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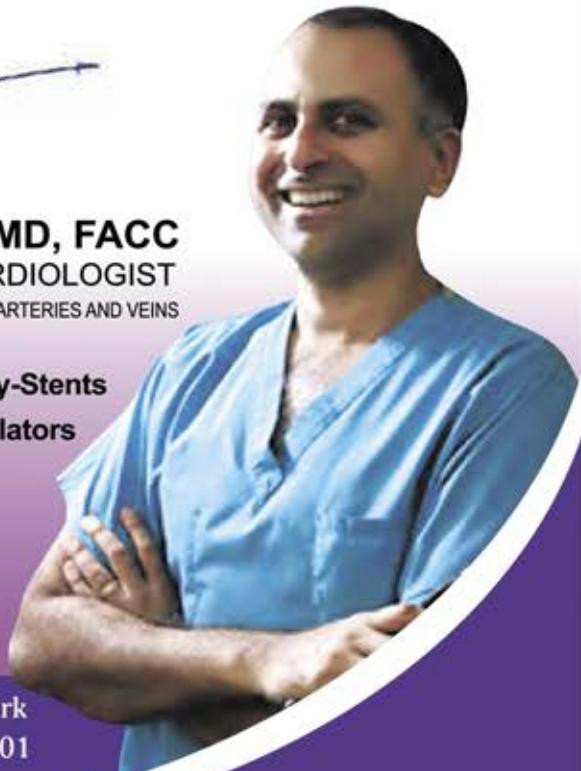
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BLEPHAROPLASTY - A SAFE, EFFECTIVE SOLUTION FOR BAGGY, DROOPING EYELIDS



Over time, gravity and certain health conditions can cause damage to the eyelids, making them sag or become puffy and baggy. These eyelid conditions are more than disfiguring - they can also cause vision problems.

In a condition medically known as dermatochalasis, there is excess skin in the upper and/or lower eyelids. It causes a baggy, puffy appearance around the eyes that can limit one's field of vision and greatly reduce peripheral vision. Some people get baggy lids through heredity, but most acquire it over time due to aging.

Even if they don't impact your vision, baggy upper or lower lids can cause you too look more tired and haggard than you feel.

With age-related ptosis, time and gravity create drooping upper eyelids that drape over the cornea, blocking vision and creating a tired, sluggish appearance.



If you have one of these disabling or disfiguring conditions, we have good news. Lake Eye Associates' Board Certified Doctor of Osteopathic Medicine Dr. Shelby Terpstra is highly experienced in cosmetic

and reparative eyelid surgery, clinically known as blepharoplasty. Blepharoplasty is a safe, minimally invasive outpatient surgery designed to restore clear vision and impart a more naturally youthful and refreshed appearance. For patients whose eyelid problems are causing them to suffer from limited vision, ongoing irritation or other health problems, blepharoplasty may be covered by insurance. "Looking more refreshed and attractive is a happy consequence of a much-needed health procedure for many patients," says Dr. Terpstra. "Most people report seeing, looking and feeling better than they have in years."

For others, blepharoplasty is a purely cosmetic procedure sought out to lend a more youthful, relaxed and alert appearance. "It's gratifying that a relatively quick outpatient surgery can have such a dramatic effect on one's appearance," says Dr. Terpstra. For many men and women, blepharoplasty is truly rejuvenating. "When patients see their before and after pictures, they're amazed by the difference. And I'm glad to be able to help restore vision, self-confidence and quality of life to so many. It's part of what makes my job so rewarding."

If you suffer from a functional or cosmetic eyelid problem and would like to know if blepharoplasty might be right for you, call Lake Eye Associates at 352-750-2020.

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UROGYN SPECIALISTS OF FLORIDA

LADIES, YOUR GYNECOLOGY VISITS just keep getting better.

Not only is society and the media less apprehensive to talk about vaginal health issues, but advancements in medical technology are helping countless women who have been suffering for years – mostly in silence. Indeed, you can't watch television these days without a spokeswoman talking about such things as leakage, dryness, or intercourse pain, many adding humor to once closeted, yet common issues.

Leading the charge to help women in Central Florida is Christopher Walker, M.D., founder of UroGyn Specialists of Florida, who has treated women with gynecological, vaginal mesh removal and urogynecological matters for more than 20 years. In fact, Dr. Walker is one of only a handful of physicians who specialize in gynecology, urogynecology (female bladder/fecal health) aesthetic medicine (laser spa for face and body) and vaginal rejuvenation, all under one roof. Dr. Walker attracts patients from all over the nation and worldwide.

"Consequently, our patients can avoid having to visit multiple physicians to get the help they need. Patients get three providers in one — a gynecologist, female urologist and cosmetic gynecologist, ultimately saving patients time and money, and protecting their privacy," Dr. Walker said.

Dr. Walker is double board-certified in gynecology and urogynecology, which puts him in the unique position to treat not only the gynecological needs of his patients, but also the urogynecological needs, such as dysfunction of the pelvic floor and urinary incontinence. He is an award-winning physician, receiving Top Doctor Awards and Most Compassionate Awards from both patient and peer reviews.

"We're excited that we can perform procedures all under one roof," said Sarah St. Louis, M.D., a board-certified urogynecologist and the newest member of the growing UroGyn family of experts.

Women's gynecological needs change throughout their lives, and Dr. Walker and his highly qualified team aim to provide the best experience for their patients, regardless of what stage of care they are seeking.



Among the therapies offered safely onsite in the offices of UroGyn Specialists of Florida are the following:

Gynecology

- Ablation: menstrual symptom relief
- Essure: permanent contraception
- Fibroid treatment: assisted with onsite ultrasound

Urogynecology

- Incontinence relief: treatments offered for a range of dysfunction
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"This is a judgement-free zone," Dr. Walker said. "Our job is to listen to all of your concerns. This intimate conversation is very normal talk in our office."

The state-of-the-art facility offers compassionate, expert care in treating vaginal and bladder health. Dr. Walker calls his practice the all-in-one gynecology team capable of serving women from puberty to post-menopause. To make it even more convenient, Dr. Walker now has six locations in the area, including Orlando, Lake Mary, Ocoee, Poinciana, Kissimmee and their newest location in The Villages, located inside Mulberry Integrative Medicine.

Dr. Walker believes women should not be embarrassed or uncomfortable when it comes to addressing or discussing vaginal health, since most women have the same concerns.

If having sex is an issue, whether due to discomfort, changes in appearance, loss of feeling due to childbirth or menopause, or simply a lack of drive, the UroGyn Specialists staff invites you to schedule a consultation. Many of the reasons for discomfort can be addressed through simple in-office procedures, and if the libido needs a kick start, the Ultimate O-Shot can do the trick.

Dr. Walker can also help with vaginal prolapse issues due to weakened muscle tissue. This usually occurs after childbirth or post-menopause. In fact, Dr. Walker has a team of physiotherapists capable of offering computerized Kegels to address this problem.

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Neuromodulation: An Option for Chronic Neuropathic Pain

By Michelle Heine, PA-C, MMS - Ocala Health Neurosurgical Group

The perception of pain is highly complex not only physiologically but the difference of pain perception between individuals is of great variance. Pain originates primarily from noxious stimuli such as touching a hot stove, being involved in a car accident or spilling acid on the skin. These three examples illustrate the first physiologic process of the perception of pain: transduction. Transduction involves thermal, mechanical or chemical threats to the nervous system, which initiate a cascade of microscopic events leading to the awareness of pain.

Most people would agree that pain subsides as the body heals from injury. This is because primary sensory neurons transmit the signal of pain from the noxious stimulus to the brain by a series of action potentials. When the noxious stimulus disappears so does the perception of pain. But what happens when you are left with pain after you have allowed adequate time for your body to heal? Pain without an inciting injury may be the result of damaged peripheral nerves and/or tissues resulting in neuropathic pain.

Damaged primary sensory neurons may become sensitive to the gentlest touch or may even fire without any provocation. This is because injured peripheral nerves may become hyperexcitable leading to out of proportion action potentials traveling to the brain causing pain without a justifiable source. Leaving the patient uncomfortable, frustrated, confused and without hope for relief after exhausting all known resources.

Neuromodulation has been proven effective for treatment of neuropathic pain. Dating back to the 1960s, neurosurgeon C. Norman Shealy was the first to successfully implant a neuromodulation device resulting in liberation from intractable pain. Dr. Shealy's spinal cord stimulators also known as dorsal column stimulators have significantly advanced since



original development. After fifty years of evolution, spinal cord stimulators have become more efficacious, safe and accepted by the chronic pain population.

You may be thinking, how does a spinal cord stimulator work? A series of electrodes either in the form of a paddle or a percutaneous lead is implanted above the spinal cord into the epidural space by a neurosurgeon and is connected to a battery also known as a pulse generator. The electrodes deliver a low dose electrical current, which modulates nerve activity, hence the name neuromodulation.

Before permanent implantation, the patient must first pass a spinal cord stimulator trial. This involves sterile placement of electrodes via percutaneous leads performed by a fellowship-trained anesthesia pain physician, physiatrist or neurosurgeon. The leads are secured to the patient's back by an adhesive dressing and are connected to an external battery also known as an IPG. Working

with the patient's own clinical specialist, different programs are utilized to provide maximum relief from stimulation. After the trial is complete, the patient will be evaluated for determination of trial success. If the trial is deemed successful, permanent implantation will be scheduled.

The patient generally waits a period of time to heal between the trial and permanent implantation. The surgery is fairly quick and straightforward. A permanent lead will be placed in the epidural space of the thoracic spine and the connecting wires are tunneled underneath the skin to the battery site. Incisions are usually closed with dissolvable sutures and special surgical glue. There is typically no need to have sutures or staples removed after surgery. The spinal cord stimulator will not be turned on until two weeks after surgery to ensure proper scarring of the lead placement. The patient must refrain from bending, lifting greater than ten pounds or twisting six weeks post operatively. After six weeks, the patient is released to full activity without restrictions.

Spinal cord stimulators are easily portable with the controller usually the size of an iPhone. The patient may go about their normal routine without having to stop to take a pill in order to experience adequate pain relief. Thus improving quality of life, functionality and mood.

Neuromodulation is not limited to spinal cord stimulation. Deep brain stimulation known as DBS is FDA-approved to treat essential tremor, Parkinson's disease and dystonia. Vagal nerve stimulation is used to treat obesity, asthma, seizures, and may even be trialed for heart failure. Sacral nerve stimulation is used to treat incontinence and pelvic ailments. Intrathecal pain pumps are used to deliver low-dose medications directly to the source of pain perception, reducing the need for high-dose oral medications.

Neuromodulation is continually advancing with new technology emerging on a daily basis. Currently, scientists are working on a neuromodulatory system utilizing thought to produce movement via a computer, especially appealing to motor-impaired patients. Neuromodulation offers another chance to those who have failed multiple treatment options who present with neuropathic pain.



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InterCommunity Cancer Center Focuses on Education During Oral, Head and Neck Cancer Awareness Month

Approximately 110,000 people are diagnosed with oral, head and neck cancers every year in the United States. Fortunately, many of these cancers are preventable and can be successfully treated if caught early. InterCommunity Cancer Center (ICCC) is encouraging people to learn more about these potentially life threatening diseases during Oral, Head and Neck Cancer Awareness month this April.

Understanding Oral, Head and Neck Cancers

Oral cancers usually begin in the squamous cells inside the mouth, nose and throat. Head and neck cancers are identified by the area where the cancer occurs, including: the oral cavity, pharynx, larynx, paranasal sinuses, nasal cavity, and salivary glands. These cancers are more than twice as common in men as in women.

Early Detection and Treatment Provides Better Outcomes

Roughly 66 percent of oral cancers are not discovered until the disease has advanced, making them difficult to treat. Early detection is critical, but a Harris poll found 71 percent of Americans have never been examined by a medical professional for oral, head or neck cancer.

"Every person should be proactive and make sure these exams are part of their routine physicals and dental visits," said Dr. David J. Catalano, medical director and radiation oncologist at ICCC in Lady Lake, Fla. "When these diseases are detected early, there is a much greater opportunity for a positive outcome."

Risk Factors

Approximately 90 percent of oral, head and neck cancers arise from prolonged exposure to risks that can be reduced by behavior modification. Tobacco use and consumption of alcoholic beverages are the most preventable and common causes of cancers of the mouth, throat, voice box and tongue. Prolonged exposure to sunlight is another risk factor, as it is linked to cancer of the lip as well as skin cancer. Throat cancer also occurs as a result of infection from the human papilloma virus (HPV).

The Connection to HPV

Each year, an estimated 26,000 young non-smokers develop mouth and throat cancer attributable to the human-papilloma virus. Fortunately, these cancers

Symptoms That May Occur

Symptoms of oral, head and neck cancers include:

- A lump in the neck that lasts several weeks
- Change in the voice such as hoarseness
- A growth in the mouth such as a sore or swelling that doesn't go away
- Blood in saliva or phlegm for more than a few days
- Swallowing problems
- Persistent earache or pain near the ear when swallowing

respond well to radiation and chemotherapy. HPV vaccination is recommended for children ages 11-12 to help prevent these cancers.

Treatment Options

The three main types of treatment for oral, head and neck cancers are radiation therapy, surgery and chemotherapy, with radiation as a primary treatment. An advanced, high-precision radiotherapy treatment for these cancers, called Intensity-Modulated Radiation Therapy (IMRT), is available at ICCC. It delivers high radiation doses to a malignant tumor by precisely conforming to the threedimensional shape of the tumor. By controlling the intensity of the radiation beam, a higher dose can be given to the tumor while minimizing exposure to healthy cells.

