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February 2019

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PERSEVERANCE



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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GOOD NEWS FOR SMOKERS: LDCT CATCHES LUNG CANCER EARLY

Lung cancer is the number one cause of cancer death among Americans, and roughly 85% of cases are linked to long-term smoking. But we have important news: Low-Dose Computed Tomography, or LDCT, is an annual screening exam that can catch lung cancer while it is still tiny and localized, before it causes symptoms. "Caught early, most lung cancer is highly treatable," says radiologist Dr. Kerry Raduns. "That's why we encourage current and former heavy smokers to get screened early, when the potential benefit is very high."

Who's Considered a Heavy Smoker?

People at the greatest risk of developing lung cancer have reached 30 "pack years," which is the number of years you have smoked times the number of packs smoked per day. For example: 1 pack a day x 30 years or 2 packs a day x 15 years. Because lung cancer can lurk unnoticed for a long time, people who have quit smoking within the past 15 years may still be at risk. Other factors, like age and certain health conditions, can enhance this risk, so we invite you to visit www.raocala.com/services/low-dose-ct-screening for information and facts about LDCT screening to share with your doctor.

LDCT Vs. X-Ray

Unlike the limited views provided by a chest x-ray, LDCT captures multiple images from different angles to create a cross-sectional picture for easier, clearer examination. "LDCT's remarkable detail reveals even the tiniest lung abnormalities," says radiologist Dr. Brian Cartwright. "The clarity captures minute nodules that x-ray can miss."

In fact, a randomized clinical trial of 53,000+ current and former heavy smokers revealed that LDCT is 20% more effective at preventing death from lung cancer. That means about 1 in 5 lives can be saved through early discovery using LDCT over x-ray.

"If you're the one in five whose cancer was caught while it was still treatable, that is extremely significant," says radiologist Dr. John Cain. "LDCT is noninvasive, painless, takes only minutes, and has up to 90% less ionizing radiation than conventional CT scanning."

With a qualified clinician's referral, LDCT screening is offered at RAO's Medical Imaging Center and TimberRidge Imaging Center. It may be 100% covered by Medicare, so ask your healthcare provider if LDCT might be right for you.

It's just a few painless minutes that could help save your life.



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LOW-DOSE COMPUTED TOMOGRAPHY (LDCT)

"Roughly one in five patients can be saved using screening LDCT over a standard chest x-ray. That is a monumental improvement in patient care, and something we're gratified to be able to provide." — Kerry B. Raduns, MD & Brian Cartwright, MD

If you are or were a heavy smoker, ask your doctor if LDCT screening may be right for you. Taking a few minutes out of your year to get an LDCT screening may be all you need to protect your life. That's enough to leave you and your lungs breathing a little easier.



ARE YOU A CANDIDATE FOR LDCT?

For guidelines you can share with your doctor, visit www.raocala.com/services/low-dose-ct-screening. It's worth it.

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STRESS INCONTINENCE IS NOTHING TO SNEEZE AT

"Stress incontinence" is a reality for millions of women in America today. The "stress" is not emotional or mental pressures. Rather, it's physical pressure put on the bladder that can cause urine leakage. Something as simple as a sneeze or a cough might trigger a leak. Standing up suddenly, lifting something heavy, exercise—sex; anything that puts pressure on a bladder can be problematic.

Stress incontinence is the most common form of incontinence in women. It's an unwelcome embarrassment for 1 in 4 women aged 15 through 44—1 in 3 women aged 45 to 64. It is so embarrassing in fact, that fully *two out of three women never mention it to their doctors*. Those who do, wait an average of *over six years* before seeking help.¹

The good news is, when they finally do speak up they discover that their problem is, for the most part, easily cured. Often all it takes are a few lifestyle changes—exercise, lose weight, quit smoking, forgo the diet soda refills—and voilà—no more problem! Here's why....

The root cause of stress incontinence comes from weak pelvic floor muscles, simple as that. How you came to *have* those weakened muscles could be from pregnancy and/or childbirth, carrying excess weight, decreased estrogen levels due to peri-menopause or menopause, or simply aging.

SO, HOW DO YOU FIX IT?

Weight loss may be one of the most effective ways to drastically improve or even "cure" stress incontinence. According to Kristene Whitmore, M.D., chair of urology and female pelvic medicine and reconstructive surgery at Drexel University College of Medicine in Philadelphia, "Dropping pounds eases the pressure on your bladder and pelvic floor.... In one study, women who lost 17 pounds reduced leaking episodes nearly 50%. Even those who lost a mere three pounds were 28% drier."

Also, watch what you drink—sip don't chug—and you can also make a huge difference. Coffee is a major culprit. If you must drink it, think moderation. Water or herbal teas are better but even those need to be sipped over time. Finally, cut back or eliminate those elements in your diet that are known to irritate bladders: caffeine, carbonation, alcohol, artificial sweeteners, citrus and tomato juice.

One word—*kegels!* Many are already familiar with these go anywhere, exercise anytime little gems. Kegels are pelvic floor strengthening exercises. A doctor or physical therapist can show you how to perform the moves correctly to derive the most benefit. Keep at it daily for six to eight weeks to give the exercises the best chance to work.

All of the above are steps you can take to mitigate the effects of or even cure stress incontinence on your own. If those prove less than satisfactory, treatment can become more aggressive with a little help from your doctor. There are devices available he or she can prescribe to help.

A vaginal pessary is a specialized device shaped like a ring with two bumps on it. It is placed around the urethra to support the bladder and reduce leakage during activities. A urethral insert is another choice. Similar to a small tampon, it's inserted for extra help when certain physical activities are anticipated—though it can be worn all day if desired.



Surgery is the final choice available to someone suffering from the effects of stress incontinence. There are several procedures that can be performed. Consult with your doctor to see which one he or she may recommend.

The bottom line is, stress incontinence is more inconvenient and embarrassing than it is life threatening. Clearly, there are options out there. Most are non-medical lifestyle changes a person can adopt to take control of their particular situation. Many will greatly reduce or even eliminate the problem altogether. And while stress incontinence is nothing to sneeze at...it's not a condition you'll have to live with, either.



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1. <http://www.goodhousekeeping.com/health/a13570/urinary-symptoms/>

MORE PEOPLE LIVING WITH CANCER

The evolution of cancer treatment over the last 40 years has resulted in better outcomes for patients; today more people are living with cancer than ever before.

Cancer is an illness unlike any other. Many people mistakenly believe that cancer refers to one disease that occurs in many different parts of the body, but in reality, cancer is not just one disease. The term "cancer" is the general name for a group of over 100 diseases in which abnormal cells begin to grow uncontrollably. No matter what type it is, cancer is the result of a malfunction in the genetic mechanisms that control and regulate cell growth. Cancer can affect blood, bones, and over 60 different organs of the human body.

Through research, we have learned that each person's cancer is a unique disease because every tumor or malignancy has its own distinctive DNA. This discovery has resulted in many new and highly-effective targeted treatments and immunotherapies that are based on a patient's unique genetic profile. Genetic sequencing of a patient's tumor can help identify which drugs or treatments will be most effective for that individual.

DAMAGE TO DNA CAN RESULT IN CANCER

DNA is the genetic material that makes up every cell. When DNA becomes damaged or changed, it produces mutations in genes that affect normal cell growth and division. Gene mutations can be inherited from a parent, or, more commonly, are acquired during a person's lifetime due to environmental factors such as ultraviolet radiation from the sun or cigarette smoking. Other mutations occur for still unknown reasons, resulting in various types of cancer.

In addition to unregulated cell growth, when a cancer occurs it means there is also a failure in the immune system's ability to recognize these abnormal cells and destroy them. When normal cells become old or damaged, they die and are replaced with new cells. However, the growth of cancer cells is different from normal cell growth. Instead of dying, cancer cells continue to grow and form more abnormal cells. Cancer cells can also invade other tissues, something that normal cells cannot do.

HOW EFFECTIVE IS CANCER TREATMENT TODAY?

There have been remarkable advances in the treatment of cancer, especially over the past two decades. Today,



millions of people are surviving cancer and most oncologists feel that cancer is becoming more like a chronic disease, such as diabetes or hypertension. In other words, even though no cure has been found yet, the disease is something that can be managed, and people can live with cancer for many years.

Early detection and diagnosis, as well as advances such as immunotherapy and targeted treatments—most of which are available in pill form—are making it possible to live with cancer and continue to have a good quality of life; some of these newer treatments have actually produced virtual cures for many types of 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.

CLINICAL TRIALS LEAD TO TOMORROW'S TREATMENTS AND CURES

Through a strategic partnership with Sarah Cannon Research Institute, one of the world's leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In the last three years, the majority of new cancer drugs approved for use in the United States were studied in clinical trials with FCS participation, prior to approval.

In addition to a robust clinical research program, Florida Cancer Specialists offers a number of services, such as an in-house specialty pharmacy, an in-house hematopathology lab, and financial counselors at every location. Patients can now receive the most advanced care, including immunotherapies, chemotherapy, targeted treatments and cutting-edge, precision technologies, at the same location where they see their oncologist and get their lab tests done, not only increasing convenience for patients, but also improving their quality of life.



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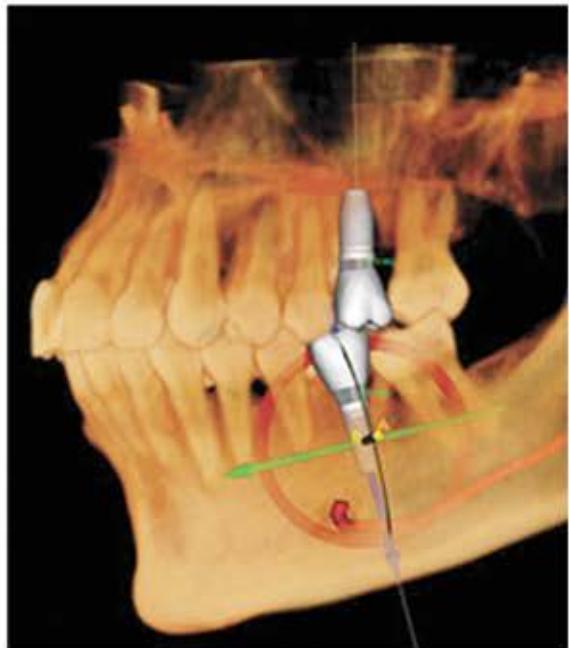
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3D Imaging Minimizes Time and Cost of Dental Procedures

Physicians have relied on computerized axial tomography scans (CAT) for many years. CAT scans are an X-ray procedure that uses many different X-ray images with the help of computers to generate cross-sectional or even 3D views of internal organs and structures within the body. A knee replacement surgery, for example, would never be performed without first examining 3D imaging.

