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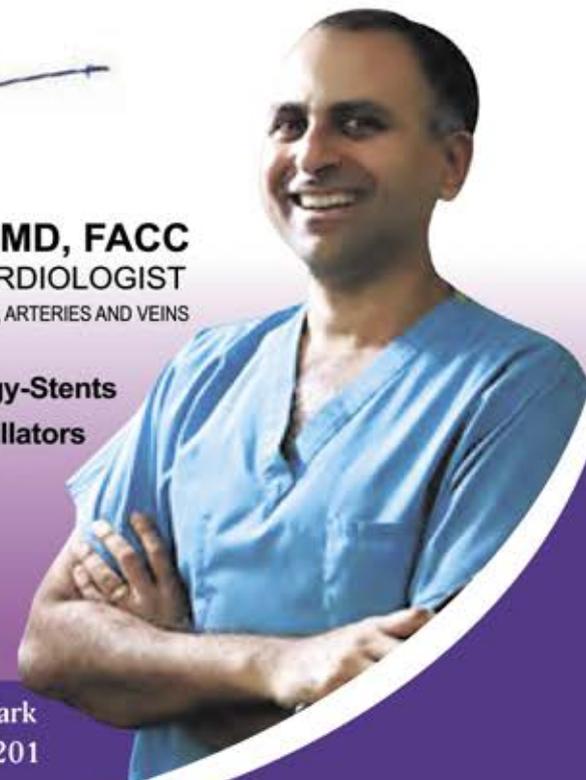
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CATARACT SURGERY

A QUICK PROCEDURE TO RESTORE & PRESERVE VISION

Blurred or dimmed vision, muted colors, sensitivity to light, halving of headlamps and lampposts at night - all of these are symptoms of cataracts, a condition that causes a clouding of the naturally-clear lens of the eye.

Cataracts can be congenital, meaning they can occur at any age, but most form as a natural part of the aging process, beginning as early as one's 40s and becoming very common in one's 60s. By age 80, more than half of the population will have developed at least one cataract.

Cataracts tend to develop slowly, like a gradual fogging of a window. For years, most people can achieve sufficient relief from an increase in the correction of their glasses prescription, but once cataracts become severe, they must be treated or they can lead to blindness.

Luckily, cataract treatment is both common and very successful. In fact, it is the most common surgery in the U.S., performed on more than 3 million Americans every year with an unusually high satisfaction rate. 9 out of 10 people who undergo cataract surgery are able to have their vision restored via an intraocular lens implant, or IOL, to anywhere between 20/20 and 20/40, and afterward need only reading glasses or no glasses at all. "Often patients get surgery to remove a cataract and are surprised they can also get an IOL to correct their astigmatism, presbyopia, near-sightedness or farsightedness at the same time," says Board-certified ophthalmologist Dr. Vinay Gutti, who, among other qualifications, is Fellowship-trained in refractive surgery, which is designed to decrease or eliminate the need for corrective lenses. "Today's cataract surgeries are as much about the state-of-the-art lens replacement options as the cataract removal itself."

With thousands of surgical procedures under his belt, Dr. Gutti is naturally drawn to proven advances in technology, especially when it comes to common disorders like cataracts. "I'm thrilled by the progress in care created by leading-edge technologies and procedures, like the Femto laser cataract surgery, which is the most advanced cataract removal system in the world, and the ORA system for unsurpassed precision in IOL selection and positioning for the ultimate in vision quality and patient satisfaction. We have been local pioneers in these and many other groundbreaking technologies."

Lake Eye also prides itself on its selection of next-generation IOLs, including multifocal lenses that improve vision range in varying lighting conditions; Toric® lenses to correct astigmatism; and Symphony® lenses, the first FDA-approved extended depth-of-field lens for vision correction at all distances. "We carefully assess each patient's case and talk to them about their goals so we can pick the right IOL to meet their needs, address their particular conditions and work with how they live. We want each and every patient to feel like they got the best possible experience and outcome."

Cataract surgery typically takes under 10 minutes and recovery is usually rapid, seeing most patients returning to normal activities the day after surgery. Renewed clarity is often experienced immediately, with ultimate improvement occurring within the next few days to a couple of weeks. Most patients report little to no discomfort and a remarkable improvement in vision clarity, acuity and range. "Cataract surgery is one of the quickest, safest and most comfortable surgeries of any kind," says Dr. Gutti, "and the outcome can make an enormous difference in how well people can see and function. It gives me tremendous personal satisfaction to be able to offer the finest and most advanced cataract surgery options to our patients."

Don't waste another day letting cataracts diminish all that life has to offer. See the world in a whole new light with a visit to the Lake Eye Associates near you.



Dr. Vinay Gutti

Board-certified Ophthalmologist

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PATIENT STORY:

"Sagging lids [impacted] my peripheral vision, especially when I was driving. Then a friend recommended Lake Eye. Dr. Terpstra was very informative. After surgery I immediately noticed an amazing improvement. I could see out of the sides of my eyes. A wonderful side-effect is how much better I look. I love it!" – DECEMMA BENSYL

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Men's Health Awareness Month:

IGNORING COMMON CARDIAC SYMPTOMS LEADS TO CRITICAL ISSUES

T.E. Vallabhan, MD, FACC

John F. Kennedy once said, "The time to repair the roof is when the sun is shining." This statement holds true when we focus on many of the issues in life, especially our health. Some of the most common cardiac risk symptoms are often overlooked. Ideally, individuals should start to be mindful of their heart health from a younger age, but it's never too late to improve your cardiac function or to get the treatment you need to enhance your lifestyle and overall health.

People are living longer, and staying healthy is at the forefront of most our minds. The aging population is primarily concerned about keeping up with their grandchildren and having the capability to freely live an active lifestyle well into their eighties and nineties, but without being proactive about our cardiac health, we set ourselves up for critical heart disorders and issues.

Some of the things we can do are to follow a heart-healthy nutrition plan like the Mediterranean diet. We should also incorporate regular exercise and keep our stress levels down. If you smoke, you **MUST** quit now to help your body heal from the damage to the blood vessels and arteries that have already taken place. It's never too late to stop smoking.

Cardiac Risk Factors & Indicators

- High Blood Pressure
- High Cholesterol
- Tightness in Chest
- Shortness of Breath
- Jaw pain
- Arm Pain
- Back Pain
- Fatigue

These symptoms are significant indicators of heart disease, but the most common warning sign that people have is —Ignoring their symptoms!

It's the familiar adage of denial—If we ignore or avoid the symptoms, then we don't have to deal with any of the accountability. However, just like most things, if you ignore them, they'll go away, but not in a right way. If left untreated, they will go away through deterioration and damage, and eventually death. Being proactive about your heart's health is imperative.



Unfortunately, many people are more sedentary than they'd like to believe. A limited or lack of physical activity is not going to do your body or your heart much good. In our modernized world, we have grown complacent. We don't walk as much to get from A to B; instead, we drive a car to work, sit at a desk all day, drive home, sit down to eat dinner and then sit in front of the television until we go to bed. If this sounds even remotely familiar, you need to have a consultation with a cardiologist to test your cardiac condition.

Coupled with a sedentary lifestyle, the prevalence of individuals being diagnosed with diabetes is astronomical. Diabetes is a significant risk factor for cardiovascular disease. Very often obesity and diabetes work in conjunction to damage your heart and arteries, deplete your nutrient, oxygen-rich blood, and can cause venous insufficiency and blood clotting issues. If you have diabetes or suspect that you may, it's critical to seek medical attention to get your blood sugar levels to a manageable state and to assist you with an overall healthy lifestyle plan.

