

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

May 2015

Marion Edition - Monthly

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May is Better
HEARING MONTH


DANCE for the
Health of It

**VACCINES AND
STEM CELLS:**
Weapons Against
Lung Disease

**NUCLEAR
MEDICINE:**
A Breakthrough
in Advanced
Diagnostic Imaging

STRESS INCONTINENCE
Is Nothing to Sneeze At

GERIATRIC MASSAGE
Brings Relief from Arthritis



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

Swelling, discoloration and pain in the lower extremity, all symptoms of Venous Insufficiency, are serious indicators of a potentially limb-threatening, even life-threatening condition. Samantha had all three of them and missing a dance at her daughter's wedding was the least of her worries. ICE was there to help. Our vein care team located the four damaged veins that were causing her problems and treated them. **Six months later, Samantha got rave reviews for her fox trot at her baby's wedding.**

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Contents May 2015

- 6 May is Better Hearing Month
- 8 Stress Incontinence Is Nothing to Sneeze At
- 9 Nuclear Medicine - A Breakthrough in Advanced Diagnostic Imaging
- 10 Dance for the Health of It.
- 12 Full Body Vibration: Natural Pain Relief for Arthritis Sufferers
- 13 Surgical or Non-Surgical. Don't Settle for Less.
- 14 Vaccines and Stem Cells: Weapons Against Lung Disease
- 16 May Is National Mental Health Month
- 17 ICCC to Enhance Coordinated Patient Care by Offering Comprehensive Services at One Single Location
- 18 Safety First: When Seniors Need Help to Stay Safe
- 19 Geriatric Massage Brings Relief from Arthritis
- 20 Save a Limb. Save a Life.
- 22 Dr. Anand Kesari Offers Innovative Full Spectrum Endoscopy Procedure for Improved Early Detection of Colon Cancer
- 24 Treatment for Arthritis
- 26 Blueberries Do A Body Good
- 28 How You Will Live Easy?
- 30 The Swedish Dentist
- 31 Spiritual Wellness: You Change Your Words to Change Your Life

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► We're Turning ►

A large, stylized number '22' is the central focus, rendered in a dark blue color with a white outline. The background is a vibrant, multi-colored geometric shape with shades of blue, green, yellow, and orange. The top is decorated with a string of colorful triangular bunting flags. Below the number '22', there is a festive illustration of a three-tiered birthday cake with red frosting, white icing, and colorful sprinkles. The cake is surrounded by several balloons in shades of red, blue, and grey, and a shower of colorful confetti is falling around it.

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May is Better Hearing Month

Help the ones you love come to terms with their hearing loss.

Acknowledging hearing loss usually begins with complex reactions, but the first and most common one is denial. Although there are many reasons why people go into denial about hearing loss, the bottom line is: Taking that first step to get a hearing test may confirm their worst fear – that they do, indeed, have a hearing loss.

There are factors that make denial a logical mind set for many people. For example, hearing loss often progresses slowly. People don't realize what they are missing in conversations and how many everyday sounds from the world around them they no longer hear - they subconsciously adapt to this subtle progression. It is a known fact that it takes about 7 years for someone to acknowledge hearing loss. They may even hear well in some situations – good acoustics, quiet atmosphere without background noise, one-on-one conversations with a familiar person who articulates clearly. This results in the rationalization that their hearing is fine. Denial can even be a tricky thing when that person uses it as a defense mechanism, causing them to point their finger outward: everyone else has the problem – the world “mumbles!” But most of the time the denial goes back to our society's historical “taboo” of aging.

How can we help our loved one move beyond denial? The best advice is - don't push too hard. They will resist even more. After all, if someone is in denial then he/she truly believes nothing is wrong! So, if the idea of possible hearing loss and therefore having to get a hearing test is going down like the Hindenburg, take baby steps.



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First, find out where they are having the most trouble hearing and work on situations one at a time. Show them what they are missing as opposed to mocking or making fun of what you have observed. If the volume of a TV becomes too loud, look into assistive listening devices that can be used with TVs. Find a phone or handset with stronger volume control if they are missing phone calls. Or, if they can't hear the door bell, alarm clock or smoke alarm, look into visual/vibrating alerting systems. Use safety as the motivator to get them to consider taking that hearing test. These are the first steps to get people to be aware of their hearing loss and of what they can do about it.

As the person who is trying to get a loved one to take a hearing test, it is important for you to know the other reasons for making that happen. Long term unchecked hearing loss can cause auditory deprivation (a condition that results in the brain "forgetting" how to hear and understand speech). 95% of people with hearing loss can be treated with hearing aids. Nine out of ten hearing aid users report improvements in quality of life.

At HearUSA, our trained professionals can provide the proper testing to determine hearing loss. Stop by our center and celebrate May Is Better Hearing Month.



HERE ARE SOME OTHER HELPFUL HINTS TO HELP YOU DEAL WITH DENIAL:

- Sit down and talk openly and honestly about how their hearing loss affects you and your relationship with them. Assure them that they are loved and how you miss being able to enjoy things together. Make the hearing loss "our" problem not just "their" problem.
- Get them used to the idea of scheduling a regular hearing test as part of good routine health care, just like getting mammograms, checking blood pressure, testing vision, and having a colonoscopy. Set an example by getting your own hearing tested.
- Watch for health fairs that offer free screenings. Go to them together and take advantage of all the information as well as the free screenings that they may offer.
- Help by setting up appointments with a hearing care professional.
- Stay positive – the issue could be as simple as a build-up of wax in the ear!
- Offer to drive or find someone else to drive them to their appointments.
- Check to see if their medical insurance covers hearing evaluations and hearing aids. If there is no coverage, offer to help with the cost if that is feasible for you. Check out what financial help is available at www.hearingloss.org.
- Most importantly, educate yourself about hearing loss: the different types, the causes, the psycho-social impact, and what to do if you have hearing loss. With this information under your belt, you will be ready when they are and can answer questions and steer them in the right direction.



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."

STRESS INCONTINENCE IS NOTHING TO SNEEZE AT

“Stress incontinence” is a reality for millions of women in America today. The “stress” is not emotional or mental pressures. Rather, it’s physical pressure put on the bladder that can cause urine leakage. Something as simple as a sneeze or a cough might trigger a leak. Standing up suddenly, lifting something heavy, exercise; anything that puts pressure on a bladder can be problematic.

Stress incontinence is the most common form of incontinence in women. It’s an unwelcome embarrassment for 1 in 4 women aged 15 through 44—1 in 3 women aged 45 to 64. It is so embarrassing in fact, that fully *two out of three women never mention it to their doctors*. Those who do, wait an average of *over six years* before seeking help.¹

The good news is, when they finally do speak up they discover that their problem is, for the most part, easily cured. Often all it takes are a few lifestyle changes—exercise, lose weight, quit smoking, forgo the diet soda refills—and voilà—no more problem! Here’s why....

