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Health & Wellness[®] MAGAZINE

April 2015

Marion Edition - Monthly

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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.
May 5th | Luncheon | Villages Office Volunteer Party, 8630 E Co Rd 466 | 1:00 p.m.
May 12th | Seminar | Waterfront Inn, 1105 Lakeshore Drive, The Villages | 1:00 p.m.
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Challenging the Status Quo with Stem Cells

By Cara Tompot, Staff Writer

Looking back on history, we remember a time when women didn't have the rights that they do now. Prior to 1919, women didn't have any way to express their thoughts and desires through public policy. Thanks to first-wave feminists questioning the status quo, 1920 marked the first year that women could vote. This social change marked a moment in history when women finally had the right to take control of their own life. In many ways, the history of women's suffrage is similar to the road to regenerative medicine advancements.

Much like women fighting for equality, patients have been fighting for a new way to treat their chronic lung disease. Now, with the advancement of stem cell therapy, sufferers of chronic lung disease are no longer limited to the confines of traditional medicine—which involve managing symptoms rather than the disease. Stem cell therapy, like women's voting rights, helps people take control of their life by giving them a voice.

For years, people accepted the status quo, and for people suffering from chronic lung diseases like COPD, the status quo meant a constant struggle for oxygen. As an incurable disease, most sufferers felt that they didn't have any options. But now, everything has changed.

One state-of-the-art clinic, the Lung Institute, developed an alternative. Stem cell therapy helps sufferers finally breathe easier. People are no longer forced to accept the fate of continual disease progression or an invasive lung procedure. Stem cell therapy harnesses the healing power of a patient's own stem cells to help regenerate damaged lung tissue.

Today, lung disease can be treated with adult stem cells harvested from the patient's own fat, blood or bone marrow to replace damaged lung cells with healthy ones. According to the clinic's website, www.lunginstitute.com, this innovative procedure slows the progression of the disease, in addition to, restoring lung function and reducing inflammation. The result is the ability to breathe easier.

Similar to the fight for women's rights, doctors and patients have been diligently looking for a new way to treat lung disease. Now, with the advancement of stem cell therapy, patients can finally combat disease progression. As with any change, some physicians and patients may be slower to adopt new ideas while clinging to traditional approaches; however, just as social change made it possible for women to have a voice in the government, clinical advancements like stem cell therapy make it possible for patients to have a voice in their healthcare. If the fight for equality is any sign of the future of stem cell therapy, there is no doubt that stem cells will become the status quo for treating lung disease.

If you or a loved one suffers from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at (855) 914-3212 or visit lunginstitute.com/health to find out if these new treatments are right for you.



Geriatric Massage Brings Relief from Arthritis and Provides Other Benefits

Geriatric massage consists of specific training and techniques designed to maximize the benefits of massage for the elderly population. This highly-effective type of massage therapy provides not just the well-known benefits massage offers to every client, such as relief of muscle pain and stress, but it also has specific benefits for the elderly population.

Geriatric massage therapy uses the gentle and light application of massage techniques and can include gentle stretching and the use of light oils or lotions to permit the skin and muscles to be worked out without excessive friction. These techniques help enhance blood flow, improve balance and flexibility, increase joint mobility, reduce anxiety and depression, and improve mood and the overall sense of well-being.

Massage can offer significant relief to those suffering from arthritis or other forms of joint and muscle pain and stiffness. A 2006 study of osteoarthritis sufferers between the ages of 55 and 75 showed that patients with osteoarthritis of the knee who received once- or twice-weekly massages felt significant pain relief compared to those who did not. Other surveys have shown that massage therapy is one of the most popular forms of relief from osteoarthritis pain, and many of those with arthritis find regular massage therapy not only reduces pain and swelling, but also promotes additional range of motion and restores some ability to do daily activities they otherwise could not perform.

The increase in circulation and reduction of pain and stiffness can also lead to less of a need for prescription medication and over-the-counter pain-killers. Many people find that regular massage



therapy sessions provide enough relief from the symptoms of arthritis and other conditions that, after consulting with their doctor, they are able to reduce their dosages or eliminate certain prescriptions entirely.

Those considering geriatric massage therapy who may have questions about how the massage therapy session works may wish to have a friend or family member accompany them for their first visit. And individuals with specific health conditions should consult with their physician before proceeding with massage. As with any population, there are certain conditions that are not recommended for massage – hence the importance of communicating with a physician ahead of the appointment.

Massage Envy Spa's licensed massage therapists are trained in geriatric massage, and Massage Envy Spa offers memberships that provide monthly monthly massages at a discount. The Massage Envy Spa Wellness Plan includes one customized massage every month, with discounts for additional massages, products and more. As a member of the Wellness Plan, you can enjoy all the health and wellness benefits geriatric massage therapy has to offer. The massage therapists at Massage Envy can help you find a plan that will work with your schedule, level of activity and budget.

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New Advances Make RAO's MRI Technology Better Than Ever

For more than thirty years, Magnetic Resonance Imaging has been an invaluable tool for diagnosing and providing image-guided treatment for an array of diseases and disorders of the body's bones and soft tissues. It creates intricate views of complex structures without surgery or exposure to radiation, making MRI a staple in medical facilities all around the world. But not all MRI is equal.

Since our inception, RAO has remained at the forefront of diagnostic technology, and we continually embrace medical and technological advances to our MRI systems. We're proud to announce that we have once again upgraded our MRI equipment to provide the ultimate in diagnostic performance, accuracy and speed with the latest industry breakthroughs.

The new IDEAL system from GE Healthcare allows MRI to perform more precisely than ever before. IDEAL reduces "artifacts," the extraneous clutter that often affects standard MRI platforms, creating the need for additional scans. Says RAO's Dr. Edson Cortes, "IDEAL drastically reduces artifacts and produces revolutionarily clear, detailed images, even in challenging areas of the body, such as the spine, skull, neck, brachial plexus, ankle and shoulder." IDEAL generates four different contrasts from a single scan, including images that separate body fat and water, enabling radiologists to identify disease and injury more reliably, quickly and accurately than was previously possible. "It has enabled MRI to be used effectively to diagnose and treat not just soft tissue disorders, but musculoskeletal issues as well," says Dr. Brian Cartwright.



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RAO has also upgraded our systems to the new Signa HD23, with 16 channel coils to produce unsurpassed clarity in neurological and musculoskeletal imaging. "We never stop researching and upgrading our equipment," says Dr. Ryan Tompkins, "particularly those of great diagnostic importance, like MRI. The better our technology, the better we're able to assist medical practitioners with accurate diagnoses and help plan and provide treatment for patients."

For more information on our MRI upgrades, please contact RAO via email at: info@raocala.com.