An article published in *Cancer*, a journal of the American Cancer Society, reported significant benefits in using IMRT to treat head and neck cancers. The study compared the survival rates of 3,172 head-and-neck-cancer patients treated with IMRT to those receiving conventional radiation treatments, finding a 38.9 percent survival rate for IMRT patients versus an 18.9 percent survival rate for those receiving traditional treatment.

"We have made tremendous progress over the past few years treating head and neck cancers with innovative radiation therapies," noted Dr. Catalano. "It is very rewarding to bring these new advancements, such as IMRT, to our community so patients have convenient access to the latest therapies that offer the best outcome and quality of life."



ABOUT INTERCOMMUNITY CANCER CENTER

InterCommunity Cancer Center (ICCC) has more than 30 years of experience providing quality, personalized cancer care in the Lady Lake and Leesburg communities and has treated more than 10,000 patients. Medical Director and Radiation Oncologist Dr. David J. Catalano has expertise in treating breast, lung, prostate, gynecologic, skin and other cancers. ICCC is part of The US Oncology Network, a physician-led network of integrated, community-based oncology practices supported by McKesson Specialty Health. This affiliation provides patients and practices a best-in-class platform and a robust suite of customizable offerings and services, including comprehensive oncology management services across radiation oncology, surgical specialties and medical oncology while focusing on community-based oncology care and innovative value-based cancer services. ICCC has access to clinical information and best practices from the treatment of more than 800,000 patients annually. This enables highly effective, peer-collaborated care, empowering ICCC to offer academic-quality treatment in a community-based setting, providing exceptional cancer care close to home.

To learn more, visit www.ICCCVantage.com or call (352) 674-6300.

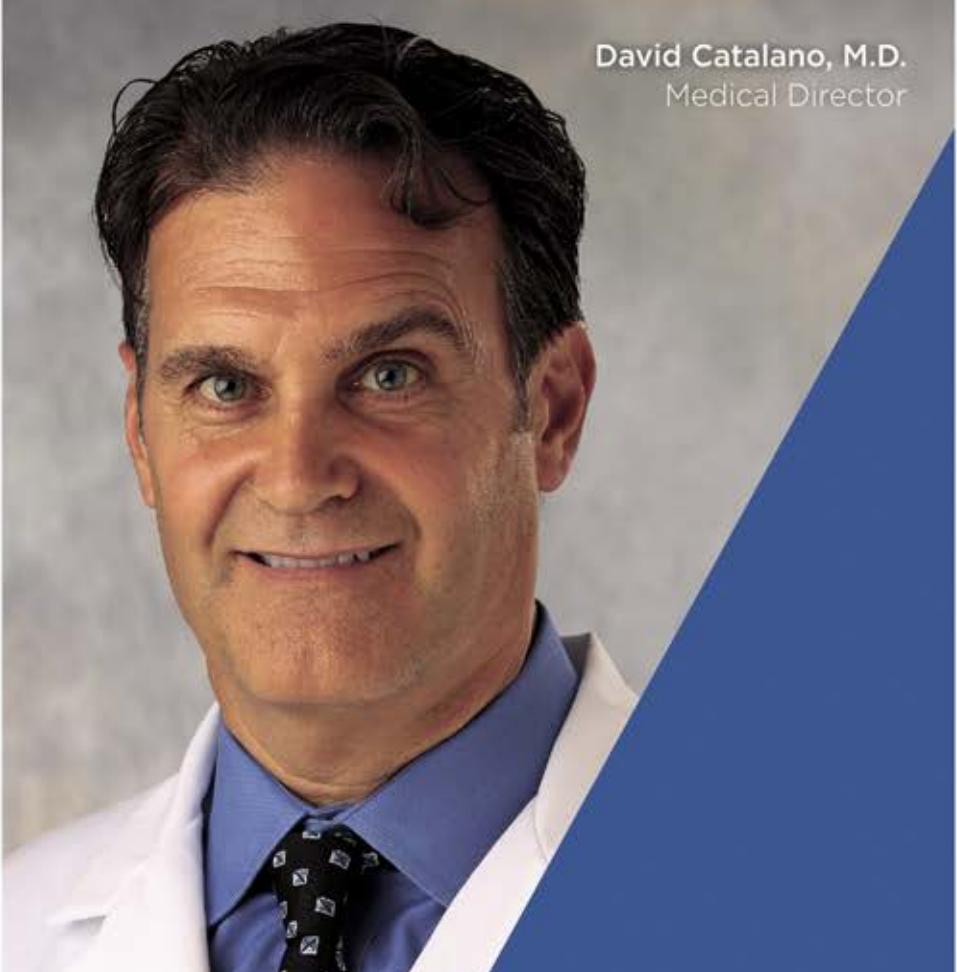
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Urinary Incontinence

Having an overactive bladder is nothing to be ashamed of. In fact, nearly 15 percent of women are dealing with it on a chronic basis. As you may suspect, it is more prominent in women due to pregnancies, menopause, and the unique structure of the female urinary tract.

Stress Urinary Incontinence (SUI) is a specific type of problem that is caused by movement or exertion. Certain movements can result in excess pressure on the bladder; which results in unintentional urine loss. In a healthy individual, the muscle surrounding the urethra, called a sphincter, is responsible for containing urine within the bladder. Our bladder walls are made up of muscles that must be relaxed for the bladder to expand. When incontinence occurs, it is because the muscles have been weakened and cannot maintain their normal function. Various events can lead to this condition; childbirth, trauma to the pelvic region, and even chronic coughing from smoking. Knowing the mechanics of urinary incontinence helps us to find a proper treatment.

The most troubling part of having an uncontrollable bladder is that it can happen at virtually any time, day or night. It can occur during laughing, sneezing, or working out. Anytime we experience strenuous physical activity could be the next embarrassing accident. As with most medical problems, being healthy can drastically reduce our risks. Being overweight can increase abdominal pressure making matters worse. A bad habit like smoking can induce coughing; which can weaken the abdominal muscles. There are different treatments available for this condition; ranging from Kegel exercises to surgery.

Kegel exercises are the clenching and unclenching of the pelvic muscles. It is accomplished by "bearing down" and releasing. Also, the use of Botox is an option. When we hear the word "Botox", it is generally attributed to the removal of wrinkles. However, in this case Botox is used to treat and reduce daily bladder leakage.



Botox has been FDA approved for incontinence sufferers and has shown great success. It works by injecting the Botox into the bladder muscles; this allows them to relax and store more urine with less stress. Botox is not a permanent solution and needs to be re-injected every 9 to 12 months.

Durasphere injections are another option; they are bulking agents that consist of non-migratory and non-absorbable pyrolytic-coated graphite beads in a gel. A mouthful to say, but it's actually a quite simple procedure to help control uncontrollable bladder leakage. The bulking agents are injected straight into the urethra to fill up the space that permits urine leakage. The injection actually thickens the bladder

making it more easily retain a healthy amount of urine. The pyrolytic carbon has been used in the medical field for over 30 years in implantable medical devices and it is non-reactive to tissue. This treatment is a safe and effective, minimally invasive, outpatient procedure option for urinary incontinence.

When it comes to treating urinary incontinence, the InterStim device is the most technologically advanced. This product has been used for over 15 years with over 100,000 individuals undergoing the procedure. The small device is surgically placed underneath the skin to stimulate the sacral nerves, the nerves that control the bladder. It blocks communication between the brain and the bladder. About the size of a pacemaker, this device sends electrical pulses down to the nerves of the pelvic floor. This is a method to reduce the contractions of an overactive bladder.

Urinary incontinence is not something that will go away on its own. Proper treatment is the only way to alleviate the symptoms. If you have any questions regarding incontinence, you can contact Advanced Urology Institute at (855) 298-2273.

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Women and Heart Disease

Did you know that Heart Disease is the number one killer of women, taking 1 out of 3 women's lives each year? With so much focus on other diseases that affect females, like breast cancer and autoimmune diseases, heart disease is often overlooked and underestimated. One woman dies every minute of cardiovascular disease.

Heart disease is the narrowing of the arteries over time, due to a build-up of plaque that can in some cases cause a complete blockage of the blood vessels or coronary arteries. The signs for women are often different than the symptoms commonly associated with men at risk of Coronary Artery Disease, or a heart attack. For women, the signs are usually excessive sweating, sleep disturbances, shortness of breath, fatigue, pain in the jaw, shoulder, upper back, neck and the abdomen.

Although Coronary Artery Disease (CAD) is down overall, for women it's on the rise. Many factors play a role in CADs affecting women; one of these is hormonal. When hormones are out of order, additional factors such as high cholesterol, high blood pressure, and weight gain start to take place. All of these symptoms contribute to CAD.

Linking hormonal changes to the increase in women developing heart disease are also marked by risk factors such as having had gestational hypertension or gestational diabetes. Along with menopause and the related hormonal fluctuations, eating a diet high in saturated fats, having uncontrolled hypertension or high cholesterol, being overweight, mental anxiety or unresolved stress, and smoking or previously smoking all play a huge role in CAD.

Additionally, women tend to have plaque build-up and blockages in their tiny vessels, where men tend to have those issues in the larger arteries. These are often difficult to diagnose. These small vessels are known as microvascular, and therefore many women may actually be experiencing the effects of MVD, Microvascular Disease. MVD is now thought to affect approximately 3 million women with Coronary Artery Disease.

There are supplementary tests to check the microvascular system in women for weakening, damage, and blockages. These minimally invasive tests can determine if the microvascular structures are damaged; these procedures are typically done through duplex ultrasound or pulse wave velocity.



Women can be treated successfully if CAD or MVD is caught early. Usually keeping weight down with a healthy diet, and keeping the heart muscle strong and oxygen-rich blood flowing through cardiovascular exercise are helpful, along with medications like ACE inhibitors, alpha-beta blockers, and cholesterol-lipid lowering drugs.

In addition to the testing mentioned above, there are specific procedures and screenings that your physician can provide to decipher how healthy your heart and arteries are; these include blood tests, stress tests, EKG's, Holter monitors, vascular ultrasounds, and scans.

Dr. Thiruvallur Vallabhan is devoted to keeping your heart at its healthiest. Dr. Vallabhan is a Board Certified Cardiologist, and his mission is to provide The Villages and its surrounding communities with the highest quality cardiac care in a welcoming environment. He and his staff are dedicated to fulfilling the specific cardiac needs of each patient.

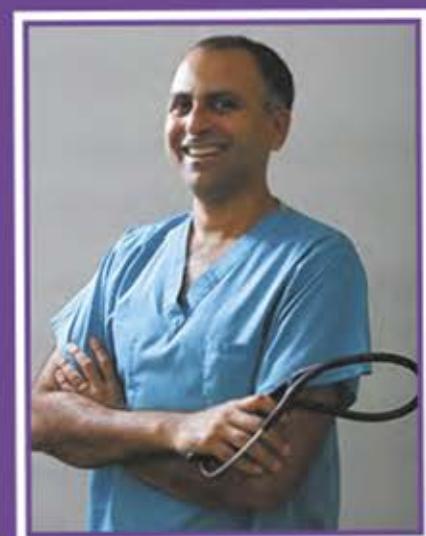
To find out more information about Dr. Vallabhan, your local specialists in the diseases of the heart, veins, and arteries, please call **(352) 750-2040** or visit them online at, www.drvcardio.com.

This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.



It's all about your heart.

Dr. Thiruvallur Vallabhan is devoted to keeping your heart at its healthiest. Dr. Vallabhan is a Board Certified Cardiologist, and his mission is to provide The Villages and its surrounding communities with the highest quality cardiac care in a welcoming environment. He and his staff are dedicated to fulfilling the specific cardiac needs of each patient.



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EFFECTIVE RELIEF FOR CARPAL TUNNEL AND CUBITAL TUNNEL SYNDROMES

The median nerve is a major player in the movements of your hands. This nerve travels from your forearm down into your hand through a narrow space in your wrist called the carpal tunnel. When injury, medical conditions (diabetes, arthritis, pregnancy) or inflammation occur, they can impact the carpal tunnel and make the space tighter. This leads to impingement and irritation of the median nerve. A patient can experience pain, tingling, numbness, weakness, twitching and lack of coordination of the thumb and first three fingers of the hand. This is known as carpal tunnel syndrome and is especially common among people who perform the same hand and finger movements over and over again, as with computer-focused/typing jobs, assembly-line tasks, cooking/baking jobs and other duties where the hands are held forward from the body and the wrists are bent at an angle for long periods.

The ulnar nerve is another nerve that serves the hand. It controls the pinky finger and partly controls the ring finger. The ulnar nerve travels through the cubital tunnel just under the bone inside the elbow, sometimes called the "funny bone." It courses through the inside of the forearm to the outer side of the hand. The ulnar nerve regulates certain fine hand movements and enables a strong grip. When the ulnar nerve is irritated or inflamed because of injury, compression from leaning on the elbow, sleeping in certain positions, or performing tasks requiring arms to be bent for long periods, it can cause problems in the hand characterized by numbness, tingling or pain in the ring and pinky finger. In addition, the patient may have an inability to perform more complex hand and finger movements including maintenance of a tight grip.

Because the median nerve and ulnar nerve are linked to nerves that exit from the cervical spine (neck), injuries like whiplash and disc compression can lead to the development of one or both of these syndromes.

If you have symptoms of either carpal tunnel or cubital tunnel syndrome that last for more than a few weeks, it is important to see your doctor to confirm a diagnosis. Delays in treatment can result in muscle wasting and hand weakness.

