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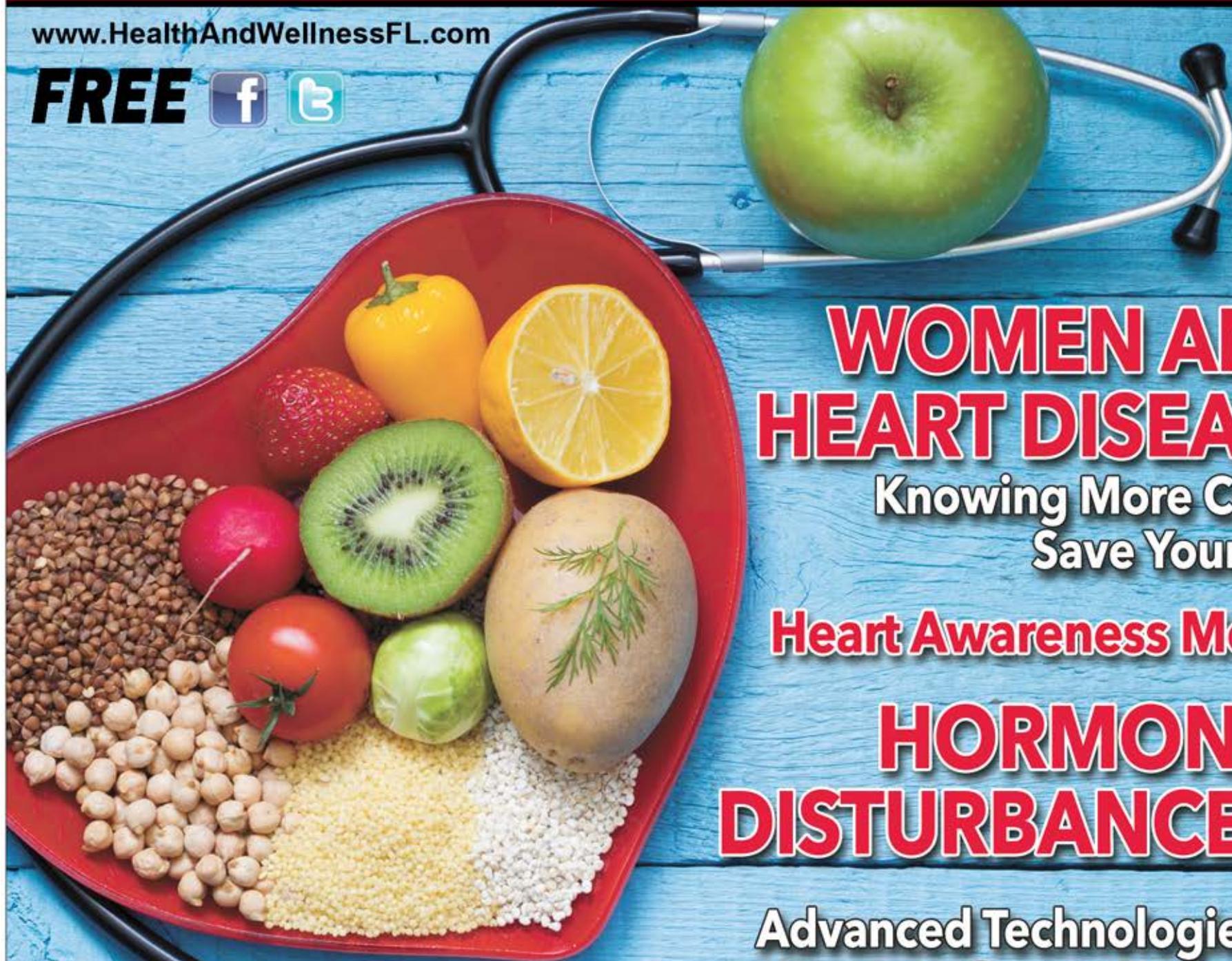
Health & Wellness[®] MAGAZINE

February 2018

Lake/Sumter Edition - Monthly

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FREE  



WOMEN AND HEART DISEASE

Knowing More Could Save Your Life

Heart Awareness Month

HORMONAL DISTURBANCES?

Advanced Technologies for Prostate Cancer Treatment

Remind Your Loved Ones to Get Checked For Skin Cancers

A Close-Up Look at Macular Degeneration

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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

If you suffer from varicose and spider veins, you are not alone.

WHAT ARE VARICOSE VEINS?

Although veins and arteries are both part of the circulatory system, they work in very different ways from each other

WHAT CAUSES VARICOSE VEINS?

Some predisposing factors include aging, standing occupations, and leg injury or trauma.

WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

"Do veins require treatment?" and "What treatment is best?"

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
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WHAT RESULTS CAN YOU EXPECT?

Technological advances in evaluation and treatment methods allow spider and varicose veins to be treated more effectively and safely than ever before.



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The ABCDEs of MELANOMA

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

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



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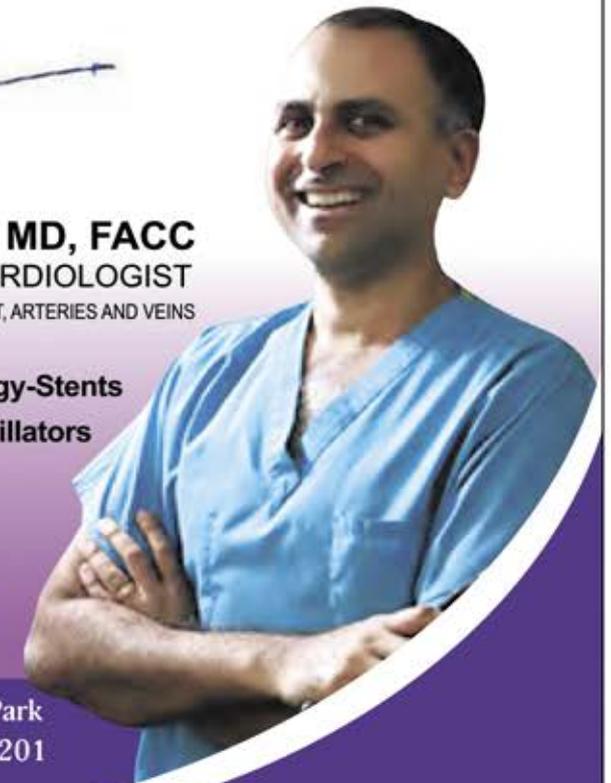
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A CLOSE-UP LOOK AT MACULAR DEGENERATION

Macular Degeneration is the deterioration of the macula, a tiny area near the center of the retina that enables you to focus on the fine details of close-up tasks like reading and distant tasks like driving. Macular degeneration commonly develops in people ages 50 and older, a condition known as Age-related Macular Degeneration (AMD), which is the most common form of the disease and the number one cause of serious vision loss among older Caucasians.

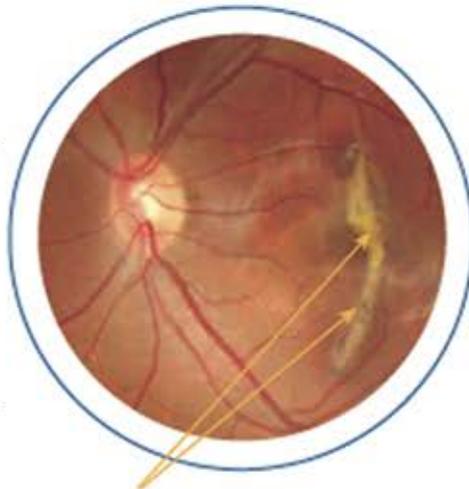


Image of eye with Macular Scarring

Over time, oxidation within the body can lead to the production of atom-damaging elements known as free radicals. The macula is particularly vulnerable to the oxidative stress caused by free radicals, especially as we age; this susceptibility is enhanced by certain actions and conditions, including smoking cigarettes, high cholesterol levels, a family history of AMD, and being of European ancestry.

While most AMD cases progress slowly, some come on rapidly and worsen quickly. Because AMD usually affects central vision only, it doesn't typically cause total blindness - but left untreated, it can make everyday tasks like reading, watching TV or seeing faces difficult or impossible. As macular degeneration begins to develop, a person may begin to rely more on his or her peripheral vision as central vision begins to blur, or dark or blank spots appear, or straight lines begin to look curved, wavy or skewed. Patients also often report being unable to adjust appropriately to rapid changes in light, as with switching a light on or off.

There are two types of AMD, dry and wet. Roughly 90% of cases are Dry AMD, which is caused by oxidative stress thinning out the macula. With Dry AMD, vision loss is typically slow.

The remaining 10% suffer from Wet AMD, which is caused by the formation of abnormal blood vessels beneath the retina that leak fluid or blood, distorting vision. Wet AMD can cause serious and rapid vision loss.

Diagnosing Macular Degeneration

The vision loss associated with macular degeneration is most often permanent, making an early diagnosis vitally important to sight preservation. A simple test by your ophthalmologist allows him or her to inspect the macula using a specialized lens that provides great detail of the eye's structures. Your doctor may also take highly sophisticated

digital photographs to aid in diagnosis. There is also an easy test called the Amsler Grid, on which you focus your eyes one at a time and report what you see. Your doctor will provide an Amsler Grid for home use so you can easily catch degeneration early, when treatments and medication can be employed to help protect vision from further damage.



Treating and Managing AMD

Some Dry AMD patients may be able to help reduce the risk of disease advancement by taking specific potencies of certain nutritional supplements recommended by your ophthalmologist.

The more serious form, Wet AMD, can be treated using several protocols, depending on factors assessed by your doctor. Although there is no cure for Wet AMD, these treatments may help improve vision or at least help slow or prevent further vision loss.

- **VEGF Blockers** - VEGF Blockers are specialized drugs that your ophthalmologist injects into the eye to help arrest the growth of abnormal blood vessels beneath the retina by blocking the body's Vascular Endothelial Growth Factor, or VEGF. This is the most common treatment for Wet AMD and may improve vision in some patients.
- **Laser Surgery** - Some types of Wet AMD respond to a quick outpatient laser surgery, in which a beam of light is directed at leaking blood vessels to help slow or stop fluid from further damaging the macula. It may be used in conjunction with a drug designed specifically for this purpose.



When to See Your Doctor

Because most people with AMD don't know they have it until their vision becomes noticeably affected, early diagnosis is key in helping to prevent and arrest vision loss. You should get regular comprehensive eye exams from your Lake Eye ophthalmologist, especially if you're over 50 or have other risk factors. Ask your doctor how often he or she recommends that you get a full comprehensive

eye exam. With AMD, a little preparation can go a long way toward preserving your vision.

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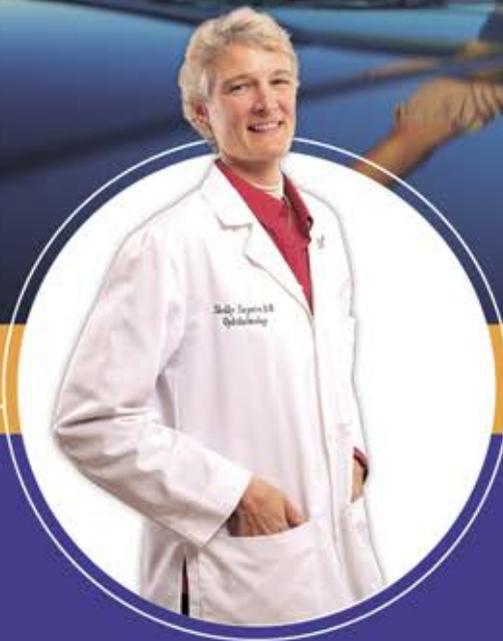
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STRESS INCONTINENCE IS NOTHING TO SNEEZE AT

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

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

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

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

SO, HOW DO YOU FIX IT?

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

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

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

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

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

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


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

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



WOMEN AND HEART DISEASE

Knowing More Could Save Your Life

February is when the American Heart Association promotes their Go Red For Women Campaign. Why is it so important to differentiate between heart and stroke risks for women and men? It's unfortunate, but women's heart attack and stroke episodes are on the rise and women often overlook the signs and symptoms that are plaguing them day in and day out.

