

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

December 2017

Marion Edition - Monthly

*happy holidays*

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**Seeing Past the  
Digital Image:  
How RAO Puts  
Patients First**

**STAYING FIT  
THROUGH THE  
HOLIDAYS**

**Winning the Battle  
of Long Term Pain(s),  
Depression and Anxiety**

**5 HEALTHY  
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*"I am thankful for the doctors and nurses at Florida Cancer Specialists who cared for me as a person and a neighbor, not just a patient and a number."*

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## CONTACT US

Owner  
**Cristan Gensing**  
cristan@gwhizmarketing.com

CREATIVE DIRECTOR  
**Sonny Gensing**  
sonny@gwhizmarketing.com

EDITOR - Lisa Minic



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# SEEING PAST THE DIGITAL IMAGE – HOW RAO PUTS PATIENTS FIRST

**W**hen your doctor prescribes an imaging test to discover the presence, cause and/or location of disease or injury somewhere within your body, or you elect to have a voluntary screening scan such as a mammogram or an interventional service like varicose vein treatment, it can be challenging to know which radiology practice to choose.

Why RAO? There are a myriad of reasons, all falling under the umbrella of our commitment to putting our patients' healthcare needs and emotional concerns above all else. Here are a few things that have made RAO a local leader in diagnostic and interventional services for more than 40 years:

**Advanced Technologies** – RAO's four affiliated offices, Medical Imaging Center, Medical Imaging

Center at Windsor Oaks, Women's Imaging Center and TimberRidge Imaging Center, offer a full range of technologically advanced imaging services from bone scans, 3D mammography™ exams and ultrasound to nuclear medicine, MRI and PET/CT. We also perform safe, minimally invasive vascular procedures at our Center for Vascular Health, making us a full-service provider.

**Longevity in Practice** – Since 1973, the doctors and communities of Marion County have trusted locally owned and operated RAO for state-of-the-art medical imaging services. Because our practice and its people, from doctors to technologists to support staff, all live and work locally, we are more than just healthcare providers – we are your neighbors and members of the community we cherish.

And when you have questions, we have caring staff available close to home. When it comes to your health, that can make all the difference.

**Exceptionally Trained Personnel** – Our team of 19 radiologists is composed of licensed physicians with sub-specialty fellowship training in their areas of practice and Board Certified by the American Board of Radiology. Our doctors are the exclusive providers at the area's most respected and trusted hospitals: Munroe Regional Medical Center, Ocala Regional Medical Center and West Marion Community Hospital. RAO's team of nationally-certified radiologic technologists are expertly trained in the advanced equipment we use and the specific diagnostic procedures they perform, as well as the most stringent safety protocols.

**Commitment to Quality** – RAO and its doctors continually investigate the latest in diagnostic services, and employ those that prove to be the safest and most effective. We work directly with your doctor to determine the best modality for your individual case, and, when warranted, help your doctor devise the most effective treatment plan. Our practice maintains continuing accreditation in key diagnostic services from the American College of Radiology, so you can feel confident about the regulation and oversight of your services.

RAO's Women's Imaging Center and TimberRidge Imaging Center have been designated Breast Imaging Centers of Excellence by the American College of Radiology, an honor bestowed to very few Florida healthcare providers, so you can trust you're getting the best possible care.

When you need a radiologic scan or service, talk to your doctor about RAO. We are committed to your health, comfort and satisfaction.



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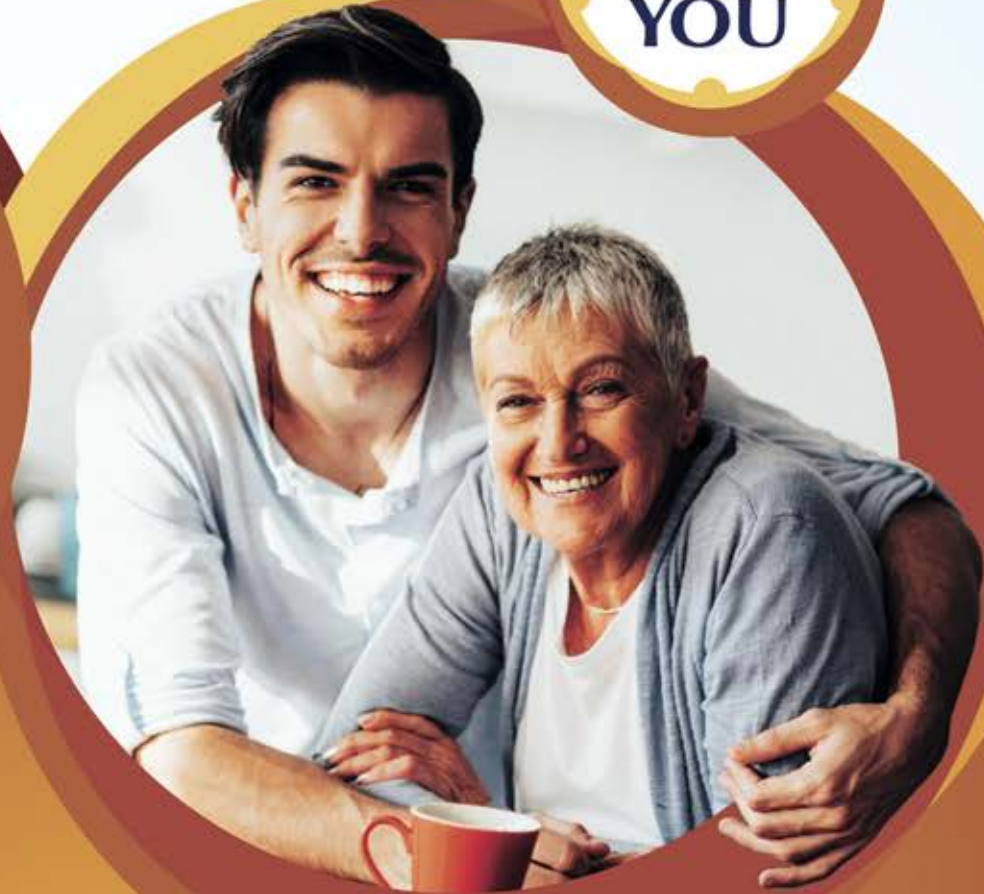
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*from left to right:* Ralf R. Barckhausen, MD,  
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# KYPHOPLASTY VERTEBRAL FRACTURE SURGERY

**K** yphoplasty is a minimally invasive surgery used to treat spinal compression fractures resulting from osteoporosis. Most spinal compression fractures affect the thoracic spine of the upper and middle back, but some patients experience them in the lumbar, or lower, spine. Wherever they occur, spinal fractures can cause pain, instability and functional problems.

For the majority of spinal fracture patients, kyphoplasty will help relieve pain, promote healthy function, provide stabilization to the spine and, for some, return height to the vertebra. Clinical results demonstrate that roughly 9 in 10 patients achieve significant pain reduction, some immediately, some in 48 hours, and others within two weeks of the procedure. Height restoration varies among patients, but the best results are achieved when kyphoplasty is performed within eight weeks of the fracture, so the sooner a patient is diagnosed and treated, typically the more satisfying the outcome.

"Kyphoplasty has a solid track record of providing pain relief and improved function with minimal invasion and risk," says Board Certified ONC neurosurgeon Dr. Daniel Robertson. "I've performed many of kyphoplasty procedures and am happy to report a high approval rating among a large majority of patients."



## The Procedure

Once the site of the fracture has been determined, treatment is straightforward. Depending on your case, you will receive general or local anesthetic. You lie facedown on an operating table and a small incision is made above the affected vertebra. Using fluoroscopy (x-ray) guidance, your ONC neurosurgeon will carefully insert a narrow tube

DANIEL P. ROBERTSON, MD

through the pedicle of the damaged vertebra, through which a tiny balloon is delivered and inflated to expand the space inside the bone and elevate the collapsed segment. The balloon is deflated and removed, and then the new cavity is filled with medical bone cement called polymethylmethacrylate, or PMMA. The cement solidifies in about five minutes, creating support for the vertebra. The opposite side of the bone may be treated as well to help ensure symmetry and enhance the chance of even height restoration. Each vertebral treatment takes about an hour to complete.



Most patients can go home the same day, but in some cases a night's stay in the hospital is recommended. Patients can usually return to everyday activities as soon as they get home, but should avoid heavy exertion for six weeks or more.

## Is kyphoplasty right for you?

The ideal candidate for this procedure is someone whose pain and/or spinal deformity is the result of a recent osteoporosis-related compression fracture, ideally within the previous eight weeks. It is not indicated for people with congenital or long-term spinal problems and people with certain health issues. Kyphoplasty can help to restore collapsed vertebrae, but it doesn't treat osteoporosis, which is a chronic, progressive condition that for many can be managed with a combination of medication and weight-bearing exercises designed for this purpose.