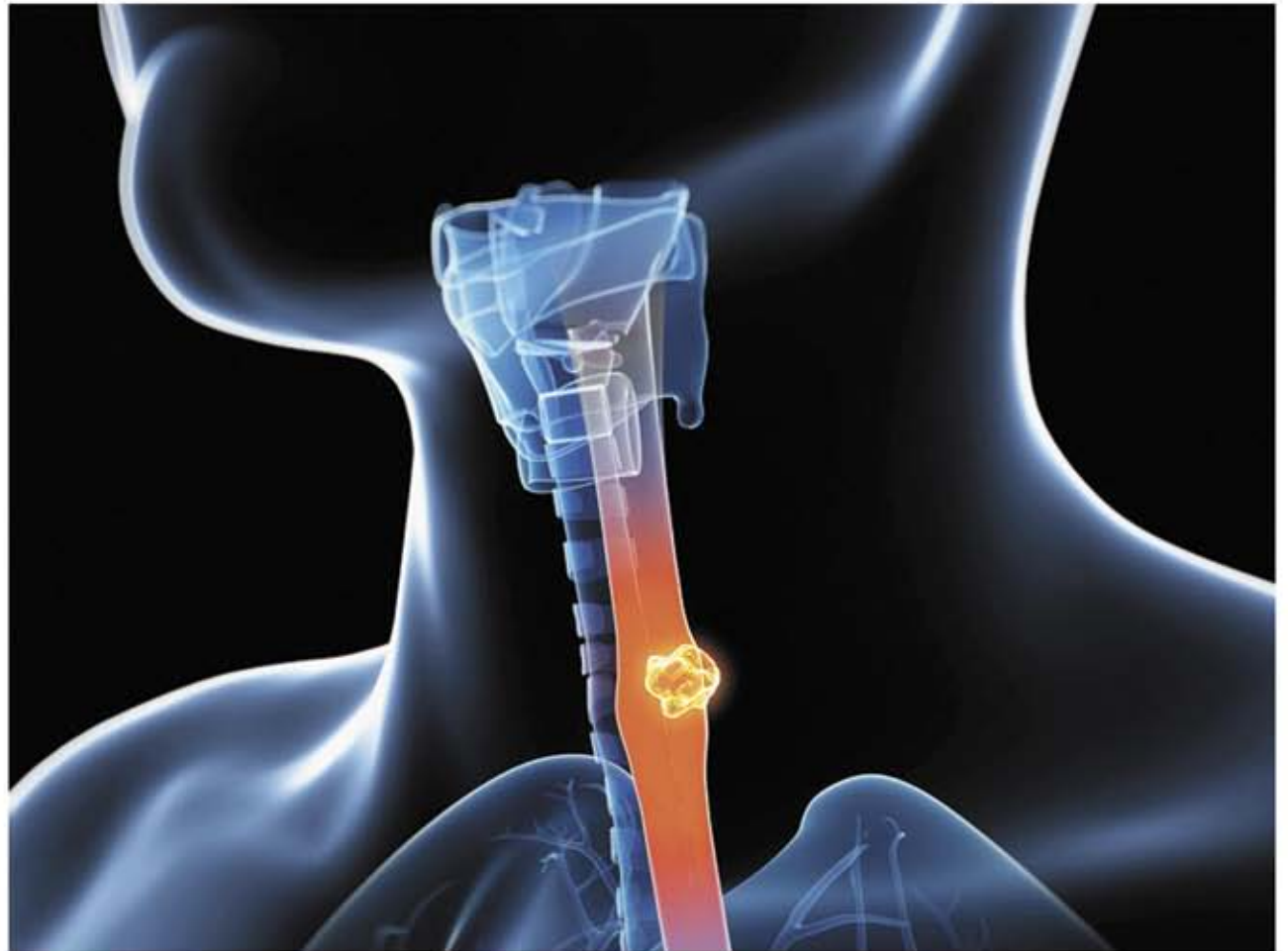
INTERCOMMUNITY CANCER CENTERS AND INSTITUTE SPOTLIGHTS ESOPHAGEAL CANCER

With so much news surrounding the prevention, detection and treatment of breast, prostate, colon and skin cancer, it can be easy to forget that other deadly forms of cancer do exist and are on the rise. According to the American Cancer Society (ACS), there will be approximately 16,980 newly diagnosed esophageal cancer cases in 2015. As a result, the ACS also estimates that this cancer will take 15,590 lives. This disease is 3 to 4 times more common among men than among women. In its continued efforts to educate local residents about all forms of cancer, this month InterCommunity Cancer Centers (ICCC) and Institute (ICCI) of Lady Lake is spotlighting esophageal cancer.

The esophagus is the muscular tube through which food passes from the throat to the stomach. The majority of esophageal cancers are either adenocarcinoma or squamous cell carcinoma. Both cancers are found in the tissue that lines the inside of the esophagus.

Many researchers believe that some risk factors, such as tobacco or alcohol use, may cause esophageal cancer by damaging the DNA of cells that line the inside of the esophagus. In addition, long-term irritation of the lining of the esophagus caused by reflux (heartburn), Barrett's esophagus, and esophageal webs, may also lead to DNA damage and increased esophageal cancer risk. While we don't know the exact cause of esophageal cancer, we do know some of the key risk factors that make this cancer more likely, including the following provided by the ACS:

- Age: The chance of getting esophageal cancer is relatively low in youth but increases with age.
- Gender: This disease is three to four times more common among men than among women.
- Gastroesophageal Reflux Disease (GERD): In some people, acid can escape from the stomach into the esophagus causing symptoms such as heartburn or



chest pain. People with GERD have a higher risk of getting adenocarcinoma of the esophagus based on how long someone has had the disease and how severe the symptoms are.

- Barrett's Esophagus: If stomach acid continues to enter the lower esophagus over an extended period of time, it can damage the lining of the esophagus. The longer someone has reflux, the more likely it is that they will develop Barrett's esophagus.

- Tobacco and Alcohol: The increased and extended use of tobacco products, including cigarettes, cigars, pipes, and chewing tobacco, as well as drinking alcohol are known lifestyle risk factors for esophageal cancer

- Obesity: People who are overweight or obese (severely overweight) have a higher chance of getting adenocarcinoma of the esophagus. This is in part explained by the fact that people who are obese also tend to suffer from associated conditions, including esophageal reflux.

"While we cannot prevent all esophageal cancer cases, we can reduce our risk of getting this disease by maintaining a health diet comprised of fruits and vegetables, avoiding tobacco and limiting alcohol use. Also, staying active by engaging in daily exercise and keeping a healthy weight can also help our prevention efforts," explains Herman Flink, M.D., radiation oncologist at ICCC/ICCI.

According to the ACS, cancers of the esophagus are most often found because of the symptoms they cause. However, most esophageal cancers do not cause symptoms until they have reached an advanced stage, when they are harder to treat.

THE MOST COMMON SYMPTOMS INCLUDE:

- Trouble swallowing: This is the most common symptom and leaves sufferers with the feeling like food is stuck in the throat or chest.
- Chest Pain: People sometimes complain of pain or discomfort in the middle part of their chest. Some people describe a feeling of pressure or burning in the chest (i.e., heartburn).
- Weight Loss: Approximately half of patients with esophageal cancer lose weight. The primary cause of this unintentional weight loss is their swallowing problems which keep them from eating enough to maintain their weight.

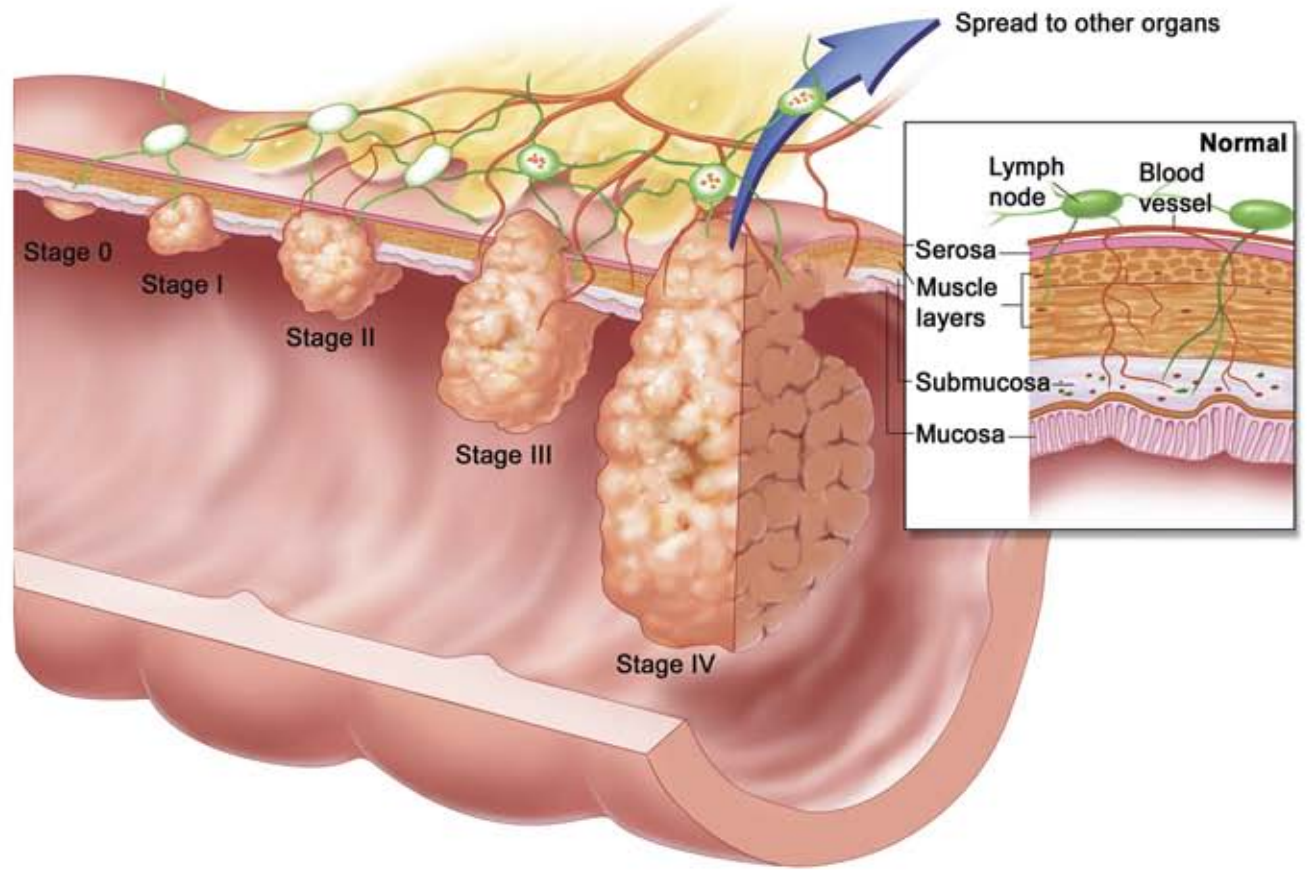
OTHER POSSIBLE SYMPTOMS WITH CANCER OF THE ESOPHAGUS CAN INCLUDE:

