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December 2018

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**TREATMENT OF
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TIRED & ACHING LEGS?

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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?"

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DRY EYE - A COMMON PROBLEM THAT SHOULDN'T GO IGNORED

Because Dry Eye conditions afflict nearly 30 million Americans, Lake Eye's Doctor of Optometry, Dr. Adria Anguita, addresses frequently asked questions about this highly treatable disorder.

What is Dry Eye?

Dr. Anguita: Dry Eye describes a group of conditions that cause an array of chronic or intermittent symptoms, including dryness, redness, irritation, grittiness, fatigue, tearing or discharge, crusting around the eyes, especially upon waking, and blurred vision. A patient may have one, a few or all of these symptoms.

Is Dry Eye Serious?

Dr. Anguita: Chronic Dry Eye isn't dangerous in and of itself, but in addition to creating discomfort, it can leave a person more vulnerable to eye infections and certain diseases, which can sometimes be serious. That's why it's important to find treatment that allows eyes to remain moist, comfortable and protected. It's also beneficial from a cosmetic standpoint because red, irritated, tired eyes impact one's appearance.

What Causes Dry Eye?

Dr. Anguita: Dry Eye conditions have different causes, including certain medications, vitamin A deficiency and diseases like diabetes, lupus, rheumatoid arthritis, scleroderma and Sjogren's syndrome. However, about 85% of Dry Eye cases are caused by a condition known as Meibomian Gland Dysfunction, or MGD, which refers to blockage of the tiny glands along the eyelid that secrete an oily layer onto the eyeball, keeping your natural tears from evaporating. This is especially common in people as they get older. Once these glands are blocked and the oily layer disappears, tears dry up rapidly, creating dryness and irritation. Oftentimes eyes then produce more tears to compensate, which is why so many people with dry eye also have excess tearing.

An important first step is having a Dry Eye evaluation so that the specific cause can be determined and treated appropriately.

What Treatments Are Available?

Dr. Anguita: Mild cases can usually be treated with over-the-counter eye drops. That is most people's go-to when they first notice their eyes are dry and irritated, but if you find yourself using them multiple times a day, it's important to steer clear of drops with preservatives in them, which, ironically, can irritate eyes even more. And if OTC drops aren't providing sufficient relief, prescription eye drops are available that actually help your eyes produce more of their own tears. We also recommend specific nutritional supplements and special eye cleansers to provide relief.

However, the most common cause of Dry Eye, MGD, won't be substantially relieved by eye drops alone. That's why Lake Eye provides advanced MGD diagnostic testing, as well as a treatment system called LipiFlow, which is an FDA-cleared external device designed to gently warm and massage the inner eyelids and unclog the meibomian glands so they can secrete oil again and trap tears against the eyeball. I love that this treatment requires no medication or surgery - it's a purely holistic approach to helping your eyes work properly again.

For most patients, a single LipiFlow treatment is all that's needed to slow or arrest the progression of MGD and alleviate symptoms for as long as two years. Some patients report improvement only days after treatment, but for some full effect may take several weeks. We prescribe anti-inflammatory eye drops to be used for a couple of weeks following treatment for ultimate protection, but afterward very little follow-up is required for lasting, all-natural relief.

What's the First Step Toward Relief from Dry Eye?

Dr. Anguita: That's easy - just call your local Lake Eye and make an appointment for a Dry Eye evaluation. Once we determine the problem, we can quickly get you on your way to experiencing greater comfort and safety as well as a more refreshed appearance. Treatment is so much more comfortable than Dry Eye symptoms, so there's absolutely no reason to suffer from this complex and all-too-common disorder another day.



*Adria Anguita, MD
Doctor of Optometry*

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How to Keep Your Heart Healthy During the Holidays

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 way to understand and implement heart health and risk prevention?

Heart Health Tips

- Avoid excessive alcohol consumption
- Cut down on stress levels
- Eat a healthy diet
- Exercise multiple times per week
- Get physical examinations and regular checkups recommendations
- Get professional help for cutting out narcotics and other drugs
- Practice relaxation methods
- Stop smoking
- Learn to just say no/too many activities can lead to undue anxiety

Post Holiday Heart Attack Risks Factors

There is no doubt that we are busier than ever during and after the holiday season. With parties, gift shopping, community events, and family gatherings, our stress levels are quite often through the roof. Emotional stress is a huge factor in blood pressure spikes. Along with anxiety, we overindulge during this time of year. For example, we're overeating, eating the wrong foods, like excessively salty and fatty fare, or we're drinking too much alcohol.

When we overeat, it can raise our cholesterol levels, and when we drink too much alcohol, it can cause ventricular fibrillation. Ventricular fibrillation causes rapid, electrical, stimulations in your heart and you may experience a dangerously high heart rate. Taking the time to make wise decisions can be the straw that allows for a happy holiday or an unfortunate one.

Eating a healthy diet is strongly recommended for many health benefits, but in terms of keeping our hearts ticking along, a diet low in saturated fat, high in vegetables and fruits, legumes, healthy oils like olive oil and avocado is key. Also consuming



less unhealthy carbohydrates and more low-fat proteins like fish and poultry are critical. If you have high blood pressure, minimizing salt is also highly significant. Instead of salt try substituting with lemon or spices and herbs.

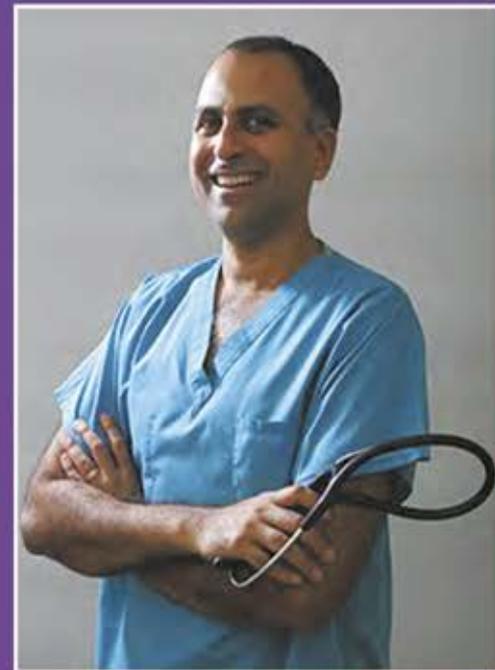
Carve out time to exercise. It's recommended that we get 2.5 hours of moderate exercise weekly or 1.5 hours of active cardiovascular training per week. It's okay to do a combination of the two, by walking one day for 20 minutes and sprinting the next for 30. No matter what you decide, you should always consult your physician before embarking on any workout plan. Along with cardiovascular uptake, exercise helps to increase the oxygen in our blood, and this is relevant to our overall heart health.