For diagnosis and treatment of osteoporosis and spinal fracture, talk to your doctor, or contact us at ONC about your case. We're happy to be of assistance.

## DANIEL P. ROBERTSON, MD

- In the practice of neurosurgery since 1994. Joined Ocala Neurosurgical 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 DiSciafani, Dr. Jacob Freeman 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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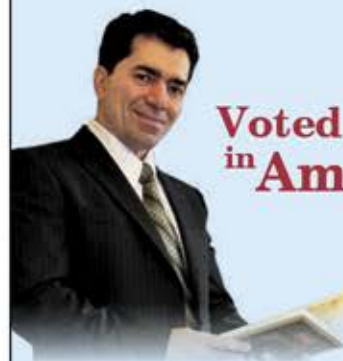
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# “Winning the Battle of Long Term Pain(s), Depression and Anxiety”

By Dr. Michael John Badanek BS, DC, CNS, DACBN, DCBCN, MSGR./CHEV.

In my 35 year career in Functional/Integrative Medicine, I have personally seen and experienced a steady drop in the overall well-being of all the new patients entering my office due to the constant onslaught of iatrogenic (Medically induced) diseases and conditions from long term prescription drug use. The largest group of clinical conditions and diseases are arising from long term use of prescription Antidepressants and Analgesics (Pain Pills).

Antidepressants are the most commonly prescribed class of medications other than antibiotics, taken by more than 1 in 10 Americans (and 1 in 4 among women aged 50 to 64). Many assume that such pills are the best available treatment for symptoms of depression, anxiety, bipolar disorders and manias but in fact the difference between antidepressants and placebo (sugar) pills is very small, to which both are ineffective for most depressed patients. In a meta-analysis published in PLOS Medicine, only the most severely depressed (1-2%) showed any response to antidepressants at all and that response was quite minimal. This lack of effectiveness must be taken into consideration along with the drugs side effects, which are many.

If you're considering OR using antidepressants, it's probably because you want to feel better or want to have a clearer mind function. However, antidepressants called serotonin reuptake inhibitors (SSRIs) may leave you with a new set of mental challenges, specifically symptoms of Mania, Bipolar disorder, Nightmares and if taken during pregnancy linked to ADHD and Birth Defects. SSRIs include drugs such as Paxil, Zoloft, Celexa and Lexapro. Researchers from King's College London's Institute of Psychiatry, Psychology and Neuroscience reviewed more than 21,000 medical records for this recently published study and found that there was an increased risk by more than 30 percent for those prescribed SSRIs or another antidepressant called Effexor.

Unfortunately, our current Allopathic (Medical) health care providers are creating a new group/generation of drug controlled robots. These unfortunate unsuspecting patients are being prescribed these mind altering drugs and which in most cases “zaps” the brain resulting in long term conditions of headaches, insomnia, lethargy (fatigue), anger, irritation, or even extreme uncontrollable rage and countless other symptoms.



This is utter insanity! This barbaric, inhuman clinical care of the American/World consumer is primarily based on patient subjective complaints (90+ %) with no objective evidence to support the prescribing of these powerful mind altering medications. Rarely, if ever have I witnessed or seen a new patient in my office have objective studies to warrant the use of these SSRI medication.

In 2013, more than 46,000 Americans died from drug overdoses with prescription drugs and heroin topping the list. Half, or about 23,000 of these lethal overdoses were due to prescription drugs, with painkillers accounting for about 16,000 deaths. About 8,000 deaths were due to heroin. As discussed in the featured 60 Minutes segment, “Heroin in the Heartland,” heroin addiction is fueled by legal drug addiction to opioid painkillers which, from a chemical standpoint, are nearly identical to heroin in the brains chemical reaction.

Between 2013 and 2014, heroin use in the USA rose by 51 percent, and the reason for this resurgence is in large part due to it being less expensive than its prescription counterparts and the tightening of regulations by the FDA on physicians prescribing these powerful drugs. So, if a patient is initially prescribed these very powerful drugs like Oxycontin, which is highly addictive, and then the patient is unable to afford OR cannot have a prescription refilled the logical remedy is to turn to the illegal trade.

As noted by Forbes Magazine, “the drug industry has a lot to answer for, as drug makers have repeatedly downplayed the addictive nature of their own wares while aggressively promoting their use”. Purdue Pharma is just one example. In 2007, the company pled guilty to charges of misbranding, and was fined \$600 million for misleading the public about Oxycontin's addictive qualities. And the lists and cases go on and on!

The American consumers (patients) must become educated and aware of the deceit and fraud being hoisted upon them with the indiscriminate prescriptive measures being placed upon them. Americans put their faith and trust in their health care providers to be able to properly diagnosis and treat their health challenges they present with. Unfortunately, this is not the case today in American. Our traditional health care system is fraught with greed and deceit and the patient is the final victim.

We know that with the proper evaluation and diagnosis that all health challenges respond with good to excellent results with alternative medicine. That is why with Integrative/Functional medicine performed at our facility we find the “root causes of the conditions” and not just treat the symptoms as does in traditional healthcare facilities. You can't take a “Pill” and expect reductions/elimination of symptoms. There is much more involved, however our traditional health care system does not have the time nor the means to evaluate and treat “causes” of disease or conditions.

If you or a loved one has a current health challenge and are unhappy or seeing no resolve of the condition(s) we urge that you contact our office for a courtesy consultation for an understanding of how Integrative/Functional Medicine can be of benefit. We will open up an entirely new world of knowledge to the new patient as to the real causes and what can be done effectively and with NO residual side effects with our care.

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# FOCUS ON PANCREATIC CANCER

Located behind the stomach, the pancreas is a glandular organ about six inches long that has two major functions: to produce enzymes (digestive juices) that help in the digestion process and to produce hormones, such as insulin, that help control blood sugar levels. The pancreas has an essential role in converting the food we eat into fuel.

Pancreatic cancer occurs when cells in the pancreas begin to grow out of control. One of the reasons pancreatic cancer is so deadly is that it is usually not detected until it is in the later stages. Early detection of pancreatic cancer is very difficult because the disease does not cause many signs or symptoms that are easily noticed in the early stages. Some of the more common symptoms of pancreatic cancer include:

- Jaundice (yellowing of the skin and whites of the eyes)
- Light-colored stools
- Dark urine
- Weight loss for no reason
- Loss of appetite
- Feeling very tired
- Pain in the upper or middle abdomen and back

While these symptoms can be attributed to other causes, it is recommended that you consult your physician if you experience any of these indications.

The incidence of pancreatic cancer is relatively small; however, it is considered an extremely difficult cancer to successfully treat and potentially cure, primarily because it is often detected at a late stage. Because the pancreas is deep inside the body, early tumors usually can't be seen or felt during routine physical exams; plus, most people usually have no symptoms until the cancer has already spread to other organs. According to the American Cancer Society, factors that can affect the chance of recovery from pancreatic cancer include whether or not the tumor can be removed by surgery, the size of the tumor, whether or not it has spread outside the pancreas to nearby tissues, and the patient's general health.

## RISK FACTORS

Almost all pancreatic patients are over the age of 45; in fact, the average is 71 at the time of diagnosis, as reported by the American Cancer Society. Men are at a slightly higher risk than women; however, it is speculated that this may be due to the fact that more men smoke than women.



*Pancreatic cancer accounts for about 3% of all cancers in the US and about 7% of all cancer deaths, according to the American Cancer Society.*

African Americans are also at slightly more risk than Caucasians for reasons that are not clear, but may be due in part to other risk factors, such as a higher rate of diabetes.

Risk factors such as age, race and gender can't be changed; however, other risk factors can be lessened by lifestyle choices, such as not smoking and maintaining a healthy weight. Approximately 20% to 30% of pancreatic cancers are thought to be caused by cigarette smoking and the risk of having pancreatic cancer is twice as high for smokers compared to non-smokers.

Family history is another risk factor for pancreatic cancer. It is thought that about 10% of pancreatic cancer is due to inherited genetic mutations. For people who may have a family history of pancreatic cancer, hereditary breast or ovarian cancer due to BRCA1 or BRCA2 gene mutation, or Lynch Syndrome (hereditary non-polyposis colorectal cancer), it is best to consult with your physician regarding genetic testing or endoscopic ultrasound.