- Hoarseness
- Chronic Cough
- Hiccups
- Pneumonia
- Bone Pain
- Bleeding in Esophagus.

It is important to note that having one or more of these symptoms does not mean that you have esophageal cancer. Many of them are more likely to be caused by other conditions. If you have any of these symptoms, especially trouble swallowing, it is extremely important to have them checked by a doctor so that the cause can be found and treated, if needed.

Patients who are diagnosed with the esophageal cancer are often prescribed chemotherapy, surgery and/or radiation treatments. Radiation therapy, including external-beam and high- and low-dose brachytherapy, are most often used by cancer specialists to shrink the tumor prior to surgery, kill any cancer cells that may remain after chemotherapy and surgery, and with more advanced esophageal cancers – shrink tumors so a patient can swallow more easily.

“While external-beam radiation therapy and brachytherapy cannot cure the cancer, it can help shrink and terminate any remaining cancer cells. In addition, brachytherapy has proven to be an effective way to relieve painful swallowing and improve a patient’s quality of life,” says Dr. Jeffrey Kanski, radiation oncologist at ICCC/ICCI.



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.

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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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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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IS LAUGHTER *REALLY* THE BEST MEDICINE?

We've heard for years that laughter is healthy; that a hearty, gut-busting guffaw can only be good for you.

Our blood pressure and pulse rate go up. We stretch muscles everywhere, from face to rib cage to abs when we laugh. And we increase our oxygen intake. Sounds a lot like exercise, right? Indeed.

In fact, several researchers found that laughter may be as beneficial as a light workout. Laughter research pioneer William Fry compared 10 minutes on a rowing machine to one minute of hearty laughter and found that his heart rate was the same during both activities.

So don't burn your gym card just yet. Laughter may be one of the best ways to lose weight. Vanderbilt University researcher Maciej Buchowski discovered that 10 to 15 minutes of hearty har hars can actually burn 50 calories!

And laughter provides other known benefits worth their weight in comic books. Stress reduction is at the very top of the

list. Stress is one of the side effects of modern life we are constantly being told to reduce. Stress causes depression, adverse chemical changes in the body, negative immune response, and can have devastating effects on our health long term. Laughter *reduces* stress by clamping down on the release of stress hormones like cortisol while increasing the release of neuropeptides and endorphins.

Blood pressure goes down after a good long laugh. That's good news for all of us, especially those in high-risk categories for stroke or heart attack. Heart disease is the No. 1 killer of adults in the United States today. You have to smile when you hear that laughter may in some small way actually chip away at that statistic.

Laughter also causes an immediate release of T-cells, disease fighters summoned by our bodies for everything from a common cold to much more serious ailments. So turn on the Comedy Channel the next time you're under the weather, it just may rouse these miraculous little fighters.



It's long been known that patients with a positive outlook respond better to treatments and fight disease harder than those who are more negative. It is difficult to quantify in the absolute, but people who laugh a lot generally have a greater sense of well-being and a brighter, sunnier outlook on life.

So, is laughter the best medicine? Let's say instead that it is undeniably *good* medicine. And if given the choice, choose to laugh. It certainly can't hurt and most indications are that it will certainly help.



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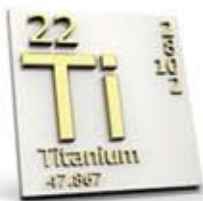
Do You Know "MELISA": A diagnostic test for metal allergies

By Dr. Perry Ekstrand

I have been approached lately by a few patients asking me about titanium allergies. For those of you who don't know, titanium is used in implant treatment to restore missing teeth. In medicine it is used for hips, knees and shoulders among other things. In some literature the incidence of allergies is claimed to be below 1%. Now, that does not really help you if you are the one. In other articles they suggest 2-4% and I have heard larger numbers as well. There is a discussion in the medical community if allergy tests should be routinely done before titanium implant placement.

The excerpt below is taken from the web site www.melisa.com. MELISA is a blood test that can be taken to check for different metal allergies including titanium and mercury. I think this website will shed some light on the subject and answer some of your questions.

<http://www.melisatest.com/page/titanium-allergy>:



"In the last couple of years, the question if titanium allergy really exists has been raised in scientific literature.

From a clinical point of view, the frequency of titanium allergy seems to be very rare. However, many patients report worsening of health after placement of titanium implants. The reactions are not necessarily local, but appear in other parts of the body. One of the reasons why the existence of titanium allergy has been debated might be the that the golden standard for metal allergy testing, patch testing, has not been properly developed for titanium. The patch test is a skin test, where salts of the metals tested are placed on the skin of the back under occlusion. 24-72 hours later a dermatologist evaluates the reaction and the presence of a rash is taken as evidence of a positive reaction. Unfortunately, titanium dioxide, a salt of titanium used for patch testing, does not penetrate the skin under the conditions of patch test. This is one of the reasons why patch test in its current form often gives false negative results in patients with titanium-induced inflammation in the body.



The latest available research from Europe and Japan shows that between 2-4% of all patients with titanium implants develop an allergic reaction to either titanium or to one or more of the metals used in the titanium alloy.

The symptoms most often observed after implantation with titanium-containing implants are varied, so they will be different in different patients. These symptoms are akin as those described after the exposure to other allergens, like nickel or mercury, in sensitized individuals. The result is multiple non-specific symptoms such as profound fatigue, pain, cognitive dysfunction, headache, sleep problems etc."

If you have titanium implants and you are experiencing any of these symptoms, don't panic, as there can be other causes. If you have evaluated almost everything else, or perhaps you are considering the journey into having implant treatment maybe it would be wise to ask your physician or dentist to order the Melisa study and evaluate your sensitivity.

There are alternatives to titanium for dental implants on the market which are more expensive, but are metal free and could be a better match if you discover an allergy.

You know if I could finish on a personal note ... its not just titaniumwe are literally bombarded by thousands of chemicals & metals in our homes and offices and outdoor environments that are being used to supposedly "enhance" our lives. A "safe level" of any substance is not safe if you are allergic to it. For example if you are allergic to peanuts it might just take a fraction of one nut to set it off. If you are prone to asthma or allergies, maybe the chemicals you are using to disinfect your surroundings are setting off an allergic reaction causing your symptoms. I for one took the bleach and other chemicals out of our home using toxic free products made in America. I have personally become much more cautious when it comes to choosing cleaners, personal care products, dental care products and processed food products.

Any way you look at it I always say, do your homework on anything you introduce into your body. "I always like to wear a belt and suspenders to be sure my pants don't fall down :)..."

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.

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

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



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

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

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

1 Zauber AG, Winawer SJ, Waye JD, et al. Colonoscopic Polypectomy and Long-Term Prevention of Colorectal-Cancer Deaths. *N Engl J Med* 2012; 366:687-696

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

3 Brenner H, Chang-Claude J, Seiler CM, Sturmer T, Hoffmeister M. Potential for colorectal cancer prevention of sigmoidoscopy versus colonoscopy: population-based case control study. *Cancer Epidemiol Biomarkers Prev*. Mar 2007;16(3):494-499.



