

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

April 2019

Marion Edition - Monthly

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FREE  



**SEASONAL
ALLERGIES
& YOUR
ORAL
HEALTH**

**When is a Good
Time to Speak Up on
End-of-Life Plans?
NOW!**

**PARKINSON'S
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Optimism. A powerful element in fighting cancer.

When Desert Storm veteran Lynette Bell’s follicular lymphoma went into remission, she chased her dreams to Florida and pursued a career in photography. However, during a routine doctor’s visit here, she learned her cancer had returned. Fortunately, she had access to Phase 1 clinical trials at Florida Cancer Specialists. In the past 4 years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists participation. Today, Lynette’s cancer has surrendered, proving that when hope and science join forces, great outcomes can happen.

“My team at Florida Cancer Specialists cared for my individual situation with the clinical trial I needed.”

Lynette Bell

-Lynette Bell, Veteran, Patient & Fighter

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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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- EVALUATION OF CARDIAC ARRHYTHMIAS
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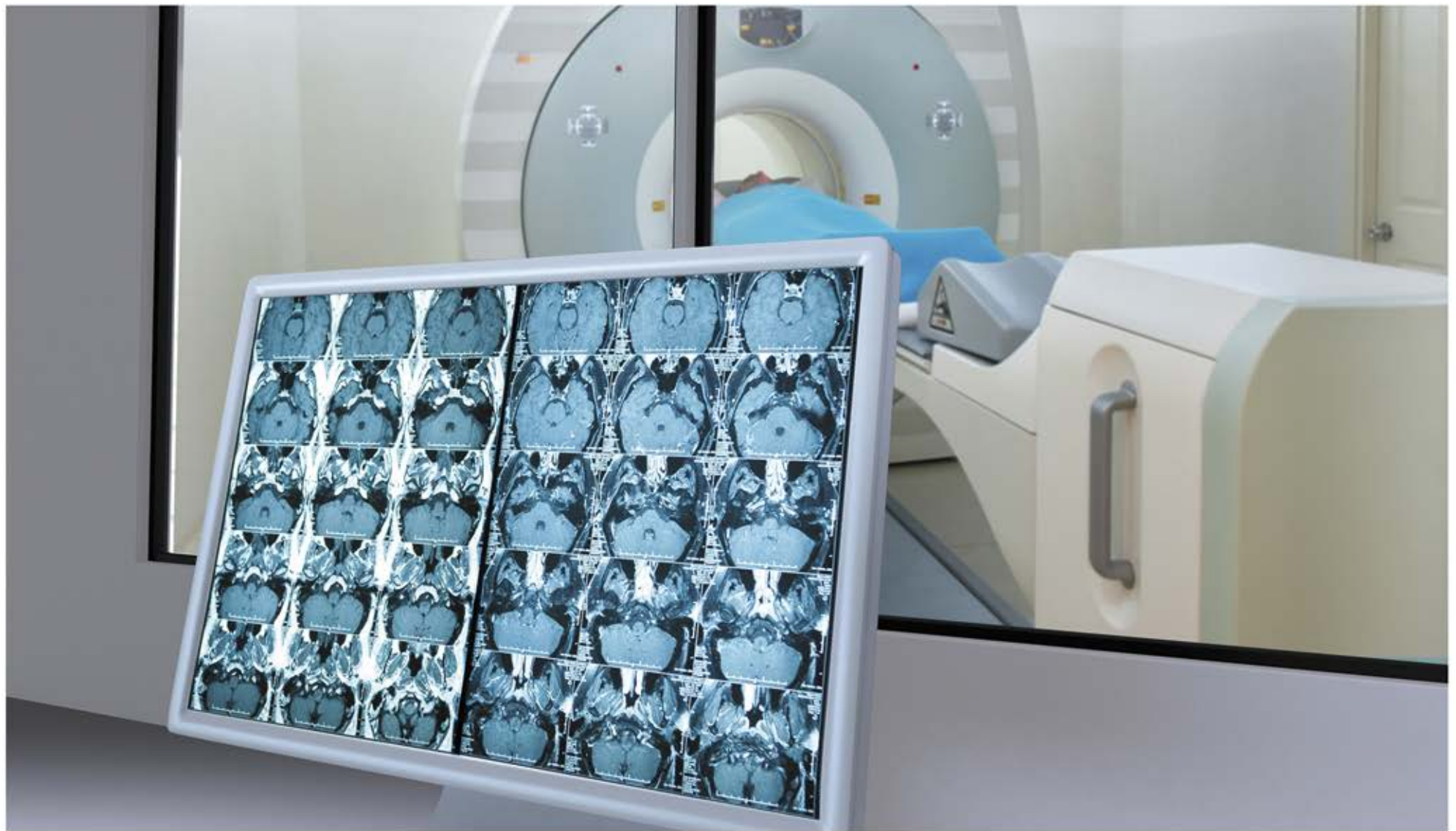
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To get your article published and for ad rates, call 239-588-1200
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THE PARATHYROID 4D-CT SCAN FOR QUICK, ACCURATE DISCOVERY

The best detection is early detection, and the best diagnostic tool for the early discovery of parathyroid disease is the 4D-CT, a specialized four-dimensional imaging system that can discover abnormal parathyroid glands and tumors smaller than a grain of rice. Performed with or without contrast dye, 4D-CT delivers amazing clarity of the parathyroid glands as well as lesions, abnormal positioning and other irregularities, even in their earliest stages.

"In as little as 5 minutes, this highly sensitive scan can spot parathyroid problems other imaging scans can miss," says radiologist Dr. Fredric Wollett. "4D-CT can help patients avoid exploratory surgery in order to determine and locate a problem, which is tremendous." The scan takes only minutes, though with prep and possible contrast use the appointment may take about an hour.

"4D-CT is so sensitive, it can discover abnormal parathyroid glands in nearly all cases in which they are present," says radiologist Dr. Malcolm Williamson. "It is completely painless and noninvasive and can help us detect abnormal glands while they're quite tiny and easily operable."

In addition, parathyroid 4D-CT can also assist in the planning of any necessary surgery, including re-operations of patients who have had previous parathyroid surgery. "Lots of people whose cases were deemed outside surgical treatment now have new options," says radiologist Dr. John Boon. "This test will help determine the best treatment option for more people dealing with parathyroid disease."

RAO's team of Board Certified subspecializing radiologists read all imaging results personally, and consult directly with your referring clinician.

In most cases, 4D-CT is covered by insurance. Patients with mild to moderate kidney disease may still be eligible for this scan.

"Advances in medicine and technology have made a world of difference in parathyroid disease discovery and assessment," says radiologist Dr. Ralf Barckhausen. "People with unresolved parathyroid disease should talk to their clinicians about 4D-CT. A better life may be just around the corner."



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Do You Know The Signs & Symptoms of Cataracts?

According to the American Academy of Ophthalmology, Cataracts affect more than 24.4 million Americans age 40 and older, and by age 75, more than half of that demographic will have advanced cataracts.

The usual symptoms of cataracts are blurry vision, seeing double, sensitivity to light (both natural and synthetic) and trouble with night vision. The lens of the eye that is affected is behind the iris (the colored area of the eye). This lens filters light through the eye into the retina, allowing signals of the images that we see to transmit to the brain. But with cataracts, the lens is cloudy and scatters the light, causing blurred vision. If left untreated, cataracts can cause blindness.

The primary cause of the haziness of the lens is aging, but other issues can contribute to the disorder like smoking, family history, obesity, diabetes, excessive UV light (sun) exposure and disease. All of these risks are significant factors in the forming and worsening of cataracts.

Cataract treatment is complex, but standard. It entails an ophthalmologist removing the cloudy lens and replacing it with a new intraocular lens (IOL). If both eyes need the procedure, they will be done one at a time, due to small risk of infection and to allow the first eye to heal and regain good vision. For optimal healing, optical drops also need to be administered according to a specific timetable, which your physician will explain in detail to you or your caregiver.

After cataract surgery, typically, you will continue the eye drops for approximately four weeks. Your blurry vision will significantly improve, but the traditional IOL's are mono-focal, so depending on your prior vision, you may indeed still need to wear your glasses for reading, or for far distance sight.

There are multifocal lenses available that allow for both far and near vision without glasses, but major insurance carriers usually do not cover the cost for those lenses.

Artificial lenses do not have the same susceptibility as the natural lens of the eye, so they will not grow cloudy over time. Getting cataract surgery not only keeps your eyes healthy, but it can give you a new outlook on life because your quality of life will be enhanced significantly. Your ability to be more socially active, read, write, and focus on the world around you, will bring back your confidence and self-reliance, which will get you back to doing what you love within a few short weeks.

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

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REGULAR SCREENINGS HELP PREVENT COLORECTAL CANCER



According to the American Cancer Society (ACS), colorectal cancer is the third leading cause of cancer-related deaths in women in the United States and the second leading cause in men; however, the number of deaths from colorectal cancer has been dropping steadily in both men and women for several decades. One of the reasons for this decline is early detection and improvements in screening methods.

Almost all colorectal cancers begin as precancerous polyps (abnormal growths) in the colon or rectum, the majority of which take 10-15 years before developing into cancer; and, they may not cause any symptoms until the cancer is well-established. That's why screening is so important. With regular screenings, most polyps can be found and removed before they advance and become malignant, thereby preventing cancer from occurring. Screenings can also find colorectal cancer at an early stage, where there is a greater chance that treatment will be more effective and may even result in a cure.