If you smoke, stop now. Smoking causes an array of adverse health effects including increasing plaque build up in our arteries, raising bad cholesterol, decreasing good cholesterol, and damages the vessel walls to name a few. If you smoke your chances of a heart attack are incredibly high, smoking causes 6 million deaths per year. Talk to your physician about a specific smoking cessation plan for you. The holds true for any drug addictions that you may have. Do not wait; get help today and enjoy this holiday season with friends and family in a healthy state.

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Family Heart Health

Approximately 370,000 people in the United States die from coronary heart disease (CHD) each year.¹ And over 700,000 have a myocardial infarction (MI).¹ Familial hypercholesterolemia (FH) causes greatly increased low-density lipoprotein cholesterol (LDL-C) levels and increased risk of MI.²

The buildup of plaque in coronary arteries is influenced by cholesterol and fat intake. Diet and lifestyle changes can reduce blood cholesterol and triglyceride levels. This reduces the risk of CHD and MI.

This newsletter reviews atherosclerosis, CHD, and FH, a relatively common yet underdiagnosed cause of elevated cholesterol. It also discusses the limitations of current methods of cholesterol testing and reviews the management of elevated cholesterol.

Atherosclerosis and CHD

The buildup of fatty deposits in the walls of arteries, including coronary arteries, is called atherosclerosis. The fatty deposits, called plaques, reduce blood flow. Atherosclerosis starts with damage to the arterial endothelium. White blood cells move into the wall of the injured artery. They then change into foam cells, which collect cholesterol and other fatty materials. Foam cells, filled with fat, accumulate over time to form plaques.³ Calcium also accumulates in the plaques.³ Plaques grow and restrict blood flow. They can also rupture and cause a blood clot.³

Familial Hypercholesterolemia

Familial hypercholesterolemia is an autosomal dominant disorder associated with very high levels of LDL-C (adults ≥ 190 mg/dL; children ≥ 160 mg/dL).⁴ About 1 in 200 to 1 in 500 persons in the United States has heterozygous FH, and over 90% are undiagnosed.⁴ Untreated individuals have a 30% to 50% increased risk of having an MI by age 50 to 60.⁴ FH is often caused by variants in the LDLR, APOB, and/or PCSK9 genes.⁵

FH is diagnosed on the basis of clinical criteria or a positive genetic test result.⁵ In families with known or suspected FH, guidelines recommend that children have cholesterol and/or genetic testing as young as 2 years of age.^{4,5} If diagnosed, the condition is treated with aggressive cholesterol-lowering drugs and lifestyle modifications.

Limitations of Cholesterol and Triglyceride Measurement Lipid testing is a cornerstone of CHD risk assessment.⁶ The diagnosis of elevated blood cholesterol and triglycerides is typically performed by measuring fasting levels of total cholesterol, high-

density lipoprotein cholesterol (HDL-C), and triglycerides.⁷ The LDL-C level is then calculated.⁷

The Friedewald formula for calculating LDL-C was developed because direct measurement is costly and time-consuming. However, the formula is less accurate when cholesterol levels are very low (as recommended for high-risk patients) and when triglycerides are high.⁷⁻¹⁰ This inaccuracy can result in undertreatment of high-risk patients.⁷

Clinical investigators at the Johns Hopkins University School of Medicine developed a novel method of calculating LDL-C (Martin-Hopkins Calculation). The Martin-Hopkins calculation is based on an individual's unique lipid profile.⁷ The method is more accurate than the Friedewald formula for calculating LDL-C level.^{7,8} Importantly, non-fasting blood samples can be used, making it convenient for patients.

Management of Elevated Blood Cholesterol

Modifiable risk factors for CHD include tobacco use, hypertension, diabetes, obesity, physical inactivity, low consumption of fruits and vegetables, and high blood levels of cholesterol and triglycerides. The most recent guidelines from the American College of Cardiology and the American Heart Association use LDL-C and other patient characteristics to determine which at-risk individuals are likely to benefit from statin therapy.¹⁰ For high-risk individuals without a diagnosis of FH, the recommended intensity of statin therapy is determined by the degree of risk. It is also determined by the desired percent reduction in LDL-C concentration, rather than a predefined target as previously used.¹⁰

How the Laboratory Can Help

Quest Diagnostics uses the Martin-Hopkins calculation for determining LDL-C concentration. The Quest Diagnostics lipid panel (Test Code 7600) can be performed on non-fasting blood samples, making it convenient for patients to have cholesterol testing. Quest also offers direct LDL-C measurement (Test Codes 8293 and 91723) for when triglyceride levels are very high, or when LDL-C values are very low (10 mg/dL to 40 mg/dL), and calculation is less accurate.⁸

For diagnosis of FH, Quest Diagnostics offers the Familial Hypercholesterolemia Panel (Test Code 94877), which tests for variants in the LDLR, APOB, and PCSK9 genes. The Familial Hypercholesterolemia Single-Site test (Test Code 94878) is useful when 1 or 2 familial pathogenic variants are known.



Desirable Lipid Levels⁶

- HDL-C ≥ 40 mg/dL (men), ≥ 50 mg (women)
- Triglycerides < 150 mg/dL
- LDL-C < 100 mg/dL
- non-HDL-C < 130 mg/dL (ie, 30 mg/dL above the LDL-C goal)

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Holidays with Hometown Goodness

Yes, it's here again. The holiday season is upon us. Whether you're enjoying a small gathering, planning a party, want to get straight to the food (everyone's favorite part of the holidays!), shopping the sales, or hosting friends and family this holiday season, Ave Maria residents and guests alike love the big city conveniences and hometown goodness that can be found in Ave Maria.

Small Town Charm

The community is centered around a charming Town Center where weekly Farmers Markets are held every Saturday from 9 a.m. to 2 p.m. Shoppers can expect to find fresh locally grown produce and citrus, fresh seafood, Italian breads, local honey, soaps, candles, oils, jewelry, crafts, flowers, hats, handbags, clothing and more. Home to restaurants, boutique shops, and salons to name a few, the Town Center provides residents with many of life's necessities.