## IMPROVING TREATMENT

A variety of treatments are used in pancreatic cancer involving surgery, ablation, radiation therapy and chemotherapy, to name a few. There are a number of clinical trials that seek to develop new treatments, including immunotherapy treatments. Immunotherapy drugs, which utilize the body's immune system to fight cancer, have worked against some of the most lethal cancers, such as melanoma and late-stage lung cancer. Difficult to treat with conventional drugs, pancreatic cancer also has proven to be resistant to initial immunotherapy approaches. Pancreatic tumors are usually surrounded by a tough, fibrous capsule that is difficult for drugs to penetrate. This protective covering also wards off the immune system's T cells, which attack foreign intruders, such as cancer cells, within the body. However, researchers are continuing to test immunotherapy combinations and devising innovative strategies that they hope will bring greater understanding of how to effectively treat these tumors.

## World-Class Cancer Treatment 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.

Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location, that deliver the most advanced and personalized care in your local community.



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# Advances in Robotic Assisted Surgery

*What you should know about your options*

It may still sound a little futuristic to some, but more than 3 million people worldwide have had remarkable outcomes due to the advanced technology and sophistication of robotic-assisted surgery.

In short, robotic surgery is a minimally invasive method that typically utilizes three small ports, as opposed to a full incision. The 3D video technology is magnified to the highest-definition. The surgeon controls tiny instruments that can twist, bend and rotate in ways that no human hand could ever orchestrate the conventional surgical instrumentation. The physician can visualize the field at a greater magnification and has unprecedented control from the monitor to move the tools with ease. It is by far one of the most significant advancements to affect the medical world over the past century.

There are multiple procedures that the robotic-assisted surgical device can perform; bariatric procedures include the following: sleeve gastrectomy, gastric bypass and duodenal switch. Along with these bariatric procedures, a comprehensive range of general surgical treatments are also available including; thyroid-parathyroid surgery, breast surgery, abdominal surgery, hernia repairs, and colon/rectal surgery.

## The Benefits of Robotic Surgery

- Quicker recovery times
- Shorter hospital stay
- Minimal scarring
- Minimal discomfort
- Proven results
- Advanced outcomes

The robotic device consists of four arms, three of the arms are for surgical instruments, and the fourth arm is for the camera that registers ten times the magnification of traditional laparoscopic cameras. The surgeon is in the operating room right next to the patient, controlling the movements of the arms from a console. During the surgery, the surgical movements are precise and meticulously measured.



Munroe Regional Medical Center (MRMC) has an advanced team of surgeons and staff that are highly-trained and experienced experts in robotic-assisted surgery. MRMC has the latest model robot in the area and is looking forward to answering any questions or concerns you may have regarding your upcoming surgical needs.

Munroe Regional Medical Center offers outpatient, inpatient emergency care, and surgical care. As your community healthcare provider, the Joint Commission accredits Munroe Regional Medical Center.

At Munroe Regional, they provide you with the best medical care available and identify the most appropriate setting and level of care for you. They are committed to restoring your health as quickly and comfortably as possible, and have been consistently recognized for this dedication.

If you or a loved one has any health concerns or would like to know more about robotic-assisted surgery, please consult Munroe Regional Medical Center to schedule an appointment and discuss your surgery options.



[www.MunroeRegional.com](http://www.MunroeRegional.com)

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# STOP OVERLOOKING SIGNS OF INCONTINENCE

**U**rinary Incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life for patients. Incontinence is classified as stress, urge, mixed and overflow.

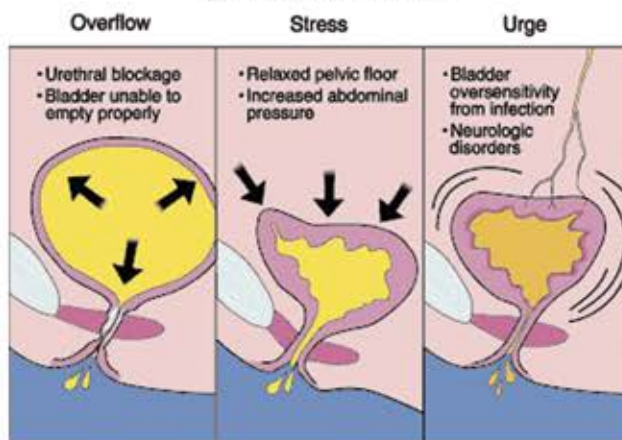
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UI) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily.

**Accidental urination can be triggered by:**

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

**Types of Incontinence**



There are two bladder abnormalities that are associated with UI: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer’s disease
- Multiple sclerosis
- Parkinson’s disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors

DO can occur due to multiple conditions, and many times as a sequel of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder overactivity. Conditions that can lead to DO include:

- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease



Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence

The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.

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[Advancedurologyinstitute.com](http://Advancedurologyinstitute.com)

# STAYING FIT THROUGH THE HOLIDAYS

It's that time of year! The time of year where we make glorious memories with friends and family, and it's also the time of year that we inevitably pack on the pounds. Although, that's not necessarily the way that it has to go for you, because Lifestyle Solutions MedSpa has some beneficial tips for maintaining and even possibly losing weight along the way.

## A few guidelines to keep you on track

- Drink plenty of water
- Eat the vegetable crudité platter instead of the fried appetizers
- Work out in the morning of a big event or family get together
- Eat a healthy breakfast and lunch before the big meal. Don't wait to stuff yourself full later in the day.
- Eat one plate. Don't reach for seconds
- Enjoy one small dessert if you so desire
- Limit your alcoholic beverages
- Get back on track the very next day!

The biggest tip of all is to go easy on yourself. It's the Holidays, not that it's an excuse to completely overindulge, but it is a time for rejoicing, reflecting, socializing and enjoying family and friends. So, not that you should go "all-out" and ruin all of your hard earned work at staying healthy, but you do deserve to enjoy yourself. Whether that's a glass of wine, a piece of pie, or a boat load of gravy, just remember that the following day, you have to hit the workout routine and healthy eating plan hard. It's all about getting back in the saddle again.

You'll most likely feel a bit sluggish or tired, but that's ultimately the carb and fat pardon that you allowed yourself. This sometimes is a good trick for your metabolism. It's what many people refer to as "The good workout for your metabolism." This absolutely cannot be common place though, otherwise known as, "the downward death spiral of eating." The fact that it may or may not trick your metabolism into burning more fat, is of great debate, and is most likely just an excuse to eat the foods that are normally off limits. But truth be told, in some cases it actually might spike your metabolisms response in just the right way the following day with a better outcome once you resume your normal routine and exercise plan.



So never fear, the holidays are here and your determination and planning ahead, will help you to concur the battle of the bulge.

At Lifestyle Solutions MedSpa, their philosophy is that successful weight management is the result of simple changes, healthy lifestyle choices and knowledgeable support. By utilizing a medically based multi-disciplinary approach, they have developed a comprehensive program using state-of-the-art techniques combined with tried-and-true weight loss methods to help you achieve your goals and maintain them. Their skilled team of physicians and lifestyle coaches, are led by highly experienced bariatric physician, Michael M. Holloway, M.D., along with Executive Director Shannon M. Holloway, which are both dedicated to providing highly personalized care. They offer weekly consultations with Lifestyle Coaches and customized food and exercise plans created by dietitians that take into account

your preferences and are designed to keep you motivated. Additionally, they offer aesthetic enhancement services including facials, Restylane® and Botox® injectable and other body contouring anti-aging treatments to help you look and feel your best.

*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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Michael Holloway, M.D.



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## Weight Management

Individualized Affordable Programs  
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Metabolic Testing and Analysis  
Personalized Nutrition & Exercise Coaching  
HCG, B12, LIPO and HGH Injections Available  
Prescription Appetite Suppressants Available

## Medical Spa

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Coolsculpting®  
HydraFacial®  
Latisse®  
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# DECODING HEART DISEASE

Dr. Sivasekaran, MD

**T**here 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](http://DrSivaOcala.com)

 *Siva M.D. P.A.*

**Office Location:**  
2845 Southeast 3rd Court  
Ocala, FL 34471



# Get to Know Your Eye Lens Implant Options

**D**uring my 30-year journey in eye surgery, no story has been as dynamic and exciting as the story of the human eye natural lens, its disorder called cataract, and our relentless effort to improve the process by which the cataract is evacuated and replaced with a man-made intraocular lens, and to fine tune the materials and the design of the intraocular lens implant that we place in the eye when we remove the cataract.

