

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

April 2019

Lake/Sumter Edition - Monthly

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FREE  

**PARKINSON'S
DISEASE:
Long-Term Choices**

**CARDIAC
SYMPTOMS
Differ for Men
and Women**

**TRAVELING TIPS
FOR VENOUS
INSUFFICIENCY**

**AN ADVANCED
SOLUTION**

for Women's Sexual Health

**REFRESH
YOUR SOUL:**

**Join YMT Vacations' National
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Early Hearing Loss Treatment is Essential

The tide is turning and more and more people are recognizing the value of treating even mild hearing loss. Yet, people still wait an average of seven years to treat their hearing loss.

Why get tested and treated if you're still able to get by?

Here are the reasons:

- *Better hearing may protect you from dementia, raise your income, guard against depression and help you stay socially active.*
- *Hearing aids today are so advanced they make it possible for most people to hear in very crowded, noisy situations.*
- *Early intervention "trains" your ears when they are most able, setting you up for more effective treatment and better hearing.*
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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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With schools, shops, parks, pools, and more all just moments from your front door, it seems the golf cart is the unofficial vehicle of Ave Maria. Which reminds us: at what point do you have to stop calling it a golf cart?

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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
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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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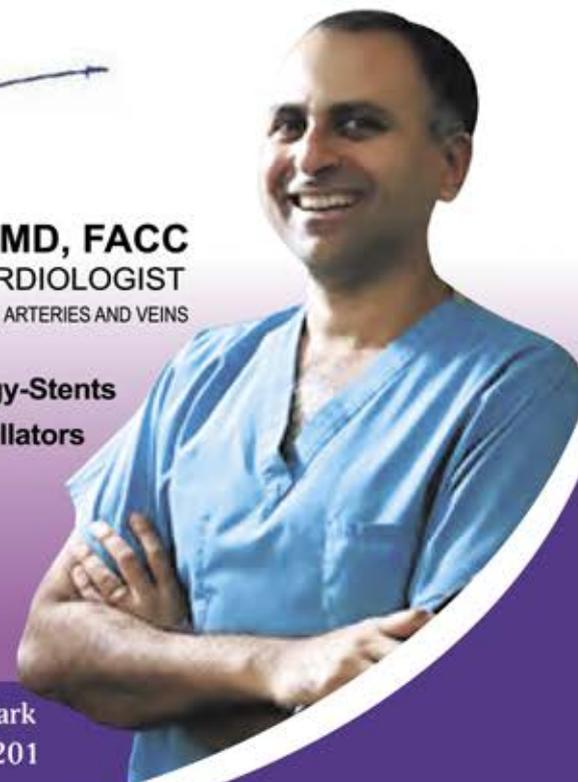
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It's your heart. It should be personal.

And that's how I treat it.

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EYE CANCER SCREENING

PART OF YOUR REGULAR EYE EXAM

Melanoma of the eye is a relatively uncommon disease but it does occur, particularly among people at higher risk, including those with dysplastic nevus syndrome, a condition marked by atypical moles, and those who have spent a lot of time in the sun without sunglasses with adequate UV protection. As with melanomas of the skin, it is generally believed that ocular melanomas form when moles become cancerous. If you notice the formation of or changes in a dark spot within your iris (the colored part of the eye), you should have your ophthalmologist or optometrist look at it immediately. You should also be alert to symptoms, which may include some or all of the following: floaters, which are spots or squiggly lines that drift across one's field of vision; flashes, in which lights suddenly flash or spark; blurred, dimmed or narrowed vision; changes in the shape, position or movement of the eyeball; bulging; changes in the pupil; chronic redness; nausea; and, in rare cases, eye pain.



Shelby Terpstra, DO



"In their early stages, most ocular melanomas produce no symptoms at all," says **Comprehensive Ophthalmologist Shelby Terpstra, DO**. "They can go unnoticed until they advance and become dangerous to vision and general health. The good news is that eye cancer screening is part of Lake Eye's regular comprehensive eye exam, and, caught early, it is highly treatable." Your doctor will likely dilate your pupils and then use various diagnostic devices, such as an indirect ophthalmoscope and a mirrored lens called a gonioscope, in conjunction with a slit lamp or operating microscope to examine your eyes for abnormalities in vision and movement, enlarged blood vessels, tumors and other possible problems.