Unique experiences can be found in a visit to the Mother Teresa Museum or a tour of the stunning Ave Maria Oratory. And of course, an adventure safari tour in one of the Orange Jeep Tours is a great way to see private lands of the Collier family, namesake of Collier County.

Modern Conveniences

Ave Maria offers several styles of homes including single family residences with 2-6 bedrooms featuring lake, preserve, and golf course views. Amenities include an onsite waterpark, Panther Run Golf Club, tennis and bocce, Publix grocery market, private schools, and University, and sports fields and playgrounds.

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Community of the Year

One visit to Ave Maria and it's easy to see why this hometown has won the prestigious Community of the Year award for the past four years from the Collier Building Industry Association.

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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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IV Ketamine Therapy for Depression

The medically supervised and administered drug Ketamine has proven to be very effective on patients with depression. Whether that depression is related to PTSD, OCD, Post-Partum, bi-polar or other major depressive disorders, the administration of Ketamine IV therapy is providing favorable results for people suffering from these progressive afflictions.

What is Ketamine?

Since the late 1960s Ketamine has been used as an FDA-approved anesthetic medication. But amongst the average person, Ketamine is best known as a party drug when used illegally to garner a hallucinatory effect.

When Ketamine is not abused and is administered by a well-trained physician, Ketamine can help with symptoms like moodiness, decreased concentration, low self-esteem, impaired sleep, decreased sexual desire, impaired appetite and suicidal thoughts.

During the treatment the initial infusions usually take place over the course of 3 weeks and it's typically two treatments a week with 6 infusions being administered every other day. In parts of the brain that control mood and emotions, the ketamine infusion creates new connections in the brain. These new connections help the brain to send positive signals to the psyche, along with beneficial physical conditions to the body. The affect is notable within hours and in some cases, patients report the results are instantaneous.

Ketamine IV therapy impacts both mood and anxiety and can result in positive treatment outcomes for the following disorders:

- Severe or Chronic Depression
- Bipolar Disorder
- Obsessive Compulsive Disorder (OCD)
- Post-Partum Depression (PPD)
- Post-Traumatic Stress Disorder (PTSD)
- Neuropathic Pain



352-451-0414

www.ketaminehealthcenters.com

Traveling Tips for Venous Insufficiency

By Bryan Carter, MPA-C, Phlebology-Surgery

It's that time of year again; when we hit the road or the sky and travel for vacations, relaxing getaways, spending time with family and taking the kids or grandkids to their favorite destinations.

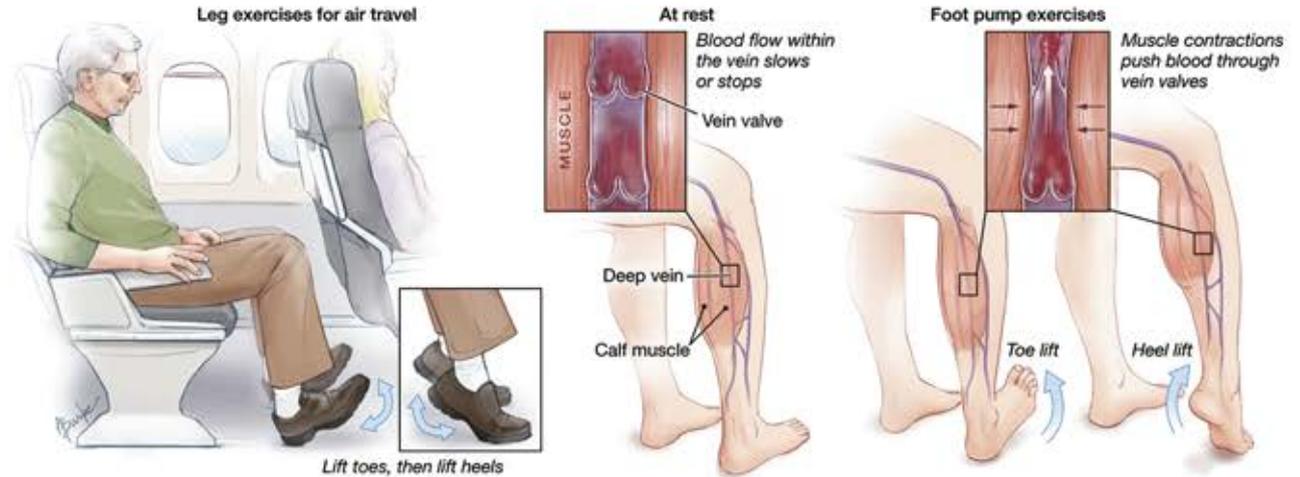
The hottest days are upon us during the upcoming summer months, so it's imperative that everyone stays hydrated, especially the elderly and children. Because we come in all shapes and sizes, drinking at least ½ your body weight in ounces is the recommended amount for each person. So if you are 200 lbs., you should consume 100 ounces of water per day, which is approximately 3 liters.

If you suffer from any venous insufficiency issues, it's critical to keep moving your toes, ankles, and calves while sitting for an extended periods of time in a car, train or when on a plane. This will help the blood to keep moving and pumping back to the heart instead of pooling into the feet. If you ever get swollen feet or legs after sitting for long periods of time, you should see your physician about ways to control your venous insufficiency and to get a full check up for your overall health.

What is venous insufficiency?

Various forms of venous issues affect 25 million Americans. Their legs are swollen, achy and they have a heavy sensation. When our veins are working properly, they pump blood back to the heart. Valves in the veins are made to open and close in one direction. If these valves or the wall of the veins are damaged, the blood is unable to work against gravity, and the result is a pooling of the blood in our legs. This pooling is called stasis and can present significant risks to our health.

Sometimes venous insufficiency is more of a cosmetic issue and poses little health concerns. This is usually noted in spider veins, which is when the tiny capillaries are damaged, but when the veins are damaged, this can cause varicose veins, which can lead to a much more severe health issues. Neither of these should be taken lightly. A medical professional will be able to report whether or not your symptoms are superficial, or dangerous and in need treatment.



Symptoms of venous insufficiency:

- Swollen legs
- Discoloration on skin (brown or red)
- Tingling/burning/itching sensations
- Heaviness
- Aching
- Cramping

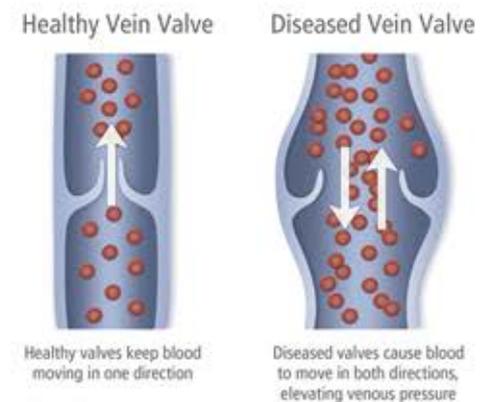
One of the easiest ways to better control and improve your legs blood flow is to wear compression stockings, but beware, not all compression stocking are the same.

