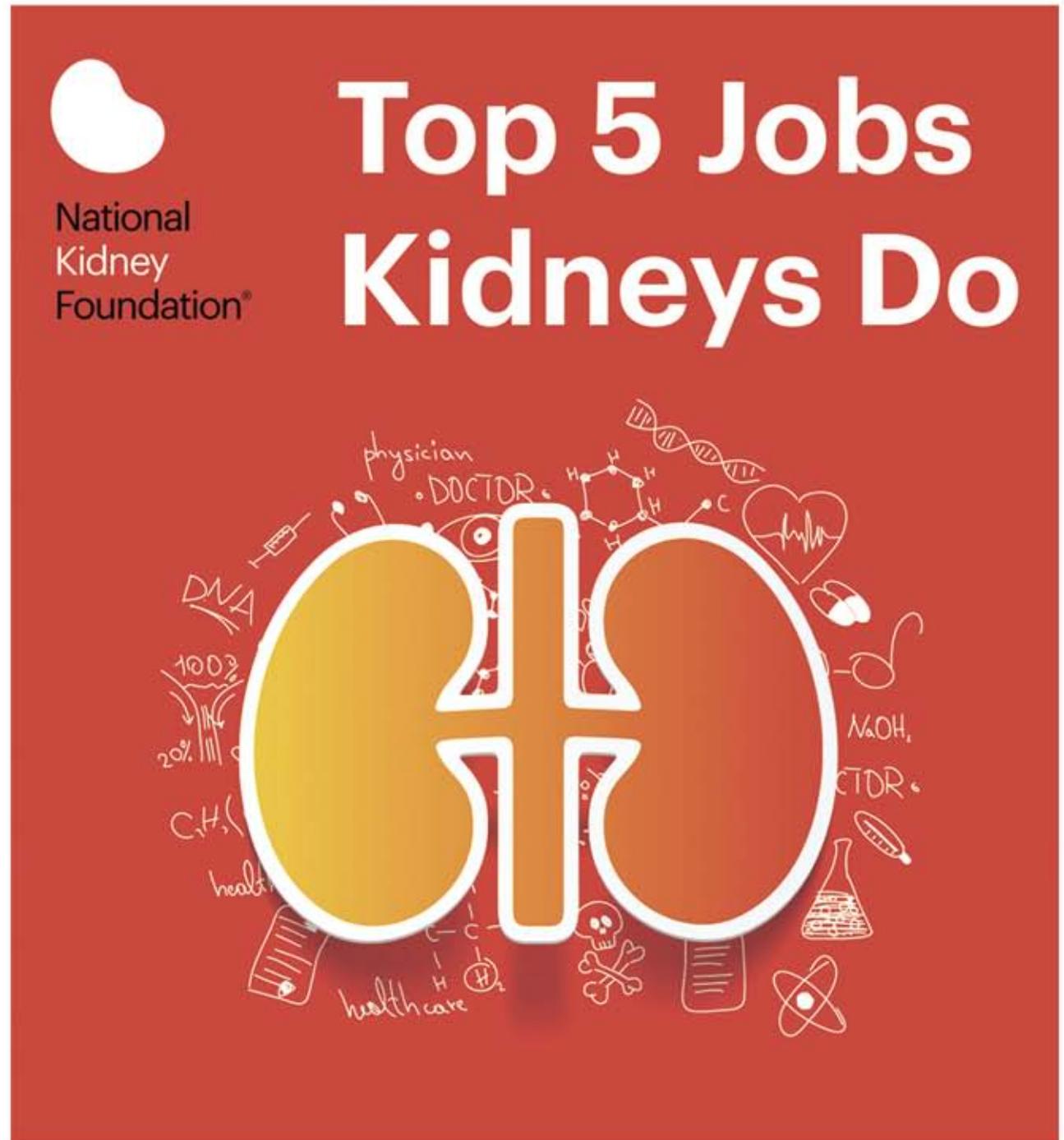
1. Remove wastes and extra fluid. Your kidneys act like a filter to remove wastes and extra fluid from your body. Your kidneys filter about 200 quarts of blood each day to make about 1 to 2 quarts of urine. The urine contains wastes and extra fluid. This prevents buildup of wastes and fluid to keep your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