Says Dr. Terpstra, "Regular eye exams can catch cancer and other diseases of the eye and body, including glaucoma, cataracts, diabetes, even hypertension, before they cause serious damage, all in one visit."

She also has recommendations for patients that include wearing quality, UV-blocking eyewear and protective clothing whenever outdoors and nutritional supplements to support eye health.

Even if you have had a recent eye exam, sudden changes in vision and/or new or worsening symptoms warrant an appointment with your Lake Eye ophthalmologist or optometrist as quickly as possible. Most eye and vision problems are treatable - catching them early can protect your vision and promote optimal overall health.

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An Advanced Hip Replacement Technique From a Highly-Regarded Orthopedic Surgeon

Hip pain can go beyond uncomfortable to debilitating - limiting your range of motion and keeping you from daily activities. Finding long-lasting pain relief and taking action when it means you may have to have surgery can be an overwhelming decision for many individuals.

The Joint Center at Leesburg Regional Medical Center has developed joint replacement programs designed to make the journey a little easier. Their skilled orthopedic team will see you through every phase of care, from pre-op education through your last inpatient therapy session. And, you'll experience it all with a dedicated orthopedic team ready to assist you in every step of the way to ensure that your concerns are addressed and that you start to feel and move better.

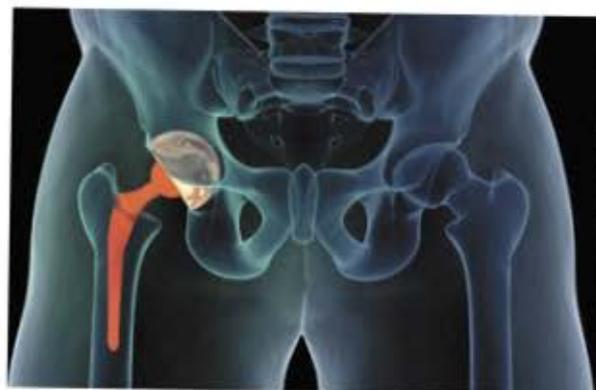
We caught up with Carl Ollivierre, MD, FACS, a board-certified orthopedic surgeon with Florida Musculoskeletal Institute and on the medical staff at Leesburg Regional Medical Center. Dr. Ollivierre is among the few surgeons nationwide who specialize in the latest breakthrough in hip joint surgery, the anterior approach hip replacement. This pioneer technique minimizes trauma to muscles and tissues, facilitates shorter recovery and rehabilitation times, and results in a dramatic decrease in the risk of hip dislocation.

To shed light on this advanced hip replacement technique, we spoke with Dr. Ollivierre.

Q: What are the primary reasons a patient needs hip replacement surgery?

A: Most patients have joint stiffness, swelling, a sensation of bone rubbing on bone, along with intractable pain and discomfort. These symptoms are most commonly related to arthritis or injury to the hip joint, and significantly affect an individual's lifestyle. When all other options of management have failed, hip replacement surgery is the recommended treatment.

Q: What is the difference, and why is it advantageous to perform a true anterior hip replacement versus traditional hip replacement?



A: Due to the way that the hip joint degenerates with wear and tear, in all hip replacement surgeries, the goal is to replace the ball of the femur and the socket of the pelvis. With the anterior approach, there will be significantly less muscle trauma. This is critical because I want to always preserve and protect as much of my patient's muscle and soft tissue as possible. With this approach there is much less pain. With a posterior or traditional hip replacement, the surgeon must cut through the major muscles to access the joint, but with the anterior approach, we can avoid cutting through muscle altogether. Also, there is a much lower rate of joint dislocation, and this method reduces the risk of limb length inequality and requires a shorter hospital stay.