The story begins here. The human eye has a lens that sits behind the pupil that inspired the design of the camera with a lens behind the shutter. This lens is made up of a protein similar to egg white: when it is fresh it is transparent and when you cook it, it clouds up. With time the protein that makes up the human natural lens "cooks", a cataract develops, and our vision suffers. The young natural lens is a creative marvel: it focuses at distance and very quickly can zoom close up to a clear image that is devoid of unwanted optical aberrations. However, as the natural lens ages it begins to lose some of its remarkable capabilities in a process called the dysfunctional lens syndrome (DLS). This syndrome begins with the gradual loss of accommodation (zoom) due to the loss of the natural lens elasticity that is typically first noticed around age 40 and eventually mandates the use of reading glasses. DLS progresses as the lens begins to lose its transparency and some unwanted optical phenomena emerge such as glare and halos but the vision overall remains "good enough" with glasses. Some people at this point elect to have a highly successful procedure to replace the dysfunctional natural lens with a multifocal lens implant to restore their ability to see without glasses. Eventually the lens becomes cloudy enough that it affects the person's ability to carry on his or her activities of daily life: this cloudiness is what we call cataract. At this point, the changes in the lens are deemed medically significant and the person may elect to have insurance based cataract surgery. Cataract surgery in a nutshell is a procedure in which the old dysfunctional cloudy natural lens is replaced with a man-made intraocular lens IOL.

This IOL has come a long way since its inception some Eighty years ago. The first models of these lenses were rigid and optically low tech. Today's IOLs are by far some of the most technologically advanced marvels and are generally divided into two basic groups. The first is an IOL that is monofocal: it corrects the vision at distance but the patients still requires reading glasses. The second is a multifocal IOL that is typically designed to focus at distance and near and can reduce or eliminate entirely the need to wear glasses for any visual tasks.



This multifocal group has a number of different types: some are most suitable for golfers and active outdoors types, others for serious cell phone and computer users and others for avid small print readers. It is particularly crucial to match the person with the type of lens implant that most fulfills his or her visual requirements.

The field of intraocular lens implants is crowded with numerous offerings. I tell patients that there are many shapes and models of lens implants just as there are many different models of cars on the highway: putting the best implant in the patient's eyes that best fit his or her visual demands guarantees a comfortable "ride".

Intraocular lenses differ in rigidity ( rigid versus flexible), whether they are one or three pieces, whether they are made of silicon or acrylic or some other material, whether they are spherical or aspherical, and whether they are monofocal or multifocal. These offerings are wonderful in the sense that at the time of surgery we can pick out the lens implant that best matches the patient. For instance, patients with potential retinal problems are not suitable for silicon implants because if ever they needed retinal surgery requiring the use of silicon oil, the presence of a silicon implant affects overall visualization. Whereas multifocal implants are a technological wonder, giving most patients the ability to see distance and near without glasses, they are not suitable for everyone. For example I do not use multifocal implants in patients with macular degeneration or diabetic retinopathy because such patients will not reap the full benefits of such implants and single vision implants may offer such

patients better quality vision. I perform cataract surgery one eye at a time not only as a precaution against infections as these have become quite rare with modern facilities and techniques, but also because when the first eye is done, we obtain measurements after the surgery that we take into account when performing the surgery on the second eye to insure that both eyes work optimally to give the patient the best vision possible.

Few patients ever ask me what implant I plan to use for them when I perform their cataract procedure in terms of material and design. However, I have tried through my writings, lectures, and patient care to increase awareness of implant differences, as I believe truly that the more informed the patient is, the better choices they will make for his or her eye health. We ophthalmologists are some of the most detail oriented professionals as our world is not measured in feet or inches but in microns. When that quality is combined with a well-informed eager-to-learn patient the result are good choices that make the patient very happy and rewards the ophthalmologist as he or she see that the fruit of their long years of education and training is making a positive difference in the world.

**352.237.0090** Dr. Latif Hamed, M.D. FFAO  
**800.489.1129**  
 3230 SW 33rd Rd, Ocala, FL 

## 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.



# Four Stress-Busters For Home Sellers

By Dawn Trigg  
Broker Associate, REALTOR®

**S**elling your home is an exciting endeavor and an important milestone in your life—not to mention potentially lucrative! However, it can also be stressful and nerve-racking. Worrying over the sale of your home is natural and expected, but it doesn't have to get out of control. Here are some quick, easy ways you can maintain optimum mental health while dealing with negotiations, inspections, and appraisals.

## 1: Meditation

The practice of meditation can seem mystifying and arcane, but it's actually deceptively simple—and its cognitive benefits have been well known for centuries. All you need is a quiet space and a few minutes to yourself. Sit with your legs crossed, and focus on your breathing. Breathe into your diaphragm through your nose slowly and evenly for five to ten minutes to clear your mind, reduce feelings of anxiety, and get back at it refreshed.

## 2: Gentle Exercise and Cardio

Get rid of that excess nervous energy by engaging in some gentle, low-impact exercise. Even light exercise releases endorphins that make your brain happy and helps your body better adapt to stress. Exercising in a natural setting is even better, since outdoor vistas tend to create a meditative state of mind called involuntary attention in which our minds can wander but our senses are engaged in the present moment. When you're stressed, try some light yoga or go for a walk at your favorite spot.

## 3: Visualization

A similar practice to meditation, visualization is known to elicit relaxation response in the body and mind. It's also very simple: make yourself comfortable in a quiet place, then imagine yourself relaxing in a peaceful scene of your choice. You can also focus on positive, goal-focused imagery like selling your home, or picturing yourself in your dream home.

## 4: Potassium Consumption

Stressing out with no time to take a meditation or yoga break? Grab a banana. Bananas (as well as sweet potatoes, yogurt, and winter squash) are rich in potassium, a nutrient that helps your body regulate blood pressure and recover more quickly from stress. Incorporate potassium-containing foods in your meals throughout the selling process to help your body and mind cope.



Selling your home should be an exciting, happy time for you and your family. Keep your selling stress low by hiring a Showcase team member to make sure you get exactly what you want from the sale of your home. Let us deal with the hard stuff so you don't have to!



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# Hormonal Disturbances?

**Pellet Therapy is the advanced treatment option women are asking for!**

**A**s we age, women tend to produce fewer and fewer hormones each year after the age of thirty. Females are predisposed to experience an imbalance of estrogen and testosterone, which can lead to hot flashes, night sweats, anxiety, depression, brain fog, weight gain, loss of muscle, irritability and bone deficiency. Bone loss in women can exacerbate stress fractures caused by osteopenia or osteoporosis.

Hormonal levels can be adjusted through bio-identical hormone therapy, which alleviates or in many cases eliminates the associated symptoms and life fluctuations surrounding hormones. There are even studies now that suggest bio-identical hormones can help reduce the risk of Alzheimer's and dementia.

## Bio-Identical Hormones

In the U.S., bio-identical Hormone Therapy (BHT) has been used since the 1930s. And based on hundreds of current medically thorough studies, the results for patients overall quality of life and dramatic changes in their hormonal symptoms are astounding.

Bio-identical hormones are equal to our body's natural hormones on a molecular level. The difference between synthetic and identical hormones is that synthetic hormones do not match human hormones on a biological level.

Bio-identical hormones are made from plant sources and are readily received by the body as natural and normal. They are much more therapeutic and effective than synthetic hormonal substances.

## Why Testosterone?

Females need a steady level of testosterone and estrogen in their bodies for overall health and well-being on many levels. However, a common misconception is that women need high levels of flowing estrogen. This is not the case. Consequently, female bodies need circulating testosterone, which enables the body to produce and regulate how much estrogen is necessary. In short, testosterone naturally regulates estrogen levels within the cellular structure.

Many women are skeptical of testosterone therapy for menopausal symptoms because they believe it's just for men. But testosterone is vital for females, and your physician highly regulates the dosing. It is essential for women to have appropriate testosterone levels to naturally control their estrogen because as we age, our testosterone levels are continuously decreasing.



## Low Testosterone Can Lead To:

- Heart Disease
- Metabolic Syndrome
- Depression
- Diabetes
- Obesity
- Cognitive Decline
- Lack of libido

## Hormonal Pellet Therapy

Pellet Therapy is a bio-identical hormone treatment that is time-released. It's a small pellet the size of a grain of rice, and is placed in a very tiny incision in the upper buttocks region of the hip. Females need approximately one pellet, which lasts for about three to four months. Most patients have their pellets replaced just four times per month.

## Other Forms of Hormonal Replacement

When hormones are injected, you receive a large dose into your body immediately, and that can be overwhelming to your cells. When taking the pill form of hormones, the levels are broken down in the liver and never fully reach the bloodstream to make a significant impact. When using creams, the dose is not well regulated, since absorption is dependent upon the individual's skin and various health factors.

## Dr. Nwaubani

The most effective form of bio-identical hormone therapy is in pellet form. Dr. Nwaubani, runs in-depth hormonal lab panels on all of her patients before and throughout treatment to determine any imbalance, and also to track the patients progress.

