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

July 2018

Marion Edition - Monthly

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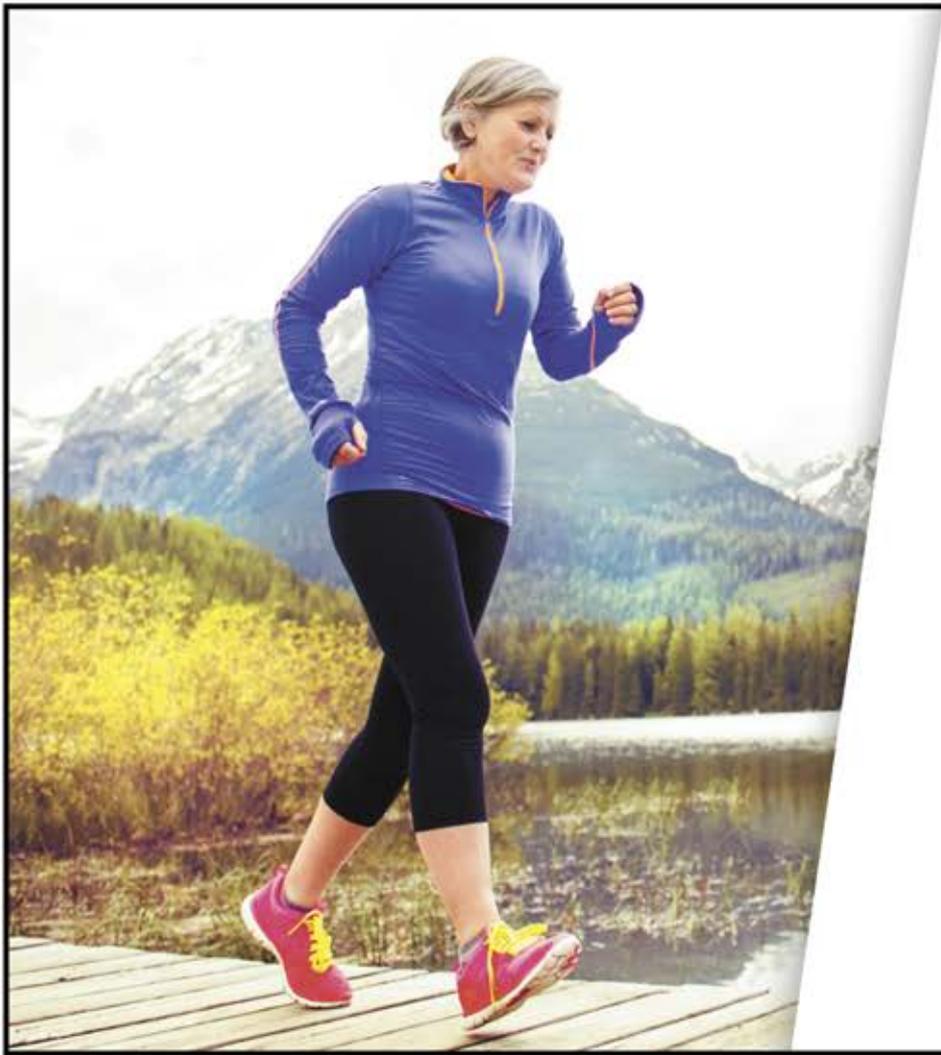
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# Why live in pain?

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# Hydration in the Summer

## Beat the Florida Heat!

**T**he heat is on. It's summertime! It has been extremely hot these past few weeks, but it is time to get outside to run, bike, swim and do anything else outdoors we can imagine. It is even a great time to sit in the sun and watch your favorite sporting event. What you may have noticed while you are doing all of these wonderful activities is how thirsty you have become. If you have become thirsty your body has already lost 1-2% of its fluids, about 1-2 liters of body water. Yikes! What are we going to do about this?

Given more than half of the human body is composed of water and this water provides an integral role in many bodily functions necessary to sustain life, the first thing we want to do this summer is pre-hydrate our bodies. We can do this by drinking 16-32 ounces of fluid before activity. Then we want to keep drinking fluids throughout our activity, about 16-20 ounces every 10-15 minutes. Finally we need to drink about 20 ounces of fluids for every pound of body weight lost during the activity.

Here are some signs of dehydration you may experience this summer:

- Fatigue
- Loss of appetite
- Flushed skin
- Heat intolerance
- Light-headedness
- Dark colored urine
- Dry cough
- Headaches
- Muscle cramping

How do we know how much water we are losing with any given activity in the summer heat? If you weigh yourself before and after an activity this will give you a good estimate of how much fluid loss you experienced.

These weights must be taken without clothes on to be accurate. Keep in mind that over one percent loss in body weight indicates dehydration while over a five percent loss in weight indicates severe dehydration.

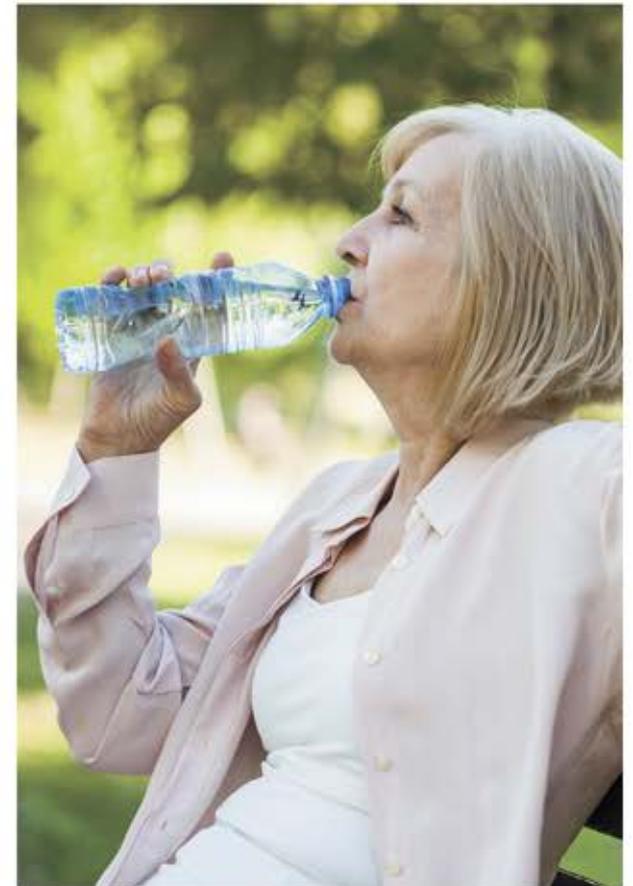
### % Body Weight Change

Well Hydrated	-1 to +1%
Minimal Dehydration	-1 to -3%
Significant Dehydration	-3 to -5%
Serious Dehydration	>5%

Remember, dehydration can lead to some serious issues for the body including, heat stroke and heat exhaustion. Signs of these more advanced conditions include flushed skin, chills, tingling in extremities and the inability to sweat. Emergency medical attention should be given to those suffering from these symptoms.

Now be sure you are drinking the proper fluids this summer. Alcohol and carbonated beverages are fine in moderation but the body does not tolerate them well during summer activities in the heat and sun. It is best to hydrate with water and the occasional sports drink. Sports drinks are good for replacing chemicals such as sodium and potassium lost during activity as well as the fluids. During heavy exercise, alternate water with the sports drink for optimum hydration.

By taking these hydration steps hopefully your summer will be more enjoyable. Have a great summer!



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Source: "Selecting and Effectively Using Hydration for Fitness" American College of Sports Medicine

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# ALZHEIMER'S AWARENESS MONTH: Your Top 5 Questions Answered

## 1. What is Alzheimer's Disease?

Nearly 5.2 million Americans have Alzheimer's disease, and that number is expected to triple by 2050. Experts estimate that an Alzheimer's diagnosis will affect close to 15 million people by mid-century.

Forgetfulness, agitation and frustration, social withdraw, and difficulty with daily tasks, are all symptoms of Dementia. Alzheimer's is the most progressive form of dementia. As the "tangles" in the Alzheimer's brain become unattached, they disrupt the communication in the brain.

With Dementia, there are several different types, but one common and often overlooked type is vascular dementia, which usually affects individuals that have suffered a stroke or mini-stroke(s). Vascular dementia injures the brain in the area that controls memory, problem solving and speech.

## 2. What are the Risk Factors & Causes of Dementia?

For years, medical professionals and researchers have been trying to find the exact cause of Alzheimer's disease (AD). Even with the top three speculative triggers, it's still unclear as to what is causing this devastating disease to rob so many people of their cognition.

The main hallmarks of the disease are attributed to amyloid plaques, cerebral amyloid angiopathy, and neurofibrillary tangles. While these pathological markers are evident in many individuals with Alzheimer's disease, they are not always present in all; consequently, they cannot entirely account for the umbrella of cognitive disorders.

In a recent study, top neurologists and researchers went a few steps further, to shed light on a new discovery in the causes of Alzheimer's. The study looked at the cerebrovascular pathologies, cardiovascular health, and microvascular disorders. Almost all individuals with dementia show signs of some vascular impairment on various levels.

## 3. What are the Symptoms?

The signs and symptoms of dementia are different throughout the various stages of the disease, but common indicators are as follows:

- Forgetfulness, especially short-term memory
- Change in personality
- Agitation/Frustration
- Difficulty with daily tasks
- Social withdraw
- Aphasia (speech disorders)
- Sundowning (confusion and sleeplessness in the evening)

## 4. What are the Treatment Options?

Some medications can slow the progression of the disease, but these are unfortunately not a curative treatment method. However, we do know that following helps patients stave off the disorder:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

## 5. How can you Prevent Cognitive Decline and the Progression of the Disease?

Maintaining a healthy brain starts by eating a nutritious diet, such as the Mediterranean, MIND or DASH diet, which provide essential nutrients for the brain's condition. All three of these diets emphasize eating plenty of vegetables, fruit, healthy fats, whole grains and lean protein (especially cold-water fish), while avoiding sugar, simple carbs and saturated fats. Eating this way is thought to prevent cognitive decline by proving the brain and body with antioxidants, and the good fats that it needs to function properly. Excessive sugar, simple carbohydrates, processed foods and chemicals are known to cause brain and memory degeneration.

Staying active and social is also a useful method for maintaining optimal brain health. Along with socialization, staying physically active is imperative in the production of oxygen-rich blood flow and can decrease your risk of Alzheimer's and dementia.

A few years ago there was a cognitive study performed, the first of its kind, which incorporated an interventional methodology to take a multi-domain approach to dementia prevention. The trial called the FINGER Study was conducted over a two-year period in Finland by a team of healthcare providers.

With over 1200 participants, the randomized tests were done on a control group and a multi-domain intervention group. The control group was given regular health advice on a weekly basis, while the intervention group was given tactical exercise, diets and performance studies three to four times per week.

### *The multi-domain intervention group's protocol consisted of:*

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

The conclusion of the study showed that it is possible to prevent cognitive decline through physical exercise, diet, cognitive training and socialization, and by lower metabolic risk factors.

If caught early, this progressive disease can be delayed through specifically advanced treatment options like diet, exercise and refining memory skills. Neurologists and other professionally trained practitioners are essential in putting the pieces back together.

### Anette Nieves, M.D., Neurology



*Dr. Anette Nieves* is a fellowship trained neurologist treating patients with Parkinson's disease, tremors, tics, dystonia and dementias, including Alzheimer's disease. She also evaluates with movement disorders for treatment with deep brain stimulation. Dr. Nieves further developed

her expertise as an assistant professor of neurology and now brings her devotion to treating patients with neurological disease and disorders to patients in both Ocala and The Villages.