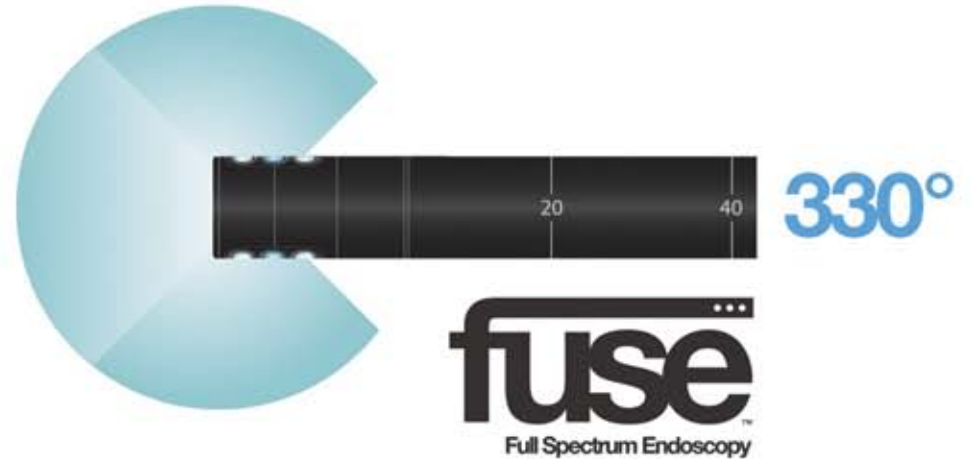
Dr. Anand Kesari



**Standard Colonoscope
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**Fuse™ Colonoscope
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The Fuse system recently received FDA 510(k) clearance for marketing in the U.S. “As an early adopter of the innovative Fuse system, Gastro-Colon Clinic is at the forefront of U.S. healthcare providers offering the best technology and procedures for detecting colorectal cancers,” said Dr. Kesari. “Our team is proud to be using the new system in our ongoing effort to reduce cancer and provide the highest quality care to our patients.”

In a multi-center trial conducted in the U.S., Europe and Israel, researchers performed a series of colonoscopies comparing standard, forward-viewing endoscopes and the new Fuse system.

The endoscope used in the first examination was selected randomly. After the first inspection, each patient immediately underwent a second colonoscopy performed by the same doctor, but with the competing endoscope. The 185 patient trial showed standard, forward-viewing endoscopes missed 41% of potentially pre-cancerous lesions,



or adenomas, while the Fuse system missed just 7%. Additionally, Fuse found 69% more adenomas when compared to standard, forward-viewing endoscopes. The results of this clinical study were presented at a major medical society meeting earlier this year and recently published in The Lancet Oncology.

“Standard, forward-viewing endoscopes provide up to 170 degrees of forward vision. The advantage of Fuse is that it allows endoscopists to examine twice the anatomy with a wide 330 degree view. This is especially advantageous because adenomas can be missed in difficult to find areas of the anatomy,” said Dr. Kesari. “The findings are compelling and support the data from previous studies showing the limitations of standard, forward-viewing endoscopes. EndoChoice’s innovative Fuse technology dramatically improves the effectiveness of this life-saving procedure. And improving the effectiveness of every procedure we perform here at Gastro-Colon Clinic is what we’re all about.”

Patient scheduling with the new Fuse system is now underway at Gastro-Colon Clinic. More than 15 million colonoscopies are performed across the United States each year and most insurance companies cover the costs for those patients over age 50.

**Gastro-Colon Clinic
Dr. Anand Kesari**

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

Spring Training for Your Hearing

Ahhh – spring. Who doesn't love the sights, sounds and promise the season brings? And, if you're an American baseball aficionado, you know that spring also heralds the beginning of spring training.

What does baseball and spring training have to do with your hearing health? Ironically, many New Year's exercise-related resolutions only last six weeks, just about the time it takes to get from the first of January to the beginning of spring training. Since we all know that exercise is beneficial to good hearing health, why not take a page from baseball's play book and renew your resolve to lead a healthier lifestyle this year.

THE WARM UP

What kid (or kid at heart) doesn't like to get to the ballpark early enough to watch their favorite players warm up? News reels are full of eager kids hanging over the wall by the dugout, trying to get a player or two to sign their mitt or throw them a practice ball.

Even though you may not be signing autographs any time soon, a little seventh inning stretch is a good habit to adopt. With the advent of computers, more of us find ourselves hunched over a keyboard for work and pleasure. That can cause stiffness in our neck and shoulders muscles, which can reduce the amount of blood flow to the inner ear. Not only is this damaging to the delicate auditory hair cells responsible for translating the noises our ears collect into electrical impulses for the brain to interpret as sound, it can also aggravate tinnitus.

Tips before you begin your warm up:

- See the doctor before you begin any exercise program. He or she will help you determine the most appropriate fitness program for your age and overall health.
- Make exercise a part of your daily routine. With your doctor's permission, find something you like to do that gets your body moving for 20-30 minutes every day.



Spring training is right around the corner! Whether or not you're a baseball fan, take a tip from the diamond to ensure you maintain your exercise regime while heeding attention to your hearing health.

• Listen to your body. Even some of the best athletes in the world end up on the injured reserve list every once in a while. If you're not feeling well, take a break from your daily routine. If symptoms persist, see your doctor.

Now that you are cleared to play, here are a few stretching exercises to keep your neck and shoulders limber and the blood flowing effectively throughout the blood vessels of your ears and brain:

Shoulder stretch: Cross your left arm over your chest so your fingers point away from your right shoulder. Hold your left elbow with your right hand and pull it close to your body. Hold for 15 to 30 seconds and repeat on the right side.

Neck rotations: Looking straight ahead, drop your chin to your chest and relax. With your head still down, turn your chin slowly toward your left shoulder, back to the center, then to your right shoulder and back to center. Repeat on the other side.



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Shoulder rotation: Hold your arms at your sides at shoulder height. Slowly, begin moving your arms in small circles forward. Increase the size of the circle as you are able until you've made ten circles in the air. Repeat the exercise in reverse.

GET IN THE GAME

Another exciting aspect of spring training is the opportunity to see new talent try out for the roster. The same principles these players use to get game-ready can also be applied to your hearing health.

- Don't sit on the sidelines wondering why you aren't hearing as well as you used to – make an appointment now to see a hearing healthcare professional for a thorough audiometry. If you don't have a hearing healthcare professional, visit our directory.

- If you're diagnosed with hearing loss, take steps immediately to treat the issue. If your hearing loss can be treated with hearing aids or cochlear implants, discuss the options with your hearing health professional and your family. Don't let vanity get in your way of better hearing. Hearing aid users report a higher quality of life than those with untreated hearing loss.

- Create good listening environments for yourself whenever possible by asking friends, family and co-workers to face you when they speak, turn down the volume on televisions and radios when having conversations, and speak slower and louder.

STAY IN THE GAME

During spring training, existing team players get the chance to practice before the season begins. To translate that into terms of hearing health, do some fine tuning if you're already a hearing aid user. At your next checkup, tell your hearing health professional if your lifestyle has changed in any way. The more your hearing healthcare professional knows about your lifestyle, the better she can help you maximize the hearing you have left.

Here are some good topics to discuss:

- Are your hearing aids working for you in every listening environment?
- Is there any new technology that might help you participate more fully in your lifestyle?
- Are you taking advantage of all the features your hearing aids provide?

PLAY BALL!

Spring training exhibition games are a great way for all players to get tuned up for the season and any player worth his salt knows he needs to protect himself from injury by wearing the right gear. The same is true with your hearing health. No matter your degree of hearing loss,

it's important to do what you can to protect the natural hearing you have left.

Noise-induced hearing loss is one of the most common forms of hearing loss – and the most preventable. Whether you play baseball or participate in other sporting activities, it's a good idea to know the noise level and protect your hearing if necessary.

Baseball has been an American institution since the early 1800s, so whether you're a player, a spectator or just like the taste of hot dogs at the ballpark, get ready to enjoy the season. When you take your hearing health as seriously as you do your favorite player's batting average, you'll be able to hear your best on and off the field all year long.



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."