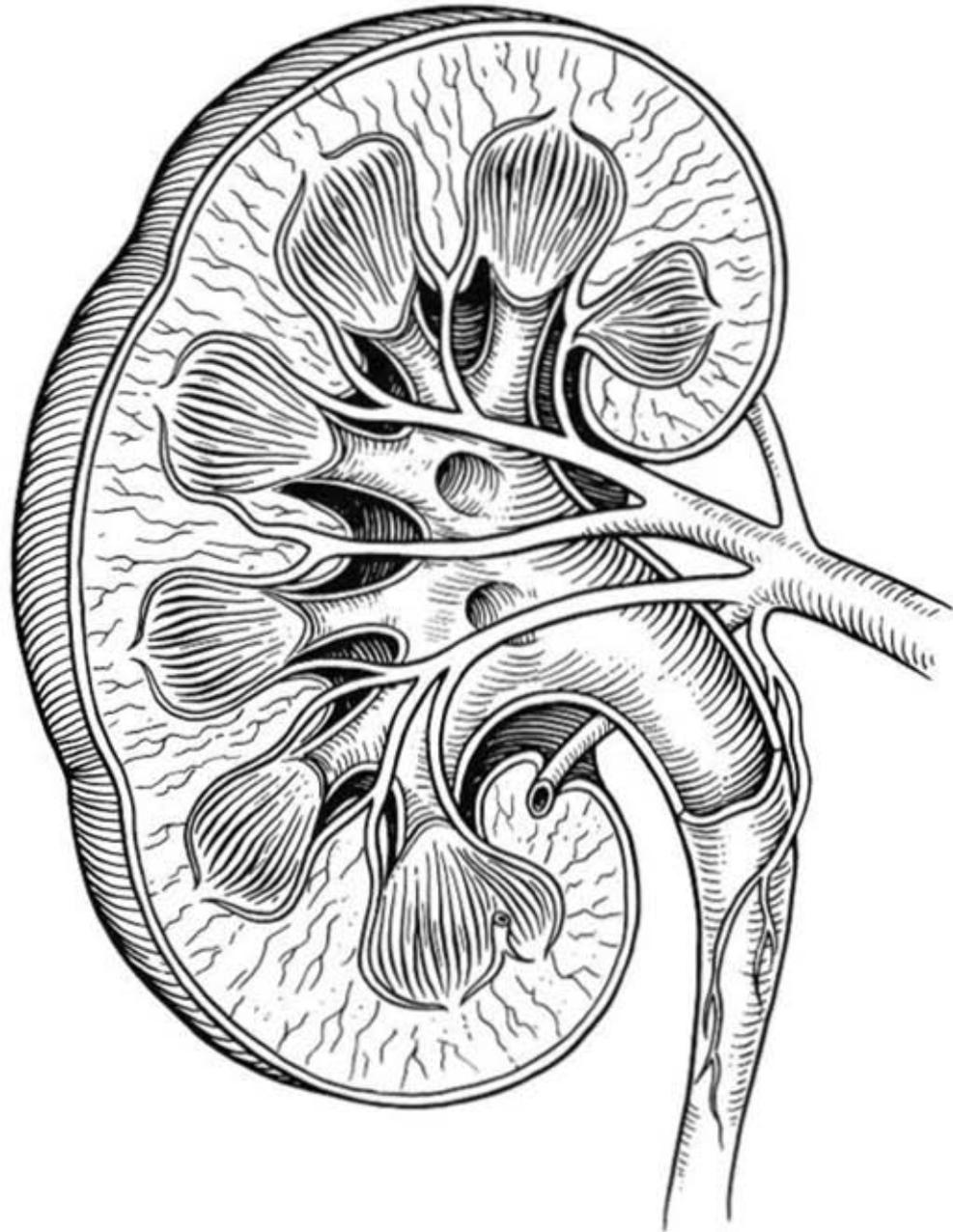
High blood pressure can damage your kidneys and increase your chances of getting kidney disease. If your blood pressure remains high, your doctor may have you take medicine. Making simple tweaks to your lifestyle, such as cutting back on salt and alcohol, losing excess weight, and exercising can help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

INTERCOMMUNITY CANCER CENTERS AND INSTITUTE USE INTENSITY MODULATED RADIATION THERAPY TO SPARE HEALTHY TISSUE IN COLON CANCER PATIENTS

IMRT Uses Thousands of Tiny Beams to Increase Radiation Accuracy

In celebrating National Colorectal Cancer Awareness Month this March, InterCommunity Cancer Centers (ICCC) and Institute (ICCI) of Leesburg and Lady Lake are educating its served communities about the importance of early detection and advanced treatments that are helping to save countless lives.

Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed and the third leading cause of cancer-related deaths in both men and women in the United States. The ACS estimates 93,090 new cases of colon cancer and 39,610 new cases of rectal cancer in 2015. As a result, they are expected to cause about 49,700 deaths.

As part of your digestive system, the colon helps eliminate waste from your body. Sometimes, irregular growths (called polyps) can develop in the lining of your colon and, left untreated, can become cancerous. Colon cancer is often treated by surgically removing the affected part of the colon, followed by radiation treatments and/or chemotherapy to help prevent the cancer from spreading or returning.

ICCC/ICCI offers colon cancer patients Intensity Modulated Radiation Therapy (IMRT), which is an effective tool used by physicians to administer conformal radiation therapy. IMRT treats the patient with thousands of small laser beams rather than a few large, uniform beams. The crossfire of these beams – much like radiosurgery – allows physicians to deliver a uniform dose of radiation to the tumor while protecting the healthy and sensitive surrounding tissue from high-dose radiation. Patients undergoing IMRT may need fewer treatments, thus saving time and money—as well as unnecessary radiation exposure.

“This technology allows physicians to deliver high doses of radiation to a very precise location. It controls the disease while sparing surrounding tissues and organs,” explains Dr. Jeffrey Kanski, radiation oncologist at ICCC/ICCI. “IMRT uses sophisticated computer technology along with specialized equipment in treatment planning to deliver targeted radiation therapy to colorectal cancer patients.”



Because of the precision involved with IMRT, physicians can use higher doses of radiation to more effectively treat the cancer. At the same time, other organs and tissues are not affected by the radiation, reducing the side effects and improving patients' quality of life.

"Previously, it was difficult to treat colon cancer with radiation therapy because after surgery, part of the small bowel sometimes collapses into the pelvic area," says Dr. Herman Flink, radiation oncologist at ICCC/ICCI. "Using IMRT, we can program the system to send the radiation to specific areas in the pelvis and to avoid areas (like the small bowel) we don't want exposed to radiation."

In addition to these treatment advancements, Hal Jacobson, M.D., medical director of ICCC/ICCI, also offers patients the following tips to help prevent colorectal cancers:

- Know your family history. If colorectal cancer runs in your family, you may need to be tested earlier and more often.
- Avoid cigarettes and other tobacco products.
- Get plenty of exercise. Even small amounts of exercise on a regular basis can be helpful.
- Eat plenty of fruits, vegetables, and whole grain foods.