Dr. Nwaubani states, "The passion for the preservation of femininity and female sexuality has never been stronger than now, and as I look back to the last 18 years, I am both exhilarated and completely awed by the advances and strides the sub-specialty has made. I am really humbled to be a part of it all.

I treat all my patients the way I love to be treated, or, even more so, the way I'd love my mother or sister to be treated: like a woman, a very special woman. The impact I am able to make to enhance the quality of the lives of these women is PRICELESS."

For more information on pellet therapy or other Urogynecological issues, please contact Dr. Nwaubani's office today.



**Uzoma Nwaubani, MD,**  
FACOG, FFPMRS  
Fellowship Trained and Board Certified  
Urogynecologist and Pelvic  
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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# THE WARNING SIGNALS OF A COUGH THAT YOU SHOULD NEVER IGNORE

Dr. Poonam Warman, MD

If you are experiencing a chronic cough that is lingering, you need to take an active approach and seek medical attention. It's better to catch diseases early or to give yourself peace of mind in knowing that it may just simply be a cough, but many times environmental factors play a huge role in a chronic cough and corresponding illnesses.

Numerous key-contributing factors foster chronic coughing, but given last month's horrific hurricane, many people may be coughing more due to molds, mildews and dampness. If you are susceptible to fungi's and wetness for hours on end because your home or place of work was flooded, you may begin to feel sick physically, and a cough is your body's way of trying to get rid of the toxins that you are breathing in. If you continue to breathe in these toxins, you can have long-lasting adverse effects, and you can even cause permanent damage to your lungs.

## Coughing—Do Not Ignore These Symptoms:

- A persistent cough for several weeks
- Productive coughing with phlegm
- Asthmatic symptoms
- Shortness of breath
- Rapid heart rate with coughing episodes
- Pain when coughing
- Vomiting when coughing

## Other Major Disorders That Contribute To Coughing:

- COPD
- Asthma
- Pneumonia
- Tuberculosis
- Cystic fibrosis
- ARDS (Acute Respiratory Distress Syndrome)
- Emphysema
- Lung Cancer



There are multiple tests that can detect why you're coughing, along with giving a detailed diagnosis. Some of these tests include a nebulizer, blood tests, CT, X-Ray, or MRI. When you see a pulmonologist, they will utilize their precise training to diagnose and treat your disorder or disease state.

If you have a persistent cough or are experiencing unusual respiratory symptoms, please make an appointment with your pulmonologist now. It's better to be proactive than reactive when it comes to your health. If you let symptoms linger, that's when they turn into progressive, advanced diseases.

## About Dr. Warman:

Poonam Warman, M.D. has been practicing medicine for over 25 years. She is one of the only female pulmonologists in the area and specializes in sleep apnea treatment. Dr. Warman treats all aspects of lung disease and disorders. Her patients love the time that she takes to explain their personal situation, and they appreciate her innovative approach to treating diseases by getting to the root issues of the bodies overall condition.

To find out more about Dr. Warman and to schedule your appointment, please call (352) 369-6139

# Learn How You Can Feel Better, Look Better & Perform Better

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### You Are Amazing!

The message is loud and clear! Our bodies are amazing! We read stories & hear testimonies all through out our lives of amazing physical accomplishments, health recoveries, athletic performances, artistic masterpieces, etc. Is there a secret?

Remember when you were young and how quickly you recovered from injuries and sickness? Remember how much energy you had? What changed?

### The Fountain of Youth Is Within You!

Your body should be producing over 2,000,000 new stem cells every second of every day. This only happens when you have enough energy! How can we increase our energy levels? How can we harness the fountain of youth within us?

### Your Amazing Ability To Heal!

The truth is, we have an amazing ability to heal from virtually any kind of disease or injury but only when we have enough energy for our cells to function in a normal fashion. We have amazing abilities to perform, mentally and physically; but only when we have enough energy.

What energy, you ask? The same energy measured by doctors with EKG, EMG, EEG and Nerve Conduction tests. Electro-Cardiograms, Electro-Myograms, Electro-Encephalogram tests, measure the electrical energy of the heart, muscles, brain and nerves. Cellular energy (ATP) is generated in the mitochondria of every cell.

Electrical energy is an intricate part of our overall general health and well-being. Exercise, diet, massage, yoga, chiropractic, supplements, acupuncture, drugs, surgeries, etc. etc., will only take you so far. Why? – because our whole body runs on electricity. Are you ready to have more energy?

### You Are Amazing. You Can Even Be Better!

There is a technology that when applied to the skin causes every cell in the body to shine at its brilliance

with increased energy. Increased energy levels means increased strength, endurance, mental clarity, focus, blood-flow, performance levels, detoxification, accelerated natural healing and much, much, more.

AMT, (Acuscope, Myopulse Technology) is a unique, artificial intelligence, micro-current delivery instrument which helps optimize the very same electrical energy measured with EKG, EMG, EEG, & Nerve Conduction devices. AMT increases ATP production through-out the entire body! It sounds complicated but it's as simple and pleasant as a massage, a wonderfully, unique massage.

### Electro-Massage – The Ultimate Therapeutic Experience

EMed's unique Electro-Massage is a futuristic, amped-up version of traditional massage utilizing AMT technology. The Electro-Massage allows energy to flow right through your therapist's fingers, penetrating muscles, nerves, organs and skin. You will experience pain relief, melting-muscle knots, increased energy levels, enhanced blood-flow, improved collagen production, detoxification and much more. A 2 hr Full-Body Electro-Massage really is the Ultimate Therapeutic Massage Experience.

### Benefits Of Electro-Massage

- Measurable pain relief in muscles and nerves
- Improved blood flow, oxygen & nutrient delivery to cells
- Increased energy levels, strength & endurance levels
- Improved mental clarity, focus & concentration
- Improved lymph drainage & detoxification
- Dramatic stress reduction & relaxation
- Overall performance enhancement
- Improved overall health & accelerated natural healing
- Increased collagen production for optimal skin conditioning
- And much more...

energy therapies and detoxification quickly becomes apparent when you enter the futuristic health and skincare center.

EMed's unique AMT technology has an amazing history. For more than 30 years it has been used as a secret weapon in the back room of many Olympic and professional sports teams. Acclaimed by Sports Illustrated as the "Miracle Machine." AMT is based on physics. Physical science controls chemistry. All the functions of the body can be optimized with AMT. An AMT Electro-Massage is the ultimate therapeutic experience.

### How Can EMed, AMT and Electro-Massage Help You?

- Helps you look better, feel better and perform better
- Provides highly effective, fast and lasting results
- Increases energy levels, blood flow, natural healing and detoxification
- Utilizes advanced artificial intelligence, electro-magnetic, pulsed-frequency waveform technologies to safely restore health without drugs or surgeries

EMed also offers an entire wellness program into their patient care that synergistically combines traditional massage and anti-aging therapy facials with electro-massage, electro facials, and mental clarity treatments.

**Facials** using the AMT technique are amplified. Referred to as the Bio-Energetic Face Lift, micro-current facials stimulate collagen production, blood flow and lymph drainage on an accumulative basis. Normal, healthy skin will naturally optimize oxygen, nutrient absorption, and moisture levels.

Decades ago, micro-current treatment was used exclusively for Hollywood's elite celebrities to help their skin and facial muscles tighten through non-invasive micro-current treatments. It was reserved only for the stars that could afford its high price and secrecy at the time. Fortunately, times have changed and now this fantastic technology is available for everyone to enjoy.

**Mental Clarity** treatments are also available in their wellness package. This process involves the technologist utilizing AMT to stimulate the brainwaves and to help alleviate anxiety through the clarifying method of micro-current stimulation.

Since cell regeneration is proven unmatched with AMT therapy, EMed's facial, massage, mental clarity, and performance enhancement packages normalize the condition of the skin and cells - to return and regenerate damaged cells to their own natural, healthy state.

EMed now offers Corporate, Individual and Family Wellness program packages. These various levels of wellness are not only affordable but contain a number of wellness services and performance enhancement options.