Risk Factors For Heart Disease

- Age
- Family history
- Smoking
- High cholesterol
- High blood pressure
- Diabetes
- Overweight
- Chronic stress

What You Can Do

- See a cardiologist for important diagnostic testing
- Don't ignore symptoms
- Eat a heart-healthy diet
- Avoid sugar and salt in excess
- Stop smoking
- Exercise daily (at least a 30-minute walk)

Dr. V

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Intercommunity Cancer Center Offers Innovative New Therapy That Reduces Treatment Side Effects For Prostate Cancer Patients

InterCommunity Cancer Center (ICCC), a leading provider of advanced radiation therapy in Lady Lake, Fla., is pleased to bring an exciting new technology to our region that can significantly improve quality of life for prostate cancer patients. SpaceOAR® hydrogel therapy pushes the rectum away from the prostate, creating a space between the two organs and keeping the rectum safely positioned out of the high dose radiation region during prostate radiotherapy. This significantly reduces rectal injury caused by unintended radiation exposure. InterCommunity Cancer Center will be an exclusive provider for this new treatment in the Lady Lake and Leesburg regions.

The hydrogel spacer is injected next to the outer wall of the rectum during a minimally invasive procedure. It changes from a liquid to a solid, pushing the prostate and rectum apart. Once in place, patients typically do not feel it. The hydrogel is safe and similar to other products used in brain surgery, cardiology and ophthalmology. It remains in place for several months after radiation treatment, but is then absorbed, leaving nothing behind.

“We are very excited to offer our prostate patients this new, innovative technology that can improve their overall quality of life,” said Dr. David Catalano, Medical Director and Radiation Oncologist at ICCC. “Healthy cells in the rectum can be damaged by radiation that targets the prostate cancer, sometimes leading to bowel, urinary, or sexual symptoms that can be disturbing to patients. The hydrogel greatly reduces this unintentional damage by creating space between the prostate and the rectum.”

Clinical trials in the U.S. and Europe have demonstrated hydrogel to be safe, and that the space created significantly reduces radiation dose that is otherwise delivered to the rectum. The randomized U.S. clinical trial found patients who received the hydrogel spacer reported less rectal symptoms during radiotherapy and significantly less severe long-term rectal complications.

Many Floridians Will Face Prostate Cancer

The addition of SpaceOAR(R) hydrogel to ICCC's treatment offerings is good news for the many men in our state who will be diagnosed with prostate cancer. The American Cancer Society (ACS) projects 12,830 new cases of the disease will occur in Florida this year, and 2,050 Floridian men will die from it.



Prostate cancer is the second most common cancer in America, after skin cancer. This year 161,360 new cases will be diagnosed in the U.S., with one man in seven facing a prostate cancer diagnosis at some point in his life.

When the cancer is detected early, it is highly treatable and has a high survival rate. If the cancer spreads beyond the prostate, the 5-year survival rate drops to roughly two thirds. That's why it is important for men to talk to their doctor to determine if screening would be beneficial.

Who Is At Risk?

All men are at risk for this commonly occurring cancer, and risk increases with age. It is very rare in men under 40, but risk rapidly increases after age 50. More than half of all cases occur in men older than 65. African-Americans are twice as likely to die from prostate cancer as white men

No Early Warning Signs

Prostate cancer usually doesn't exhibit symptoms until it has advanced. That's why screening is so important. With advanced disease, patients may notice symptoms, such as:

- Weak urine stream
- Urge to urinate more often
- Blood in the urine or semen
- Erectile dysfunction, and/or
- Bone pain

Other conditions can cause these symptoms, so they don't necessarily indicate prostate cancer.

“All men should be proactive about their prostate health and check with their doctor to see if screening would be beneficial for them,” said Dr. Catalano. “Screening can mean the difference between detecting prostate cancer early when it's highly treatable or later when the outcome is much poorer.”

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

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 particular expertise in treating prostate, breast, lung, gynecologic, skin and many 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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The screenshot shows the website's homepage with a search bar, navigation links for different editions (Charlotte, Collier, Lee), and a featured article titled "The Other Side of Parkinson's Disease". A newsletter sign-up form is visible on the right side.

Colorectal Cancer Screening

Colorectal cancer (CRC) is the third most common cancer and the second leading cause of cancer death.¹ However, effective screening methods make it one of the most preventable cancers. Nine of every 10 people whose CRC is found early and treated appropriately are still alive 5 years later.² But not enough people who meet screening criteria are getting screened. In 2014, about 65% of adults in the United States were up-to-date with CRC screening; 7% had been screened but were not up-to-date; and 27% had never been screened.²

This newsletter will review CRC, discuss current screening recommendations, and describe an effective and convenient screening method that patients can perform in the privacy of their homes.

How Colorectal Cancer Develops and Who Is at Risk

Most CRCs begin as adenomatous polyps that progressively enlarge, become dysplastic, and eventually become malignant.³ This process can take 10 or more years.³ The majority of colon cancers are sporadic (70%); 20% present as familial clustering, and 10% present as inherited syndromes.⁴

The most important risk factor for CRC is age: approximately 90% of CRC occurs in persons 50 years of age or older.¹ Individuals with a first-degree relative with CRC have an approximately 2-fold greater risk than the average risk population.⁵ Other risk factors include excessive alcohol consumption, smoking, lack of exercise, being overweight or obese, and a diet high in fat and cholesterol and low in fiber.³

The Effectiveness of Screening

Screening programs for CRC can help reduce the incidence of CRC and death from the disease, because most early-stage cancers are curable (Sidebar 1).⁶ Compared with no endoscopic screening, a screening colonoscopy is associated with a 67% reduction in the risk of death from CRC.⁸ The effectiveness of screening is in large part due to the slow progression from formation of a polyp to malignant transformation.

When Screening Should Begin The United States Preventive Services Task Force (USPSTF) recommends that all men and women 50 to 75 years old have regular CRC screening.⁹ Since African Americans have the highest incidence and mortality rates compared to other races,⁹ screening is recommended beginning at age 45.¹⁰ Persons at higher risk for CRC should begin screening earlier. For example, patients with a first-degree family member (mother, father, brother, sister) who has had CRC should have a first screening colonoscopy at an age 10 years younger than when the

relative was diagnosed. Screening guidelines differ for individuals with inherited syndromes and familial clustering.¹⁰ After 75 years of age, frequency is determined by a person's general health.

Options for Screening⁹

Several options are available for CRC screening. Some, such as colonoscopy, allow direct visualization of lesions in the colon. The basis of stool-based testing is that polyps can bleed as they grow, and occult blood can be detected in the stool. The recommended screening frequencies below are for a person without any risk factors. They may be different for persons with an increased risk.

Direct visualization tests⁹

- Colonoscopy every 10 years
- Flexible sigmoidoscopy every 5 years
- Flexible sigmoidoscopy every 10 years plus fecal immunochemical test (FIT) every year
- Computed tomography (CT) colonography every 5 years

The USPSTF notes that the availability of flexible sigmoidoscopy has decreased in the United States in favor of colonoscopy, and that there is insufficient evidence about the potential harms of extracolonic findings with CT colonography.

Stool-based tests⁹

- Guaiac fecal occult blood test (gFOBT) performed every year
- FIT performed every year
- FIT-DNA performed every 1 or 3 years (suggested by manufacturer)

The USPSTF notes that FITs exhibit better accuracy than gFOBT, can be performed on a single specimen, and generate results that are not affected by diet. They also note that FIT-DNA specificity is lower than FIT, resulting in more false-positive results, diagnostic colonoscopies, and adverse events per screening test.

A positive stool-based test should be followed up with colonoscopy.