Sure big box stores sell them by the thousands, but they fail in comparison to medical grade and personally fitted stockings.

It's important to understand what compression stocking do. They are tight fitting long socks that go up to your knee and create gradient pressure throughout your foot and legs to help push the blood back to the heart.

Medical grade compression stockings are measured in millimeters of mercury (mmHg). The highest compression available is 30-40 mmHg, then 20-30 mmHg, 15-20mmHg and the least or lightest compression is 8-15 mmHg.

The major differentiating factor between a medical grade stockings and the generic version is the precise measuring that is done to make certain you are wearing the appropriate compression volume. Getting the correct dimensions consist of first measuring around the smallest part of the ankle above the ankle-bone. Second, a measurement is taken of the largest part of the calf circumference, and lastly, at a 90-degree angle, a measurement is taken from the distance of the bend in the knee to the floor. Speaking to your physician is vital if you or a loved one have any of the venous symptoms.



Treatment Options for Venous Insufficiency Include:

- Compression Stockings
- Gradient Compression Devices
- Increased Exercise
- Medications
- Surgery (non invasive thermal and chemical ablation performed in the office)

If you have any questions or concerns call and schedule appointment today with Mr. Carter. He has been treating vein circulation problems for 15 years.



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Bryan Carter, MPA-C

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Home For the Holidays: A Great Time to Check-In On Loved Ones

By Theresa Klein, OTR/L Dementia Care Consulting - Providing quality education and training dedicated solely to Dementia Care

As the holidays approach many of us are making plans to celebrate with those we love. The holidays are a time to visit and reconnect with family we may not see throughout the year. Going "home for the holidays" is an event that is anticipated all year long. Adult children return home to familiar sights, sounds, and smells to participate in annual family rituals and traditions.

Family gatherings are also a great time to check-in on Grandparents, Mom & Dad, and Aunts & Uncles. As family members age, they may begin to need more help. Annual gatherings can reveal changes our loved ones have experienced over the past year. Changes that we are often not privy to during long distance phone conversations.

Physical changes are often the first noticeable sign. Mom might be losing her balance, Dad may have some swelling in his feet, Grandma may be losing weight, Grandpa may be experiencing shortness of breath. Physical changes are easier to see and therefore often addressed more quickly.

In contrast, changes in cognitive or thinking skills (i.e. reasoning, memory, orientation, judgment, problem recognition/solving, decision-making, impulse control, attention, frustration tolerance, and sequencing) often go unnoticed. These changes do not come to light until a crisis arises, such as a fall, medication error, car accident, or hospitalization.

There are several reasons cognitive changes are often missed. First, in our society, cognitive changes are considered a "taboo" subject and therefore not openly discussed. Aging relatives may notice problems or changes in themselves but do not want to burden family members with their health concerns. Or they may fear if they bring up the subject they will risk losing their independence.

Second, many older adults live alone, therefore family is not involved with day to day tasks where early signs of change are evident (i.e. bill paying, housekeeping, medication management, and transportation).

Third, cognitive changes are hard to see and measure. Changes in Mom's judgment and decision making skills may not be obvious to the family until she falls

victim to a scam (i.e. prepaying a contractor for work that is never done or sending large amounts of money to a 3rd party with promise of a trip that does not exist). Dad's changes in orientation may not be noticed until he does not return home from his drive to the store that is 10 minutes away. Grandma's changes in problem-solving may not be evident until she stops taking her heart medicine because it makes her feel nauseated and she ends up in intensive care with heart failure.

Though cognitive changes can be difficult to detect, it is possible to spot them if you know what to look for. Changes in cognitive skills often present themselves during an individual's execution of their daily tasks. Family may be tempted to explain away changes and limitations due to an individual's physical needs, age, lack of motivation or personal choices. Though all these things can impact the success of an individual's day, cognitive changes are often at the root of an individual's decreased ability to manage their daily tasks.

There are steps you can take as you head into this holiday season:

1. Talk with your family members about their hopes and plans for retirement and beyond. Ask loved ones to plan ahead by creating a healthcare directive and appointing a healthcare agent who can work as an advocate for them should they not be able to care for themselves.
2. Become educated about physical and cognitive changes that can occur as we age.
3. When talking on the phone listen for signs that your family member may be struggling.

- Reports of new physical ailments, dizziness, falls, weight gain or loss, vision changes, excessive medication changes, hospitalizations, etc.)
- Reports of memory loss or confusion
- Reports of driving issues (i.e. getting lost, tickets, accidents)
- Changes in financial status (i.e. decreased funds available, new investments, new purchases, etc.)
- Changes in social outings and commitments (i.e. church, card club, book club)
- Complaints of others mistreating them (i.e. neighbors, friends, etc.)
- Changes in mood and personality
- Repetition of stories or questions
- Frequent calls to you, other family members, and/or 911 at all times of day or night with questions, concerns, needs, etc.

4. Visit regularly or arrange for another family member or friend to make regular visits. There are things that can be seen during an "in person" visit that will not be discovered over the phone. Families may also have a community contact (i.e. neighbor, friend, church member) that they can check-in with for regular updates. When visiting watch for signs that your family member is struggling:

- Changes in cleanliness, maintenance, and organization of house (i.e. odors in house, dirty counters, floors/carpets not swept or vacuumed, dirty dishes, dirty clothes, lawn not mowed, piles of old mail, magazines, etc.)

*Author: Theresa Klein, OTR/L
Theresa is an occupational therapist who works as a dementia care consultant. Theresa provides education, training, program and behavior consultation to healthcare professionals, caregivers, families and memory care facilities.*

Theresammklein@gmail.com

- Contents of kitchen cupboards and refrigerator (i.e. full/empty, spoiled food, nutritious food, excessive takeout, etc.)
- Personal appearance of your loved one (i.e. Grooming status; clean shaven, hair combed, teeth brushed, odor absent/present, clothes status; clean, appears to be changing or staying in pajamas, layering clothing)
- Nutritional status of your loved one (i.e. Do they appear to be eating? Do you see them preparing meals? Can they prepare meals?, weight status; maintained, loss, or gain)
- Daily routine (i.e. Plans and easily navigates their day or spends large amounts of the day sleeping or watching TV)

If you identify signs of a struggle don't panic. Take a deep breath and make a plan of action.