ACS guidelines recommend that, starting at age 45, people who are not at an increased risk due to family history get a screening for colorectal cancer. If you have a family history of colorectal polyps or cancer, talk with your doctor about what your options are and how to reduce your risk. You may also want to begin screening earlier than age 45, or even receive genetic counseling to review your family medical history.

IMPROVING TREATMENT

The type of treatment for colorectal cancer depends largely on the stage of the cancer. The three primary treatment options are surgery, chemotherapy and radiation. In addition to these treatments, targeted therapies, including immunotherapy, may be used for cases of more advanced cancer. Targeted therapies are drugs that target specific malfunctions (DNA mutations) in the genes or proteins of cells that allow cancer cells to grow uncontrollably. These drugs, which are usually in pill form, may be given alone or in conjunction with traditional chemotherapy. Some patients with advanced colon cancer may also have a chance to benefit from specific immunotherapies. These are drugs that use your body's immune system to attack and fight cancer cells. The development of more immunotherapies is an area of ongoing research that shows great promise in the treatment of many types of cancer.

Screening remains the number one way to reduce your risk of colorectal cancer and/or treat early stage cancer. The Centers for Disease Control (CDC) estimates that if everyone over the age of 45 had regular screenings to detect pre-cancerous polyps, we could reduce colorectal cancer deaths by 50-60%. In addition to early detection, treatment for colorectal cancer has vastly improved over the last few decades. As a result, there are now more than a million survivors of colorectal cancer in the United States.

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.

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



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For more information, visit FLCancer.com

Parkinson's Disease is Progressive: One Community Has Your Needs in Mind

Parkinson's is a complex condition that progresses over the years, and to date, has no cure. It is a neurodegenerative disease that wreaks havoc on the brain, which in turn interferes with the body's fine motor skills. The brain's neurons (nerve cells) are what create dopamine and the deterioration of this process is the cause of Parkinson's disease.

In Parkinson's patients, the dopamine chemical production is slowed down and over time it can be completely diminished. Some of the first symptoms of early Parkinson's disease are impaired sense of smell, constipation and sleep disorders. These early signs are found in the medulla and the enteric region of the brain. Some patients will have diminished voices, develop rigid muscles and show little to no expression on their faces within the middle stages of the disease.

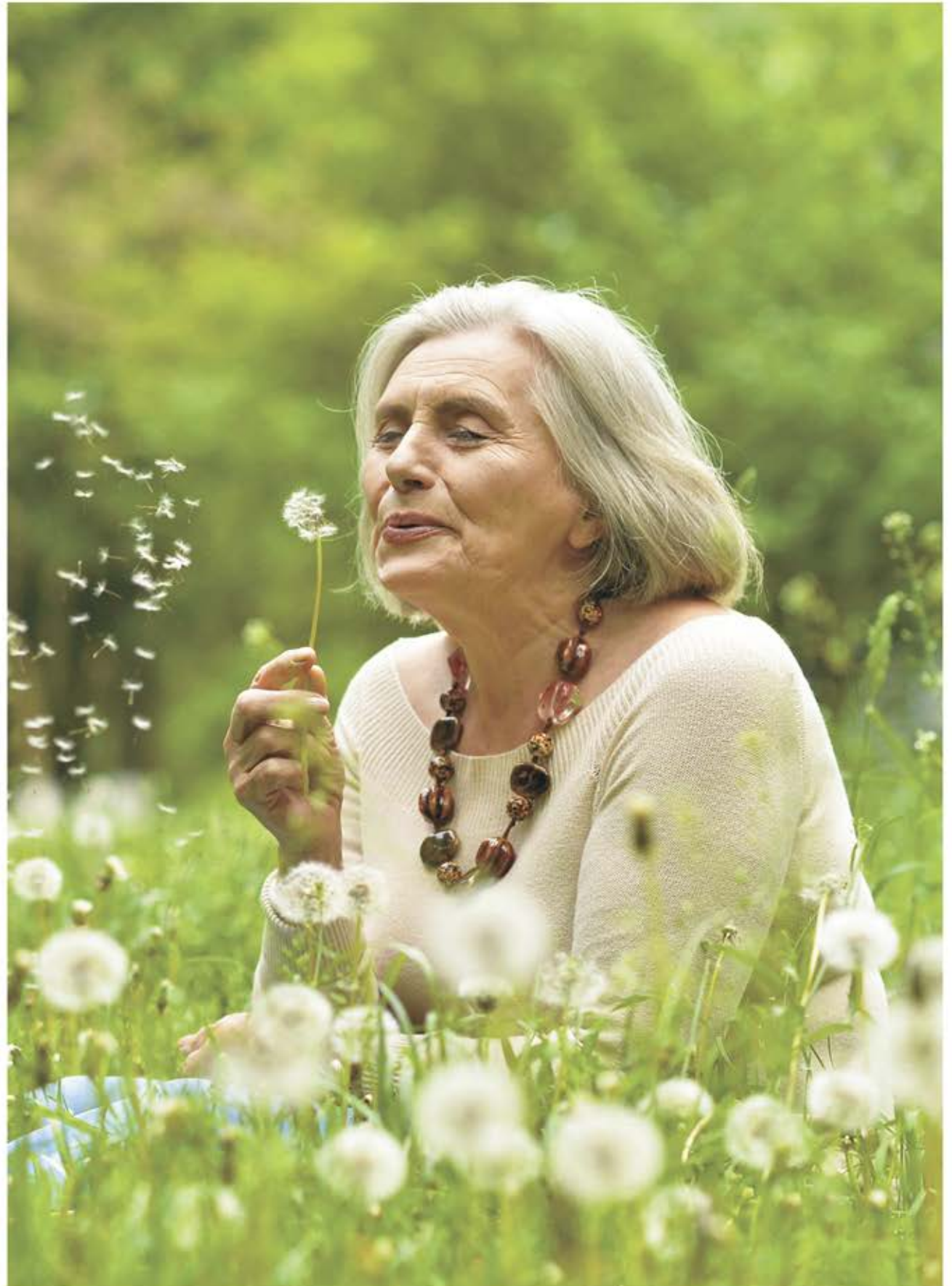
As the disease progresses, it eventually reaches the substantia nigra region of the brain, which controls the bodies movements. Once this stage is reached, patients have a difficult time controlling their bodily functions, and they develop tremors and have jarring irrepressible movements.

Because there is no cure, the main treatments are given through traditional pharmaceutical medications, which are available to slow down the disease's development. Many of these drugs increase the dopamine in the brain, and in some cases, replaces the dopamine altogether.

Along with medication management, physical therapy for balance and stretching is helpful. Occupational Therapy is critical to help the individual maintain and relearn how to perform daily activities. Speech pathology is also very effective in maintaining and improving speech related issues that the disease so commonly causes.

Long-Term Care Options

Canterfield of Ocala provides specialized care for neurodegenerative disorders like Parkinson's disease, as well as other conditions at various levels of need. They are a neighborhood for independent living, assisted living, and memory care all within the same campus. As we age, it's essential to make living accommodation changes for safety, health, independence, and dependent care needs. A care continuum makes it possible for individuals or couples to choose from a variety of environments and services as their healthcare needs change over time.





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

The Differences in Living Accommodations at *Canterfield of Ocala*

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

Couples Can Age Together

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

Choosing the Right Option For You

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

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

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

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



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Traveling Tips for Venous Insufficiency

By Bryan Carter, MPA-C, Phlebology-Surgery

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

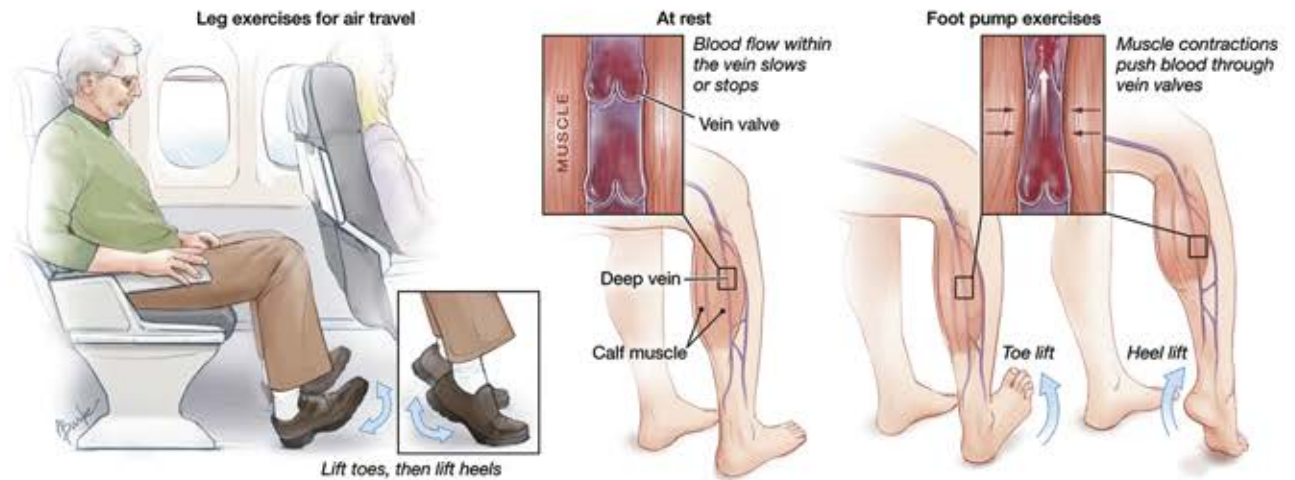
The hottest days are upon us during the upcoming summer months, so it's imperative that everyone stays hydrated, especially the elderly and children. Because we come in all shapes and sizes, drinking at least ½ your body weight in ounces is the recommended amount for each person. So if you are 200 lbs.,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

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

What is venous insufficiency?