How Healthcare Providers Can Help Improve Screening Rates

Patients may not get screened because they don't understand how important screening is to reducing the chance of getting CRC. Another reason is that patients may not know when screening should begin. Patients may also be fearful of having a colonoscopy, or have an aversion to handling stool. Healthcare providers can help improve screening rates by starting the conversation, explaining the gFOBT and FIT methods, and recommending an appropriate screening method based on risk and patient preference. They can also address any fears a patient may have about CRC screening.²

How the Laboratory Can Help

Quest Diagnostics offers the InSure ONE® test (test code 11290). The test only requires that a patient brush the surface of the stool in the toilet with the supplied brush after a bowel movement. The patient then dabs the brush on the test card and then mails the card to the lab. If patients decline any of the recommended screening tests (colonoscopy or stool test), Quest Diagnostics offers the ColoVantage® (methylated Septin 9) test (test code 16983). This is a blood test that detects DNA released into the blood from cells that are becoming malignant.¹⁰



Colorectal Cancer Survival Rates by Disease Stage⁷

Stage	Percent of Cases	5-Year Relative Survival (%)
Localized: confined to primary site	39	89.9
Regional: spread to regional lymph nodes	35	71.3
Distant: Metastasis to distant sites	21	13.9
Unstaged	4	35.4

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LIPEDEMA AND LYMPHEDEMA:

2 Different Disorders That Sometimes Overlap

By Bryan Carter, MPA-C, Phlebology-Surgery

Most of us are familiar with lymphedema, which is a build up of lymphatic fluid in the arms and legs. Usually, lymphedema is a secondary issue that arises after cancer treatment or lymph node removal.

Lymphedema is a dangerous disorder and needs to be treated by a certified lymphatic therapist, who is trained to properly massage the body and lymph nodes to remove the excess fluid safely from the limbs.

Lipedema, also known as lipoedema is very often confused with lymphedema, but the two ailments are of completely different makers and causes. Lipedema is a painful syndrome where pathologic fatty deposits accumulate in the lower half of the body. Women are more susceptible to the disorder and often are unfortunately underdiagnosed or misdiagnosed altogether.

The fatty deposits in the legs are not the same as typical fat that runs throughout the body. The cause is widely unknown, but it is thought to be acute and possibly related to obesity in some cases. It's often referred to as "painful fat syndrome" since it causes a great deal of discomfort to the individuals suffering from the disorder.

Conservative approaches usually begin with being treated by a lymphatic therapist. The therapist will try and massage out the deposits much in the same way as they do with lymphatic drainage. Consequently, patients with lipedema often have the underlying lymphatic fluid build up in the legs as well. So the lymphatic therapist can offer some relief in these situations. Compression garments can also help to alleviate some of the symptoms associated with the disorder.

A more aggressive, but stabilizing treatment is liposuction (a form of liposuction that doesn't disrupt lymphatic fluid), which removes the fatty deposits from the body permanently. 18 million women in the US have lipedema, and unfortunately, it can cause physical debilitations and physiological distress.

Knowing Lymphedema and Lipedema Differences is Important

- Lymphedema is associated with radiation treatment, lymph disorders and cancers
- Lipedema is spontaneous and may be worsened by obesity
- Lymphedema is fluid retention in the limbs
- Lipedema is fatty deposits in the legs and sometimes the arms, which causes pain

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.

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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Do You Know Your Testosterone Level?

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

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

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

These beliefs have substantially changed in the last five years.

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

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

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

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



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

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

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

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

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

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

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Orthopedics and the Advantages of Stem Cell Therapy

Over 35 years ago, stem cells were studied for their positive regenerative effects at the University of Cambridge. Since that time, stem cell regenerative medicine has come a long way with numerous research trials and studies that show the efficacious benefits to various age groups, and for many different medical issues. Stem Cell treatment can ease arthritis and chronic pain. It can also restore and heal injuries like bunions, rotator cuff, tendon and ligament tears, as well as labral and cartilage damage.

In orthopedics stem cells are typically derived from fat, bone marrow and the blood platelets of the adult patient, but when were dealing with age related injuries or aging degenerative effects like arthritis, the stem cells from a 70-year-old, are not going to be as beneficial in healing the body. At the Advanced Orthopedics Institute (AOI), the surgeons are dedicated to giving you the best quality care with top outcomes, and that's precisely why they use OrthoFlo by Mimedex. OrthoFlo is a stem cell allograft taken from amniotic fluid.

Mimedex cites the following:

"OrthoFlo is an amniotic fluid allograft that is provided lyophilized, and is intended for homologous use to:

- Protect & cushion
- Provide lubrication for enhanced mobility
- Modulate inflammation

OrthoFlo is a human tissue allograft that is derived from amniotic fluid, donated by mothers delivering healthy babies by scheduled Caesarean section.

Amniotic fluid, in utero, naturally functions to protect, cushion and lubricate.1 Key elements of amniotic fluid include growth factors, carbohydrates, proteins, lipids, electrolytes, and other nutrients, as well as hyaluronic acid (HA), a principle component that provides viscosity and lubrication in the synovial fluid that surrounds joints.



OrthoFlo is an amniotic fluid allograft, which helps to cushion, lubricate and protect the joint. OrthoFlo is procured and processed in the United States according to standards and regulations established by the American Association of Tissue Banks (AATB) and the United States Food & Drug Administration (FDA)."

Along with OrthoFlo, Advanced Orthopedics Institute also uses Mimedex's AmnioFix.

"AmnioFix® is a composite amniotic tissue membrane minimally manipulated to protect the collagen matrix and its natural properties. AmnioFix® reduces scar tissue formation, modulates inflammation in the surgical site, enhances healing, and acts as a barrier."

After years of accomplishment, Stem cell therapy is being utilized in many different medical specialties as it's finally receiving the credentials that it has proven to provide. Scientists are discovering new ways that stem cells are able to assist in healing. One of these ways is to fight viruses. Stem cells are also being made into vaccines and immunotherapeutic treatment. In orthopedics, stem cell therapy provides the following advantages:

Stem Cells Benefits

- Allows the body to heal itself naturally
- Reduces treatment time
- Quicker recovery time
- Restores degenerative tissue
- Lowers risk of infections
- Often alleviates surgery completely
- Can be used to improve healing rate after surgical procedure

AOI is at the forefront of orthopedics. Dr. John T. Williams, Jr. specialties are hip and knee replacements, and knee revisions. Dr. Alfred J. Cook Jr., specializes in sports medicine, shoulder surgery and replacements, rotator cuff repairs, and knee procedures including arthroscopy. Both doctors use innovative early prevention treatments for arthritis.

To find out more about stem cell therapy, or your other orthopedic needs, please call Advanced Orthopedics Institute at (352) 751-2862.



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THE VILLAGES, FL 32159-8975**

Lakeside Landings—Price, Location & Value

June is Home Safety Awareness Month. Not only does home safety revolve around security, but it also has great deal to with quality construction, well laid plans, reliable neighbors, and convenience.

Lakeside Landings offers safety and so much more for its residents.

- Maintenance Free
- Resort Style Amenities
- No Bonds/No CDD
- Gated Entrance
- Top Quality Construction
- Onsite Activities: Tennis and Pickleball
- Starting in the 200's

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.

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.

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, drive the ball 300 yards, 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.

Lakeside Landings residents live out their dreams, one day at a time in the warmth and comfort of a safe and social atmosphere. Come and find out why so many people love to call Lakeside Landings home.

Lakeside Landings has an Open House every Saturday and Sunday from 12:00 to 3:00 pm. Stop by, or call today to schedule your model home tour at 352-330-4305.

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Men's Health Month: Heart Conditions and Male Risk Factors

Courtesy of American House

June is Men's Health Awareness Month, and there's no time like the present to give your overall health the attention it needs. Men have a number of specific health concerns, like prostate cancer and hormone deficiencies, but heart disease is the leading cause of male deaths in the U.S.