More recently, however, implant dentists have begun to rely on 3D imaging techniques to provide them with a detailed view of the mouth and skull. The advantage that 3D imaging holds over regular dental X-rays is that bone structure, bone density, tissues, and nerves can be viewed clearly.

3D images can be completed in less than half a minute. This means that far less radiation enters the body than if a regular set of bitewing X-rays were taken. The main use for 3D imaging is as an aid to plan dental implant treatment and other oral surgery.



Dental implants are the most sophisticated replacement for missing teeth, but have historically proven to be time-consuming to place. 3D imaging vastly reduces the time it takes to place implants. It is thought that in the near future implants will be placed in a single visit because of this unique type of imaging.

How is 3D Imaging Used?

3D imaging is advantageous because it allows the implant dentist to magnify specific areas of the face. In addition, the implant dentist can easily view cross-sectional "slices" of the jaw, which makes planning treatment easier and faster.

Here are some of the main ways 3D imaging is used in dentistry:

- Assess the quality of the jawbone where the implant will be placed.
- Determine where nerves are located.
- Diagnose tumors and disease in the early stages.
- Measure the density of the jawbone where the implant will be placed.
- Pinpoint the most effective placement for implants, including the angle of best fit.
- Plan the complete surgical procedure in advance, from start to finish.
- Precisely decide on the appropriate size and type of implants.
- View exact orientation and position of each tooth.
- View impacted teeth.

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How is 3D imaging performed?

3D images are quick and simple to perform. A Cone Beam Imaging System is at the heart of the 3D imaging scanner. The cone beams are used to take literally hundreds of pictures of the face. These pictures are used to compile an exact 3D image of the inner mechanisms of the face and jaw. The implant dentist is able to zoom in on specific areas and view them from alternate angles.

Previous patients report 3D imaging is comfortable. Additionally, the scanner provides an open environment, meaning that claustrophobic feelings are eliminated. 3D imaging is an incredible tool that is minimizing the cost of dental treatment, reducing treatment time and enhancing the end results of dental surgery.

"Smiling Reviews" from a Few of Our Patients

Truly pleasurable experience. Staff was attentive and the workmanship was efficient yet very, very thorough. Highly recommended. I have worked in healthcare for 20 years and i must say...absolutely Professional and courteous...Patient care was utmost in all the staff, dentists and hygienist's minds. Highly recommended!!! - Anthony C.

A pleasant staff and a friendly atmosphere. Very helpful staff scheduled my wife for her bothering her tooth. We got it quick and no problems the very next day. Thank you!
- Valentine K.

Love this dental office! They are highly advanced in there procedures and have a super pleasant staff that took such great care of me making sure I felt comfortable and relaxed during my wisdom tooth extraction. I never felt so at ease at a dental clinic before until she took care of me at Ocala Dental Care. Will be seeing her again and will be going back again - Julie V.

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The website features a navigation bar with links to Charlotte Edition, Collier Edition, Lee Edition, Advertise with Us, H&W Archives, and Contact Us. It includes a search bar and a sidebar for newsletter sign-up. The main content area displays magazine covers for different editions and a featured article about Parkinson's disease.

Healthy Aging: Choosing a Community that Offers a Variety of Options for Different Needs

As individuals age, not only do their bodies grow older, but also, their safety, health, and wellness requirements continually change. Living in a single-family home far away from relatives or loved ones is acceptable in some situations, but it's usually advantageous to be in a community with like-minded aging neighbors, state-of-the-art facilities, amenities and caregivers nearby. Canterfield of Ocala is a community that offers a continuum of care that follows the needs of their residents in a well-planned out environment.

Elite Housing Options

Canterfield of Ocala provides a neighborhood for independent living, assisted living, and memory care all within the same campus. As we age, it's essential to make living accommodation changes for safety, health, independence, and dependent care needs. A care continuum makes it possible for individuals or couples to choose from a variety of environments and services as their healthcare needs change over time.

Canterfield of Ocala has the most luxurious neighbor community with independent living villas and world-class assisted and memory care facilities. As their residents' age, if necessary, they can move from standard personal care to Canterfield's high acuity or memory care facility.

The Differences in Living Accommodations at Canterfield of Ocala

- **Independent Living:** Live on your own terms in a private villa but within a safe environment with amenities and the availability to move into the assisted or memory care facilities as needed
- **Assisted Living:** Nursing staff available to help with medication management, bathing, medical requirements as needed
- **Memory Care:** Skilled nursing with 24-hour care and security

Couples Can Age Together

The Canterfield community offers residents the care they need throughout the process of aging. Because different care and housing options are available in the same residential setting, couples can continue to live together in light of their differing healthcare needs. This variety of options instills peace of mind where residents can experience optimal aging and have the security of being cared for throughout the process of growing older.





This variety of options instills peace of mind where residents can experience optimal aging and have the security of being cared for throughout the process of growing older.

Choosing the Right Option For You

Deciding to transition into an independent community or assisted living facility can be overwhelming. The primary concern for most individuals is the apprehension of not knowing whether or not it will feel like home.

With just one visit to Canterfield of Ocala, they will put your uneasiness at bay. From the kind staff, home-like furnishings, rich woods, and elegant design, each detail is significantly better than you can even imagine, and that's just the beginning.

Amenities

- Restaurant-Style Dining
- Home-Like Setting
- Barber/Beauty Salon
- Wellness Center
- Business Center/Library
- Fireplace Lounge
- Transportation
- Frequent Adventitious Outings
- The Canterbury Theater
- Engaging Activities & Crafts
- 24/7 Complimentary Snacks
- Outdoor Landscaped Courtyards
- Outdoor Garden Fountain
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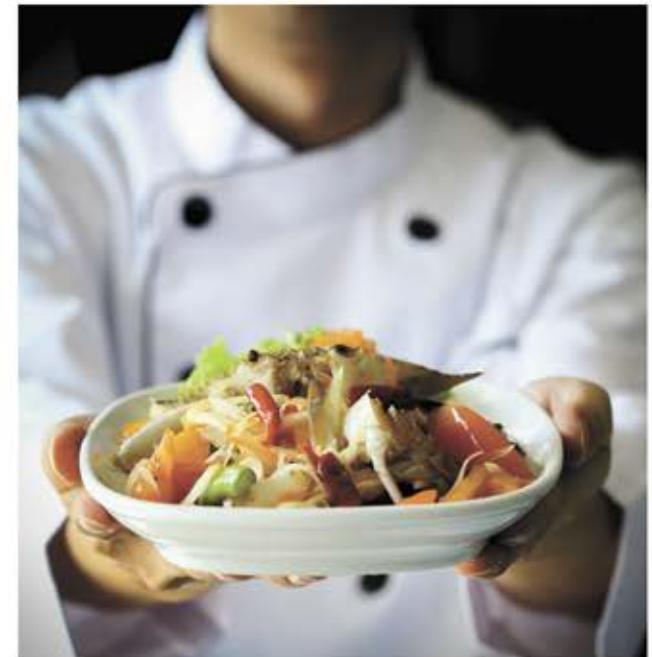
- Housekeeping & Laundry services included
- Cable/Internet Included
- Private Dining Room

Dining

Chef prepared options are endless at Canterfield. The world-class cuisine is inspired and imaginative to accommodate residents wants and needs. The dining dishes are exactly what you would find in a high-quality restaurant, but if a resident is craving a comforting turkey sandwich, or are following a special diet, the chefs are well-trained and always provide the freshest, most imaginable fare that is enviable of many fine restaurants.

About The Chef

Chef Robert O'Brien began his career in culinary arts in the US Army in 1976. He spent several years in the military learning new culinary techniques abroad and in the US as a Staff Sergeant. When Robert finished serving our country, he started a new culinary career path in Tampa in a fine dining restaurant as a sous chef, learning from a master chef for 21 years. He relocated to Las Vegas, NV as a master cook and worked alongside numerous world-class chefs. After moving back to Florida, Robert put his extensive cooking experience to great use and began working for an independent and assisted living facility. Fast forward to today, and Chef O'Brien is using his 40 years of chef-inspired talents to serve Canterfield of Ocala, where he is able to bring world-class cuisine to the residents that he considers family.



Staff

Canterfield of Ocala's team of talented, compassionate nurses and personal care staff provide care 24-hours each day, seven days a week. They design a personalized and individualized service plan with each resident who receives personal care. Through the efforts of their Director of Nursing, care will be coordinated to include a full range of home health, physician and rehabilitation services, allowing residents to remain in the setting they now call "home." To further ensure the continuity of meeting your healthcare needs, Canterfield has worked to establish relationships with hospitals, skilled nursing, and allied health services in the local area.

When you or a loved one are choosing to join an exclusive environment of individuals that benefit from living services, there is no better option for you to make, other than deciding on Canterfield of Ocala as your new home.

To schedule a private tour, please contact Canterfield of Ocala today at 352-877-7100.



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PTSD and Recovering from TRAUMA

By Eric Milbrandt, MD, MPH

PTSD, or Posttraumatic Stress Disorder, is a psychiatric disorder that can occur in people who have experienced or witnessed a traumatic event, such as sexual assault, warfare, automobile accidents, or other life-threatening events. Importantly, the exposure need not be direct or first hand. Instead, PTSD can occur merely by learning about the violent or unexpected death of a loved one. It can also occur as a result of repeated exposure to explicit details of trauma, such as law enforcement personnel investigating details of child abuse.

A rose by any other name...

PTSD has been known by a variety of other terms. Soldiers returning from World War I were described as having "shell shock." After World War II it was known as "combat fatigue." Only in the 1970s did the term "posttraumatic stress disorder" come into use, in large part due to conditions seen in veterans of the Vietnam War. It was officially recognized as a diagnosis by the American Psychiatric Association in 1980 in the third edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-III).