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- 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.**
- May 5th | Luncheon** | Villages Office Volunteer Party, 8630 E Co Rd 466, The Villages | **1:00 p.m.**
- May 12th | Seminar** | Waterfront Inn, 1105 Lakeshore Drive, The Villages | **1:00 p.m.**
- May 21st | Seminar** | Holiday Inn Ocala, 3600 SW 38th Avenue, Ocala | **1:00 p.m.**

Dr. Castellano



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“THIS IS NOT YOUR PARENTS’ RETIREMENT”

With a passion for on-going education, community service and creating a family culture, this industry leader and his team help retirees achieve “Your Life, Your Way.”

In his first book, ***Not Your Parents’ Retirement: How Annuities and Life Insurance Can Help You Live Your Life Your Way***, Greg Parady, CEO and Founder of Parady Financial Group, explains how to use a wide array of financial instruments to maximize the living benefits of life insurance and annuities to establish guaranteed income for life and create a tax efficient retirement, while protecting principal from stock market volatility.

Parady’s book is scheduled to be released this summer and below is a sneak preview of the book’s “Forward” by renowned retirement expert Ed Slott:

If someone told you that they could guarantee you won’t ever lose money in retirement, you would rightly doubt that claim, or say “Where can I sign up for that?” Greg Parady has built a well-respected firm, Parady Financial Group, which offers a variety of financial services including financial planning, insurance services, investment advice and tax planning. They focus on conservative strategies for retirement income - that core principle – guaranteed retirement income, and their clients love it.*

Even more impressive are the wonderful relationships Parady Financial Group has built with their clients. This is not a blind endorsement. I have seen this first hand. When I visit with their clients, it seems like I am at family function, with food, music, entertainment and oh yes, great retirement income planning information. When was the last time you danced at an informational retirement income planning event?

(Continued on Page 22)



ED SLOTT

GREG PARADY

Their clients are like their family and it shows. It is so nice to see retired people so financially confident, knowing they have reliable supplemental income during their retirement years. Parady Financial Group has cultivated these relationships over many years by creating customized retirement income strategies based only on what's best for their clients and their families. You can see that their clients are not concerned about outliving their money, which is a concern we see in a lot of retirees in the U.S. That's why they are so lively and cheerful, and it's fun to be around them. They make me feel young! You really have to see this for yourself, like I have.

But there's more. Another ingredient that makes this all work so well for Parady Financial Group is that they never stop educating themselves. Clients need to know that their financial and insurance professionals have the specialized knowledge of how to leverage their retirement assets to make them last throughout their retirement years.

Financial and insurance professionals generally help you grow your money during your working years, but that's only half of the game. Protecting your assets and making them last is often a missing ingredient during the accumulation years. At Parady, Greg created a strategic planning firm that focuses on two of the biggest financial challenges in retirement: protection of assets and minimization of taxes.

In retirement, it's what you keep after taxes that counts because that's the money you can actually spend and enjoy. More taxes means less for you, just when you need it most – in retirement.

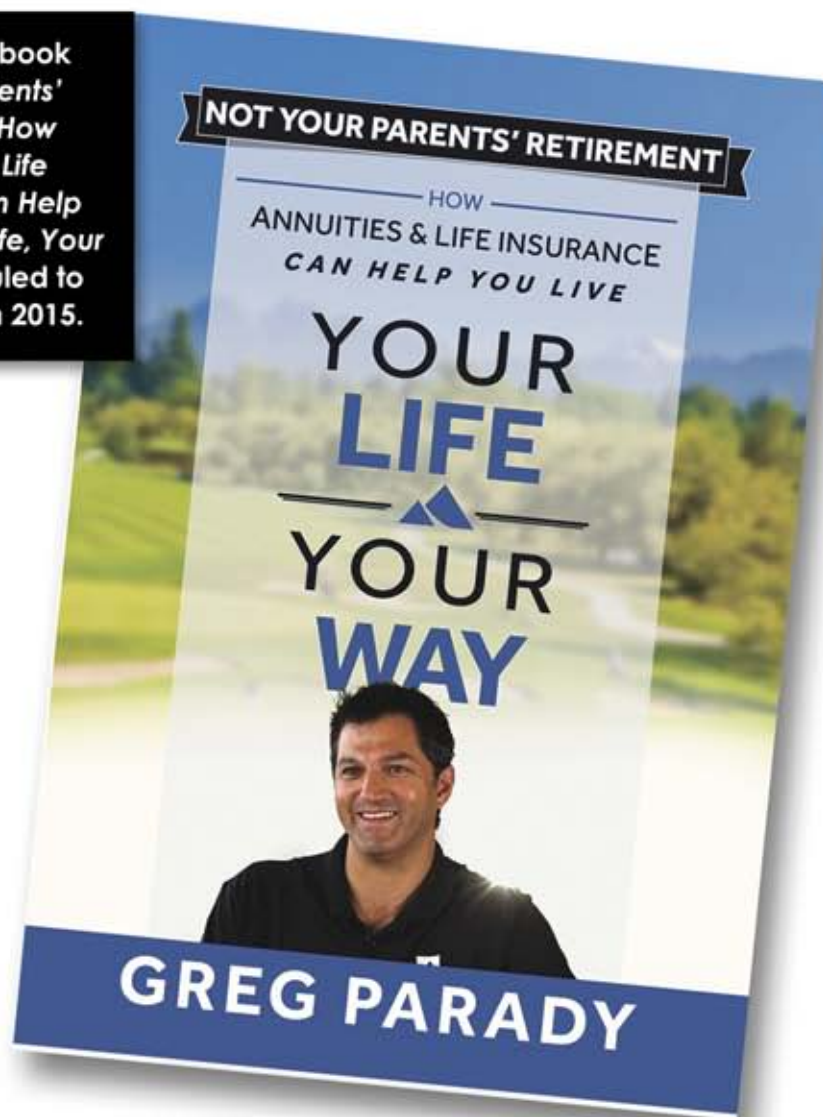
I believe taxes are the single biggest factor that separates people from their retirement dreams and money. But the problem is that most firms do not have the specialized tax planning knowledge, and that puts their clients' retirement savings in jeopardy.

Parady Financial Group make it a priority to help you minimize taxes in retirement. I know that for a fact because I see Greg and the Parady team of professionals at our advanced training programs on retirement tax planning as members of "Ed Slott's Master Elite IRA Advisor Group." Less than one percent of professionals in the country have this level of training. If you are heading into retirement or already there, wouldn't you want to be working with a firm that values both education and client relationships above all else? Of course you would.

Parady Financial Group's story is a model for all others. When I see their clients, I know you want your trusted financial and insurance professionals to operate like this. Don't you?

*-Ed Slott, CPA
Retirement Expert and Founder of www.ira-help.com
Ed Slott's Elite IRA Advisor Group*

**Parady's first book
Not Your Parents'
Retirement: How
Annuities & Life
Insurance Can Help
You Live Your Life, Your
Way is scheduled to
be released in 2015.**



Slott was named "The Best Source for IRA Advice" by The Wall Street Journal and called "America's IRA Expert" by Mutual Funds Magazine. He is a nationally recognized IRA-distribution expert, professional speaker, and the creator of several public television specials.

He and Parady have become well acquainted in recent years as Parady Financial Group expands its national reputation for helping retirees, and those approaching retirement achieve piece of mind and financial confidence.

Slott has been a regular guest speaker at Parady Financial's Retirement Learning Lounge – a one of a kind clubhouse style education center dedicated to on-going learning for people that have chosen the Villages lifestyle for their retirement years.

The Retirement Learning Lounge, located at Brownwood in the Villages, is a comfortable and beautiful space but also a concept that builds the foundation for a long-term relationship between Parady and its members. The Learning Lounge program allows Parady and its staff to get to know people before discussing specific retirement needs.

The education model is designed to allow people to learn at their own pace and get information through a process of osmosis. The gradual absorption of complicated retirement issues and insurance-related strategies is a more effective approach than a single sales pitch. The Learning Lounge is where people get to know what Parady Financial Group does as well as learn about a variety of retirement topics, from annuity strategies to understanding IRAs and navigating the complexities of the tax code.

Greg's signature presentation on retirement planning is at the core of the new film documentary entitled "The Greg Parady Story." Directed by three-time Emmy Award winner Nick Nanton, the film's first and second segments played at the Barnstorm Theatre in The Villages twice in January and also aired on Fox Business News and Bloomberg Television. The film is screened weekly at the Parady Learning Lounge at Brownwood. It has now also

been converted into an easy to use video book that is part of a multi-media brochure; the user can open it up, press "play" and watch.

