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June 2017

Marion Edition - Monthly

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& The Truth About Skin Cancer

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DO YOU KNOW YOUR

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The ABCDEs of MELANOMA

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:

- A - Asymmetry** – One half is unlike the other half
- B - Border** – Irregular, scalloped or poorly defined border
- C - Color** – Varied from one area to another; shades of tan and brown, black; sometime white, red or blue
- D - Diameter** – While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller
- E - Evolving** – A mole or skin lesion that looks different from the rest or is changing in size, shape or color 1 in 5 Americans will develop skin cancer in their lifetime



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Women's Health Imaging Empowered by a Woman's Perspective

Radiology Associates of Ocala (RAO) has been a local leader in diagnostic and interventional radiology services for decades, and providing state-of-the-art technologies and procedures ahead of its competitors has been one of the hallmarks of the practice. But there is more to a specialized field like women's imaging than just the latest and greatest advances in diagnostics – there is the added element of a woman's perspective, which is important in supporting and empathizing with patients. That's why RAO is proud to have Board Certified radiologist Dr. Amanda Aulls as its Medical Director of Women's Imaging Services at its Women's Imaging Center and Timber-Ridge Imaging Center. A specialist in diagnostic radiology, neuroradiology and breast imaging, Dr. Aulls provides an added element of understanding and unity to women's health services, and it shows in all aspects of RAO's system of care, from its highly trained patient support team to its panel of technologists, who perform their duties with incomparable dedication and sensitivity.

"Of course all people deserve diagnostic accuracy, speed and compassionate care, and RAO is committed to those ideals with each and every patient," says Dr. Aulls. "But as a woman I can tell you there is a feeling of security knowing that the umbrella of women's diagnostic services is overseen by someone who personally relates to every aspect of the experience. After all, you can't know what it is to have a mammogram unless you've had one yourself."

For Dr. Aulls, RAO's deep involvement in patient care supports greater accuracy, quicker turnaround and less patient anxiety. "We were the first local practice to offer 3D Mammography™ examinations, which enable superior early discovery, especially among the roughly 47% of women who have dense breast tissue, and it produces far fewer false positive results. Our radiology team not only subspecializes in women's diagnostic services, we also read all imaging results in-house, instead of sending them out to a third party like a lot of practices do. People who come to see us are our patients, and their imaging matters to us. There's no assembly-line approach here that might diminish our accuracy, compassion or direct interaction with referring physicians. We deliver the kind of care we'd want for our family members, our friends and ourselves."

Because mammograms are reviewed on site, RAO can perform followup imaging or image-guided biopsy the same day when required, to get quicker answers and reduce patient worry. This philosophy of both diagnostic and emotional care is applied to all breast imaging services, from 3D Mammography™ exams to stereotactic breast biopsy to breast MRI and ultrasound, as well as other women's services, like pelvic ultrasound and DEXA bone density testing.

RAO's advanced technologies, comprehensive array of services and ongoing accreditation have earned its women's imaging centers the elite Breast Imaging Center of Excellence designation from the American College of Radiology.

"I feel privileged to be RAO's Medical Director of Women's Imaging," says Dr. Aulls. "My years of education, specialized training and experience make this post the perfect way to help women seeking a quick, accurate and caring answer to a medical question. That's what I call synergy."



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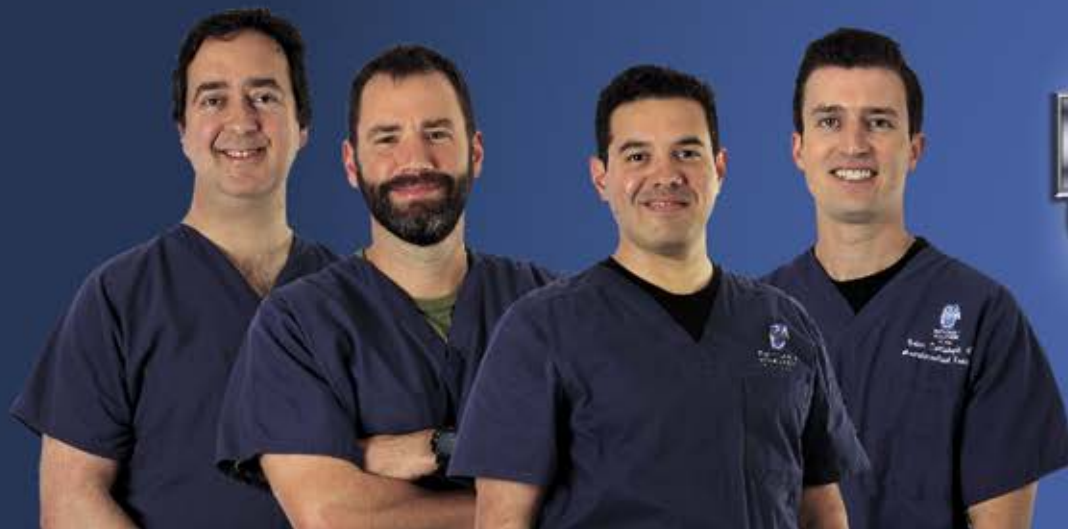
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DEEP BRAIN STIMULATION

A SURGICAL TREATMENT FOR MOVEMENT DISORDERS

People with neurological conditions like Parkinson's disease, essential tremor, epilepsy, Tourette's syndrome, dystonia, obsessive-compulsive disorder and even certain chronic pain syndromes can suffer from constant, involuntary and uncontrollable movements, including shaking, twisting, clenching, jerking and other reactions that can make normal activities difficult or impossible. When medication proves insufficient to subdue symptoms to the point where a reasonable quality of life is achieved, there is a potentially effective surgical treatment called deep brain stimulation.

In general terms, deep brain stimulation works somewhat like a pacemaker works to keep the heart pumping at a more normal pace – the differences being that the electrodes are implanted within the brain and the patient can control when and how much stimulation may be needed.

Patients considering this surgery first undergo specific medical tests to help determine if this surgery is a safe and potentially effective choice for their particular situation. If a patient is established to be a candidate, a radiology technologist will perform an MRI to create detailed images of the brain, so that ONC neurosurgeon Dr. Daniel Robertson can determine optimal placement of the electrodes.

Board Certified in Neurological Surgery by the American Board of Neurological Surgeons and on staff at Munroe Regional Medical Center & Ocala Regional Medical Center, Dr. Robertson has been in the practice of neurosurgery since 1994, and has performed various treatments for movement disorders. "While deep brain stimulation isn't for every patient

and, as with all brain surgeries is not without risk, it can be of tremendous help to those whose movement disorders are unmanageable through other means like medication," says Dr. Robertson.

First, a local anesthetic is used to numb the scalp. The brain itself has no pain receptors, so general anesthesia isn't necessary in most cases. Using a map



of the patient's brain, Dr. Robertson creates small entry points in the skull and places electrodes in the indicated areas. These electrodes lead to a battery-operated neuro-stimulator Dr. Robertson places under the skin below the collar-bone in the chest. The function of the electrodes is to regulate and help normalize electrical impulses and/or chemical reactions within the brain. Dr. Robertson helps to ensure proper placement of the electrodes by talking to the patient during the procedure and through careful monitoring of his or her responses to stimulation.

Placement of the neuro-stimulator requires general anesthesia, so it is sometimes performed during a separate surgical session.

A few weeks after surgery, once the brain has had a chance to heal, the stimulator is turned on and progress is carefully observed to determine the optimal settings with the fewest side effects. Through testing and any needed adjustments, the stimulator is programmed to deliver electrical signals to the brain to help stabilize its messages to the body and reduce involuntary movements. The patient can control the strength and frequency of the signals the stimulator sends, and turn the device on and off via a remote control device.

While deep brain stimulation can't rid patients of their conditions, it does provide considerable relief to many, and can help some people quit or reduce their medications. Because of the risk and potential for unwanted side effects, however, deep brain stimulation should be considered a last course of action in treating movement disorders.

"When less aggressive methods fail to provide adequate relief, deep brain stimulation can help reduce involuntary tremors and spasms in patients whose conditions make normal living difficult or impossible," says Dr. Robertson. "It isn't for every patient, but those whose movement disorders cause them significant problems should explore their options with their doctor, or call us at ONC to find out more about the possible risks and benefits of this procedure."