Trauma is an often-misunderstood word. Trauma need not be physical to be harmful, as psychological trauma can be equally damaging. Trauma is any life event, series of events, or ongoing events that create a negative impact on your life that changes or distorts your vision of yourself or your place in the world. It is the result of an overwhelming amount of stress that exceeds one's ability to cope. Examples of traumatic events or situations include:

- Abandonment and neglect
- Emotional, physical, spiritual, and sexual abuse
- Accidents, fires, natural disasters, random acts of violence, financial concerns, sudden loss
- Terrorism, repetitive viewing of terror acts on TV and social media
- Divorce, adoption, bullying, domestic violence, multiple moves, death, loss of pets
- Death or suicide of loved ones
- Veterans, war, or having a loved one experience war or combat
- Childhood medical or mental health issues
- Medical or mental health issues affecting loved ones

Symptoms, incidence, and pathophysiology of PTSD

Symptoms of PTSD generally fall into four categories that can vary in severity between individuals. These include:

- **Intrusive thoughts** such as repeated, involuntary memories, nightmares, or flashbacks of the traumatic event. These may be so vivid that people feel they are reliving the experience.
- **Avoiding reminders** of the traumatic event, such as people, places, activities, objects, or situations that bring on distressing memories. Affected individuals may try to avoid remembering, thinking about, or discussing what happened or how they feel about it.
- **Negative thoughts and feelings** including ongoing and distorted beliefs about oneself or others (e.g., "I am bad," "No one can be trusted"); ongoing fear, horror, anger, guilt, or shame; feeling detached or estranged from others.
- **Arousal and reactive symptoms**, such as being irritable, having angry outbursts, being easily startled, or having problems concentrating or sleeping. These are often call fight-or-flight responses.

In the days following a traumatic event, it is common to develop the above-mentioned symptoms. When these symptoms last less than one month, they are referred to as acute stress disorder. About half of people with acute stress disorder go on to develop PTSD, with symptoms lasting more than a month and often persisting many months or years. In the United States about 3.5% of adults have PTSD in a given year, while 9% of adults develop it at some point in their life.

Pathophysiologic mechanisms of PTSD include an over-reactive adrenaline and cortisol response, which creates deep neurological changes in the brain that leave the individual hypersensitive to future fearful situations. Structural MRI studies of PTSD patients demonstrate reduced brain volume and activity in the prefrontal cortex, hippocampus, and amygdala. These areas are linked to the experience and regulation of emotions, placing memories in the correct context, and formation and recall of emotional memories. Essentially, the body's neurohormonal stress response to trauma causes physical functional damage to these important brain areas.



THE INFUSION CLINIC
OF OCALA

40 SW 1st Ave Ocala FL 34471
(352) 325-5755



Recovering from trauma

A variety of treatment approaches are utilized to help patients recover from traumatic events and PTSD. Counseling approaches include cognitive-behavioral therapy (CBT) and interpersonal psychotherapy. In CBT, individuals learn to identify thoughts that make them feel afraid or upset and replace them with less distressing thoughts. Interpersonal psychotherapy usually takes the form of support groups, in which groups of patients provide each other with encouragement, support, and advice. Medications include antidepressants, such as Zoloft (sertraline), Prozac (fluoxetine), Paxil (paroxetine), and Effexor (venlafaxine). Physical modalities include exercise, sport, and physical activity for adults and play therapy for children.

Recently, two additional treatments for PTSD are becoming popular, especially for those that fail to improve with counseling and medication. Cranial Electrotherapy Stimulation (CES) uses a small handheld device, such as Alpha-Stim, that delivers low-level electrical current via electrode clips that are applied to the earlobes. It can be effective for a variety of acute and chronic stress conditions. Low-dose ketamine infusions, such as those provided by The Infusion Clinic of Ocala, can be valuable and highly effective for treating resistant cases of PTSD, anxiety, and depression. You can find out more about ketamine in the January issue of Health & Wellness Magazine or online at InfusionClinicOcala.com.

Dr. Eric Milbrandt is owner of The Infusion Clinic of Ocala, located at 40 SW 1st Ave, Ocala, FL 34471. Dr. Milbrandt is a critical care medicine specialist with over 15 years of experience providing care to the sickest of hospitalized patients, including those with severe depression, anxiety, and PTSD. He is board certified in Critical Care Medicine, completed a fellowship in Quality Improvement and a Master of Public Health at Vanderbilt University. He is a graduate of The Ketamine Academy, a leading provider of comprehensive online training for all major aspects of ketamine therapy. The Infusion Clinic of Ocala provides both Alpha-Stim and low-cost ketamine infusions for the rapid treatment of depression, anxiety, PTSD, and chronic neuropathic pain.



CASE RESULTS: OUTSTANDING CASES PICCIN & GLYNN HAS HANDLED

By Katherine Piccin Glynn

\$52.0 Million Motor Vehicle Collision

On February 27, 2017, a Marion County jury returned a verdict in favor of our clients for 52.0 million dollars. A second bad faith suit has been filed against the insurance company for the at-fault driver which should have settled our claims when it could have settled. Our client's vehicle was stopped at a red light and struck at high speed by a BMW. The mother driver and all 4 minor children were rendered unconscious and three of the children suffered catastrophic injuries.

\$2.95 Million Medical Malpractice

An Atlanta hospital paid for failing to properly treat an emergency patient with symptoms of pneumonia, resulting in cardiopulmonary arrest and severe brain damage. The case was settled following mediation.

\$2.7 Million Trucking Negligence

An 18-wheel tanker ran a red light and T-boned a car, killing its 33-year-old driver. The only survivor under the Florida Wrongful Death Act was our client, the decedent's mother.

\$2.3 Million Insurance Company Fraud

A young man died in a single vehicle crash, and his parents' insurance carrier lied about the applicability of their uninsured motorist coverage, resulting in a jury verdict of fraud, and punitive damages.

\$2.05 Million Uninsured Motorist Coverage Obtained Despite Denial

A young lady horse farm worker was critically injured while driving her employer's car which was T-boned by a van running a red light. Although the employer's umbrella policy was silent as to uninsured motorist coverage, we claimed that under Florida law, the policy provided uninsured motorist coverage. The insurance company filed a lawsuit in Federal Court alleging that the umbrella policy was issued in Minnesota (where the horse farm owners maintained another farm) and that under Minnesota law, the policy provided no uninsured motorist coverage. We argued that the umbrella insurance policy/contract was entered in Florida and that Florida law requires an insurance company to at least offer uninsured motorist coverage, which is the insurance company did not do. The case was ultimately settled following mediation for \$2,050,000 with the insurance company which issued the umbrella policy paying \$950,000 of a potential \$1,000,000 in uninsured motorist coverage.



\$1.5 Million Products Liability

A flashback explosion severely injured a camper's wife when he tried to fuel a hot plate designed to use denatured alcohol. Half of the \$1,500,000 settlement was paid by the company which failed to place a flame arrester in the opening of the fuel container.

\$1 Million Four-Wheeler Accident

The negligent driver of his employer's four-wheeler caused an after-hours crash resulting in serious leg injuries to his passenger. The liability insurance carrier paid its \$1,000,000 policy limit.

\$750,000 Sinkhole Claim

The owners of a home insured for \$142,000, submitted a claim to their homeowner's insurance company for sinkhole damage of \$70,000. The insurance company denied the claim alleging that the damage was caused by shrink-swell clay. The jury decided it was indeed sinkhole damage and pursuant to Florida statutes, the court awarded substantial statute authorized lawyer's fees, costs, and interest.

\$650,000 Motor Vehicle Collision

The innocent driver involved in an intersection collision developed agoraphobia, an abnormal fear of being in public places. This profound mental injury was the main element of damages in a \$650,000 settlement achieved at mediation.

\$525,000 Insurance Coverage Denial Reversed

An insurance company summarily denied a \$100,000 property damage claim after a trifold billboard along I-4 was dropped and destroyed by a crane company. After extended court proceedings,

the insurance company paid the claim along with substantial statute authorized lawyer's fees, costs, and interest.

Piccin & Glynn Attorneys At Law

Please call Katie Glynn or her father and partner, John Piccin, if you think we may be able to help you with a claim stemming from a motor vehicle collision, medical malpractice, trucking negligence, Insurance company fraud, an uninsured motorist dispute, products liability, or a motorcycle, four-wheeler, bicycle, boating, or even an aviation injury or wrongful death. *We enjoy challenges and helping injured victims of negligence.*
Please contact us at (352) 351-5446.

Katherine (Katie) Glynn

Over the past 21 years, Katie has litigated criminal, and civil matters in private and government practice, worked closely with the Marion County Judiciary for eight years, and worked in private business as a founding board member of a community bank for ten years. She provides compassionate representation when people need it most.



352-351-5446

OcalaPersonallInjury.law

320 NW 3rd Ave., Ocala, Florida 34475

Physical Therapy: Your Key to Wellness!

Getting people moving and keeping them active is the key to health care. But there are so many illnesses and injuries that can prevent people from being active; from simple sprains and strains of ligaments and muscles, to arthritis and back pain, and to medical problems such as neurologic conditions, heart, or lung disease. Physical therapy can be the key that can unlock your health!

Physical Therapists are professionals that offer cost effective care that can reduce pain, increase function and mobility, and hopefully decrease or eliminate the need for medications, injections, and at times, even surgery.

Movement is essential for all of us. It helps to reduce obesity and improve metabolism. It is also essential for focus and attention; movement helps decrease depression and improve mood and energy.

Movement also plays a role in maintaining your balance system and independence. By simply walking every day you can reduce your chance of a stroke or heart attack. Physical therapy can also play an integral role in treating many common conditions such as low back pain, neck pain, knee and shoulder joint dysfunction. For example, in many cases surgery can be avoided and medication usage can be significantly reduced with the role of focused physical therapy. This can lower the cost of health care, as well as the side effects of narcotic and anti inflammatory medications (nausea, constipation, lethargy, confusion to name a few!).

Possibly one of the most important aspects of physical therapy is that it lets the patient play a key role in their health and recovery. Having a patient centered plan that is designed and created just for you can be empowering and can be essential in eliminating any roadblocks to recovery.

