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Health & Wellness[®] MAGAZINE

February 2019

Lake/Sumter Edition - Monthly

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Perseverance. A powerful element in fighting cancer.

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

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

-Edith Picallo, Cancer Fighter

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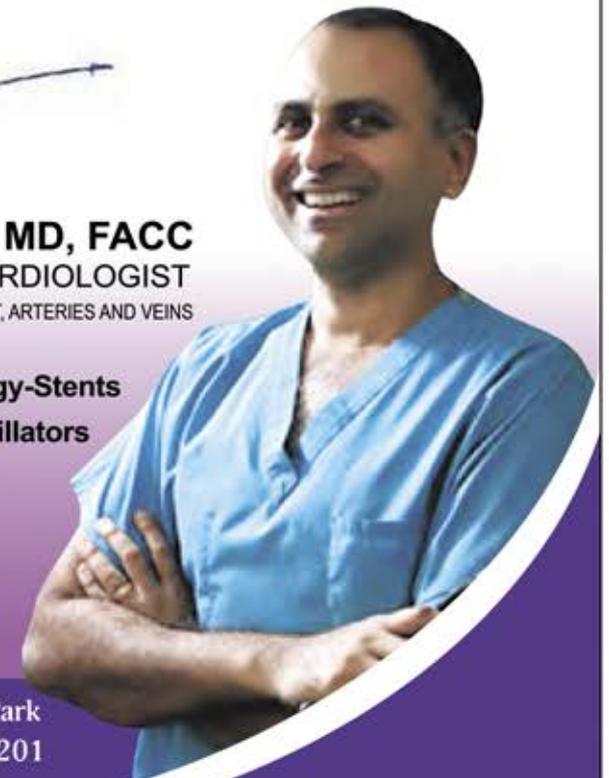
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When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will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

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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

If you suffer from varicose and spider veins, you are not alone.

WHAT ARE VARICOSE VEINS?

Although veins and arteries are both part of the circulatory system, they work in very different ways from each other

WHAT CAUSES VARICOSE VEINS?

Some predisposing factors include aging, standing occupations, and leg injury or trauma.

WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are: "Do veins require treatment?" and "What treatment is best?"

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

WHAT RESULTS CAN YOU EXPECT?

Technological advances in evaluation and treatment methods allow spider and varicose veins to be treated more effectively and safely than ever before.



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AGE-RELATED MACULAR DEGENERATION

A Common Cause of Vision Loss

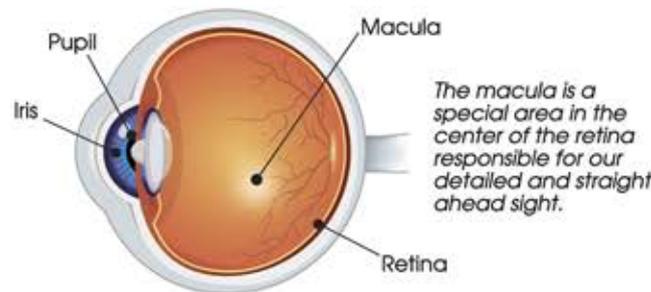
February is Age-related Macular Degeneration (AMD) awareness month, and for good reason. AMD is one of the leading causes of serious and permanent vision loss in people ages 50 and older. As we age, oxidative stress can create cell-damaging free radicals that cause the macula, a tiny space near the center of the retina, to deteriorate, destroying central vision.

Central vision is responsible for capturing fine details and enabling tasks like reading, watching TV, driving, recognizing faces and unlimited other tasks, making AMD a potentially perilous disorder. People who smoke, maintain high cholesterol levels, have close relatives with AMD or are of European ancestry can be particularly vulnerable, but aging alone can leave anyone susceptible.



"One of the problems with AMD is that it often goes undiagnosed until a person's vision becomes noticeably worse," says ophthalmologist **Vinay Gutti, MD**. "A patient may notice a dark, blank or skewed spot in their central vision or find it difficult to adjust to sudden changes in light, such as when entering a dark room from a well-lit area, or vice versa. People may begin to rely more and more on their peripheral vision, and by the time they seek treatment, most will have permanent vision loss. That's why we want people to be aware of AMD, and hopefully motivated to schedule regular comprehensive eye exams to catch AMD early."

AMD comes in two forms, dry and wet. About 90% of cases are Dry AMD, in which oxidative stress thins the macula, usually causing slow but steady vision loss.

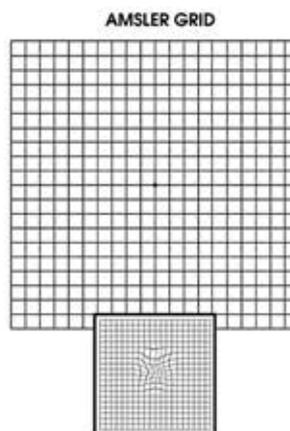


Wet AMD is the more serious of the two forms, causing the formation of weak, abnormal blood vessels in the choroid layer beneath the retina. These fragile vessels typically leak fluid or blood, usually resulting in rapid and severe vision loss. Most cases of Wet AMD start out as Dry AMD, so the condition should be managed as quickly as possible to prevent it from worsening. "If you have noticed unexplained changes in vision, schedule an exam with your eye care specialist right away," says Dr. Gutti. "The sooner we discover AMD, the quicker we can take steps to help prevent its advancement."