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

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

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

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

Keeping Track of Your Numbers Could Save Your Life

- Hormones
- Cholesterol
- Blood Sugar
- Body Mass Index (BMI)
- Weight and Waist fluctuations
- Blood Pressure



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

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

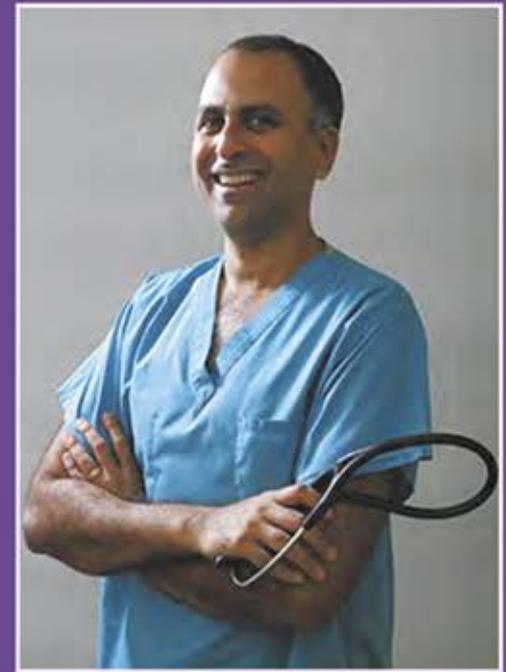
Women can be treated successfully if CAD or MVD is caught early. Usually keeping weight down with a healthy diet, keeping the heart muscle strong and oxygen-rich blood flowing through cardiovascular exercise are helpful, along with medications like ACE inhibitors, alpha-beta blockers, and cholesterol-lipid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

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

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SPINAL CORD STIMULATOR FOR CHRONIC BACK/NECK PAIN

Many patients suffering from chronic back or neck pain that has not sufficiently responded to other medical treatments find relief from a device called a spinal cord stimulator, or SCS. A SCS is a surgically-placed implant that works by delivering a mild electrical current to the epidural space of the spine, subduing the pain signals that damaged, overactive nerves send to the brain. Somewhat like a “pacemaker for pain,” SCS devices are FDA-approved to treat chronic pain caused by sciatica, arthritis, spinal stenosis, failed back surgery syndrome, neuropathy, cervical/lumbar radiculitis, complex regional pain syndrome, reflex sympathetic dystrophy and other disorders.

Though this form of drug-free treatment has been in use for decades, it is gaining popularity as more people wish to reduce or eliminate pain medication, and advances in technology have made these devices smaller and less invasive, and more compatible with imaging systems like MRI. Currently, approximately 14,000 patients worldwide receive SCS implants each year, and most report a significant reduction in pain and improvement in function, but in order to gain the most benefit, a patient must have their condition and case thoroughly reviewed to assess the appropriateness of this therapy over others, including the cause of pain, other treatments that have failed, how long the pain has lasted, medications being taken and overall health.

“A screening trial must be performed to assess the possible effectiveness of SCS for each patient,” says Board Certified neurosurgeon Dr. Mark Oliver. “The screening trial allows patients to test their potential satisfaction with SCS before they opt for surgery and long-term therapy.”

MARK OLIVER, MD



The screening trial involves inserting a narrow electrical lead through a small incision in the skin and guiding it into the spinal epidural space to address the affected area. The other end of the lead is connected to a small neurostimulator that fits in a pouch the patient wears on his or her waistband. The patient controls the level of electrical stimulation via a wireless remote control.



Should the patient find the stimulation insufficient or uncomfortable, the electrical lead can easily be removed in-office without lasting negative effects. “Patients who respond favorably to the screening trial generally receive the most relief and long-term satisfaction,” says Dr. Oliver. “It’s a rare situation that a patient can try out the results of a surgery before they have it, so that’s a big positive with SCS.”

While an SCS device will not get rid of pain completely, most

patients who respond well to the screening trial report that SCS therapy helps to manage their pain and promote better functioning with daily activities.

Spinal Cord Stimulator Surgery

SCS surgery is performed as follows:

- You will be placed under general anesthesia, and then positioned facedown on the operating table.
- After applying a topical numbing agent, your ONC neurosurgeon will make a small incision in your back and use x-ray image guidance to place the electrical leads where they can deliver stimulation to the epidural space of the spinal cord.
- He will make a second incision in the upper buttock, where the generator can be inserted without getting in your way.
- Once the leads have been connected to the generator, the incisions are closed and the surgery is complete, usually in less than one hour.
- Recovery from SCS surgery typically takes a few weeks. Your ONC surgical team will advise you about when you should attempt physical activities.
- Once installed, you can adjust the amount of electrical stimulation you receive, from none at all to maximum current, as you need it.

If you have chronic back, neck or limb pain due to damaged nerves, talk to your doctor about the potential benefits and risks of Spinal Cord Stimulation surgery, or contact ONC for more information.



JACOB FREEMAN, MD | DANIEL ROBERTSON, MD | ANTONIO DISCLAFANI, MD | MARK OLIVER, MD

MARK D. OLIVER, MD

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

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

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



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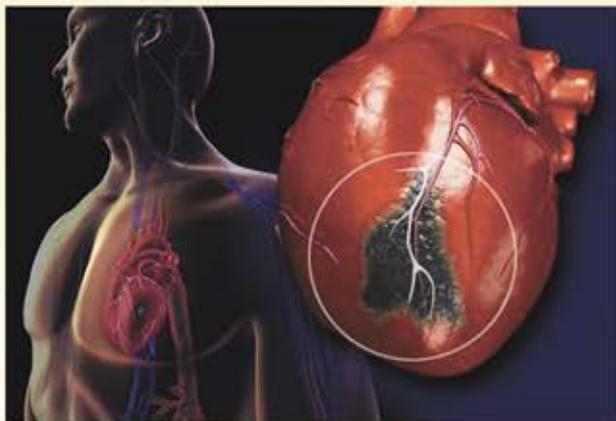
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February is Heart Awareness Month

Siva Gummadi, MD - Cardiovascular Institute of Central Florida

Cardiovascular disease is the most common cause of death in men and women. It is a broad term used to describe a disease process that occurs within the heart and the blood vessels of the body. The heart is a muscle and can be thought of as a pump that perpetually pumps blood with each heart beat to the entire body. The left side of the heart pumps oxygenated blood throughout the body through the arteries. After all the organs have extracted the oxygen from the blood, the blood flows back into the right side of the heart through veins where it is pumped into the lungs to become oxygenated after which it flows back into the left heart and the process starts again. The heart muscle gets its own oxygenated blood via the coronary arteries. Fatty plaque deposits can develop within the coronary arteries resulting in obstruction of flow. This process is called atherosclerosis and can occur due to multiple reasons. These include having high blood pressure, diabetes, high cholesterol, smoking, age and male gender.



Angina is a term used to describe symptoms that occur when there is significant obstruction of flow in the coronary arteries. Most commonly the patient will feel heaviness or tightness in the center or left side of the chest that often radiates to the left arm or jaw. It can be associated with nausea, sweating, or shortness of breath. "Stable angina" occurs when symptoms occur with exertion and resolve at rest. When the plaque tears or ruptures, the body tries to mend it by forming a clot. In doing so, there is further obstruction in flow in the coronary artery and this results in a heart attack. In certain at-risk patients, a daily aspirin is recommended to prevent this clot formation, thereby preventing a heart attack.



When a heart attack occurs, the angina symptoms can occur at rest and usually do not resolve without further medical attention. It is best to dial 911 to facilitate treatment. If the heart attack involves the blood clot causing a total or 100% blockage, the patient is rushed to the cardiac catheterization laboratory where an interventional cardiologist will perform an invasive procedure to open up the blockage using balloons and stents to prevent or reduce damage to the heart muscle. The earlier the blockage can be opened, the less damage to the heart muscle. If there is significant damage to the

heart muscle then the patient will be at risk for congestive heart failure. Regardless of the outcome, a cardiologist will prescribe medications to help prevent future heart attacks as well as help remodeling of the heart muscle and improve heart function.

Similar to having plaque in the coronary arteries, plaque can build up in other arteries of the body. This is known as peripheral artery disease (PAD). Symptoms of PAD are manifest depending on which vessels are involved. The carotid arteries supply oxygenated blood to the brain and obstruction of flow can result in a transient ischemic attack (TIA) or stroke. Having disease in the arteries to the legs can result in discomfort in the muscles of the legs and can limit a patient's ability to walk. If a patient has PAD, he or she is at very high risk of developing coronary artery disease and heart attack. Thus, appropriate preventative measures need to be taken.

Patients that are at risk for cardiovascular disease or are having worrisome symptoms are referred to a cardiologist for diagnostic evaluation. The initial evaluation of a patient usually involves a visit with a cardiologist during which pertinent questions are asked by the cardiologist and a physical examination is performed. Following this, diagnostic testing may include electrocardiogram, echocardiogram, and nuclear stress test. Depending on the findings, further testing may include cardiac catheterization and medical therapy.



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The Top 6 Reasons People Are Happy With Where They Live

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Weather

Living in Florida, we are blessed to have beautiful weather all year long, but our winters are what draw so many northerners to our sunshine state. Do you want to experience the ultimate resort lifestyle, with sun-filled days and fun filled evenings? Lakeside Landings has the answer. With beautiful homes, peaceful surroundings and contemporary amenities, to maintenance-free living, it's no wonder why more and more people are calling Lakeside Landings their hometown.

Safety

Lakeside Landings is located in one of the safest neighborhoods in the county. With brand new luxury homes being built, everything is state-of-the-art by way of construction and made to last.

Convenience

Located near major interstates and thoroughfares, getting around town or in and out of the state is easy. And after living out all of your tranquil moments and indulging in your refreshing routine, if you feel like you need to experience the world, you're in luck! Disney World is less than an hour drive away.

Luxury

Lakeside Landings is proud to announce their newest community, the Enclave. The Enclave has luxury homes ranging from 1300 to over 3,000 square feet, and the most innovative amenities in The Villages. You can take your glorious sunrise jog, meet your friends for a relaxing lunch, or take your golf cart to dinner, why? Because in Lakeside Landings everything is complete and highly thought out for your convenience.

Outdoor Activities

You'll enjoy seeing your neighbors being active out on their bicycles and jogging along the pristinely landscaped banks of the community. Residents enjoy a massive pool, equipped with waterfalls, along with walking paths, tennis, and a state-of-the-art clubhouse; Lakeside Landings has you covered. Meet up at the cabana once a month for drinks and a time to mingle with neighbors, connect through various social clubs, or get in on the action and join the weekly poker or bridge games. Whatever your lifestyle choice, you will not be disenchanted in this well thought out community.

Neighbors

Your neighbors not only love getting to know each other, but they also enjoy looking out for each other. You might just make a few new life-long friends at Lakeside Landings. Come join all the other residents that are living out their dreams, one day at a time in the warmth and comfort of a safe and social atmosphere.

Find out why so many people love to call Lakeside Landings home. Call today to schedule your model home tour at 352-330-4305.