In a 2015 study, the Center for Disease Control (CDC) reports the following information on men's heart health and risk factors:

Heart Disease Facts

- Heart disease is the leading cause of death of men in the United States, killing 321,000 men in 2013—that's 1 in every 4 male deaths.¹
- Heart disease is the leading cause of death for men of most racial/ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer.²
- About 8.5% of all white men, 7.9% of black men, and 6.3% of Mexican American men have coronary heart disease.³
- Half of the men who die suddenly of coronary heart disease have no previous symptoms.³ Even if you have no symptoms, you may still be at risk for heart disease.
- Between 70% and 89% of sudden cardiac events occur in men.³

Risk Factors

High blood pressure, high LDL cholesterol, and smoking are key risk factors for heart disease. About half of Americans (49%) have at least one of these three risk factors.⁴ Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Obesity
- Poor diet
- Physical inactivity
- Excessive alcohol consumption

Sudden Cardiac Arrest

Every year, more than 350,000 men die from Sudden Cardiac Arrest (SCA), known as a "silent killer" because most men never experience prior symptoms. When the heart stops beating, the blood supply to the body and the brain shut down, and death is usually imminent.

Unlike a heart attack, where a portion of the heart stops due to a blockage, SCA is not a blockage problem, caused by poor blood circulation; it's an electrical stimulation problem. If defibrillation is not administered immediately, the likelihood of survival decreases. A defibrillator sends an electric shock to the heart, which stops the heart's ventricle fibrillation, an erratic arrhythmia, so it can begin beating and pumping normally again.

If you witness someone experiencing sudden cardiac arrest and an automated external defibrillator (AED) is not available, CPR (cardiopulmonary resuscitation) should be administered until defibrillation can be applied. Using an AED significantly increases the chance of survival when used with CPR. This is the reason that many public places, like airports, sports venues, shopping centers, hotels, and even schools have automated external defibrillators available. AED's can detect whether or not the person is genuinely suffering from a severe arrhythmia, and only sends an electrical shock to the heart if this has occurred. The device is easy to use, but when dealing with the perilous seconds of someone's life, sometimes AED's are not used quickly enough.

Signs and Symptoms

- Coronary Heart Disease
- Personal or Family History of SCA or Heart disorders
- Drug/Alcohol Abuse
- Prior Heart Attack
- Heart Failure
- CHD/Coronary Heart Disease

If you have any heart concerns, it's important to contact your physician for a checkup and to schedule an appointment with a cardiologist for diagnostic testing. If you are having symptoms of heart failure, DON'T HESITATE. Call 911 immediately.

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At American House Senior Living Communities, it matters to us that our residents live a healthy and active life. That's why we invite experts over for informative presentations, year-round, to discuss healthy living, providing tips and preventative screenings to help our residents live life to its fullest. Get expert advice when you join us for one of our information health series.

American House has dedicated nearly 40 years to enriching the lives of those we serve. We provide the peace of mind, privacy, services and amenities you want and need. Our communities offer Independent Living, Assisted Living and Memory Care services so you can enjoy access to quality housing, exceptional services, and the freedom to choose. Come experience it all for yourself. Let us show you why so many seniors call American House home!

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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
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

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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- CARDIOLOGY CONSULTATION
- EXERCISE STRESS TESTING
- NUCLEAR STRESS TESTING
- ECHOCARDIOGRAPHY
- EVALUATION OF HEART VALVE DISORDERS
- EVALUATION OF CORONARY ARTERY DISEASE
- EVALUATION OF HYPERTENSION (HIGH BLOOD PRESSURE)
- EVALUATION OF CHEST PAIN AND SHORTNESS OF BREATH
- EVALUATION OF CARDIAC ARRHYTHMIAS
- EVALUATION OF FAINTING (SYNCOPE)
- EVALUATION OF FATIGUE
- CHOLESTEROL DISORDERS (DYSLIPIDEMIA)
- PREOPERATIVE SCREENING
- WEIGHT LOSS AND NUTRITIONAL CONSULTING



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Ave Maria's Lifestyle Appeals to Active Men

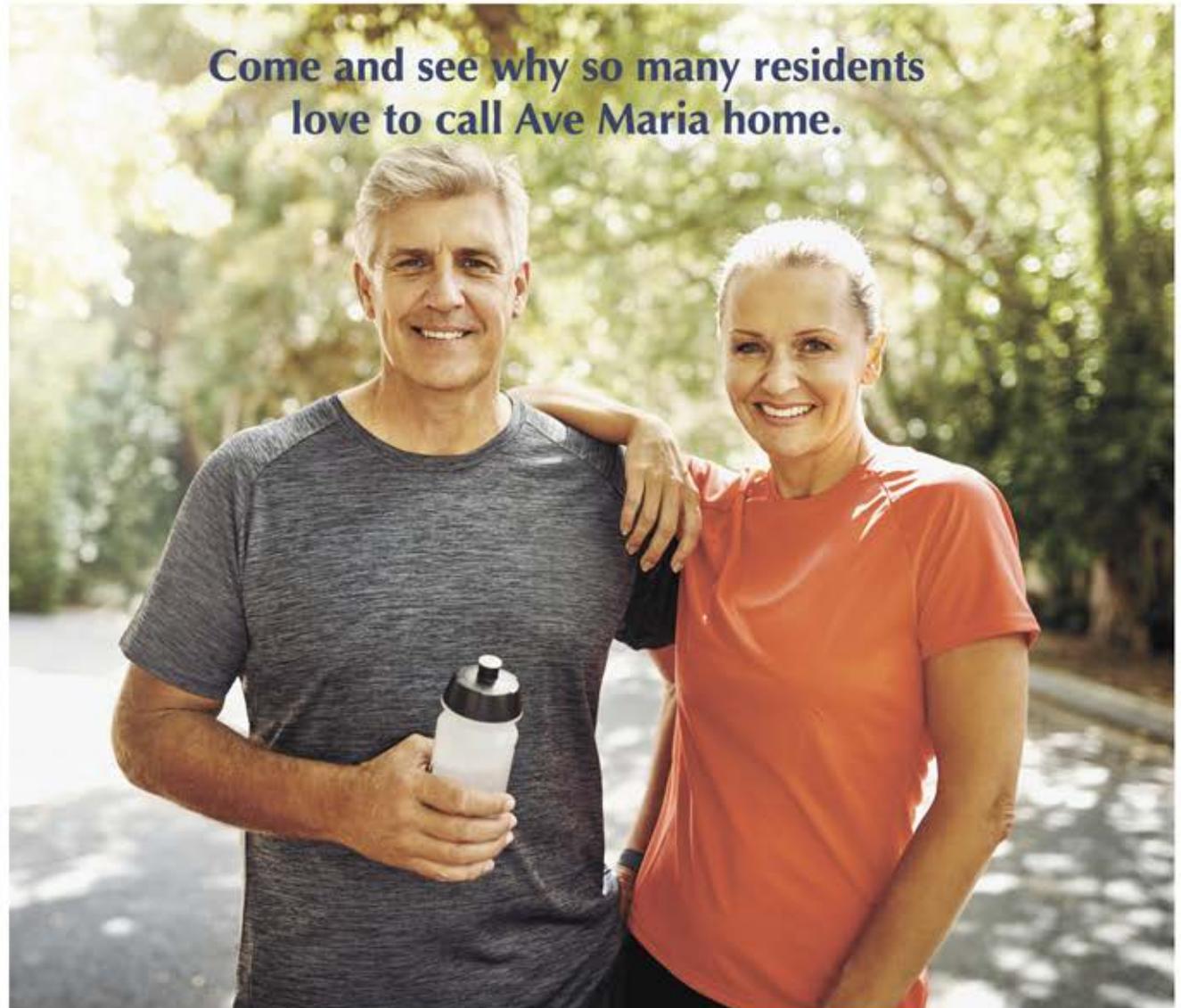
There have been numerous studies on the effects of men's health in regards to a healthy diet and living an active lifestyle. In the findings, the social aspect of building strong bonds and having a sense of belonging were also critical factors in heart health, behavioral and emotional wellbeing and cognitive functioning.