During a comprehensive exam, your doctor will study your maculae using a specialized, detail-sensitive lens. He or she may also take sophisticated digital photographs of the retina, macula and other areas of the eye. Your doctor will also have you focus on the lines of a simple test called an Amsler Grid, which helps to identify warping or skewing of lines, a sign of AMD. You will also be given an Amsler Grid for home use so you can take part in monitoring your vision for changes.

Treating and Managing AMD

If you are diagnosed with Dry AMD, your doctor may recommend specific potencies of certain nutritional supplements to help slow or stop the advance of the disease.



Although there is no cure for Wet AMD, it can be managed to slow or prevent further damage and, in some cases, help correct some vision loss. Treatments include:

VEGF Blockers - Vascular endothelial growth factor (VEGF) blockers are specialized drugs that are injected into the vitreous of the eye to help arrest the growth of abnormal blood vessels beneath the retina. This is the most common treatment for Wet AMD and may improve vision in some patients. When necessary, your Lake Eye doctor will refer you to a retina specialist who performs this procedure.

Laser Surgery - Some Wet AMD cases respond favorably to laser surgery, which utilizes a beam of light to seal off leaking blood vessels and help slow or stop fluid from further damaging the macula. This quick, outpatient procedure may be used in conjunction with a drug designed for AMD laser treatment. Your Lake Eye doctor will refer you to a retina specialist to determine if this treatment is an option for you.

"When it comes to AMD, the best course of action is early discovery and effective measures that help inhibit progression of the disease," says Dr. Gutti. "Catching AMD before it develops symptoms is paramount in preserving vision."

If you're 50 or older and haven't had a comprehensive eye exam within the past two years, we highly recommend calling your local Lake Eye and scheduling an appointment. Your eyes will thank you for it.

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Lindsey Walsh, OD (left) and Adria Anguita, OD (right) are gifted and caring members of the Lake Eye vision team. As Doctors of Optometry, Drs. Walsh and Anguita are qualified to perform a wide range of services, including fundamentals like testing vision and prescribing lenses for glasses and contacts, as well as comprehensive diagnostic examinations for problems like dry eye, infection, cataracts, glaucoma, macular degeneration and many others. They also perform nonsurgical treatments to restore vision and eye health, so getting an appointment is faster and easier than ever before.



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DECREASING YOUR CARDIOVASCULAR RISKS AND LOWERING YOUR CHOLESTEROL

T.E. Vallabhan, MD, FACC

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.

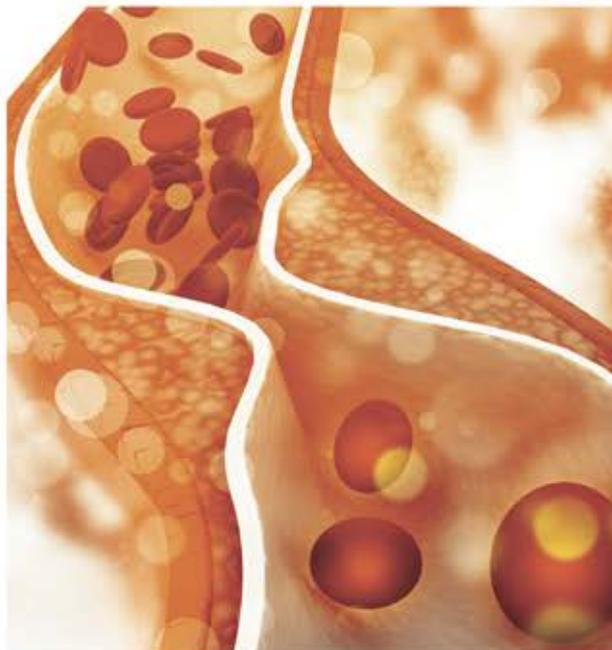
Risk Factors:

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



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 best to speak with your physician before changing your diet or exercise program. Your doctor will develop a strategy to suit your specific needs, along with a coordinated medication and lifestyle strategy.

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.

Dr. V

T.E. VALLABHAN, MD, FACC
BOARD CERTIFIED CARDIOLOGIST
SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

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

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When is a Valve Procedure Needed?

The Heart Institute at Leesburg Regional Medical Center has provided superior care for residents of Lake and Sumter Counties for 20 years. This includes comprehensive, individualized care for each patient and expert attention for cardiac or vascular conditions.

Dr. Karen Thompson, a cardiothoracic surgeon with Leesburg Ocala Heart Institute and on the medical staff at Leesburg Regional Medical Center, is considered the area's heart valve expert. "Part of my training was completed at Northwestern University in Chicago under Dr. Patrick McCarthy, a world-renowned mitral valve expert."

Dr. Thompson graduated with honors from Chicago College of Osteopathic Medicine in 1998 and has more than 20 years of diverse experience, including extensive expertise in valve repair and replacement.

The heart has four valves that work hard to ensure that blood flows in the right direction. If any of these valves become diseased or damaged, blood might not leave the heart at a normal rate, or might flow backwards into the heart. The two that most often require a doctor's attention are the aortic valve and mitral valve.

"Many patients come in with stenosis or regurgitation and we need to determine the type of procedure needed to effectively treat their heart valve disease," Dr. Thompson says. "Thankfully, there are many treatment options available to repair or replace valves that leak or have become weakened or narrowed."