Beginning at age 50, both men and women should follow one of the ACS' recommended testing schedules and scheduled screenings will vary based on personal or family history:

TESTS FOR DETECTING POLYPS AND CANCER

- Flexible sigmoidoscopy every five years
- Colonoscopy every 10 years
- Double-contrast barium enema every five years
- CT colonography (virtual colonoscopy) every five years

TESTS FOR DETECTING CANCER

- Yearly fecal occult blood test (gFOBT), or
- Yearly fecal immunochemical test (FIT) every year, or
- Stool DNA test (sDNA)

"Colorectal cancer-related deaths continue to decline, but patients still must make a concerted effort to get tested," explains Dr. Jacobson. "There is no excuse not to be tested because this is one form of cancer that we can prevent by undergoing a prescribed colonoscopy or stool test."



ICCC is part of Vantage Oncology which includes more than 50 cancer treatment centers in 14 states providing quality, personalized care in a community setting. For more information, please visit www.ICCCVantage.com.

THE EXPERIENCE OF INTERCOMMUNITY CANCER CENTERS

ICCC has 25 years of cancer-fighting experience having treated over 10,000 patients. They are dedicated to empowering patients to have the confidence they need to change their lives. Radiation Oncologists Drs. Hal Jacobson, Herman Flink, Maureen Holasek and Jeffrey Kanski 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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www.ICCCVantage.com



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



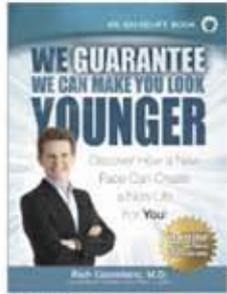
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- March 31st** | Seminar | Waterfront Inn, 1105 Lakeshore Drive, The Villages | 1:00 p.m.
- April 7th** | Luncheon | Villages Office Volunteer Party, 8630 E Co Rd 466, The Villages | 1:00 p.m.
- April 21st** | Seminar | Waterfront Inn, 1105 Lakeshore 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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What is Ablative Skin Resurfacing?

Ablative laser skin resurfacing removes the outer layers of skin to a predetermined depth to reduce or eliminate fine lines and wrinkles, improve skin tone and texture, correct uneven pigmentation, reduce pore size, and generate new collagen to provide firmer, more youthful skin. It is effective at reducing acne scars, other types of scars, and stretch marks (striae).

Traditional ablative laser skin resurfacing uses a CO2 laser to remove the entire surface of the skin. The results are tremendous but it is expensive, painful, carries a higher risk of infection, requires up to a month of downtime to heal, and the skin may remain bright red for up to four months.

Fractional laser skin resurfacing divides the laser beam into a grid of columns (pixels) that only remove 20% of the surface of the skin and leave each vaporized pixel on the skin surrounded by living, unaffected skin. Since only a portion of the skin is injured, the surrounding tissue is stimulated and heals the injured sites in one to three days. There is little or no discomfort or residual redness and very little risk of infection. Because each treatment affects only a portion of the skin, multiple treatments are required but the total down time and expense is a fraction of that for traditional ablative skin resurfacing.

What is eMatrix Sublative Rejuvenation?

Diagram of differences between sublative and fractional ablative treatments.

Sublative rejuvenation with eMatrix is a unique procedure that uses radio frequency (RF) energy to deliver an effective but controlled fractionally ablative treatment. Each pulse delivers the RF energy in a grid pattern of points that are barely visible at the surface of the skin, but which spread out in a cone shape to treat the skin below the surface. Skin structures called fibroblasts are activated to regenerate and remodel collagen, yielding improved skin tone and texture. Each affected point on the skin is surrounded by living, unaffected skin that supports the healing process in the treated area. Like traditional and fractional laser resurfacing, sublative rejuvenation is effective at reducing acne scars, other types of scars, and stretch marks (striae). There is little or no discomfort or residual redness and very little risk of infection.



Before



Immediately post treatment



11 days post treatment

Unlike fractional laser resurfacing, there is virtually no downtime because the surface of the skin is almost undamaged. RF energy is not affected by contrasting color (i.e., a dark skin surface with lighter skin tissue beneath), so the eMatrix is able to treat all skin types and colors. This allows the eMatrix to deposit a greater amount of heat deeper in the skin, which produces a stronger stimulation of new collagen growth. The tradeoff is that the eMatrix is better at treating scars while partially ablative skin resurfacing is better at treating uneven pigmentation. We offer both eMatrix sublative rejuvenation and partially ablative skin resurfacing, which means you will get the treatment that works best for your unique skin.



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- Hydra Facial
- Beta Hydroxy Peels
- Face Waxing
- Juvederm ultra
- Radiesse
- Sculptra
- Botox
- Restylane
- Sclerotherapy



The skin is cleansed and a topical numbing cream may be applied (only needed for the highest setting). The RF handpiece is placed against the skin and a short pulse of energy is released. The handpiece is moved to the neighboring area and the process is repeated until the entire area has been treated. During the treatment there is little or no discomfort.

Things you should know.

Minor discomfort, swelling, and redness at the treatment sites may occur. eMatrix treatments should not be performed if you are pregnant or if you have taken Accutane within the past twelve months.

Clients with a history of frequent herpes outbreaks (cold sores, fever blisters) at or near the site of the procedure should consult a physician to determine if a systemic anti-viral medication should be taken in advance of the procedure.

Exposure to UV light (sun, tanning booths, etc) or excessive heat (hot tubs, saunas, etc) within 24 hours after the treatment may cause or increase discomfort. You will receive detailed, printed post-treatment instructions to ensure the best possible results.



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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
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Just Floss the Teeth You Want to Keep!!!

By Dr. Perry Ekstrand

We have so many patients who present with gingivitis, cavities between teeth and full blown periodontal disease that I believe are conditions that could have been avoided with the simple habit of regular flossing and brushing of their teeth.

“But doctor, I brush every day twice a day...do I really have to floss. My answer is yes!!!! Flossing is the essential thing for the health of teeth and gums. I would rather my patients floss twice a day and brush once a day to be sure the food and bacteria hidden between teeth and below the gum line from trapped food is removed.

