

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

December 2018

Marion Edition - Monthly

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**RAO'S
DYNAMIC
DUO**

of Women's Imaging

Dr. Janet TerLouw - Dr. Amanda Aulls

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**This Year's Flu Season Is Upon Us:
Get Vaccinated Now**

**Microneedling
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**How to Overcome Your
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Perseverance. A powerful element in fighting cancer.

Edith Picallo has persevered through tough challenges in her 70 years — immigrating from Cuba, losing her husband to cancer, raising three kids alone and beating cancer twice. A new stage 4 lung cancer diagnosis had her wondering if she had what it took to beat it again. Her initial prognosis was severe — less than a year to live. But when she found Florida Cancer Specialists, her doctor conducted genomic testing to personalize her therapy. The result — her tumor shrank 47 percent in just six months. Now, three years after her diagnosis, Edith's story shows that when hope and science join forces, great outcomes can happen.

"Florida Cancer Specialists did a genetic test to determine the right medicine for me and my lung cancer, and it is working."

-Edith Picallo, Cancer Survivor

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RAO'S DYNAMIC DUO OF WOMEN'S IMAGING



Dr. Amanda Aulls

Dr. Janet TerLouw

What's missing at most women's imaging centers? Women doctors, who provide a personal and compassionate approach to women's diagnostic care. That's why RAO is proud to introduce Dr. Amanda Aulls, a subspecialist in diagnostic radiology and breast imaging and the Medical Director of Women's Imaging at RAO, and Dr. Janet TerLouw, a subspecialist in breast imaging.

In addition to their extensive medical and diagnostic training, Dr. Aulls and Dr. TerLouw possess a firsthand understanding of the experience and importance of women's diagnostic tools like 3D mammography™ exams, stereotactic biopsy, pelvic imaging and other lifesaving tests.

"I'm gratified to be part of the region's first and only comprehensive, full-service women's imaging practice," says Dr. TerLouw. "Women overseeing women's healthcare is an important factor here at RAO. After all, it's one thing to oversee a mammogram and another to have actually experienced it. Quite simply, it enhances our service to patients."

"As the Medical Director for Women's Imaging, I confirm that every test is performed with empathy and respect, and that all images are analyzed onsite by our Board Certified subspecializing radiologists for utmost accuracy," says Dr. Aulls. But these superheroes aren't alone in their quest for superior service – every doctor on the Women's Imaging team subspecializes in one or more women's imaging services, and every technologist has undergone extensive training in safety, accuracy and patient comfort.

In addition to specialized training, RAO also employs advanced technologies like the 3D mammography™ exam, which produces images of breast tissue from different angles for up to 40% better discovery of invasive breast cancer, with far fewer false positives and resulting supplementary exams. It is especially useful when imaging dense breast tissue, whose layers can both conceal cancer and produce artifacts mistaken for cancer. "That's added anxiety no woman needs," says Dr. TerLouw.

"We are the only local diagnostic center that delivers every women's imaging service, as well as the most advanced equipment and technologies, like 3D mammography, stereotactic breast biopsy, breast MRI, breast ultrasound, pelvic ultrasound and DEXA bone density scanning, all in one state-of-the-art center," says Dr. Aulls. "We take every step to make testing as reliable, quick and easy as possible."

Also of note, the Women's Imaging Center and TimberRidge Imaging Center maintain ongoing accreditation from the American College of Radiology for safety and accuracy, making them one of the few regional women's diagnostic practices to be designated a Breast Imaging Center of Excellence by the American College of Radiology.

For truly heroic women's imaging services, call RAO's Women's Imaging Center at 352-671-4300 to schedule your routine screening 3D mammogram.

Marion County's only full-service imaging center, providing a full circle of care - *centered on you.*



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Amanda Aulls, MD *Medical Director of Women's Imaging*, and Board Certified Radiologists
(left to right): Fredric C. Wollett, MD; Malcolm E. Williamson, II, MD; Ryan K. Tompkins, MD;
Brian Cartwright, MD; Janet R. TerLouw, MD

If you're due for a screening mammogram, why not go with the area's only comprehensive, full-service center dedicated to women's diagnostic services.

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We are proudly contracted with a variety of insurances and file all claims with the exception of non-contracted HMO's. Please visit our website for a detailed list of who we are contracted with. Contracted insurances are subject to change.



WOMEN'S IMAGING CENTER
TIMBERRIDGE IMAGING CENTER

How to Overcome Your Holiday Health Pitfalls

The holidays bring abundant gifts, many of which are intangible. Love. Generosity. Faith. Family. But unfortunately, for many of us, poor health is also on that list.

Although it's an incredibly special time of year, it's still important to keep track of your physical, emotional and spiritual health. Overindulging, under-exercising and having a jam-packed schedule are common reasons we end up feeling drained and sluggish. Stress, depression, anxiety, weight gain and unhealthy coping mechanisms can dampen what would ordinarily be a season of joy and celebration.

Taking some time to check in with yourself can help you avoid unhealthy behaviors and patterns. Understanding potential holiday pitfalls will help you feel your best all season long.

Monitor Your Mental State

Mental health is a chief concern around the holidays. Some people can experience depression as they grieve lost family members, face emotionally challenging anniversaries and have to adjust with changing relationships and routines. Anxiety can also develop if you're traveling or spending time with friends and family who you aren't close to or have had difficulty with in the past.

The holidays are intended to be a time of peace and love, but if you're finding you are feeling angry, tearful, unable to enjoy experiences, or are having any thought of self-harm, don't delay in seeking medical help.

Other trends that should lead you to speak to your physician about your emotional health include:

- Overindulging in any unhealthy food or drink
- Lack of motivation to do things or your hobbies that are normally fun
- Difficulty getting out of bed, falling asleep or staying asleep



Stay Active and Focused on Health Goals

With frequent holiday parties and events, it's easy for your normal, healthy diet to disappear. From Thanksgiving through to the new year, there are more temptations all around — large portions, desserts, candies and opportunities to overindulge with rich foods you may not normally eat.

Work on setting your boundaries before you head into the buffet line. Here's how:

- Make a food budget ahead of time, including what and how much you will allow yourself to eat
- Split dessert with a loved one or only put half servings of higher calorie foods on your plate
- Wait 10 minutes between courses; this gives you a period of time to digest and gauge if you really need that second helping

In general, slow down and enjoy your food. Be the last one done with your plate, taking breaks to chat with friends and family instead of eating consistently and rushing to finish.

Keep up With Scheduled Preventive Screenings

Many people delay getting their routine screenings, like colonoscopies, pap smears and mammograms, during the busy holiday months. Some wait until the new year for insurance reasons, or because it's more challenging to get appointments due to scheduling limitations. It's important to work with your doctor and plan ahead, so you know if your screening can wait or you need to make the appointment and stick to it.

For more information, call 352-467-7850 or visit FHOcala.com

If you're able to get a screening done and off your plate during the holidays, you won't be stuck worrying about uncertain health concerns and can better enjoy the season. It might also be wise to get your screening before insurance deductibles reset in the new year.

Avoid the Downside of New Year's Resolution Thinking

If you're living a healthy lifestyle, it's easier to maintain it (even during the holidays) than it is to adopt unhealthy diet and exercise behaviors then try to shift back to health. For every misstep today, it takes two steps tomorrow to reverse the damage. It's tempting to put your goals on hold until January, but healthy habits take time and dedication to form. Working on your approach to eating and exercise now will help set you up for lasting success in the new year.

Health Challenges Over the Holidays Are Normal

Be mindful of the fact that the holiday season may bring physical and emotional changes for a number of reasons. But thinking the holidays are an excusable time to put your health on hold is a mistake; instead, plan ahead, set your boundaries and prioritize your whole health. Ultimately, you'll feel better and be able to truly take in and enjoy what the holidays are all about.

And really, there's no greater gift you could give yourself this season.