A heart-team approach – which includes the collaboration of the cardiologist, cardiac surgeon and anesthesiologist – is used to examine the disease comprehensively. "We study each patient's overall health and activity level," continues Dr. Thompson. "Images from cardiac catheterizations or echocardiograms are reviewed and a determination is made whether or not the patient needs an intervention."



In traditional aortic valve surgery, an incision is made in the sternum and the breastbone is divided to provide access to the heart. The surgeon then repairs or replaces the valve. The minimally-invasive procedure – though not an option for everyone – is performed with a much smaller incision. This translates into a shorter hospital stay and recovery period.

In addition, the rise of transcatheter aortic valve replacement (TAVR) over the last decade has offered promise as an option for those patients previously considered unsuitable for surgical valve replacement. The Heart Institute at Leesburg Regional Medical Center continues to lead the way in progressive heart and valve procedures. "We perform nearly 700 open heart surgeries every year," concludes Dr. Thompson. "Our heart surgery program is robust and earns consistently excellent outcomes; I am honored to work with my team to deliver high-quality care."

 **Leesburg Regional
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Karen Thompson, 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 Senographe 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 Senographe 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.

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Why You Should NEVER Ignore Leg Swelling

By Bryan Carter, MPA-C, Phlebology-Surgery

When sock lines or pant seams leave an indentation on ankles or calves, it's not always caused by "normal" swelling. If you've noticed that your legs feel swollen, it's either from fluid retention or inflammation. Both of which need to be addressed by a medical professional.

Heart Failure

The most severe cause of swollen legs is Heart Failure. While there are several types of heart failure, the primary concern is that the heart cannot pump blood and oxygen efficiently throughout the body. The heart becomes enlarged due to its overcompensation of trying to adequately pump. The muscle mass of the heart thickens, and the heart tries to beat as fast as possible to keep up with its demand. The bottom line in heart failure is the heart can not pump blood around the body efficiently to meet the demands of the body and will cause a back up of fluids in the legs and body.

PVD

Individuals with peripheral vascular disease (PVD) have blood flow disruptions usually in the feet and legs, but it can also occur in the brain, arms, and heart. When the blood vessels are narrowed or damaged, the blood flow becomes obstructed, and other complications can coincide.

Individuals with arterial disease due to atherosclerosis (plaque buildup in the arteries) often have PVD. Other blood vessel conditions like DVT's (Deep Vein Thrombosis) varicose veins, pulmonary embolisms, and venous insufficiency are related to PVD.

When our veins are working correctly, they pump blood back to the heart. Valves in the veins are made to open and close in one direction if these valves or the wall of the veins are damaged, the blood is unable to work against gravity, and the result is a pooling of the blood in our legs. This pooling is called stasis and can present significant risks to one's health.

Sodium Intake

When we ingest excessive salt, inflammation takes effect in our entire bodies, as water is pushed and retained into the arteries, which causes high blood pressure and makes the heart work extra hard. Too much salt increases your risks of strokes and heart failure, along with other disorders and diseases.



Potassium can help to flush some excess salt out of your body. That is why most salt alternatives have a higher ratio of potassium in the mix. Many foods that contain potassium are bananas, plums, coconuts, avocado, potato and many more. But eating potassium to flush out salt is not a good idea, as it will take an excessive amount and potassium, which can cause other adverse effects like arrhythmias and muscle weakness.

Blood Pressure Medication

Certain blood pressure medications like calcium channel blockers work by expanding the blood vessels. In some situations, this can lead to leaking into the tissue and exacerbates swelling.

Lack of Activity

A sedentary lifestyle causes poor blood circulation and blood will begin to pool into the lower extremities causing swelling. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, improves nutrient and oxygen rich blood flow and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

Diagnostic tests for determining your leg swelling's root cause

Village Heart & Vein Center uses state-of-the-art testing equipment that provide the best results. These tests help evaluate the current

conditions and map out a treatment plan. Some of the testing consists of leg and ankle venous or arterial dopplers, echo cardiac dopplers, blood work- up for heart failure, and IVUS venograms of for iliac compression. IVUS is an in-depth ultrasound of pelvic occlusion that may be causing blockages and swelling, which is quite common in elderly patients.

Don't Ignore Your Symptoms!

If you have leg, foot and ankle swelling, this could potentially be a sign of a significant heart or peripheral vascular condition.

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

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



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Love Yourself! Keeping Your Heart Healthy

Dr. Dariano, D.O.

Heat disease is the leading cause of death for both men and women. Heart disease is caused by atherosclerosis or plaque clogged arteries that restrict the blood flow in the heart. Every year about 735,000 Americans have a heart attack.

Warning signs for a heart attack:

- Chest pain or discomfort
 - Upper body pain or discomfort in the arms, back, neck, jaw or upper stomach
 - Shortness of breath
 - Nausea, lightheadedness or cold sweats.
- **If you are experiencing any of these symptoms seek medical attention immediately.**

5 MAJOR Risk Factors for heart disease:

- Inactivity (Sedentary Lifestyle)
- High blood pressure
- Abnormal values for blood lipids
- Smoking
- obesity

February is the month of Valentine's Day, so among loving others make sure to take time to love YOURSELF! Your heart is working 24 hours a day 7 days a week to make sure your body has oxygen through blood flow to continue functioning. Unlike other organs your heart is made up of muscular tissue that can be conditioned like other muscles in your body.