Parady Financial's open house events mix business with pleasure, and are a great opportunity to meet other clients, ask them how they feel about the firm and find out how the strategies Parady Financial developed for them have positively impacted their lifestyle. "The first thing you will notice when you attend one of our Learning Lounge sessions is that we are not the norm when it comes to financial services," says Greg. "We believe our signature strategies speak for themselves, and are a good fit for many people."

Parady and his growing staff of high-level financial industry professionals provide their retirees individualized, conservative retirement strategies. "Our goal is to create a plan about you - your life, your way," says Parady. "We focus on exit strategies, helping people transition from the accumulation phase of saving for retirement to the preservation phase of living in retirement – so people can focus on making memories and living the retirement they dreamed of."

GIVING BACK AND PAYING FORWARD

Having achieved success as an entrepreneur from humble circumstances, Greg has long believed in giving back to the community of The Villages, where he has lived, built and grown his firm since 2001. Some of his more notable giving has made national news. He became something of a media sensation during the Christmas rush of 2013 as the "Layaway Santa." In a spontaneous burst of holiday spirit, Greg paid off \$21,000 in customer layaways for 76 families, all complete strangers, at The Villages Wal-Mart. The story was reported on all local major network affiliates, and then picked up on national and international wire services, including the Huffington Post, CNN, MSNBC, "The Today Show" and "Good Morning America." Time Magazine featured Greg as one of the "Five Times People Actually Saved Christmas."

In a December 23, 2014 article called "Layaway Angels Soar to New Heights, Buying Strangers Over \$50,000 in Gifts" published on NBC News' Today.com, writer Ben Popkin described Greg's more recent community contributions. "This year he paid off over \$16,000 in layaway plans. This is his second year of being a surprise layaway angel. Parady didn't stop there, giving away over \$101,000 this holiday season. To spread the cheer, he gave students and clients pre-loaded \$100 and \$25 gift cards with instructions to spend it on someone else, preferably a stranger. Greg also donated over 200 laptops to local lower-income schools to help the students prepare for the new Florida state assessment tests, which this year have a typed essay component."

As it says on the Parady Financial website, "Layaway Santa is at it again...But this year, he's encouraging his entire community to get in on the act. (Greg) may soon be known as the guy who convinced his entire community to Pay It Forward."

Greg and his team also created Parady Cares, a non-profit dedicated to helping several local schools with reading and study materials and food and clothing for needy children. Other 2014 endeavors included Breast Cancer Awareness Fashion Shows, We Bike for Kids, an Alzheimer Family Organization Walk and a



Toys for Tots Drive. The charitable, family and community atmosphere has helped Parady Financial grow from 18 to 37 full time employees in the past year.

The Parady Financial team deeply respects Greg's many accomplishments and vision for the future. They recently nominated him for two high profile awards - one for Entrepreneur of the Year (EOY) and the second for a leader in charitable contributions. The first award is given to entrepreneurs in different regional markets in the U.S. by Ernst Young, a globally integrated professional services company. The other nomination is from the Invest in Others Charitable Foundation, a public charity organization devoted to recognizing talented and successful people who are making a profound difference in the lives of people in their communities.

As you can imagine, Parady's clients think he's pretty special too - not just because Parady Financial helps them live financially confident in retirement but because Greg has helped foster a dynamic and expanding social circle, which offered numerous ways for them to give back.

Cory Greico says, "We just took an epic family cruise with 24 of us, our kids, our grandkids, the spouses, everything, and it was amazing! And we wouldn't have been able to do that if it weren't for the plan Greg put in place for us." Joanne Castigliero adds, "As we got older and we got towards the end of our working life and towards our retirement life, the market became so much more unstable. Instead of a two-point market trend the market was 30 points up, 20 points down, 30 points, 10 points up, 40 points down. I don't miss that one bit. The market can go up 100 points or down 200 points and I'm good. I can sleep at night now!"

Client Bill Walter taps into the heart of Parady Financial's mission when he says, "Greg has a different approach. He recognizes that no two families, no two individuals are the same and he does a lot of learning about the clients before he event suggests what products might be useful. Greg spends a lot of time educating folks so they

know what it is that they might be investing in, and know that it's something they will be comfortable with. Where others may do a pretty good job, I think Greg does a better job from the educational standpoint."

Another client, Mac Selvidge says, "I remember the night we sat here and Greg was talking about seeds and trees and whatever and how you get from here to there," he says. "We had been with a financial planner in West Palm Beach for 20 years... Greg's here talking about getting out of the acquisition mentality and getting more into the distribution mentality. (My wife) Charlotte leaned over in the middle of the conversation and said to me, "Why isn't our guy talking about this stuff?"

When people walk into Parady Financial offices they spot a phrase on the wall above the aquarium: "We Are Family." Greg credits his Managing Partner, Cindy Nazzaro, with fostering their family environment. "Cindy's in charge of overseeing the team that takes care of clients and loves on them constantly, which helps build a different kind of relationship and continues long after people start to work with us," Greg says. "We take the position that if you've trusted us with your retirement future, then you deserve outstanding service."

Clients Ruth and Dick Steeves attest to that. "It is a family, absolutely is a family," they say. "I don't know how to explain it any different than that, because they are concerned about you, like if you're sick they will call you. You're not going to get a better firm to invest with. With Parady Financial and what they have done for us, we can go to bed and not have to worry about tomorrow. Sounds almost to good to be true, but since we found out that it is true we're constantly recommending Parady to our friends and associates."

Parady Financial Group, Inc. works closely with Parady Tax Solutions, LLC and Parady Investments, LLC to provide various services to our clients. This testimonial is provided to support the sales of annuities and life insurance. The Parady Annuity and Life Insurance division of Parady Financial Group provides retirement income planning strategies and sells fixed indexed annuities and life insurance products. *Annuity guarantees are backed by the financial strength and claims-paying ability of the issuing carrier. Parady Tax Solutions is an accounting and tax firm that helps provides tax planning and tax preparation for our Parady Financial Group clients. Parady Investments is a Registered Investment Advisory offering financial planning services; not all Parady employees are registered, including Greg Parady. A full list of Parady team members and their licenses and certifications is available on our website at: <http://www.paradyfinancial.com/parady-financial-staff-licenses-certifications/>.

SENIOR NUTRITION

By Superior Residences



When it comes to a healthy diet, seniors can be hard to please. As we age, even favorite foods may seem to have changed in taste or lost their flavor altogether. Healthier foods such as fruits and vegetables may be difficult to chew or even cause stomach issues.

“Without guidance, seniors can fall into a rut of eating an unhealthy, limited menu,” said Gary Crews, Executive Director at Superior Residences of Cala Hills in Ocala, which provides assisted living and memory care. “We also see residents who have gotten into the habit of adding too much salt or sugar to their food.”

To keep seniors on a healthy track, the dietitians at Superior Residences provide a well-balanced variety of healthy foods thoughtfully prepared for easy eating and digestion, Crews said. To avoid high salt and sugar intake, spices are used to add flavor and zing. Excessive sodium is a risk factor for high blood pressure and heart disease, while sugar can aggravate diabetes and weight issues for seniors.

Seniors also need to be extra vigilant about staying hydrated. Aging can depress the sense of thirst. Dehydration has been associated with confusion, falling and constipation, and leads to many preventable visits to the ER and hospitalizations each year.

Frequently offer seniors something to drink, even if they haven't said they are thirsty. If they aren't in the mood for a drink, try a juice smoothie or a frozen juice treat. Offer soup or broth as a snack or before meals.

The USDA recommends this daily intake for seniors to maintain good health:

- Fruits: 1-1/2 to 2-1/2 cups
- Vegetables: 2 to 3-1/2 cups
- Grains: 5 to 10 ounces
- Protein: 5 to 7 ounces – Meat, fish, poultry, eggs, tofu, beans, nuts or peanut butter.
- Dairy: 3 cups – 1 cup of milk or 1 cup of yogurt, 1-1/2 to 2 ounces of cheese or 2 cups of cottage cheese.
- Oils: 5 to 8 teaspoons
- Solid fats and added sugars (SoFAS): Keep the amount of SoFAS small.