The root cause of stress incontinence comes from weak pelvic floor muscles, simple as that. How you came to *have* those weakened muscles could be from pregnancy and/or childbirth, carrying excess weight, decreased estrogen levels due to peri-menopause or menopause, or simply aging.

SO, HOW DO YOU FIX IT?

Weight loss may be one of the most effective ways to drastically improve or even “cure” stress incontinence. According to Kristene Whitmore, M.D., chair of urology and female pelvic medicine and reconstructive surgery at Drexel University College of Medicine in Philadelphia, “Dropping pounds eases the pressure on your bladder and pelvic floor.... In one study, women who lost 17 pounds reduced leaking episodes nearly 50%. Even those who lost a mere three pounds were 28% drier.”

1. <http://www.goodhousekeeping.com/health/a13570/urinary-symptoms/>

Also, watch what you drink—sip don’t chug—and you can also make a huge difference. Coffee is a major culprit. If you must drink it, think moderation. Water or herbal teas are better but even those need to be sipped over time. Finally, cut back or eliminate those elements in your diet that are known to irritate bladders: caffeine, carbonation, alcohol, artificial sweeteners, citrus and tomato juice.

One word—*kegels!* Many are already familiar with these go anywhere, exercise anytime little gems. Kegels are pelvic floor strengthening exercises. A doctor or physical therapist can show you how to perform the moves correctly to derive the most benefit. Keep at it daily for six to eight weeks to give the exercises the best chance to work.

All of the above are steps you can take to mitigate the effects of or even cure stress incontinence on your own. If those prove less than satisfactory, treatment can become more aggressive with a little help from your doctor. There are devices available he or she can prescribe to help.

A vaginal pessary is a specialized device shaped like a ring with two bumps on it. It is placed around the urethra to support the bladder and reduce leakage during activities. A urethral insert is another choice. Similar to a small tampon, it’s inserted for extra help when certain physical activities are anticipated—though it can be worn all day if desired.



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Surgery is the final choice available to someone suffering from the effects of stress incontinence. There are several procedures that can be performed. Consult with your doctor to see which one he or she may recommend.

The bottom line is, stress incontinence is more inconvenient and embarrassing than it is life threatening. Clearly, there are options out there. Most are non-medical lifestyle changes a person can adopt to take control of their particular situation. Many will greatly reduce or even eliminate the problem altogether. And while stress incontinence is nothing to sneeze at...it’s not a condition you’ll have to live with, either.





Nuclear Medicine – A Breakthrough in Advanced Diagnostic Imaging

Nuclear Medicine refers to a group of diagnostic tests that utilize a tiny amount of radioactive material to produce highly detailed images of different internal organs and systems, allowing specific conditions to be analyzed by RAO's Board Certified Radiologists with an unparalleled degree of accuracy.

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DANCE FOR THE HEALTH OF IT.

Just in time for National Physical Fitness Month—the not so hidden benefits of bustin' a move...!

The next time someone asks you to dance—get up and go for it. Sure, they may just want to have fun, which is reason enough. But they may also have your health in mind. Dancing, according to a whole host of medical and psychological experts, is one of the healthiest things you can do for your body, your mind and your spirit.

Something Dr. Justin Ferns, a cardiologist with ICE, has known for years. In fact, Dr. Ferns founded *Dancing With the Doctors* eight years ago to give something back to his community. He also introduced *CardioWaltz* to the general public as a way to stay fit and have fun at the same time. He knows the benefits of dance firsthand—he regularly competes on the swing and country circuits and has danced his way to 7 World Championships.

You may be thinking the good doctor's one of those blessed with the dancing gene whereas you were cursed with two left feet. Perhaps. But many researchers believe we are all hard-wired to dance; that it's instinct. They point to primitive cultures who used "rhythmic movement" to communicate. Ever wonder why your foot starts tapping when a particular song comes on? It's that instinct making connections with the timing circuits in your brain. So, you have the "dancing gene." The ones on the dance floor putting your moves to shame may simply have stronger connections than you.



putic onit.com

Nevertheless, there are plenty of reasons to swallow your pride and get out on that floor. Dancing benefits go straight to your heart by improving circulation and strengthening your cardiovascular system. In fact, one study showed that dance actually improves on the benefits of traditional cardio exercise.

At its heart, dance is quite literally an aerobic exercise and aerobics (dancing) has been shown to boost memory and even fight off dementia. The reason has to do with the area known as the hippocampus in our brains. That part of the brain deals in memory and tends to shrink as we age. Aerobic exercise can actually *reverse* that trend.

Want to reduce stress and depression? Crank up the tunes and grab your partner for some tango time, foxtrot fun, swinging salsa or a willowy waltz. Studies have shown that dancing can make marked improvements in both of those.

Still, one of the weightier reasons for slipping on the dance shoes is one that weighs on the minds of a lot of people—weight. Well, here’s a tidbit for the dedicated joggers and cyclers out there: a study in the *Journal of Physiological Anthropology* noted that aerobic dance training will help

burn the calories, drop the weight and improve aerobic conditioning *just as well as the bike or the treadmill.*

There are so many reasons to get up and dance that after awhile it sounds almost too good to be true. So yes, even though dancing strengthens your heart, lowers stress, flexes the joints, increases energy, brightens the mood and sloughs off those dreaded extra pounds, the best of all reasons may simply be that it’s a fun way to make new friends. Dance classes and dance outings are by their very nature, social events. And we are social animals—that’s hardwired into our brains as well. So much so that some studies claim expanding your circle of friends and forging positive new relationships ranks right up there with regular exercise and eating a healthy diet.

You can’t have too much fun or too many friends...can you? That’s a whole different article. But to us, the short answer would have to be—*no*. So, go on. Take your partner out for a spin around the dance floor—just for the health of it. Your Saturday nights—and your waistline—will never be the same again.

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Full Body Vibration: *Natural* Pain Relief for **ARTHRITIS SUFFERERS**



The official definition of arthritis is an inflammation of one or more of your joints. This inflammation manifests in stiff joints and pain, which usually get worse with age.

Arthritis is caused by a number of sources. Most people that suffer from arthritis have osteoarthritis, which develops naturally as we repeatedly use our joints and age. Another kind of arthritis is rheumatoid arthritis, which is caused by an autoimmune disorder. Other types of arthritis can be caused by a number of sources including disease, infections, genetics, etc.

Regardless of the type of arthritis, most of the symptoms are the same—the stiffness, pain, and swelling in the joints.

