

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

October 2018

Lake/Sumter Edition - Monthly

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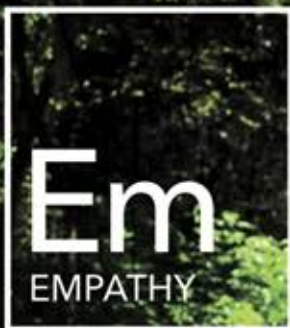
MY SHOULDER IS A-OK THANKS TO AOI.



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Empathy. A powerful element in fighting cancer.

Jeanie Harris has been the caregiver. As a Registered Nurse and an Oncology Certified Nurse with Florida Cancer Specialists, she has spent her career educating, delivering medication, empathizing and holding the hands of her patients. So when Jeanie found a lump in her breast, she knew Florida Cancer Specialists was the place where she would get science-driven care and the personal attention she needed to fight cancer. Now with the experience of being a cancer survivor, she connects with her patients on a deeper level, and she has a fresh perspective on how special each patient feels at Florida Cancer Specialists. In October and all year, we honor all of those who have fought this awful disease and all of those caregivers who help them in the fight.

"I always knew Florida Cancer Specialists had quality caregivers, but being a patient gave me a fresh perspective."

Jeanie Harris

-Nurse, Patient & Breast Cancer Survivor

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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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- | | |
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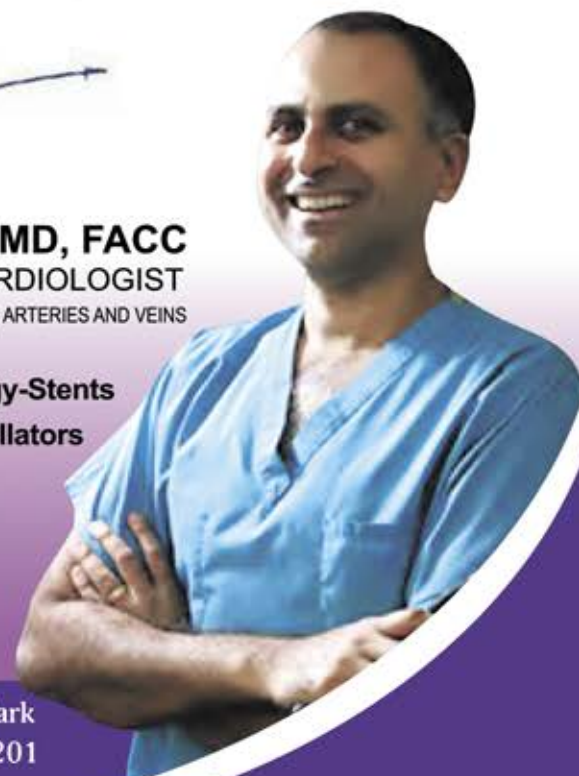
It's your heart. It should be personal.

And that's how I treat it.

When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't. I will watch over you and treat you as I want to be treated when, one day, I am the patient and not the doctor. And that is my promise to you.

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VALUABLE INFORMATION, RIGHT BEFORE YOUR EYES

A little knowledge can go a long way toward helping you understand and take control of your eye health. That's why we feature the Lake Eye Library, your single destination for ready-to-read, downloadable brochures on a wide variety of topics, including the role of ophthalmologists and other eye care professionals, and the causes of and treatments for common problems such as dry eye, cataracts, glaucoma, eyelid disorders, floaters, flashes and many more.

Just below our brochures, you'll find our informative blog with even more illuminating content, including facts about our 5 Board-certified ophthalmologists, 2 doctors of optometry and 4 office locations, each with its own Precision Optics eyewear department for total convenience.

Scroll down a little further and you'll find our video library, which offers an array of brief but info-packed videos on everything from how to insert eye drops to cataract removal surgery to identifying eyelid disorders, plus treatment options for each.

So take a few minutes check out the Lake Eye Library. The material there can help you get to know our staff, learn how to take optimal care of your eyes, and reach a better understanding of options for clear, healthy vision. We continually update our library offerings, so bookmark the page and check back often. It's information worth seeing.

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ABOUT THE PRACTICE + SERVICES + PRECISION OPTICS RESOURCE & PATIENT INFO + LOCATIONS

Resource Center

RESOURCES AND HELPFUL INFORMATION

We at Lake Eye want your experience with us to be enjoyable, educational and easy. Here in our Resources section, you'll find forms you may need for your appointment, patient, service and insurance information, an illuminating video library, our community blog, even an eye test. We hope you'll find these resources helpful. Should you still have questions, we're always happy to help - just contact us!

LAKE EYE LIBRARY

Get to know more about different eye and vision disorders using our helpful library. These brochures outline information about our practice, surgical options and optical department.



Practice Brochure



Optical Brochure



Ophthalmologists Defined



Cataract Brochure



Blepharoplasty Brochure

The brochures below contain information about each condition's symptoms, causes and treatment options so you can be more knowledgeable and proactive about your care.



Blepharitis



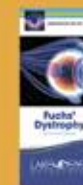
BOTOX Treatment



Detached Retina



Floaters and Flashes



Fuchs Dystrophy



Glaucoma



Macular Degeneration



Macular Pucker



Migraine Treatment



Selective Laser Trabeculoplasty

Regain the FREEDOM to Explore!

There's a big, wide world out there, but if sagging lids are keeping you from experiencing it fully, it might be time to consider blepharoplasty, a safe, quick surgery to gently lift sagging eyelids that can block peripheral vision, and make you look more fired than you feel.



Shelby Terpstra, DO
*Board-certified Comprehensive
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Shelby Terpstra, DO is a leading provider of upper and lower corrective and cosmetic eyelid surgery designed to promote better vision and a more refreshed and vital appearance.

BEFORE

AFTER



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

READ THE FULL STORY AT LAKEEYE.COM

Domestic Violence Awareness Month

Unfortunately, domestic violence is often overlooked, not taken seriously, or in many cases, not reported until it's too late. Domestic violence happens between spouses, partners, parents, and children, and adult children and the elderly to name a few.

It's imperative to seek help if you are experiencing any form of abuse. Abuse comes in many forms, but the most common are physical, verbal, and emotional. Many abusers are very controlling. They will go to great lengths to make sure that your activities are monitored. These activities may include, your online presence, your internet activity, phone records, tracking your daily undertakings, or spying on you in some fashion.

According to the National Domestic Violence Hotline, they list the following as direct threats and abuse:

- Insult, demean or embarrass you with put-downs?
- Control what you do, who you talk to or where you go?
- Look at you or act in ways that scare you?
- Push you, slap you, choke you or hit you?
- Stop you from seeing your friends or family members?
- Control the money in the relationship? Take your money or Social Security check, make you ask for money or refuse to give you money?
- Make all of the decisions without your input or consideration of your needs?
- Tell you that you're a bad parent or threaten to take away your children?
- Prevent you from working or attending school?
- Act like the abuse is no big deal, deny the abuse or tell you it's your own fault?
- Destroy your property or threaten to kill your pets?
- Intimidate you with guns, knives or other weapons?
- Attempt to force you to drop criminal charges?
- Threaten to commit suicide, or threaten to kill you?

Many victims of domestic violence feel trapped. They often will not seek help because they are afraid of their perpetrator's retaliation, or they are worried that they will not be able to make it on their own.



The National Resource Center of Domestic Violence (NRC DV), shares the following information regarding your safety, "If you are in immediate danger, please:

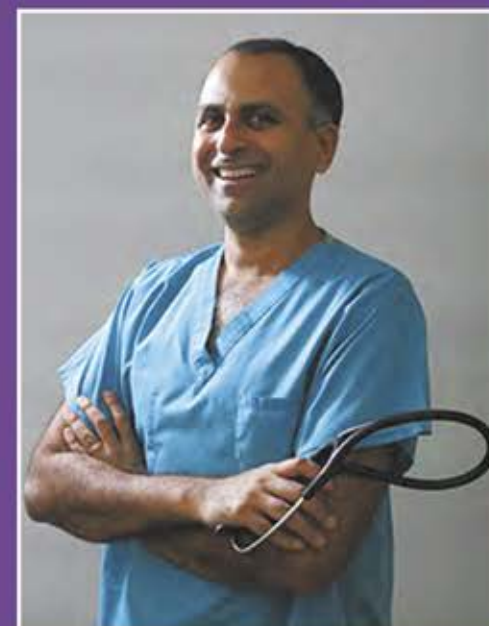
- Call 911
- Contact your local hotline
- Contact a national hotline at:
 - 1) Call the U.S. National Domestic Violence Hotline: 1-800-799-7233 (SAFE) or TTY 1-800-787-3224
 - 2) Call, text or chat Love Is Respect—the U.S. National Teen Dating Violence Helpline: 1-866-331-9474 or TTY 1-866-331-8453, text "loveis" to 77054 or live chat at <http://www.loveisrespect.org>
 - 3) Call the U.S. National Sexual Assault Hotline: 1-800-656-4673 (HOPE), which automatically connects you to a local U.S. rape crisis program based on the area code of your phone number. Secure, online private chat is available at <https://ohl.rainn.org/online/>

The Health Effects of Domestic Violence:
Domestic violence can cause a great deal of health issue from physical assault, broken bones, to stress-related disorders, physical illness, and heart strain. If you or someone you know needs help, please call the contacts mentioned above and seek the support you deserve. Tell someone—you can talk to a friend, neighbor, teacher, employer, clergy, or even your physician, but you must seek help—Your life, health & wellbeing are of the utmost importance.