Beyond the right amount of calories for their activity level and meeting requirements for vitamins and minerals, seniors need to be aware of how their diet can impact medical conditions and how foods can interact with their medications. Talk to a physician or registered dietician about foods your senior loved one should be eating or avoiding to stay healthy.

Call today to talk with a Superior Residences team member about all the options available to you at 352-861-2887.



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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- Stress • Carpal Tunnel Syndrome
- Rheumatism • Varicose Veins
- Fibromyalgia • Sprains • Knees
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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!



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THE BASICS OF WINE TASTING

We all know how to drink wine, but do you know how to truly enjoy the taste of the exquisite drink? Are you one of many who enjoy drinking wine but would like to know more about how to actually taste and appreciate the wine? If you can taste food and describe the flavors, you can do the same with wine.

Wine is a wonderful addition to any meal. It's flavorful, decadent and something many people enjoy. Perhaps the problem arises because we so often enjoy wine in social gatherings, where we are so focused on chatting, eating, having fun and so forth, that we don't give any thought to the wine being swallowed, so long as it is not unpleasant.

Wine tasting is not the same as drinking it. To experience the true flavor of a wine requires that you slow down and pay attention to your senses of sight, smell, touch, as well as taste.

Important first steps are to make sure the glass you are using is clean, and that you do not fill it too full. About one-third full is best.

HOLDING A WINE GLASS:

There is a right way and a wrong way to hold a wine glass, and it does make a difference. Never hold the glass by its bowl, only by its stem since the heat of your hand will quickly warm the liquid.

SIGHT:

Look at the wine - in daylight if possible. The best way is to slightly tilt the wine in the glass and hold it up to the light or look at it against a white or pale background. What do you see?

Is the wine clear or cloudy? The color will vary according to what type of wine you are tasting.

Red Wines: Red wines vary greatly in color. A young red wine is typically a bright-raspberry color. You will see hints of reddish-brown around the edges. An older red wine might be mahogany to brick-like in color. As a red wine ages, the red wine tends to have a brick-like color. Some dessert wines and especially those that have been in oak barrels, tend to be golden.



White Wines: White wines range from pale green to yellow to deep golden brown and become more golden as they age.

SWIRL:

While firmly holding the stem of the wine glass, gently swirl the glass in tiny circles on a flat surface for 10 to 20 seconds allowing oxygen to penetrate the wine.

The purpose of swirling wine in a glass is to aerate the wine and release vapors, evaporating from the sides of the glass, for you to smell. As the wine coats the sides of the glass, it releases its bouquet.

Observe the streaks of wine (legs) as they roll down the side of the glass. The legs can help you determine the body of the wine.



SMELL OR SNIFF: Tip the glass up and stick your nose in it and inhale. Some tasters claim that you can get more aroma by holding your nose an inch or so above the glass after swirling. They think you catch more than you would

if you put your nose all the way into the glass. Try both ways to see what works for you. Also, your nose tires very quickly. Even “off-smells” may not register after a number of sniffs.



Did you know that 80% of our sense of taste is actually in our nose?

The aromas can be quite different depending on how far into the glass your nose goes. What do you smell? There is no proper sniffing technique. Some wine connoisseurs prefer to sniff by quickly inhaling two or three times. Others prefer one deep sniff or smelling with one nostril at a time.

At the top of the glass, the smells are more floral and fruity; deeper in the glass, they are richer. Try to detect the full range of scents from berry to floral to spicy to woody ... and so on. Consider intensity and appeal.

SIP AND TASTE:

This is the final step and should be taken only after you've used your other senses. Then sip the wine, letting the wine spread across the tongue from front to back and side to side before swallowing.

If you feel comfortable doing so, carefully slurp some air through puckered lips. This slurping of air (aerating) will help to release flavor and aromas.

Assessing the wine by taste should confirm the conclusions drawn from the appearance assessment and the smell assessment.

- The tip of the tongue detects sweetness
- The inner sides of the tongue detect sourness and/or acidity
- The outer sides of the tongue detect saltiness

At this point you can either spit it out (especially if you are tasting several wines) or simply drink it, but be sure to experience the aftertaste (the finish). Professional wine tasters will not swallow the wine, but immediately spit it out (you will see buckets for this purpose).

If you are tasting several wines, begin with the lightest white wines first and progress to the heaviest red wines. This will help keep your taste buds more sensitive so you can better appreciate each wine in the series. A sip of water between wines can also help preserve your palate.

Remember, there are no right or wrong descriptions of how a wine tastes or smells. Don't rush the tasting experience. Linger over the wine.

Finally, beyond all this objective evaluation lies the most important taste qualifier – do I like this wine? Do I want to drink it again? As a wine consumer, you don't have to be objective, it is all about what you like to taste and drink.



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April is Youth Sports Safety Month

CONCUSSIONS IN YOUTH SPORTS

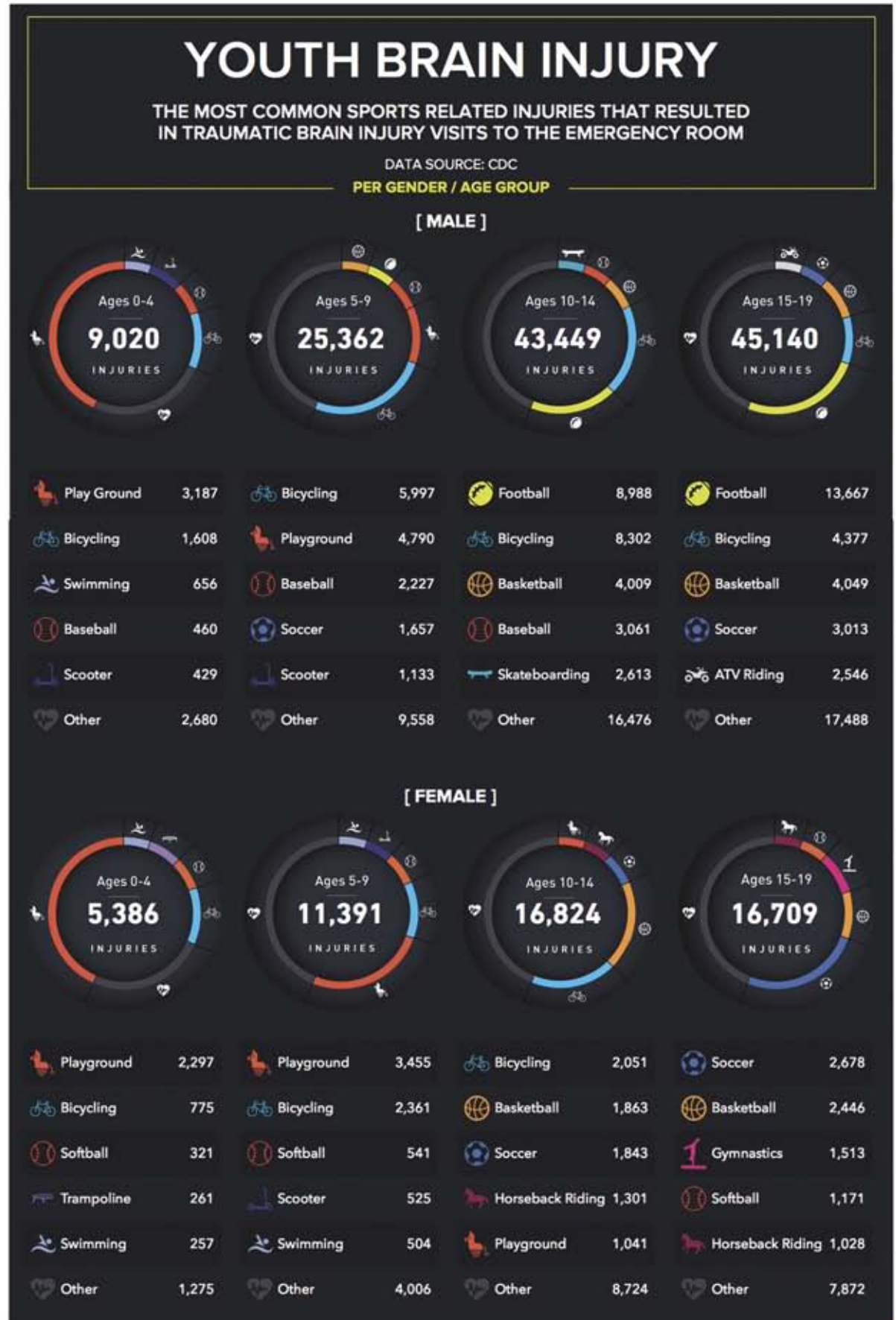
As the number of reported cases of traumatic brain injury (TBI) increases in professional sports, so too does awareness of concussions at the college and amateur levels. The NFL now takes helmet to helmet contact as a serious offense after coming under intense scrutiny for allowing players to reenter the game after sustaining brain jarring hits. Professional leagues have their reputation and financial interests to consider, but what about little league players or high school athletes looking to advance their game to the next level?