So what is a physical therapist, and what can they do?

Physical therapists are smart folks; they have completed a college education program and have a graduate degree, either a Master's or clinical doctorate. They must graduate from an



accredited program, and then must pass a national licensure examination. With their extensive knowledge they are an integral component in the health care team, helping to diagnose and examine patients and outlining a treatment plan to limit or eliminate conditions that effect a patient's ability to move and function.

A physical therapist often works in tandem with a physical therapy assistant (PTA), another licensed and experienced specialist who works directly under the supervision of the physical therapist. This team approach is extremely effective. Working together, they will devise and outline a treatment plan. This may include modalities such as heat, ice, ultrasound, electric stimulation, and massage. Also, components of care may be therapeutic exercise, functional training, gait and balance intervention, and proper body mechanics. They may create a home exercise program and in many cases may provide a spinal reconditioning and rehabilitation program.

Common Myths about Physical Therapy

1. *Physical Therapy is going to hurt. A study shows that 71% of people that have not had therapy believe this.*

FACT: The reality is that if you are seeing a therapist you already hurt. Or have a joint that isn't working well. Or have spine pain. Or have some bodily limitation. The goal of the therapist is to limit pain and improve function.

2. *You should only have physical therapy if you have had an accident or are injured.*

FACT: Therapists are expertly trained to evaluate and correct problems before they become serious. They can diagnose and manage disorders including carpal tunnel syndrome, neck and low back pain, headaches, and shoulder problems, just to name a few. AND, they can also treat and strengthen muscles and tendons and ligaments after an injury or trauma.

3. *Physical Therapy is not covered by insurance.*

FACT: Therapy is almost always covered by insurance. Sometimes there are insurance limits and this has to be checked with each policy. However, therapy can often be extremely cost-effective; it can reduce the need for medications, it can reduce the need for imaging and surgery. It may also be effective in reducing falls, thereby reducing additional injuries.

4. *Surgery is necessary, and it is my only option.*

FACT: Physical Therapy can often be as effective as surgery when treating a number of specific conditions. This can include spinal conditions and degenerative disc disease, rotator cuff shoulder injuries, and even meniscal tears in the knee.

5. *I can do physical therapy myself, I don't need a licensed therapist.*

FACT: While it is true that the patient has to do the exercises, it is only possible to reach your maximum potential for recovery with an expert, individualized treatment plan.

To find out more or to schedule your appointment, please contact Innovative Therapies Group today.



Innovative Therapies Group, Inc.
352-433-0091 | innovativetherapiesgroup.com

Laser Vision Correction: Is it Right For You?

Are you tired of your glasses fogging up? Do you wish you could see while swimming, instead of removing your glasses or contact lenses? Do your glasses get in the way of your exercise routine, your social life, your appearance, or perhaps you are you tired of constantly changing your contact lenses?

Countless people want to be free of glasses or contact lenses. That's why millions of people just like you have chosen Laser Vision Correction which includes LASIK (Laser-Assisted In Situ Keratomileusis), PRK (photorefractive keratectomy), and RLE (Refractive Lens Exchange) procedures.

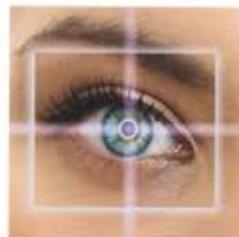
If you are considering laser vision correction, it's important to understand your options; For example, what procedure is best for your circumstances? What will give you the optimal outcome? And the most critical question of all is, who are the most experienced Ophthalmology Experts? When you are trusting your vision to someone, it's imperative to go with the best!

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

Ocala Eye was the first practice in North Central Florida to perform no-stitch/no-patch cataract surgery, LASIK, DMEK/DSAEK corneal transplantation, minimally invasive glaucoma surgery, and their list of innovation and expertise goes on and on. Because Ocala Eye is a completely comprehensive eye care practice, there is no need to be referred out of town for specialized eye care. In fact, patients from out of town are referred to them. And there is always an eye surgeon on call, 24-hours a day of every day of the year.

LASIK

Not everyone is a candidate for LASIK eye surgery. The only way to know for sure is to schedule an eye exam and consultation. However, there a few questions that can determine which eye procedure is right for you. If you see normally with glasses or contacts, there is a good chance that you are a candidate for LASIK. LASIK is approved for nearsightedness, farsightedness, and astigmatism for patients 18 years of age and older, who have healthy and stable eyes.



The most common vision problems are refractive errors. This happens when the light is no longer filtering correctly through the lens into the retina. LASIK can correct refractive errors by refocusing the light on the retina. The procedure will change the shape of the cornea with a femtosecond laser, in which a small flap is made in the lens, and the Excimer laser reshapes the eye. LASIK surgery today is truly bladeless and painless. It only takes a few days to notice visual clearing and significant improvement in one's vision.

PRK

About 20% of patients are not qualified to get LASIK treatment. These patients typically have thin corneas or dry eyes. PRK works in the same way as LASIK, except there is no flap. PRK has been around for many years, even before LASIK and the end results are the same; however, it does take a little longer for the healing process to take place with PRK.

RLE

When we are young, the crystalline lens (lies behind the corneal lens) is very flexible, which allows for quick fluctuation of eyesight between near and far objects. As we age, the crystalline lens becomes more rigid, making it difficult to change focus. This usually begins with near vision, which makes it challenging to read a label on a jar or small print in a magazine. Eventually, discoloration begins to take place and colors are washed out, or a glare and night vision problems occur. For these reasons, LASIK and PRK might not be beneficial.

RLE is a better option when these symptoms occur because it doesn't just treat the lens for distance. An intraocular lens is implanted, so that the wide-range of vision is totally restored, which usually allows patients to no longer depend on glasses for near, far or in between. An added benefit is that if you do have or still need glasses, the prescription usually no longer needs to be changed, as the implant will continue to stay the same throughout the aging process.

Typically, LASIK and PRK are suitable for ages 18-55, while RLE is better suited for 55 and older.

The Ocala Eye Surgery Center, wholly owned by the partners of Ocala Eye, is the area's largest stand-alone ambulatory surgery center dedicated exclusively to surgery of the eye. Certified by the AAAHC, the Ocala Eye Surgery Center has been nationally recognized as a center of excellence.

Ocala Eye is a patient-centered practice, with all of the decisions made based on the patient's benefit and well-being. Their patients' satisfaction reflects this philosophy. Ocala Eye has a passion for providing the highest level of complete eye care and aesthetic services.



www.ocalaeye.com

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John S. Deaton, D.O.

Michael Morris, M.D., F.A.C.S.

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Jodie A. Armstrong, M.D., F.A.C.S. Chander N. Samy, M.D., F.A.C.S.

Mohammed K. ElMallah, M.D.

Hina N. Ahmed, M.D.

Hussain Elhalis, M.D.

Vishwanath Srinagesh, M.D.

Optometrists:

Kathryn Mar Jip Pomakis, O.D.

Charles F. Paglia, O.D.

Vivi Fretland, O.D.

Retina Specialists:

Robert J. Kraut, M.D.

Accepting New Patients!

Oculoplastic Surgeon:
Sarah Kim, D.O.

A Spa-Like Environment for Patients

Anxiety and fear of pain keep many women from getting a mammogram. But imagine drifting off to a relaxing beach, a peaceful garden, or a captivating waterfall while modern and advanced imaging provides you a more comfortable experience and allows you to control the breast compression for your mammogram.

All of this is now possible at Leesburg Regional Medical Center, part of Central Florida Health. The center has installed the GE Senograph Pristina, a three-dimensional tomographic mammogram unit that is the newest technology available to detect breast cancer. In the past, LRMC utilized state-of-the-art 2-D imaging, but the 3-D Pristina takes diagnostic imaging to a new level and finds more cancers than 2-D mammography alone.

In tandem with the Pristina, a new SensorySuite creates a spa-like environment for patients. LRMC is one of only a handful of facilities in Florida to use SensorySuite, in which women as well as men getting tested for breast cancer can control the sights they see on a screen, the sounds they hear, and the aromas they smell. SensorySuite provides a soothing atmosphere rather than a cold, sterile setting.

"GE worked with women to design equipment that combines comfort with the best imaging technology to deliver precise diagnoses," says Eileen M. Jones, LRMC's lead mammographer who has more than 20 years of experience as a radiology technologist and registered nurse. "It's also designed to alleviate the stress and tension often associated with mammography."

Women are often more likely to get a mammogram if they know the experience will be tailored to their individual needs. The physical features of the Pristina have soft, rounded edges to help reduce anxiety, and a handheld remote control allows patients to set their own compression



level, which is a common complaint from women about mammograms, Eileen says. Women will get better compression when they set it themselves, while Pristina still produces high-quality images.

"Patients are now able to take control of the experience and what makes them feel the safest and calmest," Eileen says. "Our aim is to make it much more patient-friendly."

3-D imaging also provides a more comprehensive exam than traditional 2-D for women in high-risk categories such as increased breast density or a family history of breast cancer.

The Senograph Pristina has all the capabilities Eileen could hope for as a longtime technologist. "I've seen the progress over the years from old, plain films to digital mammography and now to 3-D tomographic mammography. I am proud that the future of imaging is here and available to our community," she says.

Leesburg Regional Medical Center

Leesburg Regional Medical Center

(352) 751-8888

www.LeesburgRegional.org

600 E. Dixie Ave., Leesburg, FL 34748

Why Younger Men Should Seek Early ED Treatment

Erectile Dysfunction (ED) is deeply related to vascular health. Many men that begin to experience ED have little idea that they need to treat the arteriosclerosis in the penis as well as in their body. Most standard medical practitioners will start a man on the "little blue pill," but this only masks the symptoms of ED and it definitely doesn't treat the cause.

Any man that is showing signs of erectile dysfunction should seek alternative and thorough medical assistance from a physician that not only understands the disorder but one that also offers the most advanced treatment to address your overall health.

TNT (Total Nutrition & Therapeutics) focuses on your cholesterol, blood pressure, total vascular health, blood sugar, and hormone levels to treat your root cause of ED. These disorders almost always run parallel to ED. In addition to these conditions, TNT employs the most advanced groundbreaking technology, which utilizes high-frequency shockwaves to break up the plaque in the penis. This technology is called GAINSWave.