A sedentary lifestyle is one of the 5 major risk factors for cardiovascular disease. Exercise is important in maintaining strength in your heart.

American Heart Association recommendation for Physical Activity in adults:

For overall cardiovascular health:

- 30 minutes of moderate-intensity aerobic activity at least 5 days/week or
- At least 25 minutes of vigorous aerobic activity at least 3 days per week AND moderate to high intensity muscle strengthening activity at least 2 days per week.



For lowering blood pressure and cholesterol:

- Average 40 minutes of moderate to vigorous intensity aerobic activity 3 or 4 times per week.

Benefits of regular exercise on cardiovascular risk factors:

- increased exercise tolerance
- reduction in body weight
- reduction in blood pressure
- reduction in bad cholesterol
- increase in good cholesterol
- Increase in insulin sensitivity.

If you are unable to maintain the above listed recommendations don't worry, something is better than nothing! Exercise is important to becoming heart healthy. Love yourself and protect your heart!

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

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

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



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www.riversfamilymedicine.com
1503 Buenos Aires Boulevard, Building 110
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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 GAINSWave.

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



TOTAL NUTRITION AND THERAPEUTICS

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5 Ways to Overcome Anxiety in Assisted Living Facilities

Moving to an assisted living facility can be a time of emotional upheaval for seniors. Not only are they leaving behind a home of their own, they need to learn how to live in harmony with strangers. Settling into a seniors home can increase anxiety and leave many new residents feeling out of place and worried. If you're moving a loved one into an assisted living facility, below are five tips you can share to help them overcome their anxiety in their new surroundings.

1) Learning to sing on a daily basis can significantly reduce tension and anxiety. Seniors who make a habit of singing songs from their childhood or teenage years can reduce their feelings of discomfort and feel more at home. Encourage your loved one to sing in their room even if they don't have a great voice or can't carry a tune. We have introduced this in our home with our child on the autism spectrum and he LOVES it. It's not unusual for him to belt out anything from Amazing Grace to Scooby Doo! Singing is a fun coping method to help remedy anxiety for any age. It really works!

2) It might sound simple, but helping your family member to laugh and smile more can ease their transition into senior living. Share jokes, help them practice silly smiles, and make a point of reducing tension with gadgets that prompt laughter. Search an e-commerce site like Amazon.com for 'noise machine' and you'll be amazed at the goofy sound machines you can purchase for your family member. Better yet, hang pictures up in their room of family and past events that make them smile..

3) Seniors who take part in their new community tend to feel less stressed than those who hole up in their room. Just because your loved one is living in an assisted living facility doesn't mean they can't make new friends. Encourage them to take field trips with other residents or participate in community games and devotion. Participation in our scheduled events will help to reduce their level of anxiety at their new surroundings.



4) Old hobbies can be especially comforting to those who have recently moved into a seniors home. Remind your loved one of hobbies they used to like and encourage them to start enjoying those hobbies again. Anything from knitting and crocheting to model building and puzzles can be enjoyed while living in their new home. They might even discover other residents who have an affinity for the same relaxing hobbies.

5) If your loved one is experiencing mild depression and anxiety, encourage them to speak with their family physician. Changes in behavior could mean their medication needs checking or they need to start taking an herbal supplement like 5HTP to prevent mood swings. Speaking with a medical professional can put your mind at ease and help your loved one adjust to their new home.

Share these five ways to overcome anxiety with your family member and there's a good chance you'll both feel better. Living with anxiety doesn't have to be a permanent state of mind if your loved one is willing to make small adjustments in their daily routine.



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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 in 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

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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For more information, visit FLCancer.com

Ketamine for Pain Management

In the U.S. over 100 million people reportedly suffer from some form of chronic pain. Most people can relate to having experienced physical pain in their lifetimes, but to have to live with that pain on a daily basis can become intolerable. Neuropathic pain syndromes are the root cause of many individuals chronic discomfort. Neuropathic pain syndromes are related to disorders like diabetes, fibromyalgia, CRPS, Lyme disease and migraines to name a few.

The most common treatment for neuropathy is to mask it with narcotic prescription pain medications. Narcotics like Opioids are highly addictive, and our state is currently leading the country in abusing the drug and overdose episodes. The CDC reports that nearly half of all opioid-related deaths are due to the narcotic being prescribed for pain-related circumstances.

Many pain medications have adverse effects. In addition to common side effects, patients also develop tolerance which requires increasing doses of medication to effect the same relief over time. The other issue of course is withdrawal. Weaning off opioids and similar classes of medications such as benzodiazepines and nerve medications must be done slowly and carefully so patients do not suffer from symptoms of withdrawal.

Clearly, patients need alternatives when dealing with certain chronic neuropathic pain conditions. Ketamine infusion therapy, can provide an effective alternative when conventional modes of therapy are not helping patients adequately.

A recent study conducted at Thomas Jefferson University Hospital involved 61 patients with intractable migraines. Of the 61 patients in the study, 75% showed a decrease in the intensity of their headaches after receiving low dose IV Ketamine infusions over five days. On a scale of 0 to 10 (10 being the highest), the self-reported pain score from patients was on average 7.5 before the initiation of the study and 3.4 at the conclusion of the IV Ketamine infusions.