#### *Medical Education:*

University of Puerto Rico, -School of Medicine, San Juan, Puerto Rico

#### *Internship:*

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# Urinary Incontinence

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

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

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

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



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

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

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

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

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



**855-298-CARE**

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# Treating Pain Fundamentally & Synergistically

**N**eurosomatic Therapy (NST) is an integrative form of manual therapy that identifies and corrects structural and biomechanical imbalances in the body. By carefully analyzing dysfunctional postural and movement patterns, NST can be used to create a comprehensive therapy program to treat the underlying cause of pain, improve athletic performance, and prevent injury. Neurosomatic Therapy provides the best internal environment to prevent many problems from occurring. Often times injuries to tendons, ligaments, intervertebral discs, and more can simply be the result of poor biomechanics leaving the body prone to damage.

#### NST Pain Treatment:

- Breathing Difficulties
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- Irritable Bowel Syndrome
- Disc Herniations
- Failed Back Surgery Syndrome
- Frozen Shoulder Syndrome
- Hip Pain
- Leg Length Inequality
- Low Back Pain
- Migraine Headaches
- Neck Pain
- Plantar Fasciitis
- Rotator Cuff Dysfunction
- Sciatica
- Scoliosis
- Tennis/Golfers Elbow
- Thoracic Outlet Syndrome
- TMJ Dysfunction
- Whiplash

Aaron Calverley, certified Neurosomatic Specialist states, "I believe that anatomy and physiology are inseparable. The location of dysfunction is not always the source of the issue, but the result of compensation.

I have always been involved in extreme sports and athletics, growing up racing motocross and supercross. Seeking year-round competition, I moved away from my home state of Connecticut, to the warmer climates of California and Florida.

In 2014 I sustained a shoulder injury at Daytona supercross. After about 7 months in physical therapy, my recovery progression was at a standstill, and I was forced to search elsewhere for alternative treatments.



Through research, I discovered the Center For Neurosomatic Studies (CNS) in Clearwater Florida. A student at CNS was able to identify the source of the residual dysfunction, by studying the movement patterns and position of my shoulders. After one treatment I was well on my way to recovery. After two treatments, I was back in the gym and on the track again.

I was so impressed and inspired by my results, that I was driven to learn how Neurosomatic Therapy works. I enrolled full time at The Center For Neurosomatic Studies in 2014 and began the process of learning the inter workings of the human body. Through my time at CNS, I discovered how the effects of one area could be traced through the entire body, like clues leading back to the true source of dysfunction."



Cal-Form Pain Treatment Center was established in 2017, to bring the therapeutic benefits of Neurosomatic Therapy to patients in Ocala, and surrounding areas. Visit the Cal-Form website for patient testimonials.

#### Neurosomatic Therapy Benefits:

- Eliminate Muscle Spasm
- Restore Flexibility
- Restore Proper Biomechanics
- Increase Muscle Strength
- Increase Muscular Endurance
- Teaches Patients How to Prevent Future Disorders

#### Aaron Calverley, CNS, LMT

*Aaron Calverley is a certified Neurosomatic Specialist, License Massage Therapist, and a certified Muscle Activation Techniques Jumpstart Practitioner. He owns and operates Cal-Form Pain Treatment Center in Ocala Florida.*

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# Should You Be Concerned About Eye Cancer?

**M**ost of us know that melanoma is the most dangerous form of skin cancer. The reason we hear so much advice on wearing sunscreen, sunglasses, protective clothing, and avoiding over sun exposure between 10:00 am to 4 pm, is due in large part to the sun's harmful UV rays when the sun is the highest in the sky. However, **IT'S NOT JUST SKIN CANCER THAT YOU HAVE TO WORRY ABOUT** because the sun's harmful UV rays can cause cancers to form in the eyes.

It's a rare diagnosis, but if your eyes are constantly exposed to UV radiation, your chances of getting melanoma in the eye are substantially increased. Ocular melanoma tumor cases are uncommon, but about 2,000 new cases are diagnosed each year, and that number is on the rise here in Florida. Living in the sunshine state, we need to be especially conscientious about preventing this form of cancer, due to our excessive exposure to the sun year round.

#### Protecting your eyes:

Sunglasses are the fashionable accessories that can indeed help to prevent melanoma from forming in the eyes. Your eyes need protection from both UVA and UVB rays.

When choosing sunglasses, some cheap versions may actually increase your risk by easily allowing harmful rays to filter through. It's essential to select frames that cover your eyes and the area surrounding your eyes, securely. If they don't fit your face correctly, then UV radiation can penetrate through the gaps and openings.

#### Sunglasses should have one or more of the following options:

- 100% UV protection
- Polarized lenses
- Polycarbonate or Trivex lenses
- UV coated lenses



#### Ocular Melanoma (eye tumor/cancer):

Your eye is made up of three stratum, the outer, inner and middle layers. The middle layer is where most melanomas form. They typically occur in the uveal tract, which houses the iris, pupil, muscle fibers and layer of blood vessels that provide nutrients to reach the retina. This layer of blood vessels is called the choroid and is where most intraocular melanomas are found.

During your regular dilated eye exam, an ophthalmologist can usually detect the tumors if they are present. Some of the symptoms of ocular melanoma are a dark spot on the iris (color portioned eye), blurry vision, changes in the size of pupils or their shape, pain, redness, or consistent irritation.

If you or a loved one have any eye symptoms or are in need of your yearly eye exam, please schedule an appointment with an ophthalmologist immediately. Problems with sight, such as macular degeneration, retinal disorders or melanoma need to be addressed and treated as soon as possible. Although the treatment options for ocular melanoma are limited, if caught early on, a resection (removal) of the tumor is the standard of care.

Ocala Eye is the largest, most experienced eye care practice in North Central Florida. Since Ocala Eye was founded in 1971, more people from Marion and surrounding counties trust their eyes to the ophthalmologists there than any other eye care group.

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John S. Deaton, D.O.  
Michael Morris, M.D., F.A.C.S.  
Peter J. Polack, M.D., F.A.C.S.  
Jodie A. Armstrong, M.D., F.A.C.S.  
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Hussain Elhalis, M.D.  
Vishwanath Srinagesh, M.D.

##### Optometrists:

Kathryn Mar Jip Pomakis, O.D.  
Charles F. Paglia, O.D.

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Chander N. Samy, M.D., F.A.C.S.  
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Sarah Kim, D.O.



# Ulnar Nerve Damage

## It's Not Funny

Christopher Manseau M.D.

**Y**ou often hear people wincing in pain when they hit their “funny bone.” The funny thing is that the so-called funny bone is neither a bone nor is it funny. It’s actually the ulnar nerve that sits just behind the elbow and down into the back of the forearm. The ulnar nerve controls small motor functions in the hand and forearm, as well as the sensations of the fourth and fifth fingers.

If you have golfer’s elbow or medial epicondylitis you may also be suffering from an injury to the ulnar nerve or compression at the medial elbow or cubital tunnel syndrome. Surgical decompression of the nerve to free it from its area of entrapment may be necessary to allow the nerve to heal and allow the hand to recover its function. The surgery is quite detailed and

requires an experienced orthopedic surgeon in order to optimize the outcome. The recovery from the surgery is fairly straight forward and occupational therapy is generally recommended to maximize the recovery of function. You can rest assured that you will be feeling much less pain or pain-free in a short while after the procedure is complete.

When the elbow pain symptoms are more severe, persistent and painful, generally arthritis is involved. Surgeries like total elbow arthroplasty or radial head replacement may be necessary to address the injuries of fractures, degenerative arthritis, or dislocations.



*The elbow is made up of three bones:*

- Radius (medial forearm toward thumb)
- Ulna (distal forearm toward pinky)
- Humerus (upper arm)

Muscles, tendons, and ligaments encompass the elbow joint and join the three bones together.

### Elbow Replacement Surgery

An artificial elbow, available in partial, total, and various sizes will be fitted into the damaged bones of the elbow. The artificial joint is made up of metal and plastic to act as the synovial fluid and to allow smooth flexion and bending movements from the elbow. The stems are made up of metal and are placed into the canal of the bones and fixed with a material that allows natural bone regeneration to occur around and through the artificial joint.

After your surgery, you will need to rest and heal for several weeks to several months. Your surgeon may recommend physical therapy or occupational therapy to help you rebuild bone, strengthen your arm, and to perform daily tasks. Trusting your joints and bone health to a qualified, experienced surgeon is imperative. Dr. Manseau has extensive experience with joint replacement surgery.

### Christopher Manseau M.D.

Fellowship Trained  
Board Certified Orthopaedic Surgeon  
Fellow American Academy of Orthopaedic Surgeons

Earning his medical degree in 1991 from Tufts University School of Medicine, Dr. Manseau has over 25 years of experience in the practice of orthopaedic medicine. Dr. Manseau is a board-certified orthopaedic surgeon and a Fellow of the Academy of Orthopedic Surgery.

Dr. Manseau has practiced in North Central Florida since 1997. In 2006, he established Orthopaedic Specialty Care (OSC) to further his desire to provide the ultimate in personalized care. This emphasis on individualized medicine earned him the Compassionate Doctor Award in 2011, 2012, 2013, and 2015.

Based in Ocala, Florida, OSC provides comprehensive surgical and nonsurgical solutions to the wide range of orthopaedic issues confronting all ages.

To schedule your consultation,  
please call (352) 624-0004.

352.624.0004 | [www.oscllc.net](http://www.oscllc.net)

# Summertime Fun: Don't Skip Out On Your Dental Examinations

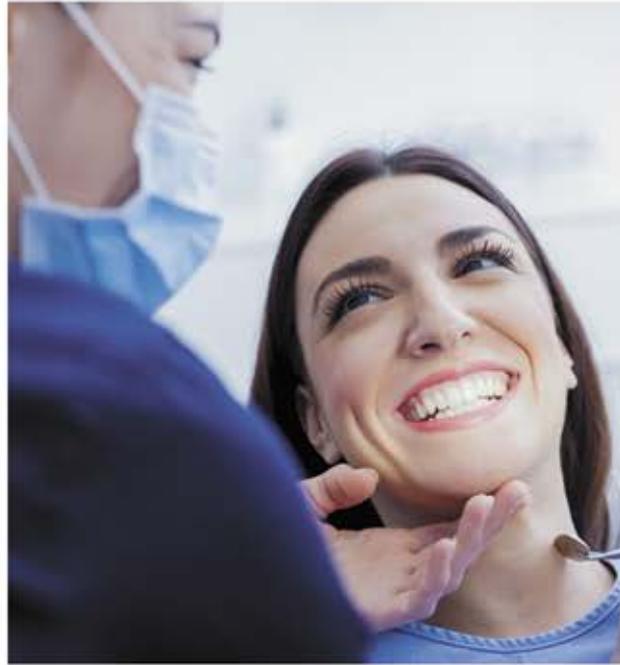
**N**ow that summer is here, it's the perfect time to schedule your yearly check ups. You'll face fewer crowds, easier appointment making, and a relaxed environment. Even though, summertime means more vacations and weekend getaways, dental decay doesn't take the time off too. So, what should you do if you're on vacation and you have a dental emergency?

If you're out of town and you chip a tooth, lose a crown, or fracture a filling, you can find a few good products in the dental aisle of your pharmacy or grocery store. These at-home treatments are obviously only meant to be temporary until you can get to the dentist's office for a thorough examination and a permanent procedure.

When you get back in town, call Ocala Dental Care. They are one of the most skilled dental offices around. Their ability to make your broken tooth look completely normal is a form of artwork that is often overlooked. Whether you choose to have a bonded material or a full veneer or crown, Ocala Dental Care has state-of-the-art devices and techniques to make your teeth look and feel like nothing ever happened.