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Dr. V

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It should be
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And that's how I treat it.

Dr. Thiruvallur Vallabhan is devoted to keeping your heart at its healthiest. Dr. Vallabhan is a Board Certified Cardiologist, and his mission is to provide The Villages and its surrounding communities with the highest quality cardiac care in a welcoming environment. He and his staff are dedicated to fulfilling the specific cardiac needs of each patient.

To find out more information on the Dr. Vallabhan, your local specialists in the diseases of the heart, veins, and arteries, please call (352) 750-2040 or visit them online at, Drvcardio.com

Urinary Incontinence

Having 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.


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Why Physical Therapy is an Important Part of Orthopedic Care

After surgery or a traumatic, degenerative or over-use injury to a bone, muscle, joint, ligament or tendon, you need to recover flexibility, mobility, and strength.

Absent a medical emergency and depending upon the nature of the problem, your orthopedic physician or surgeon may recommend a course of physical therapy to help you recover more quickly and improve function.

Physical therapy as a profession is responsible for restoring function and improving your quality of life in the home and community. Physical therapists and physical therapist assistants who specialize in orthopedic medicine, such as those who work with the orthopedic surgeons at Advanced Orthopedics Institute (AOI), are especially well-suited to guide you through the recovery process.

Moving Forward

While there are many different techniques, one of the most important steps in the healing process is to get you moving again as soon as possible.

"When patients experience an orthopedic injury, key elements of their musculoskeletal system are disrupted, which can result in pain and ultimately limit their ability to perform even basic daily tasks," said Dr. Alfred Cook, Jr., Orthopedic Surgeon at AOI.

"Much of the physical therapy we prescribe is targeted at "re-balancing" your musculoskeletal system to help you better perform functions that matter to you."

"We always look at the most conservative treatment available to help our patients," said Dr. John Williams, Jr., an AOI Orthopedic Surgeon. "That may include medications, injections, splinting and physical or occupational therapy. Only then do we consider other options such as surgery."

Taking that First Step

Your physical therapist will perform a comprehensive evaluation and get the most detailed information available on the underlying cause of your

presenting complaint. It's also important to hear, in your words how your problem impacts your daily life.

Your physical therapist will then develop a treatment plan based on these findings, which will be modified as you respond to treatment. This usually consists of specific exercises, hands-on manual treatments, and the control of inflammation and pain.

Physical therapy is discontinued once a) your goals have been met; b) you have reached a plateau or the maximum medical improvement; or c) your condition does not improve. Typically, you will go back to see your Orthopedic physicians or surgeon after finishing a course of treatment, so further care plans may be developed if necessary.

"For patients who undergo orthopedic surgery, it's highly likely physical therapy will be a part of your post-operative recovery," said Dr. Williams. "Physical

therapy also has its place before a major orthopedic surgery such as hip and knee replacements."

"Once we've "fixed" your issue surgically, your physical therapist will help ensure you are progressing as expected while protecting the healing process," said Dr. Cook.

AOI's Physical Therapy Centers

Our goal is to offer immediate access to our therapy centers and initiate treatment within 24-48 hours of your physician's referral. This permits seamless care and allows us to monitor the quality of your care.

To learn about our orthopedic or physical therapy services, call 352-751-2862.



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Do You Have A Ticking Time Bomb in Your Leg?

By Bryan Carter, MPA-C, Phlebology-Surgery

Have you ever noticed sensations in your legs that made you wonder if you should see a doctor, but since they seemed to subside, you ignored the symptoms away? Many people overlook the life-threatening warning signs that could lead to an embolism. If you've experienced swollen legs, tingling, burning or itching sensations in your legs, a feeling of heaviness, aching, cramping, or skin discoloration, you could have Deep Vein Thrombosis.

Every year, nearly one million people are affected by deep vein thrombosis, and sadly, approximately 100,000 of these cases end in death! These are grim statistics since the treatment is minimal and so readily available to patients. Along with the common indicators mentioned above, nearly half of the individuals that are affected by DVT have no symptoms at all. Unfortunately, the majority of these people do not realize that they have a medical issue until it's too late!

What is Deep Vein Thrombosis (DVT)?

DVT's are a blood clot that can form in the legs or arms. When a blood clot breaks free, it can travel to the lungs or brain and causes an embolism, which is when the thrombus or blood clot is moving through the vessels or arteries. If it lodges in the lungs, it can cause death, and if it travels to the brain, it will cause a stroke, along with the probability of death. If you have any discomfort in your limbs, it's imperative that you see a specialist.

What Causes DVT?

When a vein's inner lining is damaged, by either trauma, biological, or chemical factors, blood clots can form deep inside the vein. Varicose veins are an indicator of deep vein thrombosis. When veins are impaired, they can lead to more severe health issues. A medical professional will be able to report whether or not your symptoms are superficial, or unsafe and in need of restorative treatment.

Although it can happen to anyone, the most common factors that put you at risk for DVT is sitting for extended periods of time. If you are driving long distance, traveling by train, bus or plane, or perhaps you're deskbound at work,

these lengthy episodes of sitting can all lead to deep vein thrombosis. Other causes are vascular malformations, pelvic tumors, a family history of varicose veins, smoking, being overweight, pregnancy and an overall sedentary lifestyle.

Symptoms:

- Prominent varicose vein
- Heavy aching legs
- Leg swelling
- History of a previous clot
- Family history of blood clotting
- No Symptoms

Because the veins and arteries balance each other out, when a person experiences chronic symptoms, it's critical to see a physician. If the veins are damaged, it's not unusual that the arteries are not pumping blood efficiently either. DVT's and Chronic venous insufficiency can be fatal and must be treated to prevent further damage to your circulatory system and your overall health.

Celebrity and Pro Tennis player Serena Williams suffered a DVT, which led to a pulmonary embolism. Thankfully she had a successful emergency surgery that saved her life. Shortly after having heart surgery, television host, Regis Philbin, also suffered from a DVT. He developed pain in his calf, and after further investigation, the clot was discovered. Luckily, he too was treated and had a successful outcome. However, NBC News journalist, David Bloom, wasn't so fortunate. He was killed by a DVT while reporting on the war in Iraq.



Bryan Carter, MPA-C

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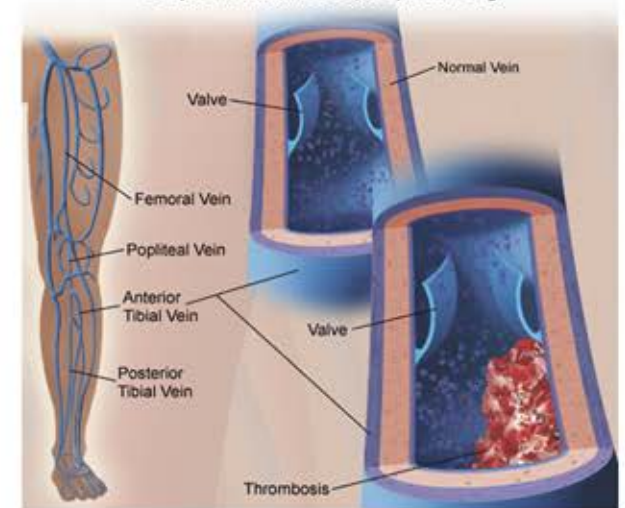
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Deep Vein Thrombosis (DVT) of the Leg



If you or a loved one has any of the venous symptoms or risk factors discussed above, you must seek medical attention immediately! Making an appointment with a phlebologist, which is a vascular surgeon specializing in venous disease is your best line of defense against this common disorder.