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

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



Symptoms of venous insufficiency:

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

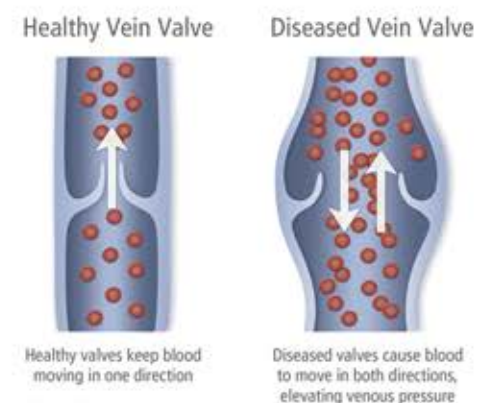
One of the easiest ways to better control and improve your legs blood flow is to wear compression stockings, but beware, not all compression stocking are the same.

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

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

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

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



Treatment Options for Venous Insufficiency Include:

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

If you have any questions or concerns call and schedule appointment today with Mr. Carter. He has been treating vein circulation problems for 17 years.



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Bryan Carter, MPA-C

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Urinary Incontinence

Having an overactive bladder is nothing to be ashamed of. In fact, nearly 15 percent of women are dealing with it on a chronic basis. As you may suspect, it is more prominent in women due to pregnancies, menopause, and the unique structure of the female urinary tract.

Stress Urinary Incontinence (SUI) is a specific type of problem that is caused by movement or exertion. Certain movements can result in excess pressure on the bladder; which results in unintentional urine loss. In a healthy individual, the muscle surrounding the urethra, called a sphincter, is responsible for containing urine within the bladder. Our bladder walls are made up of muscles that must be relaxed for the bladder to expand. When incontinence occurs, it is because the muscles have been weakened and cannot maintain their normal function. Various events can lead to this condition; childbirth, trauma to the pelvic region, and even chronic coughing from smoking. Knowing the mechanics of urinary incontinence helps us to find a proper treatment.

The most troubling part of having an uncontrollable bladder is that it can happen at virtually any time, day or night. It can occur during laughing, sneezing, or working out. Anytime we experience strenuous physical activity could be the next embarrassing accident. As with most medical problems, being healthy can drastically reduce our risks. Being overweight can increase abdominal pressure making matters worse. A bad habit like smoking can induce coughing; which can weaken the abdominal muscles. There are different treatments available for this condition; ranging from Kegel exercises to surgery.

Kegel exercises are the clenching and unclenching of the pelvic muscles. It is accomplished by "bearing down" and releasing. Also, the use of Botox is an option. When we hear the word "Botox", it is generally attributed to the removal of wrinkles. However, in this case Botox is used to treat and reduce daily bladder leakage.



Botox has been FDA approved for incontinence sufferers and has shown great success. It works by injecting the Botox into the bladder muscles; this allows them to relax and store more urine with less stress. Botox is not a permanent solution and needs to be re-injected every 9 to 12 months.

Durasphere injections are another option; they are bulking agents that consist of non-migratory and non-absorbable prolytic-coated graphite beads in a gel. A mouthful to say, but it's actually a quite simple procedure to help control uncontrollable bladder leakage. The bulking agents are injected straight into the urethra to fill up the space that permits urine leakage. The injection actually thickens the bladder

making it more easily retain a healthy amount of urine. The pyrolytic carbon has been used in the medical field for over 30 years in implantable medical devices and it is non-reactive to tissue. This treatment is a safe and effective, minimally invasive, outpatient procedure option for urinary incontinence.

When it comes to treating urinary incontinence, the InterStim device is the most technologically advanced. This product has been used for over 15 years with over 100,000 individuals undergoing the procedure. The small device is surgically placed underneath the skin to stimulate the sacral nerves, the nerves that control the bladder. It blocks communication between the brain and the bladder. About the size of a pacemaker, this device sends electrical pulses down to the nerves of the pelvic floor. This is a method to reduce the contractions of an overactive bladder.

Urinary incontinence is not something that will go away on its own. Proper treatment is the only way to alleviate the symptoms. If you have any questions regarding incontinence, you can contact Advanced Urology Institute at (855) 298-2273.



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The Truth About Esketamine (nasal S-ketamine spray)

By Eric Milbrandt, MD, MPH

Much has been made in the news lately about the US Food and Drug Administration (FDA) approval of esketamine (Spravato), the nasal S-ketamine spray by Janssen Pharmaceutical, a company owned by Johnson & Johnson.

Ketamine is a medicine developed more than 50 years ago for anesthesia during surgery and other painful procedures. High-dose ketamine has been used safely for that purpose in children, adults, and animals for decades. About 16 years ago, medical researchers began studying low-dose intravenous ketamine infusions for treatment-resistant mood disorders, including depression, anxiety, and post-traumatic stress disorder (PTSD). Since then, studies have proven conclusively that the drug not only works but works quickly, with significant and lasting relief within hours of the first infusion.

Because ketamine has been around for so long, it is not patentable. This means that big pharma cannot make big money selling it because it is generic and inexpensive. Like many drugs, ketamine is a mixture of two molecular forms, the R-isomer and S-isomer, which are mirror images of each other. What Janssen has done is to isolate the S-isomer, S-ketamine ("es-ketamine"), and patent the isolate and its delivery by nasal spray. They haven't invented anything new or even tweaked the molecule a bit.

Researchers have examined the effectiveness of both the R- and S-isomers of ketamine and found that neither is as effective alone as the mixture is together. To support their application, Janssen submitted results from five randomized controlled trials of esketamine to the FDA. Only 2 of 5 studies showed a significant benefit for esketamine. Two out of five! That's 40%, which would be a failing grade in any classroom. Furthermore, Janssen used non-standard measures to define "remission" of depression in their studies, which made it easier to show a difference with esketamine. Had they used standard accepted definitions, it is doubtful that even their two "positive" studies would have shown the drug to be effective.



Not only is the S-isomer less effective, but the *delivery* by nasal spray is unpredictable. What if your allergies are acting up and you have a nose full of mucus? How much drug do you think your nose will absorb? This is exactly what Janssen's studies found. Unpredictable absorption! One day you get a good dose, then next not so much. The next, too much!

Finally, the likelihood that the nasal spray will get into the hands of those who would abuse it is incredibly high. Imagine people going through your medicine cabinet and swiping your spray. The same happens with pain pills all the time. Why would esketamine be any different?

Given these criticisms, why would the FDA approve Spravato? I'd like to think it is because it does work for some patients. Far more likely, however, is the fact that Janssen stands to make a killing selling this "new" drug. Anytime large sums of money are involved, the potential for greed to shape decision-making is significant. I believe that this is exactly what we are seeing here, a greedy grab selling an inferior form of a medication that is anything but new or novel.

Supporting this claim, in early March Johnson & Johnson announced that Spravato will be priced at \$590 for a 56 mg dose and \$885 for 84 mg. That is PER DOSE. During the induction phase of the therapy, which lasts for a month, patients will be treated twice a week with either dose, resulting in a wholesale acquisition cost or list price in the range of \$4,720 to \$6,785. Subsequent maintenance doses will be provided either

once a week or every two weeks, adding up to monthly costs ranging from \$2,360 to \$3,540, or \$28,000 to \$42,000 per year.

In comparison, intravenous ketamine therapy at The Infusion Clinic of Ocala costs \$250 per dose, for an initial induction phase cost of \$1500. Subsequent maintenance doses are given approximately every 1 to 6 months, for a maximum yearly cost of \$3000. Yes, it requires an IV and 40-minutes of your time, but there are a lot of things you could do with that \$25,000 price difference, even if your insurance company covers some of it.

In summary, if you are depressed, anxious, or have PTSD and haven't gotten relief from counseling or traditional antidepressants, give generic IV ketamine infusion therapy a try. It is proven to work in 3 out of every 4 treatment-resistant patients. It is safe and predictable. If you would like to give it a try, our clinic has lots of openings and the cost of an infusion is only \$250. There is no better time to try!

You can find out more about IV ketamine therapy in the January issue of Health & Wellness Magazine (<https://tinyurl.com/y7sursfq>), online at <https://www.InfusionClinicOcala.com>, or by calling The Infusion Clinic of Ocala at (352) 325-5755.



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Dr. Eric Milbrandt is owner of The Infusion Clinic of Ocala, located at 40 SW 1st Ave, Ocala, FL 34471. Dr. Milbrandt is a critical care medicine specialist with over 16 years of experience providing care to the sickest of hospitalized patients, including those with severe depression, anxiety, and PTSD. He is board certified in Critical Care Medicine, completed a fellowship in Quality Improvement and a Master of Public Health at Vanderbilt University. He is a graduate of The Ketamine Academy, a leading provider of comprehensive online training for all major aspects of ketamine therapy. The Infusion Clinic of Ocala provides low-cost ketamine infusions for the rapid treatment of anxiety, depression, PTSD, and chronic pain.