Treat ED's Cause with GAINSWave

The standard treatments for erectile dysfunction are prescription medications or injections that cause an erection for a limited amount of time. However, there is a better way than the standard of care by actually treating erectile dysfunction at its core. The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through sound waves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.



GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronie's disease (scar tissue) as well as enhance sexual performance.

Younger Men Should Seek Treatment Early

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible. The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that GAINSWave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be.

Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. GAINSWave is based on a series of over 30 clinical studies showing a greater than 75% success rate in treating Erectile Dysfunction (ED).

SEEK EARLY TREATMENT & DON'T JUST MASK YOUR SYMPTOMS—TREAT THE ROOT CAUSE!

If you want drug-free alternative options for your health needs, TNT treats both male and female patients who desire alternative therapies to get to the root cause of their conditions.

Total Nutrition & Therapeutics

At TNT, their goal is to empower you to achieve your optimal state of health. Their vision is to create a wellness mindset momentum that is infectious—leaving obesity, illness, and disease behind—for lives that are truly healthy. Looking better, feeling better and functioning optimally is the key to a life of vitality! Let them help you achieve wellness for life!

TNT offers free monthly seminars to find out more about Gaineswave.

Call them today to schedule your appointment at (352) 259-5190.



TOTAL NUTRITION AND THERAPEUTICS
809 HWY 466 UNIT 202-C
LADY LAKE, FL 32159
352.259.5190
WWW.TNT4ME.COM

CBD: Multiple Health Benefits From Nature

CBD (cannabidiol) is also a viable alternative for many patients wanting the healing properties of cannabis and its potent antiviral and anti-inflammatory effects without the strict regulations of industrial hemp, AND without the psychoactive, mind-altering effects of THC.

CBD is known to bind to receptors and is thought to regenerate cells and brain function, while terpenes are the leafy green part of the plant that has countless healing properties. There is a synergistic effect that takes place when the compounds are combined.

There are numerous researched studies on the medical outcomes of utilizing Cannabis as a drug therapy in patients that have fibromyalgia, PTSD, anxiety, depression, epilepsy, cancer, dementia, autoimmune disorders, and many other conditions.

CBD for Anxiety, Depression and Sleep Disorders
 The structure of CBD interacts directly with our cells. Our natural endocannabinoid system works synergistically with cannabidiol, creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like mood, sleeping, immunity, pleasure, memory and much more.

CBD for Cancer

Whether the cancer treatment entails surgery, chemotherapy, radiation treatments, reconstructive surgery, or alternative therapies, the bottom line is that these individuals are sick! They are not feeling well and many times find it entirely overwhelming to function at all.

Some of the most common side effects of cancer treatment are pain, nausea, and vomiting, brain fog, extreme fatigue, loss of appetite, hormonal disruptions, weight gain, hot flashes, anxiety, and trouble sleeping. The good news is that CBD oil has the ability to alleviate some of the aforementioned symptoms. And it's also known to shrink cancer cells.

CBD for Chronic Disease and Pain

Neuropathic pain syndromes are related to disorders such as diabetes, fibromyalgia, CRPS, Lyme disease and migraines to name a few. The most common treatment for chronic pain is narcotics.



Narcotics like Opioids are highly addictive, and our state is currently leading the country in abusing the drug and overdose episodes. The benefits from CBD oils are improved sleep, better mood, reduced pain, better appetite and a general improvement in quality of life without addictive drugs. For Diabetes specifically, CBD oil is proving to stabilize blood sugar, acts as an anti-inflammatory, improves circulation and reduce blood pressure.

Your CBD Store in Ocala provides CBD in various forms like oils, tinctures, edibles and much more. With CBD, the benefits are multifactorial. There is no THC, no need for a special doctor to register you to get the product, no hallucinations—There is, however, the advantage of alleviating pain, stress, anxiety, digestive disorders, and the list goes on and on. To find out more, please stop by Your CBD Store today!

*CBD is not approved treatment for any of the conditions listed and has not been reviewed by the U.S. Food and Drug Administration. This is intended to be used as an herbal health supplement.



Your CBD Store®
Ocala

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Shoulder Joint Replacement

Groundbreaking Procedures from The Advanced Orthopedic Institute

Living in Florida provides abundant fair weather for all residents throughout the entire year. By way of good weather, adults are staying much more active as they age. In our sunshine state, older individuals are golfing, playing tennis, pickleball, kayaking, swimming and the list goes on and on; but with all of that healthy activity comes injury and wear and tear.

Whether you have had trauma to your shoulder from an accident, or have pain due to advanced arthritis, degenerative joint disease, or soft tissue and ligaments disorders, shoulder pain can be debilitating. If you have tried all of the pain medications, alternative methods, physical therapy and still are having difficulty with range-of-motion or impingements and discomfort, it may be time to speak to your orthopedic surgeon about shoulder replacement surgery, or otherwise known as shoulder arthroplasty.

Typical Shoulder Replacement Surgery

During the standard shoulder replacement procedure, the surgeon will cut off part of the top of your humerus bone, which is located in the joint of the shoulder. The Surgery consists of reshaping the shoulder joint and placing a metal stem (a few inches long) into the shaft of the humerus bone. A metal or plastic plate is then attached to the glenoid socket. These two connected devices will then take the place of the "ball and socket" in the upper shoulder area. Over time, the new joint replacement will allow the shoulder to move more freely and to be free from the excruciating pain that the individual was accustomed to on a daily basis.

Enhanced Shoulder Replacement Surgery

At the Advanced Orthopedic Institute, they have implemented a new procedure, which is an innovative shoulder replacement procedure that is recommended for certain patients that have more of an active lifestyle. This new shoulder system is stemless and allows for more natural movement.

The surgical method that your surgeon suggests will be based upon your condition and the overall health of the bones and joint in the shoulder. The determination will support your best-case scenario and preeminent outcome.



Shoulder Arthroplasty Recovery

After your surgery, your initial recovery time usually takes about six weeks, but full recovery can take a few months up to a year. Many patients report feeling no pain, and also having an increased range-of-motion very soon after surgery. Your surgeon will also provide you with an exercise and stretching program, along with physical therapy for an allotted period of time.

Advanced Orthopedic Institute (AOI) handles all aspects of orthopedics, with specialization in total joint replacement. Dr. Alfred J. Cook, Jr., specializes in sports medicine, including shoulder surgery and replacement, rotator cuff repairs, knee procedures and arthroscopy. Dr. John T. Williams, Jr., is a total joint replacement surgeon who specializes in hip and knee replacements and revisions.

Both doctors also use early intervention treatments for arthritis.

To find out more about stemless arthroplasty, or your other orthopedic needs, please call Advanced Orthopedic Institute at (352) 751-2862



(352) 751-2862

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SHARON MORSE MEDICAL OFFICE BUILDING, SUITE 552
THE VILLAGES, FL 32159-8975

Is Your Fish Oil Rancid?

By Anne-Marie Chalmers, MD

Think fish oil. If your gut reaction is "yuck," you are in good company. Whether it's from remembering Grandma's cod liver oil or taking today's capsules, many people believe fish oil ought to taste bad.

But the truth is that omega-3 supplements shouldn't taste like yesteryear's salmon. If your fish oil does, it is likely rancid.

What Is Rancidity?

If you eat fish regularly, you probably know that fish spoils more easily than other foods if not kept cold or consumed quickly. The same goes for fish oil. The reason fish and fish oil spoil quickly – or 'oxidize,' as the scientific community calls it – is that they are rich sources of the omega-3 fatty acids EPA and DHA.

EPA and DHA are the main workhorses of the omega-3 family. They are known for their anti-inflammatory properties and role in promoting good brain health, to name just a few benefits. But their chemical structure also makes them highly prone to oxidation. If the EPA and DHA molecules become oxidized, their molecular structure starts to change and the molecules break down into byproducts. These byproducts, known as lipid peroxides, give off the unpleasant smell and taste of spoiled fish.

How quickly omega-3s oxidize depends on numerous factors: how the fish was caught, how the fish oil was processed, how the final product was distributed, etc. Reducing exposure to oxygen, heat and light, as well as adding antioxidants, will help protect the oil. But if the oil has already started to oxidize, it is just a matter of time before it turns rancid.

How Rancidity Affects Your Health

Besides tasting and smelling bad, rancid fish oil could be harmful. Animal studies indicate that oxidized fatty acids may cause organ damage and inflammation. And two recent studies comparing unoxidized and oxidized oil found that oxidized fish oil had a negative effect on cholesterol levels and could be linked with risk factors for Alzheimer's disease.

In comparison, unoxidized oil provided expected health benefits.



How to Combat Rancidity

Rancid fish oil is unfortunately common. Studies from Canada, New Zealand, Norway and other nations have found that a high percentage of omega-3 supplements exceed acceptable oxidation limits.

Yet fresh fish oil exists and can provide consumers with a relatively inexpensive, safe way to improve health. To ensure you get a fresh omega-3 product, do the following:

1. Evaluate your current product.

The best way to tell whether or not your omega-3 supplement is fresh is to put it through the taste and smell test. If you have capsules, break them open. If your nose gets a whiff of a strong fishy smell, get something else.

2: Make smart purchases.

Fish oil is a food substance that is highly perishable, just like milk or seafood. Beware of labels that have a two to three year expiration date. These products have likely been sitting on the shelf for years.

You can also ask manufacturers to share their fish oil's oxidation numbers, better known as the peroxide, anisidine, and TOTOX values. These values will give you a good picture of the oil's freshness level.

3: Remember that bigger is not always better.

Look for small containers when buying fish oil. The longer a fish oil is stored, even in gelatin capsules, the greater the chance it will turn rancid.

4: Keep it cold.

Buy fish oil that you can store in the freezer or refrigerator. Low temperatures slow down the enzymatic time bomb that is ticking away.

5: Use it or lose it.

All fish oils will turn rancid with time. When you first buy fish oil, use it up the same way you would fresh fruits and vegetables.

About Dr. Anne-Marie Chalmers

Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. Dr. Chalmers practiced emergency, family, and preventive medicine in Norway for many years. Today, she serves as the co-founder and president of Omega3 Innovations.