IV Ketamine is currently used to help treat neuropathic pain syndromes such as CRPS, fibromyalgia, trigeminal neuralgia, migraines, and herpetic neuralgias. There is a growing body of evidence to support that it may have long-term effects for pain relief.

In recent FDA and other professional associated studies, patient results with ketamine show: Reduced pain, Decreased depression, Diminished suicidal thoughts and episodes and Rapid ability to reverse depression and its symptoms

There are varying protocols with respect to the dosages, number of infusions and length of time for each infusion. In general, patients receiving IV Ketamine infusions for chronic pain syndromes undergo from 3-8 initial infusions on consecutive days with each one lasting 2-3 hours. For mental health patients, the infusions last 1 hour and range from 2-3 infusions a week for a total of 6 initial infusions.

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

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



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What if Your Back Pain is a Spine Compression Fracture?

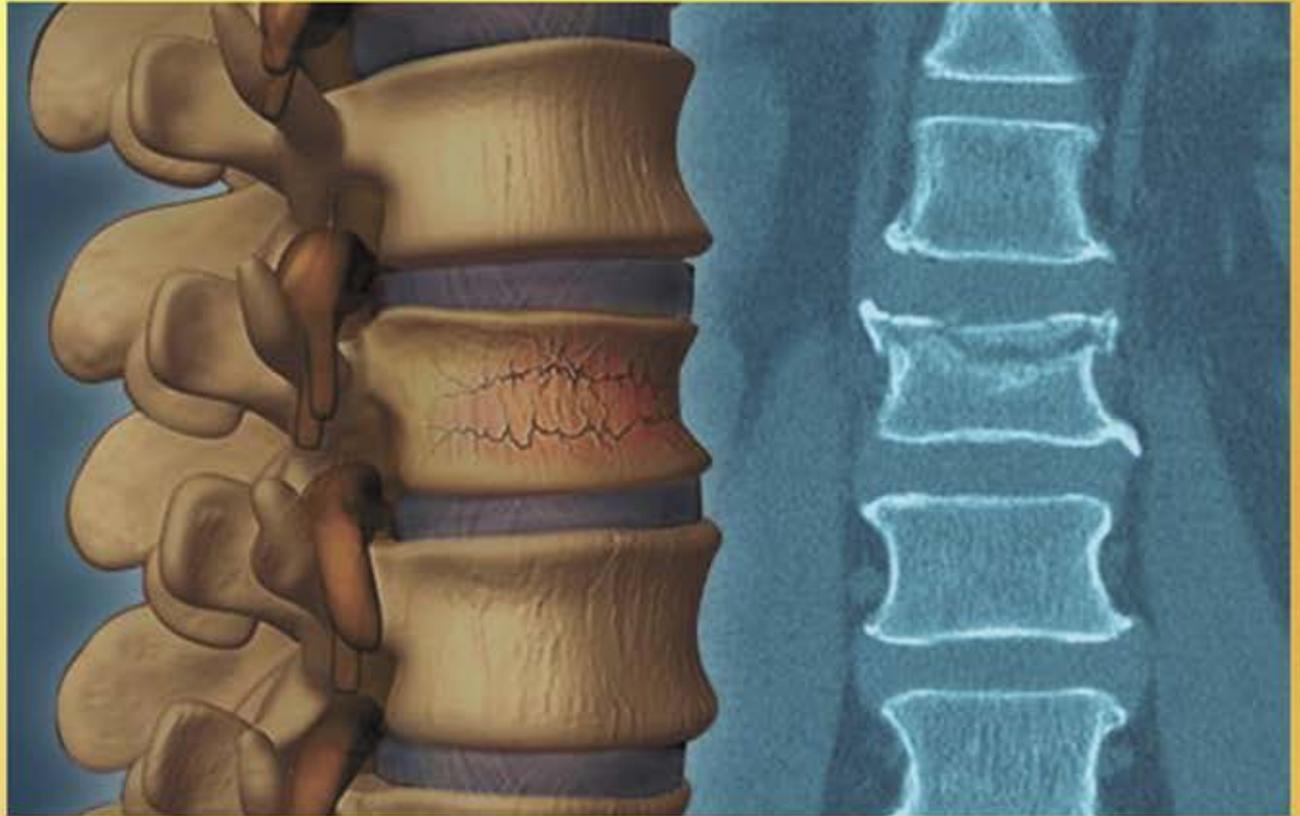
What if you develop sudden onset severe back pain, more unbearable than you ever imagined? If your pain is new or feels different from the chronic back pain you may already be experiencing - which is currently being treated with exercise, pain medicines, and injections - it is recommended that you visit your doctor or urgent care center immediately, because you may have a vertebral compression fracture in your spine. If you are able to pinpoint your pain with the touch of a finger to a specific vertebra, it is important to act quickly or it may become too late to repair it.

What is a compression fracture and why is time of the essence? A compression fracture is when a vertebrae cracks and becomes compressed or somewhat flatter than it was before the fracture. Think of an elderly person with a hunchback or curved spine. A hunchback, medically known as kyphosis, is often caused when the bones become frail and brittle from osteoporosis (loss of bone density) and the vertebrae begin to fracture one by one. As these vertebrae fracture, they become misshapen. The rectangular vertebrae become triangular or wedge-shaped, eventually creating a curve in the spine.