Modern medicine has one main weapon to fight arthritis—drugs. There are dozens of different medications, maybe even hundreds, that doctors will prescribe to suffering patients. In some cases where it could be useful, doctors may recommend surgery to replace joints like those in your hips and knees.

Natural Treatment with Full Body Vibration

Today's technological advances have paved the way for medicine alternatives that successfully treat various conditions, including arthritis. There are numerous research articles published by scientists over the last 10 years showing the benefits of full body vibration for those who suffer from arthritis.

So how does full body vibration help arthritis sufferers?

Low impact exercise is very important for people with Arthritis. When exercising with arthritis you have to focus on certain movements and an overall balanced workout for your full body, not just the area affected by arthritis. A common mistake is to focus on just the area that is in pain. This can be a big mistake because you will throw your body's balance off, potentially overwork the problem area, and can actually perpetuate the arthritis causing inflammation or cartilage deterioration. It is important to focus on range of motion, strengthening, and aerobic benefits when exercising to benefit arthritis.

Exercise can reduce pain and disability by decreasing muscle inhibition and by improving local circulation. Unfortunately, most arthritis sufferers tend to not adhere to an exercise regimen due to the discomfort associated with working out. The more difficult the exercise, the less likely they will do it. Full body vibration is particularly suited for these people because it exercises the postural system. Full body vibration is easy to use, the exercise sessions are short and best of all it is safe. Full body vibration is a great option to relieve arthritis pain and suffering, maybe even reverse the effects naturally.

Full body vibration stimulates muscles, connective tissues, and cartilage, all of which contribute to easing the swelling, stiffness, and pain caused by arthritis.

How does it do this? When you're standing on a good full body vibration plate (yes, there are bad ones) at 5 Hz you may not realize it, but your muscles are naturally contracting 5 times per second. This full body stimulation travels throughout your entire body stimulating muscles, tissues, and cartilage.

Not only does this help relieve the symptoms of arthritis, but the full body vibration is also strengthening muscles and increasing circulation throughout your system. Increased muscle strength helps support the joints and increased circulation feeds the cartilage more nutrients and oxygen.

As if the benefits above weren't enough, by stimulating the muscular and circulatory systems, we're also stimulating the lymphatic system, which removes the waste products from the body. This speeds up the removal of the body waste and toxins that are associated with the inflammation in the joints. Quicker waste removal equals reduced inflammation.

One more benefit, flexibility. There are entire research groups studying flexibility alone. They have found that arthritis does decrease the flexibility in the joints and that full body vibration actually increases it. Flexibility is a natural result of the full body stimulation that occurs as one stands on the vibration plate.

A number of patients that have suffered with arthritis for years are realizing that full body vibration is the first non-medicated solution that can successfully provide relief from daily pain. By simply standing on the machine and letting the vibrations stimulate the body the pain caused from arthritis is relieved while balance, muscle strength and flexibility is gained.



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- 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.**
- June 2nd | Seminar | Waterfront Inn, 1105 Lakeshore Drive, The Villages | 1:00 p.m.**
- June 16th | Luncheon | Villages Office Volunteer Party, 8630 E Co Rd 466, The Villages | 1:00 p.m.**
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Dr. Castellano



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Vaccines and Stem Cells: WEAPONS AGAINST LUNG DISEASE

By David Ebner, Staff Writer

Every fall, the billboards and television commercials urging you to get a flu shot start to creep into the national narrative. Many people have reservations about the flu vaccine; some state it causes headaches and even engages flu-like symptoms. However, the statistics strongly support the flu vaccination over trying to tough it out, especially for the elderly. The CDC estimates that, in people over 50, there is a 77 percent reduction in hospitalization for flu symptoms when vaccinated.

Why not give yourself the best possible chance to be healthy? During flu season, most people agree with this logic and get a flu shot. The benefits are even more compelling for those suffering from a lung disease like COPD. The coughing, shortness of breath and fatigue that come along with the flu are everyday symptoms for those with lung disease, and the possibility of contracting the flu can turn these already harsh symptoms into something potentially fatal like pneumonia or respiratory failure. That's why the CDC recommends that people with these conditions get the flu shot yearly.

Most pulmonologists will also urge their patients with lung disease to get a flu shot, but this has led patients to ask about other options to protect and improve their lung function. If a shot can vaccinate them from the flu, what can be done about lung disease? New options are emerging, and some have discovered stem cells as the answer. Just like the flu vaccine, stem cell therapy offers the possibility of improving lives through effective management and treatment of debilitating conditions.

Stem cells have become a buzzword in the news over the past few years. However, much of the talk is about fetal stem cells; few people are talking about adult, autologous stem cells that are present in all of our bodies. As our body's repair system, these cells live in blood, bone marrow and fat tissue. They naturally respond to injury or illness; however, stem cells don't move quickly, hence our bodies don't instantly heal when we get sick. Autologous stem cell therapy can expedite this natural healing process.

A clinic called the Lung Institute (lunginstitute.com) is working to change this. They treat lung diseases with stem cells from the patient's own body. In essence, they extract the cells through a minimally invasive procedure, clean them and then reintroduce them to the lungs after giving the patient natural growth factors that promote cell replication. This quickens healing by directing the cells—and their healing properties—toward the diseased area. The result is healthier tissue growing in place of damaged tissue, and although this doesn't cure the disease, it acts

like the annual flu vaccine by slowing further degeneration and bringing a normal life back within reach.

We are in the midst of a fight to eradicate the flu just like the measles and polio of yesteryear. In the past, when the medical field banded together to tackle these diseases head-on, they were able to develop a vaccine. With the advancements in medical research today, the question of whether this can be done for lung disease is forthcoming, and by the looks of it, stem cells could play a starring role.

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.



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June 16th | Luncheon | Villages Office Volunteer Party, 8630 E Co Rd 466, The Villages | 1:00 p.m.
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Central Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals', health and wellness centers', shopping plazas', grocery stores and many other locations.