Q: What should a patient expect as far as recovery and physical therapy after surgery?

A: With posterior replacement, a patient will have to avoid certain movements like bending at the hip or crossing their legs for up to 8 weeks to prevent dislocation, but with the anterior approach, there is not nearly as much restriction, and there is a significant decrease in discomfort while healing. I recommend two to six weeks of physical therapy to help retrain the joint function, muscle strength, and to regain range-of-motion. Most patients can return to their normal activities in a short period of time with few limitations.

 **Leesburg Regional Medical Center**

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CARL OLLIVIERRE, MD, FACS

Dr. Ollivierre is among the few surgeons nationwide to specialize in the latest breakthrough in hip joint surgery, the anterior approach hip replacement. This pioneer technique involves less trauma to muscles and tissues, shorter recovery and rehab times and a dramatic decrease in the risk of hip dislocation.

Medical Degree - Howard University College of Medicine

Residency - Washington Hospital Center, General Surgery; Howard University Hospital, Orthopaedic Surgery

Fellowship - Sports Medicine, Virginia, Sports Medicine Institute, Georgetown University

Board Certified - American Board of Orthopaedic Surgery

Fellow - American Academy of Orthopaedic Surgeons

Community Involvement

Dr. Ollivierre participates in many trips to Haiti to assist in medical care and is a guest teacher at St. George's University in Grenada.

Leesburg Regional Medical Center

If you or someone you know has hip pain or limited range of motion due to osteoarthritis, rheumatoid arthritis, injury, fracture, or tumors, it's always best to seek out medical experts that can help you weigh your options. Deciding what's best for you can seem like an overwhelming decision, but the advanced team at Leesburg Regional Medical Center partners with patients to plan out the best treatment methods.

Orthopedic surgery

The Joint Center at Leesburg Regional Medical Center offers a comprehensive, specialized continuum of care for conditions and injuries affecting the shoulder, hip and knee joints. Their surgical specialists pride themselves on taking a minimally-invasive approach, designed to limit complications associated with surgery, prevent future injuries and reduce pain and scarring.

Operating rooms at Leesburg Regional Medical Center have some of the most advanced equipment available for use in orthopedic surgery, including special air-handling systems to reduce the risk of post-operative infection and specially-designed sterile helmets for surgeons.

With a program focused on wellness and rehabilitation, their patients are up and walking just hours after surgery. The caring nurses, dedicated Joint Care Coordinator, and specially-trained therapists are all focused on speedy recoveries and making sure each patient gets back to the activities they enjoy most.

To learn more about the Joint Center at Leesburg Regional Medical Center, visit www.LeesburgRegional.org/services/surgical-services/

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

REFRESH YOUR SOUL:

Join YMT Vacations' National Parks of the Golden West Tour

Breathtaking National Parks lie within the red rocky terrain of the American West. With most travel organizations, your tour will only include three to five parks, but with YMT Vacations, you'll get to visit nine of the unique rocky backdrops among the cacti, desert brush, lakes, pine, and redwoods. If you're taking the time to experience the majestic parks out west, you will not want to miss a thing!

YMT Vacations reserves the perfect accommodations, so the landscaping and architecture are superb, and your trip is tailored to your needs, wants and desires.

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.



YMT Vacations

If you're looking for the best choice in affordable travel, look no further than YMT Vacations! Since 1967, they have provided mature travelers with affordable, fully-escorted tour and cruise tour vacations to Hawaii, Alaska, Europe, and beyond. Their goal is to take you to the destinations of your dreams and give you an incredible experience to last a lifetime, all at a price that fits your budget.

YMT offers their guests a wide variety of the best in affordable vacation packages, carefully curated by their team to reflect the interests of modern, mature travelers. Their hassle-free packages include hotels, sightseeing, baggage handling, and expert Tour Directors and driver guides. They obtain excellent rates that they can then pass on to their valued guests. YMT can even book your roundtrip airfare, and they throw in transfers to and from the airport for free!