DANIEL P. ROBERTSON, MD

- In the practice of neurosurgery since 1994. Joined Ocala Neurosurgery Center in 2004
- Board Certified in Neurological Surgery by the American Board of Neurological Surgeons
- Bachelor of Engineering Degree from Duke University
- Medical Degree from the University of Tennessee
- Residency in neurosurgery at Baylor College of Medicine in Houston, Texas
- Member, Alpha Omega Alpha Honor Medical Society
- Fellow, the American College of Surgeons
- Certified by the National Board of Medical Examiners
- On staff at Munroe Regional Medical Center & Ocala Regional Medical Center

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

Dr. Daniel Robertson, his partner neurosurgeons, Dr. Mark Oliver 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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CLEAR FACTS ABOUT CATARACTS

A cataract is the most common cause of vision loss in people over age 40 and is the principal cause of blindness in the world. In fact, there are more cases of cataracts worldwide than there are of glaucoma, macular degeneration and diabetic retinopathy combined.

Today, cataracts affect more than 22 million Americans age 40 and older. And as the U.S. population ages, more than 30 million Americans are expected to have cataracts by the year 2020.

Types of Cataracts Include:

- A **subcapsular cataract** occurs at the back of the lens. People with diabetes or those taking high doses of steroid medications have a greater risk of developing a subcapsular cataract.
- A **nuclear cataract** forms deep in the central zone (nucleus) of the lens. Nuclear cataracts usually are associated with aging.
- A **cortical cataract** is characterized by white, wedge-like opacities that start in the periphery of the lens and work their way to the center in a spoke-like fashion. This type of cataract occurs in the lens cortex, which is the part of the lens that surrounds the central nucleus.

Symptoms and Signs of Cataracts

A cataract starts out small and at first has little effect on your vision. You may notice that your vision is blurred a little, like looking through a cloudy piece of glass or viewing an impressionist painting.

A cataract may make light from the sun or a lamp seem too bright or glaring. Or you may notice when you drive at night that the oncoming headlights cause more glare than before. Colors may not appear as bright as they once did.

The type of cataract you have will affect exactly which symptoms you experience and how soon they will occur. When a nuclear cataract first develops, it can bring about a temporary improvement in your near vision, called "second sight."

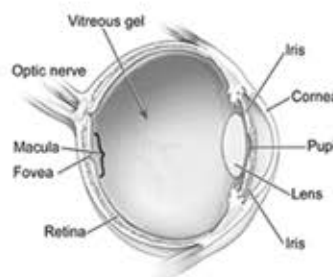
Unfortunately, the improved vision is short-lived and will disappear as the cataract worsens. On the other hand, a subcapsular cataract may not produce any symptoms until it's well-developed.

If you think you have a cataract, see an eye doctor for an exam to find out for sure.

What Causes Cataracts?

The lens inside the eye works much like a camera lens, focusing light onto the retina for clear vision. It also adjusts the eye's focus, letting us see things clearly both up close and far away.

The lens is mostly made of water and protein. The protein is arranged in a precise way that keeps the lens clear and lets light pass through it.



But as we age, some of the protein may clump together and start to cloud a small area of the lens. This is a cataract, and over time, it may grow larger and cloud more of the lens, making it harder to see.

No one knows for sure why the eye's lens changes as we age, forming cataracts. But researchers worldwide have identified factors that may cause cataracts or are associated with cataract development. Besides advancing age, cataract risk factors include:

- Ultraviolet radiation from sunlight and other sources
- Diabetes
- Hypertension
- Obesity
- Smoking
- Prolonged use of corticosteroid medications
- Statin medicines used to reduce cholesterol
- Previous eye injury or inflammation
- Previous eye surgery
- Hormone replacement therapy
- Significant alcohol consumption
- High myopia
- Family history

Treating Cataracts

When symptoms begin to appear, you may be able to improve your vision for a while using new glasses, strong bifocals, magnification, appropriate lighting or other visual aids.

Think about surgery when your cataracts have progressed enough to seriously impair your vision and affect your daily life. Many people consider poor vision an inevitable fact of aging, but cataract surgery is a simple, relatively painless procedure to regain vision.

Cataract surgery is very successful in restoring vision. In fact, it is the most frequently performed surgery in the United States, with more than three million Americans undergoing cataract surgery each year. Nine out of 10 people who have cataract surgery regain very good vision, somewhere between 20/20 and 20/40. We are fortunate to have some of the best cataract surgeons in the country in Sarasota and Manatee counties.

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Latif Hamed, M.D. FFAO Florida Eye Specialist Institute



Latif Hamed, M.D. FFAO

Dr. Latif Hamed, Florida Eye Specialist Institute, is Board Certified by the American Board of Ophthalmology and is also an examiner for that Board. He specializes in advanced laser, surgical and medical eye care. Dr. Hamed is a former professor and Chief of Division at UF Shands.

He has been recognized multiple times by his peers in "Best Doctors of America".

Dr. Hamed's office at 3230 SW 33rd Road in Ocala, is equipped with the most advanced diagnostic equipment and newest procedures, allowing him to offer his patients the newest way to reduce or eliminate glasses. New patients are welcome. Most insurance plans are accepted and filed for you.

More People Living with Cancer

The evolution of cancer treatment over the last 40 years has resulted in better outcomes for patients; today more people are living with cancer than ever before.

Cancer is an illness unlike any other. Many people mistakenly believe that cancer refers to one disease that occurs in many different parts of the body, but, in reality, cancer is not just one disease. The term "cancer" is the general name for a group of over 100 diseases in which abnormal cells begin to grow uncontrollably. No matter what type it is, cancer is the result of a malfunction in the genetic mechanisms that control and regulate cell growth. Cancer can affect blood, bones and over 60 different organs of the human body.

Through research, we have learned that each person's cancer is actually a unique disease because every tumor or malignancy has its own distinctive DNA. This discovery has resulted in many new and highly-effective targeted treatments and immunotherapies that are based on a patient's unique genetic profile. Genetic sequencing of a patient's tumor can help identify which drugs or treatments will be most effective for that individual.

DAMAGE TO DNA RESULTS IN CANCER

DNA is the genetic material that makes up every cell. When DNA becomes damaged or changed, it produces mutations in genes that affect normal cell growth and division. Gene mutations can be inherited from a parent, or, more commonly, acquired during a person's lifetime due to environmental factors, such as ultraviolet radiation from the sun or cigarette smoking. Other mutations occur for still unknown reasons, resulting in various types of cancer.

In addition to unregulated cell growth, when a cancer occurs it means there is also a failure in the immune system's ability to recognize these abnormal cells and destroy them. When normal cells become old or damaged, they die and are replaced with new cells. However, the growth of cancer cells is different from normal cell growth. Instead of dying, cancer cells continue to grow and form more abnormal cells. Cancer cells can also invade other tissues, something that normal cells cannot do.

HOW EFFECTIVE IS CANCER TREATMENT TODAY?

There have been remarkable advances in the treatment of cancer, especially over the past two decades. Today, millions of people are surviving cancer and most oncologists feel that cancer is becoming more like a chronic

disease, such as diabetes or hypertension. In other words, even though no cure has been found yet, the disease is something that can be managed and people can live with cancer for many years.

Early detection and diagnosis, as well as advances, such as immunotherapy and targeted treatments, most of which are available in pill form, are making it possible to live with cancer and continue to have a good quality of life; some of these newer treatments have actually produced virtual cures for many types of cancer.

WORLD-CLASS CANCER CARE CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/ hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

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Through a strategic partnership with Sarah Cannon, one of the world's leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In 2016, 84% of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

In addition to a robust clinical research program, Florida Cancer Specialists offers a number of services, such as an in-house specialty pharmacy, an in-house hematopathology lab and financial counselors at every location.



Patients can now receive the most advanced care, including immunotherapies, chemotherapy, targeted treatments and cutting-edge, precision technologies, at the same location where they see their oncologist and get their lab tests done, not only increasing convenience for patients, but also improving their quality of life.

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Is Your Weight Loss Lacking?

When to Seek Clinical Help

Weight loss isn't a quick jaunt; it's often a very long expedition with many turns, twists, and bumps in the road. At this time of year, after our New Year's resolutions have gone by the wayside, we've probably lost a few pounds, only to regain them over the past few months. Now with the summer season here, many of us will feel a bit more self-conscious about wearing shorts and swimsuits because, in this heat, we can no longer hide under our clothing.

The big concern isn't regarding those folks that need to lose a few superficial pounds to feel more confident; it's for those individuals that qualify as obese. Obesity is much more common than most of us would like to believe.