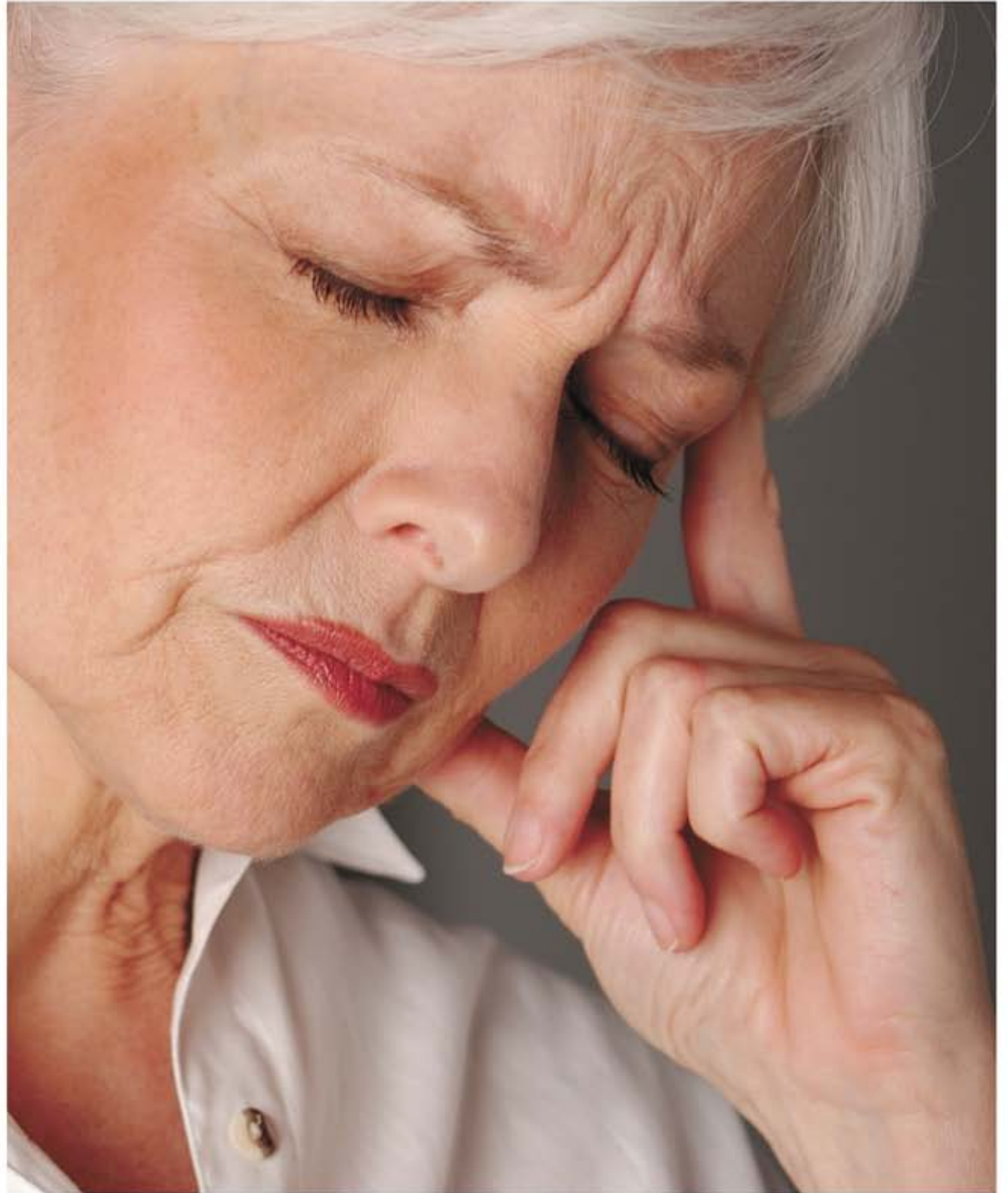
The screenshot shows the homepage of the Health & Wellness Magazine website. At the top, there is a search bar and navigation links for different editions (Charlotte, Collier, Lee) and archives. The main content area features a large image of a woman wearing a sun hat, with a 'Skincancer' article below it. To the right, there is a 'In This Issue' sidebar listing various topics like 'Living with Diabetes?' and 'Styly Wellness Works'. Below the main article, there is a section for 'Read Our Flip Book Version' with three thumbnails for different counties. At the bottom, a 'Featured Article' section highlights 'The Other Side of Parkinson's Disease' with a photo of a man and woman. On the far right, there is a 'SIGN UP FOR OUR NEWSLETTER' form with fields for Name and Email, and a 'Subscribe' button.

May Is National Mental Health Month

Mental health is a serious illness that many people seem to shun away from someone that is suffering with this illness. Mainly, this is because they do not understand what is wrong.

In recent years attitudes have been changing towards mental illness due to this amazing event that is held the whole month of May. This event is a month long campaign that educates the general public about mental health, mental wellness and ways to keep your mind healthy. Anxiety disorders are among the most common illness in America. 40 million people are affected by this debilitating illness. There are 5 types of anxiety disorders they are:

- **Panic disorder** which brings on sudden feelings of terror that strikes repeatedly and without any warning.
- **Obsessive-Compulsive disorder** which brings on repeated intrusive and unwanted thoughts over and over again.
- **Post Traumatic-Stress disorder** are persistent symptoms that occur after some tragic incident has occurred. Nightmares, flashbacks, depression, no emotions, feeling angry, irritable, distracted and easily startled are just a few.
- **Phobia** a disabling irrational fear of something that actually cause little or no harm to them. This type of illness can lead to avoidance in someone's life and can cause people to limit their lives.
- **Generalized Anxiety disorder** is a chronic exaggerated worry of everyday life events and activities that can last at least six months always expecting the worst even though there is no reason to. Physical symptoms of this are fatigue, trembling, muscle tension, headache and nausea.



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Treatments for anxiety disorders include medications and/or some type of psychotherapy.

Medications that are most effective are antidepressants or benzodiazepines.

The most effective type of psychotherapy used to treat anxiety disorders is cognitive-behavior therapy. This therapy teaches patients to understand their thinking pattern so they can control their anxiety level.

Anxiety disorders can also coexist with another anxiety disorder such as an illness or drug abuse. Anxiety disorder can also coexist with a physical disorder. Before going on any type of treatment a full physical health evaluation needs to be done.

So during the month of May let us all be understanding to someone that may have any type of mental illness and try to learn what that person is going through. This can affect anyone at any time. No one is immune from this horrible illness.

InterCommunity Cancer Centers to Enhance Coordinated Patient Care by Offering Comprehensive Services at **ONE SINGLE LOCATION**

In its continued efforts to enhance the access and delivery of coordinated cancer care for local patients, InterCommunity Cancer Centers (ICCC) recently announced plans to centralize its comprehensive services in order to provide them at one single location in Lady Lake.

Leading ICCC Radiation Oncologist Dr. Herman Flink, who has cared for patients in the Leesburg community for several decades, will continue treating patients at the Lady Lake location, less than 10 miles from Leesburg. During this transition, there will be no interruptions in patient care and ICCC will continue to provide evidence-based, radiation therapy treatment ensuring the use of best practice guidelines for its patients' cancer treatment.