A totally healthy mouth can get gingivitis within 72 hours if not cleaned and flossed. As soon as blood appears there has been plaque forming in that area, untouched for 72 hours. Turn around and behave for the next 72 hours, you will be back to health. If however you ignore the bleeding, gingival deposits start to harden and continue to irritate the gum tissue. The longer you wait to floss the better the chances are that you will have to get your hygienist or dentist to forcibly remove the plaque and tartar below the gum in a protocol called a full mouth debridement or in the worst case, a root planing and scaling where you need to have anesthetic to remove the build up.

This build up if left untreated starts to grow and pushes the bone back which supports the teeth. If you are lucky at this stage you can do the deep scaling and arrest the condition with medication and guess what... flossing... and the tissue will hopefully become healthier and help hold your teeth in place. At this stage you do not regenerate bone to hold them in so you need to become a master at caring for your teeth and gums... guess what that means... flossing.

Isn't it easier to just start flossing now rather than waiting till the threat of losing your teeth forces you to go through an uncomfortable and often costly procedure?

But Doc, my parents had gum disease, dentures and cavities ... so isn't it inherited ?

The only thing I believe is inherited in regard to many health issues including teeth and gum problems is the education we got from our parents and implemented in our own lives, and ultimately taught to our own children. If your parents had dentures, then they obviously had never learned the habits necessary in oral hygiene to keep their teeth. If they never flossed resulting in periodontal disease chances are their children are in for a similar scenario as they follow the habits formed and taught to them by their parents.

If you'll take the time every day to do what this article recommends you will not only help yourself but you will become a testimony to others, leaving a legacy of dental health to your family as they inherit the habits to keep their smile for a lifetime.

Its a shame that God gave us our last set of teeth when we are not quite teenagers. Another set when we are 40 would be a blessing but alas, this is not an option. I was recently at the celebration of life of a 92 year old man who took care of his teeth, despite many hardships of life that could have given him the excuse to loose or have damaged teeth. He departed this life with all his teeth and had his first cavity according to the family at 91 :) Not sure if he flossed every day, but Im gonna bet he did...

For those who lack the dexterity for flossing, due to stroke or arthritis or if you really will never floss, or if you want to add something to your daily regime that will really maintain the healthiest smile, I recommend the Hydrofloss, TM. This is a product similar to a water pick device, however it diionizes the water to make it difficult for plaque to form. These products are only available through your dental office. We have these available at cost for our patients. We also recommend the top of the line nutritional supplements and also a tooth care line of products which uses tea tree oil, from the Melaleuca tree. They can be purchased wholesale direct from the manufacturer, and are certainly the best products I have found to beat the plaque and bugs that cause bad breath and gum disease.



Regular "Free" Wellness Seminars are being held at our office to learn more about these products and many other things to maintain a healthy body, mind and smile. A healthy smile is hard to achieve without a healthy mind and body. Call our office to schedule your individual consultation, or join one of our early evening weekly seminars.

So remember, just floss the teeth you want to keep and the rest will fall out by themselves ...

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Colorectal Cancer Awareness Month

The month of March is normally known as the beginning of spring time with people stating the saying March comes in like a lion and goes out like a lamb. Many people don't know that March is also known as Colorectal Cancer Awareness Month. Colorectal Cancer affects both men and women and is the second leading cause of death in the United States. Each year about 140,000 Americans are diagnosed with colorectal cancer and more than 50,000 people die from this disease each year. Colorectal Cancer increases with age. More than 90% of cases occur in people who are 50 years and older. You should begin your screening at age 50 and keep getting regular screening till age 75. One concern is that Precancerous Polyps and Colorectal Cancer do not always present symptoms at first. That is why a screening test is so important.

What are the Symptoms of Colorectal Cancer?

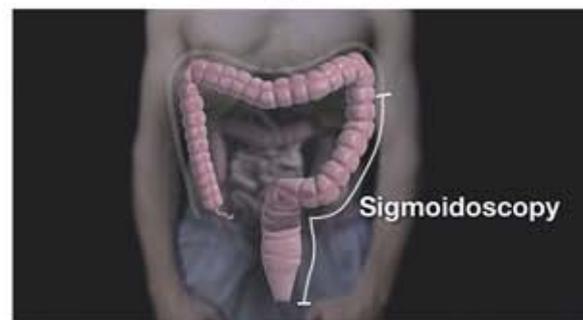
These symptoms include blood in or on the stool (your bowel movement), stomach pain, aches and cramps that don't go away and unexplained weight loss are just a few. Some people are at a higher risk than others especially if you have anyone of these: inflammatory bowel disease, personal or family history of colorectal cancer or polyps and genetic syndromes which include hereditary non-polyposis colorectal cancer (Lynch Syndrome) and/ or familial adenomatous polyposis. If you have experienced any of the symptoms it is best to talk to your doctor.

There are several tests available to screen for colorectal cancer. Some tests can be used alone and some in a combination form. First and for most is a Colonoscopy. (Every 10 years starting at age 50) This is a procedure that uses a thin flexible camera through the anus to check for abnormalities or disease in your lower intestine or colon. Your doctor may take tissue samples for a biopsy and remove abnormal tissues such as polyps.

A high sensitivity fecal occult blood test (FOBT), stool test, or fecal immunochemical test (FIT) (every year). FOBT is when stool is put on a special card or cloth and sent to a lab. The lab uses chemicals to find blood that the naked eye cannot see. FIT test is very similar and can be done at home. You take a stool sample, place in a tube and bring to the lab. This test too detects signs of blood in the stool.



Sigmoidoscopy (every 5 years) is a medical procedure that involves the doctor to look into the rectum as well as the sigmoid colon or the descending colon using a Sigmoidoscope. This is similar to a colonoscopy but less invasive.