Treatment Options for Venous Insufficiency

- Compression Stockings
- Gradient Compression Devices
- Increased Exercise
- Medications
- Surgery (Usually through minimally invasive catheters, or ultrasound)

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

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

What if Your Back Pain is a Spine Compression Fracture?

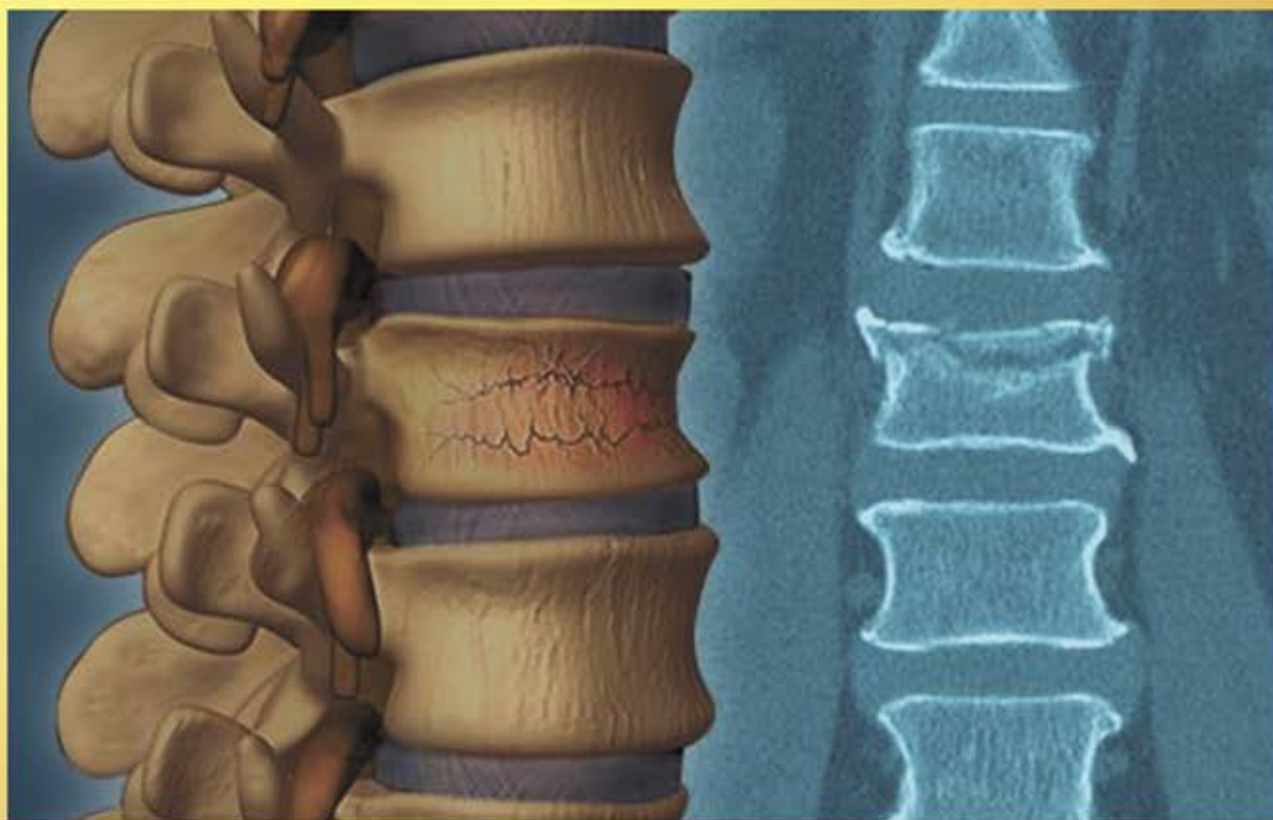
What if you develop sudden onset severe back pain, more unbearable than you ever imagined? If your pain is new or feels different from the chronic back pain you may already be experiencing - which is currently being treated with exercise, pain medicines, and injections - it is recommended that you visit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



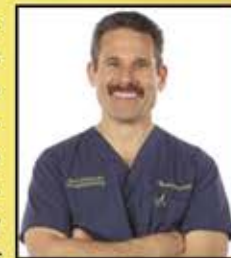
takes approximately 30 minutes under the expertise of an experienced specialist, such as an Interventional Radiologist. Although other specialists are now performing this procedure, an Interventional Radiologist should be your first choice, as they pioneered the procedure, and any image-guided procedure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

Breast cancer statistics remain high with both invasive and noninvasive diagnosis. 1.7 million women in the world are diagnosed with breast cancer each year. While we hear fewer statistics about men, they still can and do develop breast cancer, but at a much more infrequent rate.

With so much in the news at this time of year about breast cancer awareness, fundraisers, and considerable amounts of pink clothing everywhere we look, we sometimes forget what it's like to not just be a survivor but to suffer through the treatments and the risks of comorbidities that follow and in some cases, lead to breast cancer. It's important to point out that many individuals that develop breast cancer have a genetic mutation that is hereditary, but additionally, many people that have poor lifestyle habits, develop breast cancer and other disorders.

Breast cancer and type II diabetes are interconnected in a select group of individuals. Interestingly, the connection is double-edged; diabetes can lead to breast cancer, and breast cancer treatment can lead to diabetes.

The Diabetic Breast Cancer Association:

- Age (typically 55 plus)
- Obesity
- Hormonal imbalance
- Insulin pathway disruption
- Insulin resistance
- Chemotherapy treatment
- Sedentary lifestyle
- Dietary (SAD-Standard American Diet)

Postmenopausal women, whether naturally brought on or surgically that have undergone chemotherapy are at a much higher risk of developing diabetes. In addition, females with type II diabetes are at a 20% greater risk of developing breast cancer. This is thought to happen because these women are typically overweight and eating a poor quality diet. Along with these and other factors, the development of breast cancer is typical with some of these same lifestyle choices.

Some of the studies have determined that an anti-nausea and anti-inflammatory medication that is given during chemotherapy called glucocorticoid increases blood sugar levels and leads to hyperglycemia in patients.



One study, led by Dr. Lorraine Lipscombe and her team at the Women's College Research Institute in Toronto, which looked at the connection of type II diabetes and breast cancer, made several interesting correlations between the two disease states.

Dr. Lipscombe concluded, "It is possible that chemotherapy treatment may bring out diabetes earlier in susceptible women. Increased weight gain has been noted in the setting for adjuvant chemotherapy for breast cancer, which may be a factor in the increased risk of diabetes in women receiving treatment.

Estrogen suppression as a result of chemotherapy may also promote diabetes; however, this may have been less of a factor in this study where most women were already post-menopausal."

She added, "There is, however, evidence of an association between diabetes and cancer, which may be due to risk factors common to both conditions. One such risk factor is insulin resistance, which predisposes to both diabetes and many types of cancer."

If you are a breast cancer survivor, or if you have diabetes, there are ways to prevent and stave off the link between these comorbidities:

- Exercise
- Check and regulate hormone levels
- Monitor and correct blood sugar levels
- Keep weight under control
- Eat healthy food such as the Mediterranean diet

Rivers Family Medicine continues to provide their patients with the highest quality of care; they are continually looking for innovative methods of working together with their patients to ensure that they are not only aware of but also involved in the management and improvement of their patient's health.

Rivers Family Medicine welcomes Dr. Erin Dariano. Dr. Dariano has been practicing Family Medicine in Lima Ohio at Lima Memorial Hospital for the past seven years. Dr. Dariano, D.O., Completed her undergraduate degree at Bowling Green State University, and her medical degree at Ohio University College of Osteopathic Medicine. She is a board certified D.O., Doctor of Osteopathic Medicine. Dr. Dariano is committed to providing thorough, compassionate, mindful care for her patients.

To schedule an appointment with Rivers Family Medicine, please call (352) 205-4302.