Once a vertebrae fractures it will heal on its own, but it takes several weeks or even months to do so, during which time the pain is often unbearable. In the past, doctors would put patients in a brace and prescribe medication, often in the form of narcotics, to help ease this pain. When the compressed vertebrae heals on its own, it heals in its compressed state or compresses even further, sometimes flattening completely and reducing the height of the individual. At this point, nothing can be done to restore its integrity since the bone has hardened, making it impossible to fix.

Compression fractures can also be caused by an impact such as a fall, or from cancer which has metastasized to the spine. Unfortunately for many, a compression fracture can be a first indication of cancer, so do not ignore this sign - get a consultation immediately. If you had an X-ray, CT, or MRI indicating a compression fracture, insist that your physician acts quickly to refer you to a specialist for a kyphoplasty or vertebroplasty.

With a procedure called kyphoplasty, kyphosis can be a thing of the past! A Kyphoplasty procedure can stop pain instantly in over 95% of patients, as well as prevent further collapse of the vertebrae. During the procedure, the physician uses image-guidance in the form of a C-ARM (which is a live X-ray) to obtain access and inject a plastic cement into the vertebrae to restore the integrity of the bone, often stopping pain completely and preventing further damage. The procedure is performed under conscious sedation and



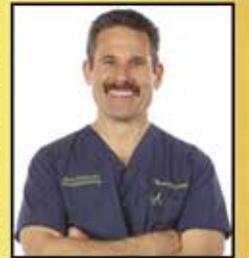
takes approximately 30 minutes under the expertise of an experienced specialist, such as an Interventional Radiologist. Although other specialists are now performing this procedure, an Interventional Radiologist should be your first choice, as they pioneered the procedure, and any image-guided procedure should always require a person trained in radiation safety.

Interventional Radiologists believe that limiting X-ray exposure to patients is crucial, which is something often overlooked by other physicians. An Interventional Radiologist such as Dr. Mark Jacobson, uses a mere fraction of the typical radiation exposure used by other specialists, including other radiologists. An Interventional Radiologist also uses minimally invasive surgical techniques with the least number of punctures (usually one per vertebra) and the smallest needles possible, thereby enhancing safety and reducing healing and recovery times.

In the case where a compression fracture is caused by a cancerous lesion, an Interventional Radiologist can also biopsy the bone and perform a radiofrequency ablation to alleviate pain prior to the kyphoplasty (this is not a replacement for, but complimentary to radiation treatments, because if a patient is in less pain, the treatments can be tolerated better). This is why it is imperative to understand that not just anyone should perform your kyphoplasty, but someone trained in identifying the difference between a simple fracture caused by osteoporosis, and a fracture caused from a possible cancerous lesion. A trained expert will be able to offer to you the best options available.

About Dr. Mark Jacobson

Dr. Jacobson performs hundreds of kyphoplasties each year in his Lady Lake center and is the "go-to provider" for this procedure, not only because of the number of procedures performed and numerous happy patients, but also because of his participation in the research of radio-frequency ablation of cancerous spine tumors. Local, as well as out of town physicians entrust Medical Imaging & Therapeutics for treatment of their patients' spine fractures. MIT is affiliated with the University of Florida College of Medicine as an Interventional Radiology training center for physicians in the interventional radiology residency and fellowship program.



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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.”

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

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.



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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.



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.