Microneedling Leaves Skin Feeling Healthy, Looking Rejuvenated

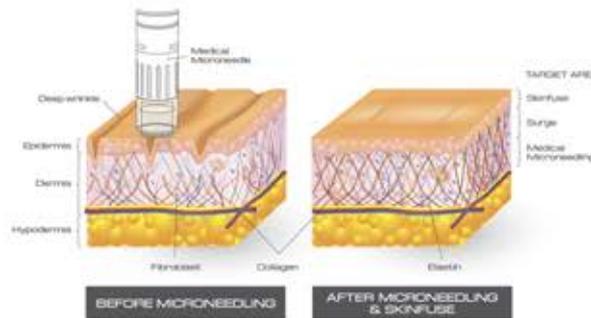
Microneedling has taken the world by storm in recent years (even though it has been around for over 50 years). Traditionally, it was a go-to therapy for dermatologists treating facial scars, but its popularity skyrocketed when medical spas nationwide began expanding its use to include a host of skin renewal and anti-aging benefits. Microneedling, also known as collagen induction therapy, is a minimally invasive, non-surgical, skin revitalization treatment employing specialized mechanical devices (a dermaroller or dermapen) equipped with short, delicate, surgical-grade needles. The tiny holes from the needles create microchannels that stimulate the body's natural healing abilities, triggering the production of fresh collagen and elastin to rejuvenate aging skin and improve the appearance of fine lines, wrinkles, scars, and pores.

WHO CAN BENEFIT FROM MICRONEEDLING?

Microneedling can help anyone diminish the visual impact of scars on the face, neck, or torso (from acne to chicken pox). The treatment can also renew and smooth out the skin of people who have developed blotchy hyperpigmentation, for example from stretch marks. What about tattoos, you ask? Microneedling is now being used before and after laser tattoo removal to reduce the number of laser sessions needed and to diminish the appearance of any hypo- or hyperpigmented scars left over after treatment. Microneedling is suitable for all skin colors, types and tones, and can improve the skin anywhere it has been damaged or scarred. Many people prefer it over laser treatment as there is no risk of burning.

HOW DOES MICRONEEDLING WORK?

The specially-designed handheld device uses fine needles to generate hundreds of tiny, imperceptible superficial puncture wounds in the skin. If that doesn't sound too appealing, not to worry, the process is virtually painless and extremely effective. The minuscule punctures create microchannels 0.2 millimeters to 3.0 millimeters in depth and stimulate the production of collagen and elastin allowing the body to auto-heal skin damage and defects. A typical microneedling session lasts less than 30-minutes and involves almost zero downtime. You may experience some skin redness afterward which will generally disappear in a day or two.



HOW MANY TREATMENTS ARE REQUIRED?

Microneedling is not a one-and-done affair. The exact number of sessions you'll need will depend on your skin condition. Typically, two to four treatments (four to six weeks apart) are required to tackle moderate problems, and multiple treatments may be needed for more severe scars or stretch marks. Your medical aesthetician will determine how many sessions you need, based on your medical and cosmetic history.



RESULTS OF MICRONEEDLING

You'll be able to see progress after your first treatment. However, the effects of microneedling are cumulative with the full impacts gradually seen over a few months and with each successive session adding to your skin's development. Studies have confirmed microneedling has a positive effect on atrophic facial scars, and in the treatment of chronic skin disorders involving dark, blotchy pigmentation on the face. Microneedling can reduce the aesthetic effects of fine lines, age spots, enlarged pores, stretch marks, and wrinkles. It consistently provides patients with a more youthful complexion, enhanced tautness, revitalized texture, and radiant skin. If you'd like to learn more about how microneedling can help you stave off the effects of aging, contact us to schedule your complimentary skin care consultation with one of our Licensed Medical Aestheticians.



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This Year's Flu Season Is Upon Us: Get Vaccinated Now

Although many people refer to the "flu" as other ailments like a stomach virus or sinus infection, influenza is a highly contagious upper respiratory illness. Getting vaccinated against the virus is imperative, and getting the vaccination early will help to stave off your chances of becoming infected before you get the immunization. We're not sure how bad the flu virus may become this season, and for that reason, it's essential to protect you and your loved ones.

According to the Florida Department of Health, last year they reported on the flu as follows: "Overall, deaths due to pneumonia and influenza were higher than expected. Increases in deaths due to pneumonia and influenza are also expected over the coming weeks given the amount of widespread illness in the preceding weeks. Most pneumonia and influenza deaths continued to occur in people aged 65 years and older; of the deaths in people aged 64 years and younger, most occurred in people with underlying health conditions (68%)."

Why was last year's flu season so bad? Last season, we saw an epidemic of widespread flu activity. In particular, Influenza A (H3N2) was rampant. According to the CDC (Center for Disease Control), the H3 influenza virus leads to a much more severe case of the flu. In addition, people infected with H3N2 are more likely to develop bronchial disorders like pneumonia and chronic productive lung illnesses. Although anyone can get the flu, H3 is most unsafe for the elderly, babies and young children, as well as individuals with weakened immune systems.

Consequently, the H1N1 flu virus can subsequently circulate and raise the total number of cases of people infected with the flu. Because the flu virus was so pervasive, physicians were instructed by the CDC to administer antivirals (like Tamiflu) immediately to patients with any indications of influenza, even if a positive flu diagnosis had not yet been determined.

Flu Prevention

The best prevention is still, of course, to get vaccinated, because even if you get the flu virus, the vaccine will most likely shorten the duration of the symptoms. 30% of H3 strains of influenza are directly affected by the vaccine to protect you against getting the illness and spreading it to others.



Hygiene still plays a huge role in protecting you against influenza's harrowing virus and side effects. Washing yours and your children's hands frequently, avoiding areas with large crowds, sneezing into your arm, wiping down hard surfaces with disinfectants and antivirals, and getting proper nutrition and sleep are also essential to stop the spread of the virus.

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With careful planning, you can help prevent your child's injuries and illnesses in most situations, but when they do need medical attention Urgent Care is open extended hours 7 days a week. The team at Urgent Care's mission is to provide you with high-quality medical services and compassionate care. They will coordinate your visit with your primary care physician. Urgent Care treats children ages 16 to adults.

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LIFESTYLE CHOICES HELP PREVENT CANCER

Diet, exercise and getting recommended screenings are some of the ways to lessen your risk of getting cancer.

According to the National Institutes of Health, certain lifestyle choices can lessen the chances an individual has of developing cancer. However, even though most Americans know that choices such as quitting smoking, protecting skin from sun damage, eating a healthy diet, exercising more and getting the recommended screenings reduce the risk of cancer, following these recommendations can often be difficult.

REDUCE YOUR CANCER RISK WITH HEALTHY LIFESTYLE CHOICES

Each year, over half a million Americans die of cancer; the startling news is that about one-third to one-half of these deaths are linked to lifestyle choices and could have potentially been prevented. Start reducing your risk of cancer by making these choices in your life:

- Get to, and stay at, a healthy weight throughout your life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.
- Stop smoking – or better yet, never start.
- Wear sunscreen with an SPF of at least 30.
- Get recommended screenings such as colonoscopies, PAP smears and mammograms.
- Let your doctor know if you have a family history of cancer.

SKIN CANCER AFFECTS 1 IN 5 AMERICANS

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer, called basal cell and squamous cell carcinomas, are highly curable. Melanoma, the third most common skin cancer, is much more dangerous.

By now, most people know that a sunscreen should be used when they are going to be outdoors, even for a short period of time. However, not all sunscreens are created equally. For maximum protection, oncologists recommend a sun protection factor (SPF) of 30 or greater, regardless of skin color or ethnicity. Other recommendations include avoiding tanning beds or sunlamps, and examining your skin — head to toe — every month for any changes. You should also have a doctor examine your skin annually.



SMOKING AND CANCER

According to the Centers for Disease Control (CDC), cigarette smoking is the number one risk factor for lung cancer. It's estimated that in the United States, smoking causes about 90 percent of lung cancers; smokers are 15-20 percent more likely to get lung cancer than non-smokers. Tobacco products such as cigars or pipes also increase the risk for lung cancer, as well as throat and mouth cancers. Even smokeless tobacco has been proven to increase the risk of oral cancer, throat cancer, stomach cancer and pancreatic cancer.

ANOTHER REASON TO STOP SMOKING – BLADDER CANCER

Bladder cancer is the fifth most commonly diagnosed cancer in the U.S. This year, it is estimated that nearly 15,000 people will die from the disease. But here's the real shocker— people who smoke are four times as prone to the malignancy as nonsmokers – especially women. About half of all bladder cancer cases in women age 50 and older are now traceable to smoking. In addition, current smokers are four times as likely to develop bladder cancer than people who have never smoked.

THE ROLE OF DIET IN PREVENTING CANCER

Although no particular food or diet product can prevent cancer, there is growing evidence that diet can play a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats (particularly animal fats) and low in vegetables. Likewise, 30-40 percent of certain types of breast cancer have been linked to what we eat, especially if our diet is a contributing factor to obesity. A diet that is high in fruits, vegetables, legumes and whole grains, and low in animal fats, processed foods and sugar, are generally considered healthier and can boost your immune system to help fight diseases such as cancer.