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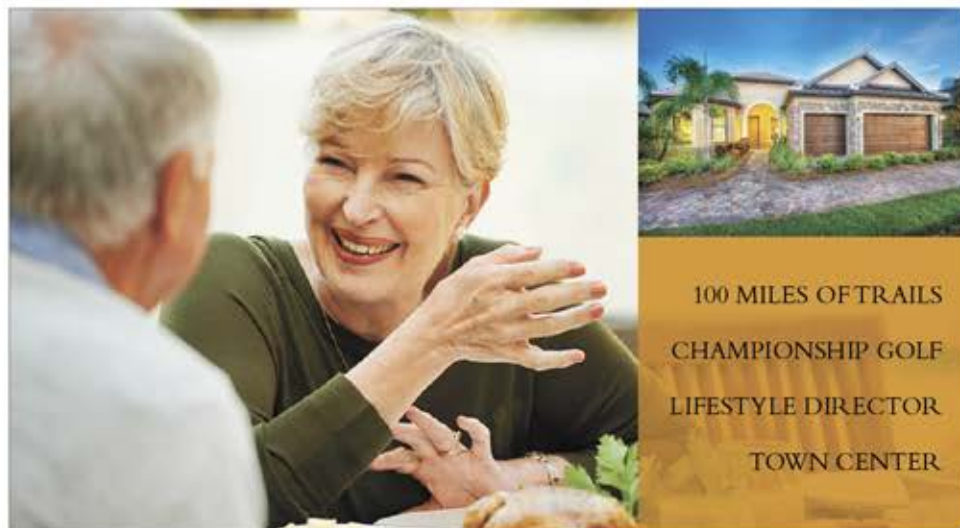
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Seasonal Influenza (Flu)

You feel miserable when you have a common cold—a runny and/or blocked nose, sore throat, cough. But you know that with rest, cold medications, and maybe some good chicken soup you are going to feel better in a week or so. The flu, on the other hand, can be a much more serious illness, especially for older people, young children, and those with certain chronic medical conditions. People with the flu may require more than bedrest and over-the-counter cold medications to prevent serious problems.

This newsletter discusses similarities and differences between the common cold and the flu, how you can lessen your chances of getting the flu, and treatments your healthcare provider may consider if you catch the flu.

How the Flu Is Different from the Common Cold
Symptoms of the flu that are somewhat different than those of the common cold are a high temperature (102°F or above), cold sweats and shivering, a bad headache, shortness of breath, aching in your joints and limbs, and feeling like you have no energy at all. Children, more than adults, are likely to have nausea, vomiting, and diarrhea.¹ However, it is important to remember that, in general, it can be difficult to tell the difference between a cold and the flu based on symptoms alone.

Both the common cold and flu are caused by viruses. But the flu is caused by specific types of viruses (influenza A and B). You can catch a common cold at any time during the year. The “flu season,” on the other hand, usually runs from October to March but can last until May.²

How to Avoid Getting the Flu

There isn't a sure-fire way to avoid getting the flu. But, the best way to reduce your chances is to get vaccinated each year. You can get the flu vaccine any time during the flu season, but it is best to get it before the flu season begins. Because the flu viruses change each year, you need to get vaccinated each year. Most healthcare providers and pharmacies provide the service. Certain groups of people, like those who have a severe allergy to chicken eggs, should not get the vaccine. Always check with your healthcare provider to find out if there is any reason you should not get vaccinated.

Other things you can do to help avoid getting the flu is stay away from people who are sick and have flu-like symptoms, wash your hands frequently, and avoid touching your eyes, nose, and mouth—germs often spread when people handle something contaminated and then touch their eyes, nose, or mouth.³

I Think I Have the Flu

If you think you have the flu, call your healthcare provider. This is very important if you are older, or if you have any longstanding medical conditions, especially those that affect your breathing or your heart. Older individuals, young children, and those with certain medical conditions are more likely to get the flu, and can have more serious disease.³ It is very important that you call your healthcare provider or go to the emergency department if your temperature remains high for more than a few days, you feel seriously ill, or you become short of breath or have chest pain.

How Your Healthcare Provider Can Help

Your healthcare provider can determine if you have a cold or the flu. Flu symptoms can be treated with prescription anti-flu medications, which are most effective if taken within 3 days of when your symptoms start. Additionally, over-the-counter medications may be helpful, as well as getting plenty of rest and drinking plenty of fluids. But it is important to know if you have the flu or a cold because the flu can become a very serious illness very quickly.

Most people recover from the flu in 1 to 2 weeks. But sometimes the symptoms become very severe. If your temperature remains high, or if you are not keeping down any fluids your healthcare provider may admit you to the hospital for intravenous fluids and other treatments. In certain patients, antiviral medications are sometimes used to shorten the duration of the flu and lessen its severity. It is important to know that antibiotics are not useful for treating the flu.

How the Laboratory Can Help

Quest Diagnostics offers a test that can tell if you are infected with a flu virus. The test does not require any blood—it is done with a simple swab from your nostril. The test results come back very quickly. This can help your doctor begin any medical treatment sooner, potentially lessening the duration and severity of the flu. The flu test can prevent you from taking antibiotics if you do not need them.

Additional Information

For more information, visit the Centers for Disease and Control and Prevention website (<https://www.cdc.gov/flu/index.htm>) or these helpful websites:

- The World Health Organization: who.int/mediacentre/factsheets/fs211/en/
- WebMD: webmd.com/cold-and-flu/tc/influenza-when-to-call-a-doctor
- Medline Plus: medlineplus.gov/flu.html
- FamilyDoctor.org: familydoctor.org/condition/colds-and-the-flu/



If You Have These Symptoms In Addition to Common Symptoms, You May Have the Flu

- A high temperature (over 102°F)
- Cold sweats and shivering
- A cough
- Muscle aches, especially in your back, arms, and legs
- Loss of appetite
- Extreme fatigue

The Best Way to Prevent Getting and Spreading the Flu

- Get vaccinated every year in September, or as soon as the vaccine is available
- Take common precautions. These include washing your hands often, avoiding close contact with sick people, and limiting contact with other people when you are sick. For more information, visit the CDC web page on flu prevention: cdc.gov/flu/protect/preventing.htm

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WINNING THE FIGHT AGAINST BREAST CANCER

Regardless of age, race or family history, all women – and about 1 percent of men – have some level of risk for breast cancer. Primary risk factors include age and gender, along with a number of other factors such as obesity and alcohol use, which can be moderated through healthy lifestyle choices.

Can Breast Cancer Be Inherited?

Certain types of breast cancer do seem to run in some families; however, it is important to note that what is inherited is the abnormal (mutated) gene that could lead to breast cancer, not the cancer itself. The most common genetic risk factors for breast cancer are in women who have a mutation to the BRCA1 and BRCA2 genes. Women with this inherited gene mutation have up to an 80 percent chance of developing breast cancer during their lifetimes. If you have a close relative (mother, sister, daughter, etc.) with breast cancer, you should speak with your doctor about genetic testing.

Early Detection

Identifying any type of cancer at an early stage before it has spread extensively (metastasis) provides a much better outcome for patients. Florida Cancer Specialists' physicians concur with the American Cancer Society's recommendation that women over 40 with no family history of breast cancer should get a mammogram once a year; for women under 40, a clinical breast exam is recommended at least once every three years. In addition, monthly breast self-examinations can be an effective way of discovering any changes in the normal look and feel of the breasts.

New Findings Offer Guidelines for Chemotherapy

Today, there are many types of effective treatments for breast cancer including surgery, chemotherapy, radiation and hormone therapy, to list a few. Results of a recent study released in June 2018 confirmed with better accuracy which patients will benefit from chemotherapy and which will not. It is now estimated that, because of this new understanding, about 70,000 breast cancer patients can safely skip chemotherapy. The study was recently published in the New England Journal of Medicine (NEJM) and, according to its findings, almost 70 percent of women with early stage



breast cancer and an intermediate risk of recurrence can now safely skip chemotherapy after their tumors have been surgically removed.

Over 10,000 patients in the clinical study received a genomic test that estimates the individual risk that cancer will recur. Known as gene expression testing, this assessment helps determine which breast cancer patients are most likely to benefit from chemotherapy following breast surgery.

Those with a high-risk score (above 25) were advised to have chemotherapy and hormone therapy, which is standard treatment; those with a low-risk score (0 to 10) would still need hormone therapy, but could forego chemotherapy and avoid its sometimes harsh side effects.

Prior to this study, the group of patients with test results in the intermediate risk range (between 11 to 25) did not have a clear course of action with regard to chemotherapy; however, the results of the study found that, within the intermediate-risk group, all women over 50 whose tumors responded to hormone therapy and tested negative for the HER2 gene had no significant benefit by adding chemotherapy and could safely skip it. Chemotherapy did offer some benefit for those 50 and younger who had a recurrence score between 16 and 25.

Florida Cancer Specialists is proud to have participated in this study. Its findings provide more certainty about which patients in the intermediate-risk group need chemotherapy and which do not. This is just one example of the incredible benefit that clinical research brings to both current and future cancer patients.

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

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Get fit having fun.

Like many Americans, you probably spend a lot of time sitting. Even if you balance out your time in the chair with trips to the gym, research shows that too much sitting can up your risk of breast and colon cancers.

Luckily, it's easy to counteract the adverse effects of sitting by simply moving more. It's easy to stay active in Ave Maria, a master planned community in Southwest Florida. One visit to Ave Maria and it's easy to see why: lap pools, fitness center, and classes, bocce courts, tennis courts, pickleball courts, miles of walking trails. And let's not forget 18-holes of championship golf.