One prevalent cause of breaking teeth is due in large part to microleakage or tiny fractures that have derived over an extended period of time. In these situations, you can easily fracture your tooth on something as soft as angel food cake.

Microleakage happens when the filling material begins to pull away from the tooth because the filling is disintegrating, or the tooth structure is breaking down. The crumbling of fillings can happen with a resin filling, which uses a tooth colored filler. But, typically dental professionals see the vast majority of microleakage in amalgam restorations. Amalgam is the metallic or "silver" version of dental fillings, which are made up of silver, tin, mercury, and copper. Characteristically, an amalgam restoration will last approximately 15 years depending on the size of the filling and the tooth's healthy structure.



The reason that microleakage is a huge concern is that it creates tiny spaces where bacteria can enter. Once bacteria harbors its way into the tooth, it begins to eat its way through the enamel, spongy dentin, pulp, and eventually into the roots of the teeth. If it is not taken care of promptly, it can lead to root canal abscesses, periodontal disease, and can cause your jawbone to become infected as well. Your dentist can usually see extensive decay under the filling on x-rays

#### Treatment for Microleakage & Fractures

The good news is that microleakage is usually very easy to repair. Whether that's a new filling, crown, or implant depends on the depth of damage your tooth has incurred.

It's critical to get your teeth professionally cleaned two times per year, and having your dentist examine your teeth and x-rays to check for fractures and microleakage. Ocala Dental Care takes the time to show patients the pictures from an intraoral camera, so that you can see the damaged area for yourself, and a treatment plan will be prepared for your specific needs. The sooner you get any fractures or microleakage taken care of, the fewer chances you have of developing abscesses, periodontal disease, bone infections or the dreaded dental emergency; bound to ruin any ones day at the beach.

Rest assured, if you have concerns about old fillings, chipped teeth, or just want to refresh your smile, look no further than the most innovative dental office in the area. Ocala Dental Care invests in the most up-to-date techniques and devices to make your smile and your experience the best it can possibly be. Their primary goal for patients is to achieve and maintain optimum oral health through advances in techniques, technologies, and by keeping their scheduled dental exams.

#### Ocala Dental Care

*Ocala Dental Care is a restorative dental office dedicated to offering exceptional care from dental basics to extensive procedures, all within a warm, inviting setting. They provide comprehensive restorative and general dentistry services to patients, including dental hygiene cleanings, root canals, endodontics, dental implants, dentures, crowns, and full mouth reconstruction.*

*Members of the FDA and Central Florida District Dental Association, they have been serving patients for more than 30 years and look forward to serving all of your dental needs.*

*If you or someone you know is concerned about their oral health, or if you need a check-up, please contact Ocala Dental Care today.*

  
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# NUCLEAR MEDICINE

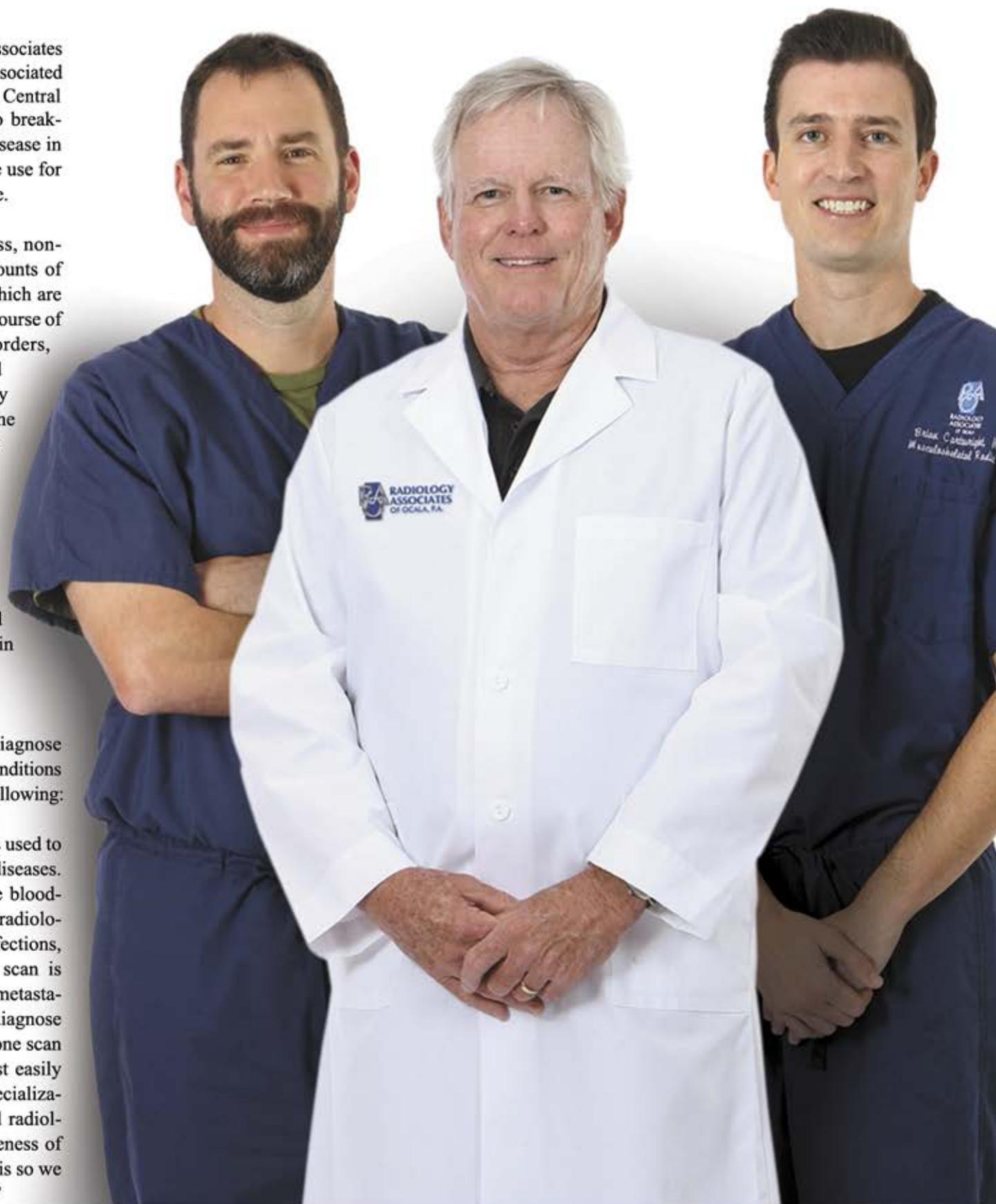
## ENABLING EARLY DISCOVERY & TREATMENT OF MULTIPLE HEALTH ISSUES

**A**mong the many reasons Radiology Associates of Ocala (RAO) has been a name associated with experience and trust throughout Central Florida for 45 years is RAO's dedication to breakthrough technologies designed to discover disease in its earliest stages. One of the proven tools we use for rapid discovery is known as nuclear medicine.

Nuclear medicine describes a set of painless, non-invasive imaging tests that utilize small amounts of radioactive substances called radiotracers, which are used to diagnose and assess the severity and course of many types of cancers, gastrointestinal disorders, neurological problems, thyroid disease and much more. Radiotracers, which are typically introduced intravenously or orally, travel to the area being investigated and emit gamma rays that can be captured by a specialized camera and transferred to a computer screen for in-depth analysis. The images created by these scans are highly detailed, enabling earlier discovery of disease and covering a broader area than many other types of tests, making nuclear medicine the preferred diagnostic tool for many conditions. In certain cases, nuclear medicine can also be used to treat disease.

The Board Certified radiologists of RAO diagnose and analyze a wide variety of diseases and conditions using nuclear medicine scans, including the following:

**Bone Scan** – A nuclear medicine bone scan is used to evaluate bone and joint abnormalities and diseases. An injectable radiotracer travels through the bloodstream to the bones and joints, enabling your radiologist to get detailed images of fractures, infections, arthritis, tumors and other problems. This scan is often used to check for cancer that may have metastasized to the bones from another area, and to diagnose and monitor arthritis. “A nuclear medicine bone scan can catch disease very early, when it is most easily treated,” says Dr. Ryan Tompkins, whose specializations include diagnostic and musculoskeletal radiology. “We also use it to measure the effectiveness of treatments for diseases like cancer and arthritis so we can make sure they’re working successfully.”



**Gastric Emptying Test (GET)** – A GET is used to analyze the stomach’s speed and capacity to empty efficiently. Slow or incomplete gastric emptying, a condition called gastroparesis, is often marked by serious symptoms, including stomach, abdominal or chest pain, bloating, nausea, vomiting, loss of appetite, weight loss and gastroesophageal reflux, also called GERD or acid reflux. A GET is performed by having you swallow a tiny radiotracer, which travels to your stomach so images can be captured by a specialized scanner. Your RAO radiologist and clinician will be able to determine if your stomach is functioning below normal efficiency so that treatment can be prescribed.

**DaTscan** – The DaTscan is an FDA-approved nuclear medicine study used to evaluate the brain for tremors and Parkinson’s disease. A radiotracer is injected into the bloodstream, where it travels to the brain and targets the neurons responsible for controlling movement, allowing them to be imaged with the specialized gamma camera. “This is highly useful in differentiating Parkinson’s disease from lesser nervous system disorders, like essential tremors,” says Dr. Fredric Wollett, whose specializations include diagnostic radiology and nuclear medicine. “Advances in technology can give us results of the DaTscan in just weeks, instead of the months or years necessitated by outdated tests. Once a determination has been achieved, then the appropriate treatment can begin, which is a huge breakthrough for patients dealing with motion disorders.”

**Gallium scan** – A nuclear medicine gallium scan is able to explore the entire body for infection and tumors. Cancer cells and infections absorb gallium more aggressively than normal healthy cells, making the gallium scan effective in detecting lymphoma, tumors and hidden sources of infection. A gallium scan takes place over the course of three days. The first day you will be given a gallium injection and a laxative to help you empty your system. Your scan will be scheduled for the following day, and will take between 1-2 hours. On day three, you will have a repeat scan and your RAO radiologist and clinician will assess the results.

**Hepatobiliary scan** – Also called a gallbladder scan, this test enables evaluation of the biliary system, which includes the gallbladder and bile ducts. This scan is used to assess gallbladder disease and dysfunction, and locate duct obstructions. Once the radiotracer is absorbed into the biliary system, your RAO radiologist can diagnose the presence of disorders like gallstones, tumors, hematomas, abscesses, cysts or gallbladder enlargement.



**Liver scan** – A nuclear medicine liver/spleen scan is highly useful in catching diseases and injuries, including cancer, hepatitis, cirrhosis, abscesses, cysts, trauma and hematomas, as well as enlargement or impaired function of the liver and/or spleen. A radiotracer is injected into the bloodstream, where it travels to the liver and spleen for detailed imaging. This scan may also be performed to monitor the progression of disease or the effectiveness of prescribed treatment. “We can also diagnose elevated blood pressure within the liver,” says Dr. Brian Cartwright, whose specializations include diagnostic radiology. “This can signify a condition called portal hypertension, which can cause a host of problems, from internal bleeding to encephalopathy, so the earlier it is diagnosed, the sooner appropriate treatment can begin.”

**Parathyroid scan** – This study is used to diagnose abnormal or overactive parathyroid glands, which are small endocrine glands responsible for regulating the amount of calcium in the blood and within the bones. For this test, the radiotracer is injected or swallowed, enabling imaging and assessment of parathyroid function.

**Thyroid scan** – This scan is used to examine thyroid structure, activity and efficiency. It captures images of the size, shape, position and function of the thyroid gland in the anterior part of the neck. Because the thyroid is responsible for producing and storing hormones necessary to help regulate heart rate, blood pressure, metabolism and other vital processes, any health or functional problems should be diagnosed and treated as quickly as possible. This procedure involves two separate appointments.