World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

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Weather Can Cloud Your Health

The effects of cold weather on your body

Florida's population increases significantly during the winter months. A bulk of this population is northerners trying to dodge the colder temperatures. A drop in temperature can affect your health, no matter how cold. Research shows that cold weather can affect your heart, your skin, your immune system and your joints. While Florida may not get as cold as some of the Northern states the effects of cooler temperatures still exist.

• Heart

Cold weather constricts, or narrows, your blood vessels so it can raise your risk of a heart attack. Your body works much harder during the winter months to generate heat. So, make sure you always dress appropriately. Wear a hat, gloves and coat. Those with history of heart problems try to avoid activities in the cold that will put extra stress on your heart (ex: shoveling snow).

• Skin

Cold weather can suck the moisture out of your skin. Ever notice how chapped your lips get with the winter? Make sure to use plenty of moisturizer. Specifically moisturizes with an oil base to block evaporation. You can also restore your body's moisture by showering in lukewarm water. Lukewarm water replenishes moisture to your top layer of skin.

• Immune system

Do you seem get sick more often during the winter months? You are not imagining this! Cold weather diminishes your immune response. This is because there is a reduction of blood flow to the extremities to preserve body heat which means there is less white blood cells to fight disease. Cold weather does not cause the cold or flu, it just makes you more susceptible to catching them from others. Make sure to take your vitamins and maintain appropriate hand hygiene when interacting with others.



• Joint pain

Do your knees/hips/back ache more when it is cold out? A study from Tufts University in 2007 found that every 10 degree drop in temperature corresponded with an incremental increase in arthritis pain. Ways to prevent this? EXERCISE! Daily activity will continue to moisten your joints to ensure continued ease of movement and decreased pain. If you have an injury or illness that prevents you from exercising on your own a licensed physical therapist can help assist with prescription of specific exercises to address your needs individually.

One BENEFIT of cold is you burn more fat!

With cold weather you have to burn more calories to stay warm! This isn't a good excuse to eat excessively during the holidays though because it only works to lose weight if you eat the same amount, which we tend not to do.



So, continue to exercise and maintain your health through the holidays. Enjoy the cooler weather just make sure to take necessary precautions to avoid illness or injury.

We here at Life Care of Ocala are here to improve the health for the community we serve. As part of this vision, we provide a team of highly skilled Physical, Occupational, and Speech Therapists and the latest in cutting edge rehabilitation technology such as the AlterG anti-gravity treadmill and the Biodex balance system to help you regain your independence and facilitate you reaching your personalized goals.

Please call Life Care Center of Ocala today at (352) 873-7570 if you have any questions or think we can help you maintain your functional independence following a recent hospitalization, illness or surgery.

**References: "Cold weather + Health-How cold temperatures affect health and well being? The dangers of cold." From www.coolantarctica.com

"How does cold weather affect your health?" from www.health.harvard.edu

www.arthritis.org/living-with-arthritis/tools-resources/weather.

STOP OVERLOOKING SIGNS OF INCONTINENCE

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

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

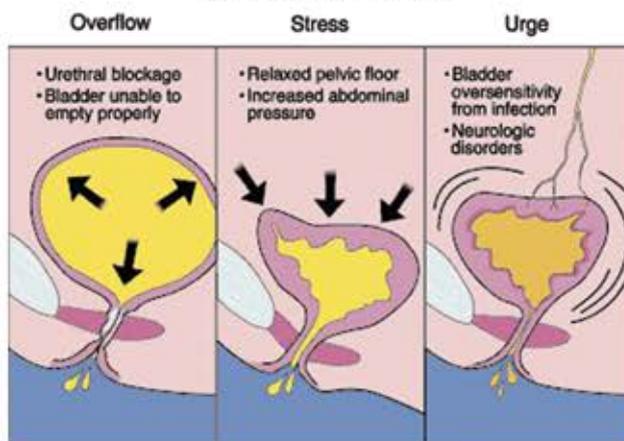
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UII) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine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

Accidental urination can be triggered by:

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

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

Types of Incontinence



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

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

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

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

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

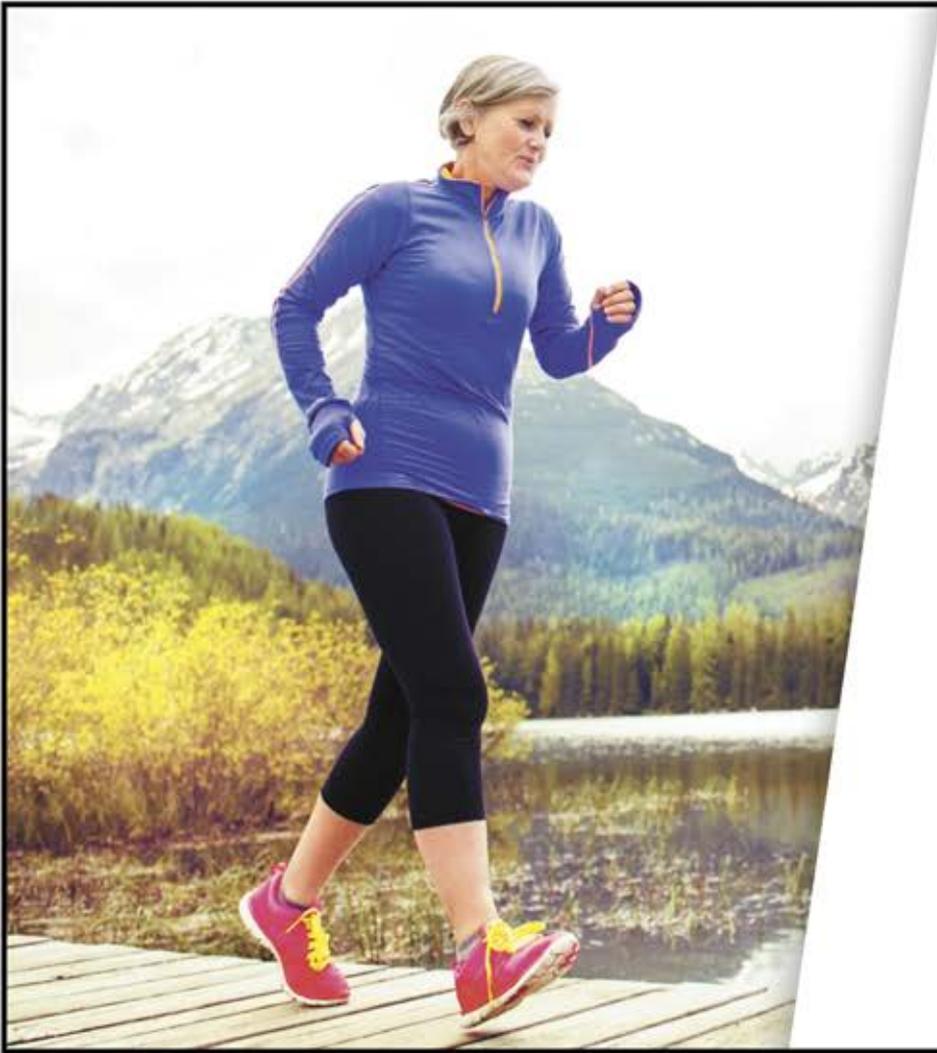


Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated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