Seasonal Allergies and Your Oral Health

When allergy season is in full swing, your dental health may not be on the top of your mind. But here is what to look out for and how to protect your mouth.

Tooth pain

Sinus pain is a common symptom of your immune system waging war on pollen and dust. The hollow spaces in your head fill up with mucus, causing aches and pains in your face. The maxillary sinuses, the largest sinuses in your face, are located above your mouth. When pressure builds in these sinuses, it can push down on the roots of your upper molars. You may experience sensitivity to hot and cold or notice pain that shifts as you sit, stand or lie down.

Try antihistamines to see if you can get any relief. If your toothache goes away after taking antihistamines, the tooth is likely allergy-related. But if it persists after your allergy symptoms disappear, or occurs somewhere other than your upper molars, talk to your dentist. The pain may be caused by decay.

Dry mouth

Allergies can cause dry mouth in two ways. First, you're more likely to breathe through your mouth when your nose is stuffy. Second, many antihistamines include dry mouth as a side effect. This condition isn't just uncomfortable — it also increases your chances of developing cavities, gum disease and bad breath. One of the main functions of saliva is to wash away harmful bacteria. That means a dry mouth is the perfect place for cavity-causing bacteria to multiply.

Sore throat

An irritated sore throat is a common result of allergies, caused by postnasal drip. This sore throat can cause bad breath, but since it originates in the throat, brushing your teeth won't do much to help.

Follow these tips to keep your dental health in check.

Stay hydrated. Drink lots of water to keep your mouth and body hydrated. Not only can this counteract the effects of dry mouth, it can also help your body flush away the excess mucus.

Gargle with salt water. Dissolve a tablespoon of salt water in a glass of warm water. Gargle and spit until all the water is gone. The salt can help draw mucus out of your sinuses, relieving your symptoms. It also cuts down on harmful bacteria in your mouth and throat, reducing the effects of bad breath and plaque.

Keep brushing and flossing. A serious attack of allergies is no excuse to slack on your oral health routine. Regular brushing and flossing are especially

important when you're experiencing dry mouth, so make sure you're brushing twice and flossing at least once a day.

Treat your allergies. Controlling your allergies can help reduce their impact on your mouth. Avoid known triggers, and talk to your doctor about long-term treatment options, such as prescription medication or allergy shots.

Talk to your dentist. Continue going to scheduled dental appointments. If you're experiencing tooth pain, mention it to your dentist. Your dentist can help you figure out whether it's allergy-related or caused by other problems.

Call Ocala Dental Care at 352-237-6196 today to learn more.

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An Advanced Solution for Women's Sexual Health

As women age, or go through hormonal complications whether it's from pregnancy, medications or menopause, sexual intimacy and disruptions are more common than most people are aware.

When the passion we're experiencing with our partner seems less like an intense flame and more like a smoldering wick, issues can arise inside and outside of the bedroom. In relationships, sexual intimacy is a common issue that many couples suffer with, and they often do so silently, without much dialogue or solution, which can exacerbate other problems and cause a great deal of tension on the relationship. Sexual disorders can happen to both men and women. For women, it's often due to vaginal atrophy. Intimacy issues can affect a partner's psychological wellbeing, just as much as it does with the one with the condition.

What if there was a drug-free, noninvasive, in-office procedure with no side effects that had long-lasting results and could rejuvenate and regenerate your body back the way it once was? Well, there is. It's called FemiWave.

FemiWave is a revolutionary procedure that uses low-intensity sound waves to restore sensation and natural lubrication and eliminate urinary incontinence. The procedure increases cell signaling in blood vessels, which increases blood flow to nerves and the vaginal lining.

FemiWave is a procedure that uses pulse waves to repair blood vessels, which improves blood flow to the vagina. Women can expect to experience increased sensitivity and lubrication, as well as strengthening, tightening and improved physical appearance. Overall, FemiWave helps enhance sexual performance and function. The procedure is noninvasive, comfortable and performed on the outer and inner labia right in the provider's office. There is no downtime, drugs or laser, and results are long-lasting.

FemiWave uses shockwave therapy which has been around for years and is based on numerous clinical studies proven to increase blood flow and restore healthy tissue.



FemiWave Benefits

- Drug and laser free
- Long-term results that treat the root issue
- No risks, no side effects
- Safe for those who have had a hysterectomy
- Increases sensitivity and lubrication for shorter arousal time
- Improved control over urinary incontinence
- Tightens the vagina and improves physical appearance
- Enhanced ability to reach orgasm
- Heightened self-confidence
- Enriched quality of life
- Breaks down scar tissue from episiotomy repair

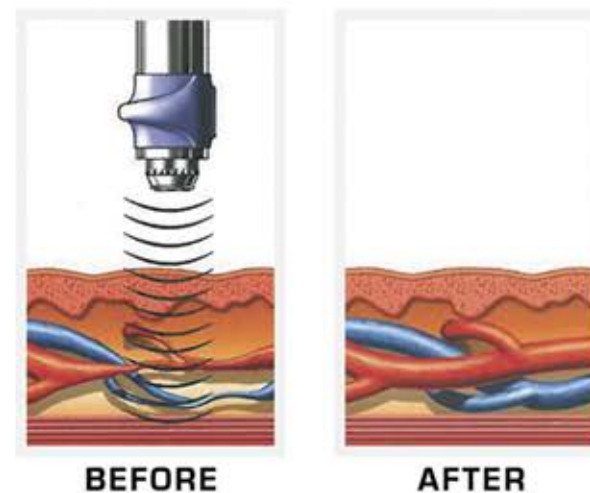


What is the difference between FemiWave and other vaginal rejuvenation options?

FemiWave is a long-term solution unlike anything else on the market that improves the overall function of the vagina. Other treatment options may usually focus on one thing like tightening or improving the look of the vagina. FemiWave is laser free and increases sensitivity, tightens, improves incontinence, increases lubrication and improves the overall appearance.¹

References

FemiWave, "Learn more about FemiWave," <http://Femiwave.com>, Aventura, FL 2018



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A BRIEF HISTORY OF PERSONAL INJURY ATTORNEY JOHN H. PICCIN

I was born in Willimantic, Connecticut, a typical product of New England. My mother was French Canadian, born on a wheat farm in Saskatchewan, Canada. My father was from Vittorio Veneto, Italy, north of Venice. Times were tough on the wheat farm and in northern Italy, so both families immigrated to small towns in Connecticut in the early 1900's.

I came along in 1940, and without a bit of studying, graduated from high school. My parents and I decided that I needed a year of "post-graduate studies", so I attended Marianapolis Preparatory School, in Thompson, Connecticut. Marianapolis was like a prison, but it forced me to become a student.

I then went to Villanova University outside of Philadelphia. I liked Villanova the first year, thought the student body was too homogeneous the second year- mostly male, catholic and middle class -and I had a fabulous junior year at the University of Vienna in Austria! In addition to studying German, art history and other liberal arts subjects, I traveled all over Europe, from Scotland to Finland, and from Spain to Italy.

Between semesters, three classmates and I traveled to Istanbul, and throughout Greece and Egypt. That trip directly inspired one classmate to go on to medical school and specialize in tropical diseases and another classmate to earn a PhD in quantitative molecular biology. I will be seeing both of these friends this month in Ocala for the first time in 57 years.

Another highlight of my junior year was taking one Ruby Reed of Beaumont, Texas, to a minor Viennese Ball in her gown on the back of a borrowed Vespa motor scooter. One of the dumbest things I have ever done was drive and ride, with a frenetic friend, on a 1950 Puch motorcycle to Berlin and back at Thanksgiving, with no proper equipment and with neither of us ever having been on a motorcycle before. After almost hitting a deer in the Alps, my friend running over his foot, and our being detained by the East German Polizei upon leaving Berlin, we somehow made it back to Vienna, each in one, near-frozen piece.

The following summer, I hitch-hiked through northern Europe, spending about a dollar day on lodging. One night was totally free- in a Copenhagen jail for sleeping on a couch in a student building which was supposed to be closed, but had its front door ajar (and I needed to sleep somewhere).

I decided that English literature would be the best way to cram a major into my senior year at Villanova. My English professor had me interview for a Rhodes Scholarship at Yale University with poet, novelist and literary critic Robert Penn Warren. I still cannot understand why Mr. Warren was not sufficiently impressed! I then decided to go to law school.

I was accepted at Georgetown Law School in Washington, DC and took a job for room and board at the maximum-security D.C. Jail. After living in the jail for a month before school started, I decided I could not do that for three years, so I headed out for Ann Arbor, Michigan and The University of Michigan Law School. My two summers between law school years were spent leading tours around the East and West Coasts, and Canada.

I graduated in 1965 and joined a general practice law firm in Detroit, as I had met a beautiful undergraduate, Mary Ann Burke, from suburban Grosse Pointe, and decided to make Michigan home. Mary and I were married in the summer of 1966, then had Katie, my law partner, in 1969, and retired F16 fighter and now 757 & 767 American Airlines pilot, Timothy, in 1973. From 1969 to 1974 I was a member of the Legal Staff at General Motors Corporation, defending product liability cases, near and far.