RAO offers state-of-the-art nuclear medicine scans at our Medical Imaging Center at Windsor Oaks, where our highly trained nuclear medicine technologists see to your safety and comfort, and our team of Board Certified radiologists read all imaging results in-house for assured experience and accuracy.



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# July is UV Safety Awareness Month



**We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun.**

**The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:**

- UV-B rays have short wavelengths that reach the outer layer of your skin
- UV-A rays have longer wavelengths that can penetrate the middle layer of your skin

By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely.

**Here are the harmful things unprotected sun exposure can do:**

- Cause vision problems and damage to your eyes
- Suppression of the immune system
- Premature aging of the skin
- Skin cancer

Fortunately, there are things you can do to minimize the risk that comes with sun exposure.

**1. Cover Up:** Wearing a Hat (preferably wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and sunglasses – for eye protection

**2. Stay in the Shade:** The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.

**3. Choose the Right Sunscreen:** This is extremely important. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.

**4. Use the Right Amount of Sunscreen:** According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By taking the proper precautions and following this advice you and your loved ones can enjoy the sun. If you are having any problems after being in the sun, be sure to talk to your healthcare provider.

Enjoy the outdoors this summer and remember to protect your eyes and the skin you're in!

Source: va.gov



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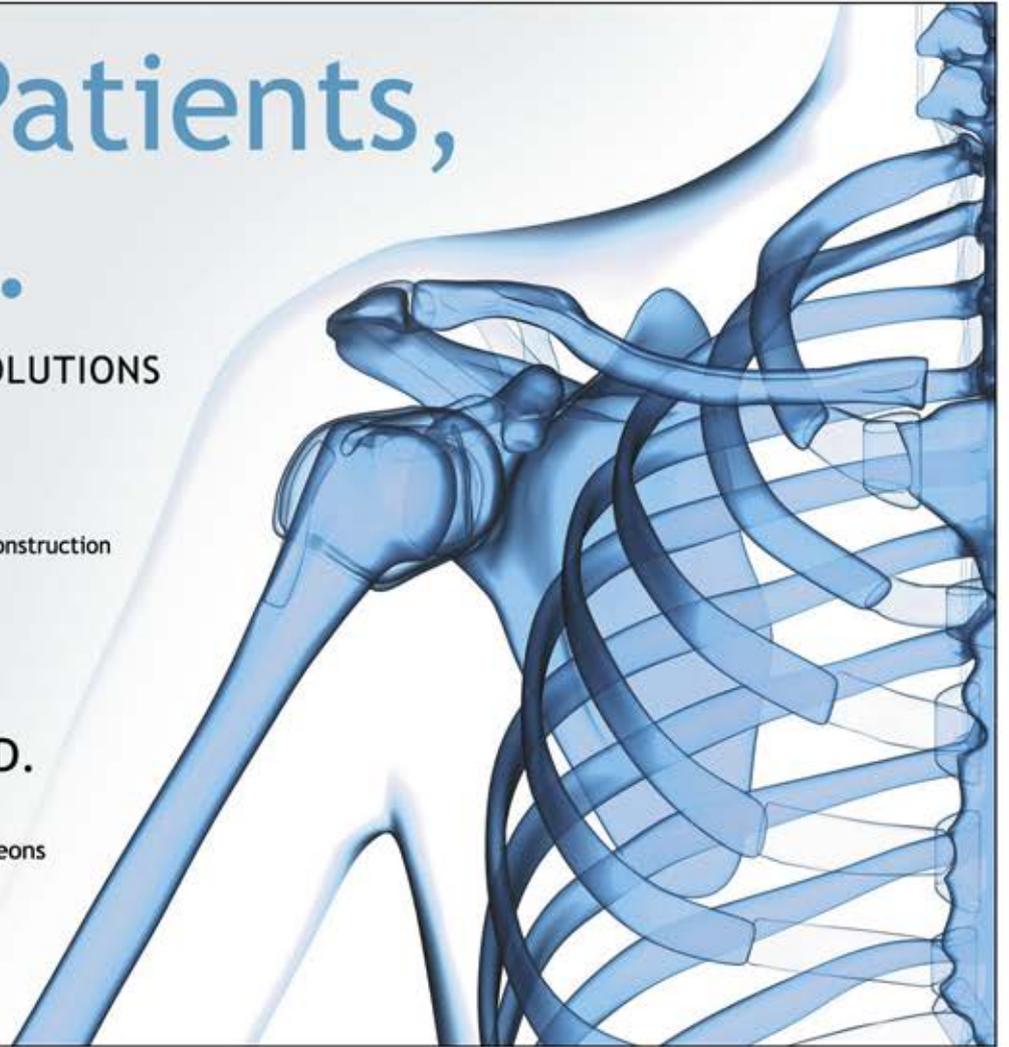
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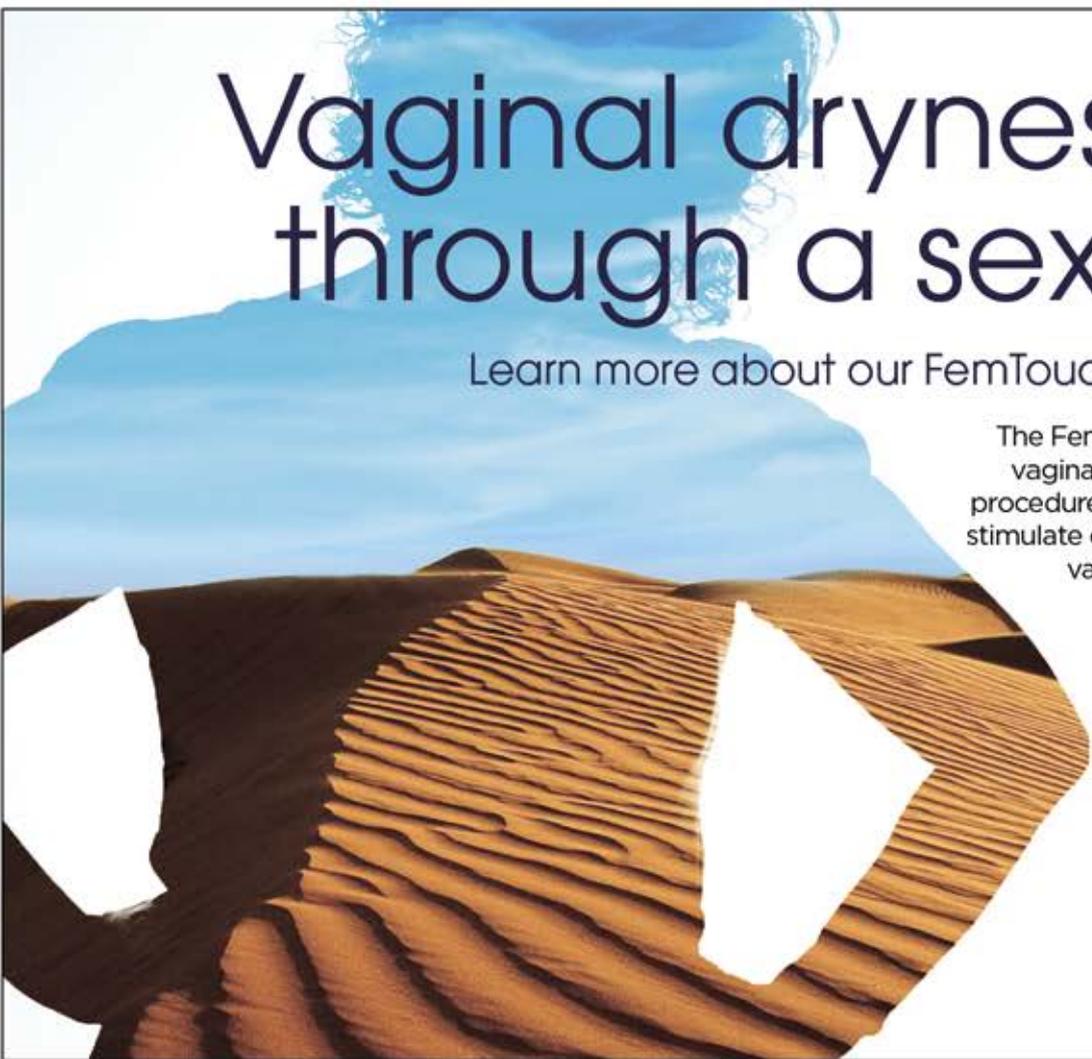
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# Vaginal dryness putting you through a sexual dry spell?

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# Alzheimer's Disease and Cannabis

By Robert C. Goethe, MD

**A**lzheimer's disease is a progressive deterioration of the brain and is one of the most frustrating diseases that medicine deals with. While we know a little bit about it, there is no way to prevent it and no cure has been found. About one out of 10 people will develop Alzheimer's disease. It has a slow insidious onset but is progressive and usually fatal within 3 to 9 years after diagnosis. Generally, the symptoms are noticed first by people that are closest to the patient (close friends and family members). There is a noticeable lapse in short term memory but long term memory stays relatively intact. Patients have difficulty with vocabulary, difficulty with directions and remembering names. As Alzheimer's progresses there are notable mood swings. The patients become withdrawn and depressed or may have inappropriate bursts of anger or sadness.

The diagnosis of Alzheimer's is made by observation of the patient's behavior and having the patient take cognitive test. There are no lab test for Alzheimer's other than to make sure the dementia is not caused by other factors such as hypothyroidism or a chemical imbalance.

There is no way to prevent Alzheimer's - it's considered to be mostly genetic. There are some thoughts that obesity, hypertension, history of head trauma or maybe diabetes might predispose to it but no one has proven a definite correlation. There's also some thought that remaining active and keeping your mind busy might be preventative but this hasn't been proven to be true either. It's just gonna happen to 10% of people no matter what they may do to prevent it.

Physicians do know this about Alzheimer's though, the brains of Alzheimer's patients have microscopic deposits of protein that are deposited around the brain cells called amyloid plaques. These plaques interrupt the transmission of nerve impulses between the brain cells and therefore interfere with memory and thinking. The brain cells quit communicating with each other. There has been some hope that the pharmaceutical industry will produce a drug that can prevent the deposits of these amyloid plaques and therefore prevent or maybe stop the progression of Alzheimer's disease. In fact, just a couple years ago it seemed that there were two very promising drugs in the pipeline.



Unfortunately, both of these drugs failed to be effective in clinical trials and therefore as yet, there is no cure. And then there are some other drugs approved for use with Alzheimer's patients that may help memory but they have minimal effect and don't do anything to actually cure or slow the disease. Plus, they have unpleasant side effects.

A problem commonly seen in nursing homes is over use of antidepressants and antipsychotic drugs to basically sedate patients and make them easier for the staff to take care of. Patients become like zombies and don't require interaction. This is criticized as inhumane and actually will take any potential pleasure out of the patients life as well as shorten their lifespan.

Medical marijuana (cannabis) has been found to be useful for Alzheimer's patients for mood disorders and depression without the dangerous side effects seen with the major tranquilizers and antipsychotics. In fact, in California which has had medical cannabis for 22 years now, doctors have found cannabis to be very useful in nursing home patients with Alzheimer's. By using various strains for various symptoms they can calm, increase appetite, and add a little euphoria for mood, and help with sleep. Generally, very small doses are used.