If hitting the gym or taking part in organized sports isn't your thing, there are fun, creative activities all around you that don't require you to be an athlete to enjoy.

- Visit the Mother Teresa Museum or tour the stunning Ave Maria Catholic Church
- Ride your bike to the Town Center, home to restaurants, boutique shops, salons, and a supermarket to name a few
- Stretch while reading or listening to a book or lift weights while watching a movie
- Visit a museum or another cultural center
- Plant a garden
- Walk our miles of walking, and nature trails wind throughout the town, affording our residents the opportunity to revel in the beautiful outdoors

Movement is key. Identify those activities you find enjoyable and make a choice to move.

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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.

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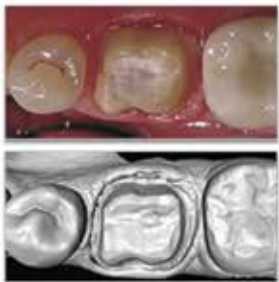
 Take I-75 to Exit 111, follow the signs to Ave Maria Town Center

Advancements in Dental Impressions

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

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

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



How does it work?

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

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

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



The Laurel Manor Dental Difference

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

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



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

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

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

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



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The Potential of Omega-3 Plus Melatonin in BREAST CANCER THERAPY

By Bo Martinsen, MD

October is National Breast Cancer Awareness Month. It's a time to reflect on these statistics, provided by the American Cancer Society:

- Breast cancer is the second leading cause of cancer death in women.
- More than 260,000 new cases of invasive breast cancer will be diagnosed in 2018.
- Over 40,000 women will die from breast cancer this year.

These are the hard facts about breast cancer. But in the face of the numbers, there is hopeful research coming out. In particular, more studies are examining how omega-3 fatty acids and melatonin can impact the effectiveness of cancer treatment -- as well as improve quality of life issues like pain, sleep and lack of energy.

How Omega-3s and Melatonin Work

Omega-3s and melatonin are powerful substances in their own right. Omega-3s, which make up an important part of the cell membrane, influence cell signaling and membrane fluidity, in addition to being involved in numerous metabolic functions. As for melatonin, it regulates our circadian cycle and is involved in nearly every aspect of cell metabolism, energy production and the body's immune response.

While we rarely think of them together, omega-3 and melatonin act as natural partners in the cell. Studies show that they influence the bioavailability and functioning of each other. In addition, this duo appears to have a profound impact on cancer cells.

Inhibiting Tumor Growth

The research coming out about how omega-3s and melatonin affect cancer cells is compelling. In simplified models, they have been shown to reduce cancer risk.

Cell studies have also looked at how omega-3s and melatonin can impact tumor growth. For instance, research has demonstrated that some types of omega-6s, which are typically found in processed foods, stimulate tumor growth and metabolism. However, if supplemented in high enough doses, omega-3s compete against the omega-6 molecules for the same enzymes and replace them, thereby inhibiting tumor growth. Research has also shown that when melatonin is added to breast cancer cells, it too blocks the integration of omega-6s into the cell membrane and leads to a reduction in tumor cells.



These benefits have important implications for cancer treatment. Consider one study from Canada, which showed that adding high amounts of omega-3s to breast cancer cells resulted in a 62% increase in cancer cell death compared to control cells!

Impacting Quality of Life

Aside from the benefits demonstrated in cell studies, some researchers have also looked at how omega-3s and melatonin impact breast cancer symptoms and treatment side effects. Studies indicate that both nutrients have mood-lifting benefits. In addition, scientists from the University of Copenhagen demonstrated that melatonin could positively impact sleep efficiency and total sleep time amongst breast cancer patients.

Studies of other disease states have also described the ability of omega-3s and melatonin to reduce pain and chronic inflammation; so in theory, these benefits could extend to cancer patients as well.

What's the Best Dose?

While no clinical studies have been performed to validate the optimal omega-3 dose for cancer patients, cell tests typically use the equivalent of 5000 to 10,000 mg of EPA/DHA in order to significantly change cell membrane structures and reduce cancer cell survival. That dose is the same as swallowing between 15 to 30 fish oil capsules daily. Similarly, for melatonin, the dose used in studies is much higher than what most people take -- closer to 10 times the common dose used for alleviating ordinary jet lag.

In Conclusion

Omega-3s and melatonin appear to have great potential for supporting breast cancer treatment and improving quality of life. In spite of their promise though, these two nutrients are rarely used together in cancer treatment, or in adequate doses -- in part because many cancer patients do not tolerate swallowing handfuls of capsules or drinking fishy-tasting oils. This is where I feel particularly optimistic about fresh omega-3 oil, which when correctly produced, has no fishy taste or smell.

At Omega3 Innovations, we are now at the beginning stages of studying how melatonin dissolved directly into omega-3 oil impacts breast cancer cells. We are excited to learn more about how these powerful nutrients work together, particularly for cancer patients.

A longer version of this article was originally published on omega3innovations.com. For the full text and references, visit:

<https://omega3innovations.com/blog/living-a-healthier-life-with-breast-cancer-karens-story/>

About Dr. Bo Martinsen

Dr. Martinsen is an omega-3 specialist, innovator, and advocate for natural foods. As co-founder of Omega3 Innovations, he has created multiple patented technologies for medical devices designed to improve consumer compliance. He is also the creator of several medical food products that combine dose-effective ingredients of omega-3 fish oil with soluble fibers and other nutrients. Before Omega3 Innovations, Dr. Martinsen practiced medicine in Norway, focusing on occupational and preventive medicine.



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Celebrating National Physical Therapy Month

This Fall, your practitioners at Life Care Center of Ocala would like to share a special month with you! National Physical Therapy Month is celebrated each October. The goal of the month long celebration is to raise awareness of the important role that physical therapists and physical therapy assistants play in helping people decrease pain, improve mobility, and engage in healthy lifestyles.

The History of National Physical Therapy Month Initially, National Physical Therapy Week was celebrated each June starting in 1981. In 1992, the week was moved to October so as to not conflict with the American Physical Therapy Association (APTA) national conference in June. It was then declared that the entire month of October would be designated National Physical Therapy Month. National Physical Therapy Month is a recognized observance on the National Health Observances Calendar.

The Practice of Physical Therapy

Physical therapy is a discipline that concentrates on major muscle joints and muscle groups. It is prescribed to patients with complications related to stroke, neurological disorders, hip and knee replacements, sports injuries, arthritis, sprains and strains, back pain and repetitive motion injuries. By utilizing a wide range of techniques, not limited to but including manual therapy, soft tissue mobilization techniques, modalities and kinesio-taping, physical therapists have the tools to help patients heal following surgery, illness or injury.

The Benefits of Physical Therapy

Improve Mobility & Motion

Physical therapists are experts in improving mobility and motion. Pain-free movement is crucial to your quality of daily life, your ability to earn a living, your ability to pursue your favorite leisure activities, and so much more.



Avoid Surgery and Prescription Drugs

While surgery and prescription drugs can be the best course of treatment for certain diagnoses, there is increasing evidence demonstrating that conservative treatments like physical therapy can be equally effective (and cheaper) for many conditions.

Participate In Your Recovery

Physical therapists routinely work collaboratively with their patients. Treatment plans can be designed for the patient's individual goals, challenges, and needs. Receiving treatment by a physical therapist is rarely a passive activity, and participating in your own recovery can be empowering. In many cases, patients develop an ongoing relationship with their physical therapist to maintain optimum health and movement abilities across the lifespan.

If you are looking to make the transition into a skilled nursing facility for yourself or a loved one, call Life Care Center of Ocala to book your tour today. Please call (352) 873-7570.



National
Chiropractic
Health Month

Chiropractic: A Safe and Natural Alternative to Medication and Surgery

By Daniel Taylor D.C. - Compton Chiropractic Care

Chiropractic medicine is one of the fastest growing fields within the medical community. It is a natural form of health care that corrects biomechanical fixations in the body in order to restore function. For example, when there is a misalignment in the spine, the disruption of nerve pathways can lead to localized pain, muscle spasms or pain traveling down one's arms or legs. Doctors of Chiropractic (DC) evaluate a patient much like any other medical practitioner. However, rather than using drugs to mask symptoms, chiropractors look to treat the source of the problem. In order to properly diagnose and treat patients, Doctors of Chiropractic must undergo intensive training over an eight year period. As well, they are regulated by both state and national boards.