You really can Look Better, Feel Better and Perform Better without drugs or surgery. Call Energy Medical today and schedule your Electro-Massage and free consultation at 352-552-1889 or visit [EnergyMedical.net](http://EnergyMedical.net)

 <p><b>ELECTRO-FACIAL™</b></p> <p><b>EXPERIENCE THE ENERGY!</b></p> <p>Please Use These Coupons</p> <p>Call and Schedule <b>352-552-1889</b></p> <p>17820 SE 109th Ave. Suite #106B Summerfield, FL 34491</p> <p><b>\$85.00</b> For One Hour Session Call and Schedule</p> <p><small>lic# MM33832</small></p>	 <p><b>EMed</b> Therapeutic Health Center</p>	 <p><b>ELECTRO-MASSAGE</b></p> <p><b>EXPERIENCE THE ENERGY!</b></p> <p>Please Use These Coupons</p> <p>Call and Schedule <b>352-552-1889</b></p> <p>17820 SE 109th Ave. Suite #106B Summerfield, FL 34491</p> <p><b>\$85.00</b> For One Hour Session Call and Schedule 2hr sessions are available</p>
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**Energy Medical (EMED)**, is the leader in the field of electric medicine; specializing in pain relief and accelerated healing. They understand the importance of normalizing tissue at a cellular level for optimal health. Nutrition, exercise, energy and detoxification are the foundational building blocks for optimal cellular health. EMed's expertise in

# The Road to Brain Injury Recovery with Omega-3 Fish Oil

By Anne-Marie Chalmers, MD

One year ago, my family was in an uproar. A close family member needed brain surgery, which was scary enough. Then, a week after this major procedure, he contracted a life threatening form of bacterial meningitis.

I visited him many times as he fought for his life in the hospital. He was so out of it, he often didn't know my name. It was painful to see this intelligent and caring man struggling to remember where he was, the day of the week or even why he was in the hospital.

Frantic to help, my husband and I brought him bottles of Omega Cure® liquid fish oil and advocated for the hospital to administer a high dose every day. Knowing the research on omega-3s and the brain, we felt that this could be the ticket to preserving his future.

## Three Brain Issues Improved with Omega-3

Much of the omega-3 literature to date has focused on fish oil's role in improving the focus, performance, and cognitive development of babies and young adults. For instance, a 2012 study by researchers at the University of Pittsburgh determined that consuming more omega-3 fatty acids could improve a young adult's working memory.

But omega-3s also appear to deliver protective and restorative benefits for the brains of older adults. Let's look at the research surrounding three of the most common types of brain issues:

### 1. Effects of Aging

From age 40 onwards, it's all downhill, my mother used to joke. And there is some scientific truth to that. After 40, the volume of the brain decreases by 5% for every decade, with the hippocampus region often taking the biggest hit. Since the hippocampus is the part of the brain that encodes memories, the loss can help explain why many people become forgetful with age.

Researchers agree that the Western diet, with all its inflammation-promoting foods, exacerbate the aging process. Still, there is hope for those of us over 40. Animal studies show that diets rich in omega-3s and low in omega-6s reduce cognitive decline.



### 2. Stroke Recovery

Strokes are the leading cause of adult motor disability in the Western world. The majority of strokes are caused either by a thrombosis or an embolic clot lodging itself in a blood vessel in the brain, blocking the necessary flow of oxygen and blood. The remaining 20% of strokes occur when an artery bursts in the brain, often due to preexisting high blood pressure.

Numerous studies show that omega-3s help reduce the risk of thrombosis, as well as high blood pressure. In addition, these fatty acids play a crucial role in helping the brain recover even after a stroke has occurred. When researchers supplemented mice diets three months before and one month after a stroke, revascularization and angiogenesis (both crucial for tissue healing and development) significantly improved. In the same study, the researchers also found that omega-3 supplementation protected the neurons in the mice brains, helping them survive after stroke injury.

### 3. Traumatic Brain Injury

Traumatic brain injuries — be they from serving in the military, playing sports, or sustaining a fall — are one of the leading causes of death in children and adults from ages 1 to 44. Even if the result is not fatal, traumatic brain injuries can cause permanent brain damage and impair a person's memory, learning ability, and motor coordination for life.

Omega-3s can have a protective benefit, especially if administered shortly after the injury. Animal studies have shown that when the subjects receive DHA omega-3 up to two hours after a brain injury, it improves neurological function and nerve cell survival, reduces inflammation and decreases oxidative stress.

DHA given prior to the injury also promotes cell survival and function. A study from Sweden showed that resolvins — molecules naturally produced from omega-3 fatty acids — can improve nerve cell function when given within 24 hours of surgery.

### Why Do Omega-3s Protect the Brain?

One of the primary reasons that omega-3s are crucial for the brain (and the rest of the body) is that these fatty acids fight inflammation. Now, inflammation serves an important purpose. If you cut yourself or twist an ankle, inflammation starts the healing process in the form of redness, swelling, heat, pain and loss of function.

Normally, the inflammation response is self-limiting. But when there are not enough pro-resolution molecules lying around, inflammation continues to smolder and attack previously undamaged cells. In the brain, excessive inflammation can mean neuronal loss, which explains why the omega-3s' anti-inflammatory properties are so important for healthy brain function.

### The Road to Recovery

Today, I am fortunate to report that my family member made a remarkable recovery. He is working again, more physically active than before, and has retained all the warmth and personality he had before surgery. He partially attributes his recovery to Omega Cure, and is faithful about taking his omega-3 oil every day.

As for me, I feel grateful that I was able to provide him with the essential nutrition his brain needed to recuperate.

### 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 combination.



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# How to Save Time and Money by Knowing Where to Go for Medical Care

**P**eople who experience an injury or illness often have to decide where best to seek medical attention, with some patients often heading to the emergency room (ER). Because ERs prioritize life-threatening emergencies, patients who are experiencing non-emergencies often have to wait hours to be seen by a doctor.

Visits to the emergency room can also cost patients up to 10-times more than a visit to urgent care or other care settings, so comparing where to go for care could save \$1,500 or more per treatment. In fact, families could save \$4.4 billion annually by choosing an urgent care, a doctor's office or even a virtual environment – depending on the medical issue – instead of an ER when seeking non-emergency care, according to the National Institutes of Health.

People who experience a significant or serious medical issue should go to the ER, but for people who need non-emergency care, Dr. Christine Laramée, medical director, UnitedHealthcare of Central and North Florida, provides some tips to consider:

**Know your options:** There are several different care settings to consider depending on the nature or severity of your illness or injury:

- **Emergency room:** for serious or critical conditions that require immediate medical attention including persistent chest pains, broken bones and head or eye injuries;

- **Urgent care center:** for non-life-threatening injuries or illnesses that require immediate care, such as ear pain, persistent diarrhea, a minor sprain or shallow cut;

- **Primary care physician:** for wellness check-ups, diagnostics, management of long-term conditions and some urgent and non-urgent treatments;

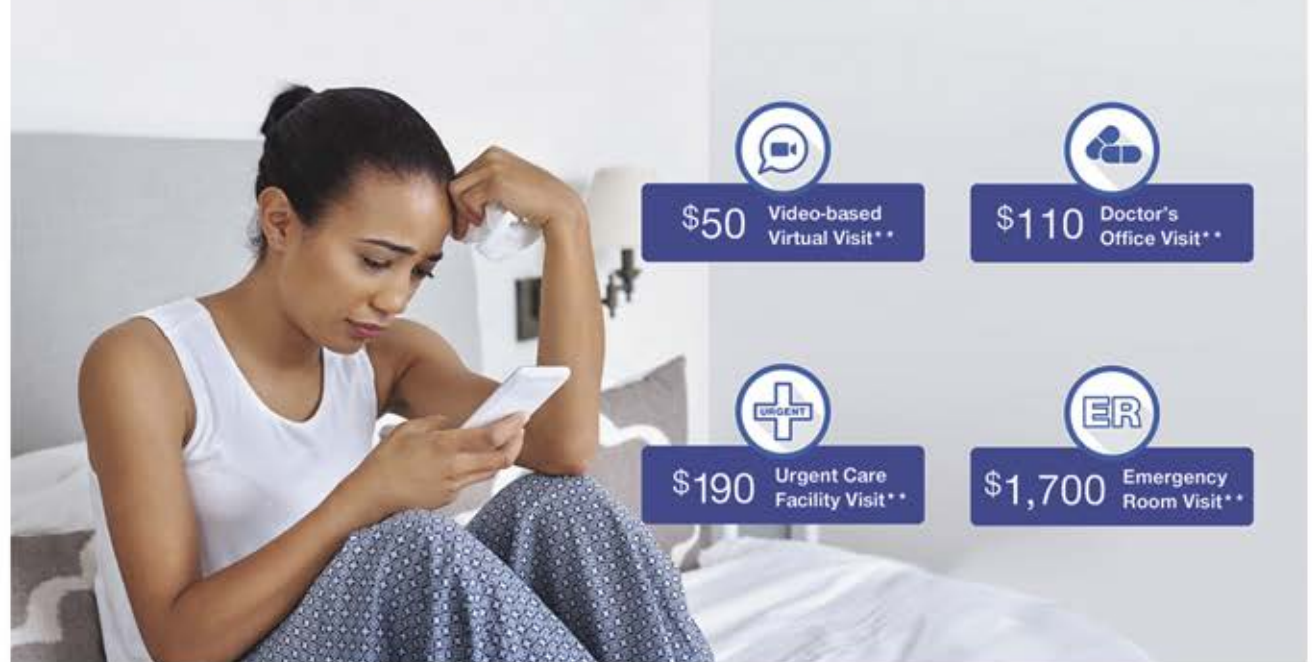
- **Virtual visits:** for online access to a doctor for minor health needs or to obtain certain written prescriptions; and

- **Convenience care clinic:** for non-urgent medical conditions such as sprains, skin rashes, sore throats and upset stomachs, often staffed by nurse practitioners.