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InterCommunity Cancer Center Offers Advanced Technologies for Prostate Cancer Treatment

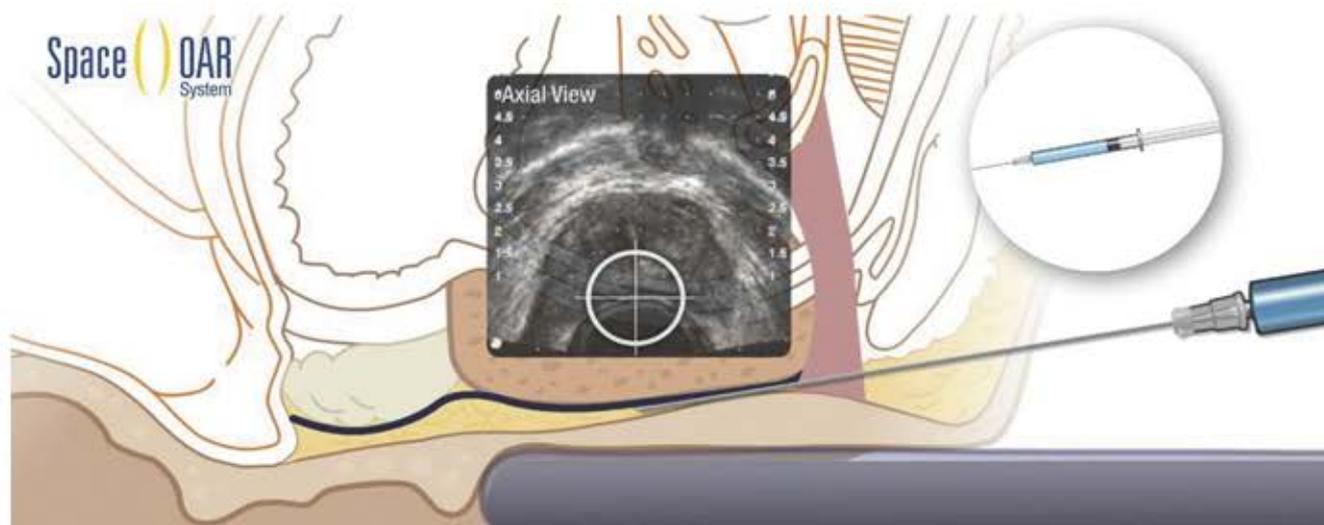
There is good news for men in our area battling prostate cancer today, as well as those who may face the disease in the future. InterCommunity Cancer Center (ICCC), a leading provider of advanced radiation therapy in Lady Lake, Fla., recently expanded its treatment offering with the addition of SpaceOAR® hydrogel, an exciting new advancement in the treatment of prostate cancer. SpaceOAR is used during treatment with the Calypso® 4D Localization System to help clinicians avoid exposing healthy tissues and organs surrounding the prostate to radiation, potentially minimizing treatment side effects which can be very troubling to patients. ICCC is the only cancer center in Lake, Sumter and Marion counties offering SpaceOAR hydrogel.

SpaceOAR (OAR stands for “organ at risk”) reduces rectal injury in men receiving prostate cancer radiation therapy by acting as a spacer between the prostate and rectum. Filled with hydrogel, the spacer is positioned in place during a minimally invasive procedure, pushing the rectum away from the prostate so the cancerous tissue can be treated without exposing surrounding tissues and organs to high dose radiation. The spacer, which provides up to 1.2 cm of space between the rectum and the prostate, remains in position for three months while the patient receives treatment. It is then absorbed and eliminated in the patient’s urine, leaving nothing behind.

Clinical trials in Europe and the U.S. demonstrated that SpaceOAR protected quality of life for prostate cancer patients by significantly reducing the radiation delivered to the rectum, minimizing urinary, sexual and bowel side effects.¹ SpaceOAR is very safe and much like other products commonly used in brain surgery, cardiology and ophthalmology.

The other advanced technology in use at ICCC for prostate cancer is the Calypso 4D Localization System, also known as “GPS for the Body® technology.” This unique radiation targeting technology enables precision guided treatment by continuously monitoring prostate motion during each radiation therapy session.

The Calypso System lets the clinician know exactly where the tumor is at all times during treatment. This enables precise targeting of the radiation beam and higher therapeutic doses of radiation, driving the potential for safer and more effective treatment.



Radiation targeting is optimized while exposure to healthy surrounding tissue is minimized, reducing side effects such as impotence, incontinence and rectal bleeding.

Prior to treatment, three transponders, each about the size of a grain of rice, are implanted in the patient’s prostate in a simple outpatient procedure. The transponders use radiofrequency waves to communicate with the Calypso 4D Localization System. During treatment, the transponders continuously transmit their location to the Calypso System, tracking prostate movement and showing the clinician exactly where the target is at all times.

Calypso represents a major advancement in prostate treatment. Body movement from breathing and normal movement of the organs in the body can change the location of a tumor during treatment. Thanks to Calypso’s ability to enable pinpoint accuracy, radiation exposure to surrounding tissue can be minimized.

“SpaceOAR hydrogel and Calypso technology have greatly improved the quality of life for our prostate patients,” said David Catalano, M.D., Medical Director and Radiation Oncologist at ICCC. “These technologies help minimize treatment side effects that can be extremely disturbing and difficult to live with, severely impacting the patient’s lifestyle. It is exciting to bring these advanced technologies to our community and very rewarding to see so many of our prostate patients getting back to a normal life after treatment.”

For more information about the advanced treatments for prostate cancer offered by InterCommunity Cancer Center, please visit LadyLakeCancerCenter.com.

¹ <http://www.businesswire.com/news/home/20170926006498/en/>

ABOUT INTERCOMMUNITY CANCER CENTER

InterCommunity Cancer Center (ICCC) has more than 30 years of experience providing quality, personalized cancer care in the Lady Lake and Leesburg communities and has treated more than 10,000 patients. Medical Director and Radiation Oncologist Dr. David J. Catalano has expertise in treating breast, lung, prostate, gynecologic, skin and other cancers.

ICCC is an affiliate of The US Oncology Network (“The Network”). This collaboration unites ICCC with more than 1,400 independent physicians dedicated to delivering value-based, integrated care for patients — close to home. Through The Network, these independent doctors come together to form a community of shared expertise and resources dedicated to advancing local cancer care and to delivering better patient outcomes. The US Oncology Network is supported by McKesson Specialty Health, whose coordinated resources and infrastructure allow doctors in The Network to focus on the health of their patients, while McKesson focuses on the health of their practices. For more information, visit www.usoncology.com.

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Leg Swelling Causes and Concerns

By Bryan Carter, MPA-C, Phlebology-Surgery

It's all too common for many people to walk around daily unable to see their ankles, and yet, they don't realize the seriousness of the bigger problem happening on the inside. Other individuals may be so affected by the swelling of their ankles and calves that they cannot walk or even get their shoes on.

It is normal to experience a little ankle and leg edema, and it is even expected after a long holiday weekend when we've eaten more foods with a high sodium content, and have had a few extra alcoholic beverages than normal. But the Edema should be resolving overnight. If not then other considerations are to be presumed. One of the most common causes of leg swelling by far is bad veins circulation.

Other Common Causes:

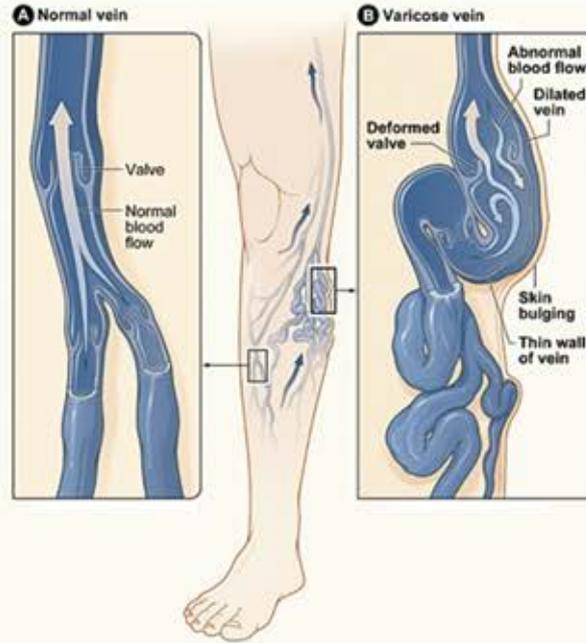
1. Heart Failure—Heart is not pumping efficiently
2. Medication side effects—Especially blood pressure medicines
3. Kidney function decline
4. Liver function decline
5. Lymphatic functional decline
6. Infections
7. Most critical—blood clots in the legs

If someone does have leg swelling, many tests are available to find the cause. One of the most important causes is the possibility of a leg blood clot from the "damaged



veins" or the Venous Insufficiency. This is the most critical possibility, due to the likelihood of it being life-threatening.

First, see your primary care physician, they should evaluate you with checking your blood work, examining your legs, checking medications and simultaneously getting you referred to a cardiology /vascular office to evaluate you for heart function and a leg ultrasound to rule out the potential blood clot and to check for Venous insufficiency. This Venous insufficiency study is a specialized test that hospitals and your local imaging centers are not accustomed to. This test is a very detailed ultrasound, and it's utilized to determine the functional status of the veins as well as to find any blood clots in the veins.



Vein Disease:

Should your test come back positive for Venous Insufficiency, that means your veins have either been damaged to the point where the valves do not control the blood flow back up to the heart, or the Veins have been significantly stretched out. With both of these diagnoses, again the same situation hold true; your valves can not control the blood flow back to the heart.

Genetics are the number one cause of Venous Insufficiency along with secondary complications like, standing or sitting for extended periods of time, trauma to the legs, obesity, pregnancies, as well as other possibilities.

As you notice the swelling worsening, more and more irreversible damage is occurring under the skin plus you're increasing the risk of potential blood clot formation.

As seen below in the picture the swelling can progress to the varicose vein's and then leading to the stasis dermatitis skin discoloration and then Venous ulceration and skin breakdown which can lead to cellulitis.



Treatment Options:

If you do have a positive test confirming Venous Insufficiency, treatment options are much better than in the years past. No vein stripping is needed, and diuretics are NEVER a long-term treatment option. Daily use of medical grade and accurately measured support socks are the initial start to control the Venous insufficiency. Daily Pool exercising is highly beneficial, as well as intermittent leg elevation. All of these will aid in keeping the edema control.

The best outcomes for Venous insufficiency are with treatment options that include Venous thermal ablation and Venous chemical ablation. There are no sutures and no down time, and best of all, these procedures are performed in the office. You are able to resume normal routine activity right after your treatment.

At the Heart of the Villages, Bryan Carter specializes in venous issues and leg health, taking great pride in getting to know his patients on an individual level. He is supported by a full-service cardiology practice. Mr. Carter is a previous Army combat medic who obtained his Masters in Physician Assistant studies with a thesis in Venous Disease and Treatment. Mr. Carter has been treating vein problems since October 2002 and was one of the first Physician Assistants to perform thermal ablation—a treatment that soon made traditional vein stripping extinct. Bryan has personally trained physicians, physician assistants and nurse practitioners throughout Florida and Georgia and is an active member of the American College of Phlebology. He is also one of only a few to be inducted into the American Venous Forum.

To find out more, please visit their website at heartofthevillages.com, or call their office to schedule your appointment at, (352) 674-2080.



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Remind Your Loved Ones To Get Checked For Skin Cancers

By Patricia Spitzer, PA-C in collaboration with Dr. Thi Tran
Village Dermatology & Cosmetic Surgery, LLC

When you think of February there is a good chance that the topic of Valentine's Day comes up and thus the concept of love is discussed. Well, this Valentine's Day remember to encourage your loved ones to get checked for skin cancers.

What do I look for?

This is the question I consistently get when doing full body skin exams on patients. What am I supposed to be looking for? That's not something that's easily answered but we do have some guidelines for personal use and to share with those that you love.

Basal Cell Carcinoma

This is the most common type of skin cancer that is typically found in the head and neck region in 85% of cases but can be anywhere. Those with fair skin are more at risk with the average lifetime risk of development of BCC being 30% in caucasians. The main risk factor is UV exposure, solar damage. UVB rays play a greater role in causing DNA damage. However, sun damage is not the only risk factor as we know there are certain individuals that develop BCC's in non-sun exposed areas such as the genitals or breasts. Patient's who undergo an organ transplant tend to be at a higher risk as well. The most typical presentation is a nodular mass however there are actually five different types which include nodular, superficial, cystic, pigmented and morpheaform. The morpheaform type of BCC is one of the trickiest and rarest as it can appear white or scar-like.

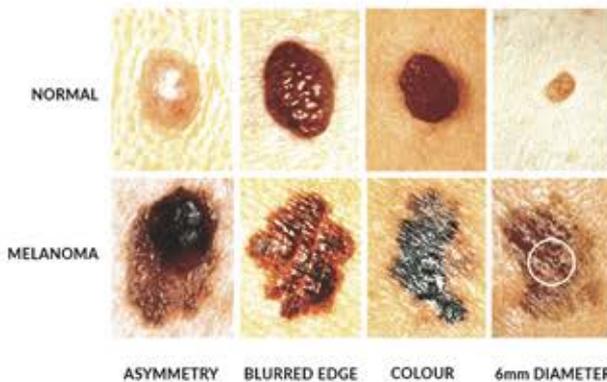
Actinic Keratosis

We typically refer to actinic keratosis as precancerous lesions. These are precancerous to Squamous Cell Carcinoma. They are typically found in sun damaged areas such as the forearms, scalp and face. These lesions are very superficial, once they become deeper and extend into the dermal layer we refer to them as a squamous cell. There is no way of knowing what percentage of these lesions will develop into a skin cancer. It is important to treat them with liquid nitrogen or a topical chemotherapy cream to eradicate lesions. Actinic cheilitis refers to actinic damage to the lower lip. This does need to be addressed and followed closely as squamous cell carcinoma found on the lips has a higher risk of metastasis or distant spread.