1. Keep a log of what you are seeing and hearing with dates and times. This will help you keep track of the areas of concern and allow you to look for trends to determine if these are one time incidents or a pattern which requires more attention.
2. Talk with your loved one about what you are seeing and hearing. Get their insights. Are they aware of these concerns? Do they have the same

concerns? Can they offer insights which may explain the areas of concern? If your loved one is not aware or does not agree do not try to convince them as they may have cognitive changes that prevent them from understanding their need for help.

3. Make a doctor's appointment for your loved one. Begin with their primary care physician who will be most familiar with their past and current medical status. The primary care doctor may refer to other specialists such as a neurologist, neuropsychologist, or occupational therapist for further assessment. Share the information you have gathered, explain the areas of concern, and when you first noted the changes. This information will help the physician to diagnose and treat the areas of concern.

The physician will gather information and work to determine potential causes for the cognitive changes. There are many medical conditions that left untreated or mismanaged can cause temporary cognitive changes (i.e. diabetes, heart and respiratory conditions, thyroid issues, etc.). Once identified, treated, and managed individuals can experience improvement in their cognitive skills and re-engagement in their daily tasks and routines.

In the event the physician finds evidence of dementia, there are resources, experts, and advocates available to help you and your loved one. The Alzheimer's Association (www.alz.org) and the Alzheimer's Foundation (www.fdn.org) offer a wealth of information from educational resources to local programs and support groups. Individual counties can offer senior services such as meals and transportation. Churches, Synagogues, and Mosques may offer nurse and volunteer assistance. Licensed home companions and home care agencies can provide trained staff to assist with your loved one's needs at home.

Finally, should you find your loved one needing more assistance and care there are numerous senior care facilities that provide adult day programs, assisted living and memory care services. It is always a good idea to learn about the services in your and your love one's area. Care delivery, programs, fees and wait lists will vary. In order to find a community that meets your and your families' needs early research, tours and conversation is recommended. Time spent preparing in the beginning of a diagnosis can help lessen anxiety, care partner burden, and minimize crises, ultimately helping your loved one live their life to the fullest.

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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.

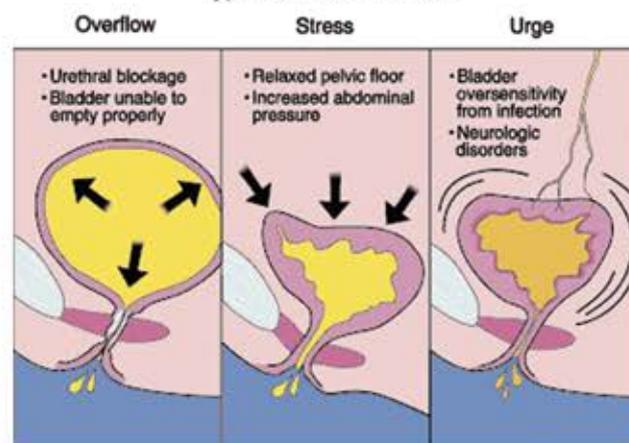
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UI) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine 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 UI: 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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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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Chronic Obstructive Pulmonary Disease (COPD): What you Need to Know

Nearly 24 Million Americans have COPD. Most of them are over the age of 40 and have a history of smoking, or being subjected to respiratory irritants such as chemicals and pollutants.

COPD is a disease that is encompassed by chronic bronchitis, emphysema, and asthma, causing shortness of breath, productive coughing and inflammation of the airways. It is a progressive lung disease with no cure. Most patients are put on steroids (oral and inhaled), bronchodilators and antibiotics.

Individuals with COPD often have incidents of fluid build-up, which can make it difficult for them to breathe. They frequently feel as if they are drowning and call 911 often due to this terrifying sensation. This is why it's important to speak to your physician about your COPD treatment and the best at home care techniques to keep you safe and comfortable.

Depending on the stage of the disease, some patients might need to consider home health care or private duty nursing. When under home health care, their team of nurses and medical director can prevent these readmissions to the hospital by several means. The medical team can prescribe medications to block fluid build-up, have a daily vital reading monitored by a home health program, and have specialists help with understanding nutrition, and how to keep calm and learn to breathe more functionally through the episodes. Your physician is still in charge of your medical care, and all reports from the home health team are reported to your primary care doctor.

Having a disorder like COPD is challenging with continual progressive changes and side effects. Talking to your physician about any fluctuations in your health or symptoms is critical.

COPD Symptoms

- Coughing
- Producing phlegm
- Wheezing
- Shortness of breath with normal activity
- Blue tinge to fingernails
- Fatigue

COPD Treatment

- Bronchodilators
- Steroids
- Pulmonary rehabilitation
- Oxygen therapy



- Exercise
- Breathing exercises
- Diet
- Smoking cessation

Many former and current smokers are diagnosed with COPD. November is National Smoking Cessation Month.

Realistic advice to help you quit smoking

- Get rid of all tobacco & lighters
- Plan ahead. Talk to your doctor now about smoking cessation programs, treatment options and medications.
- Let your family and friends know that you're quitting
- Find a new hobby to stay busy
- Avoid the same old routine that allowed you the convenience of smoking
- Keep track of the money you save, write it down everyday and make a tally
- At the end of each week that you continue to not smoke, treat yourself to something nice.
- Don't give up! It's not easy, but it's worth it to quit.

By quitting smoking you can alleviate additional damage to your lungs and allow them to heal, reduce your risk of coronary artery disease, stroke and cardiovascular disease.

Statistics According to the U.S. Department of Health and Human Services

- Within 20 minutes of quitting, your heart rate will decrease
- Within 12 hours of quitting, the carbon monoxide levels in your blood will decrease to normal
- Within 3 months of quitting, your risk of a heart attack decreases and your lungs will begin to work better

- After 1 year, your added risk of coronary artery disease is half that of someone who smokes
- After 5 years, your risk of stroke is the same as that of a nonsmoker
- After 10 years, your lung cancer death rate is about half that of someone who smokes
- After 15 years, your risk of coronary artery disease is the same as that of a nonsmoker

If you have a persistent cough or are experiencing unusual respiratory symptoms, please make an appointment with your physician now. It's better to be proactive than reactive when it comes to your health. If you let symptoms linger, that's when they turn into progressive, advanced diseases.