Studies suggest that people can reduce the risk of developing colorectal cancer by increasing physical activities, eating fruits and vegetables, limiting alcohol consumption and of course avoiding tobacco.

Prevention can be the best medicine of all. If you have turned 50 make sure you make an appointment for your colonoscopy. Remember if you take care of your body, your body will take care of you.

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URGENT CARE

DON'T LET A SUDDEN ALIMENT INTERFERE WITH YOUR LOVE LIFE!!

They are the “after hours” of health care – the weekends and evenings when your regular doctor’s office is closed and a trip to the emergency room isn’t necessary. Perhaps you suffered a minor cut or injury from a fall and you don’t want to wait all night or all weekend without medical attention. The most common illness especially during the COLD season is Sinus Pressure, Congestion and Post Nasal Drip (PND). The question is: do you wait until your symptoms could potentially get worse? No, says William Goellner, M.D., medical director of 441 Urgent Care Center. Physician Assistant, Adam Santos, add: “It is better to prepare and prevent than to repair and repent.” It is 441 UCC goal to keep patients out of the Hospital. Early detention of Upper Respiratory Infection (URI) can prevent an elderly patient from going to acute bronchitis to pneumonia. “For most non-emergency medical ailments, 441 UCC is a convenient and cost-effective alternative to emergency room care,” Adam Santos explains.

441 Urgent Care Center opened its door on June 1, 2009 at Summerfield Location. The original idea was to provide excellent care to local retiring communities mainly Spruce Creek South, Spruce Creek North at Del Webb and Stone Crest. In response to Villages resident, we extended our services to The Villages in March 2011 by opening our Buffalo Ridge Location on CR - 466. With the exponential growth in The Villages and the increase need for more urgent cares, our third location was open in March 2013 at Lake Sumter Landing. “We are excited about having three locations to meet the urgent care needs of our patient,” PA

Santos says. “The three locations are open late because we realize not everyone can fit healthcare needs into an 8a.m. To 5p.m.. Monday through Friday schedule. We want people to know we are there for them so they can receive passionate, quality healthcare whenever they need it. They really like our services because they see results quicker and do not have to go through bureaucratic layers to accomplish their goals.”



In addition to urgent care, all three locations offer travel medicine, shingles vaccine, allergy testing, laboratory testing, school and sports physical, pre-employment exams, and DOT physicals for their patients.

The 441 Urgent Care team prides itself on offering affordable, fast and friendly services. They have vast medical expertise and years of experience. By combining their medical experiences they have more than 50 years in the field of caring for local communities. Their diagnosis are fast and accurate so that they can get you on the road to recovery. Follow up also is an integral part of their care. Every patient is encouraged to follow up with their primary care provider or they have the option to return to 441 at any time.

SUMMERFIELD

OPEN DAILY
8am to 10pm
365 days a year

Office:
352-693-2340
Fax: 352-693-2345



Spruce Creek Medical Plaza • 17820 SE 109 Ave, Ste 108
Summerfield • Across from Wal-Mart on Hwy 441

THE VILLAGES - BUFFALO RIDGE - CR466

OPEN M-F
8am to 6pm
SAT & SUN
8am to 6pm

Office:
352-350-1526



Golf Cart Access

3602 Wedgwood Lane, Buffalo Ridge Shopping Plaza,
2 Doors Down From Bonafish Grill, Inside The Villages Lab, Hwy 466

THE VILLAGES - LAKE SUMTER LANDING

OPEN M-F
7am to 5pm
SAT & SUN
8am to 5pm

Office:
352-350-1525

Golf Cart Access



910 Old Camp Road, Suite 182, Across from Too Jay's in between Citrus
Cardiology and the Medicine Chest (yellow building with blue trim)

URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM

441 Urgent Care Centers offer a number of benefits, according to Adam Santos, PA-C, before you head to the ER, you need to consider several things:

- First, urgent care offers better value because patients receive the same quality of care at a more affordable cost and friendly staff members are there to greet them and answer their questions. The majority of insurance companies have lower co-pays for urgent care than they do for the emergency room. In addition, when you go to the ER, you will pay additional facility fees and doctors' fees. Patients who go to 441 Urgent Care receive only one bill, that is it. Simple and easy.
- Second, Emergency rooms prioritize everyone who walks in with a triage process. This results in someone with a nonlife-threatening illness spending hours in the waiting room with other sick and contagious patients before they ever see a physician or mid-level provider. At 441 Urgent Care, the door-to-door time is less than one hour.
- Another advantage that 441 Urgent Care provides is prompt follow-up care. If you go to the ER, you are told to follow up with your primary care physician, this process may take weeks. Instead at 441 Urgent Care is open seven days a week, 365 days a year; you can simply walk back in for your follow up appointment or if your condition worsens, providing you the adequate follow up you deserve. For example: Patients that come in with dehydration, they can be brought back in have IV fluid hydration or serial antibiotic shots. No appointment necessary. This is truly concierge medicine.

A TEAM EFFORT

The physicians at 441 Urgent Care are board certified in both emergency medicine and family practice. In addition, their Physician Assistants (PA) and Nurse practitioners (ARNP) are also board certified and experienced in multiple specialties including: emergency medicine, internal medicine, pediatrics, surgery, oncology, occupational medicine and family practice. In alliance with The Villages Regional Hospital and Lake Medical Imaging (LMI) 441 Urgent Care utilized laboratory and imaging services to allow the physicians and mid-level providers to treat higher and acute problems. We plan to complement the emergency department by providing healthcare to patients who may be too acutely ill for a primary care office, but not critical enough to warrant an emergency department visit. And the extended hours of operation allows them to provide services after hours, weekends and holidays.