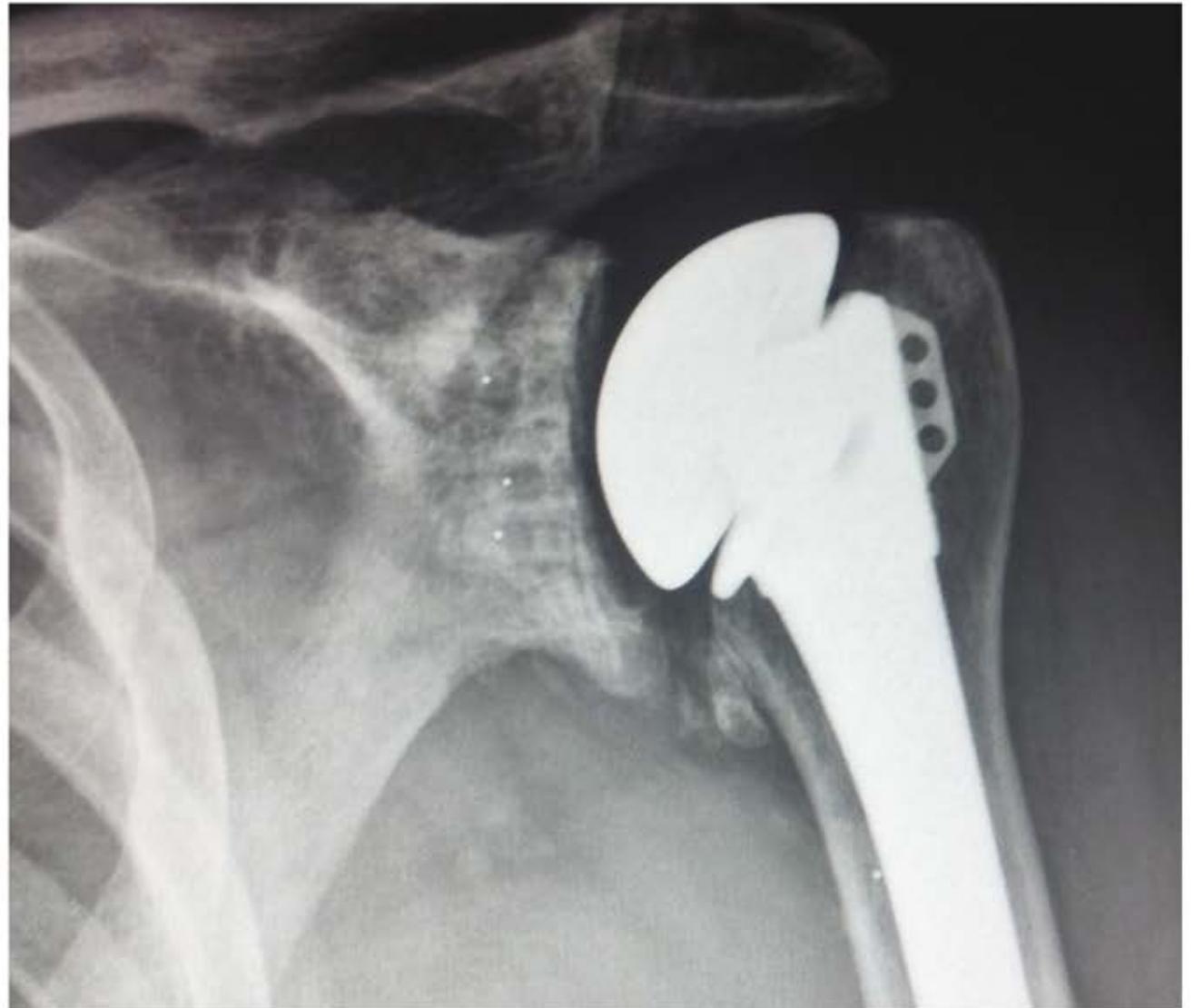
Typical Shoulder Replacement Surgery

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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THE VILLAGES, FL 32159-8975**

Chiropractic: A Safe and Natural Alternative to Medication and Surgery

By Daniel Taylor D.C. - Compton Chiropractic Care

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

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

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



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

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

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

Non-Surgical **PAIN** Relief



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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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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:

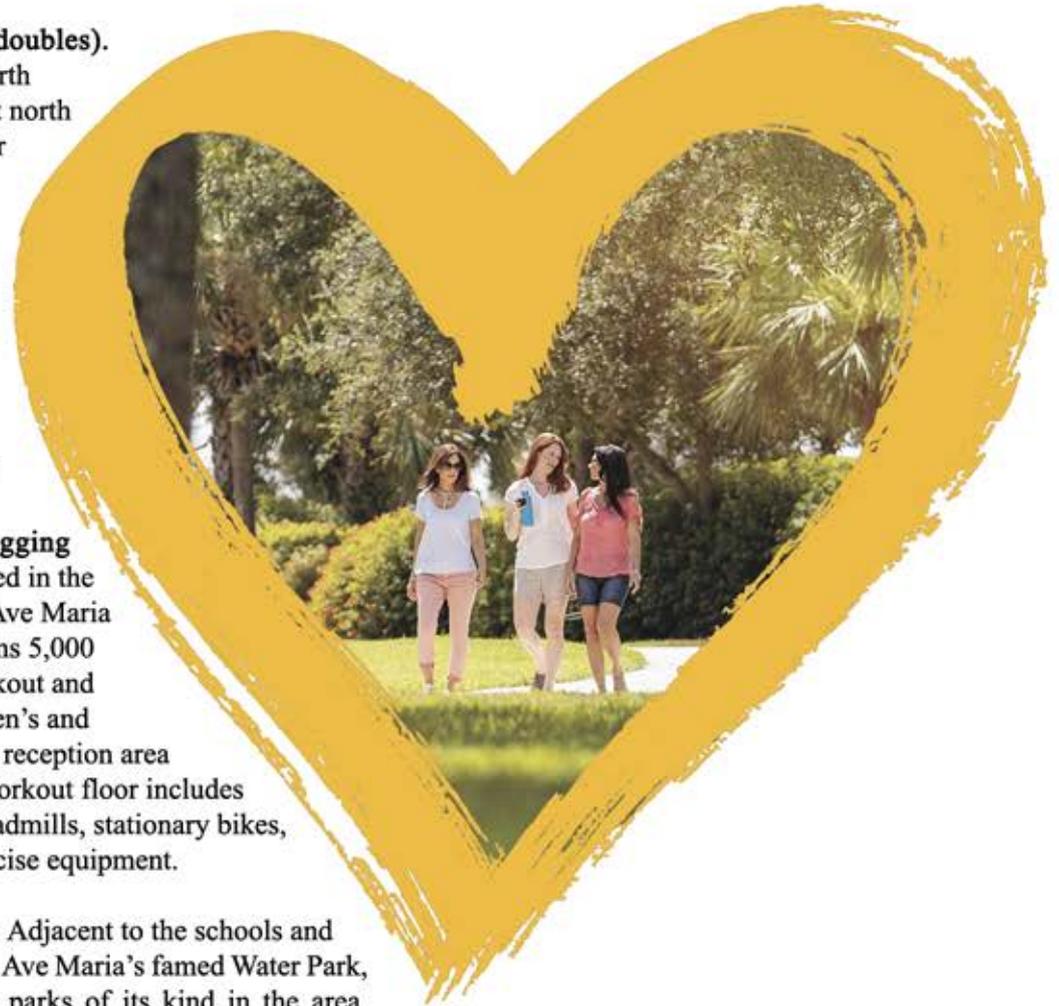
- **Walking briskly (3 miles per hour or faster).** Ave Maria has miles of walking trails.
- **Bicycling (10 miles per hour or slower).** Our bike friendly town allows you to bike to shopping, dining and more!