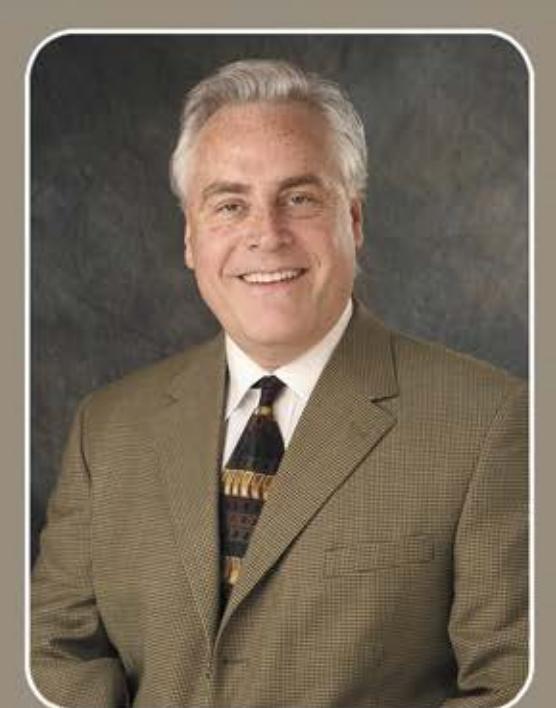


Mild cases of these syndromes can be successfully treated with conservative care, including rest, medication, stabilizing splints and adopting better ergonomic positioning while performing tasks.

The Board Certified neurosurgeons of Ocala Neurosurgical Center have diagnosed and treated countless patients for carpal tunnel and cubital tunnel syndromes. Most treatments are conservative and provide relief without surgery. When surgery is necessary, our surgeons have extensive experience opening up cramped tunnel spaces, relieving pressure on affected nerves and helping to stop further damage to the nerves and muscles they serve.

If you have questions about carpal or cubital tunnel therapy, please contact the caring professionals of ONC. We're here to help you get back to living life without pain.

Ocala Neurosurgical Center
OcalaNeurosurgicalCenter.com
352-622-3360



MARK D. OLIVER, MD

- In practice of neurosurgery since joining Ocala Neurosurgery Center in 1998
- Board Certified in Neurological Surgery by the American Board of Neurological Surgery
- Medical Degree from the University of Alabama School of Medicine in Birmingham, AL
- Chief Resident at the University of South Florida College of Medicine in Tampa with specialized training in complex spinal disorders
- Fellowship in neuroscience spinal cord injury at Eastern Virginia School of Medicine in Norfolk, Virginia
- Certified by the National Board of Medical Examiners
- On staff at Munroe Regional Medical Center & Ocala Regional Medical Center

Dr. Oliver is a member of the American Association of Neurological Surgeons, the Florida Neurological Society, the Florida Medical Association and the Marion County Medical Society.

Dr. Mark Oliver, his partner neurosurgeons, Dr. Daniel Robertson and Dr. Antonio DiSclafani, and their talented support team are dedicated to providing unsurpassed diagnostic and therapeutic care for a range of neurological and spinal disorders. Our foremost mission is to help you return to a life of health, comfort and vitality.



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Lifestyle Solutions MedSpa

It's Cool to Eliminate Stubborn Fat

Eating nutritious food, exercising regularly, and maintaining a healthy body weight are important for a balanced and active lifestyle. However, many individuals who are at or close to their ideal weight discover that even with adherence to a strict diet and exercise routine, stubborn pockets of fat remain. Often located on the hips, thighs, abdomen, flanks, and chin, these fatty deposits may even be the result of genetic predisposition rather than excess consumption or inactivity. To assist our patients in treating these areas of concern, Lifestyle Solutions MedSpa offers FDA-cleared, non-surgical CoolSculpting® treatments that can help to re-contour the body and reduce excess fat.

CoolSculpting is a revolutionary, non-invasive contouring treatment that freezes stubborn fat, which then is naturally eliminated from your body. This clinically proven procedure selectively reduces fat layers in problem areas using a patented cooling technology. CoolSculpting requires no needles, no special diet, no supplements, no surgery, and most importantly, no downtime. It's safe, FDA-cleared, effective, and does exactly what it is supposed to do. CoolSculpting gently cools unwanted fat cells in the body to induce a natural, controlled elimination of fat cells. This reduces bulges in treated areas of the body without harming surrounding tissue.

Key Benefits of CoolSculpting: **It involves no needles, surgery or downtime.**

Since the CoolSculpting Procedure is non-invasive, patients can resume daily activities including work and exercise, immediately following treatment.

It's safe.

CoolSculpting patients can sit or lie comfortably and read, work on their laptop or even nap during the procedure. The procedure is performed in a medical office setting, under the supervision of a physician specializing in cosmetic procedures. CoolSculpting is safe because the delivery of precise cooling affects only targeted fat cells, leaving adjacent tissue unharmed and intact.

It's convenient.

Procedures last about one to two hours, so treatments can easily be performed during a lunch hour or without major disruption to the day.

The results are dramatic.

Patients can expect to start seeing results in as little as three to four weeks with maximum results obtained within three to four months following treatments.

How CoolSculpting Works

During the procedure, a non-invasive applicator delivers precisely controlled cooling to the treatment area to specifically target underlying fat, leaving surface skin tissue unaffected. When fat cells are exposed to extreme cold, a process of natural removal is triggered, which gradually reduces the thickness of the fat layer. The result is a visible reduction in fat bulges.

Each CoolSculpting procedure results in undeniable reduction of fat in the treated areas, and patients can start to see results as soon as three weeks following treatment, with the most dramatic results occurring over a period of two to four months in most patients.



This non-invasive approach uses no needles, incisions, or other invasive measures, and the procedure generally requires little to no downtime. Furthermore, CoolSculpting® is designed to focus energy deep within the skin, leaving the surrounding tissue unharmed. In most cases, a single CoolSculpting® treatment to each area can provide effective results, although individual experience may vary and more treatments may be required to obtain ideal results.

Your time is important to us, and if you're considering treating more than one area for instance either both flanks or thighs we offer Dual-Sculpting at no additional charge. A second CoolSculpting® machine allows us to address multiple areas of concern in half the time, helping to increase efficiency and improve your overall experience. Our skilled aesthetics team can help patients develop a customized procedure plan that addresses their individual concerns and cosmetic goals.

Of note, we offer the latest FDA-cleared CoolSculpting technology which targets that undesirable "double chin" and is producing very rewarding results all without surgery or downtime!

For more information, or to schedule a consultation, call Lifestyle Solutions MedSpa at 352-368-2148 today! The only thing you've got to lose is stubborn fat!

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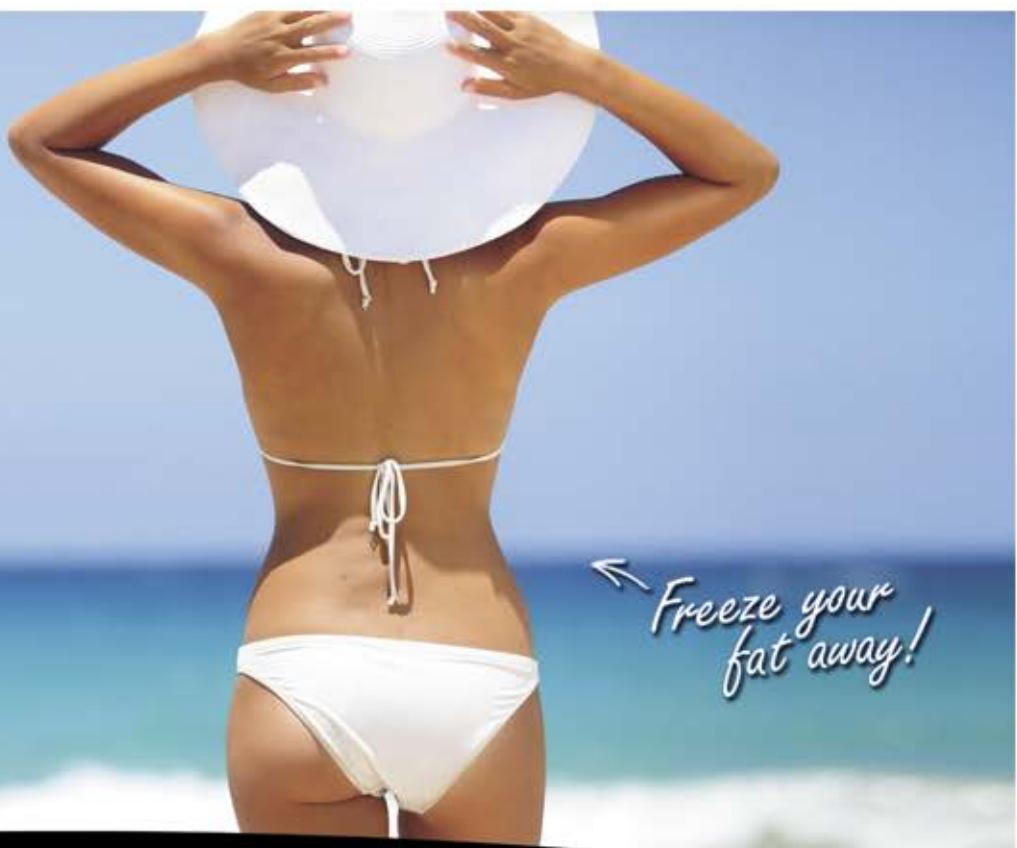
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The Smile Prescription:

The Secret to Happiness is Under your Nose

Did you know that smiling and laughing are programmed into our brain?

I love this story; it is going blow your mind on how this works!

Dr. Itzahk Fried is a neurosurgery professor at UCLA. What he found is literally shocking in every sense of the word. Dr. Fried's team delivered electricity to a woman's brain to stimulate smiling and laughing! It sounds like a taser that makes you laugh!

As the story goes, the test subject was instructed to perform unrelated tasks, such as reading, counting, or moving her hands and feet. When they delivered very small amounts of electricity to the front of her brain, she consistently demonstrated a smile.

At higher currents, a "robust and contagious laughter" was induced, and the higher the current, the longer the duration and intensity of the laughter. This laughter was accompanied by a sensation of mirth and merriment, and when the current got high enough, she would stop performing all other activities while laughing. When the laughter was stimulated with electric shocks, she associated whatever she was doing at the time with being "funny." Stand-up comics around the world are dying to learn about this technology!

If the test subject was reading about a horse and received the stimulation, she thought the horse was funny. If she was talking to people in the room during stimulation, she thought the people were funny. If you let this sink in, the implications are astonishing. Our brain is like a computer, and brain cells (neurons) work using electricity and chemicals (neurotransmitters is the fancy word for these chemicals in our brain). This electrical and chemical stimulation creates "shocks" in our brain all the time, and we use these shocks to control our body to move, sing, read, laugh, eat, play, or sleep. Just like this young lady, we can give ourselves "Smile Shocks" and stimulate our own brain to feel however we want to feel. We can choose what we find to be funny or not funny. And we can rehearse and strengthen the behavior patterns and neural networks that we choose with these brain shocks. Kind of creepy, and the good news is that you don't need to hook batteries up to your head to make this happen. Just practice your smile and give your brain a smiling power surge!

Basic neurophysiology tells us that stimulating (or shocking) the brain is how we get better at a musical instrument, sport, language, or any discipline for that matter.



By constantly stimulating a specific area of our brain, we consistently improve that behavior. It is like building a muscle. The more you stimulate it, the more that area develops. Doesn't it feel good to be stimulated? So let's make sure we stimulate ourselves (shock our brain) in behaviors that are favorable and serve us. This strategy also works when you stimulate and reinforce behaviors relating to anger, sadness, depression, and rage. And, all of our brain stimulation ultimately comes from within.

So here is the question: Are you controlling what stimulates your brain? Or, are you letting other people or external factors shock your brain and control what stimulates your behaviors?

Who is minding your mind? If you don't mind your mind, someone else will start controlling it. Frankenstein had the bolts on the sides of his neck just in case his brain needed a jumpstart. Just think of people in the same way, and sometimes they need a "smile shock" to get their smile going. Always keep your jumper cables handy!

We can Jumpstart a Smile in Anyone! The Evidence Is In!

Now you can understand why this is so important to me. The evidence is clear that smiling and creating positive meaning in your life will make you happier, reduce your stress, and help you live longer.

On the other hand, lack of smiling correlates to feelings of sadness, depression, and a shorter life span. This is so important, we have created a simple five step fun process that everyone can follow to enhance their smile. Isn't it fun to learn about the magic in life?

Saturday Smile

Here's a story I would like to share with you to raise awareness about smiling. So I'm feeling good because it's a Saturday morning. :) My wife and daughter like to sleep in so I pack my noisy boys into the car to go get breakfast. My dad used to bring us doughnuts on Saturdays, so I can't help but take the kids to the bakery. We are in the car, and it is a little too early in the morning for the boys to really get into their fighting (if you have kids you understand), and I propose a game to keep them occupied.

I put my best smile on, "Hey you guys, want to play a game?"

"What is it?" they say with excitement.

"As we drive, let's watch these people walking and exercising. Let's see how many we can count that have a smile on their face!" "Okay!" they say with the energy like we were going to Disney World. If they were dogs their tails would be wagging like crazy. It may just be the thought of pastries getting their blood sugars up, but I will take what I can get. We look at the walkers, runners, bikers, and stroller-pushing pedestrians. One, two, three, and so on.

"Do you see any smiling faces?" I say.

"No Dad..." Not a single smile. "Wait a minute...that kid tripped over and fell into the bushes, so his sister started laughing at him." On a beautiful, sunny Saturday morning in Florida, in a picturesque neighborhood with trees and golf greens, only the sister with the clumsy brother was smiling.

We get all the way to the bakery, passing at least thirty people. "I wonder why people don't smile more." My kids and I ponder. The facial expressions of choice were neutral, downward gazes, or mildly pained.

We walk into the bakery smiling, with a sense of adventure as we count faces (my kids were more focused on the doughnuts). People were there, eating, drinking coffee, reading the paper, listening to classical music overhead, and chatting. The young girl behind the counter had a slight smile ready for us. Everyone else was looking downward at their food, newspaper, or electronic gadget of choice. All of the other workers were moving like robots: cleaning, organizing, preparing, working, doing something, being busy, but not smiling. No one looked like they were having fun or enjoying life. I call it robot-face, or bot-face for short.