## Health Care Costs Vary by Setting

Visits to the emergency room can cost patients up to 10-times more than a visit to urgent care or other care settings, so comparing where to go for care could save \$1,500 or more per treatment. \* People who experience a significant or serious medical issue should go to the ER, but for people who need non-emergency care, here are some other care settings to consider:



\* Estimated \$1,500 difference between the average emergency room visit and the average urgent care visit.  
 \*\* According to UnitedHealthcare claims data, the average cost of medical services can vary significantly depending on the setting for care and the treatments needed. The information and estimates provided are for general informational and illustrative purposes only and is not intended to be nor should be construed as medical advice or a substitute for your doctor's care. You should consult with an appropriate health care professional to determine what may be right for you. In an emergency, call 911 or go to the nearest emergency room.  
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**Understand your coverage:** Read your health plan's summary plan description to understand what is covered so you're aware of potential out-of-pocket costs, including premiums, copayments, deductibles and co-insurance. Visit an online glossary to understand what those terms mean. According to a recent UnitedHealthcare study, just nine percent of Americans could successfully define all of these terms. Knowing this information can help prepare you to ask questions that may avoid surprises in your medical bills.

Comparison shop based on quality and cost. There are many online and mobile resources offering health care quality and cost information that enable people to comparison shop for health care as they would with other consumer products and services. Nearly one third of Americans have used the internet or mobile apps during the last year to comparison shop for health care, up from 14 percent in 2012, according to a recent survey. Public websites, such as [www.uhc.com/transparency](http://www.uhc.com/transparency) and

[www.guroo.com](http://www.guroo.com), offer market-average prices for hundreds of medical services in cities nationwide, including the Sarasota/Manatee County region.

**Identify your go-to resources:** In addition to online and mobile resources, people can call their health plan to discuss quality and cost transparency information, and talk with their doctors about alternative treatment settings. Some health plans provide a 24-hour nurse line for information about care options and can help locate the nearest network facility.

As people take greater responsibility for their health care decisions and costs, understanding treatment settings can be important to help people get care and avoid surprise medical bills.

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# The Smile Prescription:

## The Secret to Happiness is Under your Nose

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

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

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

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

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

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

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



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

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

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

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

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

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

### **Saturday Smile**

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

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

"What is it?" they say with excitement.

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

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

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

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

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

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

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

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

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

"No problem," I said.



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

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

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

**What Is the Point of Smiling So Much?**

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

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

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

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

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

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

**Living In Captivity**

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

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

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

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

**ABOUT DR. RICH CASTELLANO**

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



*Dr. Castellano*



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# Epilepsy and Seizures in Older Adults

**Did you know that seizures are more likely to develop in older adults? Learn to recognize the signs of seizures and how you can help.**

Source: CDC

**E**pilepsy is a broad term used for a brain disorder that causes seizures. In the United States, 2.4 million adults aged 18 years or older have active epilepsy.<sup>1,2</sup> About 1% of adults 65 years of age and older have active epilepsy, which is about 447,000 people.<sup>1,2</sup> That's about the size of Corpus Christi, TX. With the aging of the population, we can expect to see greater numbers of people with epilepsy.

Epilepsy is more likely to develop in older adults rather than younger adults because as people age, the risk of seizures and epilepsy rises.<sup>3,4</sup> Some older adults may have lived with epilepsy throughout their lives, but others might develop epilepsy later in life. It isn't always easy to tell when you, a friend or family member, or someone you care for develops epilepsy later in life.

That's because seizures are harder to recognize in older adults, and many go unnoticed. For example, memory problems, confusion, falls, dizziness, or sensory changes like numbness are often blamed on "getting older."<sup>3,4</sup> However, these can actually be signs of seizures.<sup>3,4</sup>

There are many different signs of seizures because there are many types of seizures. When most people think of a seizure, they think of a generalized seizure. In this type of seizure, the person may cry out, fall, shake or jerk, and become unaware of what's going on around them. However, complex partial seizures are the most common type of seizure, including in older adults.<sup>3</sup> This type of seizure can make a person appear confused or dazed.

It is important to recognize and report these signs and symptoms to a health care provider so they can determine the cause and recommend the right treatment.

## Epilepsy Challenges in Older Adults

Older adults with epilepsy may face greater challenges than other age groups. Balancing epilepsy treatment when taking medicines for other health problems can be difficult. Older adults also have a high risk of falls, which can lead to serious injury. Additionally, some epilepsy medicines can cause bone loss which can increase risk of falls and injury.<sup>3</sup>



*Stroke is a common cause of new epilepsy in older adults.*

Epilepsy can limit daily activities such as driving a car. People who do not have control of their seizures are restricted from driving for different time periods, determined by the state you live in. After a lifetime of independence, losing the ability to drive can be especially difficult for older adults. Read more about this in an Epilepsy Foundation article about Living Independently.

Most adults with epilepsy have good seizure control with medicines.<sup>3</sup> Like other age groups, older adults with epilepsy can live a healthy, independent, and active lifestyle. Epilepsy specialists can help older adults to find the right treatment. Learn how to find an epilepsy specialist at the Epilepsy Foundation website.

## New Epilepsy and Seizures in Older Adults

About half of older adults who are told they have epilepsy do not know the cause of their condition.<sup>3</sup>

### Known causes<sup>3,4</sup> include:

- Stroke.
- Head injury.
- Neurodegenerative disorders (such as Alzheimer's Disease).
- Alcoholism and other substance abuse.
- Brain tumor.

## Prevent Stroke

Stroke is a common cause of new epilepsy in older adults.<sup>3,4</sup> A stroke, sometimes called a brain attack, occurs when the blood supply to part of the brain is blocked or when a blood vessel in the brain bursts. In either case, parts of the brain become damaged or die.

You may lower your chances of stroke by making healthy lifestyle choices such as:

- Eating a healthy diet.
- Maintaining a healthy weight.
- Getting enough exercise.
- Not smoking.
- Limiting alcohol use.

And controlling medical conditions such as:

- High blood pressure.
- High cholesterol.
- Diabetes.

Learn more about how these actions help to prevent stroke, and find resources to help you achieve a healthy lifestyle.



*Training is available for caregivers of older adults with epilepsy.*

## For Caregivers: Seniors and Seizures Training

With CDC funding, the Epilepsy Foundation developed Seniors & Seizures training. This training provides caregivers and staff of adult day care centers, senior centers, long-term care facilities, nursing homes, and other senior-serving organizations with strategies to better recognize and respond to seizures in older adults.

Learn about the Seniors and Seizures Training and how to participate. Free continuing education credits are available.

Do you know what to do if you see a seizure? Learn seizure first aid.

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# 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.

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

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# Sexual Violence

## Prevent sexual assault before it starts.

Sexual violence is a very serious public health problem that affects millions of women and men. In the United States, 1 in 5 women have experienced completed or attempted rape, and about 1 in 15 men have been made to penetrate someone in their lifetime. Most victims first experienced sexual violence before age 25.

**S**tatistics underestimate the problem because many victims do not tell the police, family, or friends about the violence.

Our ultimate goal is to call attention to and stop sexual violence before it begins.

### Understanding Sexual Violence

Sexual violence is any sexual activity where consent is not freely given. This includes completed or attempted sex acts that are against the victim's will or involve a victim who is unable to consent.

If you are or someone you know is a victim of sexual violence, contact the Rape, Abuse, and Incest National Network: 1-800-656-HOPE.

### Sexual violence also includes:

- Unwanted sexual contact, or
- Non-contact, unwanted sexual experiences (such as verbal sexual harassment)

### Sexual violence can be committed by anyone:

- A current or former intimate partner.
- A family member.
- A person in position of power or trust.
- A friend or acquaintance.
- A stranger, or someone known only by sight.

Sexual violence impacts health in many ways and can lead to long-term physical and mental health problems. For example, victims may experience chronic pain, headaches, and sexually transmitted diseases. They are often fearful or anxious and may have problems trusting others. Anger and stress can lead to eating disorders, depression, and even suicidal thoughts.