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



Estate planning does not need to be an expensive or time-consuming process, according to Attorney Patrick L. Smith. Whereas many attorneys bill their clients by the hour to handle their planning, Attorney Smith offers a complimentary consultation and has instituted a flat-fee system for his services. For example, a basic Will is a flat charge of \$75.00 and a Non-Tax Trust Package is \$695.00. This allows clients to know their costs from the start of planning and to determine their estate planning needs without surprises. Although Attorney Smith primarily practices in estate planning and asset protection, he regularly works to connect his clients with a network of attorneys to provide them with complete, affordable legal advice.

Attorney Smith also works to make legal advice accessible to the central Florida community through his weekly radio show, "Ask An Attorney," answering legal questions on the air from live callers, sharing legal information critical to FL residents, and educating his listeners on various topics.

He also incorporates information from other attorneys, financial advisors, CPAs, and other professionals who join him to answer his listeners' questions. "Ask An Attorney" airs on Gospel 90.3 FM every Saturday at 8am.

In addition to giving legal advice live over the radio, Attorney Smith is known for donating his time and legal services to multiple churches and charitable organizations in the community. Attorney Smith offers free seminars on a wide variety of legal topics for civic groups, clubs and other organizations, to inform them about the law and their legal rights.

Furthermore, Attorney Smith recently announced the publication of the third edition of *The Florida Estate Planning Handbook* through Certa Publishing, giving Florida residents an accessible, easy-to-understand introduction to key estate planning concepts. Adding to Attorney Smith's work is his law partner Attorney Joseph F. Pippen, Jr. who joined him on the third edition.

More information about Attorney Smith can be found at Joseph F. Pippen, Jr. & Associates' website: www.attypip.com. For your free consultation or to have Attorney Smith speak at your event or group, you may reach him at his Fruitland Park office by calling (352) 241-8760.

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The hiring of a lawyer is an important decision that should not be based solely upon advertisement. Before you decide, ask me to send you free written information about our qualifications and experience.

Advancements in Dental Impressions

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

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

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



How does it work?

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

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

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



The Laurel Manor Dental Difference

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

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



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

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

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

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



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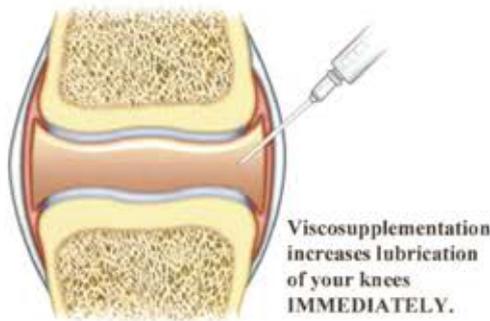
End Knee Arthritis Pain with FDA Approved Joint Injections

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

How do joint injections work?

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

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



What are the risks associated with the Viscosupplementation treatment?

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

When will I feel results?

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

Will my insurance cover this treatment?

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

Who is a good candidate for this treatment?

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

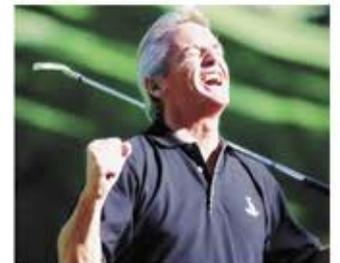
If you have answered "YES" to any of these questions or if you are experiencing similar symptoms then you are likely ready to experience the relief and healing that Physicians Rehabilitation can offer.

Interested in scheduling an appointment?

You must call right now. The demand for this procedure has been overwhelming. Therefore, we've had to limit the number of "NO-COST, NO-OBLIGATION", knee consultations to the first 17 callers. Call (855) 276-5989 now before someone else gets your spot. Please visit our website: www.PhysicianRehab.com where you can learn more and read even more success stories from people just like you!



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- The Villages, Summit Medical Park, 733 CR 466, Lady Lake, FL 32159
- 5668 Strand Ct., Naples, FL 34110
- 3380 Tamiami Trail, Unit C, Port Charlotte, FL 33952
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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.



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

Submitted by Cornerstone Hospice and Palliative Care

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

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

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

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

Each Cornerstone Hospice patient is cared for by members of what is called a "multidisciplinary team" which includes a physician, nurses, nursing

assistants, a chaplain, a social worker and a specially-trained volunteer. The team addresses symptom control, pain management, and emotional and spiritual support expressly tailored to the patient's needs and wishes.

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

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

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

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



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

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

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

About Cornerstone Hospice

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

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Dr. Brett Compton
Chiropractic Physician
Palmer Graduate
U.F. Graduate - B.S. Nutrition
Military Veteran

Dr. Brent Compton
Chiropractic Physician
Palmer Graduate
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B.S. Biology Sciences

Dr. Daniel Taylor
Chiropractic Physician
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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 simply 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
Senior Associate Pastor at
Bayside Community Church

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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