Call us at 941.485.4400
www.omega3innovations.com





Functional Medicine and Alternative Treatment Options

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

In traditional western medicine, the condition's symptoms are typically the only aspect treated. However, this old way of thinking and managing patients is changing, as medical professionals begin to embrace and understand that Functional Medicine plays an immense role in not merely masking symptoms or treating one condition with pharmaceuticals, which often causes adverse side-effects and additional disorders to arise.

What is Functional Medicine?

Functional medicine is integrative medicine and health treated in an upstream pattern with a complete look at a person's lifestyle, genetics, environmental, and social factors. The relationship of focusing on the whole person, disorder, and cause enhances precise optimal health and healing.

Dr. Douglas Hall, M.D. uses an integrative approach to medicine. He offers age management medicine for women and men to optimize health. Dr. Hall will evaluate you and tailor a patient-specific treatment plan to maximize your potential. Using evidence-based medicine, their diagnostic and treatment services are directed towards promoting health. Dr. Hall has been practicing Western, Functional and Integrative Medicine for many years; he believes that each patient is unique, requiring his or her own treatment that is different from anyone else's.

In addition to Health and Wellness, Dr. Hall's practice incorporates medical marijuana to treat certain illnesses and disorders in acute conditions and chronically ill patients.

The History of Cannabis

Marijuana was first used for medical purposes. Over 4000 years ago, Asian Emperors utilized cannabis for its healing properties, noting exceptional improvements in edema issues. They also knew that it decreased anxiety and apprehension while boosting health in many individuals. In ancient Greece and Egypt, cannabis was reported in many manuscripts, describing its use for medical conditions such as eye disease, joint inflammation and as an anesthetic. Over 300 years ago, it was touted as a means to reduce depression. Cannabis has even been reported to reduce the menstrual complications of Queen Victoria. In the



early 1900's, the United States began growing cannabis for pharmaceutical companies to formulate it into medications.

Recreational Cannabis vs. Medical

Recreational Marijuana is legal in a few states, but for the most part, it is very different than the medical version. Firstly, recreational use cannabis is grown with very high levels of THC (tetrahydrocannabinol), which is the mind-altering, "high" component of marijuana. The other element of marijuana is CBD (cannabinoids), which has many health benefits and doesn't have the psychoactive effect of THC. And secondly, recreational marijuana is not regulated; therefore, users are rarely certain of the actual amounts of THC or CBD they ingest or inhale.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD and THC by merging directly with our cells. Our natural endocannabinoid system works synergistically with both CBD and THC, creating a multitude of beneficial reactions in the body, including unique healing abilities.

Florida's Medical Cannabis

There are different levels of medical marijuana, some with higher THC, some with very low THC depending on the disease being treated. In Florida, medical marijuana is highly controlled and operates very efficiently under vigorous guidelines.

Florida Marijuana Law's Qualifying Conditions Include:

- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Seizures
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Crohn's disease
- Parkinson's disease
- Multiple sclerosis (MS)
- Chronic nonmalignant pain caused by a qualifying medical condition or that originates from a qualifying medical condition and persists beyond the usual course of that qualifying medical condition
- Patients can be considered for alternative disorders

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

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

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

Douglas C. Hall, M.D.

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

352-629-7955

www.douglaschallmd.com

1317 SE 25th Loop, Ocala, FL 34471

Inflammatory Bowel Disease (IBD)

By Digestive Health Associates

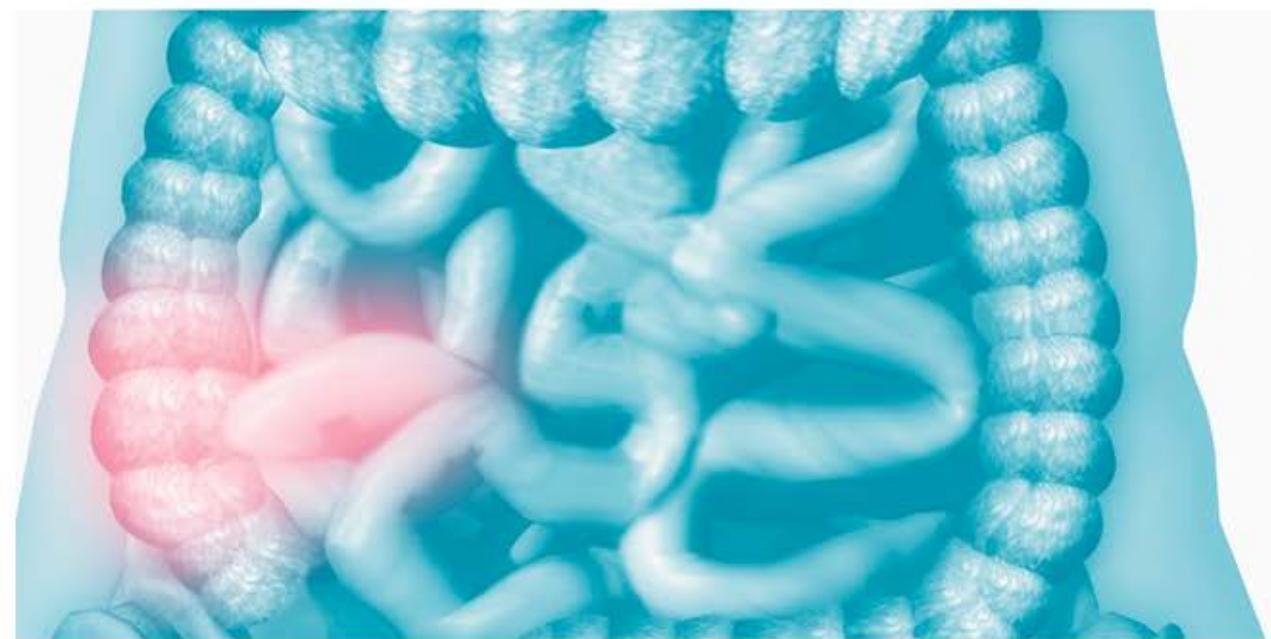
Inflammatory bowel disease (IBD) is the name given to several chronic conditions that involves inflammation in all or some parts of your small and large intestines. The intestinal walls become inflamed, red, swollen and ulcers (sores) may develop. The two most common forms of IBD are Crohn's disease and ulcerative colitis (UC).

Crohn's disease can affect any part of the gastrointestinal tract from the esophagus to the rectum, but most commonly affects the last portion of the small bowel, the ileum, and the colon (large intestine). The inflammation extends deep into all layers of the intestinal wall in the affected region which can become ulcerated and the bowel wall may thicken. This thickening and scar tissue may cause narrowing (stricture) of the bowels. The ulcerations may develop into tunnels (fistulas) that may connect different parts of the bowels or connect the bowels to different organs such as the bladder or vagina.

Ulcerative colitis is an inflammation of the surface membrane lining of the colon (the large intestine) and rectum. It causes inflammation and sores (ulcers) in the top layer of the lining of the large intestine. UC occurs in continuous stretches of the colon and rectum.

What Causes IBD?

The cause of the disease is unknown, but researchers speculate that it may result from virus or bacteria triggering the body's immune system. Under normal circumstances the immune system is the body's defense mechanism against viruses and bacteria invading the body. Once the infection is cleared up, the immune system shuts off. In IBD the body's immune system may overreact to the normal bacteria living in the digestive tract and it fails to shut off. This leads to a chronic inflammatory process. Because IBD tends to run in families, there may also be a genetic component in developing the disease. No evidence has been found to support the theory that inflammatory bowel disease is caused by tension, anxiety, or emotional stress, although these can aggravate the discomfort caused by the disease. Psychological factors may modify the course of the disease, and affect response to therapy.



Symptoms

As with other chronic conditions, a person with IBD experiences times of active disease flare ups and periods of remission (signs of the disease decrease and/or disappear).

- Abdominal pain and cramping
- Diarrhea, may often be bloody
- Feeling of urgency to have a bowel movement
- Reduced appetite and weight loss
- Fatigue
- Fever
- Iron deficiency anemia

Diagnosis

It's important to talk with your physician if you experience any of the symptoms listed above. He or she will use your health history, physical exam and test results to diagnose IBD. Other diseases may be responsible for signs and symptoms of IBD so it is important for a physician to rule out other causes such as colon cancer, ischemic colitis, infection, diverticulitis and irritable bowel syndrome. Several tests may need to be performed to accurately diagnose IBD.

- Blood tests
- Stool sample
- Colonoscopy or sigmoidoscopy
- Barium enema
- Computerized tomography (CT scan)
- Magnetic resonance imaging (MRI)
- Capsule endoscopy
- Small bowel imaging

Treatment

There is currently no cure for IBD and not one specific treatment plan that works for all patients. The goal of treating IBD is to reduce the inflammation in the GI tract. Treatment for IBD usually involves drug therapy. There are many different classes of medications that can help reduce signs and symptoms of active disease and achieve long-term remission. Some of the medications used to treat IBD are anti-inflammatories (Sulfasalazine, Mesalamine, Corticosteroids), immune system suppressors (Azathioprine, Cyclosporine, Infliximab-Remicade, Adalimumab-Humira, Certolizumab pegol-Cimzia, Methotrexate), antibiotics (Flagyl, Cipro), anti-diarrheals, iron supplements, and nutritional supplements (vitamin B-12 shots, calcium and vitamin D). Other treatment options include surgery, changes in your diet, stress reduction and adequate sleep.

Your treatment plan will depend on the severity of your symptoms, which part of your GI tract is affected, and if you have other health problems outside of your GI tract. At Digestive Health Associates we will partner with you in managing this disease process to improve long-term prognosis and to limit complications caused by the disease.

DIGESTIVE HEALTH ASSOCIATES, PA

BHEEMA SINGU, M.D.

Board Certified Gastroenterologist

352-840-1001

7558 SW 61ST AVE., UNIT 1, OCALA FL 34476

Influenza, Colds, Stomach Bugs: Is it a Bacteria or Virus?