William Goellner, MD, Medical Director
 Duke University Medical School (1974)
 Surgical Internship, Dallas, TX (1974-1975)
 Surgical Residency, Miami, FL (1975-1977)
 Board Certified in Emergency Medicine
 American College of ER Physicians, former president
 American Heart Association, Emergency Care Committee
 American Medical Association, member
 Florida Associations of EMS Physicians, Charter member

Our medical director Dr. William E. Goellner is a graduate of Duke University Medical School and is board certified in emergency medicine and tropical medicine. He completed his residency training in general surgery in Dallas, Texas and Jackson Memorial in Miami, Florida. 441 Urgent care is primarily staffed by board-certified emergency medicine physicians, Dr. William Goellner and Dr. Mark Sbarro. Together our physicians have over 50 years of emergency and urgent care experience. To complement our physicians we also are blessed with experienced physician assistants (PA) and nurse practitioners (ARNP)

SIMPLY THE BEST

The after hours team is here to care for your immediate and urgent care needs. "There was a big need for an urgent care center because people were typically going to emergency rooms and discovering that the wait time is long, tedious, and stressful." PA, Adam Santos says. "They are grateful we are here and truly appreciate that we can see them anytime, day or night, weekend or holiday." "The emergency room is an over-utilized, expensive and stressful place to seek healthcare for those who do not have a true emergency," PA, Adam Santos states. "We believe Urgent Care is a solution for this complex healthcare system and bridges the gap between primary physicians and emergency rooms." One local physician, Dr. Hammersfahr, a neurologist agrees when he stated that "When I need results fast for my patients and my family, I send them to 441 Urgent Care." After all, your health is important and you deserve the best care possible, regardless of whether you are facing an unexpected illness or emergency.

When you come to 441 Urgent Care Centers you experience the best of all medical worlds: you are treated with respect and compassion by our friendly staff members. "It is my personal and professional opinion that patients should consider urgent care before going to the emergency room," says PA Santos.



Adam Santos, PA-C

"Your care means more to us than your wallet"



John Santos, ARNP

MISSION STATEMENT

It is our mission statement to provide the highest level of healthcare by utilizing medical experience and technology equivalent to what one would find in an emergency department.

MOTTO

Hard work pays off and honesty will prevail

441 URGENT CARE GOALS

- We will take care of our patients in a timely fashion
- We will explain the patient's condition in layman's term, so that they will fully understand their diagnosis and treatment plan
- We will allow ample time to answer any patient's questions regarding treatment
- We will assure that their care is continued by their primary care provider (PCP) or referral source, or a combination of both
- We will assure that every patient that leaves 441 Urgent Care will know that someone has cared about his or hers health and well-being in a holistic way.

OUR PHILOSOPHY

See you at your convenience

Provide top level care without top level pricing

Be ever mindful that your time is valuable

Create a warm and relaxed environment

Include you in the medical decision process

Treat you as we would treat our own

ADULT AND PEDIATRIC CARE ON SITE LAB, X-RAY AND EKG

ILLNESSES:

- Colds, flu, and other viral illnesses
- Bronchitis, pneumonia, asthma attacks
- Ear, throat and sinus infections
- Rashes and Poison Ivy / Oak
- Nausea, vomiting and dehydration
- Urinary Tract Infections / STD's
- Migraines and chronic / acute LBP

INJURIES:

- Fractures, sprain, strains and dislocations
- Lacerations (cuts) abrasions (scrapes)
- Splinters and foreign body removal
- Wound care / repair and abscess drainage
- Work related injuries w / authorization

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Local Chiropractor Gets Tremendous Results Utilizing Cox Flexion Distraction Technique to Relieve Sciatica Pain.

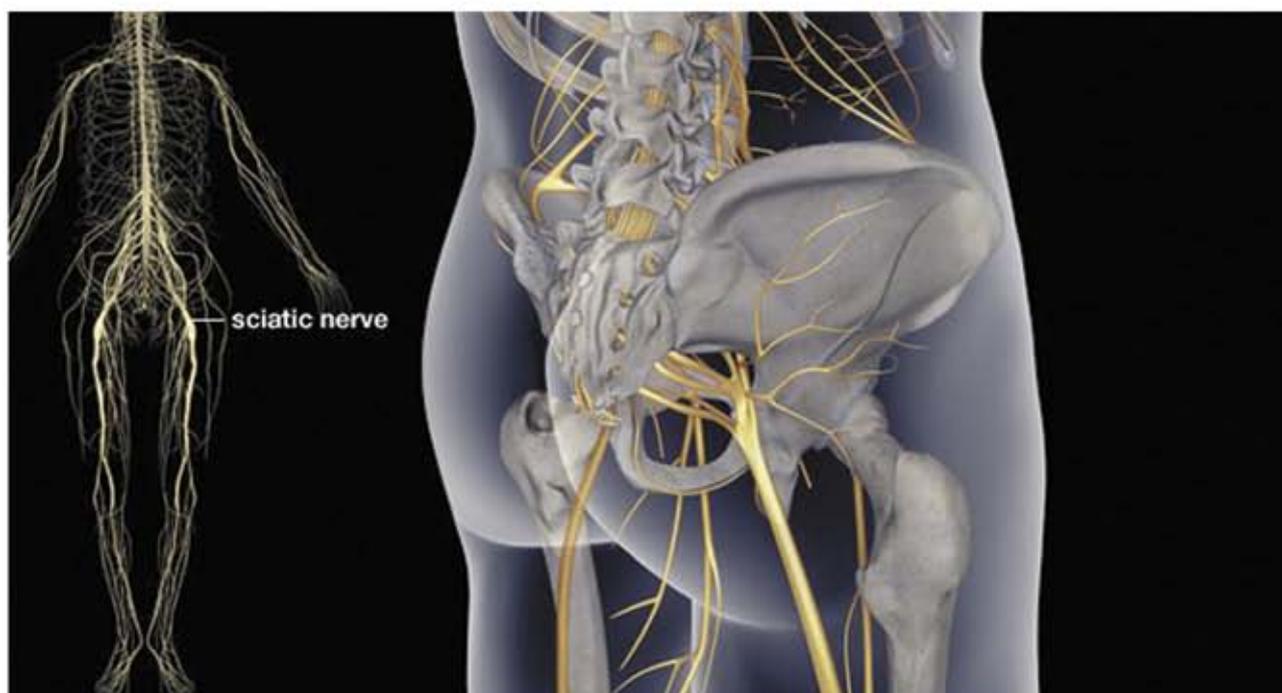
Why waste your hard earned money! Our technique is covered by most insurances.