Your first appointment will begin with a thorough review of your case history. This is followed by orthopedic, neurological, and chiropractic exams with a focus on the affected area; digital x-rays are performed only when medically necessary. After the evaluation, the doctor will explain the cause of your pain and suggest various treatment options. Typically, treatment can start at the time of your first visit.

You probably know someone that has received an "adjustment" from a chiropractor. What does this actually do, though? The purpose of an adjustment is to restore proper range of motion and biomechanical function to the affected joint by correcting the misalignments. This is an extremely safe and effective



form of health care that has been deeply researched by various scholars, physicians and medical journals alike. Manipulations have been used for thousands of years and are still utilized by Doctors of Chiropractic and Doctors of Osteopathy as treatment options. Some patients can hear a popping sound and, while this can have a startling effect, it is a completely normal occurrence. The noise comes from gas being released between the joints. During a manipulation, the affected joint will open slightly and become mobile again; this causes a change in pressure inside the joint resulting in the sound of gas being released. The same effect occurs when you crack your knuckles; which, contrary to popular belief does not damage the joint or cause arthritis.

Even if you have had a past surgery or suffer from osteoporosis, there are still many techniques that can be utilized to meet your needs. Besides using common "hands-on adjustments", our doctors at Compton Chiropractic are trained in special techniques to provide adjustments with little or no force at all.

What about sciatica? Doctors of Chiropractic welcome treating patients with complicated conditions like sciatica; in fact, we excel at it on a daily basis. At Compton Chiropractic, we offer the Cox Flexion Distraction Technique as a non surgical method of treating disc related injuries. Many are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc, stenosis and decompression. Most are also aware that surgery and or

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medications are often unsuccessful treatments for these conditions. However, years of research and technology have pushed the field of Chiropractic into the 21st century and now there is hope for those who suffer from this debilitating pain. This conservative treatment has been clinically shown to decrease intradiscal pressure by approximately 75%; thus allowing relief from the symptoms of disc related pain and stenosis within as little as 8-12 visits. In past years, physicians would send patients to physical therapy prior to considering surgery. While therapy is excellent at rehabilitating muscles in the body, it has been shown less effective than chiropractic care in the treatment of low back pain.

At Compton Chiropractic, our primary goal is pain relief. Treatment will not take 30 visits and will not cost thousands of dollars. Every new patient is treated as an individual and receives an initial examination in order to properly diagnosis the condition. With a proper diagnosis and treatment plan, patients will recover faster as opposed to treating the site of pain without a full understanding of the pain generator.

FREE consultation

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to this advertisement. Expires 10/31/18

We accept all major insurances and our friendly staff will communicate with your carrier prior to treatment to determine eligibility and benefits. This typically helps avoid any future surprises. So stop living with pain and call 352-391-9467 today for a free consultation with one of our physicians.

TESTIMONIALS

See what some of our patient's had to say about our practice:

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

"I thought I would live with this pain for the rest of my life, but thankfully I was wrong and Doc was right." - M.M.

"Dr. Compton fixed the numbness in my foot. I am back to playing tennis and loving it!" - J.J

"I had a bad experience with chiropractors before, but you're the best. I forgot what living without pain was like. Thanks Doc" - C.C.

"My other doctors could not help my mid-back pain and kept giving me pain medication. After seeing Dr. Taylor, he not only took my pain away but prevented it from returning" - B. D.

"I was having severe pain in my right arm. I tried everyone else, so I decided to give Compton Chiropractic a try. In three visits, my arm pain was completely gone" - M.C.

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Our Philosophy

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- Physical Rehab suite with cold laser technology
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- Clinical Nutrition
- Quality care without the wait

Accepting

- Medicare
- Blue Cross Blue Shield
- Cigna, Aetna
- Humana
- United Health Care plans
- Personal Injury



Contemplating Cannabis

By Robert C. Goethe, MD

Less than a year ago, I quit my anesthesia job and started Better Health (now Dr. Bob's) Compassion Clinic. I have become more convinced than ever before that this phenomena of medical cannabis is helping many, many, Floridians and is only going to get bigger. The medical cannabis program is still in its infancy in Florida. What's going to happen as we move forward and make it easier to get, perhaps even legalizing it for adult use consumption? Let's just have some fun and look at things that legalizing cannabis, medical and for adult use, did for the state of Colorado. What would happen if Florida followed Colorado's lead?

Colorado had medical cannabis since 2000 and then passed a law to legalized adult use (recreational) in 2012. Now 6 years later we have some data we can look at that could serve as a blueprint should Florida decide to allow the sale and tax of medical and adult use cannabis.

Cannabis sales now exceed \$1.5 billion dollars a year in Colorado. The state collects a 2.9 % sales tax on medical cannabis. The recreational stuff is taxed at 2.9% + 15% special sales tax + 15% excise tax which is 32.9%, in addition to any local sales taxes that a county or city may impose.

According to US News Report, the taxes collected from Colorado cannabis sales was over \$200 million dollars in 2017 and has been increasing every year. What has Colorado done with all this money? In 2016, they actually put an initiative on the ballot to provide universal health coverage for state residents. Wouldn't that be nice? But it didn't pass. But they did find other ways to help the state, include spending millions on education and public health, substance abuse facilities, and affordable housing. Law enforcement gets a good portion too.

I have personally enjoyed visiting Colorado over many years and can testify that it is amazing how upscale and modern some of these towns look since the new gold (green) rush of cannabis. Recently my wife and I drove thru a little border mining town called Trinidad just north of New Mexico. The streets were being repaved and they were rebuilding the school with money from the proceeds of cannabis taxes. The downtown was attractive and full of visitors spending their money who most likely would not be there except to enjoy the novelty of being in a state where cannabis was legal and safe.

Some would argue that this doesn't sound like a good thing. What about the crime and drug problems? Well, the data coming out now is compelling. Since liberalizing marijuana, Colorado has seen a marked decrease in fatal drug overdoses, less violent crime and less property crime.

Citizens of Colorado can legally grow their own marijuana plants and it's not hard to get a grow license. This has provided for lots of production and very low prices. Even with all the tax, it's very inexpensive compared to what it costs in Florida. Florida only initially allowed only 5 nurseries they picked to grow marijuana. The state requires unusual restrictions on the growers, such as coughing up 5 million dollars for a bond so the state has recourse if they screw up. Also, the growers also have to be the processors and the sellers (dispensaries) so that the whole process is integrated vertically. That is, the state can maintain total control over the production companies and stop their entire process if they chose. These growers also have to document every single plant from seed to sale. These restrictions translate into the reality that it is a lot harder to produce cannabis in Florida and therefore the price is much higher.

Floridians who use medical cannabis will usually spend \$150 to \$250 a month for products. Insurance doesn't yet cover it, so it's a cash business. There are now over 150,000 Floridians who are on the registry so it's becoming popular and mainstream quickly, because it works for most people. But one of the biggest complaints I hear, especially from patients who have experienced medical cannabis in other states, Florida is very expensive. Not everyone can spend a few hundred dollars a month.

Insurance might one day cover the cost of medical marijuana if the FDA ever takes it out of the Schedule 1 classification. If you compare it to the price of standard pharmaceutical drugs like insulin that now cost \$800 a month or the new hepatitis pill that costs \$500 a pill (yes, I'm talking about you, Harvoni), cannabis is a bargain!

I bring up the extra high cost of medical cannabis in Florida because this is a situation that doesn't need to be. If Florida would follow the lead of the western states that have legalized cannabis, competition heats up and prices would go way down. This would very much benefit Floridians using medical cannabis.

Imagine now if Florida allowed competitive production and also allowed adult use cannabis. Like Colorado. First of all, the prices would come way down for patients. And if using the Colorado model



for taxing cannabis, Florida might expect to see extra revenue of about \$800 million dollars a year. Imagine what this money could do to help Florida with some of its glaring problems. The first thing that comes to mind would be it could bail us out of the School Resource Officer mandate that happened this year - the new state law that requires an armed officer in every school in Florida. This unfunded mandate will cost about \$360 million a year and no one seems to agree where this money might get come from.

Certainly Florida could also use some of the new found money to support citizen's access to health care. Florida's Health Care is ranked a dismal #48 in the United States. Not so good in a state with lots of elderly people needing care. Florida could perhaps improve its infrastructure to make the state more attractive to visitors. Not to mention, decriminalizing cannabis would certainly attract more tourists to the state. Just like Colorado saw an increase. As a bonus to the tax revenues, we should expect much lower drug overdose deaths and a reduction in violent crime. Like Colorado.

In conclusion, medical cannabis has opened the door for some exciting potential if this state keeps an open mind and embraces this change. Everyone will benefit.