In 2014, researchers at the Salk Institute happened upon the discovery that THC which is the ingredient in marijuana which can make you high was found to stop and reverse the amyloid plaque production in human brain cell cultures in the lab which cause Alzheimer's. This exciting discovery had the potential of being developed into a medicine that could actually slow, stop or

reverse Alzheimer's disease. Unfortunately, the federal government still has marijuana as a Schedule 1 drug. By Federal definition, a Schedule 1 drug has no medical use and a high likelihood of addiction. We know now that this was an inaccurate classification and unfortunately makes research in the United States almost impossible. Sure enough, the Federal government would not allow clinical trials to proceed without the threat of the institution losing federal funding. However this promising finding has not gone unnoticed and research is being done now using state and other funding. For Alzheimer's patients, this is very exciting news.

While we wait for a cure, we do know now that cannabis is a great medicine for management of Alzheimer's symptoms and has a very good safety profile. If it actually slows or stops the progression, that is just an added bonus. Time will tell. But we already do know that it has neuroprotective properties already recognized. It stops seizures in some drug resistant epileptics and calms tremors in Parkinson's patients. It appears to lessen the damage of head trauma such as concussions incurred on the football field. It controls pain and seems to have an anti-cancer effect. Even the federal government knows of the enormous potential medical potential of marijuana because they obtained their own patent on one of its major components called CBD in 1994.

Since medical marijuana was legalized in Florida in 2016, it is rapidly gaining wide acceptance by patients. There are now over 100,000 people with medical marijuana cards in Florida. It's not widely used in nursing homes yet because of the fear imposed by the power of the federal government who still carries the threat of pulling Medicare funding, but hopefully this will be changing soon as it is recognized as the great alternative it can be for Alzheimer's patients.



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](mailto:DrBobGoethe@gmail.com) - Check out our website: [www.compassionclinicflorida.com](http://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.*

# Tips for Safe Summer Travel with Pets

**W**ith warmer weather, people often spend more time on summer trips with family. These trips can be more enjoyable when your four-legged friends tag along, but it can be less of a vacation if your pets are uncomfortable on the road.

"Taking pets out of their homes can induce stress on both the pets and the owners, so it's important to keep them comfortable and safe while traveling," said Jessa Paschke, behavior and training specialist at Mars Petcare. "Surrounding them with some of their favorite things from home can help reduce any anxiety and keep your pet happy anywhere you go."

## Keep these tips in mind when taking your pet on a summer road trip:

- See your vet before you go. Be sure to visit your veterinarian prior to taking off. Especially when traveling with an older pet, your vet can do a quick check-up to help identify any potential issues that could arise while traveling. If you're crossing state lines, you also may need to get a health certificate for your pet.
- Find pet-friendly stops along the route. Long drives often require frequent stops, but don't forget that your pets need pit stops, too. Find a rest stop that has a grassy area for them to expel some energy and take care of their business. Be sure to keep your pets on leashes to keep them from roaming freely in unfamiliar places. If you're stopping overnight, don't forget to call ahead to make sure your accommodations are pet friendly.
- Keep your pet comfortable. Bring a few of your pet's favorite things along for the ride to surround them with familiar smells. Whether it's your dog's bed and rope toy or your cat's crunchy TEMPTATIONS™ Treats, packing a few favorites can easily make anywhere feel like home. If it's your pet's first road trip, try some pre-travel road trip training by taking him on more frequent car rides. It'll help him become acclimated to riding along so he'll be more comfortable for the longer trip.



- Check your pet's ID. Before embarking on a trip, make sure your pet's nametag is secured to their collar and the information is up-to-date. Also be sure your pet is microchipped. In the event your furry friend gets lost, it's one of the best ways to locate him or her. You can take safety one step further by adding a GPS tracker to the collar, like the WHISTLE™ Pet Tracker. This handy device can alert your phone if your pet strays too far.
- Avoid Bad Breath. When the family is crammed into a car, pet breath can put a damper on your drive. Oral health products such as GREENIES™ Dental Treats for dogs and cats and PEDIGREE® DENTASTIX™ Treats for dogs promote fresh breath

and clean teeth. With a clean mouth and fresh breath, your family can get "road trip close" with your pet and share endless hugs and kisses on the road this summer.

"Pets are involved in all aspects of our lives, including vacations," Paschke said. "Help your fur-family stay healthy, happy and comfortable when traveling by keeping these simple tips in mind before your next road trip."

*For more information on ways to treat your pets this summer, visit [Greenies.com](http://Greenies.com) and [Pedigree.com](http://Pedigree.com) for your pups and [TemptationsTreats.com](http://TemptationsTreats.com) for your feline friends.*

Source: Mars Petcare

# Lymphatic Drainage by Be Well Holistic Massage

**L**ymphedema is a build-up of lymphatic fluid in the arms and legs, and it is usually a secondary issue that arises after cancer treatment or lymph node removal. Lymphedema is a threatening disorder that 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. Women are more susceptible to the disorder and often are unfortunately underdiagnosed or misdiagnosed altogether. Lymphedema can cause physical debilitations and physiological distress.

Conservative approaches usually begin with being treated by a lymphatic therapist. The therapist will try and massage out the lymphatic fluids in a very intricate manner. The lymphatic therapist can offer significant relief in these situations. Compression garments may also help to alleviate some of the symptoms associated with the build-up of lymphatic fluids.

## Lymphedema Facts

- Associated with radiation treatment, lymph disorders and cancers
- Affects mostly women
- Worsened by obesity
- Lymphedema is fluid retention in the limbs
- Requires a trained therapist to start the flow fluids through the body correctly

Many women develop lymphedema after breast cancer surgery due to the removal of lymph nodes in the armpit. The lymphatic massage therapist will use light taps and strokes to gently push the tissue in the direction of the lymphatic system. This allows the correct movement of the fluid through the body to naturally drain. This technique is safe and provides for the inflammatory response to calm down and decreases residual effects of the disorder.

*At Be Well Holistic Massage Wellness Center, P.A., they offer a vast array of services to their clients, including lymphatic drainage.*



## Maritza Ramos, LMT, Certified Lymphatic Drainage Practitioner

*Maritza Ramos is a Licensed Massage Therapist and Certified Lymphatic Drainage Practitioner. She moved to Florida with her family in 2006 from Puerto Rico. She graduated from Florida School of Massage, for Massage Therapy and Hydrotherapy in 2011, and became a Licensed Massage Therapist professionally practicing her trained modalities in Ocala. Her strong love for God shines through in her ability to touch and help heal the lives of her clients. She feels directed to be an instrument for Gods healing. To be apart of someone's healing experience is a blessing that she always enjoys. She also cherishes special moments with her 12-year-old daughter and family, spending time on the beach, and quiet moments in a book. Her approach is gentle and thorough.*



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## BE WELL HOLISTIC MASSAGE

*Their Commitment at Be Well is to be your ACTIVE advocate of organic nutrition, hygiene, and everyday life substances. At Be Well Holistic Massage Wellness Center their policy is to purchase only certified organic products.*

*Be Well is formed on the belief that all people deserve non-judgmental and heart-centered support for their bodies, minds, and souls. They should be able to speak their truth and be heard and understood.*

*They work with families to educate and empower the creation and implementation of a holistic support system and the importance of community and self-care and feeling connected and whole. Be Well's Holistic Life Coaches provide resources about things like how to limit your exposure to everyday life substances that are chocked full of harmful, unregulated toxins from water, food, to hygiene products. There are many ways we can help save our planet together, and one of them is eliminating the supply and demand for products that we know are harmful to our health.*

*By educating the local communities Be Well can bring awareness to make a change for what our future generations deserve. Alternative medicine and healing touch are powerful tools in the body's ability to heal itself, and with the appropriate support, clients set and achieve their goals of optimal health and wellbeing.*

*Are you concerned about the environment, your body, and limiting the amount of chemicals you use? Let your journey begin with the help of be well holistic massage wellness center.*

*Call them today to schedule your appointment.*

# 10 Steps to Help Prevent Cancer

**N**early 4 out of 10 Americans will be diagnosed with cancer in their lifetimes, and it remains the second-leading cause of death for Americans, but nearly half of all cancer cases can be prevented.

Research from the American Institute for Cancer Research (AICR) shows that diet, exercise and weight play a critical role in cancer prevention.

“Making changes in what you eat, being physically active and maintaining a healthy weight have strong and clear links to your risk for cancer,” said Alice Bender, MS, RDN and director of nutrition programs at AICR. “We know from decades of research and a thorough review of the science that there are simple things we can all do to reduce our risk.”

To live a cancer-preventive lifestyle, consider taking these 10 steps recommended by the scientific experts at AICR:

**1. Be a healthy weight.** Higher body fat can be a cause of many cancers. Try to stay at a healthy weight and avoid weight gain as you get older.

**2. Be physically active.** Incorporate moderate physical activity into your daily life through steps like walking more and sitting less.

**3. Eat a diet rich in whole grains, vegetables, fruits and beans.** Make these foods a major part of your diet.

**4. Limit consumption of “fast foods” and other processed foods high in fat, starches or sugars.** Cut down on processed foods to help control calorie intake and maintain a healthy weight.

**5. Limit consumption of red and processed meat.** Eat no more than three portions of red meat per week, and little – if any – processed meat.

**6. Limit consumption of sugar-sweetened drinks.** Don’t drink sugar-sweetened drinks, which contribute to weight gain. Choose water instead, when possible.

**7. Limit alcohol consumption.** For preventing cancer, it’s best not to drink alcohol.



**8. Do not use supplements for cancer prevention.** Aim to meet nutritional needs through diet alone.

**9. For mothers, breastfeed your baby, if you can.** Breastfeeding is good for both mother and baby.

**10. After a cancer diagnosis, follow these recommendations, if you can.** Cancer survivors are encouraged to continue following these guidelines.

Source: American Institute for Cancer Research

Refraining from smoking, avoiding other exposure to tobacco and limiting sun exposure are also important in reducing cancer risk.

Because it can be hard to make lifestyle changes, AICR aims to help people adopt healthier behaviors through efforts like the Cancer Health Check, a tool that shows people how their lifestyle stacks up against known cancer risks and recommends changes that can improve health.

For recipes, tips and other resources, visit [aicr.org](http://aicr.org).

# Salute JA Warriors During Juvenile Arthritis Awareness Month



July may be best known for watching fireworks, eating ice cream and splashing in the pool. But it's also the month when we recognize that one out of every 250 kids in the United States lives with some form of juvenile arthritis (JA).