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CARDIAC SYMPTOMS DIFFER FOR MEN AND WOMEN

Since heart disease is still the leading cause of death in both men and women, it's important to understand symptoms and implement heart health and risk prevention?

Indicators for Women & Men

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

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

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

Female Heart Attack Symptoms

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

Male Heart Attack Symptoms

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

When hormones are out of balance, additional factors such as high cholesterol, high blood pressure, and weight gain start to take place. All of these symptoms contribute to CAD.

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

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

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

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

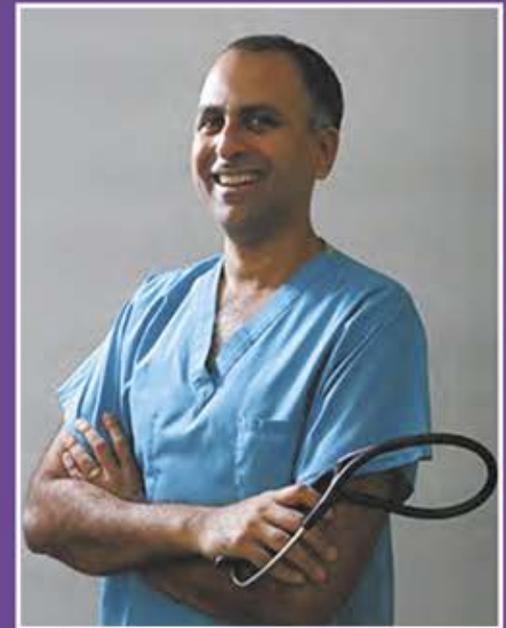
Men and Women can be treated successfully if CAD is caught early. Usually keeping weight down with a healthy diet, keeping the heart muscle strong and oxygen-rich blood flowing through cardiovascular exercise are helpful, along with medications like ACE inhibitors, alpha-beta blockers, and cholesterol-lipid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

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

Dr. Vallabhan

Call Office for Consultation
352.750.2040

Rolling Oaks Professional Park
929 N US HWY 441, Suite 201
Lady Lake, FL 32159



Dr. V

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

**It's your heart.
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personal.**

And that's how I treat it.

Dr. Thiruvallur Vallabhan is devoted to keeping your heart at its healthiest. Dr. Vallabhan is a Board Certified Cardiologist, and his mission is to provide The Villages and its surrounding communities with the highest quality cardiac care in a welcoming environment. He and his staff are dedicated to fulfilling the specific cardiac needs of each patient.

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

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

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

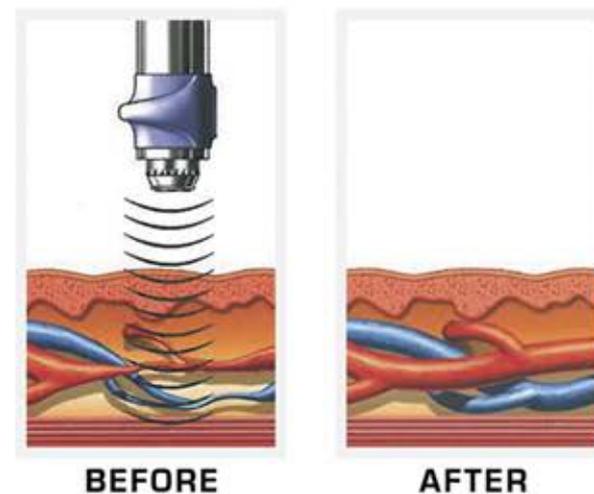


What is the difference between FemiWave and other vaginal rejuvenation options?

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



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.

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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!

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Ineffective Treatment for Depression is an Epidemic

How an Alternative Therapy (Ketamine & Esketamine) is Helping Countless Patients

Years ago, doctors chalked it up to “melancholy,” but nearly 15 million people in the United States are affected by depression. Persistent Depressive Disorder or PDD is a chronic type of depression (chronic depression) that usually last for more than a year and can be difficult to treat successfully.