The centralization of services will also ensure ICCC's ability to provide the following services:

- Advanced technology including an on-sight CT scanner, state-of-the-art imaging, Calypso® GPS for the Body® and High-Dose Rate (HDR) brachytherapy
- Improved continuity of care from physicians already familiar with the patient's case, helping avoid further unnecessary tests and services that may potentially lead to additional costs and inconvenience
- Cohesive, coordinated and continuous care including the transition of many clinical team members from the Leesburg center to Lady Lake
- Immediate access to all patient records as all of ICCC's locations operate on the same medical record system

"We are very excited for our patients because it enables us to more effectively focus our efforts and resources at one location," explained Herman Flink, M.D., radiation oncologist at ICCC. "By collaborating with our physicians on this endeavor, we are confident that the decision to centralize services will significantly enhance the delivery of comprehensive cancer services to the communities we serve."



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 call InterCommunity Cancer Centers at (352) 326-2224, or visit us at 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.

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
Jeffrey Kanski, MD
Maureen Holasek, MD

SAFETY FIRST: WHEN SENIORS NEED HELP TO STAY SAFE

By Superior Residences

Are you worried about the health and safety of an elderly loved one? Perhaps they have even been injured in a fall, are missing doses of their medication, or have become disoriented or lost while away from home.

Assisted living is an option that is beneficial to the physical and mental well-being of seniors who require more care than they can get living at home.

“Getting older comes with its own set of challenges, and many seniors may not even realize they need extra support,” said Gary Crews, executive director at Superior Residences of Cala Hills in Ocala, which provides memory care services. “The right place will offer custom care that respects individual needs while providing a home-like, loving environment.”

For example, falls are a common cause of injury among seniors. Back and hip injuries can mean long, painful periods of recovery. Assisted living and memory care communities are designed with features that help prevent falls and may also offer exercise and therapy programs that help seniors improve their balance. If a resident does fall, help is at the ready, 24-hours a day.

Seniors with dementia, even in the early stages, may wander away from home and suffer from injuries or exposure. With 24-hour security and safety features, assisted living and memory care residences keep seniors safe while still allowing them to move about community areas and grounds.



Regular mealtimes, medication times, therapies, activities and social opportunities offer seniors comfort and security. Having friends and a sense of community is vital to keeping seniors alert, active and thriving.

Full-time care residents should receive customized care plans and services with staff available 24-hours a day. Memory care residents should also have specially trained staff and extra security measures.

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

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

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

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 painkillers. 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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“Save a limb. Save a life.”

Limbstitute **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 Limbstitute 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 Limbstitute 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 Limbstitute 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 Limbstitute 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.



puticeonit.com

Locations OCALA, TAVARES, SUMMERFIELD, WILLISTON AND THE VILLAGES
For more information, call 352.854.0681

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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Locations OCALA, TAVARES, SUMMERFIELD, WILLISTON AND THE VILLAGES
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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
Limited 170° Field of View**



**Fuse™ Colonoscope
Panoramic 330° Field of View**



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

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

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

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

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

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



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

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

Treatment for ARTHRITIS SUFFERERS!

By Christina Captain, DAOM (c)

Arthritis is one of the most prevalent diseases in the United States and according to the Centers for Disease Control one out of every three Americans (an estimated 70 million people) is affected. For many people arthritis pain increases with age as joints naturally degenerate over time. Fortunately, pain from arthritis can often be managed Acupuncture and Oriental Medicine.

What is Arthritis?

Arthritis isn't just one disease; it's a complex disorder that comprises more than 100 distinct conditions and can affect people at any stage of life. Osteoarthritis (OA) is the most common form of arthritis in the United States, affecting an estimated 21 million adults. OA begins with the breakdown of joint cartilage, resulting in pain and stiffness. OA commonly affects the joints of the fingers, knees, hips, and spine. Work-related repetitive injury and physical trauma may contribute to the development of OA. If you have a strenuous job that requires repetitive bending, kneeling, or squatting, for example, you may be at higher risk for OA of the knee.

Diagnosis and Treatment of Arthritis with Acupuncture and Oriental Medicine
According to Chinese medical theory, arthritis arises when the cyclical flow of Qi (vital energy) in the meridians (pathways that Qi flows) becomes blocked.



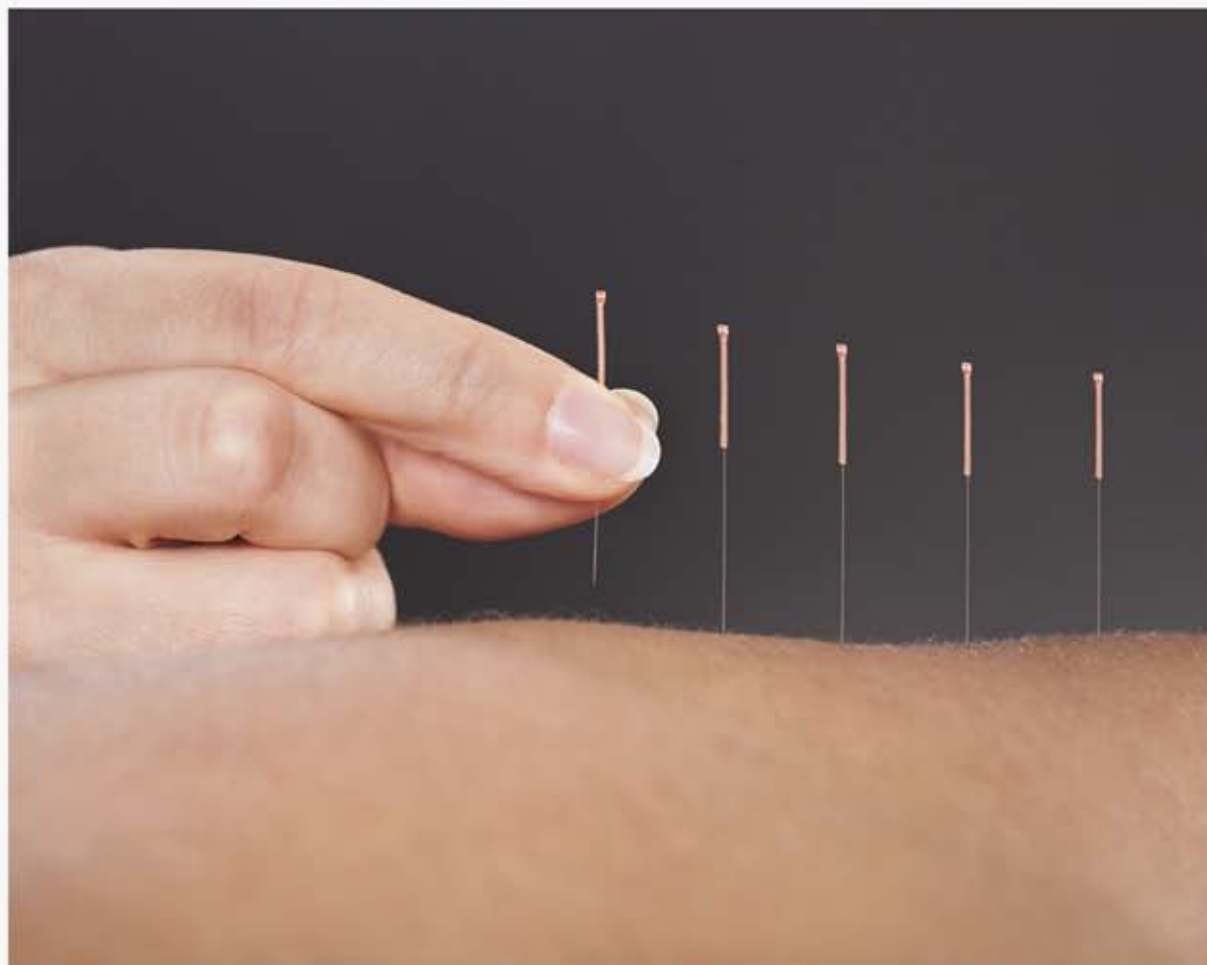
This blockage is called, "bi" type pain and is successfully treated using a combination of acupuncture and/or Chinese herbs. Acupuncture and Oriental Medicine have been found to be extremely effective at treating the pain and inflammation associated with all types of arthritis. Traditional Chinese Medicine does not recognize arthritis as one particular syndrome. Instead, it aims to treat the specific symptoms that are unique to each individual using a variety of techniques such as acupuncture, Chinese herbs, bodywork, lifestyle/dietary recommendations and energetic exercises to restore imbalances found in the body.