We lived through the Detroit race riot in 1967 and the gas crisis in 1973, and could see the "hand-writing on the wall" that the American auto industry was wavering. That is when we chose Ocala and the private practice of personal injury litigation. After starting with a large insurance defense firm, I became a plaintiffs' lawyer in 1981 and thereafter have represented injured "Davids" against insurance and corporate "Goliaths"-work which I dearly love, especially now that I am practicing with my daughter Katie Glynn. Mary tends to the few horses we own and helps Katie with her 11 year-old son, Rory, several days a week.



Aside from working - which I do a lot - I go to the gym, do yoga, play tennis, and occasionally drive at Sebring, Daytona and other tracks in Porsche Club of America driving events. Two "once-in-a-lifetime" experiences have been driving in classic car Italian road rallies with my son and co-pilot Tim, in a rented red 1952 Ermini race car.

The purpose of this advertisement is to let you know a little about this local lawyer who is dedicated to helping injured victims of negligence. Some advertising is necessary to prevent being swallowed up by the mass advertisers who have moved into Marion County from the "big cities". Please call me or Katie for a free consultation if you think we may be able to help you, (352) 351-5446.

In the next issue, I'll concentrate on outstanding cases we have handled and on our current practice.



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This motorcoach tour begins with your arrival in fabulous **Las Vegas, Nevada** with leisure time to enjoy the endless entertainment opportunities. Take a chance at a card game or roulette, visit a show, or simply relax at your hotel. Then the tour is off to see Natural Wonders, and it is only befitting to start with a bang: one of the seven Natural Wonders of the world- the majestic **Grand Canyon National Park**. If it's your first time to the Grand Canyon, you'll understand why pictures could never do it justice. The colors and textures are incredible. Here, you'll enjoy an overnight stay inside the park giving you the opportunity to witness this awe-inspiring landscape both at sunset and sunrise.

The next site to explore is the sacred **Monument Valley Navajo Tribal Park**, the Navajo Nation's equivalent to a national park. The sunset out west turns flaming red and orange, and the dark, quiet, nighttime sky is illuminated with countless stars.

You'll then journey further west to visit **Zion National Park** where 2,000-foot sandstone cliffs tower above. Zion has a great deal of grassy expanse, so seeing families of deer and other wildlife is common.

From there, **Bryce Canyon National Park** is the next stop. Bryce Canyon is well known for its abundance of Hoodoo sandstone. Hoodoos look similar to stalagmites but with much greater immensity. The mornings and evenings are cool and crisp, and the afternoons are warm and bright. You can walk and observe the natural rock formations, or just sit back and enjoy the view. The park's Dark Rangers often offer guided night-hikes among the moonlit hoodoos.

The journey then heads northeast through picturesque Capitol Reef, Arches and Canyonlands National Parks enjoying the stunning vistas of naturally formed sandstone cliffs, arches, canyons, domes and bridges throughout.



Heading further west, you'll travel into Utah's capital, **Salt Lake City** and see the lake that gives this city its name. It's the largest saltwater lake in the Western Hemisphere. You'll also visit the nearby **Bonneville Salt Flats**, famous as a site for land speed records.

Then guests head off to Majestic **Lake Tahoe**, which has 72 miles of pristine shorelines making it the largest alpine lake in North America. The town is quaint, restaurants are fabulous, and the stunning green atmosphere couldn't be better.

From here it is on to California to **Yosemite National Park** where you will witness its extraordinary landscapes of granite cliffs, plunging waterfalls, towering trees, pristine streams, and abundant wildlife.

In California, you'll continue through **Kings Canyon National Park** and view the famed ancient giant redwoods, some of which tower over 300 feet. Weather permitting, YMT travels through **Death Valley National Park**, the lowest point of elevation in North America on the way back into Las Vegas for your departure home. You'll have memories to share for a lifetime.

Out west, the sunset and the sunrise cast vacillating impressions depending on how the light filters. The parks take on different forms and can seem to change throughout the day.

This is an excellent trip for all ages including multigenerational families. It's appropriate for all levels of fitness and function. These gorgeous National Parks are in our country, in our backyard! If you decide to see them, they are awe-inspiring and rejuvenating.



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Hearing Loss Affects More Than Just Your Hearing...

Do you remember when you had your last hearing test? Hearing is vital in keeping your brain and memory sharp. According to the National Institute on Deafness and Other Communicative Disorders, hearing loss is the 3rd most prevalent health condition in older adults. Approximately 48 million Americans have hearing loss. Hearing loss is a slow gradual process and most often the individual is unaware their hearing has declined, loved ones may notice first. Hearing loss can be due to many factors such as noise exposure, ototoxic medications, the natural aging process, hereditary factors, shingles, and diabetes just to name a few. Untreated hearing loss greatly affects a person's quality of life. One may be less likely to socialize with others and avoid certain situations causing them to isolate themselves. They may become anxious and depressed or distrust as they feel others may be talking about them.

Hearing loss can also have an effect on memory. A recent study by Johns Hopkins researchers shows a link between hearing loss and cognitive decline. Hearing loss does not cause Alzheimer's, but it does show a link between the two. The study reports that the part of the brain that is in charge of hearing and processing auditory information may simply start to work differently because the mental strain needed to hear causes a change in brain function. The study reiterates that regular hearing exams are key in early detection of hearing decline and treating hearing loss. This enables continued communication with



friends and loved ones and makes it easier to participate in everyday activities.



Krystal Broy
HAS, BC-HIS

Krystal Broy, HAS, BC-HIS and Monica Dasher, HAS of Miracle-Ear in The Villages, FL explain this to all patients that come in for a complete hearing evaluation. When your hearing is not within the normal range, no matter how hard you try to understand speech, the brain will not receive all of the information. It is like finishing a puzzle with missing pieces, you can't.

Krystal suggests having a hearing test even if you are not having any issues. The hearing test will serve as baseline to check against each year. The hearing evaluation is at no cost and is educational as well.



Monica Dasher, HAS

Visit their website at www.Miracle-Ear.com for more information regarding hearing healthcare.



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Spring Cleaning: A Tidier Home Brings Added Health Benefits

Embrace the Japanese idea of Mottainai and declutter by thinking about what you need, use and brings you joy

Do you look around your house or apartment with dread, wondering when you'll find the time to clean up the clutter? You're not alone. The ease of online shopping and doorstep delivery has made accumulation almost a daily habit. Items easily pile up, quickly throwing our homes into disorder. As items pile up, it can become overwhelming, adding even more stress to already stressful lives, which can also bring additional negative health impacts.

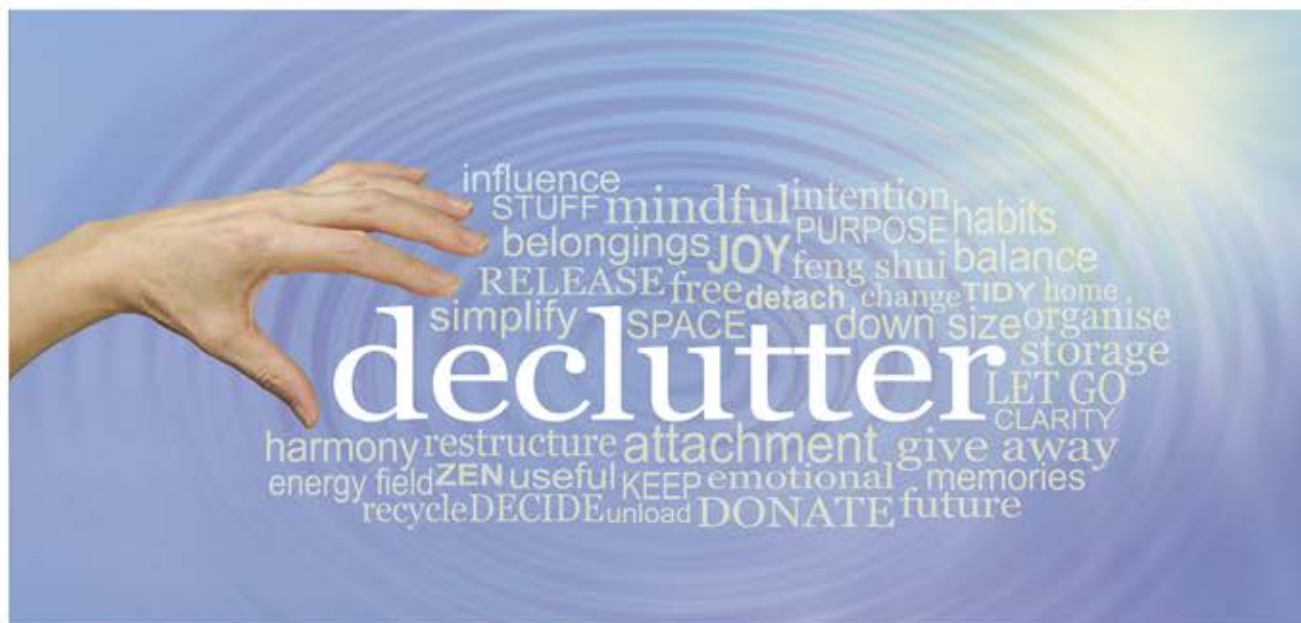
To help get you started, look to the Japanese and the idea of *Mottainai*, which translates to "don't be wasteful." This means thinking about living off what you need, using items to their full extent, and paying respect to those items that bring you joy. And according to UnitedHealthcare Florida's chief medical officer, Dr. Mayrene Hernandez, several studies have shown that this decluttering way of life and reducing "clutter stress" may also have positive impacts on your health, such as:

Reduced stress: Clutter may cause stress. According to one study, people living in cluttered homes had higher levels of cortisol—the stress-causing hormone—in their bodies. Another study found women who consider their home stressful due to clutter or unfinished projects rather than restorative had increased depressed moods over the course of the day.