We walk up to the counter to give our order. I have a soft smile as my boys order, and they can be so wiggly as they talk—you know how little kids somehow cannot just stand still? They are being so cute that the teenage girl behind the counter starts smiling even bigger. Now we are getting somewhere!

I smile and tell her, "Hey, we've been people watching today to see who is smiling, and you are the only one in the store that has a smile on their face—and you have a GREAT smile!" She immediately breaks out into a great big smile and says,

"Thank you!" What a nice gift she gave us with her smile!

I told her, "Keep smiling, and make sure you share it with everyone!" As I put the change in the tip jar, she laughed and said, "Thank you for the tip!"

"No problem," I said.

She looked at me and said, "No, the tip about smiling. You are right, I do need to smile more. I don't want to look like a zombie. That is a tip that I can use all the time!" And she gave me her biggest smile yet.

We all enjoyed a smile together, and our morning was a memorable one.

It certainly made my boys happy, though I'm not sure if it was the smiling, the pastries, or the sugary sprinkles on top (sprinkles somehow make us smile too.)

What Is the Point of Smiling So Much?

I was shocked to realize that so many people walk around with a blank face, so I started counting to see if I was just fooling myself. I have counted smiles in grocery stores, parks, shopping malls, theaters, restaurants, airports, popular theme parks, indoors, and outdoors. Out of a hundred, the most common number of smiling faces I count is three!! The highest I got was ten, and that was in a restaurant when people were really yucking it up (was it the wine?). A survey of 2,000 people showed that adults smile on average seven times per day.¹¹ —REALLY??!

One of the reasons we may not recognize this lack of smiling is because it is socially inappropriate to look at people's faces when they are not addressing us.

Just consider if you are glancing around the room and someone makes eye-contact while you are looking at them. We often divert our eyes and look the other way to avoid embarrassment. So, even if someone is wearing a blank face, it is almost a reflex for us not to check out their face too much. We don't want to be rude! These social rules make us less aware of how many people wear flat faces in their daily activities. I have a question for you. Have you ever noticed how many (or how few) people are smiling around you? Or how often YOU smile through the course of a day?

When I ask people how many smiles they think they will see in the next hundred people they come across, some say as high as seventy-five percent! Most of us tend to overestimate how much other people (and ourselves) smile. When you realize that so few people smile during their daily activities, it is not so surprising that stress and depression are such a problem today.

Now, consider the opposite of this blank-faced scenario. What if we walked around with a BIG smile on our face? What if we are just happy to be alive, happy we are not in the hospital, or happy that we have two hands, and we show this on our face with a grateful grin?

People will think there is something wrong with us, or that we are drunk, or up to something! It should be the other way around! The world would be a better place if more people walked around with smiling faces, and there were fewer flat expressions to be seen.

Living In Captivity

Take a moment to think about the simple things we do on a daily basis. If you go to the gym, there are usually some very motivated people there working out early in the morning. Their drive is admirable, though their faces don't usually look very happy. We go to the grocery store, surrounded by more choice.

The hypnosis of daily activities can make us look like we are automatons, or on cruise control. We can appear devoid of joy, happiness, or gratitude for the blessings we have. The bottom line is, people don't tend to look that happy, even though we live with some of the greatest financial, technological, and informational abundance in the history of the world! People often look like they are living in captivity. When we go to the zoo, we sometimes feel bad for the animals and say, "Wow, those animals don't look that happy." Yet, the animals in the zoo look through the bars at the humans and say, "Wow, those people don't look that happy." Who is the one living in captivity?!? Maybe that is why it makes us so sad when we feel for the animals at the zoo. On some level, most of us know what it means to be restricted, constrained, or held back from what we really need. People are held captive in their minds from what they want most—to smile and be happy.

Are you going to take control of your life, or are you going to live in the captivity of the auto-pilot mind? Break through the bars, take the Smile Challenge to heart, find your Smile Buddies, and claim the freedom, happiness, and smiling in your life now!

.....Enjoyed this post? Great!
The above post is an excerpt from
"The Smile Prescription" by
Dr. Rich Castellano and is available to
purchase NOW from Amazon and
Barnes & Noble



Dr. Castellano

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ABOUT DR. RICH CASTELLANO

Wall Street Journal best-selling author, Dr. Rich Castellano (also known as "The Smile Dr.") is a double board certified facial plastic surgeon and facial analysis expert. He travels the country training doctors, healthcare providers, and entrepreneurs in innovative non-verbal communication found in his bestseller, *The Smile Prescription*. Dr. Castellano is currently the #1 Double Board Certified Facial Plastic Surgeon Bellafill injector in the world, and the #1 Radiesse injector in the Tampa Bay Area. He is the first facial plastic surgeon in the world to regularly broadcast his surgeries and procedures LIVE to thousands of viewers across the globe on Periscope.tv and FB. Dr. Castellano has made hundreds of live appearances including guest interviews on The Daily Buzz, FOX, NBC, ABC, CBS, and numerous other media outlets.



The Overlooked Dangers of Venous Insufficiency

By Bryan Carter, MPA-C, Phlebology-Surgery

Various forms of venous issues affect 25 million Americans. Their legs are swollen, achy and they have a heavy sensation. When our veins are working properly, they pump blood back to the heart. Valves in the veins are made to open and close in one direction, if these valves or the wall of the veins are damaged, the blood is unable to work against gravity, and the result is a pooling of the blood in our legs. This pooling is called stasis and can present significant risks to our health.

Sometimes venous insufficiency is more of a cosmetic issue and poses little health concerns. This is usually noted in spider veins, which is when the tiny capillaries are damaged, but when the veins are damaged, this can cause varicose veins, which can lead to a much more severe health issues. Neither of these should be taken lightly. Bryan Carter, a vascular trained PA for 15 years, mentions that many people walk around with obvious signs of vein disease while others hide it deeper inside the leg and have no clue of the problem escalating in the legs.

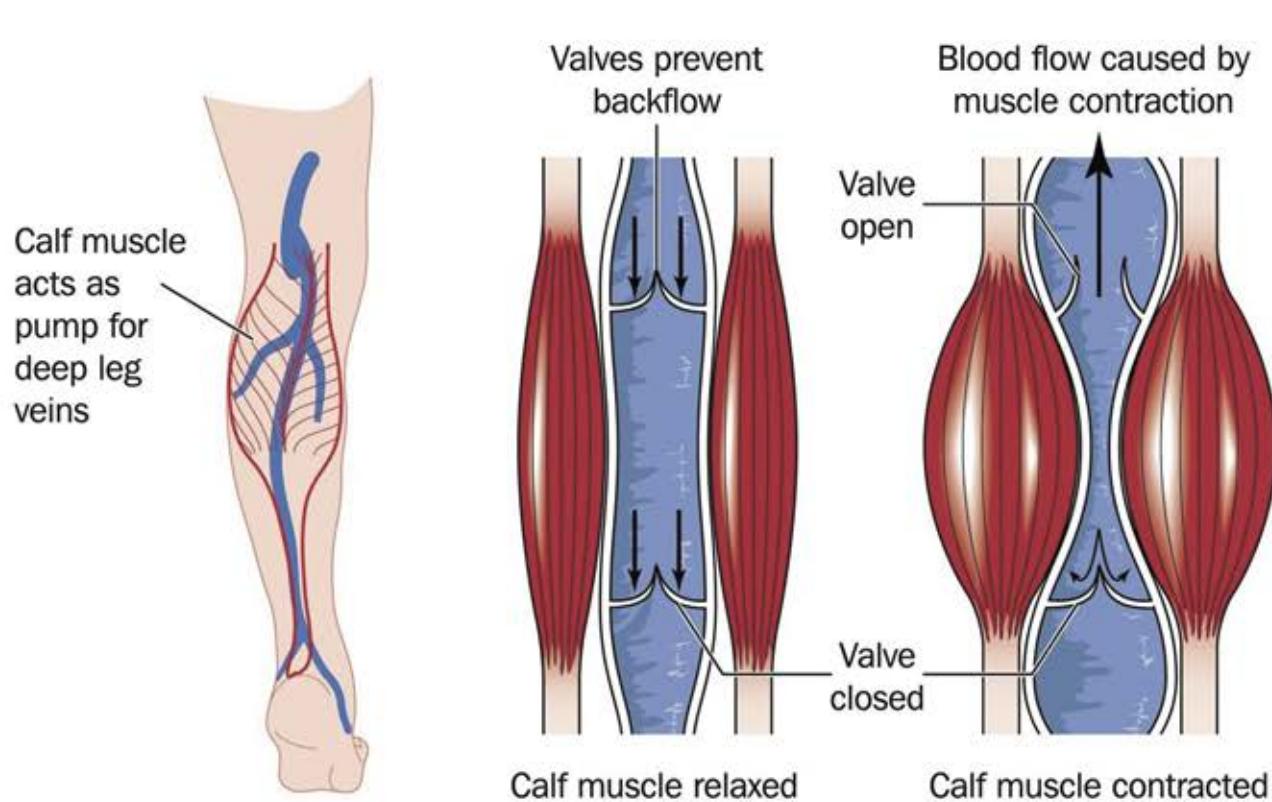
Symptoms of venous insufficiency:

- Swollen legs
- Discoloration on skin (brown or red)
- Tingling/burning/itching sensations
- Heaviness
- Aching
- Cramping

Although it can happen to anyone, the most common factors that put you at risk for vein issues is being a female over the age of 50, pregnancy, sitting for extended periods of time, a family history of varicose veins, smoking, being overweight, and a sedentary lifestyle.

Some people develop ulcerations, or sores on the lower legs and ankles, due to the low level of oxygen in the veins and the uptake of white blood cells. These ulcers and other vein signs can be painLESS or extremely painFUL, resistant to healing and can make one more susceptible for infection and cellulitis.

Because the veins and arteries balance each other, when a person has chronic signs and symptoms they most likely can have arterial problems as well. Together, the leg circulation begin to fail exponentially.



Both chronic and acute symptoms could be a sign or lead to a DVT (deep vein thrombosis). DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep in within the legs. Vascular malformations, pelvic tumors or sitting for long periods of time are some of the risk factors that go along with DVTs.

Celebrity and Pro Tennis player Serena Williams suffered a DVT, which led to a pulmonary embolism. Thankfully she had a successful emergency surgery that saved her life. Shortly after having heart surgery, television host, Regis Philbin, also suffered from a DVT.

He developed pain in his calf, and after further investigation, the clot was discovered. Fortunately, he too was treated and had a successful outcome.

Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death. These are grim statistics since the treatment is minimal and so readily available to patients. Mr. Carter feels a more proactive approach, than a reactive one, could save more lives. Speaking to your medical provider is critical if you or a loved one has any of the above mentioned signs or symptoms.

Treatment Options for Venous Insufficiency Mr. Carter recommends:

- Use of support socks/stockings, leg elevation and daily exercise as much as possible
- Then treatments with venous ablations performed in the office.

If you have any concerns regarding your leg health, call the Heart of The Villages today for an appointment.



Heart
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Bryan Carter, MPA-C

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To learn more about what top, Olympic and professional athletes, celebrities, doctors and clients are saying visit
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So if we are all being diagnosed electrically why then aren't we being treated electrically? The truth is many people are and experiencing dramatic, life changing results!

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All therapies are safe, non-drug and non-invasive. Many clients relax and sleep during therapy sessions. Most people express a dramatic reduction in pain, improved range of motion, increased energy levels, better sleep, and improved quality of life.

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- Providing highly effective, fast and lasting results
- Offering free consultation to design a plan to address the root cause of an issue and not just mask symptoms
- Helping people improve quality of life
- Helping people increase energy levels, blood-flow, natural healing, and detoxification
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With Inner Engineering - Reducing Stress Isn't As Hard As You Think

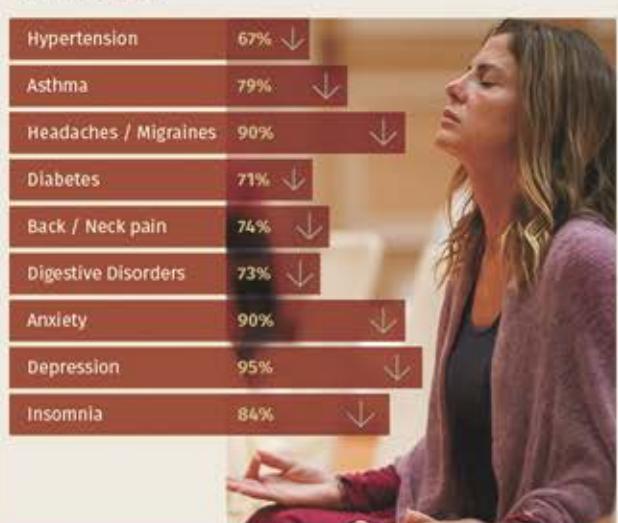
Stressed out? If so, you're not alone; the American Psychological Society reports that almost a quarter of adults in the U.S. are under extreme stress. The silver lining is that finding your way out—transmuting your stress into happiness; pain into peace—may be easier than you think.

Perhaps you have explored methods to improve your health or mental clarity, or simply to create more energy and provide relief from daily stress. Research data has shown that simple yoga practices can relieve physical and emotional ailments and leave you feeling more relaxed and peaceful.

Explains Sadhguru, founder of the nonprofit Isha Foundation and one of the world's foremost authorities on yoga, "As we have physical science to create external well-being, there is a whole inner dimension of science to create inner well-being. I call it Inner Engineering." Inner Engineering is a world-renowned program that cultivates peace from the inside out. As the name implies, it's all about building our inner framework in such a way that external situations no longer dictate our happiness. It's all about seeing the world through a different, nonreactive lens.