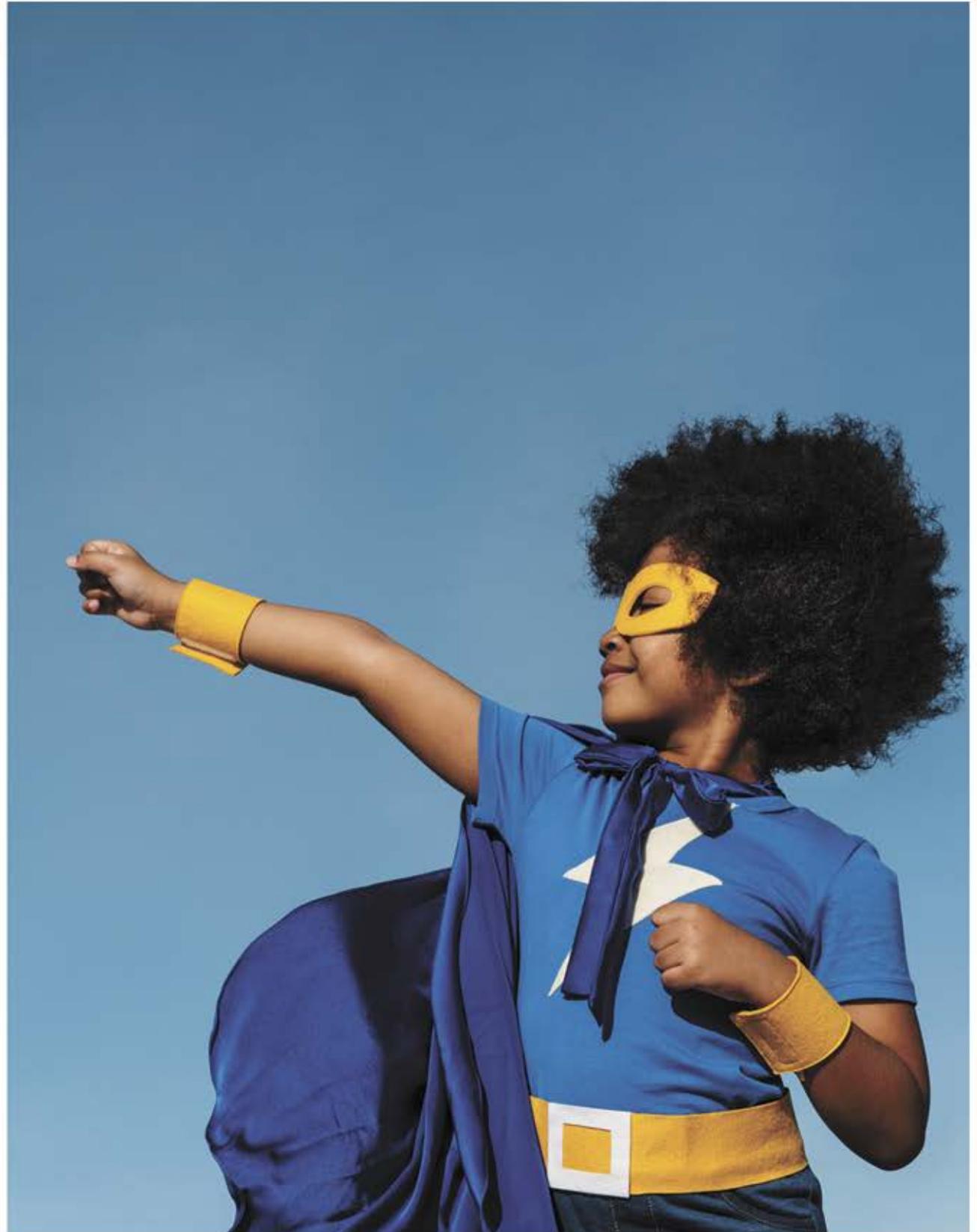
**Y**es, July is Juvenile Arthritis Awareness Month, dedicated to making everyone aware that kids get arthritis, too – and a reminder that, while a lot of progress has been made in treating it, there's still a lot more to do to get to the bottom of this painful and debilitating disorder.

So this month, help spread awareness about the 300,000 kids nationwide who suffer from JA, and salute their bravery, strength and determination as mighty JA Warriors! Support your favorite Warrior by [sharing your story](#), [sharing our cause](#) and [making a donation today!](#)

## What to Know About JA

JA is an autoimmune disease where the child's immune system mistakenly targets and attacks healthy tissue. There are many kinds of JA and other childhood rheumatic conditions, like lupus, scleroderma and juvenile dermatomyositis. Each has its own symptoms, treatments and prognosis. Though children with JA often have similar symptoms, such as pain, swelling, stiffness and rashes, there's no single symptom that indicates with certainty that a child has it, requiring a thorough examination by a pediatric rheumatologist and blood work or imaging studies.

For a child diagnosed with JA today, the prognosis is better than it ever has been. The advent of new drugs and established track records with the older ones make it possible for most kids to live fulfilling, active lives, and in most cases avoid the severe, permanent joint damage that was common a generation ago.





# Support Our **JA WARRIORS**

**#STRONGERTHANJA**

Early detection is important, and determining the type of arthritis a child has is the first step. Remission, or inactive disease, is the bottom line goal, shutting off the disease as quickly as possible. With the variety of treatment options available today, and the early, aggressive use of therapies, doctors are now, more than ever, able to reduce or stop the inflammatory process and achieve remission, which may or may not last for the rest of the child's life.

### Looking for Groundbreaking Solutions

The Arthritis Foundation takes JA seriously and we've made it one of our very top priorities. We're convening other health organizations and medical experts – from around the country and worldwide – to nail down what causes arthritis and other rheumatic diseases in children, and identify the safest and most effective treatment for each individual. We aim to eliminate trial and error, which is the only approach we have today, and we're well on the way to accomplishing that objective.

Meanwhile, we're helping families living with JA get up to speed on what they need to know, plus connect with one another so they can benefit from each other's experiences. We host dozens of summer camps throughout the U.S., where kids get to meet peers who are going through the same thing, as well as learn how to manage the disease, gain self-confidence and just have fun being a kid.

JA Awareness Month also coincides with our National Juvenile Arthritis Conference, which kicks off in mid-July at the first of two locations, in Houston, followed by a second conference in August in Indianapolis. It's our 33rd annual national event, which has touched the lives of more than 25,000 participants – kids, parents, siblings, caregivers and health care providers – over the years.



### How You Can Help

Every voice counts – you can **help us spread awareness** about the 300,000 kids nationwide who strive to be JA Warriors!

- First, share your story about the triumphs and challenges they have had to face. Be an inspiration for others, and read about other Warriors in our community!
- Second, share our cause on social media. Tell your family and friends that it's JA Awareness month and ask them to support our Warriors!
- Finally, you can help us fund research for a cure and ensure that we keep all of our worthwhile JA

efforts – like JA Camps and Juvenile Arthritis Conferences – going each year, by donating. Every dollar helps!

Together, we can help our JA Warriors say Yes – to playing with friends, attending their classes – and to being a kid!

### Related Resources:

- [KidsGetArthritisToo.org](http://KidsGetArthritisToo.org)
- [Arthritis Foundation JA Summer Camps](#)
- [Arthritis Foundation National Juvenile Arthritis Conferences](#)
- [About Juvenile Arthritis](#)



## Top 5 Reasons Having an Experienced Real Estate Agent Is Important

It's time-consuming and daunting to find the perfect home or the right buyer. That's why partnering with an established real estate agent is crucial to making the process go as smoothly as possible.

1. The National Association of Realtors® (NARS) Code of ethics requires your agent to have a fiduciary responsibility to you and your needs above all else and in all transactions.

2. Negotiation can be difficult. Your agent specializes in knowing the market value of your home, neighborhood, and location. They are keenly aware of fair pricing and local comparable homes sales and asking prices. When you're ready to sell or purchase a home, they will have the most valid, up-to-date information that you can rely on.

3. Contracts are cumbersome; some can be 30-50 pages long, when you're forced to read through addendums and riders, it's critical to have an experienced agent guide you through the paperwork and help you make those important decisions.

4. Realtors are aware of pitfalls that many buyers are not mindful of, like Chinese drywall, black mold, pipes that burst frequently, damaged tresses and other issues that should be disclosed during your contracting phase.

5. Being informed is critical in real estate. Agents must stay well-informed on regulations and laws that are often changing year to year

these days. An experienced agent will guide you through the process with ease so that you can focus on the rewarding part, which is buying a new home or selling the one you're in.



Laurie Ann Truluck grew up in Ocala, attended FSU in Tallahassee and returned to Ocala to teach elementary school in the Marion County Schools. She was then Director of Happy Hearts Kindergarten & Preschool before starting her multi-million dollar Real Estate business in 2002. She and her husband have three children (ages 14, 15 and 23). Their eldest graduated from a local school while their youngest two still attend public school in Ocala where they are actively involved in sports and other activities.



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Laurie Ann and her TEAM of Realtors love to work with people moving to the Ocala/Marion County area so that they can share their love of their community and help them find their niche.

Laurie Ann and her team members take pride in going the extra mile to not only help our customers find or sell their Marion County home but also to find connections here that make their transition smooth and exciting.

Most of their business comes from friends, and referrals of friends, which, they feel, make their job fun and enjoyable. They also love the new connections they make from their Internet presence. They enjoy helping people reach goals, move on to new seasons of their lives, purchase their first home, make a real estate investment, upsize, downsize, or whatever the case may be.



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# The Synergistic Healing of Chiropractic Care in Combination with Massage

**B**ecause the general population is so well informed about their health and wellness options, most of us know that massage is not just a leisurely activity that the rich and famous enjoy to pamper themselves, but an actual wellness component to healthy living.

In combination with chiropractic care, massage helps to relax the muscles leaving the body in a state of ease, and while this not only feels amazing, it puts the central nervous system into a relaxed state as well, which is a significant component to overall health and recovery.

When chiropractic manipulation is performed on a relaxed, massaged body, the overall reaction penetrates deeper and is much more beneficial to the patient. This synergy is the case in manual adjustments for alignment, and for more in-depth procedures due to injury, or from something traumatic like a car accident. When you receive chiropractic adjustments, you never have to subject yourself to drug therapies or addictive pain medications. Chiropractic care is a completely drug-free way to stimulate the body's natural healing process.

### Benefit of Massage

- Increases blood flow
- Alleviates tightness in muscles
- Relieves stress
- Reduces anxiety levels
- Helps with chronic neck pain
- Relieves migraine frequency and pain
- Improves balance
- Reduces osteoarthritis pain
- Lowers blood pressure
- Promotes relaxation
- Increases oxygen
- And much more...

**How Massage and Chiropractic Care Work Together**  
Although massage can produce all of the benefits mentioned above, if the underlying issues are not dealt with in a more synergistic approach through combining chiropractic care, the chronic pain and musculoskeletal issues will return abruptly. This is because while massage is exceptionally rejuvenating, it doesn't address the actual complications or disorders associated with pain and discomfort. Whether you are seeing a chiropractor for acute pain or a long-standing issue, combined therapies are proven to be the most beneficial.

### Benefits of Chiropractic Care

- Alleviates headaches
- Arthritis and joint pain
- Asthma
- Blood pressure
- Bowel regularity
- Healthier pregnancies
- Improves cognition
- Improves nerve communication
- Joint function
- Neck pain
- Organ function
- Physical performance
- Prevents many unnecessary surgeries
- Relieves back pain
- Scoliosis

At **Bruce Chiropractic & Comprehensive Care**, they have been integrating therapeutic massage with chiropractic care for many years now and are seeing pre-eminent results with their patient's outcomes. One of the major benefits of this synergist approach is that the healing process speeds up, giving the patient faster results than with chiropractic therapy or massage alone.



Bruce Chiropractic is one of the first fully integrated health centers to offer chiropractic, physical therapy, medical services, acupuncture, massage therapy, and bone density strengthening. They believe in a comprehensive approach with a team of experts.

### About Bruce Chiropractic & Comprehensive Care

At Bruce Chiropractic & Comprehensive Care, they take great pride in providing the finest chiropractic wellness care to their patients.

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# NOTICE OF ADMINISTRATION

By James W. Mallonee

**M**any of my clients often ask why is it necessary to send out a Notice of Administration to everyone who may have an interest in an estate. The reason deals with something called due process. In two recent cases the lack of notice gave a person not named in a Will the right to file a counter lawsuit and revoke probate. When this happens, the administration of an estate could go on for years.

A Notice of Administration fulfills the due process need by informing individuals that a decedent's estate has begun to be administrated either with or without a Will. The Notice gives instructions to persons that they have a limited amount of time to contest a Will or that a person requesting to serve as personal representative of the estate has been appointed.

Florida law provides for two methods to serve notice on interested persons and fulfill the due process requirements. The first method is to send out formal notice prior to the issuance of a court order admitting a Will to probate and appointing a personal representative. In this situation, the amount of time a person has to respond is 20 days (much like the time someone has to answer a complaint). The second method is to send out a Notice of Administration following the admission of a decedent's Will to probate and issuance of Letters of Administration. In this situation, the amount of time a person has to respond and object to the admitted Will to probate or appointment of a Personal Representative is 90 days from receipt of the Notice of Administration.