Living an active lifestyle in Ave Maria is easy. 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. The amenities include over 100 miles of walking trails, an onsite waterpark, a 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. Whoa...that's a lot of active amenities for one community, but that's what makes Ave Maria different and highly sought after.

The town of Ave Maria offers several styles of homes featuring lake, preserve, and golf course views. 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.

Why is it that so many men enjoy living in Ave Maria? The activity and camaraderie surpass all other communities. For example, Ave Maria has several men's weekly groups such as Resident Men's Pickup Soccer, Men's ½ Court Basketball, Resident Men's Softball, and Men's Tennis Clinics. All of these groups meet at parks within Ave Maria including North Park and South Park and the Panther Run Golf Club also has men's day. Ave Maria is a healthy place for men to live, they can live, and work, and shop and play all within their own detailed private community

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.



Come and see why so many residents love to call Ave Maria home.

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. Women, men, children and the aging population all enjoy the unique customized lifestyle of Ave Maria. There really is something for everyone.

How Do I Get There?

From I-75 south take Exit 111, and then make a left/east on Immokalee Road (County Road 846). Proceed 10 miles to Oil Well Road (County Road 858). Turn right on Oil Well Road to Ave Maria.

Ave Maria

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 Take I-75 to Exit 111, follow the signs to Ave Maria Town Center



Gum Line Restoration Through a Tiny Pinhole

By Lucia Roca, DDS, MDS, Board Certified Periodontist



It's important to visit your dentist on a regular basis to keep your teeth healthy. Many people overlook that keeping your gum (gingival) tissues healthy are just as essential.

One of the common issues that hygienists and dentists see with their patients is over brushing. If you're not brushing with a soft toothbrush and taking your time to clean each surface of every tooth gently, then you most likely are aggressively over brushing your teeth.

You may be confused about the proper way to brush, and in turn, you could be causing extreme damage to your gingival tissue. Have you noticed any recession on your gum line? Do the roots of your teeth show? If you answered yes to those two questions, you may be a little self-conscious about your smile, and not aware of the potential infection and bacteria that could harbor under the gum line and increase the amount of recession that you already have.

Up until recently, there was only one treatment option for gum line shrinkage or recession. That procedure was accomplished through skin grafting.

Essentially part of your palate (upper mouth) skin was cut away with a scalpel and then grafted into place with sutures to the receded areas. It's not the worst-case scenario, but many patients are reluctant to have a surgical procedure out of fear.

There is a new technique that's showing countless successful results for patients with recession. It's called a Pinhole Technique. A dentist that has received a great deal of notoriety for this new procedure, and has since certified other dentists to perform his technique developed it. Eliminating the need for autogenous gum graft, cutting, and sutures; this method is accomplished by making a tiny pinhole above the receding area and loosening the gum tissue. The dentist will then move the gingiva and reposition it to cover the roots of the exposed area of the teeth, creating a normal gum line. Collagen strips are placed around the teeth, keeping the gum line in place. The patients will see immediate results and will experience little to no bleeding, swelling or pain. The tiny pinhole heals quickly, within 24 hours and the collagen strips are resorbable and do not need to be removed. The strips will help the body to produce more natural collagen, and therefore healing will be rapid.

At Laurel Manor Dental, they are highly trained in treating receding gingival tissue, and they take great pride in your getting you to your most advantageous dental and oral health. Laurel Manor Dental goes one step further because they have an onsite specialist in periodontal disease. Her name is Dr. Lucia Roca, and she is also certified in the Pinhole Technique.

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

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

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

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What if Your Back Pain is a Spine Compression Fracture?

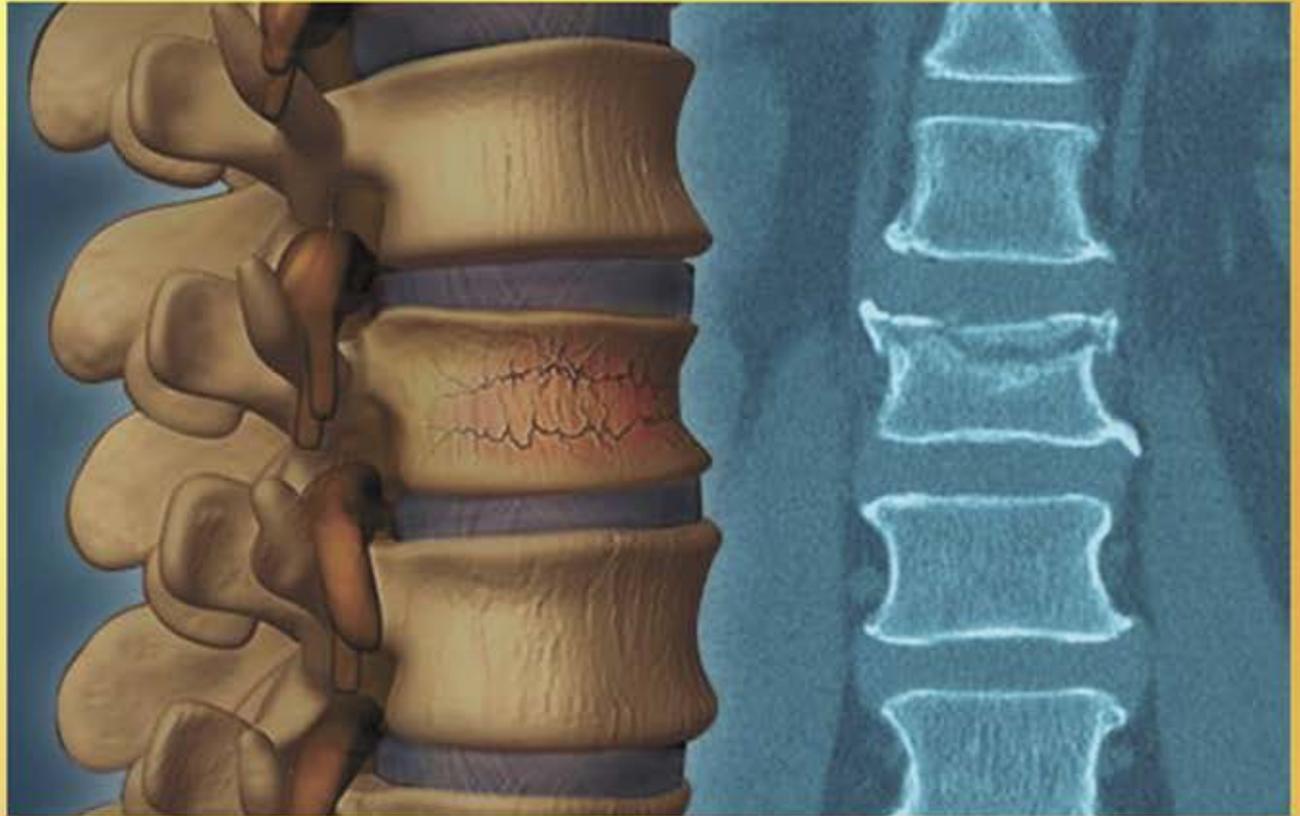
What if you develop sudden onset severe back pain, more unbearable than you ever imagined? If your pain is new or feels different from the chronic back pain you may already be experiencing - which is currently being treated with exercise, pain medicines, and injections - it is recommended that you visit 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



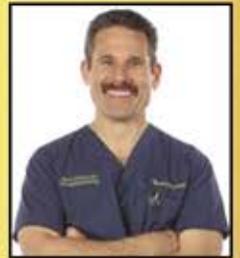
takes approximately 30 minutes under the expertise of an experienced specialist, such as an Interventional Radiologist. Although other specialists are now performing this procedure, an Interventional Radiologist should be your first choice, as they pioneered the procedure, and any image-guided procedure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



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If You Can Squeeze it, We Can Freeze it.