Inner Engineering is a distilled essence of yogic science – a thorough overhaul of the body, mind, emotions and life energy. This practice incorporates the breath, providing access to your deepest life energies and making them vibrantly alive.

Percent of people reporting improvements with regular kriya practice



In April, Sadhguru himself will be presenting the Inner Engineering Completion program in Tampa. This event offers a unique opportunity to receive this life-nurturing science live – from an authentic source. (Completing Inner Engineering Online, a seven-session online course, is a prerequisite for this program.). People from all over the world will travel to this event since Sadhguru conducts only few sessions every year across the globe. The event is on April 29-30 at the Tampa Convention Center. Inner Engineering can be attended by anyone age 15 and above. If you would like to attend, please visit InnerEngineering.com or call 813-413-1661 to register.

We cannot prevent "stressful" situations from coming into our lives, but we can use ancient yogic sciences and our own inner wisdom to control how we react to them. It's a muscle that gets stronger the more we use it. Through meditation, we learn to rejuvenate our presence so that our mind, body and emotions are harmoniously aligned.

Inner Engineering is an antidote to the stresses of modern life, and offers simple but powerful processes from yogic science to purify the system, enhance mental and physical health and well-being, and bring about a greater sense of balance.

Whether you're a seasoned yogi or a novice, Inner Engineering will meet you where you are, laying the groundwork for happier, more intentional living. For those seeking professional and personal excellence, this program offers keys for meaningful and fulfilling relationships at work, at home, in the community, and within one's self.



"The perspective and practices that Sadhguru has given, gives you the strength and stability to go through the day without getting overly disturbed by stress. My equanimity and sense of calmness in the face of all that life throws at me has certainly improved a lot."

— Ravi Venkatesan, Author & Former Chairman, Microsoft India



"Sadhguru, you have been an inspiration to me. I mean a true inspiration. I hope everybody comes to Isha in one way or another."

— Donna Karan, Founder of DKNY, Fashion Designer & Humanitarian

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The Very Greatest: The Final Fight of Muhammed Ali and the Future of Stem Cell Therapy for COPD

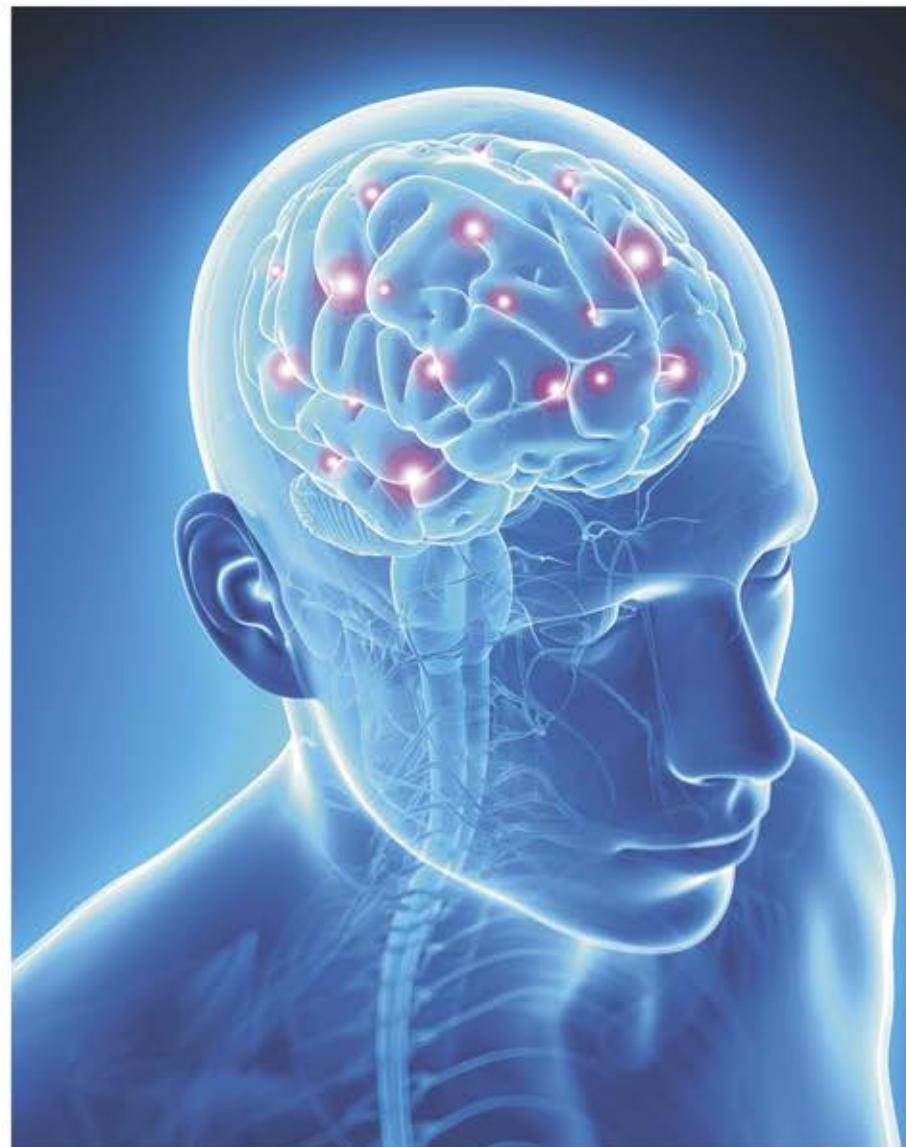
There isn't much debate when it comes to the legacy of Muhammed Ali. He was, as he often claimed, "the greatest" boxer of his era, winning his first Olympic Gold medal at the age of 18. And, he was a rebel too. As a civil rights vanguard, he blatantly refused the draft leading to his arrest and the stripping of his boxing titles at the age of 24. He would go on to spend five years of his fighting prime behind bars until 1971. And what did he do when he got out?

He fought for ten more years.

Despite showing signs of Parkinson's disease as early as 1979, he kept fighting until 1981. He wouldn't be officially diagnosed until 1984.

Parkinson's is a degenerative cognitive disorder brought about by the progressive loss of dopamine, affecting the brain's motor skills and causing muscle rigidity, slowness of movement, tremors and problems with gait and posture. Having a dramatic effect on the quality of life of those who live with Parkinson's, 60,000 Americans are diagnosed with the disease every year. Although currently there is no known cure, stem cell therapy and its ability to replicate needed cells (in this case dopamine cells) have shown great promise in treating Parkinson's and other quality of life related conditions, such as chronic obstructive pulmonary disease (COPD).

In similarity to Parkinson's, COPD is a degenerative lung disease that can have a significant effect on quality of life, ultimately inhibiting an individual's energy, mobility and ability to breathe unobstructed. Across the U.S., COPD is the 3rd leading cause of death, affecting more than 15 million Americans. Fortunately, however, clinics like the Lung Institute (lunginstitute.com) are working on it. As the field of stem cell therapy has continued to advance, our understanding of how the duplication of vital cells within the body can treat disease has increased exponentially.



In the fight against COPD, stem cell therapy may just be the ace in your corner.

The key distinction of stem cell therapy compared to other forms of treatment rests in the fact that stem cells emphasize the body's natural healing process. As these stem cells are pulled from a patient's blood or bone marrow, they can then be reintroduced into the body intravenously where they come to rest within the lungs, potentially reducing local inflammation, symptom expression and promoting healing from within.

In 1996, Muhammad Ali lit the torch for the Atlanta Olympics. His arm shook throughout the entire procession. He never even tried to hide it. He didn't

care. Ali was a strong advocate for stem cell therapy and its potential to treat his Parkinson's, but more than anything he believed in leading the path for others by championing his disease. He was a fighter and a consummate showman who never backed down from a challenge.

Diagnosed at the age of 42, he would live nearly half of his life with Parkinson's, lending his name and wealth to the development of a treatment that would allow those who suffered from the disease a chance to reclaim their lives.

As stem cell therapy continues to develop, it too, has shown the propensity to restore hope to those with few options. It has given inspiration back to those who may have otherwise given up.

Despite his tough talking and raucous nature, Ali held a soft heart for the potential of every individual, once stating:

"He who is not courageous enough to take risks will accomplish nothing in life."

Regardless of the obstacles that stand before you, keep swinging.

If you or a loved one suffer from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at 800-921-4631 or visit lunginstitute.com/health to find out if you qualify for these new treatments.

Meet the Medical Director of MIT

My decision to develop a multi-modality imaging center in the tri-county area is influenced largely by my passion to provide top quality medical imaging and interventional care to a community which I have called home for nearly 20 years. As a resident of Lake County, and the son of a long-term Villages resident, I am acutely aware of the needs of the senior community, and the demand for a boutique-style, state-of-the-art radiology and vascular center, where patients can actually consult and develop a personal relationship with their radiologist physician, who will help formulate an individualized treatment plan.

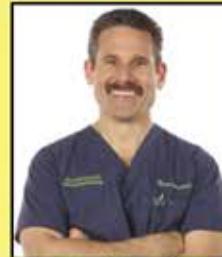
Having worked as an interventional radiologist in the tri-county area since 1997, I have served on numerous hospital committees, including the board of directors of both Leesburg and The Villages hospitals, I have established enduring relationships with many local business leaders, hospital administrators, and hundreds of local physicians. In addition, prior to opening MIT in 2013, for 5 years I performed onsite diagnostic and interventional radiology at nine hospitals in central and southwest Florida, and provided tele-radiology support to several additional hospitals throughout Florida, Kentucky, Ohio and Pennsylvania. First-hand exposure to a multitude of healthcare systems has allowed me to incorporate a variety of the most desirable attributes of each, into a practice of my own. Through my travels, I have personally come to know many of the region's top medical specialists with whom I have developed an extensive professional network; an invaluable resource to my patients and referring physicians.

I am confident that my proven track record of providing outstanding diagnostic and interventional radiology to the Central Florida region, as well as my intimate familiarity with the local medical climate, affords me the unique opportunity to provide an exceptional level of personalized service in a warm and inviting setting. Our constellation of customer service oriented staff, leading-edge technology, and unwavering focus on the patient, allows MIT to consistently deliver the 'highest definition' care.

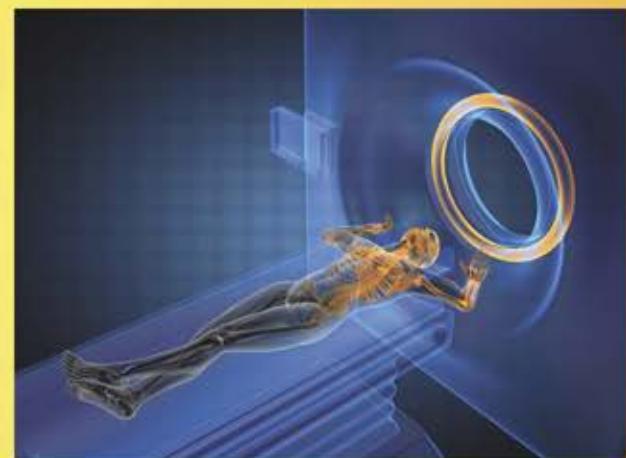
Many of you may not be familiar with the term Diagnostic Radiology. Until recently, a diagnostic radiologist was mainly known in hospital circles as the physicians' physician. In other words, the specialist other doctors call upon to help determine what is wrong with the patient. How does this occur? We interpret MRI, CT, Ultrasound, X-ray and other medical images, review clinical and laboratory data and interview patients to determine what symptoms they are experiencing, so that the pieces of the puzzle can be put together in context, establishing the proper diagnosis and allowing for development of an appropriate treatment plan.

Oftentimes, treatment can also be provided by Interventional Radiologists, performing minor procedures utilizing imaging guidance, or the assistance of a real-time X-ray machine, called a C-Arm, or an MRI, CT or Ultrasound. This is the beauty of my profession. I can diagnose and treat as well! My subspecialty is vascular and interventional radiology. What does all this mean? First I am a diagnostic radiologist. I attended College, and then medical school for 4 years, and completed a 4-year residency in diagnostic radiology to learn all about disease processes in the body and how they can be visualized in the images produced by various machines. I need to know how they correlate with symptoms and health history to create a story. Furthermore, after a year of training in surgery and a year of fellowship in vascular and interventional radiology, I earned the title of Interventional radiologist and am board certified in both specialties. Few people have heard of this subspecialty because we are typically found in hospitals, working "behind the scenes" using fine needles and guidewires with the guidance of imaging equipment to perform cutting edge procedures which were once open surgeries requiring extensive recoveries. Interventional radiologists pioneered many of the procedures you are familiar with today, such as vein ablation, angioplasty and stenting, and biopsies of organs deep inside the body, just to name a few. If you research Interventional radiology in Wiki-pedia, you will be astonished by the devices, procedures and technology this specialty has developed in the last 50 years, truly revolutionizing medicine.

Interventional Radiologists pioneered endovascular surgery, which has become the alternative to open vascular procedures, using guidewires and real-time image guidance to achieve excellent outcomes with fewer complications and shorter recovery times. Oncologists refer patients for biopsies, port placements, drainages of abnormal fluid collections and for interventional therapies known as thermal ablation to treat a variety of primary and metastatic tumors. Neurologists use Interventional Radiology for the treatment of stroke, carotid artery stenosis, spine fractures and to obtain spinal fluid for testing. OB/GYNs send women for treatment of uterine fibroids, pelvic congestion syndrome, and procedures such as hysterosalpingograms and fallopian tube recanalization to evaluate and treat infertility. Nephrologists use interventional radiologists to treat renal artery stenosis, place dialysis catheters and nephrostomy tubes and to keep dialysis fistulas and grafts functioning. These are just a few ways in which an interventional radiologist can offer patients non-surgical treatment options. As the specialty continues to evolve, modern Interventionalists are now able to provide direct patient care by performing in-office procedures that were once only available in a hospital setting.