Many people are uncertain of the differences between bacterial and viral infections. It can be difficult to make the distinction, but it's critical to know which microorganisms caused the illness because antibiotics fight bacteria but do not work against viruses. Therefore, if you treat a virus with an antibiotic, this causes treatment resistance and can damage your immune system, which can make it difficult for you to fight off infections, and it can also make antibiotics no longer effective when you need them.

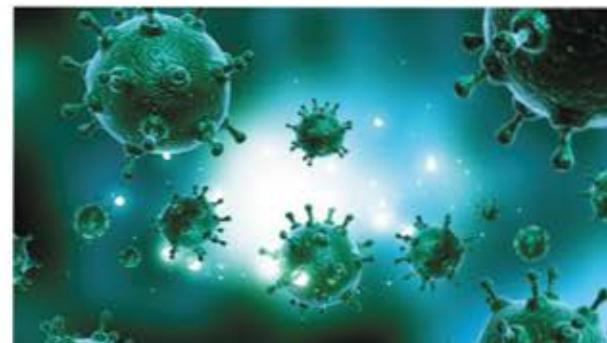
Bacterial and Viral Infections

Bacteria are single-celled microorganisms that live on solid surfaces and can be passed from objects, fluids or in the air. Viruses are microscopic organisms that live and breed on a host such as people and animals. Despite the type of infection, the body tries to get rid of it by coughing, sneezing, fever, inflammatory response, and diarrhea to name a few.

As far as bacterial infections like urinary tract infections, strep throat, and sepsis are concerned, they can usually be effectively treated with antibiotics. With viral infections like chicken pox, tonsillitis, and influenza, usually rest is the key, but sometimes an antiviral medication will help to shorten the duration of the illness.

Influenza

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.

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, H1N1 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.

Prevention is key

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 viral and bacterial infections.

Quick Care Med Walk-In Clinic & Urgent Care is a comprehensive urgent care clinic with multiple specialties to serve you. Quick Care Med Walk-in and Urgent Care has locations in Marion (Dunnellon and Ocala), Citrus (Crystal River, Inverness, Beverly Hills, and Homosassa), Levy (Williston), & Alachua (Newberry) counties that provides immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

At Quick Care Med Walk-in and Urgent Care, they understand that illness and injuries can happen outside of the normal 9 to 5. That's why they provide Fast, Easy, and Affordable® urgent care with the convenience of extended hours, including weekends and holidays!

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- Diverticulitis
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- Esophagitis
- Malignant Neoplasm of Esophagus
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- Peptic Ulcer Disease
- Gastrointestinal Hemorrhage

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Directions from SR-200: Take State Road 200 Turn onto SW 60th Avenue @ CVS Corner, Right onto SW 73rd Street Road (Jasmine Park), Left onto SW 61st Avenue

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Get Fit in Ave Maria: Take Control of Your Heart Health

Your heart works hard for you nonstop for your whole life. So, show it some love. Making small changes in your habits can make a real difference to your ticker. In addition to quitting smoking, and making heart-healthy eating changes, exercise is an effective lifestyle change keep your heart healthy. At Ave Maria, our residents have access to many exercise options both indoors and out.

Tips for Better Heart Health

Don't smoke. Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, learn how to quit.

Make healthy eating a habit. Small changes in your eating habits can make a big difference. Try making healthier versions of your favorite recipes. How? Look for ways to lower sodium and trans fat, and add more fruits and vegetables.

Move More. To keep it simple, you can aim for 30 minutes a day, five days a week of moderate exercise. That includes any activity that gets you moving around and breaking a slight sweat.

Do More of What You Love. Make a point to spend time with people you're close to. Talk, laugh, confide, and enjoy each other. It's good for your emotional health and your heart.

What Kind of Exercise Will Help?

To help lower your blood pressure and risk for heart attack and stroke, the American Heart Association (AHA) recommends an average of 40 minutes of moderate- to vigorous-intensity aerobic activity three or four times a week. For overall cardiovascular health, the AHA suggests at least 150 minutes of moderate exercise — or 75 minutes of vigorous exercise — per week.

Examples of moderate-intensity exercise include:

- **Walking briskly (3 miles per hour or faster).** Ave Maria has miles of walking trails.
- **Bicycling (10 miles per hour or slower).** Our bike friendly town allows you to bike to shopping, dining and more!

- **Playing tennis (doubles).**

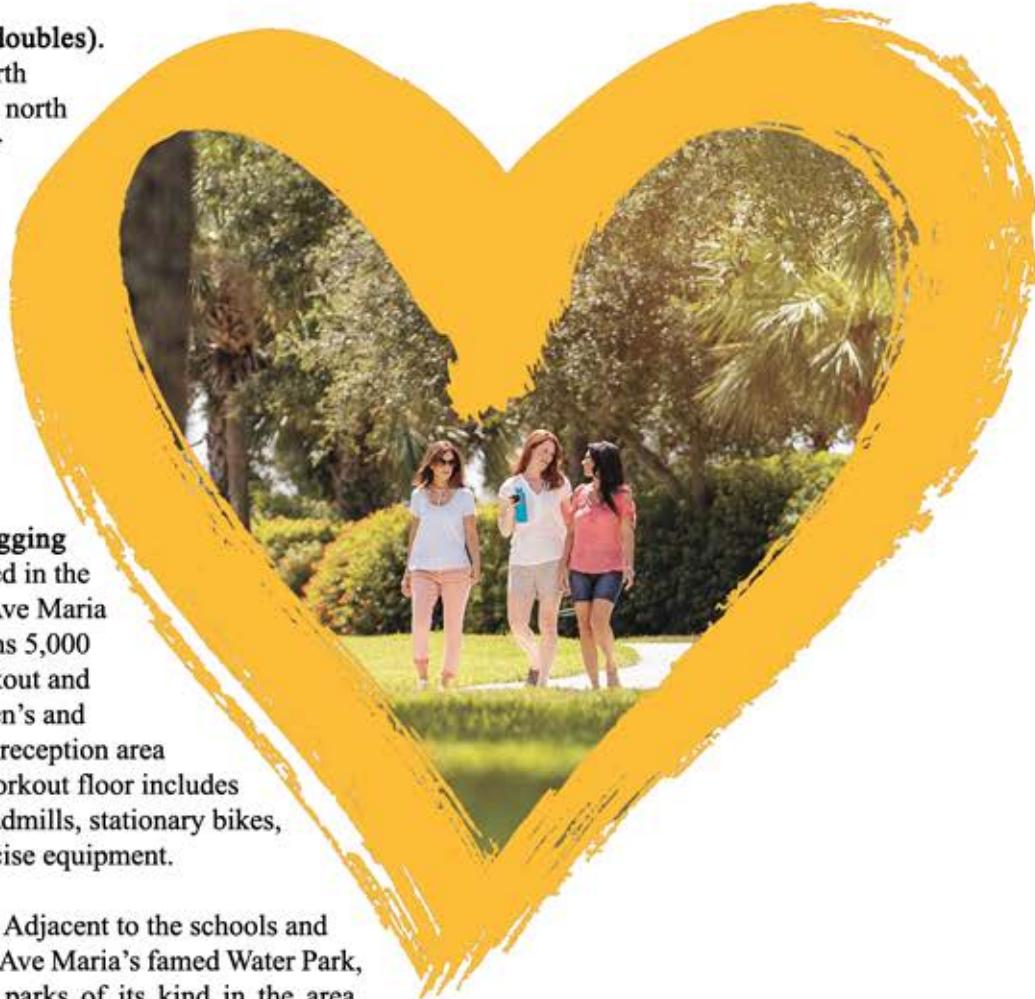
The Ave Maria North Park is located just north of the Town Center and provides an ideal spot for tennis, baseball, basketball, and plenty of fun in the sun.

Examples of vigorous-intensity exercise include:

- **Racewalking, jogging or running.** Located in the Town Center, the Ave Maria Fitness Center spans 5,000 square feet of workout and classroom area, men's and women's showers, reception area and offices. The workout floor includes state-of-the-art treadmills, stationary bikes, and Star Trac exercise equipment.

- **Swimming laps.** Adjacent to the schools and the North Park lies Ave Maria's famed Water Park, rivaling the finest parks of its kind in the area. With its interactive fountains, slides, pools, and pavilions, the Water Park provides hours of resort-style entertainment on a year-round basis.

- **Aerobic dancing.** The Club at Maple Ridge will be the central hub of activity and relaxation exclusive to residents of Maple Ridge, Maple Ridge Reserve, and Coquina. The Club is poised to include indoor and outdoor activities for all ages including an aerobics studio, bocce court, and dog park.



Ave Maria residents enjoy a seemingly endless array of activities, from free organized events to a waterpark, aquatics center, dog park and miles of walking trails.

With homes from our three featured builders priced from the low \$200s to \$400s, Ave Maria indeed has something for everyone. Just a few hours south of The Villages on I-75. Make a trip of it and visit our 21 models open daily. Call (239) 325-3903 or visit avemaria.com to learn more.

Ave Maria

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

Decreasing Your Cardiovascular Risks and Lowering Your Cholesterol

February is heart awareness month, which reminds us to consider the fact that our heart health, risk factors and lifestyle are in our own hands. Since heart disease is still the leading cause of death in both men and women, what better way to understand and implement heart healthy prevention?

Cholesterol is a natural substance that the body produces through the liver. It's waxy and circulates through the bloodstream, feeding the heart and brain. But when cholesterol is derived from foods like saturated fats and trans fats, the body overproduces LDL, which is the "bad" cholesterol.

HDL is the "good" cholesterol our bodies crave. Without HDL, our brains would not function properly, and we would suffer from other bodily disorders, like heart attacks and strokes. HDL helps to remove the bad cholesterol (LDL) from the body. High levels of LDL may also adversely affect overall health by causing atherosclerosis (plaque in the arteries), cardiovascular disease and other disorders.

Cholesterol Numbers:

Your total cholesterol is made up of both LDL and HDL numbers. Your family doctor may order tests in order to check your numbers. The healthiest combination of both types of cholesterol measures HDL, good cholesterol,) around 40, and LDL, bad cholesterol,) around 100.

Risk Factors:

Cholesterol, along with triglycerides in the blood, can form atherosclerosis, which as previously mentioned is the plaque that builds up in the arteries.