Failure to respond within the allotted time eliminates a person from being able to object to a Will being admitted to probate or the appointment of the Personal Representative. So who should be noticed? The answer is anyone who might have an interest in the estate proceedings. This includes individuals who may have been named in previous Wills but disinherited in the most recent Will. Although a disinherited individual is no longer a beneficiary, they continue to be interested parties. This is exactly the problem that existed in two cases identified as Winslow v. Deck and Cates v. Fricker.



In Winslow, the facts are that dad died and his daughter filed a petition to have dad's Will dated January 11, 1991, and an October 2, 2008, Codicil admitted to probate. As usual, the court admitted the Will and Codicil to probate. The daughter sent out the required notice of administration but failed to have the decedent's girlfriend noticed. The girlfriend found out about the estate administration and filed the decedent's more recent Will dated November, 2014. Unfortunately, the girlfriend did not request the court to revoke the Will filed by the daughter and substitute the Will filed

by the decedent's girlfriend as the Last Will and Testament of the decedent.

The 90 days passed and the daughter requested the court to dismiss the Will filed by the girlfriend because she failed within the 90 day timeline to request it be admitted to probate. The court agreed with the daughter. The girlfriend appealed on the basis that she should have had the opportunity to amend her pleadings when it came to filing the decedent's 2014 Will and that she was not properly noticed.

The appellant court agreed with the girlfriend and reasoned that once a second Will was provided to the court, the administration became adversarial and subject to the civil procedures under Florida law. Under Florida's civil procedures a litigant is entitled to amend pleadings in the interest of justice. Because the girlfriend did file the 2014 Will within 90 days of the Notice of Administration, she was entitled to revise and file a pleading giving rise to revoking the 1991 Will and 2008 Codicil. The court also reasoned that she was entitled to being noticed and the failure to do so extended the 90 day period giving time to file a pleading countering the daughter's petition for administration.

In the Cates v. Fricker case, the issue involved whether a person was an interested person of an estate. Under Florida law, any person who may have an interest in the outcome of an estate proceeding may be considered an interested person. This includes heirs at law such as step children. The facts of this case involve a child who was disinherited and who filed a complaint after the 90 day limitation of time had passed as outlined in the Notice of Administration. The disinherited child was not served with a notice of administration giving rise to a lack of due process as it pertained to the child.

The child argued that he was an interested party and should have been noticed so that he could object to the Will. The counter argument was that the child was disinherited and not named in the present Will. The Court heard argument from the child stating that he was named in a previous Will and thus an interested party. The issue before the court was whether the child was in fact an interested party subject to being noticed.

The trial court ruled against the child and found that they were not an interested party and the 90 day limitation period prevented him from filing any objection. The child appealed the ruling and the appellant court reversed ruling in favor of the child. The appellant court reasoned that the child was in fact an interested person subject to notice. The court based its decision on a previous Will that had been published by the decedent which named the child. Although the decedent in publishing the more recent Will did revoke all previous Wills, the Court reasoned that a previous will naming the child was enough to make the child an interested person subject to Notice of Administration. What makes this interesting is the fact that the previous Will had never been presented to the probate court but still gave the disinherited child the right to notice.

So what's the message from all of this? If you are aware of a previous Will made by a family member that names persons not currently provided in a present Will admitted to probate, make certain that those previously named persons are noticed to prevent such person from attempting to revoke the probate of the filed Will. The noticing of the adversarial person may not prevent them from filing a complaint, but it does shift the burden to them to act within the 20 or 90 day limitation period. Therefore, if you are concerned that a potentially adverse person may be a problem following the death of a loved one, consult with the attorney of your choice to discuss options and strategies regarding noticing an adverse person. By serving the Notice of Administration on such persons the limitation clock starts ticking and may prevent future litigation involving an estate.

*This article is intended for informational use only and is not for purposes of providing legal advice or association of a lawyer - client relationship.*

**About the Author:**

*James W. Mallonee (Jim Mallonee) is a graduate with a B.A. degree from the University of South Florida and a Master of Science degree from Rollins College in Winter Park, Florida. He obtained his Juris Doctorate from the University of the Pacific, McGeorge School of Law in Sacramento, California. Prior to returning to Florida to practice law, Mr. Mallonee was employed by Intel Corporation for 22 years in such locations as New Jersey, Florida and California.*

*In addition to being a member of the Florida Bar since 2003, Mr. Mallonee serves on the Charlotte Community Foundation Committee for asset allocation and teaches Business Law at State College of Florida. Mr. Mallonee is also on the Board of Directors for the Military Heritage Museum located in Charlotte County, Florida.*

*His firm practices law in the following areas: Probate, Wills & Trusts, Guardianships, and Litigation in the areas of Real Estate, Guardianships and Estates. The firm has two locations in Venice and Port Charlotte, Florida.*

**James W. Mallonee, P.A.**

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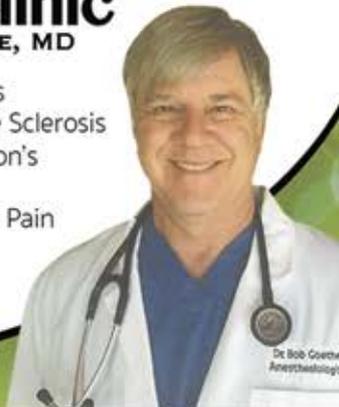
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# A FIT, FUN SUMMER

## Make smart fitness choices with post-workout recovery and hydration

**D**uring warm-weather months, fitness enthusiasts often take their exercise routines to the great outdoors. The spike in summer temperatures can make those tough workouts even more challenging.

Even after your workout is complete, your body does not stop – after a tough sweat session in the summer heat, you need to replenish what you lost to rebuild and refuel muscles. A tall glass of chocolate milk may not be the first thing you think to reach for after a long run, but recovering from each intense workout with the nutrients in low-fat chocolate milk allows you to get the most out of your fitness routine.

Before gearing up for your summer workout routine, make sure you are taking care of your body with these tips.

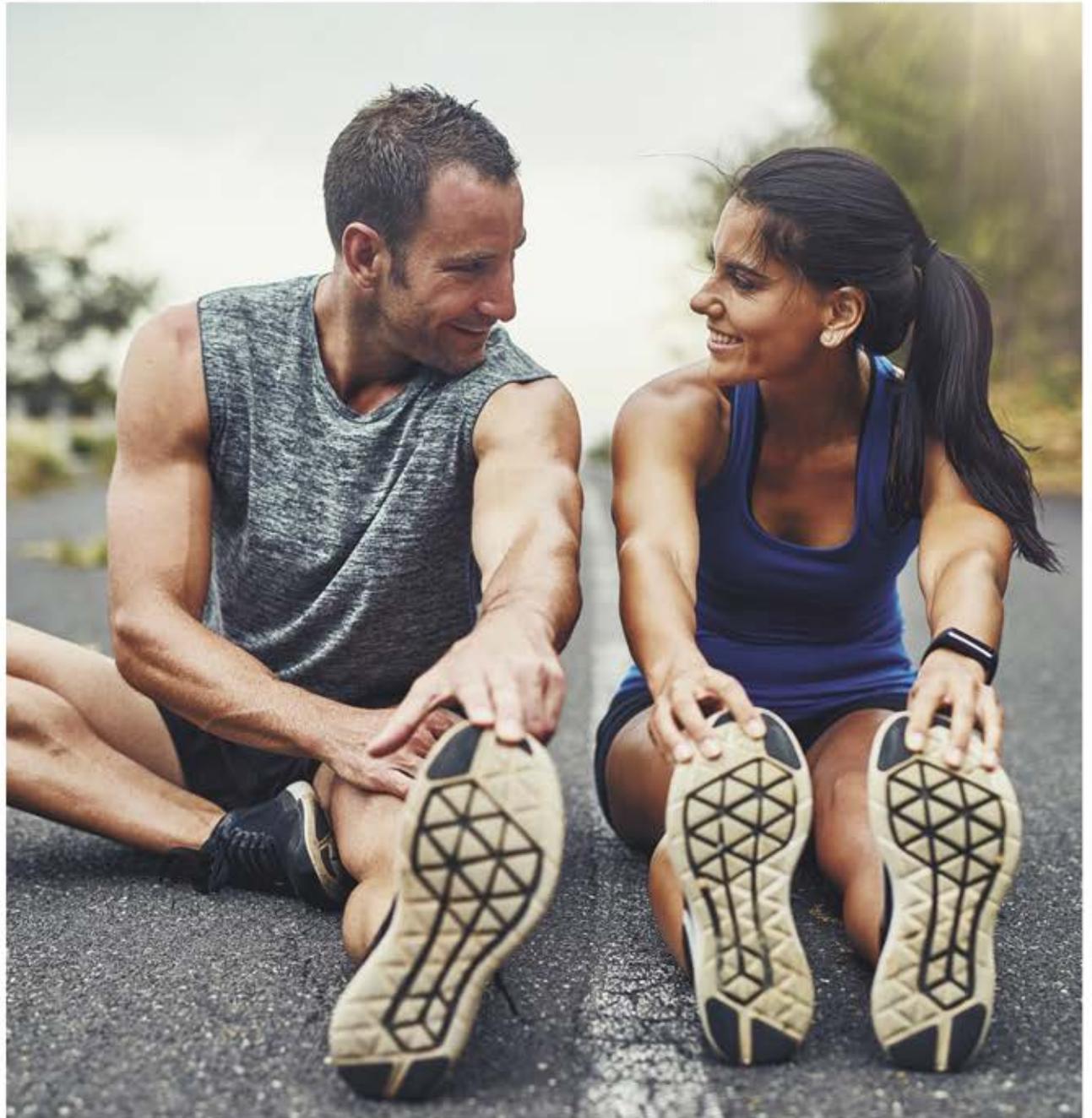
### Be Mindful of High Temperatures

High temperatures don't have to get in the way of your workout plan, but it's important to consider the heat index and time of day when exercising. Temperatures typically peak during the middle of the day, so aim to work out in the morning or once the sun starts to set.

The body loses a lot of important nutrients through sweat. Learn your sweat rate by weighing yourself with minimal clothing before and after one hour of sweaty exercise. One pound of sweat loss equals 16 ounces of fluid loss. This can guide your fluid intake during your next workout.

### Replenish What You Lose in Sweat

After putting in real work this summer, your body needs real recovery. Recovery after strenuous exercise can make a difference in how well you can perform during your next workout. For example, low-fat chocolate milk helps replenish fluids and electrolytes lost in sweat. In fact, drinking low-fat or fat-free milk after exercise could restore hydration better than other popular post-exercise beverages, including water or sports drinks, according to a study published in the "American Journal of Clinical Nutrition." Plus, chocolate milk has a 3-to-1 carb-to-protein ratio scientifically shown to refuel and rebuild muscles quickly.



### Shield Yourself from the Sun's Rays

Just because your fitness routine includes strenuous laps in a pool or a run through shady trails doesn't mean you are protected from the sun. Apply sunscreen with SPF 30 or higher to your face, neck, ears and body before exercising outdoors. If you're going back out for another round of laps in the pool or around the track, reapply sunscreen 20-30 minutes before getting back to work.

While summer weather provides many opportunities for fresh air and fitness, it's important to remember these tips and more for healthy hydration. Find more information at [builtwithchocolatemilk.com](http://builtwithchocolatemilk.com).

Source: MilkPEP

# Unplug with an Outdoor-Oriented Vacation

**A** family vacation is the perfect time to unwind, but it can be even more relaxing with time spent outdoors enjoying nature in all its beauty. Whether you plan your entire trip around a specific activity or just build in a day or two along the way, you can create some unforgettable memories.