The standard treatment options for PDD is antidepressants. Some of the most widely known drugs prescribed are Prozac, Lexapro, Zoloft, and Cymbalta. The classes of these medications play a role in how the neurotransmitters affect the mood by improving your mood and creating a more peaceful, cheerful spirit, by extinguishing the brain’s transmitters. The problem is these drugs are highly addictive, have adverse side effects, and also in many cases, show signs of cognitive decline in long-term use.

The other issue with standard medications is that they more often than not, become ineffective and are unable to reverse feelings of severe depression. This is called treatment-resistant depression. When treatment resistance happens, it makes patients more susceptible to suicidal thoughts.

Unfortunately, it’s common for people with depression to find it difficult to get through the day, due to feelings of hopelessness and despondency. Seeking help from a professional psychiatrist, getting treatment and counseling is imperative. Significant changes in the personality of severely depressed patients are at greater risk of committing suicide. Therefore, alternatives are essential.

Ketamine & Esketamine

Ketamine

Over the past ten years, Ketamine has been studied in patients with severe depression. A rapid instantaneous effect takes place immediately upon the drug being dispensed intravenously. When a well-trained physician administers ketamine, it can help with symptoms like moodiness, decreased concentration, low self-esteem, impaired sleep, decreased sexual desire, diminished appetite and can even alleviate suicidal thoughts.

During the treatment, the initial infusions usually take place over approximately two weeks with six infusions that are administered every other day.

Esketamine

Recently, the FDA has approved a nasal spray known as esketamine. Esketamine offers the same effects as ketamine, but instead of IV infusion, it is administered via nasal spray. Esketamine is not intended for



at home use and is not prescribed or distributed through pharmacies for patient use. It is only available in the office setting, and the patient will not be allowed to drive for 24 hours after its use.

In parts of the brain that control mood and emotions, the esketamine and ketamine infusion creates new connections in the brain. These new neurological connections help the brain to send positive signals to the psyche, along with beneficial physical conditions to the body. The effect is notable within hours, but most patients report the results are instantaneous. These astonishing changes can be seen on brain scans and imaging. And the results are long-lasting.

Esketamine and Ketamine impact both mood and anxiety and can result in positive treatment outcomes for the following disorders:

- Severe or Chronic Depression
- Bipolar Disorder
- Obsessive Compulsive Disorder (OCD)
- Post-Partum Depression (PPD)
- Post-Traumatic Stress Disorder (PTSD)
- Produces Rapid Onset of Neural Connections

Esketamine and ketamine have no withdrawal symptoms and no side effects or long-term adverse reactions. Unlike antidepressants that need to be taken at least once daily, the best part about Ketamine and esketamine therapy is that after the initial treatment phase, most patients only need the injection or spray once every one to two weeks.

Ketamine Health Centers-Villages

Ketamine Health Centers mission is to help depression, fibromyalgia, and post-traumatic stress disorder sufferers regain the balance in their lives. With years of medical experience, knowledge, and prior ketamine application, their team of qualified medical experts is able to provide patients with life-changing holistic treatments.

If you or someone you know is seeking help for depression or would like to know more about esketamine or other treatment options, please contact Ketamine Health Centers today.



352-451-0414

www.ketaminehealthcenters.com

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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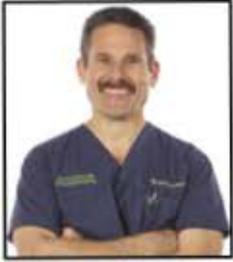
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Dr. Mark Jacobson

The Importance of Modern Technology in Radiology

A few years ago while I was working in a hospital, I received an order to read a chest X-Ray specifically to locate a catheter in a patient's abdomen. The X-Ray was performed with a portable machine at the patient's bedside, however, when I looked at the chest X-Ray I could not see a catheter in this patient. The image looked like a normal chest with nothing exciting to report. Despite my findings, the nurses insisted the patient had a line and I needed to provide its exact location for the surgeon to do his work. I looked again thoroughly and then consulted with another radiologist who also could not see the placement of the catheter. I contemplated how I could solve this issue without subjecting the patient to the radiation exposure of a CT scan. As a hospital patient it was likely he may have already had many scans, as is routine in hospitals.