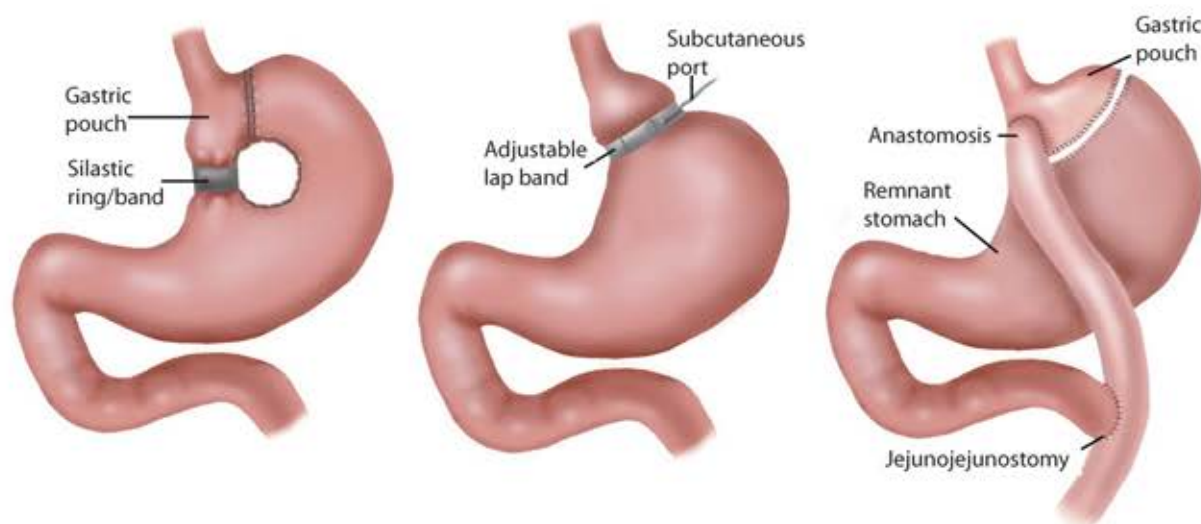
What quantifies obesity? There are several ways to measure your risks. Some are physically calculable, while others are established by physical symptoms affecting your health.

When determining your risks, your BMI (Body Mass Index) is a good place to start. Based on your height and weight, if your calculations are over 30 BMI then you are thought to be obese. Taking into consideration that humans come in all shapes and sizes, there are other tests that practitioners will include in your obesity estimates, like waist to hip ratio (WHR) and waist to height ratio (WHtR) measurements.

Obesity calculations:

- WHR-Waist to Hip = Waist ÷ Hip
 - Women > 0.85
 - Men > 0.90
- WHtR-Waist to Height Ratio = Waist ÷ Height
 - Women and Men > 0.5

Why are these measurements so important? People that are overweight, especially in the midsection are prone to secondary health complications.



Large midsections very often contain visceral fat, which is deep within the organs. Some of the contributing health issues and disorders are as follows:

- Hypertension (high blood pressure)
- High cholesterol
- Coronary heart disease
- Vascular disease
- Diabetes
- Stroke
- Arthritis
- Sleep apnea

Losing weight is the obvious solution, but it's often not without challenges. Clearly we need to diet and exercise, but for individuals that are obese, this is much harder to achieve and maintain than it is for those at a healthy weight. When diets and exercise fail, Bariatric surgical procedures can literally save your life.

According to the ASMBS (American Society for Metabolic and Bariatric Surgery), "...there are significant biological differences between someone who has lost weight by diet and someone of the same size and body composition to that of an individual who has never lost weight. For example, the body of the individual who reduces their weight from 200 to 170 pounds burns fewer calories than

the body of someone weighing 170 pounds and has never been on a diet. This means that, in order to maintain weight-loss, the person who has been on a diet will have to eat fewer calories than someone who naturally weighs the same. In contrast to diet, weight-loss following bariatric surgery does not reduce energy expenditure or the amount of calories the body burns to levels greater than predicted by changes in body weight and composition. In fact, some studies even find that certain operations even may increase energy expenditure. In addition, some bariatric procedures, unlike diet, also cause biological changes that help reduce energy intake (food, beverage).

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• *Bariatric Surgery and Hormonal Changes*

Hormonal changes following bariatric surgery improve weight loss by maintaining or enhancing energy expenditure (calories burned). In fact, some surgeries even increase energy expenditure relative to changes in body size. Thus, unlike dietary weight loss, surgical weight loss has a higher chance of lasting because an appropriate energy balance is created.”

There are several different forms of bariatric procedures available depending on your needs, health risks, and physician’s recommendations. Some are minimally invasive and temporary, while others are more involved and permanent. The results of weight lost and long-term outcomes are what keep bariatric procedures on top of the list for medical professionals when treating obese patients.

Bariatric Surgery Advantages

- Up to 90% loss of excess fat
- Higher ability to keep the weight off
- Reliable
- Cardiovascular improvements
- Diabetes remission
- Alleviates sleep apnea
- Decreases stroke risk
- Reduces heart disease
- Offsets depression
- Lessens Joint pain

Gut hormones impact blood sugar, hunger, and satiety. Once the stomach is made smaller, these gut hormones begin to self-regulate, making the individual less hungry, having an overall sense of fullness and satisfaction, as well as controlling blood sugar levels, which lead to less fat storage.

If you or a loved one have any health concerns related to obesity, please consult Munroe Bariatrics about your weight loss plan of action to get you to a healthy goal weight and to keep you there.

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5 Must-Have Amenities For A Florida Summer



It's summer in Florida once again, and that means sunshine, long days, and relaxation. It also means it's about to get hot—the average high for Ocala hovers in the low 90s from June til September. Is your home equipped to both beat the heat and help you enjoy it? Here are the top 5 must-haves for your home during summer in Florida.

1: Pool

Florida's beautiful beaches are only about an hour and a half away, but why take the drive when you could just step outside your door? A pool is great for sunbathing, cooling off, and hosting parties, with all the added comforts of home. It's all the fun of being outdoors, with the amenities of the indoors nearby and on-demand. Not to mention, having a pool adds value to your property

2: Outdoor kitchen

An outdoor kitchen is an excellent addition to a pool deck or patio. Having a cooking space outdoors makes entertaining during the long summer days more flexible, and helps you party on without abandoning your guests to ferry food back and forth from indoors. Your kitchen can be as simple as a grill and a sink, or more elaborate to meet all your food prep needs without sacrificing a moment of sunshine.

3: Lanai

Having a lanai gives you the best of both worlds: the beauty of the outdoors and the option of relaxing in your favorite comfy chair, safe from the sun. They can be screen-enclosed to let you enjoy the fresh summer air without pesky sunburns or mosquitoes, or glassed-in to

keep you cool and comfortable no matter the weather. A lanai is sweet summer laziness incarnate: a place to chill, take a nap, read a book, or watch the world go by—without the inconvenience of getting rained on or bug-bitten.

4: Insulation

Think insulation, and what comes to mind? Probably a house somewhere up north buried underneath piles of snow. But insulation is essential not only for keeping a home warm, but for keeping it cool, too. If your house just won't cool down, or certain parts of it feel too hot, make sure it's adequately insulated to keep the cold air in and the hot air out. Check to make sure that your doors and windows are adequately sealed—this is also a great way to save on your energy bills!

5: AC

This one is a big one, and it's about more than comfort—lack of AC during a Florida heatwave can threaten your health and wellbeing, as well as lead to harmful mold problems even when it's not terribly hot outside. AC units see a lot of action in the Sunshine State, so make sure yours is always up to date and functioning properly, especially when selling your house or buying a new one.

On the hunt for a home in Florida? Be sure to talk with a Showcase realtor about finding a home with these amenities. Our agents can easily take your criteria (be as specific as you desire!) and narrow the field of houses on the market to find you the perfect home equipped for countless Florida summers to come.



Dawn Trigg

Broker Associate, REALTOR®

Dawn is a GRI REALTOR® and broker associate with Showcase, and a 30-year Ocala resident. She holds bachelor degrees in Health Science from UF and Elementary Education from Saint Leo's University. In New York, as well as Florida, she developed a career as a dental hygienist and transitioned to education in the early 2000s. She has previously taught at Grace Christian School here in Ocala. A wife of 32 years and mother of two, Dawn enjoys being active in her community by holding memberships to several local organizations: she previously held board positions with the Junior League of Ocala and the Pioneer Garden Club, was an executive with Marion County Medical Society Auxiliary, and was a board member of Grace Episcopal School. Currently, she is a member of the Ocala Marion County Board of Realtors, and attends First United Methodist Church of Ocala.

Dawn's love of real estate stems from the social and human aspects of the profession, and she thoroughly enjoys meeting new people. Continuing her education in real estate is also crucial to her as a professional in the field. She utilizes her growing knowledge and active listening skills to help her customers achieve their goals, and brings her emphasis on personal integrity and honesty to bear on every transaction she makes.



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Men's Health & the Truth About Skin Cancer

Summer is almost here! Who doesn't want to be outside, walking, gardening, biking, golfing, swimming, playing pickle ball or just barbecuing in the backyard?