The Acupuncture Treatment

Acupuncture points to treat Arthritis are located all over the body, not just directly over the affected area. During the acupuncture treatment, tiny needles could be placed anywhere on your body. The duration and frequency of treatments will vary. Typical treatments last from 20 to 45 minutes, with the patient being treated one or two times a week. Some symptoms are relieved after the first treatment, while more severe or chronic ailments often require multiple treatments.

Studies on Acupuncture and Arthritis
 Several studies have shown that acupuncture can help people with arthritic pain. A Scandinavian study showed that 25 percent of patients with OA who had been scheduled for knee surgery were able to cancel their procedures after acupuncture treatment. In the study, researchers compared acupuncture with advice and exercise for the treatment of osteoarthritis of the hip. Thirty-two patients awaiting a total hip replacement were separated into 2 groups. One group received one 10-minute and five 25-minute sessions of acupuncture, and the other group received advice and hip exercises over a 6-week period.

Patients were assessed for pain and functional ability: Patients in the acupuncture group showed significant improvements, while no significant changes were reported in the group that received advice and exercise therapy. The results of this study indicate that acupuncture is more effective than advice and exercise for the treatment of osteoarthritis of the hip. Another study at the University of Maryland showed that



geriatric individuals with knee pain due to OA improved significantly when acupuncture was added to their treatment. The key to this study is that acupuncture was found to be a safe modality for older patients with OA to utilize in treatment for their pain. The popularity of acupuncture in the treatment of pain continues to grow because more people have found significant relief from acupuncture without the negative side effects that sometimes result from pharmaceutical managements.

Find an Acupuncturist

Seek out ONLY qualified licensed practitioners, NCCAOM.org is the national accrediting body for Acupuncture and Oriental Medicine. Log onto their website to find a board certified acupuncturist in your area.

CHRISTINA A. CAPTAIN, DAOM (C)



Christina is a nationally board certified (NCCAOM) acupuncture physician and the lead practitioner at the Family

Healing Center which she founded in 2000. She has a Master's Degree in Human nutrition and is a candidate for the DAOM degree. You can seek more information at: www.familyhealingcenter.com.

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BLUEBERRIES DO A BODY GOOD

Don't let their miniature size fool you – blueberries are proof that, when it comes to health benefits, good things really do come in small packages

Research has proven that there are many great reasons to enjoy blueberries! This little fruit softens dry skin, boosts your brain, and may even prevent cancer among other things.

Blueberries and Nutrition

Plump, juicy, and sweet, with vibrant colors ranging from deep purple-blue to blue-black and highlighted by a silvery sheen called a bloom, blueberries are one of nature's great treasures. With 80 calories per cup, virtually no fat and low in sodium, blueberries offer many nutritional benefits. Here's the skinny on blueberry nutrition.

Blueberries are one of the most nutrient dense foods in the world and contains large levels and a broad range of antioxidants. The ORAC score of blueberries is an incredible 9,621 which makes it one of the highest antioxidant foods in the world. Consuming just one cup of blueberries will provide you with the following nutrients: Resveratrol, Gallic acid, Lutein, Zeaxanthin, Vitamin K, Vitamin C, Manganese, and Fiber.

Blueberries are packed with vitamin C nutrition.

In just one serving, you can get 14 mg of Vitamin C – almost 25 percent of your daily requirement. Vitamin C is necessary for growth and development of tissues and promotes wound healing.

Blueberries are a good source of dietary fiber.

A handful of blueberries can help you meet your daily fiber requirement. Dietary fiber may reduce the risk of heart disease and adds bulk to your diet, which may help you feel full faster.

Blueberries are high in manganese.

Manganese helps the body process cholesterol and nutrients such as carbohydrates and protein.





Health Benefits of Blueberries

After learning about the nutritional facts of blueberries, you can see how challenging it is to narrow down the top health benefits. But after some extensive research, this list does the mighty purple fruit justice!

Anti-aging – Antioxidants are your best friend to keep Father Time at bay. They help reverse damage done by toxins and free radicals and help your body defend itself against dangerous pathogens.



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Not only are blueberries rich in antioxidants as a whole, they are especially rich in proanthocyanidins, which have been observed to have additional anti-aging properties in several animal studies.

Much of the research has linked this to the ability of proanthocyanidins to reverse inflammation, the #1 of chronic disease in the world. Inflammation taxes the body like no other and causes heart disease, diabetes, cancer and almost every illness known to man.

Brain – Because they contain such a high amount of phenols, particularly gallic acid, blueberries are known as “neuro-protective agents.” According to researchers from Iran, this means that they can literally protect our brains from degeneration, neuro-toxicity and oxidative stress.

Another study found that consuming more blueberries slowed cognitive decline and improved memory and motor function. The scientists in this study believed these results were due to the antioxidants in blueberries protective the body from oxidative stress and reducing inflammation.

Cancer – Clinical studies have even discovered that, unlike radiation and chemotherapy strategies, gallic acid rich foods like blueberries can kill cancer without harming healthy cells!