I recalled stopping in the hallway that morning to examine a brand new DR (digital/filmless) portable X-Ray machine, wondering why it was sitting in the same place as the days before. I was told that it wasn't being used because it was so new that no one had yet been trained to use it. I insisted we give it a try, and we brought it to the patient's bedside where the technologists and I were able to figure out how it worked and even take a new chest X-ray. To my amazement, this picture looked as if it belonged to a completely different patient. The resolution was crisp and clear, which enabled me to not only see the placement of the catheter, but the vascular, muscles and organ systems as well. I was able to complete an accurate report from these fine resolution images.

I wish I could count how often people without insurance call my office and ask how much it will cost to have an imaging study, then decide to go to a competitor over a 25 dollar price difference. If you were calling various places for the price of a car for example, wouldn't you compare the exact same make and model to get the best apples to apples price comparison? In other words, it isn't wise to assume medical machines are all alike; technology is quickly changing while equipment safety standards and image quality are constantly improving.



Imaging equipment, much like cameras, comes in many makes, models, and prices. The finer the precision of the lenses and the higher the technology and safety, the higher the price. You can't expect them to achieve the same photograph, because they aren't the same.

The same goes for imaging equipment in medical facilities. Your diagnosis is only as good as the image quality because the radiologist can only report what they can see. When it comes to your health and a proper diagnosis, why compromise quality? My advice for patients is to Be in the Know and become your own advocate. Look for quality equipment. Look for a facility that adheres to ALARA (As Low As Reasonably Achievable) when referring to radiation exposure. This is the guiding principle of radiation safety, which is a regulatory requirement by the American College of Radiology.

Radiology is much more than owning a machine such as a CT or X-ray. It's about using it safely by paying close attention to the size of the patient, time of the procedure, distance from the machine and lead shielding, all in an effort to maintain exposures to ionizing radiation as far below the dose limits as practical. An unbelievable number of medical offices contain CT machines which are not ACR accredited and do not adhere to ALARA standards, and have no radiologist physicians. It is crucial that the operators are certified radiological technologists as well and not just certified machine operators. Technologists have specialty training in radiation safety in addition to clinical training under the guidance of a radiologist physician. Additionally,

unlike many centers which just follow orders to do a specific exam, a center which adheres to ALARA principles will take the time to determine which imaging study is most appropriate. Sometimes it's a study that delivers no radiation to the patient such as an MRI or an ultrasound. At MIT we work with your physician to determine appropriate studies.

Finally, it's not just about having quality equipment, but also a highly-skilled team that knows how to use that equipment to the patient's advantage. Don't be afraid to ask your physician or technologist if the X-ray is digital, rather than analog. Digital X-ray offers much lower radiation exposure than the older analog machines and the image quality is sharp and precise. High-quality machines paired with a reading done by a Board Certified radiologist will produce the greatest likelihood of receiving a correct diagnosis, as radiologists are specialty trained physicians with many years of experience.



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Parkinson's Disease: Long-term Choices

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.

Making Long-Term Choices

When it becomes taxing to live alone or care for your loved one, there are difficult choices to make about your future. Considering an assisted living facility can be overwhelming. How do you know if you're making the right choice?

All facilities are not equal, and that is particularly the case with Trinity Springs, because they have set themselves above the average facility. How are the different? Newly renovated and teeming with luxury, Trinity's is a faith-based senior living community, where good things come in threes.



They offer three levels of living, Independent, Assisted and Memory Care. This allows individuals and couples to live freely and then move up in levels as their care needs change.

Residents of their maintenance-free independent living neighborhood will have the freedom and time to do the things they want to do, not the things they have to do. The convenient Oxford location will make it easy to drop by The Villages®, FL, for dinner or a show, attend church services, pick up fresh veggies at the farmers market or taste local vintage wines at nearby wineries.