Getting outside for even a brief period each day is a vital part of any healthy lifestyle, and exercising outside is beneficial both physically and mentally. However, extended time outdoors can make you vulnerable to the sun's harmful ultraviolet (UV) radiation, which can lead to skin cancer.

Dr. Tran from Village Dermatology & Cosmetic Surgery wants to lessen the incidences of melanoma through educating the community he serves. He agrees with the findings in a recent article provided by the Skin Cancer Foundation.

Why Do Men Have Worse Melanoma Survival Than Women? Is it Behavior, Biology, or both?

"In a study of 227 men older than or equal to age 40 with newly diagnosed melanoma, ...10 nearly one-third of melanomas in men occur on the back, are likely to be thicker and are often missed by patients. Therefore, promoting regular examination of the back by older men, their spouses, and their health providers may prove beneficial in reducing melanoma mortality in this age group."

Female partners may play a critical role in increasing melanoma awareness in the older male population by encouraging routine skin checks during primary medical care exams and assisting with skin self-examination practices.

Regardless of whether the cause of observed differences in melanoma survival between men and women is predominantly behavioral, biological, or a combination of factors, ...men of all ages should seek prompt medical attention for any changing moles or skin lesions that look different from the rest. Early detection of melanoma can be lifesaving."

Sunscreen: Researchers are still currently discovering new findings on this important topic. For the most part, some men are a little more apprehensive about wearing sunscreen, and if they do, they rarely reapply it every two hours, which is recommended by the AAD (American Academy of Dermatology). Men seem to spend more time outdoors than most women and therefore are soaking up more of the harmful UV rays.



Biological: There is also a genetic factor that plays a part in this phenomenon; Men's skin contains more collagen and elastin, which makes it thicker. Their skin doesn't have the same visceral fat layer under its surface like women's skin does, and this seems to be a major reason why men's skin absorbs more harmful UVB and UVA rays.

Key Points For Sun Safety

1. Get a skin cancer screening at least once a year
2. Use a water-resistant, broad-spectrum (UVA/UVB) sunscreen with SPF 30 or higher. Apply 1 ounce (2 tablespoons) 30 minutes before going outside. Reapply sunscreen every 2 hours or immediately after swimming or sweating
3. Wear a lip balm with an SPF of at least 15
4. Wear a hat - every 2 inches of brim on a hat reduces your skin cancer risk by 10%
5. Wear clothing to protect exposed skin
6. Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible
7. Seek shade especially during midday hours - 10 am and 4 pm
8. Drink plenty of water to avoid dehydration

Nonsteroidal anti-inflammatory medications like aspirin, ibuprofen (Advil and Motrin) and naproxen (Aleve) make you extra-sensitive to the sun. If you use such medications for your aches and pains, be vigilant about protecting your skin.

Keep in mind that the dangerous days aren't just the ones that are hot and sunny. Up to 80 percent of UV rays can penetrate clouds. You will burn just as easily on those overcast days when you're less likely to be concerned with the sun's damaging effects.

A small investment of your time can help save your life. On average skin cancer screenings take about 10 minutes, which could potentially save your life.

On a regular basis, you should have a screening at least once a year. And, because some forms of skin cancer grow very rapidly (like melanoma) if you are experiencing any new types of lesions, bumps, moles that are of concern, you should schedule a dermatology appointment immediately.

Sources:

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10. Geller AC, Johnson TM, Miller DR, et al. Factors associated with physician discovery of early melanoma in middle-aged and older men. Arch Dermatol 2009; 145:409-14.

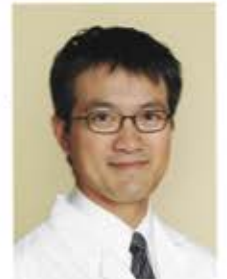
THI T. TRAN, DO

Dr. Tran has dual-board certification in Dermatology and Mohs Micrographic Surgery. He is a fellow of the American Osteopathic College of Dermatology and American Academy of Dermatology & ASMS.

He did his undergraduate work at Case Western Reserve University, and received his medical degree from Ohio University. Dr. Tran completed his residency and post-graduate training in medical and surgical dermatology at Nova Southeastern University in Florida, where he served as Chief Resident.

Dr. Tran has been published in leading dermatology journals and has presented at local, national and international on skin cancer & cosmetic reconstruction at national conferences for the American Osteopathic College of Dermatology and the American Academy of Dermatology. He is renowned for his work in Mohs micrographic surgery and facial reconstructive repair for skin cancer surgery, and his practice fostered the development of the Il Duomo Sim Skin model.

Dr. Tran was nationally recognized with Most Compassionate Doctor and Patients' Choice Award, as a reflection of the high quality of care that he and his staff provide.



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Do You Know Your Testosterone Level?

Tired? Are your endurance and strength declining? Have you noticed a decline in your sexual function and lost interest in your sex life?

Every man could answer "yes" to at least one of these questions after age 40. Common symptoms of low testosterone, they can also result from a myriad of lifestyle, social, emotional and behavioral issues.

It is a physician's goal to "treat the whole patient," so we try to identify those issues that are most relevant to the symptoms. For decades, it was believed low testosterone was responsible for the above ... but not much else. Physicians were taught a decline testosterone was "normal" as men aged.

These beliefs have substantially changed in the last five years.

We now know a condition known as "metabolic syndrome" is intimately linked to low testosterone. Metabolic syndrome is a constellation of diabetes (or insulin resistance), hypertension, elevated triglycerides (fat levels in the blood), abdominal obesity and low testosterone. It's estimated as many as 25 percent to 45 percent of American men over 40 may have metabolic syndrome and therefore a significantly elevated risk of stroke and heart attack.

How testosterone interacts with obesity, diabetes and cholesterol is not fully understood. It is also unclear whether low testosterone is the cause of the increased risk or it is involved in some other way. Clearly, low testosterone is more than simply a factor in declining strength and sexual performance.

Testosterone is essential for male development, libido and erectile function. Because of the success of medications such as Viagra in treating erectile dysfunction, low testosterone is often overlooked. However, low testosterone is a common cause of poor or declining response from ED medications and should always be considered when evaluating ED. Testosterone replacement may be all that's required to restore sexual function.

The good news is managing low testosterone is easier and simpler than ever before. Just a decade ago, almost all testosterone replacement was by a painful, deep-muscle injection with oil-based testosterone administered every two weeks. Levels were difficult to manage and had dramatic swings with levels too high for the week immediately following the injection and too low for the week prior to the injection.



Today, testosterone is applied via a cream or gel that is applied to the skin daily. These preparations provide even absorption and steady testosterone levels. Small implants that release a steady, consistent level of testosterone in the bloodstream for eight to 10 months are also available.

Managing testosterone levels requires a thorough knowledge of treatment risks and benefits. Men with an enlarged prostate may be at greater risk for obstruction of the urine flow. Additionally, testosterone treatment should be considered only if prostate

cancer is not present, or has been successfully treated. Baseline levels should be checked in the early morning as levels normally decline in late afternoon or evening.

A thorough physical examination and additional blood tests are also important to evaluate low testosterone levels. Urologists specialize in evaluating and treating low testosterone, prostate disease, voiding, erection and testicular health, all of which can be influenced by testosterone levels.

Identifying low testosterone is as simple as a blood test, and modern management is as simple as a daily application of a skin cream. Every man should know his testosterone level. Normal testosterone levels can be an important aspect of maximizing longevity and maintaining quality of life.

If you have any questions regarding your testosterone level, you can contact Advanced Urology Institute at (855) 298-2273.


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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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Pelvic Organ Prolapse

Until recently, pelvic organ prolapse (POP) was rarely addressed because women were reluctant to discuss the embarrassing symptoms. Because of our increasing life expectancy, POP has become one of the most common disorders women will face in their life-times. Today, many gynecologists and primary care physicians routinely screen women for symptoms, and a new surgical specialty of urogynecology has arisen to treat pelvic organ prolapse and the incontinence that often accompanies this problem.

Pelvic organ prolapse is a term used to describe the drop-ping of a pelvic organ through or out of the vagina. Pelvic organs include the bladder and urethra, the rectum and anus, and of course the uterus and vagina itself. Pelvic organ prolapse is an unfortunately common problem, with childbirth, age, menopause, and hysterectomy being the most common causes and smoking, chronic coughing or heavy lifting, chronic constipation, diabetes, and obesity being common risk factors. With our aging population, POP is expected to affect half of all women and 1 in every 9 will undergo surgical treatment to correct prolapse.