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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Lakeside Landings is proud to announce their newest community, the Enclave. The Enclave has luxury homes ranging from 1500 to over 3,000 square feet. WITH OVER 15 FLOOR PLANS TO CHOOSE FROM, EVERY HOME IS BUILT FROM THE GROUND UP USING QUALITY CONSTRUCTION METHODS AND FILLED WITH FEATURES YOU MIGHT EXPECT TO PAY MORE FOR.

And after living out all of your tranquil moments and indulging in your refreshing routine, if you feel like you need to experience the world, you're in luck! Disney World is less than an hour drive away.

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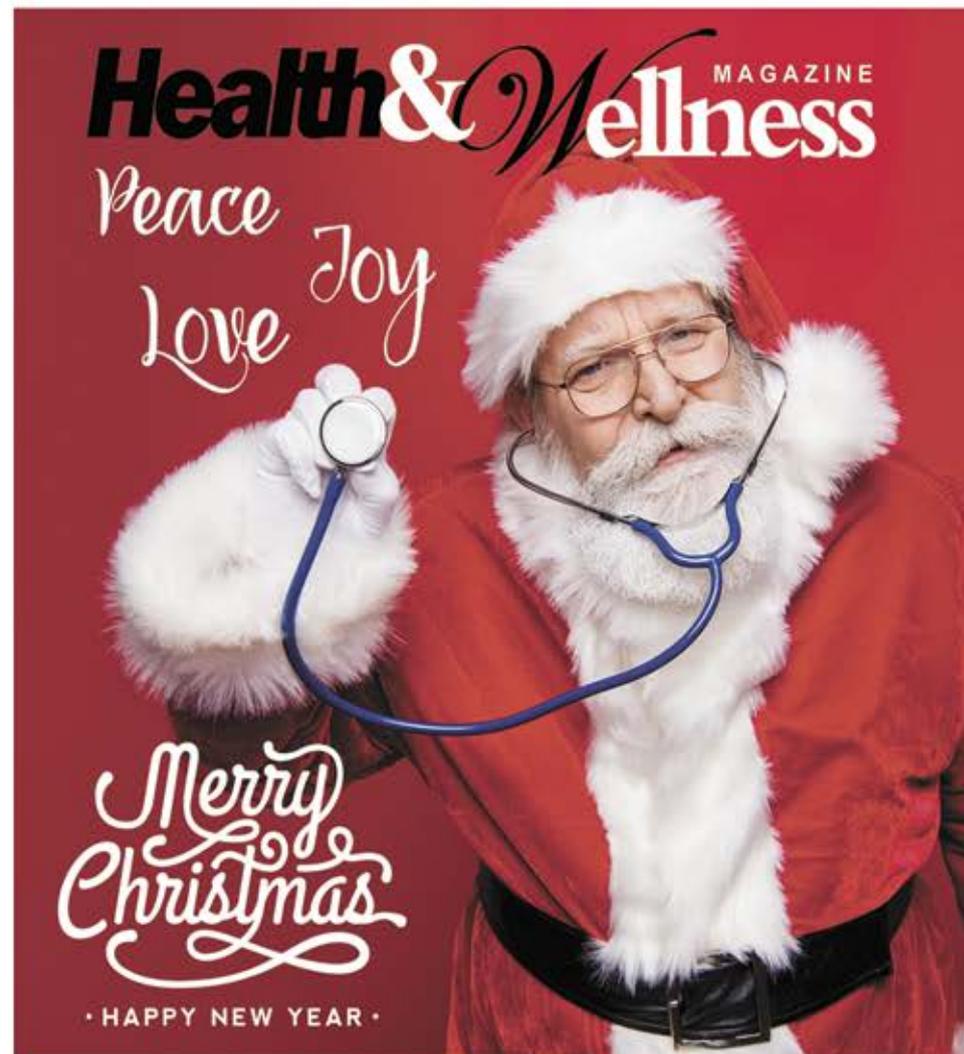
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Dr. Mark Jacobson

What is the MIT Difference?

"If only I had found this place sooner!"

"I truly felt like someone finally listened to me!"

These are phrases commonly expressed as patients exit the doors of Medical Imaging and Therapeutics. There is rarely a day without a happy, smiling face, and hardly a week without a thank you card or gift of treats for the staff. Today, I am inspired to write this message after two patients brought in delicious Puerto Rican food as a thank you to the doctor and one of his technologists. It speaks volumes of a physician when his patients go out of their way to express thanks.

Dr. Jacobson's motivation to build MIT was prompted after many years of working in large, corporate-style medical practices and hospitals, where not only do the patients feel like they are one of many rushed through a busy and mundane system, but he himself felt like a "number" whose ideas and talents were regularly unappreciated, or simply dismissed. Often in these facilities, the doctors are pushed to increase the number of procedures they can do in a day, rather than spend time communicating with each patient they see. As a result, patients are left in the dark regarding treatment, and may leave the hospital feeling negatively about their visit and even their doctor.

This is unfortunately the case in many corporate practices, which are becoming so large they are overwhelmed by even themselves. Timid toward competition, they believe bigger is better. They become dysfunctional, with a central scheduling location that is separate from the practice, often in another town. Patients get lost in the system because the doctors are usually lost in it as well; the Trickle Down effect.

What is happening to the solo practitioners, the smaller practices? What is happening to quality in medicine? With mergers and acquisitions, and a "bigger is better" mentality, the patients are the ones who suffer most. At MIT, the patient is often amazed a person answers the phone - someone ready to help them immediately. There is no automated system where you are told "press 1 for this and 2 for that" or to leave a message no one may hear. Patients appreciate when the front desk staff know their names after a few visits, and when they actually see the doctor, who shows them a sense of



humor and a genuine interest in not only their illnesses but their lifestyles too. In Dr. Jacobson's experience, oftentimes the missing piece of the puzzle to a diagnosis is hidden within a patient's story. Listening about what they do at home or at their job gives him clues to help understand their anguish and pain. Family and friends are encouraged to attend consults. Dr. Jacobson asks a lot of questions, and there is a good reason why: he genuinely cares.