By Compton Chiropractic Care

Currently there are millions of Americans who suffer from low back and leg pain. A recent survey showed, a large majority of these patients are over the age of 65. When you figure that the Villages has a population exceeding 100,000 and a majority are over the age of 65 then it becomes easier to understand why so many local residents experience this pain. In fact, seven out of ten patients who walk into Dr. Compton's office complain of low back or sciatic pain. It is common knowledge that Chiropractors treat low back pain among other muscular skeletal complaints. What is not well known is that there are over a dozen different techniques and treatment plans to treat the same condition. Different Doctor's feel one technique is better than another but the proof is in the pudding. What makes a Doctor truly unique and beneficial to their patients is being able to properly diagnose a condition the first time and realize when a particular protocol is not working and escalate care to the next level.

Sciatica is defined by The Mayo Clinic as: *Pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one side of your body.*

Sciatica most commonly occurs when a herniated disk or a bone spur compresses part of a nerve. This causes inflammation, pain and often numbness in the affected leg. Although the pain associated with sciatica can be severe, most cases resolve with conservative chiropractic care in a few weeks. Interestingly enough; due to the anatomical location of the sciatic nerve, sciatic type pain can also be caused by Piriformis syndrome or sacro-iliac joint dysfunction. These two conditions masquerade around with similar signs and symptoms and can lead to improper diagnosis and treatment. This means patients spend money and do not get better, never a good thing.



The Doctors at Compton Chiropractic are board certified and have degrees from Palmer College (The First Chiropractic Medical School). Among other common conditions they treat low back and sciatic pain on a daily basis with great success. The Doctors are integrated with several local primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively.

These days it's hard to walk around the golf course and not hear someone talking about their "sciatica". Unfortunately, the great game of golf tends to wreak havoc on ones spine and muscular systems. This is one reason why many top pro golfers (Tiger Woods, Tommo Armour) among other athletes have a chiropractic physician on staff. Certainly if professional golfers with great swings utilize chiropractic care, then local residents who have trouble swinging could potentially benefit more.

Compton Chiropractic has been serving The Villages since 2006 with knowledgeable Doctors and friendly staff who treat sciatica pain on a daily basis. They primarily utilize "Cox Flexion Distraction Technique" which was developed by Dr. James M. Cox in the early 1960's as a non-surgical method of treating disc related injuries. Since that time Doctors of different specialties around the country have studied and utilized these methods with great success.

Many residents are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc and stenosis. Many are also aware that surgery has been the most common treatment for these injuries in the past. However, years of research and technology have pushed us into the 21st century and now there is hope for those who suffer from this debilitating pain. It is now commonplace in medicine to try the most conservative means of treatment first. This approach is a win: win for patients and doctors alike because it means less wasted time and money.

COMPTON CHIROPRACTIC CARE

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

Our Philosophy

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

Our Facility Offers

- Medicare accreditation for DME bracing
- State-of-the-art treatment tables
- On-site digital x-ray
- Physical Rehab suite with cold laser technology
- Use of blood and urine testing to evaluate for food allergies and heavy metal toxicity
- Clinical Nutrition
- Quality care without the wait

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- Humana • United Health Care plans • Personal Injury

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COMPTON CHIROPRACTIC CARE



Dr. Brett Compton
Chiropractic Physician
Palmer Graduate
U.F. Graduate - B.S. Nutrition
Military Veteran

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

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

Dr. Compton shares the ways that many residents have become his patient's:

First:

- Some patients come directly to our office as referrals are not necessary.
- Others tend to start at their Primary care Physicians office (PCP). The PCP will evaluate and treat with medication. Then the patient presents to our office.

Second:

- We evaluate and treat the patient while working with the PCP if indicated.
- We treat as needed based on the patient's presentation (3-10 visits). Should we fail to see results quickly we recognize the need to progress the case. This means advanced imaging and orthopedic consultation.

Doctor Compton states that, "some patients will require surgery for pain relief", however in most cases he can postpone or prevent surgery for his patients.

The Doctors at Compton Chiropractic have received additional education on the Cox Technique among others. This conservative treatment has been shown to decrease disc pressure by approximately 75% thus allowing relief of the signs and symptoms of disc related pain (Sciatica).

The average treatment time is only about 15 minutes and most patients report feeling better in just a few visits.