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



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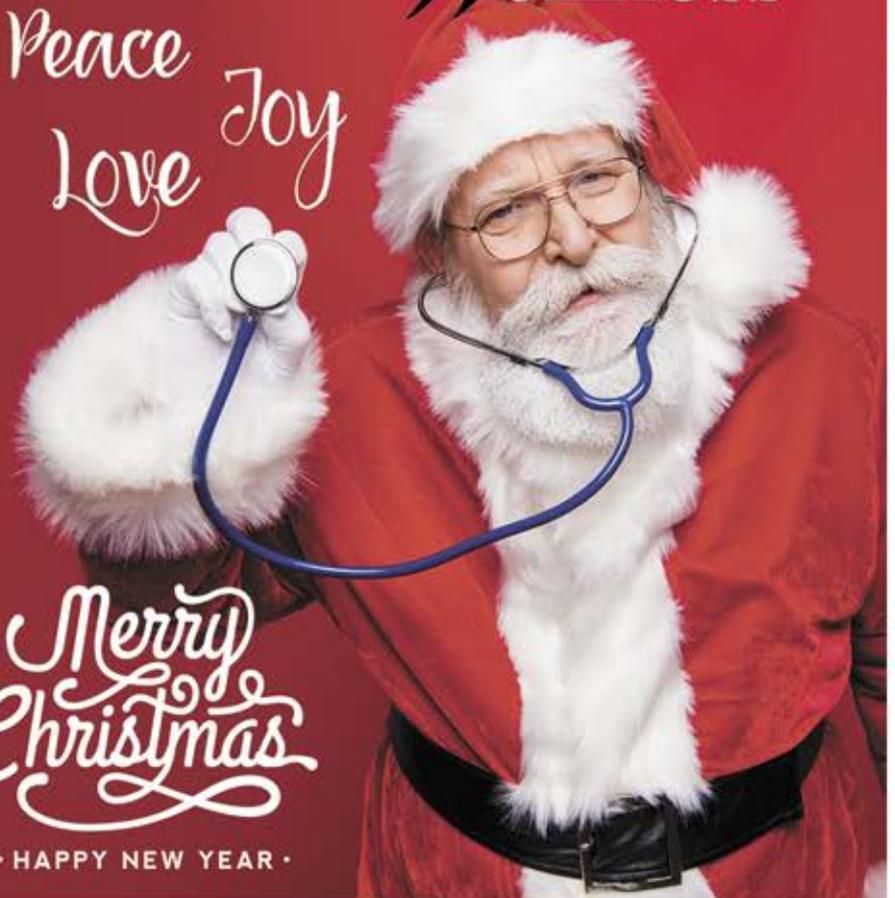


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Unpacking the Benefits of Omega-3s for Anxiety

By Bo Martinsen, MD

How much omega-3 should you take daily? For those interested in the benefits of omega-3s for anxiety, one new study suggests a higher dose than you might expect.

The study, published in *JAMA Network Open* in September, found that omega-3s helped reduce the symptoms of anxiety; however, the researchers also found that only doses of at least 2000 mg daily had a significant clinical effect.

While doses greater than 2000 mg are often used in omega-3 research studies, many journalists fail to describe what these doses mean for consumers -- and sometimes even misunderstand the numbers themselves. The *New York Times*, for instance, managed to invert the number when reporting on this same study, writing that "large doses" -- "up to 2000 mg a day" -- had the greatest benefits.

Such misleading reporting does consumers a disservice because if you dig into the omega-3 literature, it is clear that getting an effective dose greater than 2000 mg makes all the difference.

How Many Fish Oil Capsules Equal 2000 mg of Omega-3s?

Most regular fish oil capsules contain only 300 mg of combined EPA and DHA omega-3s. To get 2000 mg then, you would need to take approximately 7 regular fish oil capsules every day.

Popping 7 fish oil capsules may sound like a lot; however, this has more to do with our perception of the delivery form than anything else. Consider: Fish oil is technically a food substance, just like extra virgin olive oil. And before World War II, it was common practice for mothers to give their children a tablespoon of cod liver oil in the morning. One tablespoon of cod liver oil delivers as much omega-3 as 6 to 10 fish oil capsules, depending on the size and concentration of the capsule.

Unfortunately, when fish oil comes in capsule-form, people think of it like medication. They imagine that 7 capsules deliver an enormous dose, when in actuality, a capsule doesn't contain much oil relative to the amount you would consume naturally if the oil came in food form.

Why the Body Needs More Omega-3s

We have more than 30 trillion cells in our body and each cell has a cell membrane. Every nutrient or signal coming to the cell has to pass through this membrane. While the cell membrane is made up thousands of different molecules, omega-3s and omega-6s play a special role. Because of their unique double bond structure, omega-3s influence the fluidity of the cell membrane (important for healthy nutrient exchange), as well as the cells' inflammation response.

Humans evolved on a diet that delivered an even ratio of omega-6s and omega-3s. But today's Western diet contains approximately 15 times more omega-6s than omega-3s, and this lopsided fatty acid ratio has consequences. The oversaturation of omega-6s in our diet wreaks havoc on our cell membranes and is believed to promote numerous diseases, including cardiovascular disease, cancer, and autoimmune diseases.

To restore this imbalance, you can't expect a small dose of omega-3s to compete with the plethora of omega-6s you consume daily in the form of processed foods, baked goods, and vegetable oils. Think about it this way: If you have a football game with 15 players on one side and just one player on the other, adding one or two more players to the losing side won't help much. If you want a balanced game, you have to give both teams an equal number of players.

It has been calculated that the amount of extra omega-3s necessary to rebalance the surplus of omega-6s in our diet ranges from 2000 mg daily and up. And for certain conditions, like cancer and rheumatoid arthritis, studies routinely use significantly higher doses to achieve benefits.

This backstory puts into perspective why taking just one or two fish oil capsules daily often leads to dissatisfying results. There simply isn't a lot of research that shows taking such small doses will make a difference for any chronic medical condition, including anxiety. The more media outlets and health practitioners work to include relevant information about dose when covering omega-3 research, the better it will be for consumers.



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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This Holiday Season, Give the Gift of Beautiful Skin

The holidays bring joy by celebrating with family and friends, attending holiday parties, special events and gift giving, but along side of all of the "Fa La La" often comes a bit of stress, over indulgence and rushing from here to there.

This fast-paced time of year can wreak havoc on our skin from dehydration, lack of sleep, poor dietary choices and anxiety, but by using the right products, we can get our glowing healthy skin back in no time. And what better occasion to gift ourselves, or the ones we love with a few anti-aging products or treatments.

From head to toe, our skin needs moisture, vitamins, minerals and essential oils to regain and improve its condition; so choosing natural detoxifying products that heal deep into the dermal layers is essential.

Using over the counter serums and lotions may seem like a great decision, but what many individuals don't realize is that the chemicals and preservatives in these products can harm not only your skin, but also your overall health. We all know that certain ingredients can clog pores, but did you know that skincare products penetrate directly into your bloodstream? If you've got products with a list of ingredients that you can't easily pronounce, you may want to rethink your regimen, as some of these can cause immune dysfunction, cancer and other adverse reactions.

Naples Soap Company offers the highest quality natural bath and body products with the health of your skin in mind. Using only natural preservatives and fortifying their products with things like cocoa butter, coconut oil, vitamins, flax seed oil, and fruit extracts, this line has helped many people improve their anti-aging results and overcome skin disorders with regular use.

Face

Sloughing off the dry, dead skin cells is critical when beginning a new skincare routine. A great place to start is with Naples Soap's **Coffee Face Polish**, which stimulates the skin's brightness and tone with coffee beans and cocoa. From there, balancing the skin with their lightweight **Face Oil** will nourish the dermal layers with antioxidants, while boosting the skin's immunity. Step three is to hydrate and plump the skin with products like **Acai Deep Wrinkle Cream** and **Revitalizing Eye Serum**. The seaweed, collagen and antioxidants will help to restore your skin's glow, tighten, and brighten your skin tone.



Body

Exfoliating your whole body is easy with **Loofah Soap**, which combines all-natural glycerin soap in multiple fragrance choices with an all-natural loofah. This will cleanse, smooth roughness, stimulate collagen production, even out skin tone, and whisk you away into paradise with scents like Passion Fruit and Bondi Breeze.

You can't get more decadent than Naples Soap **Body Butter**. It's an incredibly rich moisturizing lotion that absorbs easily into the skin. They offer eight different scents along with an unscented version for your personal preference. And once again, all of the ingredients are natural and good for your body. Made with antioxidants, cocoa and shea butters to hydrate the body, leaving skin soft and supple, you'll love the immediate and long-lasting results of their body butter.

Hair

Sometimes, we overlook the fact that our bad hair days have a little more to do with our health than our hair. This is especially the case if we are stressed, not eating right or deficient in particular vitamins and minerals like biotin, collagen, or folic acid.

The **Shampoo Bar** is a new way to wash health into your hair and scalp without the waste and sulfates. It's coconut oil and cocoa butter based (SLS-free) moisturizers leaves hair soft, nourished and clean without stripping away your natural oils or hair color. The pro-vitamin complex and lemon peel strengthen hair and adds shine. This product also comes in a variety of scents with various antioxidants and essential oils. The **Conditioner Bar** works in much the same way, leaving no product waste, only healthy shiny hair, nourishing from the hair shaft out.