Lifestyle Solutions MedSpa

It's Cool to Eliminate Stubborn Fat

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

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

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

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

It's safe.

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

It's convenient.

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

The results are dramatic.

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

How CoolSculpting Works

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

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

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

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

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

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

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FOUR-DAY WELLNESS RETREAT INVITES THE "RENEW YOU" TO AMERICA'S HAPPIEST, HEALTHIEST CITY

Located on Florida's Paradise Coast, Naples captivates visitors with an irresistible mix of soft, white sand beaches, beautiful scenery, colorful sunsets, thriving arts and culture, outdoor adventure, and world-renowned dining and shopping hotspots. Health, happiness and relaxation seem to come naturally in Naples, a city which has been ranked as the Happiest, Healthiest City in the U.S. for three consecutive years.* Not surprisingly, it is where countless weary travelers go to refuel, recharge and relax.

This summer, the vacation mecca will be the setting for the inaugural "ReNew You" wellness retreats, four all-inclusive, four-day experiences at the iconic Inn on Fifth & Club Level Suites, a four-diamond boutique hotel in the heart of downtown Naples.

These unique retreats offer visitors a healthy array of curated experiences designed to invigorate, enlighten and inspire. "We have seen increased interest in wellness-inspired travel, with a growing emphasis on mental focus and inner calm," said Cathy Christopher, Inn on Fifth director of sales and marketing. "Naples and The Inn on Fifth provide an ideal escape for those who want to focus on improving mind, body and soul, and this retreat perfectly packages that experience."

The ReNew You retreats invite attendees to savor deliciously healthy global cuisine, indulge in soothing spa treatments, relax deeply with meditation and yoga, and enjoy small group sessions with trainers, nutritionists, chefs, coaches and other healthy-living experts in Naples. Each day of the four-day retreat features programming that is educational, fun and inspirational, including walking



tours, yoga in the park, poolside lunch-and-learn sessions, personal training in Tai chi, spa treatments and more. Included nightly dinners will showcase international cuisine at some of Naples' most popular restaurants, with insights from experts in a wide variety of culinary disciplines. There will also be plenty of time to relax, reflect or explore, with the option to end each day with a breathtaking sunset walk on the beach. Each experience takes place in an intimate setting to provide attendees easy access and ample opportunities to engage, ask questions, and learn on a personal level, so they emerge from the retreat renewed and better equipped to live more consciously.



Offered in four separate sessions in August and September, the four-day ReNew You wellness retreats start at just \$985 per person, which includes four-night luxury accommodations at The Inn on Fifth; all retreat activities and programming, including yoga, meditation, tours, presentations and more; 10 meals featuring nutrient-rich, sustainably farmed, and locally sourced ingredients; spa treatments at The Spa on Fifth; healthy in-room snacks; and complimentary access to a private hospitality suite stocked with juices and nourishing treats. For an additional charge, retreat guests may upgrade to the hotel's uber luxe Club Level Suites.

For session dates and more information on the ReNew You wellness retreats, including detailed information on daily itineraries, go to InnOnFifth.com/wellness.

* Gallup-Sharecare Well-Being Index

INN ON 5TH
NAPLES | FLORIDA

Stroke Master Products: Recovering Stability, Gait, & Balance After a Stroke



The World Health Organization (WHO) states that 15 million people suffer stroke worldwide each year. Of these, 5 million die and another 5 million are permanently disabled.

According to the National Stroke Association, "Foot drop is common after a stroke. It is a weakness or paralysis that limits your ability to raise the front part of your foot. The foot or ankle drops down when the leg is lifted to take a step. If you have foot drop you may trip and fall if your foot and ankle are not supported by a brace at all times.

Foot drop can result when nerves are damaged during a stroke. The muscles are rarely damaged, but become weak because of lack of use following a stroke. Partial or complete recovery is possible with the help of rehabilitative therapy. Physical therapy is central in strengthening muscles and joints.

Physical therapy and ankle-foot orthotics are two of the three main treatments for foot drop; electrical stimulation is the third. With neuromuscular electrical stimulation (NMES), your leg muscle is directly stimulated. This helps your nerves fire, making your muscles contract. Over time, the idea is that your leg muscles will be retrained."

Stroke Master Products has created the ideal therapeutic exercise equipment for use in professional physical therapy and for at home use as well.

Relieves Stiffness in Drop Foot and Arthritic Ankles

The Stroke Master system provides controlled movement of the ankle, strengthening it and increasing flexibility, which may relieve stiffness and pain.

Sitting or Standing Capability

The Stroke Master is designed to be used while seated or when standing as strength and ability allow.

Drop Foot Improvement

The Stroke Master retrains the ankle ligaments and muscles to improve foot drop and aids in regaining muscle memory following a stroke or surgery.

- Aids in rehabilitation following a stroke or surgery
- Increase mobility, strength, and flexibility in the hip, knee, and ankle
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- Durable construction with nonslip platforms
- Versatile twelve-piece set
- 60 Day Guarantee

Stroke Master Products bend the ankle joint at all angles of deflection, while building strength and flexibility.

To find out more, please visit www.strokemasterproducts.com

For product sales, please contact:
Mike McDuffie - 239-961-2597

Vive Health at 800-487-3808, or visit www.vivehealth.com.

Other Well-known companies that carry Stroke Master Products

ATI Physical Therapy
Family Foot and Leg Center



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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
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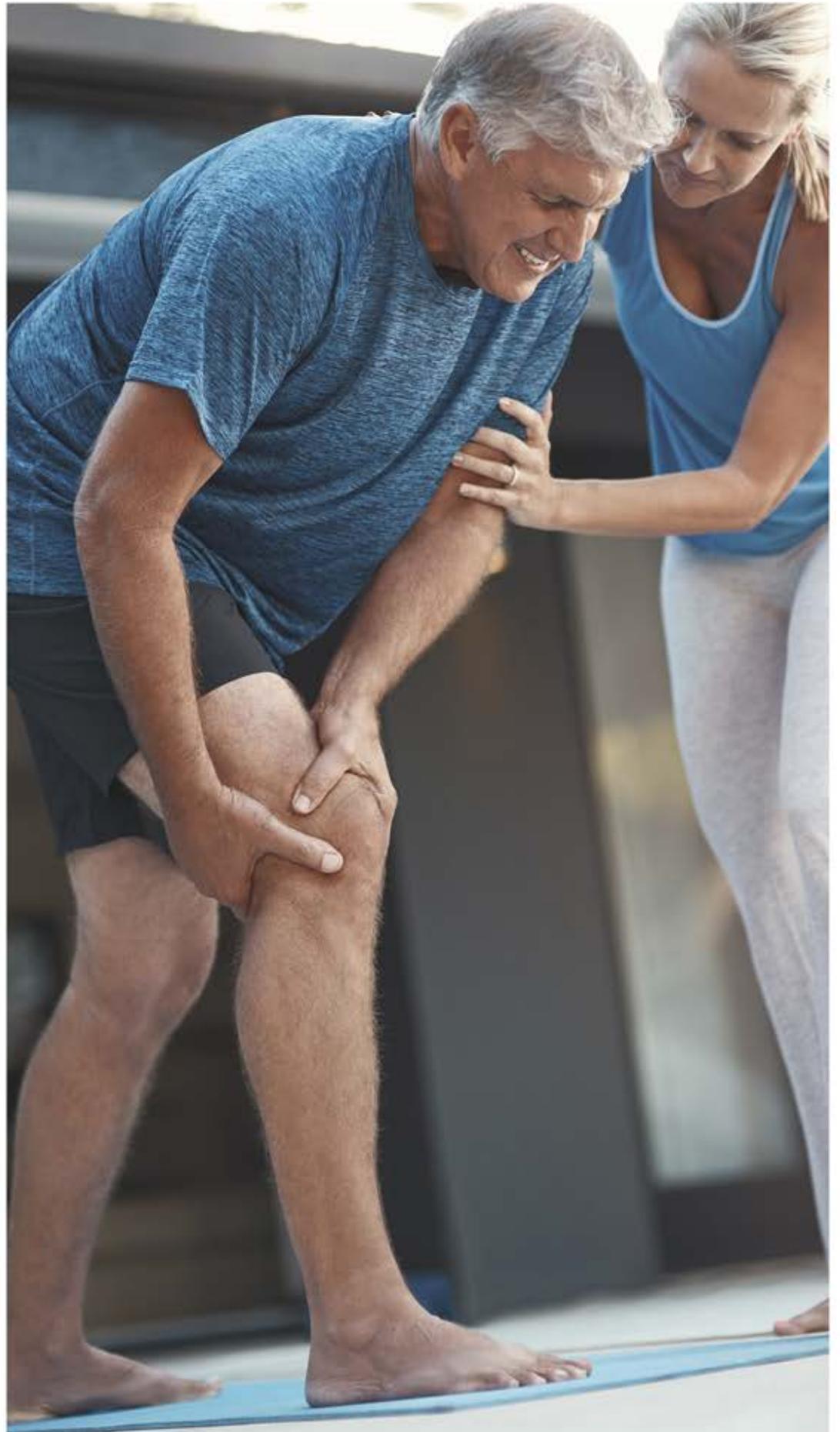
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At Physicians Rehabilitation, we provide our patients with highly specialized interventional pain management treatment options. This minimizes the need for oral pain medication and maximizes function. Whether you believe your pain is in just one area 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!