Squamous Cell Carcinoma

This is the second most common type of skin cancer. One of the most important facts to know about squamous cell carcinoma is that they hold a much higher risk of metastasis, distant spread, than basal cell carcinoma. The risk factors for SCC's do include UVB exposure, genetics, PUVA (light therapy treatment for Psoriasis), Arsenic, HPV types 6, 11 and 16 which are associated with warts, transplant patients. The location of SCC's are typically found in sun-exposed areas but more so on the hands, forearms and ears. This particular type of skin cancer usually appears as a thick scale on top of a red base. Melanoma

Melanoma is a cancer of the melanocytes or pigment cells that can occur in the skin, eyes, gastrointestinal tract, brain or mucous membranes. Melaoma has the potential to metastasize to any part of the body. The average age of onset is 57 years of age. When looking for melanoma we use the ABCDE's rule.



Asymmetry: When checking moles are they evenly pigmented or do they have multiple colors or one side is different than the other?

Borders: Are they well circumscribed? Do the edges jut out on one side?

Color: Has the spot gotten darker? Does it match the other moles or freckles around it?

Diameter: The general rule of thumb is anything larger than 6 mm or the size of a pencil eraser. Not a hard and fast rule, melanomas definitely do not always fit the book here.

Evolution: Has the lesion changed? Anything, that has changed whether that be size, color, borders it's important to get it checked.



There are four types of melanoma that include nodular, superficial spreading, lentigo maligna and acral-lentiginous. It is important to note there are other variants of melanoma but they account for less than 2%.

Superficial spreading: Typically flat lesions that make up 70% of the diagnosis of melanoma. These can be found anywhere on the body but more often on the upper back or the legs of women.

Nodular: Typically a nodule or papule that makes up 20% of diagnosis of melanoma. Again, these can be found anywhere and are typically black or dark brown. However, there are amelanotic melanomas which can appear pink or red as they lack pigment.

Lentigo Maligna: Typically flat lesions found on the face that make up 4%-15% of all diagnosis of melanoma. These tend to grow much more slowly.

Acral-lentiginous: These appear on the palms, soles, fingers, toes and mucous membranes. These make up 2%-8% of all melanomas in whites however these comprise 30%-75% of melanomas in blacks, Asians and Hispanics.

This Valentine's day remember to remind your loved ones to get checked and arm them with the knowledge of what to look for!



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THE CONTENTMENT OF YOUR HOME & LIFESTYLE ARE ESSENTIAL FOR YOUR WELL-BEING

Have you recently discovered that your neighborhood might be adding stress to your once peaceful lifestyle? The hustle and bustle of too many demands, traffic, and over-crowded recreational areas can leave us frustrated and even depressed.

If you're longing for something new—a place to really feel at home, Ave Maria, FL might just be the answer you've been looking for. Ave Maria has won community of the year for the third consecutive year. What makes it so unique? The details!

Ave Maria is a 4,000-acre master-planned community. Developer, Barron Collier Construction, kept in mind the need to develop a town that was for all ages, from growing families to seniors and they did it with great pride, making certain the specifics were perfect and that the homes are of the highest quality. In fact, the homes are so well built that they survived Hurricane Irma with very little harm and they were reported to have sustained some of the highest winds at over 110 miles per hour.

The town of Ave Maria offers several styles of homes featuring lake, preserve, and golf course views. The amenities include over 100 miles of walking trails, an onsite water-park, golf course and club, tennis, bocce and pickleball, a Town Center with exclusive shopping and dining, a Publix grocery market, private schools, a University, resort pools, fitness center and sports fields, a dog park and playgrounds. With move-in ready homes, models with over 40-floor plans to choose from and prices ranging from the \$100s to over \$500s, it's clear why people are interested in building a new life in Ave Maria.

Ave Maria has great outdoor spaces, and what's key, is the fact that it's not overly developed or as busy as some nearby communities. Settled in Collier County, Ave Maria is one of the newest communities with award-winning amenities. For those individuals lucky enough to live here, they will experience the best of both worlds. State-of-the-art entertainment is just a short 30-minute drive away to Naples, and they reside in the quiet neighborly hometown, where kids can safely play in the water park, and grown-ups ride their bikes to the coffee shop or walk to fabulous restaurants for dinner. And if you're looking for some modern flair, Miami is just a quick 2-hour drive away.

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LOOK GOOD...FEEL GOOD... BE HEALTHY!

With the new year already here and the holiday season behind us there is no better time than the present to get started on a path of achieving a healthier lifestyle. Maybe you put on a few extra pounds over the holidays and want to fit back into your favorite clothes or maybe you were recently diagnosed with high blood pressure, diabetes, high cholesterol or sleep apnea and are concerned about your overall health? Perhaps you don't have the energy you used to have or suffer from knee, hip or back pain and just want to feel energized and pain free again? Eighty to ninety percent of common medical issues are weight and lifestyle related. The good news is if your weight and overall lifestyle are corrected many of those medical problems improve or are totally eliminated and you can feel better about yourself and enjoy all that life has to offer.

Lifestyle Solutions MedSpa specializes in helping people achieve and maintain a healthy weight through physician-directed individualized programs that teach you how to achieve a healthy, realistic, sustainable lifestyle. "We educate, motivate, inspire, and hold people accountable so that each person starts feeling better about themselves and starts to develop a new healthier routine without feeling like they are on a "diet" or part of a "diet program", says Dr. Michael Holloway, medical director and founder of Lifestyle Solutions MedSpa, "With over 12 years of experience in this field we have become very good at what we do...most people who start our program are very successful and achieve good outcomes. We have helped people get their blood pressure and diabetes under control without the need for medication as well as help people reduce or eliminate many of their common medical conditions so they can feel healthy and confident.

The MedSpa takes the approach that focusing on the individual and establishing a positive, up-beat attitude is key. You will feel the difference from the minute you pull up to the facility and walk through their doors...it is unlike most anything



you have experienced...a far cry from the typical sterile, bland, medical facility. You will also be greeted by their warm and friendly staff. "We raise the bar high in the area of customer service", says Shannon Holloway, the MedSpa's executive director and co-founder, "We see ourselves as much in the hospitality industry as the medical field. We want each and every client to feel uplifted and happy about coming to see us. Emotional health and well-being is a large part of one's daily attitude which makes a huge difference as someone works towards their goals of losing weight and developing a revitalized feeling about themselves."

Lifestyle Solutions MedSpa offers much more than just weight-loss programs. The menu of services they offer include numerous FDA approved facial and body aesthetic treatments and procedures all of which are non-invasive and have the benefit of little to no downtime but deliver incredible results. "If someone is looking for a total body make-over we can make that happen", says Dr. Holloway,

"We offer everything from Botox® and Restylane® to laser hair removal, facial resurfacing, rosacea and sunspot reduction to Coolsculpting® which dramatically reduces that undesirable diet and exercise resistant body fat we accumulate as we age. We also have a fabulous permanent make-up artist from Japan who has been with us for over five years. She performs some of the best eyebrow and eyeliner results I have ever seen."

The MedSpa also offers a simple and effective way to "escape" from the busy stressful world and take an afternoon to just pamper yourself or you and your spouse or just have a "girls' day out". There are two adjacent amazingly adorned spa rooms that can be booked for a "spa party" where each person can choose from a list of massages, facials or other desirable relaxing treatments and then enjoy a healthy revitalizing lunch while sitting just outside on the private French-style patio all while enjoying relaxing music, soothing sounds from a nearby waterfall and watch the butterflies mingle around the flower garden.

If all this sounds too good to be true, well, it isn't...Dr. Michael Holloway and wife, Shannon, challenged themselves over the past two years to design and construct a new facility in the heart of the Villages® community that they consider to be one of the top MedSpas you will find anywhere around the world. And once you experience the facility and everything they have to offer we think you will agree. You just simply need to come experience Lifestyle Solutions MedSpa. They have two equally unique facilities located in Ocala and Lady Lake. Call and make your appointment for a free consultation TODAY!


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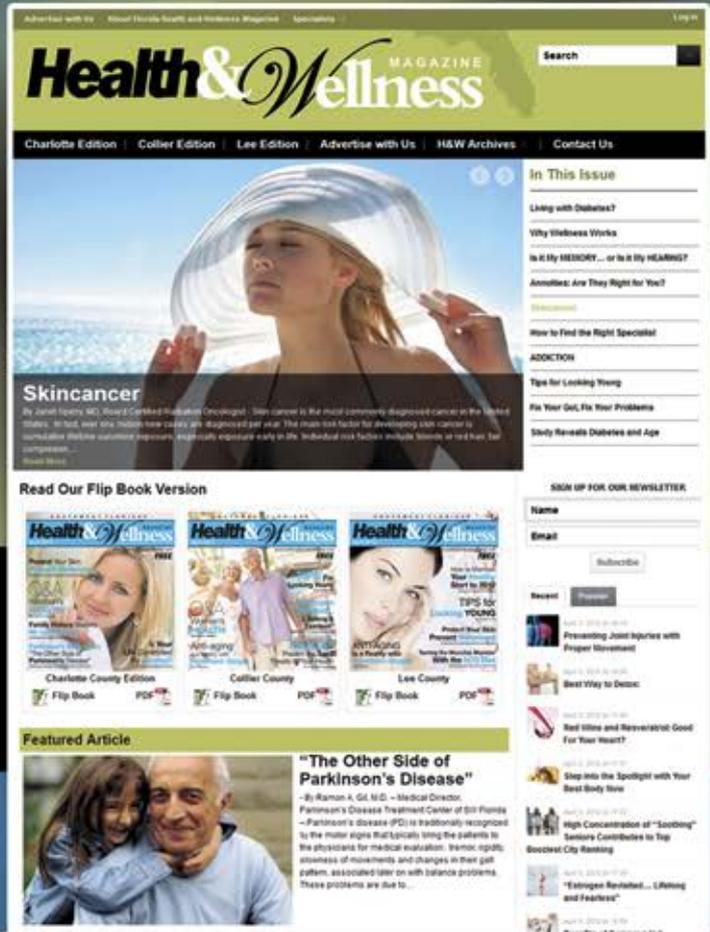
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What if Your Back Pain is a Spine Compression Fracture?