Why not give the gift of beautiful healthy skin with Naples Soap Company's innovative and all-natural products? Who doesn't love to pamper themselves with invigorating beautiful skincare?

Since launching Naples Soap Company nine years ago, they are now in eleven retail locations in Florida to serve you. To find out more, or to give the gift of beautiful skin, please visit naplessoap.com, or stop by one of their stores.



DEANNA WALLIN
Naples Soap Company
Founder & CEO

Combining her passion for people and products, Deanna Wallin has taken Naples Soap Company from a tiny 300 square foot shop to a footprint of 11 retail locations throughout Florida. Her passion, style, and client commitment has created a devoted following for her products. Travelers come from all over the country to visit her unique stores and experience the fun, coastal, upscale ambiance which she has created. The stores are a reflection of her hometown of Naples' healthy lifestyle and attitude. The Naples Soap Company brand has become widely known throughout the US, Europe, and Japan. The Company is poised to continue its phenomenal growth, and on track to complete a 20 store footprint within 5 years. Wallin attributes the success of the Company to loyal clients who appreciate quality products and superior customer experience.



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Substance Abuse & Long Term Oral Health

Drug abuse is associated with serious oral health problems including generalized dental caries, periodontal diseases, mucosal dysplasia, xerostomia, bruxism, tooth wear, and tooth loss. Oral health care has positive effects in recovery from drug abuse: patients' need for pain control, destigmatization, and HIV transmission. Health care systems worldwide deliver services for addicts, but most lack oral health care programs. Barriers against oral health promotion among drug users include difficulty in accessing addicts as a target population, lack of appropriate settings and of valid assessment protocols for conducting oral health studies, and poor collaboration between dental and general health care sectors serving drug abusers.

While many people who think of drug abuse imagine damage to the lungs, stomach, heart, or brain, many types of drugs damage the teeth and gums. People who struggle with addiction spend a great deal of their time intoxicated on drugs or trying to acquire more drugs; this means that they often neglect oral hygiene because they cannot afford a dentist or they simply stop caring about brushing their teeth.

There are several ways that each drug can, individually, damage oral health. Here are the most common ways that addictive drugs can generally harm the mouth and teeth:

- Dry mouth, which increases acid in the mouth and leads to rotting enamel
- Acid reflux, which also rots enamel and hurts soft tissue
- Grinding teeth
- Loss of blood flow to roots and gums
- Ulcers or sores in the mouth that can become infected
- A focus on attaining more drugs instead of caring for oral hygiene
- Nutritional deficiencies that can damage teeth and gums
- Greater intake of high-sugar food or beverages, which rots teeth



What can you do?

If you or your loved one is suffering from addiction, getting help to become free from the throws of addiction is the first step. An intervention may be necessary and might take several attempts to be successful. Once rehabilitation is underway, along with behavioral therapy, and counseling to support a sober lifestyle, getting to a dentist is imperative to save and salvage the decaying teeth, broken restorations, fractures, periodontitis, and to detect oral cancer.

Dental and oral health care is also beneficial if drug users are still abusing. Prevention and being proactive are essential to saving teeth and staving off dentures or high cost restorative procedures.

To find out ways to get help and become drug free, or to get your loved one the treatment they need, please contact your local or national drug hotline today.

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

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

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

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Hormonal Imbalances in Men and Women

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

Pellet Therapy

As we age, both men and women will start to experience symptoms of hormonal imbalance. For men, this is called andropause, and for women, it's connected to perimenopause, menopause or postmenopause.

The symptoms for males and females are very similar. For men, as they age and their hormonal testosterone levels begin to decline, most men will experience a lack of energy, low libido, loss of muscle, weight gain, decreased mental focus, hair loss and low metabolism.

Females tend to experience an imbalance of estrogen and testosterone, which can lead to hot flashes, night sweats, anxiety, depression, brain fog, weight gain, loss of muscle, irritability and bone deficiency.

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

Bio-Identical Hormones

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

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

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



Why Testosterone?

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

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

Men should have 50 times more testosterone than estrogen. An enzyme called aromatase that converts male to female hormones regulated the balance. If everything is functioning normally, there is a normal ratio of male to female hormones or testosterone to estrogen, but when hormonal imbalances occur, it's imperative to treat with hormonal therapy.

In Both Men and Women, Low Testosterone Can Lead To:

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

Hormonal Pellet Therapy

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

Other Forms of Hormonal Replacement Don't Measure up

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

Pellet Therapy for Men & Women

For men and women, changing the hormone levels through bio-identical hormone therapy can alleviate or in many cases eliminate these symptoms and life fluctuations. There are even studies now that suggest bio-identical hormones can help reduce the risk of Alzheimer's and dementia.

Men and women can both benefit from testosterone replacement therapy (TRT) but through different methods. TRT for men is pretty straightforward, and for women, they benefit from bio-identical hormone replacement (BHRT), like pellet therapy, which releases a small amount of testosterone into the body over a few months. Small amounts of testosterone in women, naturally balances the estrogen levels that are causing multiple symptoms and health risks.

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

Douglas C. Hall, M.D.

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

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MIND OVER PLATTER

By JAMES COMBS

Lori Esarey knows firsthand what it is like to battle disease. As a registered nurse, she worked alongside patients suffering from acute and chronic illnesses. Plus, her family had a history of diabetes, heart problems, and other ailments.

When Lori was pregnant, she struggled with high blood pressure and gestational diabetes.

"I took medication, but it wasn't until I changed my eating habits that I noticed positive results," she says. "I realized that fueling my body with healthy food is extremely important in achieving optimal health."

If nutrition helped her overcome disease, Lori realized it could help prevent disease in others. As a result, she left nursing and in 2007 opened Total Nutrition and Therapeutics (TNT), a nutritional and health company in Lady Lake that helps clients shed unwanted pounds and adopt healthy lifestyles.

"As a nurse, I was treating the sickest of the sick and realized that pills were only masking symptoms," says Lori, who is board-certified by the American Board of Anti-Aging and Health Practitioners. "I was no longer interested in working in that model of medicine. I wanted to be in a model of medicine where I could prevent disease and save lives."

To say Lori is passionate about her career is an understatement. Through one-on-one nutritional counseling and education, Lori's clients achieve increased self-esteem, improved energy levels, and a more positive outlook on life.

"There are days that I cry with happiness. Some of the clients who come to me cannot take showers or cannot walk without using a cane. There's nothing more rewarding than seeing them take their lives back and realize they can remain healthy and feel good about themselves. I've seen marriages restored, I've seen health restored, and I've seen physical function restored."

Her enthusiasm extends well beyond the office. She takes clients shopping at the grocery store, teaches them how to plan meals in advance, and even shows them how to cook using healthy ingredients.

Convincing people to change their lifestyles and habits can sometimes prove difficult. But for Lori, seeing people make successful transformations far outweighs the challenges of the job.

"It's a very emotional job, and my clients teach me just as many lessons as I teach them. Many of my female clients are the nutritional gatekeepers in their homes, so they pass on what they learn to their husbands and children. There's no greater joy than seeing people achieve things they never thought were possible."



Lori Esarey



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Orthopedics and the Advantages of Stem Cell Therapy

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

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

Mimedex cites the following:

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

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

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

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



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

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

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

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

Stem Cells Benefits

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

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

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



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Cannabis - Curing Cancer

By Robert C. Goethe, MD

Lymphoma, leukemia and multiple myeloma are cancers of the blood. According to the National Foundation for Cancer Research, more than 1.2 million are either living with or in remission from a blood cancer. They account for 10% of new cancer cases in the US each year. The good news is that these cancers have significantly improved with new therapies. The majority of people will survive more than 5 years now. Ironically, often the more aggressive of these malignancies the better they respond to chemotherapy.

I have the good pleasure of knowing Hayden Fouke of Inverness Florida. He runs Nature Coast Cannabis Enterprises which is a non profit organization that seeks to promote medical cannabis and industrial hemp. What gives him the great enthusiasm for this venture is that he is a cancer survivor and he attributes this to medical marijuana. Over 10 years ago, at the age of 69, he was diagnosed with multiple myeloma and began chemotherapy for it in 2008. Not for cure but just to try to control its growth and spread. Hayden also began using medical marijuana and has now well exceeded his life expectancy and is also measuring as low as you can go for his tumor markers. Hayden is just one of many people who anecdotally have experienced cancer suppression with cannabis.