Dr. Mark Jacobson



At MIT, not only do we perform diagnostic imaging, but we are uniquely set up to also perform a multitude of in-office interventional procedures. These procedures are performed by expert hands, and with the safest imaging equipment, utilizing extremely minimal or no radiation while communicating with you and your other doctors. Our down to earth team is devoted to your physical and emotional well-being and will take the time to explain every test, process, and option, so you'll know that you are among trusted, experienced, professionals who genuinely care about you. We welcome any partners, family or friends you wish to include in your healthcare decision making if it helps you feel more comfortable and safe.

MIT opened its doors in 2013, and is one of the few independently owned (not owned by a hospital) Interventional Radiology centers in the country to offer such procedures outside of a hospital. Advantages include avoiding the risk of hospital acquired infection by drug resistant organisms - a huge plus for immune compromised patients - as well as time-efficient scheduling and delivery of services, at considerable cost savings. Furthermore, all our physicians are American trained and Board Certified.

Our center is certified by the Florida Department of Health Board of Surgery, and Accredited by the American College of Radiology. Our latest achievement, after just 3 years in service, is to have been selected to be as a training center for Interventional Radiology Fellows from Shands University of Florida Medical Center.

MIT Medical Imaging & Therapeutics
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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.



Standard Colonoscope
Limited 170° Field of View



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.

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.

Gastro-Colon Clinic Dr. Anand Kesari

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What Exactly Is Omega-3?

By BO MARTINSEN, MD

When I started giving lectures about omega-3 for physicians 15 years ago, few health care providers had heard about these molecules. Some doctors thought I was preaching voodoo medicine, while others politely thanked me for sharing the information.

Today, the situation is quite different. The majority of Americans have heard about omega-3 and know that it is good for your health. Still, most people's knowledge of omega-3 is limited, even among health professionals.

Let's start with the essentials:

Omega-3: A Family of Fat Molecules

Omega-3 is a family of at least 11 different fat molecules. You may have heard of the key family members, including EPA, DHA, and ALA omega-3s. Each member of the molecule group has a unique structure and function. But they all feature a carboxyl group (COOH) at one end of the molecule and are characterized by extreme flexibility.

Due to their multiple double bonds, these long-chained molecules can twist and change their spatial structure in a fraction of a second, depending on the closeness and interaction with other molecules. This flexibility is crucial for the omega-3s to fulfill one of their primary roles in the body – helping maintain a well-functioning cell membrane.

Omega-3s in the Cell Membrane

Omega-3 fatty acids act as gatekeepers to the cell and regulate the passage of both nutrients and waste products across the membrane. Moreover, omega-3s promote signaling between cells by providing the structure and connection to cell membrane receptors. These receptors sit like parts to a jigsaw puzzle on the surface of the cell membrane, waiting for particular hormones and metabolites to lock in place.

Now imagine what happens to the cell when you remove omega-3s from the equation and replace them with trans and saturated fats. The cell membrane stiffens, preventing good nutrient exchange. You could almost say the cells become starved from the lack the omega-3s. As for the receptors, they no longer have a place in the cell membrane. Instead, like a dilapidated house, you end up with a membrane that's full of holes and barred windows and doors.

Unfortunately, this is the case for most people who don't eat fatty fish regularly or take effective doses of omega-3 supplements. And as some researchers have speculated, long term omega-3 deficiency has serious consequences. One Harvard study speculated that omega-3 deficiency could account for some 96,000 deaths every year.

There's another point to remember in this discussion too: Omega-3 is such an important part of the cell's metabolism that the molecules are consumed relatively quickly.



Unlike minerals, such as calcium, which typically stay in the bone for a relatively long time, the cells need a regular supply of omega-3. This explains why it's important to get a certain amount of omega-3 every day for optimal cell functioning.

Why Omega-3 Helps Combat Inflammation

Besides maintaining the cell membrane, omega-3 molecules have important anti-inflammatory functions too. The omega-3 molecules help control the body's inflammation response by several different mechanisms.

First and foremost, the omega-3s balance the pro-inflammatory omega-6s, which are found in most vegetable oils and all our processed foods. While we need a certain amount of omega-6s in our diet, consuming excessive amounts of omega-6 creates havoc. The consequence of getting too much omega-6? Swelling, pain and loss of joint functioning – all marks of inflammation. Long term, that chronic inflammation fuels the fire for chronic diseases, like Alzheimer's, arthritis, heart disease and even certain types of cancer.

Researchers have also discovered that the EPA and DHA omega-3s create the building blocks for new metabolites that have the ability to stop ongoing inflammation, especially in the brain. Several pharmaceutical companies are now focusing their research on these newly discovered metabolites with the hope of turning them into patented medicines. But there is one problem connected to this approach. Each of the members of the omega-3 family produces a multitude of active metabolites that create a balanced physiological response. By singling out just one of the molecules, the pharmaceutical companies could potentially disrupt the omega-3 family's beautifully synchronized cascade of health benefits. This is precisely why I am passionate about full-spectrum fish oil, which delivers not just one omega-3 molecule, but a range of naturally occurring fatty acids.

Other Ways Omega-3 Works in the Body

Scientists have also suggested several other ways that omega-3 fatty acids make a difference for our health.

Some scientists, for instance, believe that a main function of omega-3 is to protect the cholesterol in the body from oxidation. By being in position to be oxidized first, the

omega-3s let the cholesterol remain in its pure, unadulterated state, thus preventing the buildup of plaque in the arteries. It's important to note, however: If the omega-3 molecules are already oxidized/rancid, they are not be able to serve this function.

Another theory centers on the omega-3s role in manipulating gene expression, or determining which genes are expressed and which genes remain dormant. Precisely how omega-3 works in regulating gene expression, we do not know yet. But two hypotheses on the table suggest that 1) the omega-3 molecules either directly interact with certain genes or that 2) the omega-3 molecules interact with other substances that in turn trigger certain genes and impact gene expression. Hopefully, more research on this fascinating topic will come soon.

Finally, the omega-3s also interact with enzymes in the liver to help reduce triglycerides. But we'll save that topic for another article.

Fresh, Full-Spectrum, Full Dose

Looking at the many functions of the omega-3 fatty acids, we start to understand why it's important to be concerned about how much omega-3 we consume and what kind of quality we are getting.

If you do not get an adequate dose every day, the omega-3s will not be able to carry out their basic functions in the cell membrane or compete with the plethora of omega-6. If we consume oxidized, rancid oil, the omega-3s will not be able to work properly. And if we get just one type of omega-3, rather than full spectrum of the omega-3 family, we lose the multitude of benefits that come from the different fatty acid and metabolite interactions.

If you are not sure you are getting the full benefits from your omega-3 supplement, ask yourself: Is this fresh? Is this full-spectrum? Am I taking enough every day?

About Dr. Bo Martinsen

Bo Martinsen, MD, is the co-founder and CEO of Omega3 Innovations. Born and raised in Norway, Dr. Martinsen received medical training at the University of Bordeaux in France and at the University of Oslo. Dr. Martinsen has extensive experience practicing general medicine, neurology and preventive medicine, in addition to training in epidemiology (Ph.D program at the University of Oslo) and business administration. He has served as medical consultant to large international corporations focusing on stress management and synergistic medicine.



www.omega3innovations.com



Computer Guided DENTAL IMPLANT PLACEMENT

Computer Guided Dental Implant Surgery actually allows the procedure to be “performed” in advance of the surgery. Surgical simulation can be done on the computer, so the exact size and ideal location for the implant is known. In essence, the treatment is completed on the simulator pre-surgically. Recent computer technology breakthroughs enable a surgical guide to be electronically constructed to guide implant placement during surgery.

3-Dimensional Cone Beam Computerized Tomography (CBCT) imaging can provide important information regarding the width, shape, quality and volume of bone in cross-section. Once the scan is

obtained, the shape of the bone can be clearly seen and a discussion can be conducted of whether procedure such as bone grafting will be required. Other important anatomic landmarks can also be identified that cannot be seen with traditional x-rays.

Computer Guided Dental Implant Surgery is typically performed in less than an hour. In most cases, no incisions or sutures are usually needed and therefore post-operative swelling / discomfort is minimal. This state-of-the-art procedure can be used for patients requiring 1 implant to patients in need of full mouth rehabilitation.

At Laurel Manor Dental, they are highly trained in these procedures, and they take great pride in your getting you to your most optimal dental and oral health. Laurel Manor Dental goes one step further because they have an onsite specialist in periodontal disease and prosthesis. Her name is Dr. Lucia Roca.

After receiving her Doctor of Dental Surgery degree, Dr. Roca spent an additional three years studying at the University of Connecticut School Of Dental Medicine. She was then accepted into the University of Medicine and Dentistry of New Jersey/Rutgers where she performed clinical research, completed her periodontics residency and earned her Masters of Dental Science degree.

6 benefits of dental implants.

Comfort and quality of life		Dental implants can positively improve your quality of life.
Esthetics		Dental implants look like natural teeth.
Aftercare		Dental implants can be cared for and cleaned like your natural teeth.
Bone Preservation		Implants transmit chewing forces to the jaw bone, which prevents bone loss from missing teeth.
Durability		Dental implants are designed to last a lifetime.
Convenience		Dental implants feel and function like natural teeth.

Please consult your dentist to determine if dental implants are an option for you.

As a member of the American Dental Association and the American Academy of Periodontology, Dr. Roca has worked tirelessly to help bring dental care to those in need from the city streets of Newark, NJ to the rural villages of Guatemala. Her dedication and continual interest in acquiring new dental knowledge have deep ties, as Dr. Roca's parents are both dentists, and she herself is now married to a dentist. Dr. Roca takes satisfaction in explaining the best treatment options for her patients in English, Spanish or Italian!

If you or someone you love is in need of a dental consultation for any of the issues mentioned above, or for other general dental needs or concerns, please call Laurel Manor Dental at (352) 430-1710, or visit laurelmanordental.com.



**LAUREL
MANOR
DENTAL**

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The Villages, Florida 32159
laurelmanordental.com

Lose Weight Fast Without Exercise with Physician Assisted Weight Loss!

By Compton Chiropractic Care



Dr. Compton and his office in The Villages, FL is now the exclusive provider of the Ideal Protein weight loss system which provides you pre-packaged meals coupled with your own groceries that will have the weight falling off of you in no time. Ideal Protein is a scientifically researched solution to safe weight loss with a four-stage, low carbohydrate, ketogenic diet. Currently more than 3,000 medical practitioners in the U.S. and Canada offer the Ideal Protein protocol to their patients to lose weight and reverse metabolic syndrome - the cluster of conditions that are associated with heart disease, stroke and diabetes.

Compton Chiropractic Care has three chiropractic physicians and two weight loss coaches, all with backgrounds in nutrition and medicine to help facilitate a specialized plan to ensure your health is optimized. Each patient's health conditions, medications, bloodwork, recent cardiovascular and metabolic paneling is reviewed before starting the Ideal Protein protocol. Ideal Protein is a scientifically researched solution to safe and effective weight loss.

The Initial Consult

At Compton Chiropractic Care, your initial consult will be a focused medical evaluation for diseases related to obesity and causative factors, along with a physical examination. In addition, we will obtain a weight history, which includes past diet attempts, and conduct thorough goal and expected outcomes. Many patients come to the clinic with undiagnosed diabetes, high cholesterol, thyroid disorders, abnormal liver tests or obstructive sleep apnea. On your initial visit if you have not had recent bloodwork or an EKG performed, our medical staff will ensure these tests are completed before starting the protocol so that you may safely begin the program.

Overall, Compton Chiropractic Care's Ideal Protein Weight Loss Protocol will include:

- Weekly progress measurements and one-on-one nutrition counseling with a weight loss consultant
- Behavior Modifications
- Pre-packaged Meal Replacement Plans



Here's what you can expect

- A nutrition program which includes a wide variety of spicy, sweet and salty gourmet foods
- Sensible, Physician-Supervised weight loss protocol that takes your current medical conditions into consideration
- Reductions in weight have significant health benefits for high blood pressure, cholesterol reduction, metabolic disease management, diabetes and lowering A1C levels
- Expert guidance and professional support under the tutelage of your personal weight loss coach
- Unlike fad diets, the Ideal Protein Protocol has a beginning, middle and an end
- Four distinct and unique stages help assist you in making permanent lifestyle changes, facilitating your optimal health

Attend a Free Workshop!

Free, no obligation workshops offered twice per month at Compton Chiropractic Care. This is a great way to discover the Ideal Protein Weight Loss Method in a friendly, no pressure environment.

Please call us for workshop times and to reserve your spot today as space is limited!
352-391-9467



LOSING WEIGHT has been proven to reduce the risk factors associated with METABOLIC SYNDROME

Diet

The Ideal Protein weight protocol is a medically derived protocol developed and refined over a twenty year period. Dieters are provided 65% of their weekly groceries in convenient, pre-packaged meals. Dieters will also have a choice of vegetables and lean meat each day to round out their dietary needs. Women typically average between 3 to 5 pounds of weight loss per week, while men can range between 5 to 7 pounds per week. The long term success for dieters is realized through the one-on-one coaching, designed to motivate and educate, ensuring the knowledge and confidence to make better lifestyle choices once Phase Four has been reached. With over 3,000 medical practitioners in the U.S. and Canada offering the Ideal Protein protocol to their patients to lose weight and reverse metabolic syndrome, Compton Chiropractic Care has chosen to align our overall goal for meeting our patient's needs with this highly regarded and successful plan.