Deeper sleep: This goes hand and hand with reduced stress. Less stress can mean better sleep. A survey conducted for the National Sleep Foundation found those who make their bed in the morning were 19 percent more likely to report getting a good night's sleep on most days.



Decluttering your home shouldn't be all about you. Make it a family affair by having your spouse and kids chip in and teach them the value and importance of letting go of items they no longer need or want. Add some incentive by holding a garage sale and letting everyone keep the earnings from sales of their items. Then take the rest to the donation center.



Productivity boost: Clutter may be overstimulating and distracting. According to a Princeton Neuroscience Institute study, the number of items you can see affects your ability to concentrate. Getting rid of clutter may help you work more efficiently, increasing productivity.

Healthier eating habits: A study found people with extremely cluttered homes were 77 percent more likely to

be overweight. Emotional eating can be triggered by stress. Tidying up your home may reduce your stress levels, which may help you avoid grabbing unhealthy snacks.

With so much clothing, decorations and keepsakes it can be overwhelming knowing where to start. Here are some tips to consider:

Be patient: Clearing out your home is going to take time. Be patient and do a thorough job so it'll last.

Pick an area to focus on: Try starting with your kitchen, which is found to be one of the most cluttered spaces in most homes. Get rid of expired condiments or chipped dishes. Then move on to clothing, even a drawer or closet at a time. Keep what's essential and donate the rest. Gradually make your way through your home, getting rid of things that just take up space and don't provide a useful purpose.

Everything in its place: Once all items have a designated place, you won't have to think about it again. Cleaning up will be easier and the clutter will stay away.

Keep up with decluttering: After your home is organized, keep it that way. Put items back in their places each day, to minimize a potential buildup of clutter.

For more information and free tips on healthy living, visit www.newsroom.uhc.com.

Dr. Mayrene Hernandez is the chief medical officer for UnitedHealthcare Florida. She is also part of part of UnitedHealth Group's South East Clinical Services Leadership Team, where she oversees hospital inpatient management as one of the medical directors for Orlando.



Cleaning up bedroom clutter – even just making your bed every morning – can help you sleep better by creating a more peaceful environment when you walk into your bedroom.

Fighting Illness, Anxiety and Pain with CBD Oil

There are countless ongoing peer-reviewed studies on the medical outcomes of utilizing Cannabis as a drug therapy in clients that have cancer, multiple sclerosis, HIV/AIDS, cognitive damage, rheumatoid arthritis, PTSD, epilepsy, ALS, Crohn's, Parkinson's, Lupus, and many other disorders. CBD oil is also a viable alternative for many clients wanting the healing properties of cannabis and its potent antiviral and anti-inflammatory effects without the mind-altering psychoactive effects of cannabis with THC (tetrahydrocannabinol). THC is the mind-altering, euphoric component of marijuana that gives you the "high" feeling.



The treatment for diseases like cancer, epilepsy and other chronic disorders require a higher dose of CBD oil in tincture form, and it's imperative to seek out products that are regulated and distributed by a reputable practitioner that is experienced with

understanding a client's disease or disorder. **Dr. Israel Spaulding Sr.** specializes in providing his clients with the highest-quality of CBD that is pharmaceutical grade, manufactured in the U.S.A., certified to prove potency; and it's also grown, packaged and distributed under the most comprehensive quality control. The brand is called CTFO, which is a pharmaceutical grade line of full spectrum Hemp CBD that the company created specifically for doctors and pharmacists.

Recent studies have shown the following health benefits of CBD oil:

- Reduces anxiety
- Improves sleep
- Relieves pain
- Alleviates Seizures
- Controls & eases muscle spasm
 - Anti-nausea
 - Anti-psychotic
 - Anti-tumor factors
 - Brightens skin
 - Cancer cell death
- Cancer cell growth inhibitor
 - Fights viral infections
- Reduces beta-amyloid plaque
- Reduces cognitive impairment
- Reduces Seizures/anticonvulsant
 - Reduces inflammation
 - Relaxes organs and tissues



10X PURE

Key Benefits:
Hydrophilic, increased potency
Accelerated, increased absorption
Supports Optimal Health

How Does CBD Work?

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to cannabis (full spectrum hemp CBD/medical marijuana). The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with CBD, creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like mood, sleep, immunity, pleasure, memory and much more.

CBD or cannabinoids can treat many different forms of diseases and disorders with little THC. CBD is not the only cannabinoid found in cannabis; in fact, over 100 cannabinoids have been discovered so far. The full spectrum hemp contains CBD along with many

other cannabinoids that have been used for centuries by many cultures for medicinal purposes. CBD oil is an excellent alternative for people that would benefit from cannabinoids alone, while other more complex medical cases may require the additional advantages of THC combined with CBD in the marijuana plant.

Who can benefit from CBD?

Almost everyone can benefit from CBD. CBD is an all-natural product that helps maintain overall health. Research on the potential health benefits of CBD oil is ongoing, so new therapeutic uses for this natural remedy are still being discovered.

Dr. Israel Spaulding, Sr.

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Allergic Reactions, Seasonal Allergies & Attacks: How Urgent Care Can Help

The reasons individuals visit an urgent care are various, but when it comes to allergies, Quick Care Med Urgent Care can get you and your loved ones treated for various symptoms whether those are simply annoying or more severe.

Here in Florida, seasonal allergies seem to be year-round with molds, mildews, dust and pollen thriving in our warm environment. Although certain months of the year are worse than others, seasonal allergies are a common disorder from the young to the elderly population.

When a substance enters the body like dust mites (a common allergen), the antibodies, which are proteins bind to the allergen to defend itself. This causes an immunoglobulin E (IgE) release. The E stands for Eosinophils. If too much IgE is in the body, it will produce allergic reactions like hives, itching eyes, nasal congestion, vomiting, or a swollen mouth to name a few.

It can be challenging to differentiate allergy symptoms from a cold; the good news is that Quick Care Med treats both and can easily decipher your diagnosis and get you feeling better quickly.

When it comes to issues like food allergies, if anaphylactic shock has set in, you must call 911 and go to the Emergency Department. However, if there is a food allergy that is making you or your child's mouth itchy or the skin has broken out in hives, urgent care is the right place to get fast and efficient treatment.

According to the Asthma and Allergy Foundation of America, 26 million people have asthma, and allergic asthma is the most common type affecting 60% of sufferers. Allergic asthma has the same symptoms as asthma but is the result of what the body is having an allergic reaction to, which causes bronchial inflammation. Allergies can trigger the body's immune response through skin absorption and contact, inhalation, ingestion, infusions or injections.

As with allergies, the release of immunoglobulin E can also trigger asthma, which is a narrowing of the bronchial system and inflammation of the lungs, which makes it difficult to breathe. Too many eosinophils will trigger a white blood cell response and cause asthmatic wheezing, shortness of breath, coughing and in severe cases, the inability to breathe. Again, if you can't breathe, call 911.



To control allergic asthma, an urgent care doctor can temporarily treat the disorder until an allergist or pulmonologist can determine what's causing the attack and how to treat it long-term.

Quick Care Med Urgent Care Vs. Emergency Room

If your health needs are not emergent and in need of life-saving measures, the benefit of urgent care in comparison are abundant. To name a few, the wait time will be much shorter. For the most part, urgent care can see their patients within an hour. The cost is also much less with urgent care than it is with emergency room treatment. Quick Care Med urgent care provides you with the proper paperwork to follow up with your primary care physician or specialist, as urgent care takes initiatives to keep the line of communication open to make certain that your treatment is a top priority.

There are infinite reasons people go to urgent care, from sore throats, skin infections, school sports physicals, vaccinations, colds and flu, sprains, heat exhaustion, animal bites, dehydration, broken bones and much more. Before you go to the ER, consider if you could instead be treated at urgent care because of the many benefits to you and your loved ones.

Quick Care Med Walk-In Clinic & Urgent Care is a comprehensive urgent care clinic with multiple specialties to serve you. Quick Care Med has locations in Marion (Dunnellon and Ocala), Citrus (Crystal River, Inverness, Beverly Hills, and Homosassa), Levy

(Williston), & Alachua (Newberry) counties that provides immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

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

From the common cold to a broken bone, Quick Care Med Walk-in and Urgent Care revolves around getting you back to feeling good!

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3 Locations in Ocala

3415 E. Silver Springs Blvd, Ocala, FL 34470
(On Silver Springs Blvd. across from Publix)

8119 SW State Rd 200, Ocala, FL 3448
(Just past Walgreens)

6341 N US 441, Ocala, FL 34475
(Across from John Deer)

Quick Care Med
Walk-In Clinic & Urgent Care

844-797-8425

www.quickcaremed.com

When is a good time to speak up on End-of-Life plans? Now!

By Hospice of Marion County

It seems as if the whole world is digital and that everything you could ever possibly need or want is on your smartphone. With folks continually texting and checking their apps, face-to-face conversation is fast becoming a lost art.