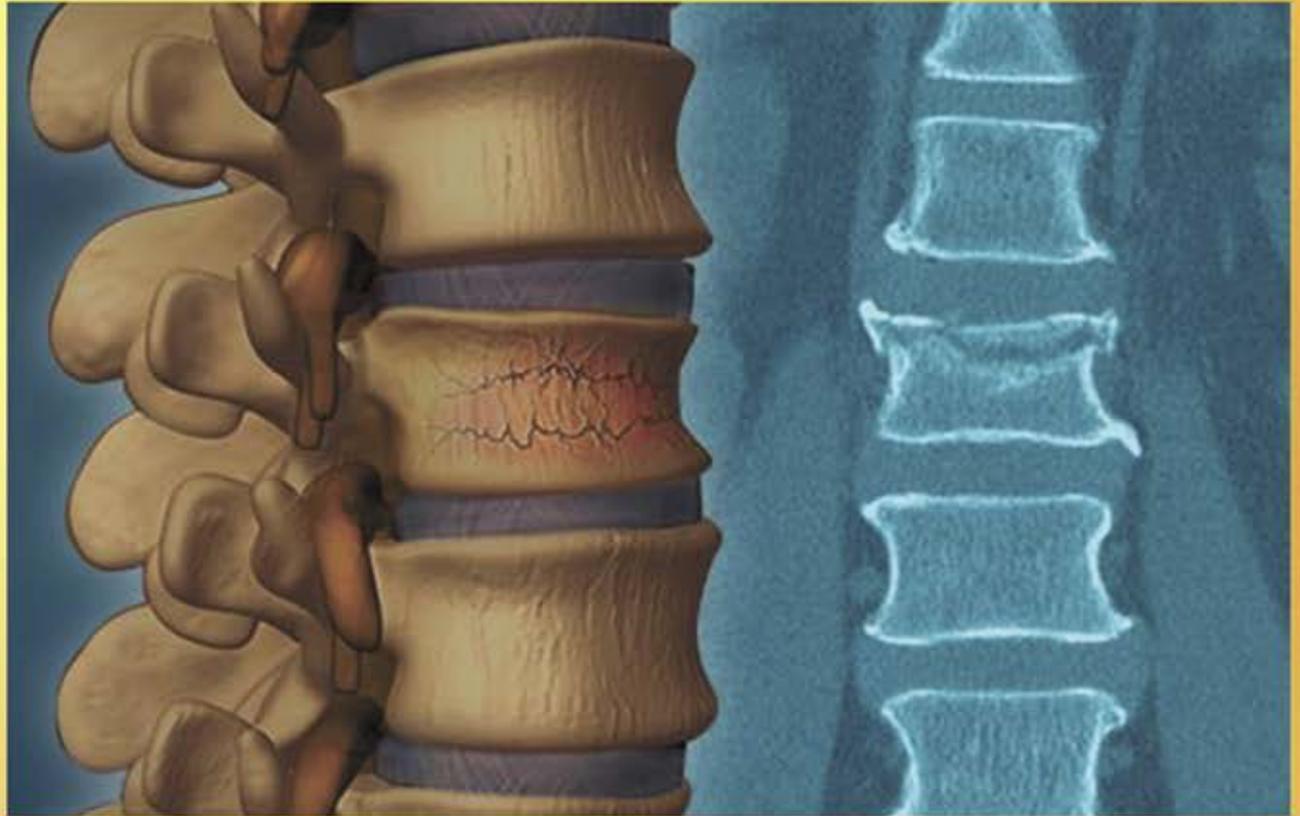
What if you develop sudden onset severe back pain, more unbearable than you ever imagined? If your pain is new or feels different from the chronic back pain you may already be experiencing - which is currently being treated with exercise, pain medicines, and injections - it is recommended that you visit your doctor or urgent care center immediately, because you may have a vertebral compression fracture in your spine. If you are able to pinpoint your pain with the touch of a finger to a specific vertebra, it is important to act quickly or it may become too late to repair it.

What is a compression fracture and why is time of the essence? A compression fracture is when a vertebrae cracks and becomes compressed or somewhat flatter than it was before the fracture. Think of an elderly person with a hunchback or curved spine. A hunchback, medically known as kyphosis, is often caused when the bones become frail and brittle from osteoporosis (loss of bone density) and the vertebrae begin to fracture one by one. As these vertebrae fracture, they become misshapen. The rectangular vertebrae become triangular or wedge-shaped, eventually creating a curve in the spine.

Once a vertebrae fractures it will heal on its own, but it takes several weeks or even months to do so, during which time the pain is often unbearable. In the past, doctors would put patients in a brace and prescribe medication, often in the form of narcotics, to help ease this pain. When the compressed vertebrae heals on its own, it heals in its compressed state or compresses even further, sometimes flattening completely and reducing the height of the individual. At this point, nothing can be done to restore its integrity since the bone has hardened, making it impossible to fix.

Compression fractures can also be caused by an impact such as a fall, or from cancer which has metastasized to the spine. Unfortunately for many, a compression fracture can be a first indication of cancer, so do not ignore this sign - get a consultation immediately. If you had an X-ray, CT, or MRI indicating a compression fracture, insist that your physician acts quickly to refer you to a specialist for a kyphoplasty or vertebroplasty.

With a procedure called kyphoplasty, kyphosis can be a thing of the past! A Kyphoplasty procedure can stop pain instantly in over 95% of patients, as well as prevent further collapse of the vertebrae. During the procedure, the physician uses image-guidance in the form of a C-ARM (which is a live X-ray) to obtain access and inject a plastic cement into the vertebrae to restore the integrity of the bone, often stopping pain completely and preventing further damage. The procedure is performed under conscious sedation and



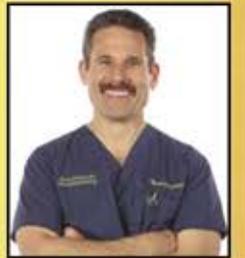
takes approximately 30 minutes under the expertise of an experienced specialist, such as an Interventional Radiologist. Although other specialists are now performing this procedure, an Interventional Radiologist should be your first choice, as they pioneered the procedure, and any image-guided procedure should always require a person trained in radiation safety.

Interventional Radiologists believe that limiting X-ray exposure to patients is crucial, which is something often overlooked by other physicians. An Interventional Radiologist such as Dr. Mark Jacobson, uses a mere fraction of the typical radiation exposure used by other specialists, including other radiologists. An Interventional Radiologist also uses minimally invasive surgical techniques with the least number of punctures (usually one per vertebra) and the smallest needles possible, thereby enhancing safety and reducing healing and recovery times.

In the case where a compression fracture is caused by a cancerous lesion, an Interventional Radiologist can also biopsy the bone and perform a radiofrequency ablation to alleviate pain prior to the kyphoplasty (this is not a replacement for, but complimentary to radiation treatments, because if a patient is in less pain, the treatments can be tolerated better). This is why it is imperative to understand that not just anyone should perform your kyphoplasty, but someone trained in identifying the difference between a simple fracture caused by osteoporosis, and a fracture caused from a possible cancerous lesion. A trained expert will be able to offer to you the best options available.

About Dr. Mark Jacobson

Dr. Jacobson performs hundreds of kyphoplasties each year in his Lady Lake center and is the "go-to provider" for this procedure, not only because of the number of procedures performed and numerous happy patients, but also because of his participation in the research of radio-frequency ablation of cancerous spine tumors. Local, as well as out of town physicians entrust Medical Imaging & Therapeutics for treatment of their patients' spine fractures. MIT is affiliated with the University of Florida College of Medicine as an Interventional Radiology training center for physicians in the interventional radiology residency and fellowship program.



MIT Medical Imaging & Therapeutics
Center for Diagnostic and Interventional Radiology
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769 Co Rd 466, Lady Lake, FL 32159

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

Energy Medical—A Therapeutic Health Center

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

 <p>ELECTRO-FACIAL™</p> <p>\$85.00 For One Hour Session Call and Schedule</p> <p>lic# MM33832</p>	 <p>EMed Therapeutic Health Center</p> <p>EXPERIENCE THE ENERGY!</p> <p>Please Use These Coupons</p> <p>Call and Schedule 352-552-1889</p> <p>17820 SE 109th Ave. Suite #106B Summerfield, FL 34491</p>	 <p>ELECTRO-MASSAGE</p> <p>\$85.00 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

Hormonal Disturbances?

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

As 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 - "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.

Female Continence & Pelvic Surgery Center
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Shoulder Joint Replacement

Groundbreaking Procedures from The Advanced Orthopedic Institute

Living in Florida provides abundant fair weather for all residents throughout the entire year. By way of good weather, adults are staying much more active as they age. In our sunshine state, older individuals are golfing, playing tennis, pickleball, kayaking, swimming and the list goes on and on; but with all of that healthy activity comes injury and wear and tear.

Whether you have had trauma to your shoulder from an accident, or have pain due to advanced arthritis, degenerative joint disease, or soft tissue and ligaments disorders, shoulder pain can be debilitating. If you have tried all of the pain medications, alternative methods, physical therapy and still are having difficulty with range-of-motion or impingements and discomfort, it may be time to speak to your orthopedic surgeon about shoulder replacement surgery, or otherwise known as shoulder arthroplasty.

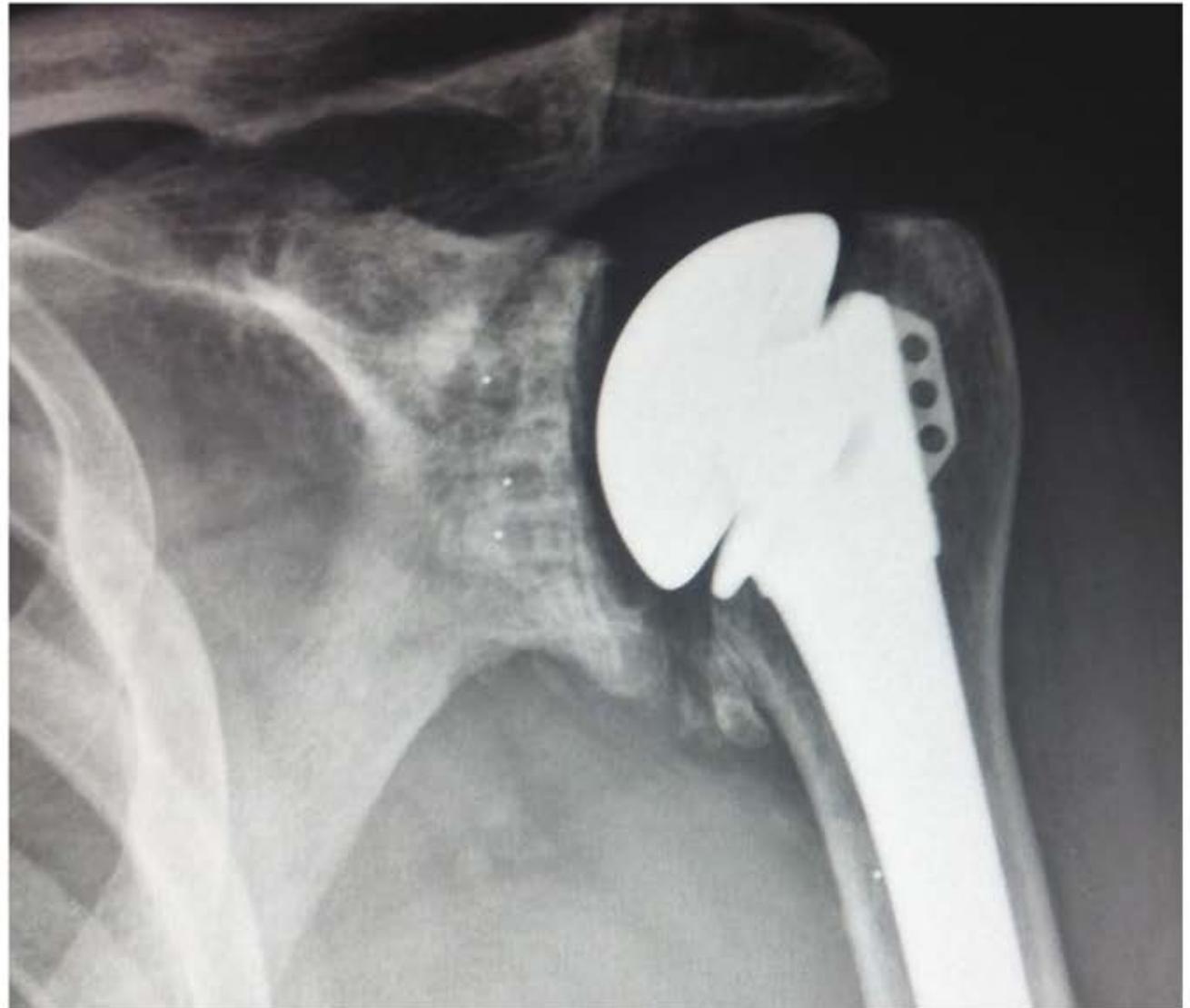
Typical Shoulder Replacement Surgery

During the standard shoulder replacement procedure, the surgeon will cut off part of the top of your humerus bone, which is located in the joint of the shoulder. The Surgery consists of reshaping the shoulder joint and placing a metal stem (a few inches long) into the shaft of the humerus bone. A metal or plastic plate is then attached to the glenoid socket. These two connected devices will then take the place of the "ball and socket" in the upper shoulder area. Over time, the new joint replacement will allow the shoulder to move more freely and to be free from the excruciating pain that the individual was accustomed to on a daily basis.

Enhanced Shoulder Replacement Surgery

At the Advanced Orthopedic Institute, they have implemented a new procedure, which is an innovative shoulder replacement procedure that is recommended for certain patients that have more of an active lifestyle. This new shoulder system is stemless and allows for more natural movement.

The surgical method that your surgeon suggests will be based upon your condition and the overall health of the bones and joint in the shoulder. The determination will support your best-case scenario and preeminent outcome.