Activity Levels

While physical activity is an important addition to any diet as it boosts metabolism and increases weight-loss - it is not necessary on the

Ideal Protein program. Our philosophy is the more healthy you begin to feel once you are experiencing a reduction in weight, the more your energy levels will increase and your need to create and comply with daily activities will simply become a part of your routine. Ideal Protein has specified emails that will help encourage dieters to move as their energy levels increase, but there is no set daily exercise requirement for the protocol.



WWW.IDEALPROTEIN.COM

Located in The Palm Ridge Plaza
11974 County Road 101 Ste. 101
The Villages, FL 32162
P: (352) 391-9467 | F: (352) 391-9468
www.thevillageschiropractic.com



"Putting your families health in our families hands"

Dr. Brett Compton

- Doctor of Chiropractic Medicine
- Palmer Graduate
- B.S. in Human Nutrition
- 12 Years Army & National Guard Veteran
- Medical Director



Dr. Brent Compton

- Doctor of Chiropractic Medicine
- Palmer Graduate
- B.S. Pre Professional Biology
- Associate Since 2012



Dr. Daniel Taylor

- Doctor of Chiropractic Medicine
- Palmer Graduate
- B.S. in Molecular & Microbiology

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

Our Philosophy

- Treat patients as individuals identifying their unique needs and set of problems
- Perform a thorough Orthopedic and Neurologic examination with all new patients
- Use the highly reliable and world-renown Palmer "hands on" technique of Chiropractic care
- Provide patients with non-surgical alternatives to pain
- Avoid long-term treatment plans or large out-of-pocket expenses

Our Facility Offers

- Medicare accreditation for DME bracing
- State-of-the-art treatment tables
- On-site digital x-ray
- Physical Rehab suite with cold laser, ultrasound, electrical stimulation, Graston, Kinesio tape, and mechanical traction therapies, blood and urine testing
- Clinical Nutrition
- Quality care without the wait

Accepting

- Medicare • Medicare Replacement Plans
- Blue Cross Blue Shield • Cigna • Humana
- United Health Care plans • Personal Injury
- Medicaid • Workers Compensation

RIGHT AT HOME'S CAREGIVER OF THE YEAR AWARD

Going the extra mile in providing exceptional care for seniors and disabled adults often comes down to the everyday little things ... the respectful help getting dressed ... the favorite home-cooked meals ... the encouraging nudge through therapy exercises ... the seamless, on-time ride to doctor appointments ... the engaging conversations and listening to stories of times long past.

Being a remarkable at-home caregiver for today's rapidly increasing senior population — more than 46.2 million older Americans as of 2014 — is a challenging blend of career expertise and compassionate understanding. Not every person who enjoys older people can become a successful caregiver, notes Right at Home, a leading at-home care and assistance provider.

"Central to our senior care services is our right people doing the right things the right way for the right reason," said Emily Fechtenburg Right at Home The Villages, Lake & Sumter Counties. "In-home caregiving isn't just a job, but a notable dedication to serving others. Right at Home caregivers become trusted friends and part of the family who help our clients not just get by, but thrive living in their own homes."

For Right at Home clients, home settings vary from a house or condo to an assisted living apartment or nursing home room. Headquartered in Omaha, Neb., with more than 500 U.S. locations and operations in seven additional countries, the company's right people feature caregivers who deliver personal, custom-tailored care. To recognize the hard-earned efforts of caregivers across the country, Fechtenburg says the adult home care organization created their Caregiver of the Year award program. On April 6, Right at Home will announce the 2017 Caregiver of the Year at its annual meeting in Omaha

The Caregiver of the Year award program celebrates the accomplishments of a select group of caregivers. Qualifications for Caregiver of the Year include being passionate about providing extraordinary care to clients — selflessly and professionally serving others while being a motivating team player. Clients and their families notice the above-and-beyond care, and the nominated caregivers receive continual praise and recognition for their outstanding work. Top caregivers are nominated and judged based on the following criteria: character, client impact, brand ambassadorship, team spirit and professional development.

Right at Home corporate staff reviewed 100 caregiver nominations this year and selected 20 finalists, representing the home caregiver organization's four regions nationwide. The finalists then submitted a videotaped testimonial, and a three-member community judging committee reviewed details on each of the finalists, selecting four region winners and one national winner.

Region Caregivers of the Year receive a \$1,000 check, an engraved crystal plaque and a celebratory dinner. The National Caregiver of the Year receives a \$5,000 check, an engraved crystal plaque and an all-expense-paid trip for two to the annual



meeting. At the event, the National Caregiver of the Year receives the distinguished award and a leisure package of choice to enjoy during the meeting week.

The theme of the 2017 annual meeting is the "Power of One," and the Right at Home franchise owners like Fechtenburg see this strength exemplified in the tireless caregivers who give so much of themselves to help improve the quality of life for the seniors and disabled adults they serve.

"Our caregivers are the cornerstone of our business, and each of them has the power to change a life and make someone's life better," explains Fechtenburg. "The power of just one person who positively influences another person is incredibly far-reaching, and you see this lived out with family caregivers, too. All of us have the power to help at least one other person every day. Sometimes that's with tangible care assistance and sometimes it's simply with a smile or hug."

For more details on Caregiver of the Year, including the nomination and selection process and awards, visit www.rahcaregiver.com.

About Right at Home

Founded in 1995, Right at Home offers in-home companionship, personal care and assistance to seniors and disabled adults who want to continue to live independently. Right at Home's global office is based in Omaha, Nebraska, with offices located in 45 states nationwide and throughout the world. For more information on Right at Home, visit About Right at Home at <http://www.rightathome.net/about-us> or read the Right at Home caregiving blog at <http://www.rightathome.net/blog>. To sign up for Right at Home's free adult caregiving e-newsletter, Caring Right at Home, visit <http://caringnews.com>.



About Right at Home of The Villages, Lake and Sumter Counties

The Villages, Lake and Sumter Counties office of Right at Home is independently owned and operated and directly employ and supervise all caregiving staff, each of whom is thoroughly screened, trained, and bonded/insured prior to entering a client's home. For more information, contact Right at Home of The Villages, Lake and Sumter Counties at WWW.RAHFL.com, 352-835-0101 or by email at Info@rahfl.com.

Proven Knee Arthritis Treatment

By Physicians Rehabilitation

FDA Approved Treatment for Knee Arthritis Offered Locally

Currently, an estimated 27 million people suffer from knee osteoarthritis making it one of the most common causes of disability in the U.S. It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis. Patients with chronic joint pain often think nothing can be done to help them except surgery.

A person with knee pain knows how often it gets in the way of doing the things they want and need to do in daily life. Because the knee is a weight bearing joint, knee pain affects almost everything we do that requires mobility, including those things most of us have usually taken for granted.

For many knee pain makes it hurt to walk, stand, stoop, get out of a chair, or to go up and down stairs. Additionally, routine activities of living, work, social and recreational activities are often inhibited, restricted or avoided because of knee pain.

If you have tried other treatments and experienced little to no relief, you may still be a candidate for our treatment program. Call (855) 276-5989 to schedule a no-cost, no-obligation consultation today!

At Physicians Rehabilitation, it's very important to understand we are not just addressing knee pain. Our goal is to give you the best chance we possibly can of preventing knee replacement surgery in the future, which is what knee arthritis frequently evolves into if left undetected and unaddressed. We are proud to offer a less invasive approach to relieving knee pain to avoid surgery.

For this reason, we encourage you to schedule an appointment to determine if you are a candidate for viscosupplementation treatment for knee arthritis, you can always have more radical procedures performed later if necessary. However with knee replacement surgery, once done there is no turning back to a more conservative approach. Knee replacement surgery is indeed necessary for some people with extreme conditions that viscosupplementation is unable to help, but as we have seen with many of our patients a total knee replacement is a very extreme measure to take without considering all your options for a condition as common as knee arthritis.



Will Insurance cover this Treatment?

Yes, most major insurances and Medicare will pay for this treatment.

What are other people saying about it?

"My knee feels great. I had already had a total knee replacement and wanted to try something rather than go through another painful surgery and difficult recovery. After completing the program, I can now dance again which I have not done in years, and my lifestyle is on its way back to normal." -Elizabeth B.

So what are you waiting for?

Pick up the phone and call us today at (855) 276-5989 to schedule your No-Cost, No-Obligation, consultation at one of our two convenient locations. The demand for this procedure has been overwhelming. We've added extra lines to accommodate your calls, so if our line is busy, or you are directed to voice mail, please leave a message or call back. Living pain free and getting your life back is well worth the phone call.



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Don't Compromise When It comes to In-Home Care

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No Drugs. No Surgery.
Simply Relief from Knee Pain.

Call TODAY to schedule your NO COST consultation! That may be just what you need to change your life for the better.



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Our goal is to decrease the inflammation, promote healing, and eliminate your pain.

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7 LOCATIONS SERVING FLORIDA - 855-276-5989

The Villages - Summit Medical Park, 773 CR 466, Lady Lake

Clearwater - 600 Lakeview Rd, Suite B /C

Sun City Center - 137 Pebble Beach Blvd, Unit 204

Sarasota - 3801 Bee Ridge Rd, Units 9 and 10

Port Charlotte - 3380 Tamiami Trail Unit C

Ft. Myers - 6150 Diamond Centre Ct.

Naples - 5668 Strand Ct.

We are Medicare providers and accept most insurance plans.



Millions of Satisfied Customers Worldwide Discover a Pain Relieving Device with Proven Results

Coach Jimmy K

Tired of weekly doctor's visits and dealing with pain until your next appointment? Are you looking for a proven, natural, non-invasive and drug-free alternative to aid with your health conditions? Look no further, the DENAS PCM6 device is available to you at the Denas Pain Relief Store. This device is designed to address pain, promote energy, and speed up healing using a natural pain-free approach. The DENAS PCM 6 device can take care of those issues helping you repair, heal and restore naturally.

DENAS PCM 6 is a superior advanced SCENAR device that is a compact portable solution that fits in your hand at home or on the go. No special medical education is required for effective use of the device. Denas technology helps you overcome acute or chronic health issues and restore body's lost functions from conditions that started years ago. The DENAS PCM 6 has many natural healing capabilities without the use of drugs.



Denas delivers when others fail.

The DENAS device uses a mild electrical signal that's placed over a person's skin on areas of pain. The dermal nerve receptors in the skin send these signals through the central nervous system to the brain. The neuro-electrical impulse mirrors the body's natural nerve signal so the body accepts it as organic and natural which explains the rapid and effective results. The brain reacts by releasing neuropeptides natural healing and regulatory substances, including some of the strongest known painkillers such as endorphins. It differs from TENS machines, because it encourages the body to heal itself, whereas TENS uses electrical signals to temporarily block pain signals from reaching the brain.

40 years of clinically proven results

While the FDA has approved SCENAR for muscle re-education, bio-feedback, and the treatment of pain. Russian physicians have long used SCENAR to treat virtually all organ systems: musculoskeletal, nervous, digestive, pulmonary and cardiovascular. With over forty years of published research and

proven results in hospitals and clinics throughout Russia, Europe, and the United Kingdom. Russian experience demonstrates SCENAR effectiveness in close to 90% of all patients treated, with full healing noted in two out of every three patients, and significant improvement and recovery in the rest. DENAS SCENAR is now available so you can enjoy the benefits of this affordable pain relief device that is Drug free, safe & effective.

Recommended by Chiropractors

Hi I just wanted to drop a quick thank you to Coach Jimmy K. The products his store offers and the superior service is unparalleled. Denas products are world renown for quality and innovation. Feel confident in your purchase from Coach Jimmy K. I have used these products with great success in my practice. I also teach Acupuncture and these devices are great for acupuncture without needles. These products are excellent for practitioners and easy to understand for personal use at home. They work great, provide amazing results and save the Doctor's time.

*Dr. Timothy Ramos Sr, BS, DiHom, LAc, FIAMA, DC
- Alabama*

The Vertebra 2 - Worlds Most Advanced Device for Chronic Back Pain & Injuries

Utilizing 48 separate electrodes the Vertebra 2 pulses random frequencies into the spinal vertebrae while continually reading the body's reaction through a biofeedback program. This helps release neuropeptides and endorphins that helps the body repair internal issues without the use of drugs or invasive surgery. The perimeter electrodes work to help internal organs to regenerate, repair and return to a homeostasis balance. There are 5 different programs to choose from and is user friendly for both professional and personal use. Praised by Chiropractors and Acupuncturist worldwide for the amazing results they have achieved using the Vertebra 2.



OMI PEMF Therapy a Healthier Body

Oxford Medical Instruments (OMI) PEMF Therapy System is an affordable home use and professional device. This system utilizes the same pulsed electromagnetic field technology as the more expensive systems like the Medithera, QRS, Bemer and IMRS2000 and is just as effective at a fraction of the cost thus saving you thousands of dollars over the other PEMF companies that pay MLM distributors high sales commissions. (OMI) PEMF Therapy Systems are available as a Full Body Mat, PulsePad or Therapy Ring.



Benefits of PEMF

Magnetic fields are also known to stimulate the acupuncture meridians and are even more beneficial than the therapy itself. They can stimulate the endorphins & bring about hormonal changes in the body. Magnetic fields cause a lot of activities occur simultaneously at the cellular levels within the body. However, even the body decides the activity that needs to take place immediately and ignores the rest. The body decides what needs to happen within the body and what not during the healing process.

The magnetic fields offer several benefits to the body during the treatment process. They reduce the muscle tension, stimulate the immune system, improve circulation, improve the cell function, detoxify the body, improve sleep, enhance the rate of nutrient uptake, balance the endocrine systems, balance acupuncture meridians, reduce stress, reduce inflammation and also regenerate tissues within the body.

For more Information about The OMI PEMF Systems and the DENAS PCM 6 call Coach Jimmy K and staff at 503-395-4142.