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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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There are all different types of stem cells, but the most effective are stem cells taken from the placental membrane. The stem cells are collected and frozen for future use providing the most effective cells that are full of nutrients, minerals, amino acids and proteins and have the ability to reproduce and regenerate new cells throughout the body. Totipotent stem cells are one of the most powerful stem cells available because they have the potential to develop into any cell found in the human body.

A multipotent tissue matrix can be used to treat and replenish areas of the entire body from head to toe. Stem cells worked wonders in repairing and regenerating tissue. Totipotent cells and allograft tissue is derived from a human and is completely acceptable to the human body. These cells are non-hormonal and have no side effects, and they are highly accepted as natural cells to the body.

These multi-active cells are from strictly screened human tissue (placenta). All of the screened and selected cases are thoroughly checked and passed through vigorous medical history as well as social history testing, making this treatment safe, natural, and effective alternative for healing the body.

During the cesarean procedure, the placenta retained is processed through high-level technology to extract these multipotent cells. Since the early 1900s, the product has been used in burn cases, open wounds, and orthopedic cases to rejuvenate the affected areas and promote healing and new cell growth.

The benefit from placenta-derived stem cells lies within the membrane. The membrane produces cells that can regenerate and become any one of a number of cells in the body, as the fetus is developing. For example, if the fetus is developing a nervous system, then the cells taken from that time will differentiate and become cells of the nervous system. If the fetus is developing bone cells and cartilage, the cells would differentiate and grow bone or cartilage cells, and if the fetus is developing skin cells, the cells will differentiate and become regenerative skin cells within the body.



This cryogenically preserved amniotic tissue has a "100-year history" with no reported recipient rejections. The stem cells are obtained only from live, healthy births. No embryonic tissues or no tissue from aborted fetuses are ever used. The stem cells are collected through aseptic recovery techniques during a planned caesarian section of full-term deliveries from a healthy woman aged 18-35 years of age. These women have been prescreened under strict guidelines by the FDA and American Association of Tissue Banks for infectious disease and have undergone extensive testing and screening.

The Benefits of Stem Cells

- Arthritis
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- Vaginal Atrophy
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- Immunomodulatory (Can help with some autoimmune diseases)
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Lifting the Veil

By Robert C. Goethe, MD

Florida now has over 100,000 patients who are on the state registry to use medical marijuana (cannabis) and that number is rapidly rising. Considering the lack of support from organized medicine and efforts within the federal and state to derail the movement, the public has discovered that cannabis is, in fact, a better and safer alternative to what has traditionally been pushed on us by the pharmaceutical companies.

The evidence is showing that cannabis may well be a major solution to the opioid crisis. (JAMA 4/3/18) It is not physically addicting like opiates and can't kill you with an overdose. Cannabis also controls seizures in certain types of patients when nothing else will and doesn't have the intolerable side effects of standard anti-seizure medications. It controls tremors in Parkinson's Disease, nausea in chemotherapy, reduces anxiety in PTSD. It's a wonderful alternative to many more dangerous, more expensive and less effective drugs.

The pharmaceutical industry is by far the biggest lobbying group in this country, pouring over a quarter billion dollars into the hands of politicians over the last decade. They spend another 3/4 billion on sales - advertising and sales reps. In 2007, the pharmaceutical company, Purdue, was fined by the feds \$634.5 million for influencing doctors to inappropriately prescribe its opiate OxyContin as well paying out many millions in state lawsuits. But when a company is making over 16 billion a year selling narcotics (2016), such fines are considered just the price of doing business.

Another example of predatory pricing by the pharmaceutical companies is Narcan. This is the antidote to narcotic overdose. In the last ten years the price of this life saving drug has increased 5 fold.

People may also recall some of the recent instances where pharmaceutical companies, with the help of the FDA and patent laws, were able to gouge the public with drugs that have been inexpensive for years. A few years ago the Epi-pen, a life saving remedy for bee sting anaphylaxis abruptly went up in price to \$600 a dose. This medicine, epinephrine, has been around forever and is dirt cheap. But through multiple acquisitions and patent legal wrangling, Milan pharmaceuticals increased the price of this life saving device from \$100 to over \$600.

A few years ago Galien Pharmaceutical came out with a drug Harvoni that was over 90% effective for treating hepatitis C. They priced the drug at \$1000 a pill but outside of the US it could be bought for \$9.00 if you were not American.

Cannabis has been around forever as a medicine. Now that it has been re-discovered, there is an effort to keep it out of the hands of people because its success equals loss of profit to pharmaceutical companies. It is interesting to note that the FDA hasn't budged on its position on banning cannabis, yet in 1986 it allowed a pharmaceutical company to manufacture and sell synthetic THC labeled "Marinol". It's expensive and patients generally don't like it because it only

makes them "high" which is generally an unpleasant experience when not accompanied by the other cannabinoids that smooth the medicinal effect. This superior value of natural cannabis over synthetics is referred to as "the Entourage effect".

Another peculiar fact is that the Federal Government themselves, who fail to recognize cannabis in any form as a medicine, took out a patent on cannabidiol (CBD) in 2003 because it recognized its unmistakable usefulness on neurodegenerative diseases and it's near perfect safety profile, yet it continues to keep it classified in a grey area "not really legal" status as a Schedule 1 drug. However, CBD is not psychoactive and is now widely available in health food stores and online. There is presently at least one drug company trying to purify CBD and sell it back to us at great profit while the FDA still tries to prevent access to it via the natural plant, cannabis.

I encourage people to learn more about the benefits of medical cannabis and be aware and resist the back room efforts to limit our rights to use it in its natural form and without government interference.



On Facebook like our page for more information, search for Better Health Compassion Clinic. If you're interested, please call **352-601-4200** or email DrBobGoethe@gmail.com - Check out our website: www.compassionclinicflorida.com

Dr. Bob Goethe is a board certified anesthesiologist, with over 40 years of medical experience who is now semi-retired in Citrus County and chooses to support the medical marijuana initiative because he has seen it's benefits in patients and strongly believes in the cause.