They have 107 assisted living apartments, which are designed to meet the needs of residents who need a bit of extra support during their daily lives. Their highly trained, compassionate personal care team will be on duty 24 hours a day, seven days a week, to assist with dressing, bathing, toileting, grooming, eating, walking, taking medications, and all other activities of daily living, based on your personal service level.

Their compassionate, experienced memory care team members are specially trained to care for those with Alzheimer's disease, dementia or other forms

of neurodegenerative disorders. Programs and activities are designed to meet each individual's capabilities, needs and preferences while providing meaningful interactions and experiences. Their assisted living memory care environment is designed to be safe, secure and engaging. Both indoor and outdoor spaces offer an atmosphere in which residents can live their best lives.

Trinity Springs is a nonprofit senior living community from Cassia, a national leader in senior housing and healthcare. They're an inclusive community conveniently located in a serene environment.

To find out more, please schedule your tour today.



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Learn more at 352-480-1002
or TrinitySprings.org.

Introducing Trinity Springs.

Where the best things in life are three.



Nonprofit

Come explore a nonprofit senior living community from Augustana Elim Care, a national leader in senior housing and healthcare. Brand-new assisted living and memory care residences will be included in Phase I, and plans for Phase II include independent living.

Faith-based

Live your best life at a faith-based, inclusive community conveniently located within walking distance to Live Oaks Community Church.

Community

Feel a sense of belonging in a serene Oxford setting, just minutes from the dining, shopping and attractions of The Villages®, FL.

Learn more at **352-633-4030**
or TrinitySprings.org.

Now accepting reservations!

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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.net



352-205-4302

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

Ave Maria: Why Residents Value This Community Above All Else

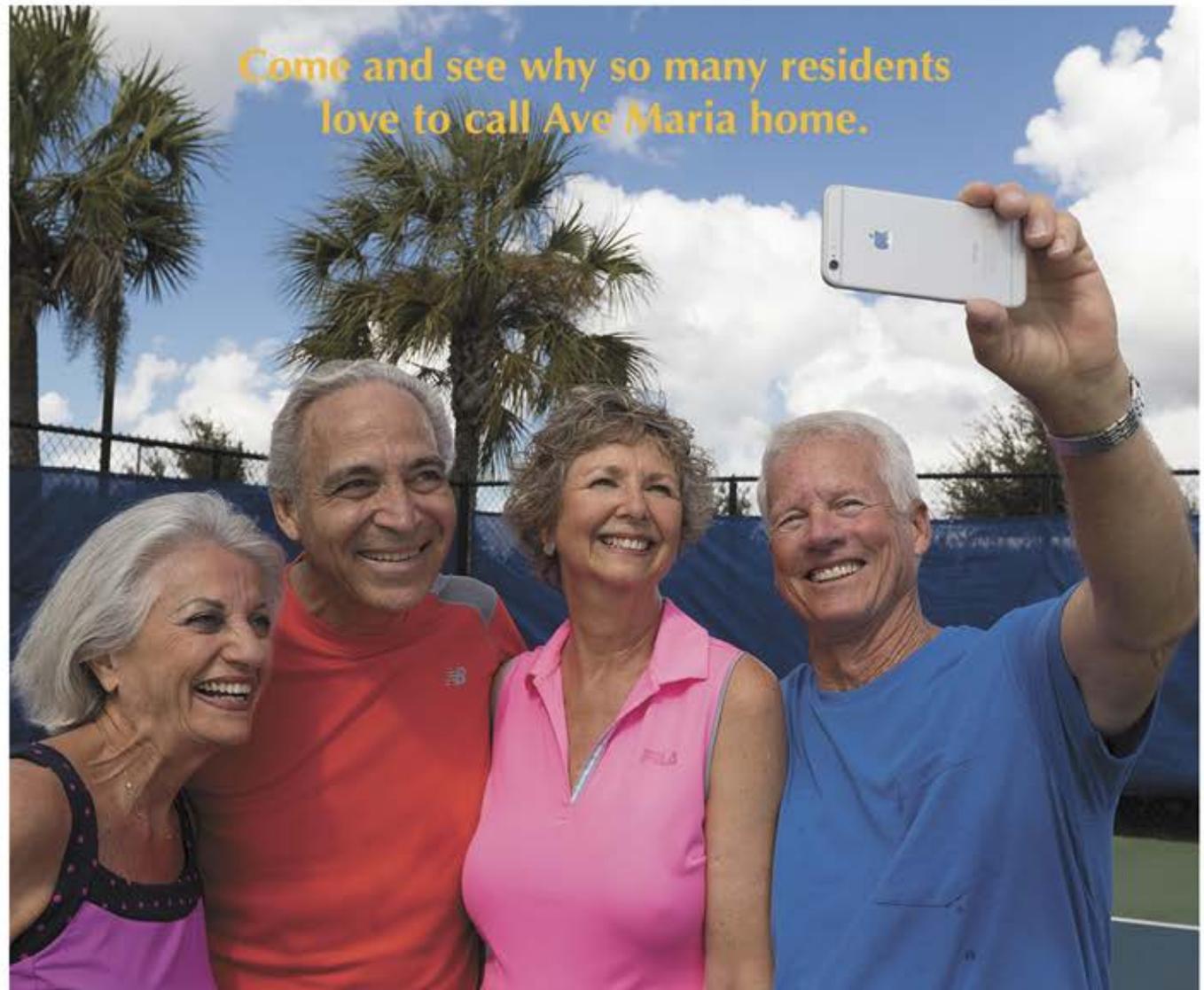
What do we really want in our community, neighborhood, and home? The answer is resoundingly the same for most people, safety, happiness, good neighbors, amenities, variety, opportunity and location.