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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.

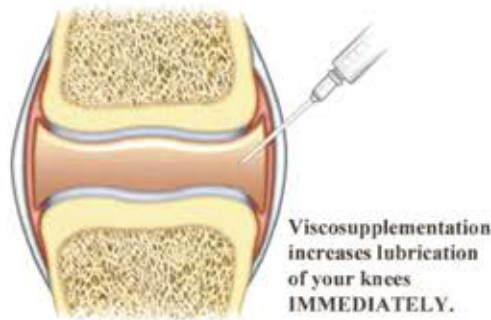
End Knee Arthritis Pain with FDA Approved Joint Injections

If you have never had joint injections before, you may be wondering how this treatment works and whether it can truly make a difference. Below are answers to three of your most frequently asked questions:

How do joint injections work?

Our bodies naturally create a solution to keep our knees and other joints lubricated. Osteoarthritis reduces the ability of this natural lubricant to protect your knees. Consequently, you may experience reduced mobility and increased pain. Our injections use the FDA-approved treatment known as Viscosupplementation. This is a solution comprised of highly purified sodium hyaluronate. In addition, this treatment is covered by most insurances, including Medicare.

When injected into the knee, the Viscosupplementation solution helps to cushion and lubricate the knee joint, nourishing knee cartilage for natural pain management. The solution helps to restore normal function to the joint, including its natural lubrication. Patients experience less pain and are able to enjoy a more active lifestyle.



What are the risks associated with the Viscosupplementation treatment?

The most common side effects are minor, and include mild bruising, swelling or pain at the injection site. In extremely rare cases an allergic reaction may occur, only in those suffering from avian (bird) allergies. A rash, hives, itching and difficulty breathing characterize an allergic reaction. While rare, an allergic reaction requires prompt treatment. The majority of our patients, however, experience little to no side effects from treatment.

When will I feel results?

Though results may vary, most patients feel an immediate reduction in pain and return to normal activities in weeks.

Will my insurance cover this treatment?

Yes, most major insurances and Medicare will pay for this treatment.

Who is a good candidate for this treatment?

Do you wake up with knee pain? Does your knee pain keep you from certain activities? Have you been told you need a knee replacement? Are you active and sometimes suffer from sore knees? Do you take medications for knee pain? Do you have difficulty going up and down stairs? Are you considering surgery to alleviate your knee pain? Have you tried everything to get rid of your knee pain without success?

If you have answered "YES" to any of these questions or if you are experiencing similar symptoms then you are likely ready to experience the relief and healing that Physicians Rehabilitation can offer.

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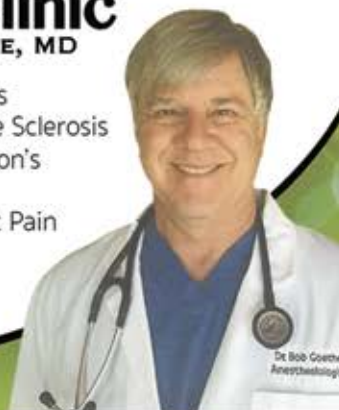
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LOCAL ATTORNEY PATRICK L. SMITH OFFERS FLAT FEE ESTATE PLANNING SERVICES



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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National Physical Therapy Month

Physical therapy is the leading way to relieve pain and discomfort at its core for many individuals. Therapeutic manual stretching and exercising provide real results in controlling pain for countless patients. The CDC (Centers for Disease Control and Prevention) also launched new guidelines recently, recommending the use of physical therapy for chronic pain.

Common Conditions that Improve significantly with Physical Therapy

- Assessment and Evaluation Programs
- Difficulty Walking
- Fall Prevention and Balance Retraining
- Fitness and Wellness Programs
- Functional Training
- Gait Training and Balance Programs
- Manual and Massage Therapy
- Neurological and Neurodegenerative Retraining
- Vestibular Rehabilitation

Back Pain

Unfortunately, back pain affects up to 80% of individuals at some point in their lives. Studies show that for those who suffer from back pain, the symptoms often come in persistent, continuous episodes. This is why being proactive about physical therapy treatments and techniques can help to alleviate or lessen these intervals of pain.

Common Back Issues

- Herniated discs
- Bulging discs
- Sciatica
- Spinal stenosis
- Spinal arthritis
- Spondylolisthesis
- Degenerative disc disease
- Posterior facet syndrome

For patients suffering from back pain, the first step to recovery is to receive a proper diagnosis so the cause of the symptoms can be determined. Physical therapists are trained to administer flexibility and strengthening tactics along with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results.

Vestibular Balance Issues

At some point in their lives, at least 50 percent of the U.S. population will develop a balance issue. Many of these circumstances happen to the aging population, between the ages of 50 to 75, and most of these are related to vestibular issues.

Patients suffering from vestibular related disorders often experience vertigo, dizziness, nausea, migraines, gait issues (walking), and imbalance. In addition, many patients complain of mood changes and cognitive impairment. Usually, these symptoms stem from issues in the inner ear. More than 69 million Americans have experienced some form of vestibular issues in their lifetime, and that number is on the rise.

Tiny crystals in the inner ear that slough off and get lodged in the fluid of the ear canals cause BPPV. It can be effectively treated with a simple manual therapy that moves the crystals through the ear, improving and in many cases alleviating vertigo and the sensations of dizziness.

Physical therapists understand the importance of balance and walking for a self-sufficient lifestyle, and the ability to maintain daily activities. Whether those activities are at work, play, exercise or just simply getting around. There are numerous programs and therapies to help treat multiple balance issues.



Sprains and Strains

Physical therapists work with their patients to prevent repetitive sprains and strains from sports, an active lifestyle or ballistic movements to help their patients alleviate recurring injuries and loss of activity.

Parkinson's - LSVT Big and Loud

As of yet, there is still no cure for Parkinson's disease. The treatments available are medications, which help to alleviate symptoms, and a high emphasis is placed on a healthy diet along with exercise and mobility training. Because Parkinson's patients are often struggling with small shuffling movements, rigid muscles and tremors, the individually tailored exercise classes are highly effective for retraining the brain into making bigger movements, while incorporating stabilizing balance methods. LSVT Loud trains Parkinson's patients to use their voice at a more normal level, and LSVT Big teaches the individual to use their small and large motor skills with more control.

Patient Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, mobility and communication is critical.

Physical therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical therapy.

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Glyphosate(Roundup): Pathway to Modern Diseases

By Douglas C. Hall, M.D., GYN, and Functional Medicine Specialist

Is the soil making you sick? Ask yourself the following question: Do you suffer from bloating, allergies, asthma, autoimmune disease, acid reflux, chronic fatigue, fibromyalgia, arthritis, thyroid disorders, IBS, Celiac disease, hormonal imbalance, skin disorders, Parkinson's, cognitive decline or other chronic disorders? If you do, you should have a few simple, but necessary tests performed to find out if you have a high concentration of glyphosate and leaky gut.

Glyphosate is the active ingredient in the herbicide Roundup. It is a broad-spectrum herbicide (it is an antibiotic), considered to be nearly nontoxic to humans. (1) However, a recent paper by researchers Samsel and Seneff, argued that glyphosate may be a key contributor to the obesity epidemic and the autism epidemic in the United States, as well as to several other diseases and conditions, such as Alzheimer's disease, Parkinson's disease, infertility, depression, and cancer. (2) Glyphosate inhibits a critical bacterial metabolic pathway in the gut microbiome that produces essential amino acids. Microbiome is also adversely affected by antibiotic usage.

Leaky gut is also known as intestinal permeability causes illnesses. We know precisely which proteins, microbiota, and microorganisms are responsible for the mucosal and epithelial damage or leaks. The natural functioning of our intestinal wall is to allow nutrients to pass through, but with Leaky gut, large openings enable dangerous substances to enter the bloodstream. This happens when the TJs, or tight junctions in the intestinal wall open and cause seepages. The immune system sees these substances as foreign bodies and begins to attack them, which causes immune flare-ups and a host of disorders to arise.

Microbiota are the "bugs" in our gut. These are made up of micro-organisms and viruses that harbor themselves in the GI tract. We live in synergy with the microbiota, and they live in synergy with us, their host. The microbiome is what makes up the whole genetic profile of the microbiota. These are the bacteria, viruses, and eukaryotes. We need the microbes to digest food, vitamins, and nutrients, to regulate our hormones, support our immune system, and to protect us against pollutants.