National Healthcare Decisions Day on April 16 is a good reminder to turn off your phone and have the most important conversation of your life — about your wishes for end-of-life care. The hardest part of the conversation is getting up the courage to start it; see how fast someone looks away when you bring up this subject.

To help get the conversation going, a clever new approach to this difficult subject is an old-fashioned card game. Remember playing Go Fish as children? Everyone has played that game, so there isn't anyone who can't relate to it. Young and old can sit around the table and play with the soul-searching version called Go Wish. The goal is not to get rid of all your cards, but rather to put your cards on the table, letting your family and friends know what is important to you and how they can support you.

Go Wish is no gimmick. It is the result of much study and funded by a grant to educate elders and their families about advanced planning. It was developed and field-tested to stimulate discussion in a positive way on the values and wishes about end-of-life care. It is an effective tool for those with limited cognition but not too simplistic for those with higher thinking skills. In essence, it works for everyone.

Deal me in

Each of the 36 cards has a short statement that people often cite as being important to them in the last weeks or months of life. In solitaire mode, the player sorts and prioritizes the statements. It is a visual way to



communicate your wishes. You also can play in pairs or groups. The point is not to create an "I want" list but to encourage discussion about what is important and why.

The game is never dull. Many people remark after playing the game several times, the way they sort the cards changes, helping them redefine their thinking and how their values might apply in different situations.

How to get started

Whether you play cards, fill out living wills together or have a frank talk around the kitchen table, just do it—for yourself and for your family. It is the best gift you can ever give them. Go Wish cards are available at www.codaalliance.org (\$24 for two packs) or play for free online at www.gowish.org.

Other resources are Living Wills and the user-friendly document Five Wishes. A simple two-page Living Will is downloadable for free at www.hospiceofmarion.com/services/resources. Five Wishes booklets are also free at Hospice of Marion County. Pick one up at 3231 SW 34th Avenue, Ocala, or call (352) 873-7400 and one will be mailed to your home. Both documents are fully legal in most states and travelers are advised to carry it with them, especially snowbirds.

These important documents may be challenging to complete. Counselors at Hospice of Marion County's Monarch Center at Sylvia's are available to provide guidance. **Call (352) 873-7456 to schedule an appointment. The Center is located at 2895 SE 62nd Street in Ocala.**

 <p>Innovative Therapies Group Inc.</p> <p>Changing lives... One patient at a time!</p> <p>352-433-0091 www.innovativetherapiesgroup.com</p>	 <ul style="list-style-type: none"> • Occupational Therapy (Hand Therapy) • Physical Therapy • Speech Therapy • Massage Therapy <p>(MM30672)</p>	 <p><i>End-of-life planning...</i></p> <ul style="list-style-type: none"> • it's important • it's easy • it's free <p>with the help of our counselors.</p> <p>The MONARCH Center at Sylvia's <i>a program of Hospice of Marion County</i></p> <p>(352) 873-7456 2895 SE 62nd St, Ocala, FL 34480</p> 
<p>Ocala 2801 SW College Rd Ocala, FL 34474</p>	<p>Summerfield 14031 Del Webb Blvd Summerfield, FL 34491</p>	<p>Lady Lake 929 US-27 #301 Lady Lake, FL 32159</p>

Microbiome Basics:

Nurturing Your Gut Bacteria Through Diet

By Anne-Marie Chalmers, MD

Unless you've been living under a rock, you've probably heard about the microbiome — you know, the 1.5 kg community of microbes living in and on you. The microbiome is currently a hot health topic, receiving plenty of attention for its role in regulating disease. Let's tackle some basics of this fascinating frontier in science.

What Is the Microbiome?

The microbiome refers to the trillions of bacteria that live in or on our bodies, including all of their genes. Located primarily in the gut, these microbes have at least 150 times more genes than we do. These genes collaborate with our own in running our bodies. Plus, they provide us with a greater genetic diversity important to the survival of the human species.

The gut microbes help us in many ways. They break down the leftovers after the stomach and small intestine have done their job, converting the remains into energy. They also feed the cells lining the colon, manufacture vitamins and other nutrients, break down toxins, and train our immune system. In other words, they are critical to a well-functioning body and a healthy immune response.

Why Does Microbial Health Matter?

A healthy microbiome is characterized by two key traits: Having a variety of bacteria and the right kinds of bacteria.

The problem is, we as a society are disrupting the balance of the microbiome. We wash our hands with disinfectants and swallow antibiotics when we have a cold; social and economic policies discourage women from breastfeeding; and to top it all off, we overload our bodies with fast foods high in bad fats, simple sugars and low levels of dietary fiber.

All of these factors contribute to dismantling the diversity and healthy types of microbes in our gut. And research shows that these microbial imbalances are linked with diseases like Irritable Bowel Syndrome, autoimmune disease, colon cancer, autism, allergies, mood disorders, and more.



Foods that Promote Microbial Health

Our microbiome can wander astray when we fail to feed it the right kinds of foods. Saturated fats feed inflammation-creating bacteria, as do sugars and other ingredients used in processed foods.

Dietary fibers, on the other hand, provide nourishment for healthier bacteria and support a more varied microbial community. Getting on a high-fiber diet — including oats, barley, and lentils — provides a variety of excellent plant carbohydrates. These foods in turn provide the raw material for bacterial fermentation. In addition, when you eat more fiber, the gut bacteria produce short-chain fatty acids, which feed the cells lining your gut.

How Omega-3 Impacts Gut Bacteria

Along with dietary fibers, other types of nutrients are also beneficial, including omega-3 fatty acids. Studies have found that higher intakes of omega-3s are linked with greater microbial diversity, independent of dietary fiber intake. In addition, omega-3s seem to support the Lachnospiraceae bacterial family, which may help protect against colon cancer.

Omega-3s are beneficial for gut health in other ways too. Researchers have found that omega-3s help increase the production of short-chain fatty acids. And animal studies indicate that omega-3s help maintain the integrity of the intestinal wall and interact with host immune cells.

Interestingly, how you go about increasing your omega-3 intake may influence the benefits you receive. For instance, in one study, researchers compared the effects of supplementing patients with 4000 mg of EPA/DHA omega-3 either via capsules or a functional food drink. The researchers found that the functional food drink had a greater impact on the gut microbes, increasing the prevalence of two important, health-promoting bacterial strains. This research could in part explain why increasing omega-3 intake via fish oil capsules is often found to be less effective than liquid fish oils or eating fish.

Other Factors that Influence Gut Health

Keeping your microbiome healthy is not just about diet. Other factors, such as age, genetics, environment, antibiotic use, and lifestyle, play a significant role too.

While many of these factors are outside of our control, diet is something that we can make smart decisions about every day. Whatever you choose to eat, keep it wholesome and fiber-rich. Your bacteria will thank you for it.

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 president of Omega3 Innovations.



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NEUROPATHY with PEMF THERAPY

A NATURAL, NON-MEDICATED APPROACH TO HEALING



for diabetes-related lower extremity complications which include amputation. Conventional therapy attempts to control diabetes and to moderate the pain. PEMF therapy for neuropathy helps to reduce pain and inflammation, impacting the nerves directly and calming them down to reduce the painful sensations while actively drawing greater circulation to the affected areas.

Diabetic peripheral neuropathy is one of the most common and disabling complications of diabetes mellitus. There are many studies that have utilized PEMF Therapy for Neuropathy that have shown positive effects on neuropathic pain and nerve impulse. This may be due to improved microcirculation, which is the circulation of getting the red blood cells into the smallest of capillaries throughout the body. PEMF therapy for Neuropathy was found to modulate pain and retard the progression of neuropathy in a short span of time.

CASES OF DIABETES TYPE 2 INCREASING

Type 2 diabetes has increased in the last several decades. This brings an increase in the incidence of diabetic neuropathy, leading to progressive pain, loss of sensation (usually in feet), weakness and disability. Peripheral Neuropathy can increase the potential

DIABETIC PERIPHERAL NEUROPATHY, PAIN & PEMF THERAPY

DPN (Diabetic Peripheral Neuropathy) is characterized by aberrant symptoms of stimulus-evoked pain. This often leads to mood and sleep disturbances. These can substantially impair the quality and expectancy of life. It can be hard for the patient to overcome these complications even with their careful management of their diabetes through glycemic control and seeking pain relief for neuropathy. Most conventional pain medications mask symptoms and can have significant adverse effects and addiction profiles. There can be a limited use of oral symptomatic drugs due to the high frequency of adverse events, lack of evidence of long term efficacy and concern about dependence. PEMF Therapy for neuropathy is safe to use and has no adverse effects. Many patients are seeking PEMF therapy for neuropathy to help treat their pain.

Jim Cornes tells how PEMF therapy for neuropathy is helping his pain after he suffered a stroke.

"I started using PEMF Therapy 2 years ago after a medullary stroke that left me in ICU for 13 days. Initially it helped me just to feel better in general and help my body heal. Currently I use it to subside my neuropathy pain so that I don't have to take heavy prescription medications just to function through my day and to sleep well at night." – Jim Cornes

Studies have shown PEMF therapy for neuropathy can decrease pain. It is still unclear if the analgesic effect in patients is attributable to a direct effect of PEMF therapy for neuropathy on pain or an indirect effect on inflammation and healing. Researchers see much potential in PEMF therapy for neuropathy for improvement in nerve functions.