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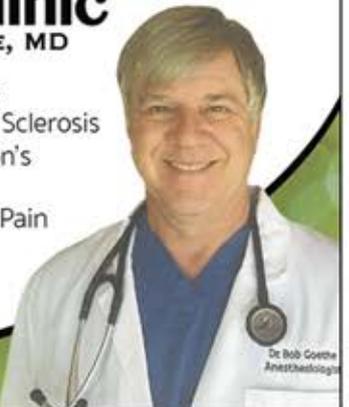
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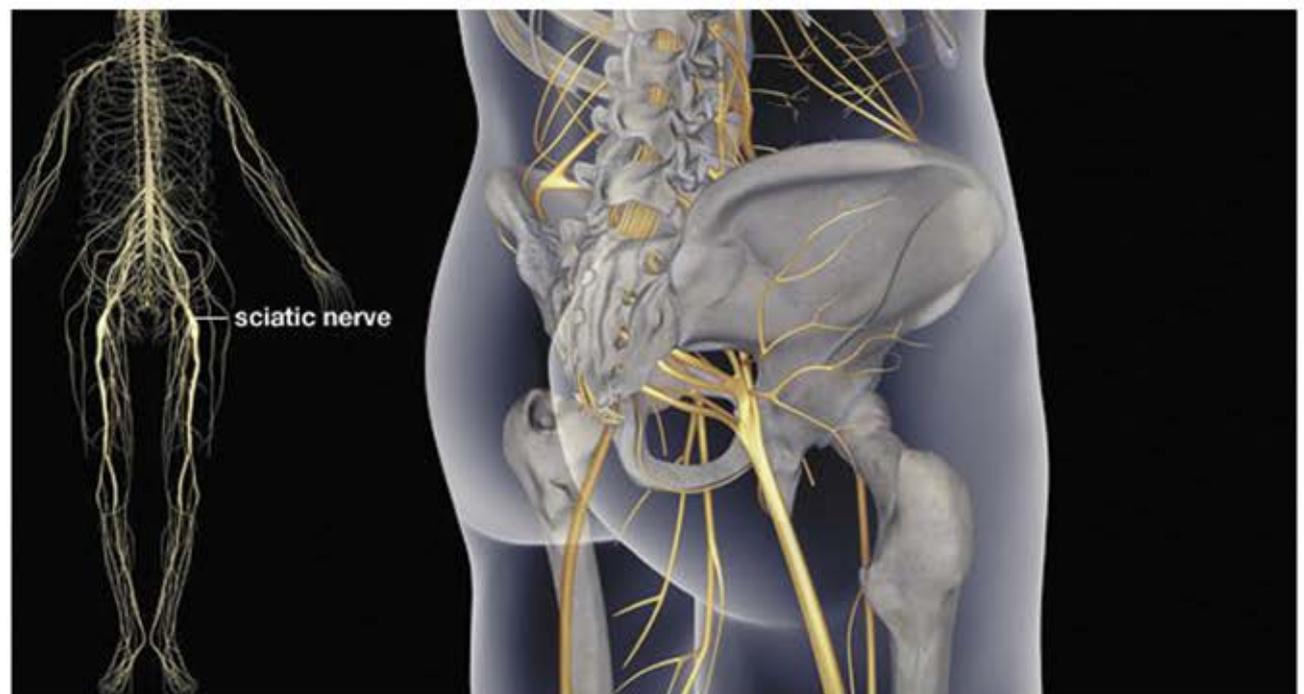
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C By Compton Chiropractic Care

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.



WHETHER OR NOT YOU'VE GOT A PRIMARY CARE PHYSICIAN (PCP), AT DR. COMPTON'S OFFICE, ALL PATIENTS ARE WELCOME.

WE WORK WITH YOUR CURRENT PHYSICIAN:

If you have a regular family practice relationship, your current PCP can treat you simultaneously, and all communications between Dr. Compton's office and theirs will be shared and interconnected.

WHAT IF I DON'T HAVE A PCP?

Many patients come directly to Dr. Compton's office, as referrals are not required.

WE CAN REFER YOU OUT IF NECESSARY:

All cases and patients are different. For example, if we feel it's in your best interest to see an orthopedic specialist, or if you need additional images, we refer you out and can also coordinate this with your PCP's preferences.

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
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- Use the highly reliable and world-renown Palmer "hands on" technique of Chiropractic care
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Palmer Graduate
U.F. Graduate - B.S. Nutrition
Military Veteran



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



Dr. Daniel Taylor
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Molecular & Microbiology Sciences

God Our Father - A Father's Day Tribute

By Ross Johnson, Lead Pastor, Gathering Pointe Church

Growing up, I idolized my dad. He was a man's man. He was hard working, working two jobs for many years of my childhood. He is a Vietnam Vet having served two tours, awarded a Purple Heart and Uncommon Valor. His hands, scarred and calloused from years of turning wrenches as a mechanic. In fact, in my home town, he was known as one of the best engine builders in the area. At any given time, there were project cars in our garage with the front end torn apart and the motor on the engine stand. Some of the best memories of my childhood were spent in the garage working with my dad, cleaning parts, holding the backend of a pop-rivet gun, handing him a 9/16 box end wrench while listening to the DJ Wolf-man Jack. To this day when I hear certain songs, my mind races back to those days working with my dad, firing up that big block Chevy we just finished or the smell of fresh solvent in our parts cleaner.

As fond as many of my memories are, there were very difficult times as well. My dad was absent in my life until I was at about the age four. My parent's marriage was rocky most of my years growing up, and most of those tensions were centered on my dad's demons from Vietnam and alcohol. You see, my dad was an alcoholic. I tell people I never knew when my dad was drunk...because he was never sober. That is not much of an exaggeration. My dad's breakfast consisted of a steady diet of whiskey and water. His lunch consisted of the same. He drank at work. He drank at home. He often joked that he couldn't do his best work in the garage until he had a six pack in the tank. We used to laugh. But looking back on it years later, it breaks my heart.

While my dad taught me the value of hard work, integrity, how to do a brake job and change the oil in my car, my dad was never in a position to teach me about faith. He never taught or modeled for me what a relationship with a Heavenly Father looked like until much later in my life. Sure we went to church when I was a kid. Heck, my dad and I even got baptized on the same day when I was in the third grade. But it just seemed there was nothing ever really real about it and soon, we quit going.



By the time I was a sophomore in high school, I had decided that I wanted to be just like my dad. In every way. I saw my dad fight, cuss and drink and so that is what I thought a man did, who a man was. I idolized him and so I had become his carbon copy.

Around that time, my parent's marriage hit rock bottom. There was an ultimatum given. Go back to church and try to save a marriage or part ways...so we went to church. I went begrudgingly – to the point that I would go to church with them on Sunday while I was still drunk. Over the next several months, however, my dad made two decisions that would eventually change the course of our lives. After a weekend bender that almost led him to commit suicide, he decided to walk away from alcohol and decided to walk with Jesus. Praise God my dad has been sober for 30 years!

It wasn't until the end of my freshman year in college that my dad's two decisions hit home for me. I found myself in a very similar situation in my dorm. A weekend bender and thoughts of

suicide. Just as my dad did a few years before in our garage, I decided to walk away from the bottle and walk with Jesus.

I have two fathers. One is perfect and one isn't...but I love them both. I love them both for all that they have taught me. You may have an earthly father that has caused great hurt and pain and believe me, I get it. But I want to encourage you that there is a Father that will love you unconditionally and perfectly. A perfect Father who is ready to adopt each of us and bring us into His family...a family of faith, mercy, grace and perfect love.

If you struggle with Father's Day and would like to share your story, I would love to listen. Feel free to reach out to me at any time.

May you have a blessed Father's Day.



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