Choosing your destination is the first big decision in planning a vacation, and selecting a location that offers plenty of attractions for the whole family is a smart bet. For example, Texas offers a variety of state parks with unexpected terrain, such as the second largest canyon in the United States at Palo Duro Canyon State Park, or Pedernales Falls State Park with its distinctive river banks where visitors can swim, tube and kayak.

Once you have your general destination selected, it's time to consider exactly how you'll fill your days.

**Outdoor sporting.** Fishing is a fun and affordable activity the whole family can enjoy. After all, there's no age limit on the thrill of a catch. Lakes, streams, rivers and creeks are all potential fishing sites and each offers a unique experience, from the scenery to the types of fish you're likely to catch. Before you head out, be sure to research what permits and gear you'll need. Some destinations even allow you to rent necessities, so you may be able to save the hassle and expense of buying new.

**Wildlife watching.** You can see hundreds of species of animals in their natural habitats by visiting a state park or natural area, and bird-watching is chief among those activities for many visitors. State natural areas, prairies and lakes are all good places to catch sights of different bird species, and many of these locations offer hiking paths and trails that make it easy to enjoy some fresh air and exercise along with the scenery.

**Search the skies.** You've probably heard the old adage that even the stars are bigger in Texas, and there's no time like a family vacation to discover whether it's true. Get away from the city lights and take in some of the best night sky views around at a dark sky park like the state's largest state park, Big Bend Ranch State Park in the Big Bend Country



region. Some parks offer special stargazing programs, events and observatories, or simply bring a blanket, some binoculars and your camera to discover the new world that awaits above.

**Honor history.** There are glimpses into the past virtually anywhere you go, that appeal to practically any interest. Compare foot sizes with a dinosaur. Wonder at rock art that is thousands of years old. Trace the steps of Native Americans and Spanish missionaries. Churn butter on a farm. Participate in festivals and battle reenactments that pay homage to momentous events of yesteryear.

*For more ideas and inspiration to start planning your next family vacation, explore [TravelTexas.com](http://TravelTexas.com).*

**Digital discovery.** If you're skeptical of getting the kids to put down their devices long enough to enjoy some outdoor exploration, geocaching may be just the answer. Geocaching is essentially a modern-day treasure hunt, and there are geocaches to be found throughout Texas, including at Pedernales Falls State Park in the Hill Country region. Use a GPS unit or smartphone app to find the exact location of a geocache nearby. Be sure to make note of the terrain and difficulty levels to ensure the site is appropriate for your group then set out on your adventure, enjoying the sights along the way.

Source: Texas Tourism Board

# Understanding Different Health Care Options:

## *Know where to go before an emergency happens and the differences in cost*

By Dr. Christine Laramée, chief medical officer, UnitedHealthcare North/Central Florida

**D**o you know all of your options when you need medical care? Your primary care doctor should always be first on your list, as they have easy access to your medical history and know the bigger picture when it comes to you and your family's health. However, we all encounter emergency situations when seeing your primary doctor is not possible. This is why it's important for you to know your options for quick access to emergent care and how much they might cost to avoid financial surprises.

If you or someone else is in immediate danger, call 911 or your local emergency number right away. For other emergent medical needs, there are other options available such as:

**Virtual Visit** – If it is a minor problem that doesn't require an in-person visit, an online appointment may be the most convenient option. Colds, flu, fevers, pinkeye and sinus problems are just a few routine illnesses that can be diagnosed by a care provider using telemedicine. You don't need an appointment and in most cases have to wait only 30 minutes or less. The cost often requires a copayment or coinsurance; sometimes it may even cost less than a doctor visit.

**Convenience Care Clinic** – This is a good option for minor problems when you can't wait to be scheduled by your primary care doctor. Skin rash, flu shots, minor injuries and earaches can usually be treated at a convenience care clinic, where you will likely be seen by a nurse practitioner or physician assistant. You do not need an appointment,



Medical emergencies can be made less stressful by understanding where to go for different kinds of issues, saving both time and money.



Virtual office visits are one of the most convenient and affordable resources for routine illnesses and don't require an appointment.

however wait times can vary. This option generally requires a copayment or coinsurance and will cost about the same as a regular doctor's visit.

**Urgent Care Center** – If you have a non-life threatening issue, but need quick care after hours, consider this option. Low-back pain, respiratory illnesses, stomach illnesses, infections, burns, stitches, sprains and small fractures all qualify as urgent care needs. You do not need an appointment and wait times are generally less than 30 minutes. This option requires a copayment that is often higher than a regular doctor visit.

**Emergency Room** – For life-threatening or certain serious illnesses or injuries, this is the best option. Problems such as chest pain, shortness of breath, severe asthma attack, major burns, severe injuries

and kidney stones qualify as an emergency. Wait times vary and may be long depending on how severe your needs are. Patients with the most urgent needs are seen first. This option usually requires a copayment, and it will be significantly higher than a regular doctor's visit.

For more tips and easy-to-understand information about where to go for care, compare your options at [www.uhc.com/checkchoosego](http://www.uhc.com/checkchoosego).

*Dr. Christine Laramée is a board certified physician headquartered in Tampa, Fla. and chief medical officer for UnitedHealthcare Central and North Florida.*



## Freedom is Never Free

By Ross Johnson, Lead Pastor, Gathering Pointe Church

**A**mong the Mural Wall, and the nineteen stainless steel statues, and the United Nations Wall of the Korean War Memorial in Washington D.C. is the Pool of Remembrance. This shallow Pool (thirty feet deep) is lined with black granite and is surrounded lushly by a grove of linden trees. The wall includes inscriptions of the number of men and women killed, wounded, missing in action and those held as Prisoners of War.

Since the Revolutionary War, nearly 1.2 million American men and women have given their lives to fight for what I consider to be the greatest nation on our planet. They gave their lives so that we might enjoy freedom.

Yet, there is another granite wall that is constructed at the Korean War Memorial with a simple, yet ominous inscription engraved in silver:

Freedom is not free.

A grave reminder that serves each of us an incredibly powerful truth.

Freedom is never free. Freedom has and always will cost somebody something.

This month we celebrate the 4th of July, the birth of our great nation. I love the patriotism. I love seeing "Old Glory" whip in the wind as they hang off of the homes on the street on which I live. I love the fireworks; admittedly, I am somewhat of a "pyro"...not in the criminal sense mind you...but I enjoy a great fireworks finale at the local fireworks celebration as much as anyone! I love the cookouts and the picnics that may or may not include several bacon wrapped hotdogs! (Isn't America great?)

The 4th of July ranks up there as one of my favorite holidays to celebrate. But for me, I tend to celebrate this holiday for what is perhaps a different reason than most.

You see, that age old axiom, "Freedom isn't free" rings true to me in a very deep and spiritual sense as well. Just as blood was shed for the freedom that you and I enjoy as citizens of the United States, there was blood shed for the freedom that I enjoy as a child of God and a citizen of Heaven.



This month, I am able to enjoy two realms of freedom. I am free as an American because of the men and woman who died to afford me such freedom. Yet, as a follower of Jesus, I enjoy an even greater freedom which comes through the shed blood of Jesus on the Cross. In the New Testament book of 1 Peter, Peter tells us that our freedom (and redemption) was purchased with the precious blood of Jesus Christ. It is an unfortunate reality that freedom is almost always a bloody affair. The Bible teaches that there is no forgiveness of sin without the shedding of blood (Hebrews 9:22). I am free because I am forgiven. I am forgiven because Jesus loved me to the Cross and willingly shed His blood for me.

It is my hope and prayer that each of you reading this edition of Health and Wellness Magazine can truly celebrate the freedom(s) afforded you this 4th of July. May we all humbly celebrate the freedom we have as Americans as we remember the birth of our nation through the sacrifices of

thousands. But perhaps, this 4th of July, you may also be able to celebrate the freedom you have through the ultimate sacrifice paid on the Cross by Jesus.

Freedom always cost someone something. Always. Whether on the battle grounds around the world or on the Cross, freedom is never free.

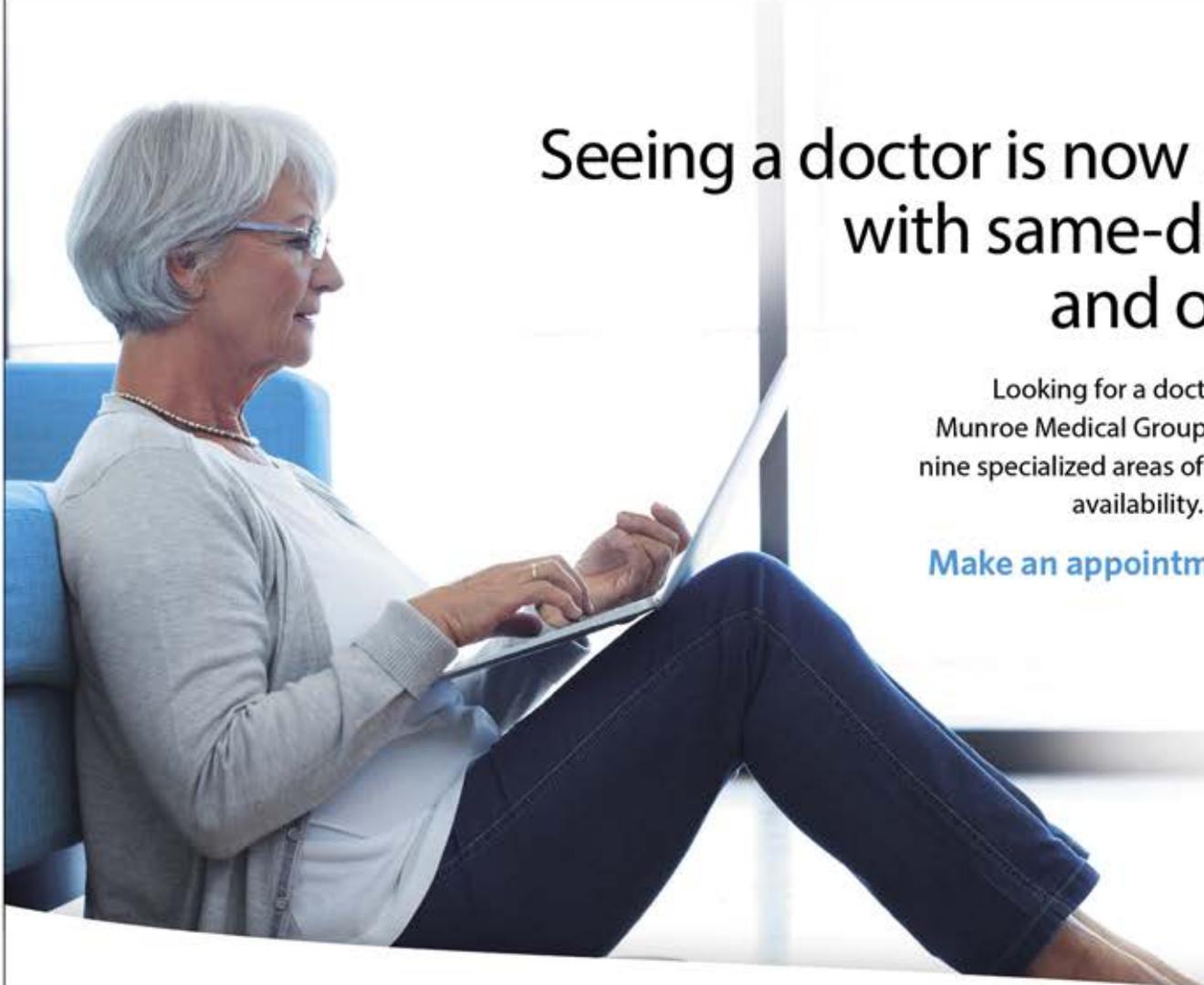
May you all have a happy and safe 4th of July.



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