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Tips for Preserving Eye Health

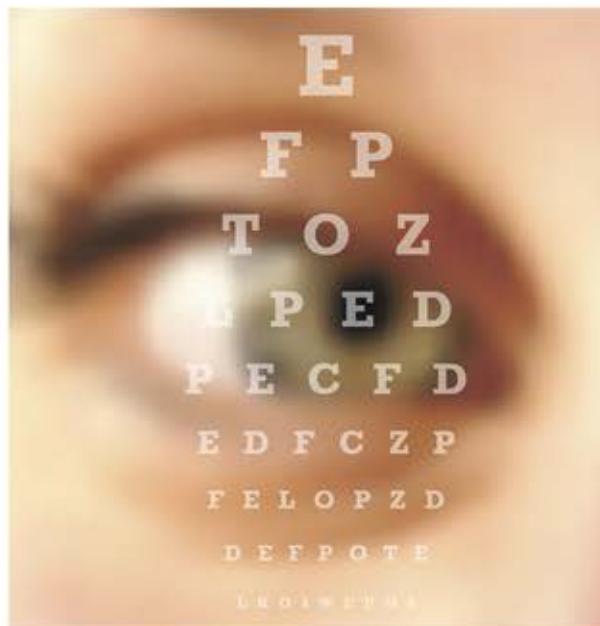
With increasing pollution and levels of dust and grime our eyes need special care and attention. While we typically look after our skin, hair and other parts of the body, we tend to neglect eye care. As we grow older, it is common for our vision to weaken.

Vision problems such as glaucoma, cataracts, age-related macular degeneration, and diabetic retinopathy are common among older adults. You can't prevent your eyes from aging, but you can slow age-related damage by taking care of your eye health.

The following tips can help you take care of your eyes and preserve clear vision:

Increase consumption of fruits and vegetables. The first and foremost in eye care is the diet. Make sure that your intake includes plenty of fruits and vegetables specially those with yellow and orange pigments a yellow ones like carrots, mangoes, papaya, corn, squash, and citrus fruits. Leafy dark green vegetables like kale and spinach also promote eye health. All of these foods are rich in beta carotene which helps to have healthy eyes.

Wear sunglasses and a hat. The sun's ultraviolet (UV) rays can damage eyes just as they can damage skin. The best way to protect eyes from sun rays, especially during peak daytime is to wear sunglasses with UV filters. If you plan to be outside for long periods of time, wear a wide-brimmed hat for extra protection from UV rays.



Do not rub. Avoid excessive rubbing of your eyes as the irritation caused due to rubbing or touching will only cause more puffiness. Instead just blink your eyelids. Blinking is a good massage and exercise to the eyes.

Take frequent breaks. Another way to prevent eyestrain is to take frequent breaks from the computer screen, reading materials, and television. It is recommended to look away every 10 minutes for 15 seconds to give your eyes adequate rest.

Turn the lights on. While you won't permanently hurt your eyes by reading or working in a dimly lit area, you can cause temporary eyestrain, which can lead to headaches and fatigue. Protect your eyes by making sure your workspace is adequately lit.

Exercise regularly. Simple every day eye exercises like closing your eyes gently for 30 seconds to relax them in between your work, rotating your eyes often to relax muscles and moving your eyeballs from extreme left corner to the right corner is good for maintaining healthy eyes. To prevent blurred vision follow this simple exercise: hold a pencil at arm's length and slowly bring it towards your nose, keeping eyes focused at all times.

Get adequate sleep. Rest is vital in the eye care routine. It will not only refresh the eyes but also improve their efficiency. Getting adequate sleep keeps your whole body refreshed, including your eyes.

Get regular eye exams. Starting at age 40, get annual eye exams and have your eye doctor look for signs of eye damage. Even if you have no complaints it's important to see a doctor and have a routine eye check up. Many potentially serious vision problems can be successfully treated if they are detected early enough. If you experience cloudy, blurred or double vision, or any other eye pain seek the care of your eye doctor for proper diagnosis and treatment before the problem becomes permanent.

You can't stop time, but you can take care of your eyes so that they remain healthy as you age. Having clear vision is possible at any age. The above eye care tips will ensure that your eyes remain healthy and beautiful for a very long time.

Call and Schedule your Eye Exam Today!
352-399-5412

A photograph of three chiropractors standing side-by-side against a blue gradient background. From left to right: Dr. Brett Compton, a middle-aged man with dark hair; Dr. Brent Compton, a younger man with short dark hair; and Dr. Daniel Taylor, another younger man with short dark hair. They are all wearing white lab coats over dark shirts. In the background, the top of a building with a red-tiled roof is visible.

An advertisement for Hindsight Eye Care. The top half features the brand name "Hindsight" in a large, modern font, where the letter "i" is replaced by an orange pair of glasses. Below it, the slogan "YOU'VE GOT OPTIONS" is displayed in large, bold, black capital letters. To the right is a photograph of a woman with long brown hair, wearing glasses and smiling, pointing towards the camera with her right hand. The bottom left contains a bulleted list of services: "Eye Examinations", "Glasses, Contacts", and "All with Same Day Service". The bottom center provides location details: "Pinellas Plaza, The Villages Florida", "2478 Burnsed blvd., The Villages, FL 32163", and "Winn-Dixie Plaza 466-A". The bottom right includes a call to action "Call and Schedule your Eye Exam Today!", the phone number "352-399-5412", and the website "www.hindsighteyecare.com". A small note at the very bottom states "We Accept Medicare, United Healthcare The Villages, Blue Cross Blue Shield as well as many other insurances."

Women, Addiction, and Ongoing Recovery

Unique Challenges of Women

While addiction to alcohol and other drugs is an equal-opportunity disease, women are affected differently than men. Generally speaking, women progress faster in addiction than men, face different barriers to getting help, and recover differently. Recognizing these differences can be critical in identifying addiction and determining the most effective treatment options.

Women and Addiction Historically

Historically, men have a higher reported incidence of substance abuse and dependence, but women are rapidly closing that gap. Young women and middle-aged women, have an almost equal percentage of drug and alcohol abuse and dependence concerns as do men. Until recently, it was not uncommon for a woman to be diagnosed with a medical condition or mental health concern without being asked about her drinking or drug use. Or, if asked, she may have denied the problem. Today, addiction is more readily identified and directly addressed.

Women Progress Faster in Addiction than Men

The Big Book of Alcoholics Anonymous said years ago that women progress faster than men. Now science is telling us why, and it's not because women are the weaker sex. Physiological differences accelerate the progression of addiction in women compared with men. The female body processes alcohol, and to varying extents other addictive substances, differently than does the male body. Women have less of a stomach enzyme that breaks down alcohol. This leads to greater blood alcohol concentration.

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HazeldenBettyFord.org/Naples

Major insurance accepted.

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Women also have more fatty tissue than men, so alcohol is absorbed better into the bloodstream. One drink for a woman can have twice the physical impact as one drink for a man. Therefore the brain and other organs are exposed to higher concentrations of blood alcohol for longer periods of time and more likely to be damaged.

Women Face Different Barriers to Getting Help than Men

The stigma attached to addiction can be stronger for women—mothers, in particular—than men. Denial, fear, and shame prevent women from looking honestly at their drinking and drug use, and from asking friends or family for help or consulting a professional. Other common barriers to help for women include child care responsibilities, lower wages/less income, substance abuse by a partner or other family members, fear of losing custody of children, lack of access to resources, or feeling unworthy of help.

Women Recover from Addiction Differently than Men

Recovery often happens fast for women. Recovery is a natural for women. That's because women are wired for relationships, and recovery from addiction starts with connection. The female brain is very different from the male brain, and it starts in utero with the communication centers being different. Women are wired for connection and many women take their worth from the quality of their relationship. Addiction is an extremely isolating condition. Women lose themselves and their most important relationships to addiction. Much of the healing process of recovery revolves around connecting with others who share the struggle.



If you are addicted, and you have the willingness to find help, the Twelve Step program is a tried and true system that has helped hundreds of thousands of people succeed in overcoming their addictions. To learn more about the Hazelden Betty Ford Foundation and addiction treatment options, call 800-257-7800 or visit us at HazeldenBettyFord.org/Naples.

Brenda J. Iliff, MA is the executive director of Hazelden in Naples, Florida, a part of the Hazelden Betty Ford Foundation. She has more than 20 years of experience in the addiction field, as both a clinician and health care executive, and is the author of A Woman's Guide to Recovery.



Hazelden Betty Ford
 Foundation

Compression Devices for Limb Swelling

By Alyssa Parker

A common challenge faced in the medical field is finding the cause of an individual's limb swelling. Any limb swelling may be your body's way of letting you know there is a potential underlying condition that can cause even more damage if left untreated. When swelling in a limb becomes chronic, pinpointing the origin is vital to getting proper treatment. Some of the most common diagnosis are venous insufficiency and lymphedema.



Fluid accumulation can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. Recent studies show that nearly 7 million people in the United States suffer from venous disease. While 2 to 3 Americans suffer from secondary lymphedema.

Chronic venous insufficiency (CVI) is when blood is unable to circulate from the lower limbs back to the heart. CVI is caused by incompetent valves and venous hypertension, in both parts of your venous system. The venous system is comprised of two parts, deep circulation and superficial circulation which are interconnected by perforating veins. Your venous system is an important component to delivering blood to the heart, then passing it through the lungs to obtain oxygen. The oxygenated blood is then delivered to the lower limbs.

Venous hypertension leads to secondary Lymphedema from the lymphatic system's inability to keep up with an abnormally high demand of protein rich fluid. Lymphedema is chronic swelling from protein-rich fluid accumulation in the tissue. Lymphedema occurs secondary to CVI when the lymphatic system is obstructed causing damage, blockage, or abnormal development. Primary Lymphedema can be hereditary or congenital, where an individual is born with a compromised lymphatic system.

Risk Factors

Once your circulatory system has been obstructed leading to venous insufficiency or lymphedema this may lead to an interruption in the venous and lymphatic flow. Both diseases are manageable and treatable however there is no cure for either one.

Risk factors may include:

- Unknown swelling of a limb
- Family history
- Invasive surgical procedure i.e. radical cancer surgery
- Chronic open wounds
- Decreased mobility
- Infections such as cellulitis/ lymphangitis
- Skin changes such as discoloration or hardening

Management: Compression Pump

Understanding the ongoing management of both venous insufficiency and lymphedema are important in preventing irreversible damage to the body.

Compression therapy along with proper nutrition a healthy diet and exercise are the foundation of a treatment plan. Compression stockings are often difficult to get on with little results for chronic swelling. Diuretics may be harmful for long-term treatment. Compression devices are widely recognized and highly effective treatment. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb.

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

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

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

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Declutter Your Heart

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

I'm not a packrat (I'm in denial) but I do tend to pile stuff in my study at home. After a few weeks have gone by I start feeling sluggish when I sit down to write. I look around the room and begin to feel overwhelmed.

I once blamed the sluggish, overwhelmed feeling on long work hours, but I noticed I'd feel the same way even after being rested from a few days off. So as usual, I took it to prayer and asked the Lord for wisdom.

I went through the usual suspects: not enough sleep, too much caffeine, too many carbs, not enough exercise, and the wrong time of day. I'm sure each of these were partially the culprit, but what I found to be the real thief robbing me of my energy and focus...was the piles of stuff. The room was full of *unfinished business*.

Things I had started, manuscripts of books I was writing or the beginnings of designs for changing our landscaping would all call my name as I sat down to work in my study.

As it turns out *clutter* affects us in very negative ways according to Dr. Sherrie Bourg Carter. In her article, *Why Mess Causes Stress*, in *Psychology Today*, she says, "Clutter bombards our minds with excessive stimuli...distracts us...makes it difficult to relax...inhibits creativity and creates feelings of guilt."

Bam! She nailed it. That was what I was feeling. My simple solution was to declutter my study if I was going to write. It worked like a charm.

BUT there is a more insidious kind of clutter.

This clutter occurs when you have unfinished business with God.

When you hear the words "unfinished business with God" you might be thinking things like not forgiving someone for hurting you or not giving your tithe regularly at your church. Things that you *aren't doing* that you know you should.



I call it *heart clutter*. This stuff can be deadly so let me explain.

Every one of us humans have God issues (including yours truly). Things that we either don't understand about our lives and God, or maybe more importantly, things we do understand about our lives and God, but just don't like or don't want to accept.

I stood in a cold rain in a cloudy graveyard in Ohio this past year and watched a father's heart get ripped to shreds as he stood staring at the grave diggers throwing shovels full of dirt on his 26 year old daughter's casket.

After everyone else had left the gravesite he stayed to the very last minute to get a final glimpse of his 'little girl' before she was gone from his sight forever. He was beside himself with heartache.

That's a God issue.

And if not dealt with, God issues can cause us humans to do some really scary things.

One of my personal practices is to get alone with no distractions and write my "list of concerns." These are piles of stuff that have collected in my heart over the previous months that are important to my life, like my marriage and my children's future.

After I patiently write the list and ensure it has all the things I am concerned about, I then review it again and put a circle to the left of the things I know I have absolutely NO Control Over.

The second thing I do is go over the list again and put a star by those concerns that I absolutely Have Control Over. I then rewrite these on a second page and as I do I mark through them on my first list of concerns.

The only items on my first list NOT marked through are the things I have No Control Over. I choose to give them to God and I imagine that God is taking them one at a time from me until the entire list gone.

As I see God take each concern, I mark through it until my original list of concerns are all marked through and I have no more concerns from that list. God has them and I'm good with that. **It's a choice not a feeling.**

For the second list of concerns, the ones that I Have Control Over, I write the verses from Proverbs 3:5-6 (Google these) at the top of the page and then God and I get busy together on this list.

I highly recommend you do this and *declutter your heart*.

No more unfinished business with God.

To your spiritual health,

Alex E. Anderson

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