At MIT, imaging isn't just about going in for a scan that might be read by a radiologist in another city, state or even country. As a center for interventional radiology, a critical finding on a scan can often result in a necessary procedure which can also be done at MIT. For example, if you have fluid in your lungs or abdomen seen on Xray, CT or ultrasound, it can be drained using image guidance. If you have a tumor in an organ, it can be biopsied using image guidance. If your MRI shows you have a spine fracture, it can be repaired. If your MRA shows blocked arteries in your legs, you can have your angioplasty done by an expert. The list of procedures is endless!

Interventional Radiologists such as Dr. Jacobson have the training and skills required for numerous healing therapies. His expertise have made him a

choice physician to train Resident and Fellow interventional radiologists from the University of Florida. His Fellow physicians enjoy and appreciate the experience and advice they can take with them as they are prepared to practice on their own.

The next time your doctor recommends an imaging study, ask them to refer you to Medical Imaging and Therapeutics. Since opening in Lady Lake five years ago, MIT has become the preferred provider for diagnostic and Interventional Radiology, and has received tens of thousands of referrals from hundreds of doctors confident in MIT's ability to take optimal care to their patients.



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The Summit Medical Park
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Advancements in Dental Impressions

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

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

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



How does it work?

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

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

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



The Laurel Manor Dental Difference

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

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



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

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

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

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

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Cornerstone Hospice Focused on Each Patient's Life, Not End-of-Life

Submitted by Cornerstone Hospice and Palliative Care

Nearly 60 years after the end of World War II, former US Army Sergeant and Villages resident Charles Mellott was honored for his service during a special ceremony, surrounded by family and friends. The Cornerstone SALUTES! ceremony was arranged by the Cornerstone Hospice social worker who was part of the team that ensured the 93-year-old lived his last days in comfort and with dignity.

Mr. Mellott's cardiologist had recommended Cornerstone to care for Mellott. His daughter said the time was right. "It took a huge load off of my 90-year-old mother as a caregiver," says Del Hunt. "She was then able to prepare for his passing."

Hunt said the Cornerstone Hospice team treated her father with compassion. "They spent time getting to know him personally, listening to him with their undivided attention. He looked forward to the routine visits from his nurse and she became his friend," said Hunt. The hospice team even coordinated care with her parents' assisted living facility.

"When our teams collaborate on a patient they aren't focused on how this person is going to die, but rather how he'll live out his last days, and that his family receives the necessary support to allow for it," said Chuck Lee, President and CEO of Cornerstone Hospice.

Each Cornerstone Hospice patient is cared for by members of what is called a "multidisciplinary team" which includes a physician, nurses, nursing assistants, a chaplain, a social worker and a specially-trained volunteer. The team addresses symptom control, pain management, and emotional and spiritual support expressly tailored to the patient's needs and wishes.

Hospice focuses on caring, not curing and, in most cases, care is provided in the patient's home. It also is provided in freestanding hospice centers, hospitals and long-term care facilities or wherever a patient resides.

Due to misconceptions about what hospice provides, patients often are brought in too late when much discomfort and strain has already been experienced by the patient and the family.



Cornerstone Hospice volunteer Retired Col. Paul Farineau salutes Charles Mellott at a Cornerstone SALUTES! ceremony. Cornerstone's veteran volunteers provide honorees with a certificate, a commemorative pin and a salute to thank veterans for their service to our country.

Patients may be eligible for hospice services when a doctor certifies a patient has a terminal illness and a life expectancy of six months or less. Hospice services are available to patients of any age, religion, race, or illness and are covered under Medicare, Medicaid, and most insurance plans.

Cornerstone provides special services to ensure overall comfort and support including its nationally recognized seven-day care model which ensures continuity in the care team and improved communications amongst staff and the patient, the Pet Peace of Mind program, bereavement counseling and Cornerstone SALUTES! for veteran patients. Cornerstone SALUTES! is a comprehensive hospice program respectfully celebrating veterans' service to our country, at home and abroad, and providing care that recognizes the challenges unique to military families.

"Veterans often have emotional and physical conditions related to their service which require additional insight from the care team," said Lee. "With one in four people dying today being a veteran, we take extra steps to help them during their last days."

"Words could not describe how that made my dad feel. He was finally recognized for his service to this great country. He appeared to be more at peace and held his head higher. I feel in my heart it did bring closure for him," said Hunt.

About Cornerstone Hospice

Cornerstone Hospice is a leading community-owned provider of end-of-life care in Central Florida. For 34 years Cornerstone has set the standard for hospice care as we serve more than 7,000 people in Lake, Sumter, Orange, Osceola, Polk, Hardee and Highlands counties each year. For more information, to donate, or to volunteer, call 866-742-6655 or visit www.CornerstoneHospice.org



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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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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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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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Is Your Swing Hurting Your Back or is Your Back Hurting Your Swing?

By Daniel Taylor DC

It's a beautiful Sunday afternoon on the golf course; the greens are freshly cut and the sun shining. You drive up to the tee box for the first shot of the day. You bend over to put the tee in the ground and out of nowhere the stabbing, knife-like low back pain hits you hard.

If the above scenario sounds familiar, know that you are not alone; studies reported that 50 percent of those who golf regularly suffer from chronic low back problems. Whether this pain is caused from placing the tee into the ground, riding in the golf cart or hitting the golf ball, know that there are options to eliminate this pain.

There are three fundamental causes of golf injuries: poor posture, lack of flexibility and lack of balanced functioning muscles. Golf is a game of repetitive

motion that places torque on one side of the body. This is hard on the body and worse for amateurs because of improper swing mechanics that cause a greater load of stress on the low back. Imagine going to the gym and only working out one side of your body for years while neglecting the opposite side. Now picture yourself bent over in your golfing stance while hitting the ball a hundred times during a period of three to four hours. It's easy to see how golfers set themselves up for injuries.

Another aspect of your golf game that chiropractic can improve is your swing. Every golfer can agree that it is essential that the body is balanced from head to toe in order to have the perfect golf swing. In order to perform your best, you need to have unrestricted,

fluid motion throughout the spine and pelvis. An improper stance will have a profound effect on your golf swing. Think of the body as a machine that stores and uses energy. Angular momentum only exists through fixed axis rotation (your spine). Your arms, hands and golf club all rotate around the spine. When the spine turns, the body creates a centrifugal motion for the club to follow. In order for there to be a fluid motion there must be a healthy, freely moveable spine and proper balanced muscles. Still unsure if chiropractic could help your game? Ask one of golf's greatest about chiropractic. *"I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing"*

- Tiger Woods.