Another well known story is that of Rick Simpson, a Canadian who fell off a ladder at work and had an head injury. He suffered with dizziness and tinnitus afterwards and was treated vigorously by his physician, but nothing seemed to help. That is, until he discovered marijuana. Years later, he developed skin cancer on his arm and neck. Rather than seek surgery, he treated it topically with cannabis oil and in 4 days it was gone. Rick Simpson became a major advocate of this extract and to this day people still use his simple recipe to make Rick Simpson oil (RSO).

There are a lot more anecdotal stories about cannabis curing cancer. Cancers ranging from gliomas (brain cancer) to pancreatic cancer to basal cell carcinomas. But what to believe? Why so many anecdotes but no clinical trials? This is because marijuana and all its derivatives have been categorized as a Schedule 1 drug in this country since 1972. The federal



government and DEA have shut out the possibility of research on patients and if you do a google search you find traditional sources often say, "Although there has been some indication that marijuana might be useful for (insert disease), there have been no clinical trials and therefore it cannot be recommended." Its a catch 22.

No one will argue that medical cannabis is extremely useful for cancer patients because it increases appetite, decreases nausea with chemotherapy, alleviates pain and elevates mood. Nothing works better. There are lots of very expensive drugs including Marinol (which is a synthetic THC) but patients report nothing works as well as the natural plant.

But does cannabis really suppress/kill cancer too?

There have been some really promising findings now coming out of research, mostly from other countries. It has been found that the marijuana plant contains over 100 different molecules called cannabinoids. THC and CBD being the two best know ones. Our bodies have receptors for these molecules in the brain, nervous system GI system and lymphatics. Yes, cancer cells have receptors for cannabinoids too. It appears that when cannabinoids bind to cancer cells, they impede growth of the tumor, starve its blood supply and lead to cancer cell "apoptosis". This means the cancer cells self destruct. These qualities have been well documented in the laboratory.

Here is an example of a paper published by the International Journal of Oncology last year with the title "Anticancer effects of Phytocannabinoids used with chemotherapy in leukemia cells can be improved by altering the Sequence of Administration." This study showed that cannabis had significant anticancer effects on leukemia cell cultures and when cannabis was used along with chemotherapy, the cancer inhibition was even more remarkable. The mixtures of the different cannabinoids like what come from natural plant worked better than pure isolates of THC or CBD. This is a pretty amazing finding. Not only did it show that cannabis works, but it demonstrated that it is the mixture of the cannabinoids like what comes from the natural plant that work best. But you can bet pharmaceutical companies are hot on this trail. The problem for them is the most effective medicine is the whole plant, and they can't patent that.

Back to lymphoma and other cancers. These patients automatically qualify for medical cannabis in Florida. We see patients with all kinds of cancer in our clinics, some with newly discovered cancers that will need chemotherapy soon. Some with cancers in remission, some probably cured but with continuing symptoms that the patient wants to address. I don't think it's too far off when clinical trials will be done and cannabis will be found to cure or lessen the impact of cancer growth. In the meantime, I encourage people to read up on this new science and consider we may have been snubbing, for the last 80 years, one of the best medicines we have.



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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.

Five Myths and Facts About the Flu

Dr. Mayrene Hernandez, chief medical officer for UnitedHealthcare Florida, explains why getting a flu shot now is important

As the holidays approach, so starts the annual flu season. While flu – or influenza – is most serious for older Americans and people with certain chronic conditions, influenza can affect people of all ages and lead to hospitalizations, significant health complications and even death.

As many as 35 million flu cases are expected this year, starting in October and continuing into May, according to the Centers for Disease Control and Prevention (CDC). While the peak months are typically December through February, the best time to prevent the onset of flu is before it begins.

Most people have likely had the flu at some point – with symptoms such as a constant cough, sore throat, a runny or stuffy nose, body aches, headaches and fatigue – yet many myths and misperceptions remain. To address common misperceptions and help clarify why getting a flu shot is important, Dr. Mayrene Hernandez, chief medical officer for UnitedHealthcare Florida, shares five of the most common myths and facts:

Myth: Flu shots don't really work.

Fact: The flu vaccine reduces the risk of contracting and spreading the disease by up to 60 percent, according to the CDC. The vaccine's effectiveness depends on multiple factors – including the amount of time between vaccination and exposure to the disease, your age and health status – yet studies show that the flu vaccination does benefit overall public health, especially when the vaccine is well matched to that year's circulating viruses.



The onset of winter also means flu season. Getting a flu shot is highly recommended to not only protect you but also minimize the risk of it spreading.

Myth: I got vaccinated last year, so I should be good for this year, too.

Fact: The flu virus changes each year, so flu vaccines change to keep pace. Plus, the body's immune response to a flu vaccine declines over time, which means a yearly vaccination is the best option.

Myth: I exercise and eat healthy, so I don't need to get vaccinated.

Fact: It is true being healthy may help you recover from illness more quickly, but it won't prevent you from getting or spreading the flu virus. Even healthy people can be infected and spread the flu virus without showing symptoms.

Myth: The flu vaccine is only necessary for the old and very young.

Fact: The CDC recommends flu shots for everyone six months and older as early in the fall or early winter as possible. Getting vaccinated later in the flu season – through January or even after – can still



Vaccines are readily available through primary care physicians and convenience care clinics. They are also considered preventive care and in most cases are covered through employer-sponsored, individual and Medicare and Medicaid health plans.

be beneficial. It is important to start early in the season, particularly for children who may need two doses of the vaccine, with the shots given at least four weeks apart.

Myth: Getting the flu is not that serious.

Fact: The CDC reports that more than 200,000 people are hospitalized from flu complications each year, while 36,000 die from it. Reducing the risk of flu is especially important for people who have certain medical conditions, such as asthma, diabetes or chronic lung disease; and for pregnant women, young children and people 65 and older. Even for people without those complications, flu symptoms can disrupt work, school or social life for several weeks or more.

Now is the time to get a flu vaccine, which is considered preventive and in most cases is covered through employer-sponsored, individual and Medicare and Medicaid health plans. Vaccines are available through primary care physicians and convenience care clinics. Visit the CDC website at cdc.gov/flu to search for a nearby care provider based on your zip code.



While a flu shot is one of the primary ways to minimize your chances of getting sick, practicing good hygiene and disinfecting surfaces are also important.



Cardiac Sign & Symptoms for Men and Women: Knowing More Could Save Your Life

The Holiday season is upon us, and with all of the festivities, we should be well reminded that this time of year can literally put a great deal of stress on our hearts. Since heart disease is still the leading cause of death in both men and women, what better time to understand symptoms and implement heart health and risk prevention?

Indicators for Women & Men

Why is it so important to differentiate between heart and stroke risks for women and men? It's unfortunate, but women's heart attack and stroke episodes are on the rise and women often overlook the signs and symptoms that are plaguing them day in and day out.

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

Heart disease is the narrowing of the arteries over time, due to a build-up of plaque that can in some cases cause a complete blockage of the blood vessels or coronary arteries. The signs for women are often different than the symptoms commonly associated with men at risk of Coronary Artery Disease (CAD), or a heart attack.

Female Heart Attack Symptoms

- Excessive sweating
- Sleep disturbances
- Shortness of breath, fatigue
- Pain in the jaw
- Shoulder pain
- Upper back pain
- Neck pain
- Abdominal pain

Male Heart Attack Symptoms

- Chest Pain and tightness
- Lightheaded
- Dizzy
- Tired/Fatigue
- Shortness of breath
- Anxiety
- Rapid heart rate
- Sweating
- Grayish color to skin
- Arm/Shoulder Pain
- Abnormal heart palpitations

Many factors play a role in how CADs affects women; a leading culprit is hormonal changes. When hormones are out of balance, additional factors such as high cholesterol, high blood pressure, and weight gain start to take place. All of these symptoms contribute to CAD.

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

For Both Men and Women, Keeping Track of Your Numbers Could Save Your Life:

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

Depression plays a role in both pre and post-heart attacks. For example, stress can lead to high blood pressure, arterial damage and a weakened immune system, which can exacerbate a myocardial infarction. For those individuals that have suffered a heart attack or those that have undergone heart procedures, depression can linger for weeks following their episode. If the condition is not dealt with, it can lead to chronic depression, which will hinder healing and may because additional health issues to arise.

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

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

If you believe you are having a heart attack or stroke, call 911! If you're having initial symptoms that come and go, contact your cardiologist immediately.