The following interactive data visualization breaks down the total number of traumatic brain injuries sustained by children under 19 years of age between the years of 2001 and 2009. The data, taken from a 2011 study by the Centers for Disease Control and Prevention (CDC), is categorized according to gender, age range, and sport/activity.



No matter your level of expertise on the subject, the numbers have a way of speaking for themselves. Go to www.tnhealthandwellness.com and click on the article to review the interactive graph details.

Article source: Safer-America



Ginny Gave Out, but She Never Gave Up

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

While I sat with the family in the surgical waiting area, I saw the elevator doors open. It was the surgeon. As he walked the twenty-five feet or so from the elevator to the waiting room, he was looking at the floor as though he was searching for something, maybe the next words to say. When he came into the waiting area, all eyes were on him. He was an older gentleman with many years of saving lives. He immediately sat down in one of the chairs and began to describe in layman's terms the very difficult and tedious aspects of the surgery.

"The aneurism had grown to the size of her stomach and was simply impossible to repair in the few precious moments we had to work with her," he said sadly. In addition, he said that she had apparently suffered a heart attack.

Then I heard it. What the gentle surgeon said next stood out to me like a hammer striking a large bell. He said, "*She never gave up the fight; she just simply gave out.*" As these words rang through our ears, we all knew she had gone on to be with her Lord and Savior, Jesus Christ.

It took only a few moments for the reality of that statement, "*She never gave up the fight; she just simply gave out,*" to sink into me like warm rays of sunshine breaking through on a cold and snowy day. This lady's life was a living testimony of that statement. She was an eighty-year-old grandmother with a love for God and for her family, who compelled her family who compelled her to be a "force to be reckoned with." I watched as her children and grandchildren began to weigh out the tremendous loss and the impact to their daily lives.

She had recently had cataract surgery so she could continue to drive herself and be present in the lives of those God had entrusted to her care.

She had been the spiritual matriarch to this large family.



I watched two very big, strong grandsons begin to weep as they felt the loss of her presence in their lives. She was in their hearts at such a deep level that it could only be expressed with tears. I said to these young men as I hugged them that they needed to "let it go" and cry. I told them she was watching them from Heaven now and needed to see if all her hard work and prayers for their lives would continue to pay off, and that it would bring her joy to see them miss her. I asked them never to forget all the life-giving, Godly advice she poured into their ears and hearts over the last twenty years.

As I drove home from the hospital, I wondered about my life. I wondered if it would be said of me one day, "He never gave up the fight; he just simply gave out." I realized that the "never give up" was about love and commitment, a sometimes rare commodity today. And that "simply giving out" was only about resources and not heart.

As I prayed, traveling east on Manatee Avenue, I recognized how she was able to stay so strong all those eighty years, even up until the end of her life. Her secret is found in the Bible, the book of *Hebrews in chapter 12 verse 2*. It states:

"We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.

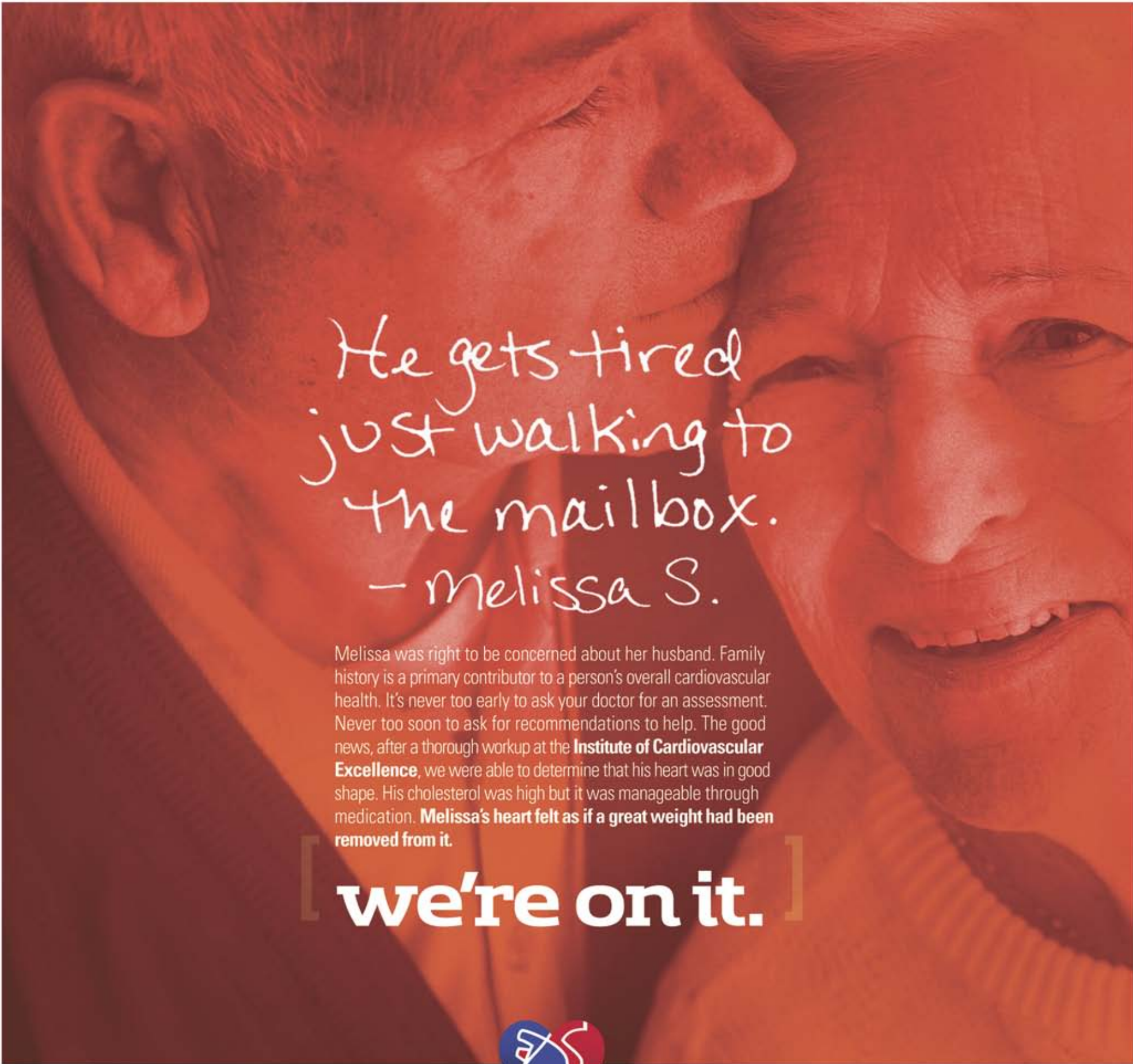
Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne."

It's the ongoing daily relationship with Jesus who died, but is not dead now. As the verse states, He is sitting in Heaven at God the Father's right hand. Why is Jesus there and not here? He is praying for us. He is there to ensure *we do not give up the fight.*

My prayer and hope for you this Easter is that you will find a great church (there are many in Sarasota and Manatee counties including my own, Bayside Community Church) and go. Not for a religious activity, but to have an authentic experience with the God of the universe. I know it may feel a little scary, (it was for me when I first went for that purpose) but do it. God is real. He is nothing but pure love and wants a long-term, even eternal relationship with you. And if you do decide to have that relationship with Him, I hope it will be said one day that you "never gave up; you only gave out."

To your spiritual health,
Alex E. Anderson
 Author of the book, *Dangerous Prayers*
www.dangerous-prayers.com

Dedicated to Virginia (Ginny) Cognac



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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