Digestion – Being a natural source of soluble and insoluble fiber, blueberries can help regulate your gastrointestinal track by just eating a couple handfuls a day.

Addition of wild blueberries to diet can alter the balance of gut microbe in favor of members of the Actinobacteria phylum. Blueberries have pre-biotic potential, which promotes growth of good bacteria (probiotics) in the colon and promotes digestive and health benefit.

Heart Health – The journal Circulation recently published a study showing that eating strawberries and blueberries together has a superpower tag-team effect that actually decreases your risk of heart attack by up to 33%.

After conducting research with more than 93,000 women 25 to 42 years of age, they did not observe this type of benefit in other types of antioxidants that were studied. Blueberry health benefits have also been shown to lower LDL cholesterol, raise HDL cholesterol and lower blood pressure.

Skin – Blueberry extract skin care products are becoming very popular around the world. It has been reported that the wide spectrum of vitamins and minerals help restore hormone balance, which counteracts acne.

Also, blueberries contain resveratrol which has been proven to reduce damage from over-sun exposure and can naturally darken your skin. Along with blueberry skin benefits, they have also been shown to heal macular degeneration and improve vision.

Weight Loss – Being low in calories, low on the glycemic index and high in fiber, everyone has at three reasons to eat blueberries to lose weight! According to the Mayo Clinic:

Because low glycemic index foods are absorbed more slowly, they stay in your digestive tract longer. This is why these foods are sometimes called slow carbs. These foods may help control appetite and delay hunger cues, which can help with weight management. Balanced blood sugar also can help reduce the risk of insulin resistance.

To preserve their nutritional content, make every effort to eat blueberries in their fresh, natural form. This isn't to say, however, that enjoying blueberries in other forms, say wine, is unhealthy. In fact, that is far from the case. So, come on out the Whispering Oaks Winery and enjoy some fresh blueberries and try some of our tasty Blueberry wine.



PREMIER SERVICES FOR LIFE

live easy

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

HOW YOU WILL LIVE EASY?



TRANSPORTATION SERVICES

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

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

LIST OF SERVICES

- Beauty salon or barber shop
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- Library
- Lunch and dinner outings
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- 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! Assist with home electronics and computers 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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Serving Marion, Lake & Sumter Counties.

www.premierservices.com

Our services are tailored to fit the needs of you and your family members. Our concierges review personal history and preferences and take the time to get to know you and your loved one. Our concierges are dependable and compassionate

FLAT FLEXIBLE RATES AND PACKAGES AVAILABLE!

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.



Visit our community and see how we can work together to give your loved one the best possible care. Call to make an appointment today.

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The Swedish Dentist

What makes the Swedish Dentist different?

By Dr. Perry Ekstrand

I have been asked this question throughout the past 31 years ever since I started practicing in Florida, having moved here from north of the Arctic Circle. Aside from the accent, teeth in Sweden are pretty much the same as teeth in America and education to treat patients is quite similar.

One of the key differences however is how Sweden has approached the controversy around mercury fillings, also known as silver or amalgam fillings, to replace decayed areas in a tooth. Sweden recommended against using mercury fillings in 2001, and in 2009 completely banned them.

I have followed studies done in Sweden and in America and I chose more than 20 years ago to become mercury-free in my practice.

My first hands-on experience with mercury, which prompted me to make the decision to practice mercury-free, was a patient in her 30's who suffered mysterious and undiagnosed weakening of her limbs as time passed, to the point that it had become difficult to walk. Her own research led her to believe that her mercury fillings, placed years before, could possibly be the cause. She asked to have all of her fillings replaced with a composite material and crowns where necessary. Within three months of having the work done, she was walking easily again, with no side effects.

Mercury-free includes not only replacing these fillings, but also how the removal of old fillings is performed as well. I have for many years carefully removed these fillings for my patients with the use of suction techniques and often the isolation of each tooth during the procedure.

However, in June 2013, I got a first-hand lesson and a true awakening from an American dentist I met in Orlando, Dr. Matilda Castellini. Her passion was to protect against the potential side effects of mercury inhalation while removing fillings. Her passion prompted me to take major steps towards better protecting my patients, my team, and myself from the effects of the removal of these mercury fillings.

Dr. Matilda, who passed away from an aneurism on July 1, 2013, was diagnosed with a rare cancer that her doctors linked to mercury toxicity many years ago. Her exposure came, she believed, from her 26 years of placing and removing amalgam fillings. These procedures are still practiced today in an overwhelming number of dental offices in this country.

I have made it my mission, after meeting and working with Dr. Castellini only briefly before she passed, to take a different approach. Our office has invested in the equipment necessary to minimize the risk of removal of these fillings and the side effects to our patients and my team. These steps also include recommendations for foods to eat before and after treatment to help rid the body of the chemical more quickly. Some of the recommended foods are Spirulina, fresh cilantro, eggs, garlic, broccoli, cabbage. Also supplements like Glutathione, Taurine and probiotics. These foods and supplements tend to bind to mercury and help to eliminate it out of the body.

The IQ air system, from Switzerland, is a large suction apparatus, with mercury vapor filters, that is placed over the patient to effectively pull the fumes away from patient and team. In our office we also isolate the tooth with a rubber dam so to minimize the swallowing of the water containing the potentially harmful chemical vapors as the amalgam is removed. An oxygen mask is also placed on the patient's nose to minimize the inhalation of potentially toxic fumes.

I encourage all my patients to do their own investigation of the studies and facts behind this hazardous material in the environment and in the body.

Call for a free consultation to find out how your teeth can be restored safely. You can have peace of mind knowing that this procedure is performed in an environment where there is a sincere effort to promote the health and well-being of everyone involved. You do not have to wait to have symptoms



of mercury toxicity to take these steps. Should you have multiple fillings, a clear plan of action over a period of time, and financial options, are available.

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You Change Your Words to Change Your Life

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

Words and thoughts are spiritual. They are not material. The material world can be measured; the spiritual cannot. This is my simple definition of spiritual versus material. Also when I say spiritual, I'm not necessarily referring to God or morality. I'm referring to that part of every human's life that cannot be measured.

If a pregnant lady goes to see her doctor for a checkup and asks him if her child will be a boy or girl he can, through science, give her the answer. However if the soon-to-be mom were to ask the doctor if her child would grow up to have many friends and be an honest person, he could not. The doctor has no scientific method of measuring friendliness or honesty in an unborn person.

Why not, you say? Great question. The answer is because "friendship" and "honesty" are spiritual aspects of a human's life, not material aspects.

Speaking words, which is simply saying what we think, is a spiritual aspect of our human existence. **And our words have creative power.** In the book of Genesis in the Bible, God said that He created man in His own image. Judeo-Christians have typically understood this to mean that like God, each person is a unique being, as is evidenced by each person having his or her own unique set of fingerprints.