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They're a full-service cardiovascular practice and believe in working together with their patients to maintain and improve their health. Their providers promote comprehensive health care services for their patients in a friendly, relaxed atmosphere. They also believe in educating their patients as they work with them to achieve optimal health.

Please call Florida Cardiology Associates of Ocala today at (352) 291-0019 to schedule your appointment.

This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.



Staying in Good Physical Shape During Holiday Travel

When we think of the holiday season, we typically visualize family dinners, lasting memories and some relaxation, and we look forward to a peaceful experience. After all, holidays are a time to get away from our stress-filled lives and visit family and friends. In reality, these things hold true, but there is one blinding caveat that we all seem to gloss over—our sedentary lifestyle during the holidays because we don't take the time to exercise or keep our physical therapy appointments.

Hauling luggage, parking the car at the airport, waiting in the security line, worrying about catching our connecting flights, or traveling in the car or bus for long distance in heavy traffic are all unpleasant experiences that we encounter while trying to get to our favorite destination.

One of the most common travel concerns in people with known heart disease, as well as healthy individuals, are DVT's, or deep vein thrombosis. DVT's can occur in travelers in the air, railways or by road. Both chronic and acute symptoms could be a sign or lead to a DVT (deep vein thrombosis). DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep in within the legs. Vascular malformations, pelvic tumors or sitting for extended periods of time are some of the risk factors that go along with DVTs. Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death.



To alleviate your chances of DVT, it's imperative to try and move your toes, ankles and do calf raises in your seat. If you can get up and walk around, that's a valuable method to keep your blood flowing correctly back to your heart. If your trip is over 3 hours, or if you have venous insufficiency, wearing compression stockings is critical to keeping your vascular structures healthy.

You can also do the same little exercises or movements while you're watching Rudolph or Elf with the kids. During the movie, wiggle your toes, stand up and sit down repeatedly for a few minutes, or do leg lifts. All of these flexion and

extension movements will keep your circulation pumping and create oxygen rich blood, and warm muscles.

Take the time to move this holiday season. Be thankful for your range-of-motion, and take advantage of dancing with your grandchildren, or taking a walk with your friends.

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7 Tips for Self-Care During the Holidays

By Kenith L. Robins, PhD and Lisa Webb, D.Psy, MPH



The holidays are intended for families and special friends to come together and celebrate. Unfortunately, commercialism at times invokes much more stress than pleasure during this time of year. Events and parties have us rushing, healthy diets are tossed aside and our sleep patterns are often overlooked. For many this can be a recipe for burnout. The good news is that we can change the way we approach celebrations and take care of our needs during this season. This year, give to yourself first in order to be emotionally and physically satisfied to give to others.

Here are 7 tips to help you begin your self-care during this most wonderful time of year.

1. Give yourself permission

It is natural when you begin to switch your thoughts to self-care to feel guilty, irresponsible or even selfish. Instead, give yourself permission. Allow yourself to say “no” to attending or hosting an event, or “no” to overspending on gifts. Allow yourself the right to do what is best for you. Take time to ask yourself—what do I want to gain during the holiday season this year? How can I make that happen? What do I value most? What type of traditions are important to me that I wish to maintain?

2. Involve all of your senses

When we invoke our senses, we experience things on different levels. Think of ways to include sight, smell, taste, touch and hearing into your self-care. If we smell different spices and the food as it is simmering and enjoy the experience of preparation and continue into the finished meal, we will involve our senses and have a greater experience than we might have otherwise had. Sit and watch your favorite holiday movie while wrapped up in a soft blanket. Play music that is relaxing. Experiment with ways to incorporate all of your senses during times of refreshing for your body and soul.

3. Abandon seasonal hustle and bustle

Plan ahead and designate specific time for task completion or to arrive at functions that you will attend to allow yourself time to mentally prepare. If possible, plan your shopping time during quieter hours, such as weekday mornings—or shop online and

avoid crowds all together. When you do plan to be out in the crowds, calm your mind and body before going and recognize you don't have to rush and can take time to enjoy the shopping process. By changing our perspective of the situation, we can approach things with calmness. Create a sense of peace and joy, true holiday feelings, inside your mind and spirit.

4. Practice moderation

This is the time of the year where it is easy to over-indulge. We find it easy to neglect healthy eating. Sleeping patterns may be altered. Overspending may be the norm to purchase gifts for those on our lists. It is common to be swept up into excessive behavior. Aristotle wisely stated, “All things in moderation.” Moderation is a gauge for us to adhere.

5. Ask for help

You don't have to do everything yourself. Be willing to reach out and ask for help, whether it's to request that guests bring a dish to your celebration or gathering or ask for a couple of extra days on a work deadline.

6. Give up expectations

The holidays can prompt unrealistic expectations. Many people struggle with depression and high anxiety over the holidays. Not everyone is experiencing a “Merry Christmas” and perhaps you too may struggle. Previous experiences, passing of loved ones, job loss or financial difficulties seem to be heightened during the holidays. Practice self-care and give up expectations of the “perfect” family with the “perfect” tree while hosting the “perfect” parties with the “perfect” gifts. When you let go of these false illusions and ideas, you allow yourself to experience greater joy and celebrate in the reality of the moment. Wherever you are in your life this year, take care of yourself first. Practice self-love abundantly—this truly is the only way to fully experience the true meaning of the season.

7. Be grateful

Take time to reflect on what you are grateful for this year, whether it's your own accomplishments, your family and friends, your health or your pets. When in stressful or depressing periods of life, writing down things one is grateful for can help lift these negative feelings. These things may be as small as the way your dog or cat sleeps curled against your side or as meaningful as securing the lease on a new place to live. Try writing a few (even in the Notes section of your phone!) or make a mental list in your head each night as you're falling asleep. Gratitude is an anecdote for stress and a powerful form of self-care.



When Gallbladders Attack

Most people live their whole lives without thinking twice about their gallbladder. Anyone who has had a gallbladder attack, on the other hand, will never forget theirs.

What is the gallbladder?

How do you know if it's acting up? What can you do about it? This article summarizes everything you ever needed to know about the gallbladder.

Let's start with the basics. The gallbladder is a small sac attached to the underside of the liver, below the ribs on your right. It's primary function is to store bile. Bile is a watery mixture of metabolic waste products (such as bilirubin), bile acids (which help digestion), lipids, and cholesterol. Bile is made by the liver and travels down a tube called the bile duct which connects to the intestine. The gallbladder comes off of the bile duct like a rest stop coming off of a highway. Bile can go there to be stored and concentrated before eventually going down the rest of the bile duct to get to the intestine. The gallbladder contracts after meals to send extra bile to the intestine.

Sounds good so far. But about 10% of people will develop gallstones. Some risk factors include obesity, family history, diabetes and pregnancy. Gallstones form when the cholesterol in bile is no longer dissolved in a liquid state. When cholesterol sticks to itself, crystals form and lead to the formation of stones. Gallstones may be small like bb's or occasionally as large as a golf ball. If the gallbladder squeezes on a stone, you will know it by a strong feeling of indigestion.



Specifically, when someone has a gallbladder attack they feel full, bloated, or gassy. Symptoms usually start within an hour of eating, especially after a fatty meal. There is often upper abdominal pain that may go around the ribs or into the back. The pain is constant and described as a pressure. There may be nausea, vomiting, sweating, or chest pain. Some people feel as if they are having a heart attack. If they are lucky, the attack will subside over a few hours as the gallbladder relaxes. Without treatment, gallbladder symptoms like this typically become more frequent and more severe over weeks or months.

In many cases a gallbladder attack lasts longer than a few hours because a gallstone has blocked the opening to the gallbladder (this is called acute cholecystitis). This means a trip to the Emergency Room followed by surgery to remove the inflamed gallbladder. Occasionally the gallbladder may be full of pus. Sometimes it can even lose its blood

supply and become gangrenous. Another complication of gallstones occurs when a stone leaves the gallbladder and gets into the bile duct, leading to jaundice or even pancreatitis.

Occasionally the gallbladder will misbehave even without stones. The term for this is biliary dyskinesia, meaning poor gallbladder emptying. The symptoms are the same as if there are stones. Other conditions of the gallbladder include polyp or tumor formation. Cancer of the gallbladder is very aggressive but fortunately quite rare.

The only safe, effective treatment for gallbladder disease is cholecystectomy, or removal of the gallbladder. The good news is that people live a normal life without a gallbladder. In fact, most animals that eat frequently do not even have a gallbladder to begin with. After surgery, the diet does not have to change. Medications are not usually prescribed. The procedure is done laparoscopically, using small incisions and a camera to see inside the abdomen. When done electively, it is a brief outpatient procedure with very low risk.