Shoulder Arthroplasty Recovery

After your surgery, your initial recovery time usually takes about six weeks, but full recovery can take a few months up to a year. Many patients report feeling no pain, and also having an increased range-of-motion very soon after surgery. Your surgeon will also provide you with an exercise and stretching program, along with physical therapy for an allotted period of time.

Advanced Orthopedic Institute (AOI) handles all aspects of orthopedics, with specialization in total joint replacement. Dr. Alfred J. Cook, Jr., specializes in sports medicine, including shoulder surgery and replacement, rotator cuff repairs, knee procedures and arthroscopy. Dr. John T. Williams, Jr., is a total joint replacement surgeon who specializes in hip and knee replacements and revisions.

Both doctors also use early intervention treatments for arthritis.

To find out more about stemless arthroplasty, or your other orthopedic needs, please call Advanced Orthopedic Institute at (352) 751-2862



(352) 751-2862

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THE VILLAGES, FL 32159-8975**

Advancements in Dental Impressions

If you've ever needed a crown (cap), bridge, implant, braces, or dental appliance you have experienced the dreaded impression. You know the feeling of sitting in the dental chair, head tilted back and the goopy material fills the overly large impression tray that is inserted into your mouth, stretching out your lips and oozing down the back of your throat. You sit there trying to control your gag reflex, as the minutes seem to turn into eternity before they remove the tray and say, "I might need to take another one. This one is not showing enough of the gum tissue that I needed."

Let's be honest, no one likes getting dental impressions, but there is good news! New high-tech advancements have been made and are incredibly consistent in producing the highest quality replica of your teeth and gums by utilizing a scanning system.

The dental scanner is a digital dental impression unit that is a smart investment for dental offices to provide increased patient comfort level as well as increased impression accuracy.



How does it work?

It's similar to an intraoral camera that dentists use to take pictures of your teeth but operates using a laser scanner that directly records your teeth, their surfaces, the gum and soft

tissue borders, as well as intricate measuring capabilities to provide the best outcome for your restorations. The images are recorded on the screen and saved to a file that can be uploaded directly to the dental lab where your bite-guard, retainer, inlay or crown can be fabricated. This allows a shorter waiting period for your permanent restoration or aligner and alleviates the possibility of any issues taking place with mailing your impressions or stone models.

The technician or dentist will place the laser into your mouth and record the four different quadrants in small units. Although the process is detailed, it usually takes under usually a few minutes to complete. It's totally pain-free and best of all; you will not have any impression material choking you. Additionally, you will eliminate the opportunity for any operator error.



The Laurel Manor Dental Difference

Laurel Manor Dental always puts their patients first. That is precisely why they have selected in the digital impression scanner specifically for your convenience and to be a more eco-friendly office. Along with this contribution, they have also added a highly-regarded dentist to their team.

Dr. Christopher Williams is a native of the sunshine state. He graduated from the University of Florida at Gainesville with a Major in Biology and a Minor in Human Nutrition before pursuing his dental education at the University of Florida College of Dentistry.



While in the College of Dentistry, Dr. Williams gained valuable experience in externships focusing on Orthodontics and Periodontics. Upon receiving his Doctorate of Medical Dentistry, he received the UFCD Professional and Clinical Excellence Award. After graduation, he completed an Advanced Education in General Dentistry

Certificate program at the University of North Carolina College of Dentistry in Chapel Hill.

Dr. Christopher Williams has always been dedicated to giving back. Whether it was volunteering for hurricane cleanup as a youngster in West Palm Beach, organizing oral health programs at local schools, or providing free care to underserved patients in Guatemala, he is committed to using his skills to help others.

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



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DENTAL**

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AVOID KNEE REPLACEMENT SURGERY

Be Aware of the Risks Associated with Knee Replacement Surgery

By Physicians Rehabilitation

As with any surgery, knee replacement surgery carries risks. There is a chance with knee replacement surgery to experience the following post-surgical complications:

- Infection
- Blood clots in the leg vein or lungs
- Heart attack
- Stroke
- Nerve damage
- Allergic reactions to anesthesia
- Post-surgical pain

Another risk of knee replacement surgery is failure of the artificial joint. With daily use, even the strongest metal and plastic parts eventually wear out. Joint failure risk is higher if you stress the joint with high-impact activities or excessive weight.

Even if you have tried all other non-surgical treatment methods and your pain continues to limit your activities, viscosupplementation may be an option

In this procedure, a gel-like fluid called hyaluronic acid is injected into the knee joint. Hyaluronic acid is a naturally occurring substance found in the synovial fluid surrounding joints. It acts as a lubricant to enable bones to move smoothly over each other and as a shock absorber for joint loads.

People with osteoarthritis have a lower-than-normal concentration of hyaluronic acid in their joints. The theory is that adding hyaluronic acid to the arthritic joint will facilitate movement and reduce pain.

Our In-Office Knee Pain Protocol is designed to specifically target your knee arthritis pain to reduce symptoms and improve functionality.

**Did you know that our knee protocol is covered
by most insurances?**

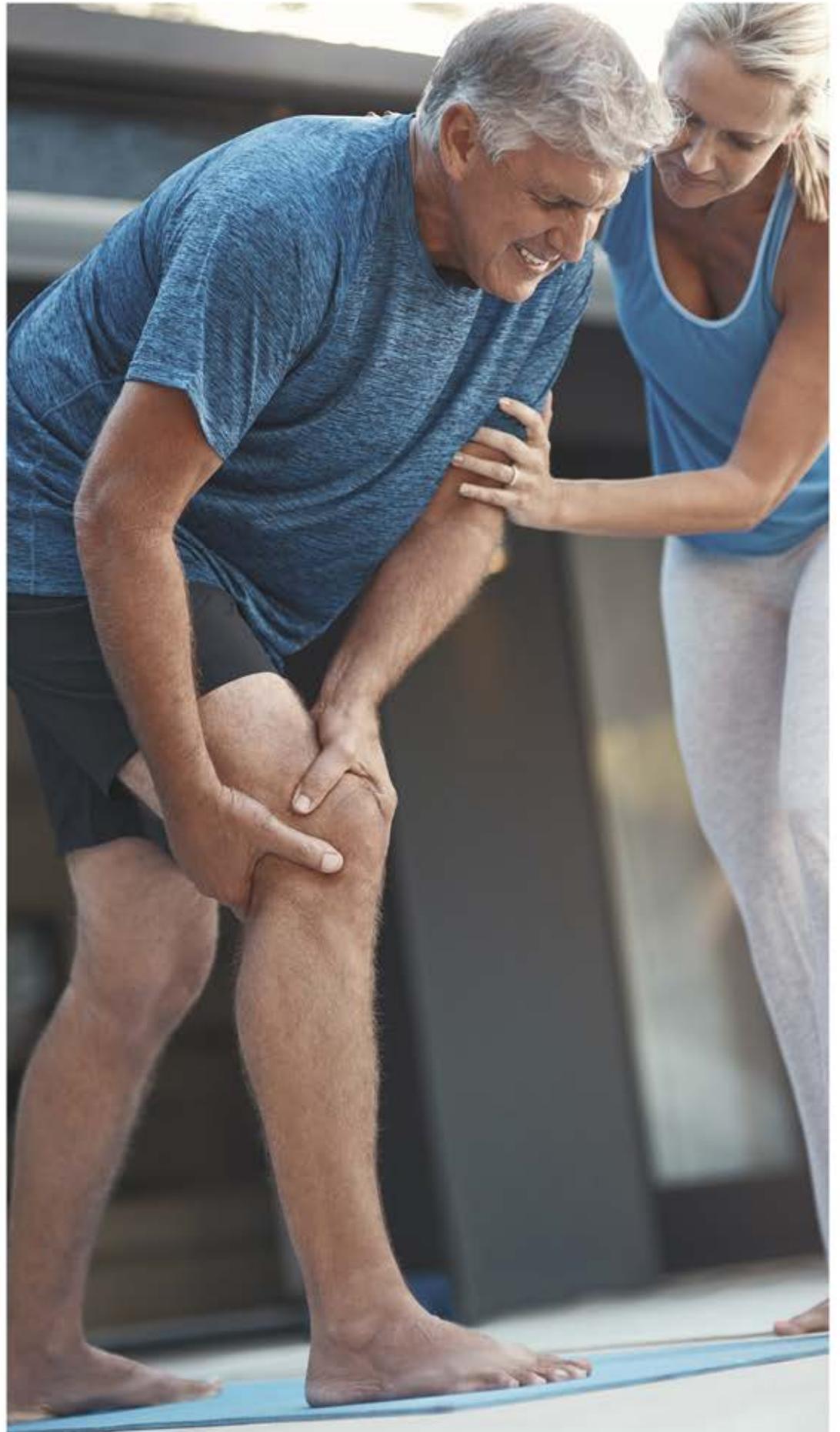
Call today to schedule a no-cost consultation for your knee!

Take Action, Get Help.

At Physicians Rehabilitation, we provide our patients with highly specialized interventional pain management treatment options. This minimizes the need for oral pain medication and maximizes function. Whether you believe your pain is in just one area or is affecting a variety of areas, our goal is to help you achieve a more active pain-free lifestyle! 8 locations serving Florida, call (855) 276-5989 today!



**The Villages, Summit Medical Park, 733 CR 466 Lady Lake, FL 32159
855-276-5989 | www.PhysiciansRehab.com**



DON'T PAY THOUSANDS FOR SPINAL DECOMPRESSION

Local Chiropractor Gets Tremendous Results Utilizing Cox Flexion Distraction Technique to Relieve Sciatica Pain.

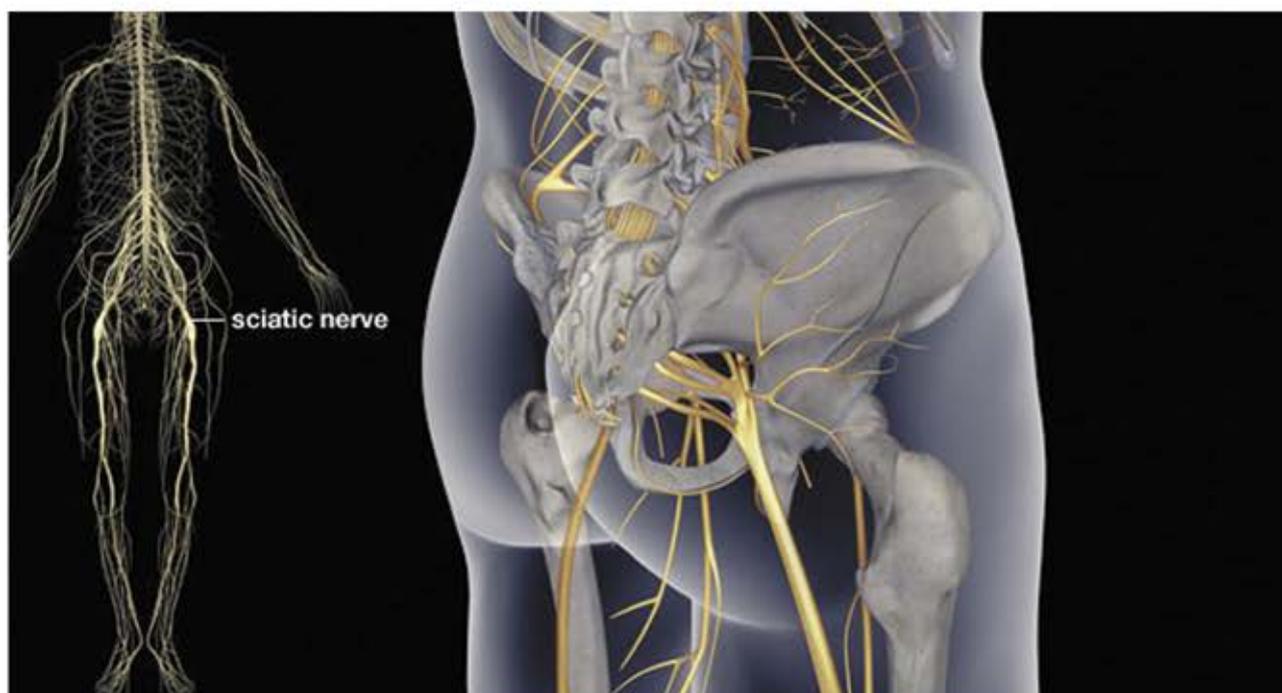
Why waste your hard earned money! Our technique is covered by most insurances.