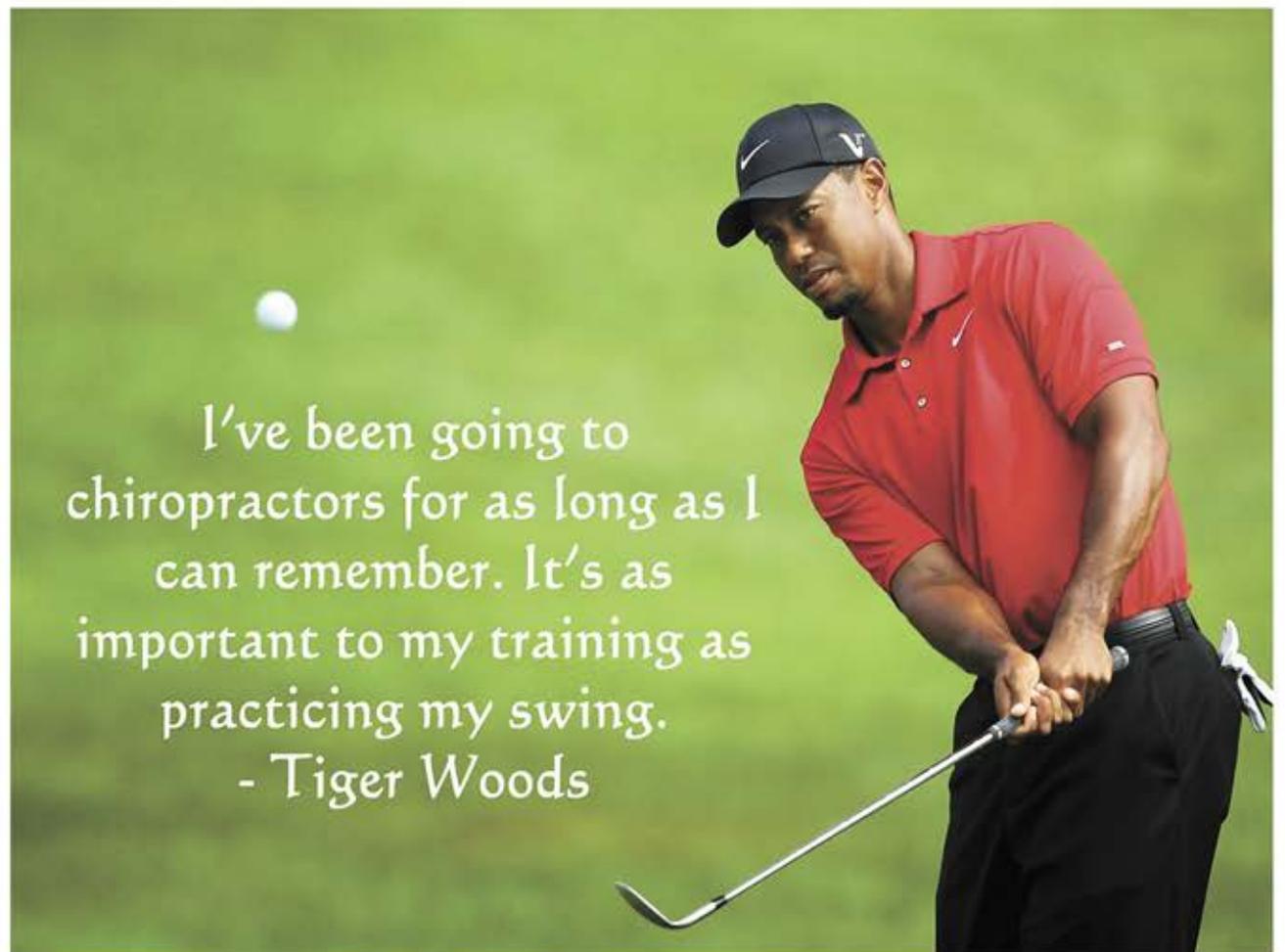
Common golf related diagnosis include:

- **Sacro-iliac (SI) joint dysfunction:** This basically means that the SI joint has lost its normal fluid motion due to a fixation. Typically 2-4 visits can solve this complaint.
- **Facet Syndrome:** Facets are the name for the joints in the spine. At times these joints can experience abnormal motion (commonly from a golf swing) and become fixated. Very similar to SI joint dysfunction and often the two conditions exist concurrently. Again 2-4 visits usually.
- **Sprain/Strain injuries:** Very common with any athletic event. Typically minor conditions can self-resolve. However proper stretching, support and in office rehabilitation are always recommended
- **Sciatica:** Often the most misdiagnosed disorder on the golf course. Everyone thinks pain down the leg is sciatica. However, there are actually many causes for pain down the leg and a proper diagnosis is essential in order to properly treat the symptoms. This complaint is a large part of our practice. Call today to learn more.

The next time you are on the golf course focus on these things:

1. Are your feet balanced and comfortable at address?
2. Do your feet have to flare out in order to turn on the backswing?
3. Do you find yourself walking slightly crooked the day after a round of golf?
4. Do you find it difficult to get out of bed for a few days?
5. Is it painful to play the game?

If you answered yes to any of these questions, then contact us so we can address these issues. As avid golfers ourselves, we understand how easy it is to hurt yourself trying to hit that 300-yard drive.



I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing.
- Tiger Woods

At Compton Chiropractic, we offer spinal adjustments, decompression, preventive swing advice, rehabilitation exercises, physical therapy and nutrition in order to reduce pain and improve spinal posture and mobility. We treat a wide variety of village athletes including those who participate in pickle ball, tennis, softball and swimming.

So the next time you are on the greens ask yourself, 'is your swing hurting your back or is your back hurting your swing'?

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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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www.compassionclinicflorida.com

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

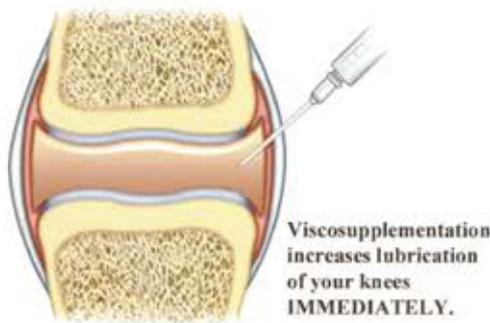
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When injected into the knee, the Viscosupplementation solution helps to cushion and lubricate the knee joint, nourishing knee cartilage for natural pain management. The solution helps to restore normal function to the joint, including its natural lubrication. 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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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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