Patient Testimonial

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

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

Compton Chiropractic
11974 CR 101, Suite 101, The Villages, FL
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National Poison Prevention Week is March 15-21

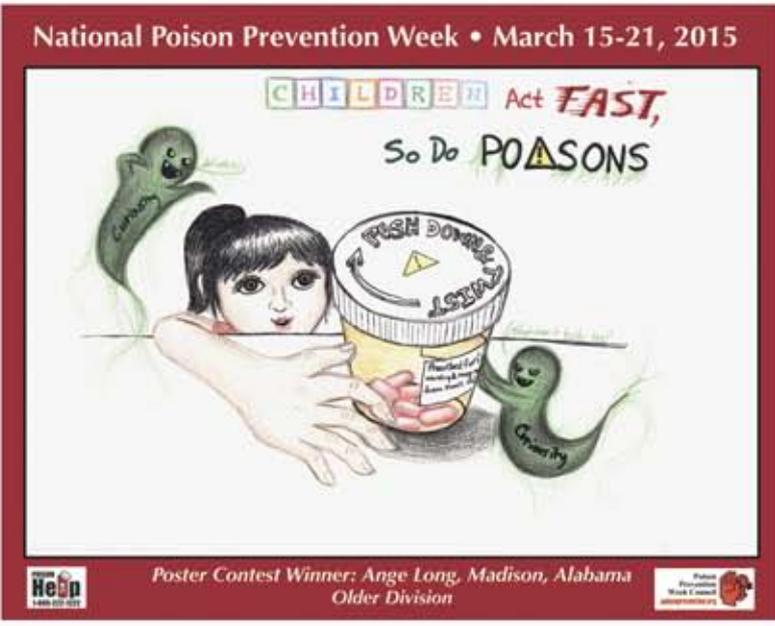
More than 2 million poisonings are reported each year to the poison control centers across the country. More than 90 percent of these occur in the home. The majority of non-fatal poisonings occur in children younger than six years old. And, poisonings are one of the leading causes of death among adults. 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



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

Walk-In-Tubs with hydrotherapy are designed to relieve aches and pains and help alleviate the symptoms associated with:

- Arthritis • Lower Back Pain
- Cancer Patients • High Blood Pressure
- Sleep Trouble • Heart Attacks
- Migraines • Peripheral Artery Disease • Hips • Muscle Cramps
- Stress • Carpal Tunnel Syndrome
- Rheumatism • Varicose Veins
- Fibromyalgia • Sprains • Knees
- Tendonitis • Tension • Sciatica & Stiffness
- COPD • Diabetes • Shoulders
- Neuropathy Patients • Lumbago Multiple Sclerosis • Feet • Poor Blood Circulation • Stroke Patients

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Did I mention my husbands' blood sugar went from 200 to 113 in 3 months?



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Kare & Charles Possick

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Do you require more energy, more focus, and sounder sleep?

Do you want to reverse your body clock so you can look and feel younger?

Your Love, Our Expertise.

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.

We give families *peace of mind* knowing their loved one is receiving expert care in a secure, compassionate community.

Superior Residences offers specialized services for those with Alzheimer's and dementia-related illnesses.



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at Cala Hills
MEMORY CARE

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Assisted Living Facility #9673

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.

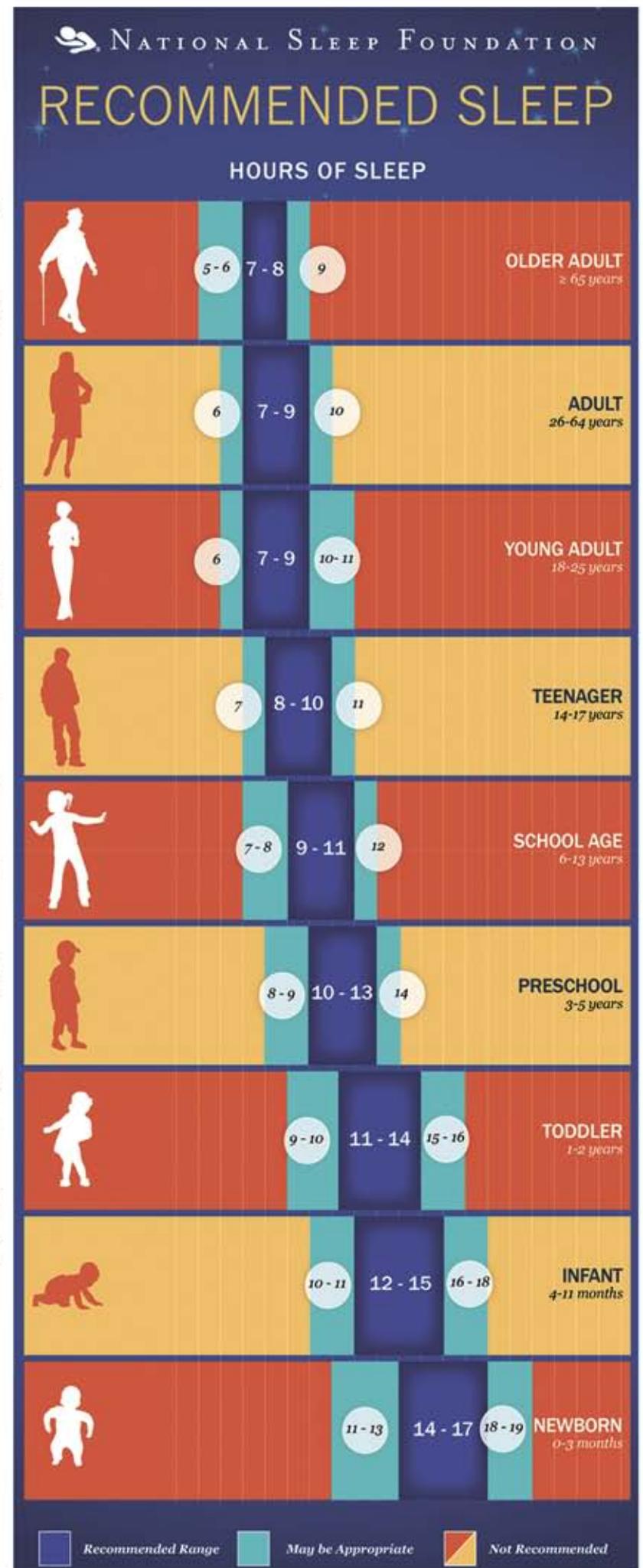
Benefits of Adequate Shut-eye:

- 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?*

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