By Compton Chiropractic Care

Currently there are millions of Americans who suffer from low back and leg pain. A recent survey showed, a large majority of these patients are over the age of 65. When you figure that the Villages has a population exceeding 100,000 and a majority are over the age of 65 then it becomes easier to understand why so many local residents experience this pain. In fact, seven out of ten patients who walk into Dr. Compton's office complain of low back or sciatic pain. It is common knowledge that Chiropractors treat low back pain among other muscular skeletal complaints. What is not well known is that there are over a dozen different techniques and treatment plans to treat the same condition. Different Doctor's feel one technique is better than another but the proof is in the pudding. What makes a Doctor truly unique and beneficial to their patients is being able to properly diagnose a condition the first time and realize when a particular protocol is not working and escalate care to the next level.

Sciatica is defined by The Mayo Clinic as: *Pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one side of your body.*

Sciatica most commonly occurs when a herniated disk or a bone spur compresses part of a nerve. This causes inflammation, pain and often numbness in the affected leg. Although the pain associated with sciatica can be severe, most cases resolve with conservative chiropractic care in a few weeks. Interestingly enough; due to the anatomical location of the sciatic nerve, sciatic type pain can also be caused by Piriformis syndrome or sacro-iliac joint dysfunction. These two conditions masquerade around with similar signs and symptoms and can lead to improper diagnosis and treatment. This means patients spend money and do not get better, never a good thing.



The Doctors at Compton Chiropractic are board certified and have degrees from Palmer College (The First Chiropractic Medical School). Among other common conditions they treat low back and sciatic pain on a daily basis with great success. The Doctors are integrated with several local primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively.

These days it's hard to walk around the golf course and not hear someone talking about their "sciatica". Unfortunately, the great game of golf tends to wreak havoc on ones spine and muscular systems. This is one reason why many top pro golfers (Tiger Woods, Tommy Armour) among other athletes have a chiropractic physician on staff. Certainly if professional golfers with great swings utilize chiropractic care, then local residents who have trouble swinging could potentially benefit more.

Compton Chiropractic has been serving The Villages since 2006 with knowledgeable Doctors and friendly staff who treat sciatica pain on a daily basis. They primarily utilize "Cox Flexion Distraction Technique" which was developed by Dr. James M. Cox in the early 1960's as a non-surgical method of treating disc related injuries. Since that time Doctors of different specialties around the country have studied and utilized these methods with great success.

Many residents are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc and stenosis. Many are also aware that surgery has been the most common treatment for these injuries in the past. However, years of research and technology have pushed us into the 21st century and now there is hope for those who suffer from this debilitating pain. It is now commonplace in medicine to try the most conservative means of treatment first. This approach is a win: win for patients and doctors alike because it means less wasted time and money.



Dr. Compton shares the ways that many residents have become his patient's:

First:

- Some patients come directly to our office as referrals are not necessary.
- Others tend to start at their Primary care Physicians office (PCP). The PCP will evaluate and treat with medication. Then the patient presents to our office.

Second:

- We evaluate and treat the patient while working with the PCP if indicated.
- We treat as needed based on the patient's presentation (3-10 visits). Should we fail to see results quickly we recognize the need to progress the case. This means advanced imaging and orthopedic consultation.

Doctor Compton states that, "some patients will require surgery for pain relief", however in most cases he can postpone or prevent surgery for his patients.

The Doctors at Compton Chiropractic have received additional education on the Cox Technique among others. This conservative treatment has been shown to decrease disc pressure by approximately 75% thus allowing relief of the signs and symptoms of disc related pain (Sciatica).

The average treatment time is only about 15 minutes and most patients report feeling better in just a few visits.

Patient Testimonial

"I suffered from sciatica for 25 years until a friend told me about Doc. After 4 treatments I was back on the golf course and out of pain." - K.R.

Doctor Compton's office is located in The Palm Ridge Plaza off CR 466 and they accept all major insurances. Office hours are M-F from 9am to 5 pm.



"Putting your families health in our families hands"

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

Our Philosophy

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

Our Facility Offers

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

Accepting

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

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U.F. Graduate - B.S. Nutrition
Military Veteran

Dr. Brent Compton
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Biology Sciences

Dr. Daniel Taylor
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LOCAL ATTORNEY PATRICK L. SMITH OFFERS FLAT FEE ESTATE PLANNING SERVICES



Estate planning does not need to be an expensive or time-consuming process, according to Attorney Patrick L. Smith. Whereas many attorneys bill their clients by the hour to handle their planning, Attorney Smith offers a complimentary consultation and has instituted a flat-fee system for his services. For example, a basic Will is a flat charge of \$75.00 and a Non-Tax Trust Package is \$695.00. This allows clients to know their costs from the start of planning and to determine their estate planning needs without surprises. Although Attorney Smith primarily practices in estate planning and asset protection, he regularly works to connect his clients with a network of attorneys to provide them with complete, affordable legal advice.

Attorney Smith also works to make legal advice accessible to the central Florida community through his weekly radio show, "Ask An Attorney," answering legal questions on the air from live callers, sharing legal information critical to FL residents, and educating his listeners on various topics.

He also incorporates information from other attorneys, financial advisors, CPAs, and other professionals who join him to answer his listeners' questions. "Ask An Attorney" airs on Gospel 90.3 FM every Saturday at 8am.

In addition to giving legal advice live over the radio, Attorney Smith is known for donating his time and legal services to multiple churches and charitable organizations in the community. Attorney Smith offers free seminars on a wide variety of legal topics for civic groups, clubs and other organizations, to inform them about the law and their legal rights.

Furthermore, Attorney Smith recently announced the publication of the third edition of *The Florida Estate Planning Handbook* through Certa Publishing, giving Florida residents an accessible, easy-to-understand introduction to key estate planning concepts. Adding to Attorney Smith's work is his law partner Attorney Joseph F. Pippen, Jr. who joined him on the third edition.

More information about Attorney Smith can be found at Joseph F. Pippen, Jr. & Associates' website: www.attypip.com. For your free consultation or to have Attorney Smith speak at your event or group, you may reach him at his Fruitland Park office by calling (352) 241-8760.



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The hiring of a lawyer is an important decision that should not be based solely upon advertisement. Before you decide, ask me to send you free written information about our qualifications and experience.

SENIOR CARE REQUESTS RISE AFTER FAMILY VISITS DURING THE HOLIDAYS

For adult children with aging parents, spending time together around the holidays can bring attention to changes in lifestyle or behavior that might indicate that a senior needs assistance at home.

For those who provide senior care, the weeks immediately following the holidays tend to be the busiest of the year as families work to arrange care for aging loved ones. According to Home Instead Senior Care, January is the highest volume month for new inquiries related to senior care. Home Instead saw a 41 percent rise in service inquiries from December 2016 to January 2017.

Families who have recently spent time with aging loved ones should consider these factors when deciding whether it is time to engage a senior care provider.

Mood. Was a senior loved one acting different around the holidays this year? Was he or she less talkative or more emotional?

Physical appearance. Did mom or dad lose a significant amount of weight since your last visit? Did they appear to be keeping up with personal hygiene?

Social life and routine. Did an aging relative mention socializing with neighbors and friends? Do he or she seem to be interested in making plans and getting out and about?

Household. During holiday visits, was their home clean and orderly? Have they fallen behind on paying bills, refilling medications, or housework?

Food choices. Did they have nutritious food at home, or was the refrigerator empty because they can't make it to the grocery store?

Families who notice changes in senior loved ones can find support and resources at caregiverstress.com or by reaching out to Family Care Givers.

For many older adults, help with everyday tasks such as meal preparation, light housekeeping and medication reminders can allow them to stay safe and healthy at home.

(NewsUSA)

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How Much Omega-3 Fish Oil A Day Will Produce Results?

By Anne-Marie Chalmers, MD

Are you noticing results from your fish oil supplement? If the answer is 'no', it may be that you are not getting enough of the anti-inflammatory omega-3 fatty acids to make a difference.

Please take a moment to go grab your fish oil supplement, if you're taking one, and then keep reading to learn how to get an effective omega-3 dose.

Determining Your Proper Dosage

Omega-3s are a family of polyunsaturated fatty acids (often abbreviated as PUFAs). The two most recognized members of the omega-3 family are called EPA and DHA. Since their discovery in the 1970s, EPA and DHA have been extensively researched for their role in fighting inflammation, promoting brain and eye health, and lowering triglyceride levels, to name just a few benefits.

To make a noticeable difference in your health, the daily omega-3 dose for most American adults should be between 2000 to 3000 mg of EPA and DHA combined. This level should be taken consistently, with food, for approximately 6 to 12 weeks before the effects will start to kick in.

Now, take a look at the label of your omega-3 supplement. Add together the total number of mgs of EPA and DHA per serving. How many capsules per day do you need to swallow to reach that 2000 to 3000 mg mark? For most brands, the actual dosage necessary is significantly higher than the normal serving size of 1 or 2 capsules.

Omega-3 Benefits Are Dose Dependent

Most Americans are deficient in omega-3s. It's not just the lack of these fatty acids in our daily diet that creates the problem; it's the plethora of inflammation-driving omega-6s that we get from processed foods. To experience anti-inflammatory benefits, most of us need a better balance of omega-6s and omega-3s.

Now, eating a few walnuts or chia seeds (both of which only contain ALA omega-3) is not going to correct that balance. Research demonstrates that the benefits of EPA and DHA are dependent on the dose administered. In fact, the anti-inflammatory benefits of the omega-3s don't seem to kick in unless you consume at least 2000 mg every day. For certain conditions, like arthritis, and for people with high triglyceride levels, studies routinely use between 3000 to 4000 mg of EPA/DHA daily to see meaningful results.

Calculating the Right Serving Size

Many people take one or two capsule containing 1,000 mg of fish oil, thinking they are fulfilling their daily omega-3 requirements. But it's important to know that fish oils and omega-3s are not the same thing. Fish oils typically only contain between 18 - 30% EPA and DHA, depending on the source of the oil. Therefore, the best way to know the amount of EPA and DHA you are consuming is to read the supplement label.

If you don't have your omega-3 supplement in front of you, we've done the math for you by looking at some common products. Of course, products vary depending on the brand and the source of the oil. But, these numbers will give you the approximations for each category:

Product Type	EPA/DHA Dose Per Unit	Servings Needed to Achieve 2000 - 3000 mg
One regular fish oil capsule	~ 300mg of EPA/DHA	7 to 10 capsules per day
One high concentrate fish oil capsule	~ 600mg of EPA/DHA	3 to 5 capsules per day
One krill oil capsule	~ 75mg of EPA/DHA	27 to 40 capsules per day
One teaspoon of liquid cod liver oil	~ 1000 mg of EPA/DHA	2-3 teaspoons per day
Serving of wild salmon	~ 2000 to 3000 EPA/DHA*	6 oz fillet

*Level of EPA/DHA depends on the salmon species, the time of year, how the fish is prepared, whether it was farm raised or wild caught, etc.

If you look closely at this table, a few facts should jump out.

First and foremost, one teaspoon of liquid cod liver oil contains over three times as much EPA/DHA as one fish oil capsule. And, more shockingly, to get as much omega-3 as you would from eating a salmon fillet for dinner, you'd have to consume closer to 10 fish oil capsules daily. In other words, taking one capsule doesn't give you much more omega-3 than a bite or two of salmon. No wonder people often experience few benefits from popping fish oil capsules.

Can You Take Too Much Fish Oil?

As mentioned above, most Americans have a long ways to go to correct their omega-3 deficiency. But if you do go on an omega-3 binge, the European Food Safety Authority has concluded that consuming up to 5000 mg of omega-3 daily is safe.

Feeling the Difference

For people taking omega-3 supplements for a condition, such as dry eyes, arthritis, depression, etc., strive for a daily dose of 3000 mg of EPA/DHA combined. And remember, besides dose, quality and consistency are also key to feeling all the benefits that fish oil has to offer.



Call us at 941.485.4400
www.omega3innovations.com



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.

Guiding You Through Insurance Companies Most Puzzling Issues

Insurance issue and changes can be confusing. Trusting just any run of the mill company is very often intimidating for most individuals. How do you know you're getting the best advice? Kiefer Insurance has the answers that you need. In business since 1972, their family-owned company is trusted because of their impeccable service and commitment to their clients.