Think of the vagina as though it were an empty pillowcase that can turn inside out in the wash. Prolapse is like the pillow case trying to turn inside out because the support structures of the vagina and pelvis have weakened and are not holding the tissues and organs in place anymore. Anything that can stretch or break these support structures (ligaments and muscles) can cause POP.

Symptoms – Sometimes a patient doesn't even know she has prolapse until her doctor points it out during her exam. However, many patients experience discomfort with a range of symptoms, including:

Pain and Pressure: lower back discomfort or pressure sensation in the vagina that gets worse by the end of the day or during bowel movements.

Urinary Symptoms: urinary frequency, stress incontinence or difficulty starting to urinate.

Bowel Symptoms: constipation, accidental loss of stool or pressure or pain during bowel movements
Sexual Difficulties: pain with intercourse due to irritated vaginal tissue.

Treatment: Women with mild to no symptoms don't need treatment, but should avoid risk factors that could worsen the problem such as smoking, lifting heavy weight or being overweight. If you are experiencing major discomfort, POP can be successfully treated using many different modalities, from exercise to medicine to splints (pessaries) to surgery. Let's summarize these treatments.

- Pelvic Floor Exercises have the advantage of being noninvasive, and in mild cases can help to relieve some symptoms of discomfort or maybe leaking. Prolapse is not reversed using this treatment.
- Medicine, like vaginal estrogen creams, can also alleviate some symptoms, but also do not reverse the prolapse.
- Pessaries are excellent in keeping the pillow case (vagina) from turning inside out by taking up space in the vagina like a pillow does in a pillow case. A pillow case can't turn inside out if the pillow is in it! Pessaries are great for temporary control of the pro-lapse or for people who cannot proceed with other treatments. They can provide permanent relief of the symptoms of prolapse, but must be maintained and cleaned periodically.
- Surgery is the treatment for any hernia in the body. With surgery the prolapsed organ will be repositioned and secured to the surrounding tissues and ligaments. When the benefits of surgery outweigh



the risks, surgery may be the best choice. Surgery involves anesthesia and recuperation time, but may be the best long term option. Many surgeries for POP can be done on an outpatient basis.

If you've been diagnosed with POP understanding your treatment options is extremely important. All treatments have their advantages and drawbacks, which should be thoroughly discussed with your urogynecologist before decisions are made. Make sure your urogynecologist is Board Certified and has extensive experience in dealing with your specific problem.



Uzoma Nwaubani, MD,
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Fellowship Trained and Board Certified
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Reconstructive Surgeon

Uzoma Nwaubani MD - "Add Life To Your Years"

Dr. Nwaubani is a Nigerian born medical doctor. She obtained her medical degree (MD) from the University of Nigeria and completed an OB/GYN residency at New York University, followed by a Fellowship in Urogynecology/Pelvic Reconstructive Surgery at Mt. Sinai College of Medicine. Prior to starting her residency training, she worked as an Obstetrician and Gynecologist in the Caribbean Island of Trinidad and Tobago, and also as a Clinical Instructor in Histology/Pathology at St. Georges' University School of Medicine.

Dr. Nwaubani's professional interest include Urogynecological surgery, minimally invasive pelvic surgery, prolapse and incontinence management, Gynecological evaluations and surgery, female pelvic medicine and wellness, menopausal medicine and urogynecological research and education.

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Dr. Sivasekaran, MD

DECODING HEART DISEASE

There are many things that can affect your risk for developing heart disease. Three of them you cannot control—your age, your gender and your family history. However, there are several other things you can do to help you avoid a heart attack or stroke, such as maintaining a healthy weight, exercising regularly and quitting smoking.

When it comes to heart disease, there are four numbers that make all the difference. Your blood pressure, cholesterol levels, body mass index (BMI) and fasting blood glucose offer an accurate glimpse of overall heart health. By comparing your numbers with healthy target ranges, you can evaluate your heart disease risk and take steps toward a healthier lifestyle.

BMI

Calculated using your height and weight, BMI helps you determine how much body fat you carry. A BMI between 18.5 and 24.9 indicates a healthy weight. A person is considered overweight if his or her BMI is 25 or higher and obese if BMI is 30 or higher.

Cholesterol

Cholesterol comes in two main forms: high-density lipoprotein (HDL) and low-density lipoprotein (LDL). While HDL helps keep your heart healthy, LDL can contribute to blockages. Adults age 20 and older should have a cholesterol screening at least every five years. Total cholesterol levels should be lower than 200 mg/dL, triglycerides lower than 150 mg/dL, LDL cholesterol levels lower than 100 mg/dL, and HDL cholesterol levels higher than 40 mg/dL in men and 50 mg/dL in women, according to the American Heart Association.

Blood Pressure

When blood pressure is higher than it should be, your heart has to work harder to pump blood, which can damage your arteries. Normal, healthy blood pressure is defined as a reading of 120/80. A blood pressure reading of 140/90 indicates hypertension, or high blood pressure.

Fasting Blood Glucose

Healthy adults ages 45 and older should have a fasting blood glucose screening at least every three years. A healthy fasting blood glucose level falls between 70 and 100 mg/dL.

Taking charge of your heart health begins with understanding your heart disease risk. To learn your numbers, speak with your doctor.



WHAT'S YOUR SCORE?

If you currently don't have symptoms of heart disease, you still may worry about the likelihood of having a heart attack. A CT calcium scoring screening is an easy way to determine if you are at risk. This non-invasive test takes only a few minutes, but it can help you and your doctor make important decision about how to lower your risk for heart disease.

Men and women with the following risk factors may benefit from this screenings:

- Diabetes
- High cholesterol
- High blood pressure
- Cigarette smoking
- Being overweight or obese
- Physical inactivity
- A family history of heart attack

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.

RATNASABAPATHY SIVASEKARAN, MD

Dr. Siva has been in practice for fourteen years. He earned his Honors Bachelors of Science in Biology from University of Waterloo, Canada. He went on to earn his Doctor of Medicine from St. George's University School of Medicine graduating on the Dean's List. He is American Board of Internal Medicine certified. Dr. Siva has affiliations with AMA, AHA and Marion County Medical Society. He opened his own private practice in Ocala in 2006, and he has privileges at all hospitals and nursing homes in Ocala for continued care of his patients.

To find out more information, please contact Dr. Siva's office at (352) 369-5300, or visit DrSivaOcala.com

Siva M.D. P.A.

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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."

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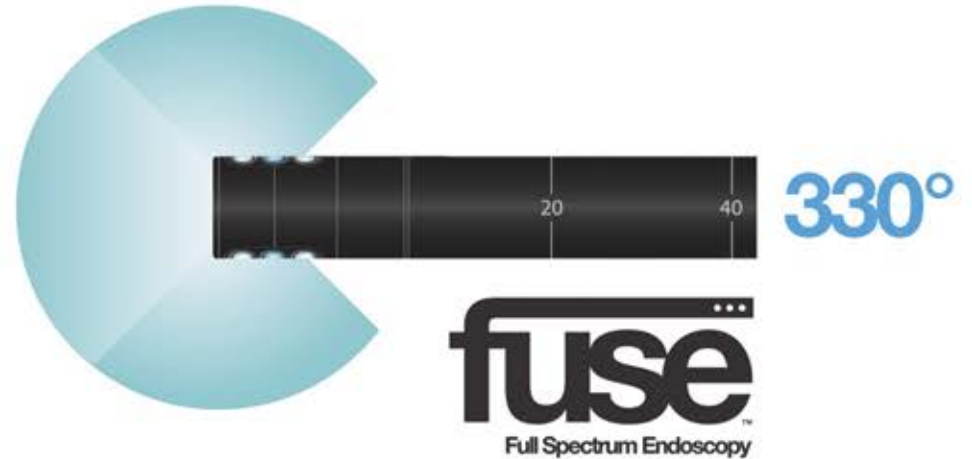
Dr. Anand Kesari



Standard Colonoscope Limited 170° Field of View



Fuse™ Colonoscope Panoramic 330° Field of View



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

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

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

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

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

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



Gastro-Colon Clinic Dr. Anand Kesari

OCALA

7535 SW 62nd Court, Ocala, FL 34476

SUMMERFIELD

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(352) 237-1253

www.gastro-colon.com

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.

PERIODONTAL DISEASE AND DIABETES Have Something In Common

In recent studies, it has been reported that almost 50% of the U.S. adult population has some form of periodontal disease. That means one out of every two adults over the age of thirty is suffering from some form of gingival bacterial infection. And depending on whether it is mild, moderate, or severe, these people can experience different degrees of mouth soreness, loose teeth, and discomfort.