Excessive plaque can increase the chances of a coronary heart attack, heart disease, stroke and other related issues. Triglycerides are the fat that is stored in the bloodstream from the excess fat in our diets. Triglycerides combine with the high LDL level and create harmful plaque buildup.

Diet & Exercise: Because high levels of LDL and triglycerides are both associated with food intake and the body's inability to burn fat, adopting healthier habits can help lower cholesterol naturally.

- Eat a healthy diet
- Quit smoking (contributes to atherosclerosis)
- Start a regular exercise program
- Cut back on alcohol and processed foods

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.

Schedule an annual exam with your physician to check your cholesterol levels on a regular basis. If you have high cholesterol, your doctor may prescribe medication to help lower the overall cholesterol levels. In addition to medication, a change in diet can help to decrease LDL and Triglycerides, as well as raise your HDL to optimum levels.

Incorporate Healthy Foods and Nutrients in Your Diet

A significant contributor to successfully lowering LDL is the addition of soluble fiber, omega-3 fatty acids, mono-saturated fatty acids (MUFAs), powerful antioxidants and lutein, to your diet. However, in order to see the benefit of ultimately lowering bad cholesterol, an overall healthy diet must be maintained. This includes decreasing, and in some cases, completely eliminating processed foods from your diet. Cholesterol lowering foods can drop your bad cholesterol levels by 5-10% within a few weeks; your cardiologist can speak with you about a personalized dietary plan.

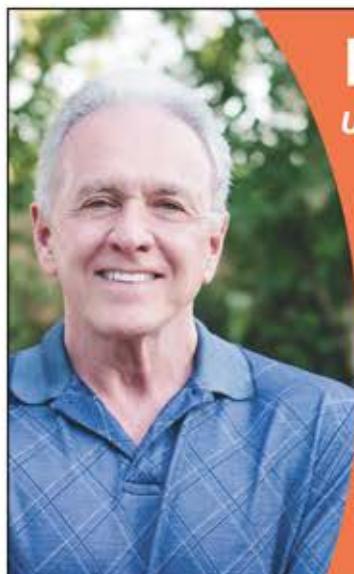
Medications: The most common cholesterol lowering drugs are statins. In recent years there have been other medication developments that may help to lower your total cholesterol levels.

It's always best to speak directly with your physician before completely changing your diet or exercise program. Your doctor will construct a precise plan to suit your specific needs and incorporate some of the foods mentioned above along with a coordinated strategy.

Florida Cardiology Associates of Ocala

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.



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

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

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OCALA: 40 SW 12th Street B-201 (Next to Ocala Regional)

Chiropractic: A Safe and Natural Alternative to Medication and Surgery

By Daniel Taylor D.C. - Compton Chiropractic Care

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

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

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



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

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

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

Non-Surgical PAIN Relief

Compton Chiropractic

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

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

FREE consultation

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to this advertisement. Expires 3/30/19

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

TESTIMONIALS

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

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

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

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

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

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

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

COMPTON CHIROPRACTIC CARE

Providing Quality Chiropractic Care to patients in and around The Villages, Florida.

Our Philosophy

- Treat patients as individuals and perform a thorough exam
- Deliver an accurate diagnosis
- Treat patients with the highly reliable and world-known Palmer "hands on" Technique
- No long-term treatment plans or large out-of-pocket expenses
- Provide patients with non-surgical alternatives to pain

Our Facility Offers

- Medicare accreditation for DME bracing
- State-of-the-art treatment tables
- On-site digital x-ray
- Physical Rehab suite with cold laser technology
- Use of blood and urine testing to evaluate for food allergies and heavy metal toxicity
- Clinical Nutrition
- Quality care without the wait

Accepting

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



Compton Chiropractic Care

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Is Binge-Watching TV Affecting Your Health?

Tips on how to combat negative impacts while still getting your series fix

It used to be that our favorite TV shows came on only once a week, at a specific time. With streaming services, we can now watch many of those same shows whenever we choose -- and for however long -- we want. But if you sit down for just one episode and find yourself still watching hours later, you've probably veered off into binge territory.

You're not alone. In a 2017 Journal of Sleep Medicine study of people 18 to 25 years old, more than 80 percent were identified as binge-watchers. Watching a full season of a show you're hooked on may seem like the perfect day, but did you know that binge-watching can adversely affect your health? Following are four key health areas that can be affected and ones to consider the next time you sit down to indulge in the latest addition of your preferred streaming service.

Difficulty Falling Asleep

Research shows that binge-watching can cause "pre-sleep arousal." That means physical and mental activity, like a pounding heart rate or intense thinking, may keep you awake. Your body and brain may require a cool-down period to process unfolding dramas, complex plots and complicated characters.

Fatigue

The study also shows that difficulty in falling asleep after binge-watching may lead to fatigue the next day. According to the National Safety Council, potential effects of fatigue include depression, obesity and decreased work and driving safety.

Cardiovascular Disease

Spending long periods in a sitting or reclining posture might be associated with cardiovascular disease and type 2 diabetes, according to the American Heart Association. One contributing factor is that binge watching leads to a more sedentary lifestyle and lack of physical activity has been directly correlated to increased risk in these areas.

Back Pain

Sitting in fixed positions for prolonged periods can increase your risk of developing lower back pain, particularly when it's on a couch or chair with less spinal support.



While millions of viewers love the ability to stream their favorite shows at any time of the day or night, this virtual access and ability to channel surf without ever getting off the couch also poses some potential health threats.

To help offset some of the negative impacts of binge-watching, UnitedHealthcare's chief medical officer, Dr. Mayrene Hernandez, offers some healthy options to try while catching up on the latest season of your favorite series.

Work out while you watch. Put the TV in front of the treadmill, stationary bike, elliptical or simply do some of your gym exercises on the floor or Fitball while watching your favorite TV show.

Take a break. Consider pressing pause on binge sessions with 10-minute breaks and taking a walk or playing with a pet or your child. Aim for three 10-minute sessions per day (or combine them for a total of 30 minutes), five days a week. This includes walking, just make it brisk.



Binge TV watching can contribute to lower back pain from poor posture and sitting or lying too long without moving. Try to get up and move around during commercials to offset negative impacts.

Use TV time to stretch. Sit down in front of the TV and start stretching! Major muscle groups such as calves, thighs, hips, lower back, neck and shoulders can improve flexibility and your ability to fully move your joints. Warm up with moderate activity such as light walking (even around the house or up and down the stairs) first to help avoid injury.



Improve the health of your next TV series binge by doing some stretching or other exercises in front of the TV. Also keep snacks to small portion sizes instead of a large bowl or bag, so you have to get up to move if you want more and to control mindless eating.

Binge-watching every once in a while is probably not going to lead to long-term problems. As with most things, moderation is key. For more free tips and information on how to live a healthier, fitter lifestyle, visit www.uhc.com/health-and-wellness.

Fish Love

By Alex Anderson

Rabbi Dr. Abraham Twerski tells the story of a man who happened upon a young man enjoying a dish of fish. And he said to the young man, "Why are you eating that dish of fish?" The young man said, "Because I love fish."

The older man said, "Oh, you love the fish. That's why you took it out of the water, killed it and cooked it. Don't tell me you love the fish; you love yourself. Because the fish tastes good to you, you took it out of the water and killed it and cooked it."

Rabbi Twerski goes on to say that so much of what we call love today is *fish love*. When the majority of people 'fall in love' they are falling in love with what the other person does for them, or how that person makes them feel. This love is based upon what one person can get from the other. The need that the other person is meeting is the motivation for the love.

It's not real love for the other person. The other person becomes a vehicle for the person to get their needs met. Most of the time neither of the two individuals who are in *fish love* even realizes the real motivations for what they are feeling.

In my opinion, that's okay, relationships start that way anyhow, out of natural attraction. But over time they must transition into a different kind of love.

Rabbi Twerski goes on to say that many believe, "You give to those you love," but real love is "You love those to whom you give."

The Bible refers to this deeper kind of love as *agape* love. It's a selfless love. And it's expressed the best in the words of the Lord Jesus Christ when he said, "*Wherever your treasure is, there the desires of your heart will also be.*" Matthew 6:21 (NLT)

This type of love applies to many things. I like to put it this way. If you want to love God, a person, animal, object or activity then simple invest your time, money and focus on it and your feelings will follow.



I have friends who say they love golf. I believe them because they invest large amounts of time, money and focus into the game. Their investment in golf gives them the strong desire or love for golf.

Now obviously comparing a spouse, children or friends to golf is a bit demeaning, for nothing compares to the value of a human being. But real love, *agape* love, is outward. It's the kind of love that requires an investment before feelings.

When I was a pastoral counselor, on occasion a couple who had been married for around the three, five and seven-year marks would say something like, "we just don't feel in love with each other anymore." Or "the spark is gone."

I would ask, "When you did feel in love, what was life like at that time?" and their answer was, "We spent more time together, we did little special things for each other..." Then I would ask, "Do you still do those things for each other?" They would say, "No." and I would ask, "Why not?"

It's simple; if you want the feeling or desire of love then do the things that cause it.

On a personal note...my wife Kim and I have been married for over 31 years. That's pretty dang close to a third of a century. And we have 'fallen in' and 'fallen out' of *fish love* many times.

It's probably not because we are saints. (Well...maybe Kim is. I can be a real knuckle-head.) It's because of two things.

First, we decided that marriage was for life...end of discussion. No returns or trade-ins allowed. You bought it; you keep it. Done deal.

The second is that we would do the things that gave us the fish love back, the feelings and desires.

We had been married around five years or so when Kim looked at me quietly at the dinner table one night for a very long and uncomfortable time, and then the most profound words came flowing from her beautiful lips.

"You know, I just realized something." I said, "What's that?" Then she said, "You're all I'm getting so I'll just have to make the best of it."

We laughed hysterically...well she did.

It was one of those times when we had fallen out of *fish love*. But what great words, "...so I'll have to make the best of it." And she still does.

What about you? Are you in *fish love*? Does your love come with a hook in it? Are you just not feeling it? Then choose to focus on the things you did that gave you *fish love* when you first met...forever...no returns...no trade-ins.

To your spiritual health,
Alex E. Anderson
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If you want the complete copy of *My Daily Agreement with God's Will for My Life*, I would be glad to email it to you.
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