Also like God, each person, in a limited way, has the power to create...with words. If you stroll through the first few chapters of Genesis you see this phrase a lot: "and God said." Usually following that phrase, creative things happened. As human beings, we have similar abilities to create.

We actually create in three ways using our words and thoughts.

One way we show ourselves to be spiritual beings is by the words we use to describe our lives. If you follow the *chain of words people speak, they usually*



express the quality of their life. Have you ever heard the phrase, "Boy, that sucks" or "My life sucks"? If you know the person who speaks those words very well, then you will usually see that there is a trace of truth in their life that reflects that comment. It may be in their finances, their relationships or in their health, but if you look closely, you will usually find it.

I learned this concept of Biblical creation through our thoughts and words when I was in my twenties. However, I was well into my thirties before I saw the fruit of the changes I had made. I started by writing out Biblical promises and putting them on my car dash, my bathroom mirror, and a place I have spent way too much time, my refrigerator. I observed that the words I would say to myself were the words that described my life at the time.

You believe what you say to yourself more than what others say to you.

A second place in life that I have seen the creative power of words is in the lives of my children. My wife and I not only created them physically, but spiritually as well. As I have listened to and seen the fruit of their words as they created their own lives, I realized many of their words have been our words, some times to our joy and some times to our pain.

The words you speak to and about others do not fall to the ground like crumbs from the dinner table. They become *seeds that may sprout up and grow unseen in the hidden places of the human heart.* Those words emerge through the lips one day, creating anything from a divorce to music that brings joy to millions.

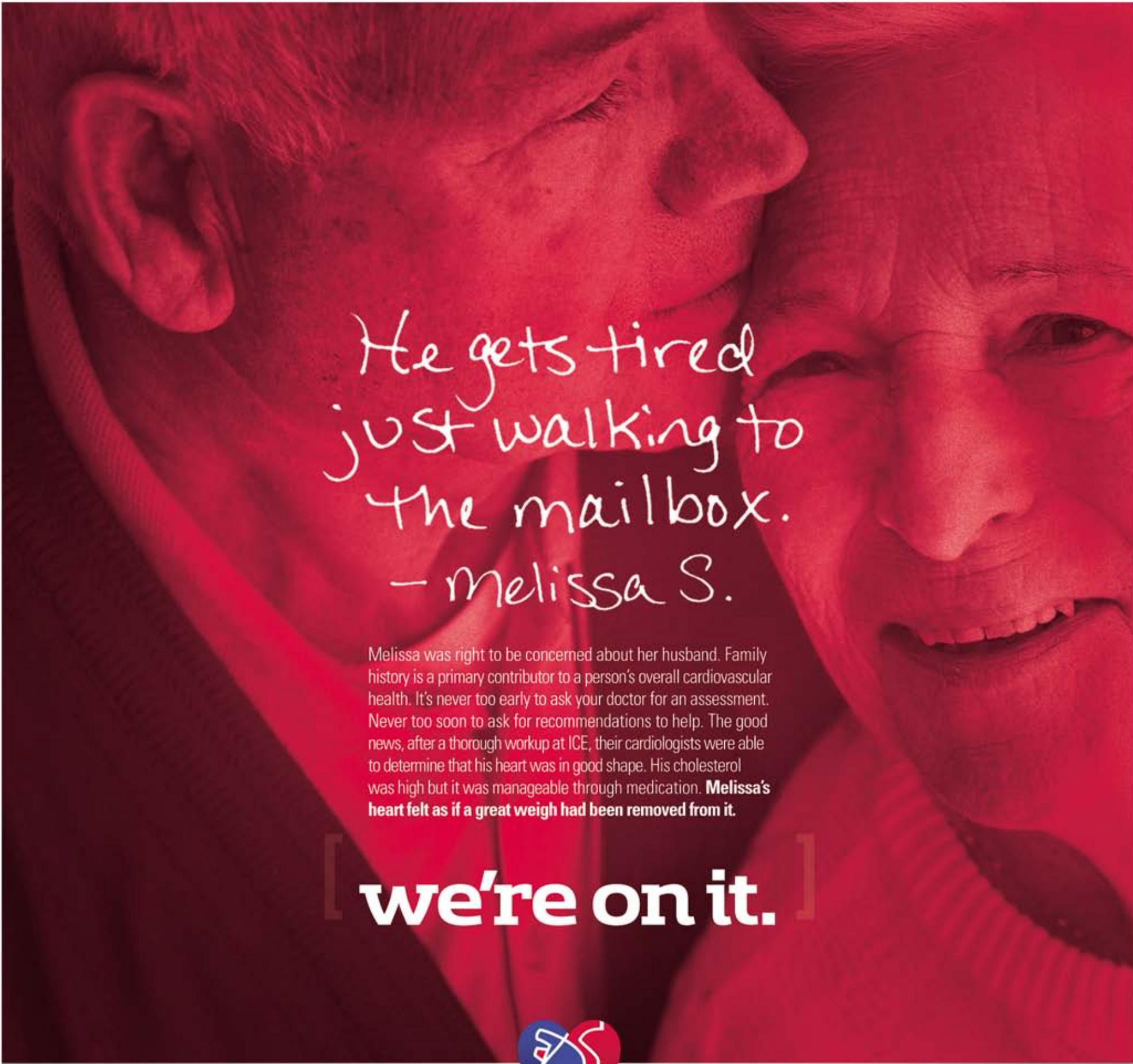
The last place that words and thoughts create is in our bodies. I'm not a doctor, nor do I have the room in this article to share all the stories of the lives I have observed for over thirty years. Stories of people who, for the most part, used their words economically and with great selection, and not only lived healthy but some even overcame very serious health issues. I don't believe their success was just because of good genes. **I believe your thoughts, of which words are only an expression, can affect your body.**

In the June 21, 2002 edition of the Wall Street Journal, Sharon Begley wrote an article entitled, "So Much for Destiny: Even Thoughts Can Turn Genes 'On' and 'Off.'" The article states that according to psychologist David Moore of Pitzer College in Claremont, California, thoughts can cause the release of hormones that can bind to DNA. These released hormones apparently can turn genes "on" or "off". This was evident when a male researcher was isolated for an extended amount of time. Apparently his beard grew very quickly the few days before he returned to his family as his testosterone levels increased in anticipation of spending time with his wife.

So be careful—your body can hear what you say. Thoughts and words are powerfully creative. Use them wisely, but use them. Be intentional about those you influence. Encourage them and speak of their futures and yours with words that bring life and not death.

To your spiritual health,

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



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 ICE, their cardiologists 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 weigh had been removed from it.**

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