HOW DOES PEMF THERAPY FOR NEUROPATHY WORK?

PEMF therapy for neuropathy treats the entire body by improving ATP production, increasing oxygenation, and enhancing circulation, promoting hydration, facilitating detoxification and gaining a better overall absorption of nutrients. PEMF therapy for neuropathy works on a cellular level creating a cascade of effects in our body. PEMF therapy has been found to increase energy and circulation, reduce muscle spasms, improve sleep, enhance healing of bone fractures and reduce pain and inflammation. The increase in cellular energy received by PEMF therapy for neuropathy gives our body the energy it needs to self-regulate and self-heal.

To find out more about PEMF Therapy and how it can help you heal your pain, please call iPulse – PEMF Wellness Center today at 352-387-9584 or visit <https://ipulse.life>



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Shoulder Joint Replacement

Groundbreaking Procedures from The Advanced Orthopedic Institute

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

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

Typical Shoulder Replacement Surgery

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

Enhanced Shoulder Replacement Surgery

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

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



Shoulder Arthroplasty Recovery

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

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

Both doctors also use early intervention treatments for arthritis.

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



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Cancer Patients Can Benefit from Massage and Physical Therapy

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

Lymphedema is a build-up of lymphatic fluid throughout the body, and it is usually a secondary issue that arises after cancer treatment or lymph node removal, as well as a critical indicator for individuals that an illness or adverse reaction is occurring in their bodies.

Lymphedema is a threatening disorder that needs to be treated by a certified lymphatic therapist, who is trained to properly massage the body and lymph nodes to remove the excess fluid safely. Women are more susceptible to the disorder and often are unfortunately underdiagnosed or misdiagnosed altogether. Lymphedema can cause physical debilitations and physiological distress.

The lymphatic massage therapist will use various techniques involving light taps and strokes to gently push the tissue in the direction of the lymphatic system. This allows the correct movement of the fluid through the body to naturally drain. This technique is safe and provides clearing of toxins and helps the inflammatory response to calm down and decreases residual effects of the individual's disorder(s). Along with lymphatic drainage benefits, below are a list of how massage, in general, helps to rejuvenate the body.



Benefits of General Massage

- Increases blood flow
- Alleviates tightness in muscles
- Relieves stress
- Reduces anxiety levels
- Helps with chronic neck pain
- Relieves migraine frequency and pain
- Improves balance
- Reduces osteoarthritis pain
- Lowers blood pressure
- Promotes relaxation
- Increases oxygen
- And much more

How Massage and Physical Therapy Work Together

Although massage can produce all of the benefits mentioned above if the underlying issues are not dealt with in a more synergistic approach through combining physical therapy, the chronic pain, stiffness, swelling, and musculoskeletal problems will return abruptly. This is because while lymphatic massage is exceptionally good at reducing fluid buildup and rejuvenating the body, it doesn't address all of the complications or disorders associated with the

individual's pain and discomfort. Whether you are seeing a physical therapist for acute pain or a long-standing issue, combined therapies are proven to be the most beneficial.

Physical & Occupational Therapy Benefits

- Manual stretching
- Hip & Ankle Alignment Strategies
- Decompression
- Massage therapy
- Electrical nerve stimulation
- Help with daily tasks & living
- Arthritis and joint pain
- Improves nerve communication
- Physical performance
- Prevents many unnecessary surgeries

Equipping patients with physical and occupational education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, and mobility is critical

Physical therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical & Occupational therapy. To find out more or to schedule your appointment, please contact Innovative Therapies Group today.



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National Donate Life Month: LIFE IS A BEAUTIFUL RIDE

Dr. Dariano, D.O.

Established in 2003, National Donate Life Month (NDLM) features an entire month of local, regional and national activities to help encourage Americans to register as organ, eye and tissue donors and to celebrate those that have saved lives through the gift of donation.

Rivers Family Medicine, in the Villages, has partnered with Donate Life again this year to promote the importance of tissue and organ donations for the hope and benefit of others, and future generations.

For the 2019 National Donate Life Month theme, Donate Life America was inspired by bicycles and the phrase "Life is a beautiful ride." Like the donation and transplantation journey, a bicycle serves as a symbol of progress, renewal and the moving circle of life.

Bicycles come in all styles, shapes, and sizes, but each is comprised of the same components, essential to supporting the rider and converting their energy into motion. Similarly, organ, eye, and tissue donation offers many ways to give hope, support, and strength to patients waiting, recipients and donor families. We each carry the potential to help make LIFE a beautiful ride for ourselves, and then for others, by registering as a donor, considering a living donation, being a caregiver and championing the cause.

This National Donate Life Month, we ask you to consider your role in this lifesaving and healing journey, and how you can inspire others to provide hope through donor registration and living donation.¹

Why should you wear Green and Blue? April 12th is National Blue and Green day, which spreads awareness for tissue donation.

April 22nd is National Pediatric Transplant Week, which takes place the last full week of National Donate Life Month in April. It focuses on the powerful message of ending the pediatric transplant waiting list. Throughout the week, clinical partners share their innovative work and patient stories (candidates and recipients), donor families whose children have saved and healed lives through organ, eye, and tissue donation are honored, and recipient families share their thanks and celebrate milestones.



Learn more about organ, eye and tissue donation and register today at DonateLife.net.



Rivers Family Medicine hopes you will join their efforts to promote National Donate Life Month. And they encourage you to consider the importance of registering or making the decision to be an organ, eye and tissue donor.

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

Rivers Family Medicine welcomes Dr. Erin Dariano. Dr. Dariano has been practicing Family Medicine in Lima Ohio at Lima Memorial Hospital for the past seven years. Dr. Dariano, D.O., Completed her undergraduate degree at Bowling Green State University, and her medical degree at Ohio University College of Osteopathic Medicine.

She is a board certified D.O., Doctor of Osteopathic Medicine. Dr. Dariano is committed to providing thorough, compassionate, mindful care for her patients.

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

References:

1. National Donate Life Month, NDLM, "Understand Organ, Eye and Tissue Donation," Richmond, VA, donatelifenet



352-205-4302

www.riversfamilymedicine.com
1503 Buenos Aires Boulevard, Building 110
The Villages, FL 32159

Declutter Your Heart

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

I'm not a packrat (I'm in denial) but I do tend to pile stuff in my study at home. After a few weeks have gone by I start feeling sluggish when I sit down to write. I look around the room and begin to feel overwhelmed.

I once blamed the sluggish, overwhelmed feeling on long work hours, but I noticed I'd feel the same way even after being rested from a few days off. So as usual, I took it to prayer and asked the Lord for wisdom.

I went through the usual suspects: not enough sleep, too much caffeine, too many carbs, not enough exercise, and the wrong time of day. I'm sure each of these were partially the culprit, but what I found to be the real thief robbing me of my energy and focus...was the piles of stuff. The room was full of *unfinished business*.

Things I had started, manuscripts of books I was writing or the beginnings of designs for changing our landscaping would all call my name as I sat down to work in my study.

As it turns out clutter affects us in very negative ways according to Dr. Sherrie Bourg Carter. In her article, *Why Mess Causes Stress*, in *Psychology Today*, she says, "Clutter bombards our minds with excessive stimuli...distracts us...makes it difficult to relax...inhibits creativity and creates feelings of guilt."

Bam! She nailed it. That was what I was feeling. My simple solution was to declutter my study if I was going to write. It worked like a charm.

BUT there is a more insidious kind of clutter.

This clutter occurs when you have unfinished business with God.

When you hear the words "unfinished business with God" you might be thinking things like not forgiving someone for hurting you or not giving your tithe regularly at your church. Things that you *aren't doing* that you know you should.



I call it *heart clutter*. This stuff can be deadly so let me explain.

Every one of us humans have God issues (including yours truly). Things that we either don't understand about our lives and God, or maybe more importantly, things we do understand about our lives and God, but just don't like or don't want to accept.

I stood in a cold rain in a cloudy graveyard in Ohio this past year and watched a father's heart get ripped to shreds as he stood staring at the grave diggers throwing shovels full of dirt on his 26 year old daughter's casket.

After everyone else had left the gravesite he stayed to the very last minute to get a final glimpse of his 'little girl' before she was gone from his sight forever. He was beside himself with heartache.

That's a God issue.

And if not dealt with, God issues can cause us humans to do some really scary things.

One of my personal practices is to get alone with no distractions and write my "list of concerns." These are piles of stuff that have collected in my heart over the previous months that are important to my life, like my marriage and my children's future.

After I patiently write the list and ensure it has all the things I am concerned about, I then review it again and put a circle to the left of the things I know I have absolutely NO Control Over.

The second thing I do is go over the list again and put a star by those concerns that I absolutely Have Control Over. I then rewrite these on a second page and as I do I mark through them on my first list of concerns.

The only items on my first list NOT marked through are the things I have No Control Over. I choose to give them to God and I imagine that God is taking them one at a time from me until the entire list gone.

As I see God take each concern, I mark through it until my original list of concerns are all marked through and I have no more concerns from that list. God has them and I'm good with that. **It's a choice not a feeling.**

For the second list of concerns, the ones that I Have Control Over, I write the verses from Proverbs 3:5-6 (Google these) at the top of the page and then God and I get busy together on this list.

I highly recommend you do this and *declutter your heart*.

No more unfinished business with God.

To your spiritual health,

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