It is widely reported that people with diabetes are one of the major groups affected by periodontal disease. Individuals with diabetes have many co-morbidities that correlate to the issue of their high blood sugar. Researchers suggest that periodontal disease increases high blood sugar, making individuals with uncontrolled diabetes at greater risk for infections and complications. These infections and complications in turn increase the severity of the periodontal disease which inevitably leads to bone destruction and loss of teeth.

A person with any form of gum discomfort, bleeding or bad breath, should consult a dentist about getting those conditions treated right away. Often, just getting a deep scaling, which is a cleaning that goes a little deeper under the gum line, will correct mild to moderate periodontal disease. Loose teeth and infection in gingival tissues can be easily treated by a periodontist (periodontal gum specialist) using techniques such as deep scalings, gingival grafts, laser treatment, and other pocket reduction procedures.

There are things that an individual can do to prevent gum disease at home. The obvious is regular tooth brushing. That means a good two-minute brushing routine that gently cleans all surfaces of the teeth. The importance of flossing cannot be stressed enough. Dentists and hygienists convey this message regularly to their patients, but unfortunately in our fast-paced lives, many people think it is too time-consuming to floss daily. The reality



is it only takes a minute to floss. When flossing is neglected, food and bacteria can be harbored in the interproximal space between teeth thus leading to periodontal disease. Consistent home care coupled with visiting your dentist on a regular basis is vital to keeping your gums healthy.

It is highly recommended if you have diabetes that you be extra meticulous about brushing and flossing, as well as keeping your blood sugar levels under control. The normal fasting blood sugar levels are anywhere from 70-99 mg/dl. The normal A1C, which measures the blood glucose level, should be below 5.7%.

People living with diabetes should consult with their primary care physician or endocrinologist on how to keep their blood sugar levels at the lowest rate possible. Depending on the type and stage of diabetes indicated, this is usually accomplished through dietary changes, exercise, and medications.

All of the providers at Belleview Dental Center are highly trained in treating periodontal disease. Belleview Dental Center has an added benefit with a periodontal specialist onsite. This allows both the periodontal specialist and the other doctors to work together, rather than patients referred to another location for periodontal procedures. Having a periodontist onsite is another essential service to consider when choosing the right dental group for your oral health needs and convenience. When you receive dental care from the providers at Belleview Dental Center, you have

the confidence of knowing you are receiving care from highly skilled dentists in a family practice established since 1982.

The practice is family-owned and dedicated to delivering the best in general, restorative, implant, and cosmetic dental care for your entire family as well as same day emergency services and extended office hours. The mission is to ensure your dental experience is positive and stress free. You will enjoy compassionate, comfortable dental care designed to provide a lifetime of optimal oral health. Together with our periodontist, all of the doctors at Belleview Dental Center have extensive experience with placing and restoring dental implants. They are a long heritage of dentists with a great deal of trusted experience. Your smile will be in good hands with Dr. Henry Sweeny Sr., Dr. Henry "Bo" Sweeny Jr., Dr. Samuel Sweeny and their dedicated staff."



352.245.1188

belleviewdentalcenter.com
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About Dr. Henry A. Sweeny Jr.

Dr. Henry A. Sweeny Jr. joined the Belleview Family Dental practice in July of 2003 after graduating from the Dental School. He is fondly known to his patients as Dr. Bo. He attended the University of Florida and attained a Bachelor of Science in Food Science, a Masters of Science in Food Science and Human Nutrition and continued at the University of Florida to complete his Doctor of Dental Medicine. Throughout his extensive career Dr. Sweeny frequently attends many continuing education courses and has focused on comprehensive training in Implant Placement and Implant Restoration. He also has advanced education in Cosmetic Dentistry. Dr. Sweeny is a member of the American Dental Association, Florida Dental Association, and the International Team for Implantology. Dr. Sweeny's practice also includes General Dental Procedures, Root Canals, Oral Surgery, Extractions, and Pediatrics. He has a particular passion for Implants and Oral Surgery. Dr. Sweeny is an avid fisherman and in his free time he also enjoys golf, hunting, exercising, volunteering in the community, and can frequently be seen attending Florida Gator football games. He works alongside his Father, Henry A Sweeny Sr. DMD and his Brother Samuel J Sweeny DMD at this treasured local Dental Practice.



Coach Jimmy K

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

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, biofeedback, and the treatment of pain. Russian physicians have long used SCENAR to treat virtually all organ systems: musculo-skeletal, 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 & Doctors

I am truly amazed at the effectiveness of the Denas PCM 6 in helping my patients overcome chronic pain issues. These devices are safe and easy for my patients to use at home when they need it the most. We've had a 90% success rate dealing with Musculoskeletal disorders and chronic pain. It's a Drug Free, non invasive alternative that is safe and effective. Thanks Coach Jimmy K.

-Dr. Ramon Solis - Internal Medicine, Houston Texas

Patient Female Age 58: complaint migraines and fibromyalgia, not able to engage in life has had 8 years of Botox treatments for migraines and medications for fibromyalgia. Her body has become filled with toxins, and she is having adverse side affects from the Botox and also environmental allergies as well as food. I have treated her on the vertebra and used the goggles with the PCM 6, followed protocol for migraines. We have done an intensive of six treatments, she has had one only migraine in 3 months, in the past she had at least four a week without the Botox. Currently no flare ups with the fibromyalgia, No migraines, she has began swimming and is taking her first vacation and learning how to scuba. With this treatment anything is possible, the Vertebra 2 and the PCM6 are a God send for people with chronic pain.

Thank you for your continued support

-Practitioner AB Power, Prince George BC

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*

In my 30 years of practice I have invested in tens of thousands of dollars on machines and devices to help my patients overcome pain and chronic issues. The Denas PCM 6 takes the prize at being the most effective and it's very affordable. In my opinion anyone that has Chronic Pain issues should consider purchasing a PCM 6, it was the best purchase that I've ever made.

-Claudia Suen - Practitioner Hawaii



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 bio-feedback 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.

*For more Information about DENAS PCM 6 call
Coach Jimmy K and staff at 503-395-4142*



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Energy Medical CBD (Cannabidiol)



Cannabidiol (CBD) is making headlines for its ability to treat and alleviate symptoms of numerous medical conditions effectively. Certain specifics are important to clarify when describing cannabis treatment. To start, CBD has none of the psychoactive (mind-altering) effects of TCH that's found in marijuana. Scientists, botanists, and pharmacology professionals have spent years creating plant varieties that produce large amounts of CBD and extremely low to zero TCH properties. These plants are then cloned as hybrids, creating the most health beneficial oil that can be extracted and utilized without any of the "mood changing" effect.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD oil (cannabinoids) through merging directly with our cells. Our natural endocannabinoid system works synergistically with CBD, creating a multitude of beneficial reactions in the body.

Case studies and benefits of CBD oil

There are countless ongoing peer-reviewed studies on the medical outcomes of utilizing Cannabis as a drug therapy in patients that have Multiple Sclerosis, HIV/AIDS, Cancer, and cognitive damage, Rheumatoid Arthritis, PTSD, Epilepsy, ALS, Crohn's, Parkinson's, Dementia, and many other disorders.

Recent studies have shown the following health benefits of CBD:

- Alleviates Seizures
- Anti-inflammatory response
- Anti-muscle spasm
- Anti-nausea
- Anti-psychotic
- Anti-tumor factors
- Brightens skin
- Cancer cell death
- Cancer cell growth inhibitor
- Fights viral infections
- Improves sleep
- Promotes pet health and reduces anxiety
- Reduces anxiety
- Reduces beta-amyloid plaque
- Reduces cognitive impairment
- Reduces Seizures/anticonvulsant
- Reduces inflammation
- Relaxes muscles
- Relieves pain

History of Medical uses of Cannabidiol

Over 4000 years ago, Asian Emperors used cannabis for its healing properties, noting exceptional improvements in edema issues. In ancient Greece and Egypt, cannabis is reported in many manuscripts, describing its use for medical conditions such as eye

disease, joint inflammation and as an anesthetic. Over 300 years ago, in one of Oxford's medical professional journals, it was touted as a means to reduce depression. Cannabis has even been reported to reduce the menstrual complications of Queen Victoria. In the early 1900's, the United States began growing cannabis for pharmaceutical companies to formulate into medications.

The laws and regulations on Cannabidiol and HEMP oils are continually updated, as federal regulatory officials better understand the advantages of CBD. It is used legally in many states, including Florida.

Energy Medical is a distributor of Kannaway CBD products. The Kannaway Company's products are elite, here is what they have to say, "Our CBD hemp oil is sourced from hemp grown in Northern Europe free of pesticides, herbicides, or chemical fertilizers. Because hemp grows quickly and efficiently, sometimes producing two or more harvests a year, and uses very little water, it is environmentally sustainable crop with a number of uses beyond CBD supplements.