Starch from wheat, oats, rye, barley, buckwheat, rice, potatoes and legumes and fiber from whole-grain bread, brown rice, legumes, vegetables, and fruits are common. These provide nourishment (development,

growth, functioning, and even survival) to our microbial friends; HOWEVER, the metabolism of many of these are beyond the ability of the host to digest, so both host and microbes have to complete the task. The importance of a healthy microbiome cannot be overstated!

There is now a world epidemic of diseases. The information below as described by Zach Bush, M.D. paints a vivid picture of the rising ratio of these conditions:

Autism: 1:36
Attention Deficit: 1:8 (70% medicated)
Asthma: 1:10
Allergy: 1:4
Diabetes: 1:4
Obesity: 1:3
Major Depression: 1:2
Cancer: 1:2
Dementia: 1:1

In 1975 the incidence of autism was one in 5000! Today it is 1 in 36! It is predicted that in the year 2035 it will be 1 in 2 unless some dramatic changes are made! What has changed? Our genes are the same!

The Soil

The Topsoil has been destroyed by glyphosate! When we eat foods derived from or indirectly from the soil, our microbiome is altered. The government has not banned the use of glyphosate (Roundup) in the United States! Maybe the recent trial where a gentleman was awarded \$289 million when a jury concluded that his cancer was the result of his exposure to Roundup (glyphosate) will get the Government's attention!

It became common practice in 1992 to use glyphosate as a desiccant (drying agent) and a ripening agent just before harvest to get to market faster. So now all the wheat, oats, barley, rye, canola, cotton, potatoes, grapes, raspberries, apples, sunflower, sugar cane, etc. are all sprayed with Roundup before they go to market plus being sprayed during the growth cycle. Cows eat the grass that has been sprayed with Roundup, and we drink the milk and eat the cheese.

**Come to our free clinic every Thursday to
learn more about medical marijuana!
Call for more information.**

Zach Bush, MD. and his research team have studied the soil for several years. They have determined that "healthy soil, similar to a healthy ecosystem, contains a vast library of nutrients, mineral, amino acids, and other complex metabolites that are released through the digestive processes of bacteria and fungi." (3) These complex chemicals protect us from and repair the damage from glyphosate.

They have found that if they go deep in the soil, these complex array of chemicals are still present. They have developed a method to extract this diversity of complex chemicals and put them in a liquid dietary supplement called Restore. I encourage everyone to watch some of the YouTube videos by Dr. Bush to learn more about this incredible product. It can change the quality and length of your life. Urine tests are available at our office to determine your level of glyphosate. Please pick one up ASAP so you can determine your risk.

If you believe you have leaky gut as a result of Roundup exposure, food sensitivities or antibiotic use, it's imperative to get tested and receive functional medicinal care to reverse your disorder and to alleviate the complications of long-term gut permeability and the diseases that are so often related to the disorder.

About Doug Douglas C. Hall, M.D., OB/GYN, and Functional Medicine Specialist

Dr. Douglas Hall was born in Indianapolis, Indiana in 1941. He received his undergraduate and medical degrees at the University of Florida, trained in functional medicine at the Institute of Functional Medicine in Gig Harbor, Washington, and served in the U.S. Air Force Medical Corp. Dr. Hall has 44 years experience in practice, with 25 in functional medicine. He is a member of the Age Management Medicine Group, the American Medical Association, the American Academy of Anti-Aging Medicine, the American Chiropractic Association Council on Nutrition, the Endocrine Society, and the Institute of Functional Medicine. In addition, he is a recipient of the Honor of the Diplomat of American Clinical Board of Nutrition.

**To schedule an appointment, please contact
Dr. Hall's office today at 352-629-7955**

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1. *Expert Opin Drug Metab Toxicol.* 2009;5(6):607-620
2. *Can J Bot.* 1977;56:2196-2202
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Douglas C. Hall, M.D.

Dr. Hall has been in private practice for over 44 years and is a functional medicine expert.

352-629-7955

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DOES YOUR LIFE INSURANCE POLICY MEASURE UP?

What You Should Know

Did you know that your life insurance plan might not be portable? What does that actually mean? Well, if your employer provides a group life insurance plan, those typically are written to move with you through your transitions. For example, if you make a career move, retire or are laid off, you may lose your life insurance coverage.

As we age, there is no telling what life might entail for us; this is especially true for our health and the health of our loved ones. New York Life offers a better way. They have an elite plan called the "Employee Whole Life." The Employee Whole Health is portable and will be yours to keep, trust and rely on as make changes in your life.

The Benefits of NY Life's Employee Whole Life Includes:

- Easy application process
- Guaranteed to never increase in cost regardless of your age or health
- Easy on your budget
- Available to your Spouse, children, and grandchildren

Smart businesses and organizations from large hospital groups, Developers, Manufacturing to smaller companies and local businesses are discovering that New York Life has their employee's best interest in

mind and are offering this Employee Whole Life for their organizations. **THIS PROGRAM COSTS NOTHING FOR AN EMPLOYER TO OFFER, SINCE ITS PAYROLL DEDUCTED**

The difference isn't just the exceptional benefits; it's also the dedication of their agents, like Edward Martinez, Jr. of Maitland Florida. Edward makes it his top priority to be personally available to his accounts with by phone, email or in person to make certain that they are receiving the best service and to answer any issues or concerns that might arise.

The Employee Whole Life Plan's application has very few if any health questions, so the process takes just a few minutes total to complete. The insurance premiums are automatically deducted from the employee's paycheck, and the best part is that the policy guarantees to gain cash value and is yours to keep if you ever decide to cancel your policy. Backed by New York Life, with the highest ratings and trusted name, this plan is top of the line.



To find out more, please contact Edward Martinez, Jr. today at 352-895-4643.



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Hungry Heart

By Alex Anderson,
Senior Associate Pastor at Bayside Community Church

The songwriter and performer Bruce Springsteen was right when he wrote,

"Everybody's got a hungry heart..."

Inside of every human is this need or hunger. Sometimes we try to fill it with love for another person, but for some reason...another person is not the answer.

Sometimes the hungry heart destroys the very things we love and want.

Springsteen goes on to sing,

"We fell in love, I knew it had to end...we took what we had and we ripped it apart...everybody's got a hungry heart...don't make no difference what nobody says...ain't nobody like to be alone...everybody's got a hungry heart."

I do believe our hungry heart is about loneliness, not for another human...but for God himself. We were created in the very image of God (Genesis 1:26) but when man left God...man missed, and still misses, God. They had a bond that filled man with joy and satisfied his heart like nothing else.

C.S. Lewis calls this the, "Numinous Awe." It seems to be built into mankind, this *ravenous hungry heart to know God*. And it's so strong nothing can fill it but God himself.

Psalms 34:8 says, "*Taste and see that the Lord is good.*"

And the truth is... If you don't get that deep ravenous hunger in your heart satisfied by Jesus you will starve to death spiritually, while eating everything else.

So how do you do that? How do you find the true satisfaction that calms your hungry heart?



If you are a Christ-follower, then you know how to do this. You...do again...something that you have already experienced when you asked God to be your Lord and Savior. You "make up" with God and you're back to stay.

You are so glad to be back together. Glad that God owns you and your life. So you decide to be happy because God owns you and is your life partner (Philippians 4:4).

Feel the pleasure, the joy and the delight again about Jesus being your master. Let this fact cause you happiness, pleasure and delight.

Be full of joy because Jesus paid a high price for your life. (1 Corinthians 6:19-20).

Let the reality of what He has done sink over you.

Not only are you in His family now, but you can live the life of a victorious and joyful person of God; with all the rights and privileges of a child of rich royalty.

"You are my child says the Lord...my very rich child says the Lord...let the riches of your heart begin to overflow into all of your life." (3 John 2)

You can, should, and must rejoice always in the Lord...way before anything changes physically in your life.

The seed of hope and joy is there if you have become one with Jesus Christ. His seed is within you. If your hope is nonexistent then find the seed once planted deep in your heart by the Holy Spirit.

Like a precious pearl search for it (Matthew 13:45).

When you find it (that small seed), clean it up. Polish it and put it in the center room of your heart, shine the brightest light you can find on it and let its magnificent beauty captivate you. Stare at it with intentional focus as though you are searching and waiting for hope itself.

Its magnificent light will light up your life.

For it will change everything about you as you clearly see and feel the love that God has shed in your heart...that is for you (Romans 5:5).

It is so worthy of your time my friend to meditate and think about Jesus, again.

Whether things in your life are going well or not...you have the power of a Christ-follower to focus on Jesus...the author and finisher of your faith and the centerpiece of your heart.

Bon Appetit!

To your spiritual health,

Alex E. Anderson

Senior Associate Pastor at
Bayside Community Church

Author, *Dangerous Prayers*

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