At Kiefer Insurance, they pride themselves on not working for the Insurance Companies, but instead, working for you! They form life-long relationships with their clients, and the results are what keep them in the forefront of the community.

Common Insurance Concerns

Can I keep my coverage if I move?

Whether you're moving out of state or making a town move within Florida, there are opportunities to change your plan or to enroll in a new plan if necessary. SEP or Special Enrollment Period allows you to change your policy outside of the OEP (Open Enrollment Period). Typically you have 60 days to change your plan if you move. This allows you to either keep your existing plan or enroll in new coverage.

Having an experienced agency guide you through this intricate process is ideal so that you and your family are certain not to be left without coverage.

What Do I Need to Know About Medicare?

Medicare is a sophisticated system, but maneuvering your way through the maze is the tricky part. You'll want to have the best coverage based on what your income will allow.

Medicare has several parts:

- Part A (hospital)
- Part B (physician & out-patient services)
- Part C (Medicare Advantage Plan)
- Part D (prescription drug coverage)

Because Medicare only covers approximately 80% of Part B expenses, most individuals will need to enroll in supplemental coverage to cover the cost associated with outpatient services.

At age 65, most people enroll in Medicare Part A & Medicare Part B. Medicare only covers about 80% of Part B expenses. You are responsible for the other 20%.

When you opt to enroll in Medicare Part C (Medicare Advantage Plan), it combines Part A, Part B and sometimes Part D coverage. This is similar to PPO & HMO plans, which have co-pays or deductibles instead of the 20% balance that Medicare does not cover. The benefits depend upon the policy you select.

To find out more, please visit www.medicare.gov, or Call KIEFER INSURANCE to arrange a no obligation explanation of these Medicare choices. They represent a carefully selected group of financially sound and reputable insurance companies to offer you the best service possible and most comprehensive coverage at competitive prices. They do more than sell insurance; Kiefer Insurance provides peace of mind. For more than forty-five years, they've maintained their role as the trusted agency in Ocala.



Group Policy For Business Owners

If you own a business and have four or more employees, group health insurance is a great benefit to offer your employees. You are required to pay at least 50% of the employee premium, and the employee is responsible for paying the other 50% of the premium. Now, insurance carriers allow more than one plan to be offered, so that each employee can choose the policy that provides the best coverage and price for them.

For your convenience, when new employees are hired, Kiefer Insurance meets with them in person to explain the benefits. Because the details set Kiefer Insurance apart from the rest, they do NOT simply mail them the plan summaries and enrollment applications.

For more information on Kiefer Insurance and how they can partner with you to get you on the right track, please call 352.732.7501, or visit their website at kieferinsurance.com.

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LET'S BE HONEST, HOW MANY OF YOU ARE NOT SUCCEEDING WITH YOUR "GET FIT" NEW YEAR'S RESOLUTIONS?

The statistics show that only 8% of people actually achieve their resolution goals. Why is it that after a certain, *ahem*, age, we can't seem to lose the weight or maintain the weight loss that we may have had in the past?

The answer is simple, yet very frustrating. We need more than just exercise alone; we need a professional fitness plan that includes accountability, exercising regularly and efficiently for our body types, along with a healthy diet.

24/7 Fitness has a plan for you that you are sure to stick with on a regular basis. Why? Simply put, the convenience helps you to meet your goals. Once you start seeing the results of your new exercise routine, you'll be more inclined to stick with the plan.

We've heard it a thousand times—Every Person is Different—but it's true! A "one-size fits all" weight loss strategy will never work for everyone; plans must be customized to treat your weight gain head-on.

24/7 Fitness has 24-hour access, so you can literally go to the gym when it's most convenient for you. You'll never have to worry about the gym being overcrowded, and 24/7 Fitness' staff takes great pride in helping you to stay inspired to get healthy and to keep moving.

Because they are dedicated to helping you be your healthiest, they offer a free insurance paid membership through Silver Sneakers, Optum & Silver & Fit. Unlike other 24-hour gyms, 24/7 Fitness does not charge for a key or access fees.

With state-of-the-art equipment, machines and free classes, 24/7 Fitness has what you need to get in shape. They also offer elite personal trainers to evaluate and tweak your workouts to get you the best outcome.

It's not just about weight—It's about Your Health

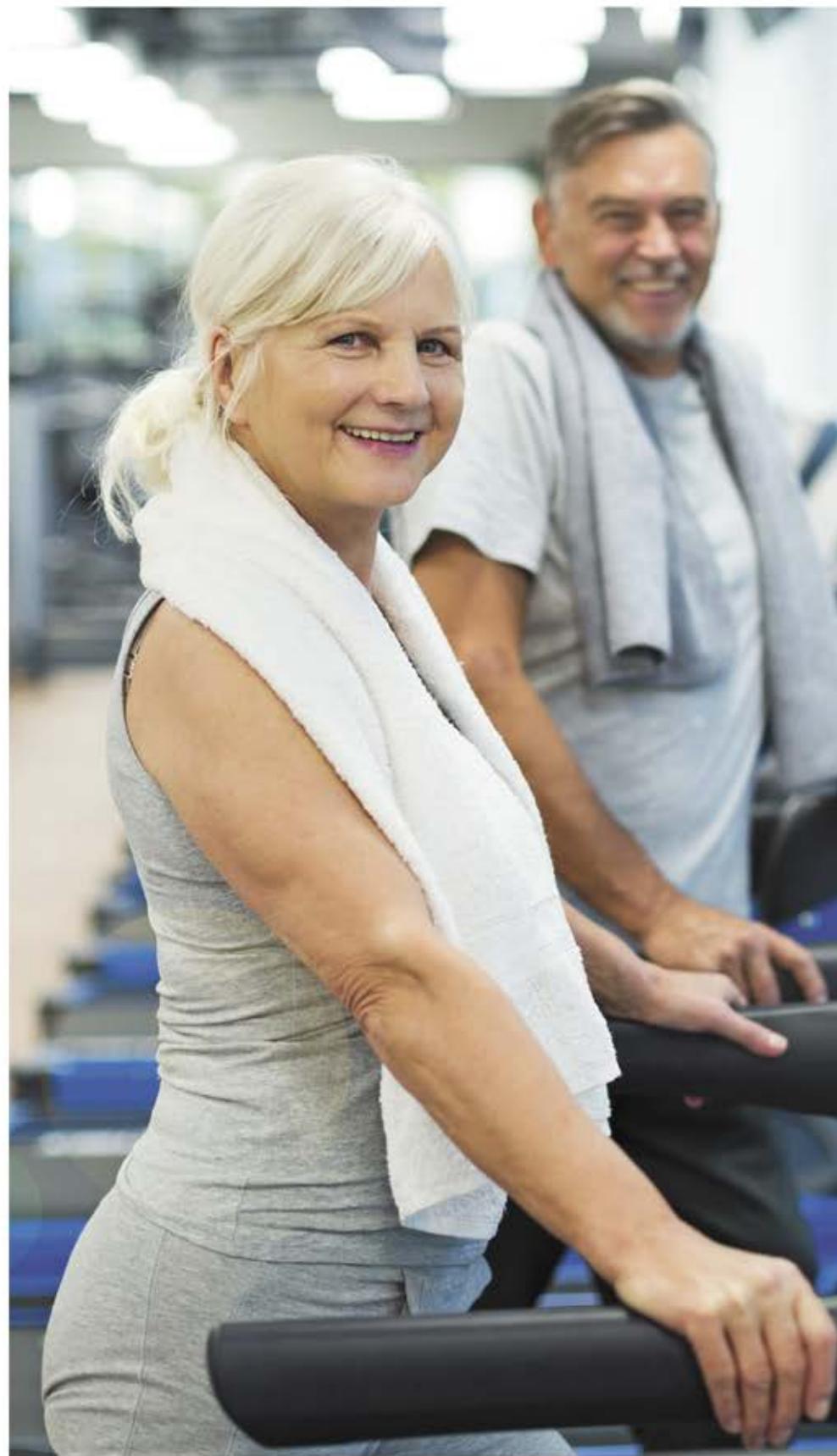
When you're exercising and losing weight; many health advantages coincide with your efforts.

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- Promotes relaxation
- Increases oxygen

For a plan customized just for you, please visit 24/7 Fitness. They have helped countless individuals achieve their goals and you SHOULD be next.



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A GREAT NEW YEAR'S RESOLUTION FOR 2018

By Gerald Bustin, Senior Pastor, Open Door Community Church, Summerfield, Florida

Part II

Last month I gave three reasons why being a Giver is a great New Year's resolution.

1. Jesus said: "It is more blessed to give than to receive."
2. Paul said: "God loves a cheerful giver."
3. Giving is like sowing seed into the ground-you get back much more than you sow.

I also told about my Father going into the jungles of New Guinea among stone-age wild warriors to share the love of God with them. That was in 1948 when most of the highlands of that country had never been in contact with civilization.

Ten years later, in 1958, my father invited me to go to New Guinea with him. I was fourteen years of age and had spent most of my life in the Bahamas and Haiti where my family did missionary work, and I was very excited about this new adventure.

New Guinea was still wild country. Many of the people I lived among were still living in the stone age. I watched tribal men receive a steel axe for the first time with as much joy and excitement as we would feel from getting a brand new car. They told me they would use it as a pillow to sleep on so no one could take it while they slept.

I tried cutting wood with their old stone axes and saw why the men were so excited about getting a new sharp steel axe! Sharp steel knives were in great demand to replace the bamboo ones they had used in cutting up their pig meat. Matches were highly prized for starting cooking fires. And warm blankets were a luxury they had never had, but desperately needed, to protect them from the high mountain cold at night- sometimes even freezing temperatures!

The tribal people had never seen a pencil or paper and had no concept of reading and writing. But soon their children were clamoring to come to school. These children of the jungle would arrive at our primitive grass-roofed mission school early in the morning, with their naked bodies covered with "goose-bumps" from the cold.

As funds became available, we were able to provide them with simple clothes that kept them warm and helped protect them from the bronchial illnesses that were prevalent among babies and children. Our mission clinic provided medicine and saved precious lives.



These precious people were amazed that one little pill could stop their headaches and a penicillin shot could help heal them from pneumonia.

As a teenager I discovered the joy of giving. I helped in the school teaching these boys and girls simple math and the sounds of the alphabet. I also got to work in the clinic and helped give aspirin and penicillin shots to sick people whose lives depended on our medicine.

But most of all I enjoyed giving them the Gospel of Christ- telling them about God who loved them so much He sent us to share His love with them. And I got back so much in return. They gave me their friendship and love.

They taught me to speak their tribal language. They shared their meager resources with me. They taught me how to peel their sugarcane with my teeth and chew it for a nice refreshing drink. (We carried sticks of sugarcane on our treks over the mountains.)

They taught me to use their bow and arrows and took me on hunting trips with them. They accompanied me on treks into wild territories and helped introduce me to people who had never seen a white man or even knew an outside world existed.

They gave me their respect and trust. They trusted and respected me so much that at sixteen years of age I was able to go between warring tribesmen who had bows drawn and sharp arrows pointing at each other and they held their "fire" and lowered their bows so they wouldn't shoot me. They listened as I called on them to stop the fight and make peace.

They allowed me to be a peace-maker and moderate in a peace conference that resulted in the leaders shaking hands and making a covenant to end the animosity. Then both sides thanked me for stopping them from killing each other.

They called me, "Kango Kondoli" (Red Boy) but treated me as an "Imbo iye" (Natural/native man) and gave me the honor given to chiefs. By the time I was eighteen years of age, I had preached to thousands of these new friends as they sat on the ground and gave me their attention.

I gave them my friendship and love and shared with them many of the blessings of modern civilization. They gave me back so much more. It's true! It really is more blessed to give than to receive.

(To Be Continued) ...

Gerald Bustin is the pastor of the *Open Door Community Church* and President of *The Evangelical Bible Missions, Inc.*, a religious and charitable organization started by his father with headquarters at 5200 SE 145th Street, Summerfield, Florida 34491.

For more information check out the following links or call: (352) 245-2560

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-Tommy, age 23

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Ocala Health

See Tommy's full story and learn more about our Level II Trauma Center at OcalaHealthSystem.com/trauma