Kannaway's hemp oil is put through a stringent Triple Lab Tested™ process to ensure its safety and reliability. Our oil is first tested following harvest, and then again by an ISO/IEC 17025:2005 accredited lab after import into the U.S. The final stage of testing comes after our products are manufactured to check for potency and any possible contamination to provide only products you can trust."

The Kannaway CBD Difference

- Most commercially available CBD products contain 1-5 mg per Serving
- At Energy Medical/Kannaway, their CBD Products contain 25-50 mg per Serving
- With an average cost of .11 per mg, Kannaway products are 50% less than most competitors

At Energy Medical, they sell their products through oils and vapors. These can be administered topically, orally or through the vaporizing method. Along with the multitude of CBD health benefits, there are also opportunities for you to get involved personally. Energy Medical has a unique Brand Ambassador opportunity for you to partake in selling these influential products on the forefront of this medical phenomenon.

CBD - Distributor

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Look Better, Feel Better, Perform Better!

www.EnergyMedical.net

Supplement Facts
Serving Size: 1 capsule
Servings Per Bottle: Approx. 30

Amount Per Serving	%DV
Cannabidiol (CBD)	25 mg 1
*Daily Value not established	
% Daily Values are based on a 2,000 calorie diet.	

For more information, please visit their website at energymedical.net, call them direct at (352) 552-1889, or email them at info@energymedical.net

(352) 552-1889
www.EnergyMedical.net

17820 SE 109th Ave., Suite 106B
Summerfield, FL. 34491
In the Spruce Creek Medical Center
Across from the Walmart on Hwy. 441

5 Tips for Getting Relief from Dry Eyes with an Omega-3 Supplement

By Anne-Marie Chalmers, MD

Increasing our intake of omega-3 from fish and cod liver oil can be an effective and relatively inexpensive way to help manage dry eye symptoms. Most articles addressing dry eyes mention omega-3 supplements for their anti-inflammatory benefits. And many ophthalmologists and optometrists recommend taking them.

There's good reason for all the omega-3 excitement. Most dry eye issues appear to be caused by Meibomian Gland Dysfunction (MGD). With MGD, the protective oil in our tears gets blocked from coming to the surface of the eye, causing our tears to evaporate too quickly. Omega-3 fatty acids, which are found plentifully in fish and cod liver oil, are helpful for two reasons: 1) they relieve chronic inflammation, which is both a symptom and a cause of MGD, and 2) they improve the quality of the oil in our tears.

If you are starting an omega-3 regimen for dry eyes, however, it's important to set yourself up for success by doing the following:

1. Get an effective dose.

For any omega-3 supplement to be effective, it is important to consume an adequate dose. Most research done on omega-3 and dry eyes have utilized at least two fish oil capsules a day.

Looking at the broader scope of omega-3 research, however, there's reason to believe that we need more than two capsules to help combat chronic inflammation symptoms. Numerous reviews suggest the anti-inflammatory effects of omega-3 don't kick in unless you get more than 2700 mg of EPA/DHA daily. That's the same as consuming 8-10 regular fish oil capsules or taking one tablespoon of liquid cod liver oil every day.

2. Practice consistency.

To experience benefits, it is necessary to take your omega-3 supplement daily. Because omega-3 is an important part of the cell's metabolism, the body needs a regular supply of the fatty acids to combat chronic inflammation. With dry eyes, regularly consuming omega-3 will in additional help maintain the lipid balance of the oil in the tear film.

If you have trouble remembering to take your daily dose, try taking your supplement in conjunction with a meal or set a daily reminder alarm. The key is to stick with it.



3. Give it time.

Although increasing your intake of omega-3 can be a wonderful way to improve dry eye symptoms, it's not a quick fix. Most studies showing benefits of omega-3 supplementation for dry eyes last at least 3 months. That's because it takes time for the omega-3 supply to build up in the body.

With Omega Cure® Extra Strength, customers typically report noticing a difference for dry eye symptoms within 6 to 8 weeks if they are diligent about taking their daily dose. However, be aware that the effects will vary from one individual to the next.

4. Get a fresh fish oil.

Getting enough omega-3 fatty acids is crucial for our health. The omega-3 molecules make up part of the cell membrane. They play an important role both in the exchange of nutrients across the cell membrane and in fighting inflammation. However, omega-3 fatty acids have a molecular structure that make them extremely prone to oxidation -- or in layman's terms -- spoiling.

When the omega-3 molecules oxidize, they give off a fishy taste and smell. Studies from Norway, New Zealand and Canada have found that a high percentage of omega-3 supplements are rancid. In addition, scientists not only suggest rancid omega-3 products are less potent than fresh ones; they now warn that consuming rancid fish oil may contribute to problems like Alzheimer's disease, cell mutation, and clogged arteries.

To make sure you are getting a fresh product, use your senses. If you are taking a liquid product, taste and smell the oil. If it is fresh, it shouldn't have much taste or smell at all. The same goes for capsules. Break open your capsules to assess the contents.

5. Take it in the morning.

If you are having problems sleeping due to dry eye pain, you may want to take your omega-3 supplement in the evening a couple of hours before bed. However, if you are like many people with dry eyes, your symptoms get worse as the day progresses. To get the most relief from your omega-3 product, try taking it in the morning with a meal.

If you are religious about taking your omega-3, what happens then? Studies indicate that omega-3 supplementation can improve the measurements used to evaluate dry eyes. These include improved tear osmolarity, decreased tear evaporation rate and relief in dry eye discomfort. Patients in these studies have also self-reported improvements in eye redness and blurry vision. In addition, studies show that people with higher intakes of omega-3 fatty acids have a lower risk of getting dry eyes.



About Anne-Marie Chalmers, MD

Anne-Marie Chalmers, MD, is the co-founder and president of Omega3 Innovations. Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. In Norway, Dr. Chalmers practiced emergency, family, and preventive medicine for many years. Her research and development work has included nutraceuticals (especially omega-3) and medical delivery device systems to facilitate ingestion of multiple medication combinations.



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Top Five Tips to Help Save on Health Care Expenses

Over the last 10 years, out-of-pocket health care costs for Americans have more than doubled, with medical expenses now accounting for 8 percent of annual household spending, according to the Consumer Expenditure Figures report.

With tax season just behind us, this is an ideal time for you to evaluate your financial wellbeing and take steps to becoming a savvy consumer, especially when it comes to health care. With national health care spending now exceeding \$3.2 trillion annually, it is crucial for all Americans/Florida residents to become more thoughtful health care consumers.

Gregory Reidy, CEO, UnitedHealthcare Florida, shares five tips to help you more efficiently navigate the health care system, which could improve your personal and financial fitness.

Learn the Lingo: Do you know the difference between co-payment and co-insurance? Don't worry, it's pretty common. In fact, just 7 percent of Americans were able to successfully define all four basic health coverage terms: premium, deductible, copayment and coinsurance, according to the recent UnitedHealthcare Consumer Sentiment Survey. By understanding these terms, people can help maximize the value of their health benefits and help avoid unnecessary or surprise medical bills. There are a number of tools online, including the justplainclear.com glossary, available in English and Spanish, to help people learn or review health insurance terms.

Work on Wellness: An estimated 70 percent of employers already offer wellness programs and eight percent more plan to do so during the next year, with some programs offering financial incentives, according to the Society for Human Resource Management. The value of corporate wellness incentives has increased to \$693 per employee per year, up from \$430 five years ago, according to a recent study from the National Business Group on Health. However, the study found that fewer than half of eligible employees earned the full incentive, with workers leaving millions of dollars of unclaimed rewards. Some wellness programs now include activity trackers, which help enable some employees to earn up to \$1,500 per year in incentives by meeting daily walking goals. Likewise, websites such as achievemint.com enable people to earn cash rewards for walking.

Seek to Save More: More employers are offering health plans that include a Health Savings Account (HSA) option. An HSA is like a personal bank account specifically for health-related expenses – you

own all the money in it, including contributions from your employer. HSAs offer a triple tax advantage: money is deposited pre-tax from your paycheck and accrues interest tax-free, and withdrawals are not taxed as long as funds are used for qualified health-related expenses. With a growing number of Americans now enrolled in a consumer-directed health plan, these types of savings accounts will become increasingly important.