That is why I strongly advise to get the gallbladder taken care of once symptoms start. Avoiding acute cholecystitis means avoiding a hospital stay and a lengthier, more difficult operation. Remember the 300 year old saying: a stitch in time saves nine.

So if you are experiencing pain, bloating, or indigestion get it checked out. Your doctor will usually start with an ultrasound, as a non invasive, painless way to check the gallbladder for stones.

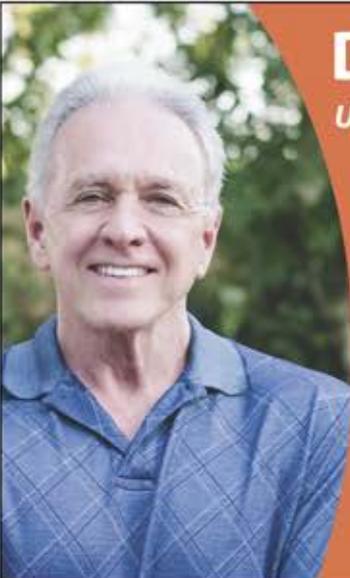
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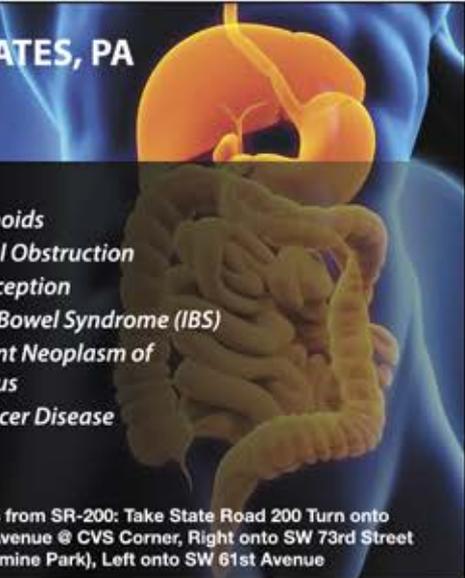
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Attorney Smith also works to make legal advice accessible to the central Florida community through his weekly radio show, "Ask An Attorney," answering legal questions on the air from live callers, sharing legal information critical to FL residents, 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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Easy Holiday Hosting and Toasting

If the very notion of holiday hosting has you feeling a bit overwhelmed, get organized with these simple ideas that can help you serve up a successful holiday celebration.

Entertainment: Ensure guests enjoy a good time by offering entertainment that is suitable for their personality types. If your guests are more drawn to energetic activities, choose light-hearted, competitive games like charades. For guests who are more laid back, organize classic board games. There are many popular games available in special holiday editions for extra-festive fun. You can also simply play holiday movies and music in the background for crowds that would rather just mingle.

Beverages: Stock up on refreshments all ages can enjoy. Keep a kid-friendly favorite like lemonade on hand, and tea is a traditionally well-received option for the grownups. Put a special holiday touch on your drink menu with a recipe like this Holiday Hot Tea featuring Milo's Famous Sweet Tea, which has been fresh brewed from custom-blended tea leaves with no added acids or preservatives for generations.

Favors: Send guests home with a sweet memory of the event, such as an ornament that connects to the party's theme or a bag of seasonal treats like homemade cookies or candy to nibble on during the trip back home.

Simple Snacks: Building your menu around simple snacks and finger foods guests can nibble on while they mingle is perfectly acceptable for almost any type of holiday gathering. Include options that can satisfy all the taste buds. You can even combine sweet and sour with a seasonal crowd-pleaser like this Lemonade Cranberry Orange Bread, which draws its flavor from a secret ingredient: Milo's All Natural Lemonade.

Find more holiday hosting ideas and recipes at drinkmilos.com.



Photo courtesy of Getty Images (Lemonade Cranberry Orange Bread)

Lemonade Cranberry Orange Bread

Prep time: 15 minutes

Cook time: 1 hour

Servings: 8

- 1 can cranberry sauce
- 3/4 cup Milo's All Natural Lemonade
- 1 orange, zest only
- 2 tablespoons vegetable oil
- 1 egg
- 2 cups flour
- 1 cup sugar
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon baking soda

Heat oven to 350 F.

In large bowl, mash cranberry sauce into small pieces. Add lemonade, orange zest, vegetable oil and egg; mix until blended.

In separate bowl, combine flour, sugar, baking powder, salt and baking soda. Combine wet and dry ingredients; mix until batter is formed.

Pour batter into greased loaf pan. Bake 1 hour. Let cool 20 minutes before slicing and serving.

Holiday Hot Tea

Prep time: 5 minutes

Cook time: 2 hours, 30 minutes

Servings: 12

- 12 cups Milo's Famous Sweet Tea
- 2 cans (12 ounces each) frozen limeade juice concentrate
- 1 orange, thinly sliced, plus additional for garnish (optional)
- 12 whole cloves
- 4 cinnamon sticks
- 1 teaspoon vanilla
- 1 cup fresh cranberries
- 1 cup ginger ale
- raw sugar, for garnish (optional)

In large slow-cooker, combine sweet tea, limeade concentrate, orange slices, cloves, cinnamon sticks, vanilla, cranberries and ginger ale; stir.

Heat on high 30 minutes then reduce heat to low for 2 hours, or heat on low 2 hours then reduce setting to warm overnight.

Invert moistened glass rims in sugar then fit orange slice over rim, if desired.

Note: For easier serving, place cloves in tea ball or double layer of coffee filters sealed with kitchen twine.



HOPE FOR THE HOLIDAYS

By Karen Pashley

We don't need a calendar to tell us the holiday season is officially here. In the blink of an eye, merchants swapped the pumpkins and scarecrows for snowmen and glittering baubles. Announcements of sales we simply *cannot* miss are flooding our inboxes, and the race is on to create Christmas memories worthy of a Norman Rockwell painting.

The hustle and bustle is fun and festive for many. But for others, the holidays stir up more than a cup of hot cocoa can soothe. Painful memories, grief, financial worries and relational strains can take a toll on the mind, body and spirit. But there is good news!

2000 years ago in Bethlehem, an angel split the night sky with a proclamation that would change the world forever: "Fear not, I bring you tidings of great joy, which shall be to *all* people".

Great joy?, you mutter. Apparently that angel didn't get the memo that my life would turn out to be such a mess.

I understand.

There have been seasons in my life when I wondered that, too. There've been times when I've felt so downcast during the holidays I stumbled along on auto-pilot just make it to New Years Day.

The holidays can be hard. But it is possible to experience joy and hope amidst the turmoil, the pressures and the hardships we face—because with God, *all things are possible*—because hope resides in the unchanging love of our savior Jesus Christ. His ways are higher than our ways, and at times, we don't understand the whys and hows of our circumstances. But rest assured—*He* understands. And He cares.

God promises He will never leave us or forsake us, and that nothing can separate us from His love. Accepting this wonderful truth and getting to know the person of Jesus Christ is the key to shifting our focus from our problems to the *peace that passes all understanding*.



You may not have control over your circumstances, but you can control your responses to them!

Here are three ways you can pursue the hope and the abundant life God has for you this Christmas season:

1. Practice gratitude. *Rejoice in the Lord always. I will say it again: Rejoice!* You have so much more to be thankful for than to complain about. Instead of focusing on the endless list of things to do before December 25th, why not focus on a list of blessings? Thank God for life, for freedom, for fresh air and clean water and a million other things we take for granted.

2. Set your mind. Romans 12:2 tells us we can transform and renew our minds by making a conscious effort to meditate on the positive. Philippians 4:8 shows us a wonderful recipe for right thinking and a renewed mind: *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is*

lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

3. Cast all your cares. God knows you better than anyone. And He knows the struggles you endure. Proverbs 3:5-6 encourages us to *Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways, acknowledge Him and He will make your paths straight.* We don't know the future. But we can trust the One who knows our past, present and future! We must not hang all our hopes and dreams on getting the answers, or the solutions we desire—rather, we can relieve ourselves of that heavy burden and hold tight to God's promises to meet our needs, comfort us when we are hurting, and make a way where there seems to be no way out of our dilemmas. What a loving Father we have!

So, be encouraged, dear one! Lift your face to the night sky, and receive Christ's wondrous gifts—tidings of great joy, hope and peace. They are yours, this Christmas and always.

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