### If you are or someone you know is a victim of sexual violence:

- Contact the Rape, Abuse, and Incest National Network (RAINN) hotline at 1-800-656-HOPE. Help is free, confidential, and available 24/7. Get information at RAINN.
- Contact your local emergency services at 9-1-1.

### Working to Prevent Sexual Violence

CDC uses a 4-step approach to address public health problems such as sexual violence.

1. Define the problem.
2. Identify risk and protective factors.
3. Develop and test prevention strategies.
4. Assure widespread adoption.

The ultimate goal is to stop sexual violence before it begins.

Source: CDC



# 5 Healthy Eating Tips for the Holidays

## Your recipe for staying on track no matter what's cooking.

'Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. What's more, it all goes on for weeks.

How do you stick to your diabetes meal plan when everyone around you seems to be splurging? Here are 5 tips that can help:

### 1. Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're bound to see other people eating a lot of tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to keep your blood sugar in control, and you'll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.

### Holiday Hacks

- Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third.
- Break physical activity up into smaller chunks so it fits into your schedule, like walking 10 minutes several times a day.
- Schedule some "me" time every day—a nap, dog walk, or hot bath to get your energy back for the next celebration.



### 2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.

Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.

### 3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.

If you plan for it, no food needs to be on the naughty list.

### 4. Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

### 5. Get Your Zzz's

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to control your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating. Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

Source: CDC

# Be Antibiotics Aware: Smart Use, Best Care

Source: CDC

**A**ntibiotic resistance is one of the most urgent threats to the public's health. Antibiotic resistance occurs when bacteria develop the ability to defeat the drugs designed to kill them. Each year in the United States, at least 2 million people get infected with antibiotic-resistant bacteria, and at least 23,000 people die as a result.

Antibiotics save lives but any time antibiotics are used, they can cause side effects and lead to antibiotic resistance. About 30 percent of antibiotics, or 47 million prescriptions, are prescribed unnecessarily in doctors' offices and emergency departments in the United States, which makes improving antibiotic prescribing and use a national priority.

Helping healthcare professionals improve the way they prescribe antibiotics, and improving the way we take antibiotics, helps keep us healthy now, helps fight antibiotic resistance, and ensures that these life-saving drugs will be available for future generations.



Antibiotics save lives, and when a patient needs antibiotics, the benefits outweigh the risk of side effects. When antibiotics aren't needed, they won't help you, and the side effects could still hurt you. Common side effects of antibiotics can include:

- rash,
- dizziness,
- nausea,
- diarrhea, and
- yeast infections.

More serious side effects include Clostridium difficile infection (also called *C. difficile* or *C. diff*), which causes diarrhea that can lead to severe colon damage and death. People can also have severe and life-threatening allergic reactions.

### What You Can Do To Feel Better

Talk with your healthcare professional about the best treatment for your or your loved one's illness. If you need antibiotics, take them exactly as prescribed. Talk with your healthcare professional if you have any questions about your antibiotics, or if you develop any side effects especially diarrhea, since that could be a *C. difficile* infection, which needs to be treated immediately.

Respiratory viruses usually go away in a week or two without treatment. Ask your healthcare professional about the best way to feel better while your body fights off the virus. To stay healthy and keep others healthy:

- Clean your hands.
- Cover coughs.
- Stay home when sick.
- Get recommended vaccines, for the flu, for example.

To learn more about antibiotic prescribing and use, visit [www.cdc.gov/antibiotic-use](http://www.cdc.gov/antibiotic-use).

### When Antibiotics Are Needed

Antibiotics are only needed for treating certain infections caused by bacteria. We rely on antibiotics to treat serious infections, such as pneumonia, and life-threatening conditions including sepsis, the body's extreme response to an infection. Effective antibiotics are also needed for people who are at high risk for developing infections. Some of those at high risk for infections include patients undergoing surgery, patients with end-stage kidney disease, or patients receiving cancer therapy (chemotherapy).

### When Antibiotics Aren't Needed

Antibiotics won't help for some common bacterial infections including most cases of bronchitis, many sinus infections, and some ear infections. An antibiotic will not make you feel better if you have a virus. Antibiotics do not work on viral infections, such as colds, flu, or runny noses, even if the mucus is thick, yellow or green.

## Viruses or Bacteria What's got you sick?

Antibiotics are only needed for treating certain infections caused by bacteria. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

Common Condition	Common Cause			Are Antibiotics Needed?
	Bacteria	Bacteria or Virus	Virus	
Strep throat	✓			Yes
Whooping cough	✓			Yes
Urinary tract infection	✓			Yes
Sinus infection		✓		Maybe
Middle ear infection		✓		Maybe
Bronchitis/chest cold (in otherwise healthy children and adults)*		✓		No*
Common cold/runny nose			✓	No
Sore throat (except strep)			✓	No
Flu			✓	No

\* Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help you feel better.



To learn more about antibiotic prescribing and use, visit [www.cdc.gov/antibiotic-use](http://www.cdc.gov/antibiotic-use).



# The Kitchen Table

By Alex Anderson,  
Senior Associate Pastor at Bayside Community Church

I don't know if I've mentioned this, but my mom is an incredible Monopoly player. I mean she is phenomenal. And one of the things I enjoyed growing up was sitting at the kitchen table. I'm not just talking about Mom's amazing cooking. I loved the kitchen table because that is where all the entertainment happened. When I was growing up, there was no Internet, no cell phones...shoot, I don't think there were even interstates then.

We had to create our own entertainment. So the kitchen table was fun because we would play Monopoly, cards, checkers, lots of board games. It was in those times that I learned how to communicate, to negotiate, to win, and to lose.

My mom wouldn't give you an inch of grace when playing a game. She would beat you and take all your Monopoly toys away. As an early teen while playing with her, I was down pretty bad. I was running out of cash and I had landed on one of her big red expensive hotels on Park Place...ouch! I was trying to make a deal with her. She mortgaged me to the hilt ...she knew the next time around I was toast. And sure enough she wiped me out...with a big smile on her face. I was so mad. I sat there fuming. She looked at me and said, "Why are you so upset?" I said, "Because you didn't let me win!" She said, "I am not supposed to let you win. If I let you win, I would be doing you the worst service in the world, Son. You know you wouldn't feel good about it if you didn't win on your own merits." My mom is a wise lady.

The kitchen table is where the family culture is passed down to the next generation. Think about this...before there ever was a church or a community, as we know it, God created a family with Adam and Eve.

It's at the kitchen table, with all personal electronics in the "off position, please," that we first learn healthy relationship skills and values; not in universities, sporting events, or in corporate America.



Children learn from their parents and the parents learn from the grandparents and so on and so on.

*"Teach a child how to follow the right way; even when he is old, he will stay on course."*  
(Proverb 22:6 (Voice))

**In the book, *Lincoln On Leadership* by Donald T. Phillips, I learned these thoughts about Lincoln:** Abraham Lincoln developed the love of writing and communication that later helped him to become a president of the United States by his mother reading and teaching him to read the Bible. He also learned something else. His father was a harsh man...very critical. Senior Lincoln had a very difficult life and was barely able to take care of his family. Abraham also learned to be very critical.

Later in politics, young Lincoln was very critical towards others in his public speaking. He would even take out ads in the newspaper and publicly slander people. This got him into a pistol duel where he almost lost his life.

That event shook him up and caused a change, but here is the cool thing; because his mom taught him to read the Bible, he learned that criticizing people does not honor God.

As a matter of fact, during the Civil War, the South had gotten into a position where it would have been really easy for the Union to stop a lot of bloodshed. Atlanta would have never been burned and a lot of other terrible things could have been stopped very early on. Robert E. Lee was positioned in a particular place and the timing was perfect to take him out. So Lincoln immediately sent word to his general with intelligence on how to proceed. Well, his general decided to do what he wanted to do instead, and it literally prolonged the war for years.

Rightfully so, Lincoln was very angry. He wrote a rebuke to this guy...something to the effect of, "You don't realize this, but by not doing what I asked you to do, you let Lee get out from under us. Because of this, there is no telling how many lives and resources we've lost, or how much destruction is going to take place in the next few years. We could have ended this war, but you did not do what I asked you to do."

Care to guess how the guy responded to the letter? He didn't. Lincoln never sent it. He had a changed heart when it came to criticism. Even under huge duress as president, Lincoln dealt with his subordinate as a life-giving person, which he learned at the kitchen table.

Do you have a Life-Giving kitchen table? If not, why not make it a goal for this month? Until next time...

Be Life-Giving!

*To your spiritual health,*  
**Alex E. Anderson**

Senior Associate Pastor at  
Bayside Community Church  
Author, *Dangerous Prayers*

alex.anderson@alexanderson.org  
www.dangerous-prayers.com | mybayside.church

To read other life-giving articles by Pastor Alex,  
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