Select the Setting for Care: There are many places for people to seek care, including urgent and

convenience care clinics that are often more cost-effective and offer shorter wait times than other health care facilities. The growing availability of telemedicine is making routine and preventive care available online and through mobile devices, with the cost of a video-based virtual visit (usually less than \$50) offering savings when compared to costs for similar minor medical needs treated at a doctor's office (approximately \$80), urgent care facility (approximately \$160) or emergency room (approximately \$650), according to UnitedHealthcare claims data. Recent advances in audio and video technology are enabling people to obtain a diagnosis and necessary prescriptions for minor medical needs including allergies, sinus and bladder infections, bronchitis and other conditions.



 **UnitedHealthcare**
www.uhc.com

Tips to Save on Health Care Expenses

Get Well

More and more employers are offering wellness programs, some with financial incentives.¹

Supplement Your Health Plan

Consider adding dental and vision plans, which can protect your family from head-to-toe.



Start Saving

More employers are offering health plans that include a Health Savings Account (HSA) option.

Select the Right Setting for Care

Urgent and convenience care clinics are often more cost-effective and offer shorter wait-times.

Learn the Lingo

Visit the justplainclear.com glossary to learn more.²

 **UnitedHealthcare**

Don't Forget Vision and Dental Coverage: Maintaining your health includes more than just medical coverage. Consider adding dental and vision plans, which can protect you and your family from head to toe. Research suggests a connection between oral health and overall health, so adding a dental plan may help prevent larger medical issues. A vision plan may offer eye exams that can help identify chronic conditions such as diabetes, and offer reduced pricing on frames and lenses. Financial protection products, such as critical illness or hospital indemnity plans, can help provide important safeguards for unexpected health situations.

Following are information and research sources available to the general public that provide additional insights and information on how you can improve and better manage your health care expenses:

Find Care & Cost Estimators:

www.uhc.com/findcare

Bureau of Labor Statistics – Consumer Health

Expenditures: www.bls.gov/opub/btn

Health Care Glossary & Medical Terms:

www.justplainclear.com

Health care tools, resources and benefit programs:

www.businessgrouphealth.org

Cash rewards for improving health:

www.achievemint.com

Benefits of Home Health Care

It has been proven that home health care is good medicine and that's why CareTime is committed to providing high quality, consistent and compassionate personal and health care services in the home. Being with family and friends in familiar surroundings has a positive effect on patients recovering from illness or surgery. In fact, studies have proven that patients recuperate more quickly in their home environment.

Below are some of the top reasons why people often choose home health care.

- Home care is delivered at home. When we are not feeling well, most of us ask to be at home. We enjoy the sanctity of our residences and the joy of being with our loved ones. When our loved ones are ill we try to get them home and out of the hospital as soon as possible.
- Home care keeps families together. This is particularly important in times of illness. The ties of responsibility and caring can be severed by hospitalization.
- Home care prevents or postpones institutionalization.
- Home care promotes healing. There is scientific evidence that many patients heal faster at home.
- Home care is safe. Many risks, such as infection, are eliminated or minimized when care is given at home.
- Home care allows for the maximum amount of freedom for the individual. Patients at home remain as engaged with their usual daily activities as their health permits.



- Home care ensures the patient is taken care of while preserving their dignity and independence.
- Home care promotes continuity. The patient's own physician continues to oversee his or her care.
- Home care is personalized and tailored to the needs of each individual. Patients receive one-on-one care and attention.
- Home care is often less expensive than other forms of care.
- Home care is the form of care preferred by the American public.
- Home care can prevent re-hospitalization and decrease the need for urgent care.

A locally owned and operated home health agency. CareTime was founded by Patti Yancey, RN, CMC, GCM.

Patti has been caring for the elderly in Ocala and the surrounding areas for over 25 years. She is an expert in the field of home health and geriatric case management. She is a certified care manager, through the National Academy of Certified Care Managers and Geriatric Care Managers and Member of the Aging Life Care Association. Her life long personal and professional relationships in the local area are an asset to her clients.

CareTime will customize your requests to fit your service needs. All requests are handled in a timely and professional manner. Services can range from just a few hours to 24 hours a day, 7 days a week depending on your needs. Around the Clock Care can be provided in shifts or by a live-in caregiver.

To find out more, please visit their website at caretimeflorida.com, or call (352) 624-0570



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- Companion Care
- Geriatric Nutrition Program
- Medication Management
- Hospital to Home Services
- Quality of Life Care
- End of Life Care

THERAPEUTIC OPTIONS TO IMPROVE BLOOD CIRCULATION

By Alyssa Parker

Blood circulation is one of the most important components of our overall health and well-being. When clinical symptoms begin to arise due to poor circulation it's vital to seek preventative treatment options to avoid further complications. Common signs and symptoms that occur are fluid accumulation in a limb, a feeling of heaviness or tightness, thickening of the skin, pain or redness in affected limb. Blood circulation is driven by our heart which supplies our entire body with blood through the blood vessels. When the normal anatomy and function of our venous system has been disrupted that may lead to conditions such as venous insufficiency and 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 condition, where an individual is born with a compromised lymphatic system. Signs and symptoms of this condition may take years to manifest in an individual.

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

THERAPEUTIC OPTIONS:

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. Compression Devices are a recognized treatment option by Medicare and many commercial insurers.

WOUND HEALING

Chronic wounds are a huge burden on patients as well as health care providers. With poor blood circulation our body's ability to heal itself becomes less efficient. Compromised skin integrity from poor circulation will progress without treatment. At Acute Wound Care we provide patients with specialty dressings that heal the wound quickly and effectively direct to the home.

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The Gift of Desperation

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

The mass of men lead lives of quiet desperation, this sentence, which appears in the first chapter, is the most famous in the book *Walden*, by Henry David Thoreau.

Desperation is a mental state that usually causes extreme or rash behavior. So why would someone live in it...quietly as Thoreau states?

Why don't they change their situation?

Sometimes marriages can be this way. Couples, after the kids are gone, can get into a state of peaceful coexistence. They live together but are not fully enjoying their marriages. There isn't a reason to leave and yet living together is not very fulfilling. They don't love each other but they are used to each other.

This happens in careers where people are making good money but feel bored and stuck. They make enough money to enjoy a life free of worry, yet they know there is more opportunity that they are not taking advantage of. The words of a comedian I cannot remember seems to sum it up, "It's better to be employed than amazing."

Then there is health. In the marketing world, it is said that hardly anyone will pay for preventative health products and services, but a person will empty their bank accounts to take care of an acute life-threatening disease. This is largely why health insurance companies will provide some wellness program benefits to help prevent more serious health issues.

There is a famous verse in Revelations 3:16, that speaks of being lukewarm and maybe it can speak to this idea of quiet desperation.

You know what lukewarm is like right? It's when you drink half of your can of cola and then forget about it only to pick it up hours later to find out how really bad it is.

But since you are like lukewarm water, neither hot nor cold, I will spit you out of my mouth! Revelations 3:16 NLT.

I equate a life of quiet desperation much like being lukewarm. Yuck!

Now to be quite honest, I've lived for years with parts of my life as lukewarm. Lukewarm actually means self-righteous.

Lukewarm sounds like, "Well, it's not that bad!"

It's a feeling of everything seems to be okay...so I must be alright. The bills are paid, retirement accounts are inching up, kids are on schedule for their life and our health is good. Life is great.

Is it?

I have a fairly optimistic outlook on life, but there are times I need an honest self-evaluation. No one can be completely objective about his or her life.

It's very important to have folks that you give unconditional permission to be brutally honest with you when they feel you are wandering off into the proverbial weeds of life.

What's so deceptive about deception is it's so darn deceptive (pardon the tongue-and-cheek). And the reason blind spots are called blind spots is because you can't see them.

I don't believe Jesus was being mean-spirited in Revelations 3:16. What I do believe is that he was concerned. In the same way someone close to you may ask you about your health, how you spend money or the condition of your marriage. These are the very private matters of our lives that we usually don't want to talk about.

Yet these are the places we, blindly, can get into trouble without realizing it.

Most goods habits that lead to a great life are easy to do. But they are also...easy not to do.

A little humility is good for the soul and can bring better self-awareness that can save a marriage, fortune and even health.

I have found three ways to maintain a healthy dose of humility.

One is to pray daily and ask God to for help. I like the Serenity prayer.

"God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference."

A second way is to have folks in our lives that we talk to regularly who will keep us honest with ourselves.

But he gives us, even more, grace to stand against such evil desires. As the Scriptures say, "God opposes the proud but favors the humble." James 4:6 NLT

The third way to humility is...sad. It has a name...pain. Pain can come from living in pride without dependence upon God and without caring, honest relationships.

So, if you are in pain and desperate...you have a gift. Use its motivation to change your life. Reach out to God through prayer and reach out to someone else. Reap all the benefits of that pain to make your life better while you have the strength and motivation.

To your spiritual health,

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