For the third consecutive year in a row, Naples has been named the #1 well-being community in the United States. Being happy, feeling good, and having vitality is what it's all about for those enjoying the good life in Southwest Florida.

Collier County is also the state's second healthiest county for the fifth year in a row. Ave Maria, located within Collier County, knows that health and happiness go together and residents there enjoy miles of biking and walking paths, outdoor sport fields, lakes and picnic areas, an amphitheater and dog parks. Staying healthy is a life-long commitment, and Ave Maria offers opportunities for residents of all ages to achieve their health and wellness goals.

Ave Maria is a 4,000-acre master-planned community. Developer, Barron Collier Construction, kept in mind the need to develop a town that was for all ages, from growing families to seniors and they did it with great pride, making certain the specifics were perfect and that the homes are of the highest quality. In fact, the homes are so well built that they survived Hurricane Irma with very little harm and they were reported to have sustained some of the highest winds at over 110 miles per hour.

The town of Ave Maria offers several styles of homes featuring lake, preserve, and golf course views. The amenities include over 100 miles of walking trails, an onsite waterpark, golf course and club, tennis, bocce and pickleball, a Town Center with exclusive shopping and dining, a Publix grocery market, private schools, a University, resort pools, fitness center and sports fields, a dog park and playgrounds. With move-in ready homes, models with over 40-floor plans to choose from and prices ranging from the \$100s to over \$500s, it's clear why people are interested in building a new life in Ave Maria.



Ave Maria has great outdoor spaces, and what's key, is the fact that it's not overly developed or as busy as some nearby communities. Settled in Collier County, Ave Maria is one of the newest communities with award-winning amenities. For those individuals lucky enough to live here, they will experience the best of both worlds.

State-of-the-art entertainment is just a short 30-minute drive away to Naples, and they reside in the quiet neighborly hometown, where kids can safely play in the water park, and grown-ups ride their bikes to the coffee shop or walk to fabulous restaurants for dinner. And if you're looking for some modern flair, Miami is just a quick 2-hour drive away.

How Do I Get There?

From I-75 south take Exit 111, and then make a left/east on Immokalee Road (County Road 846). Proceed 10 miles to Oil Well Road (County Road 858). Turn right on Oil Well Road to Ave Maria.

Ave Maria

5076 Annunciation Circle #104, Ave Maria • AveMaria.com • 239-352-3903

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

Cancer Centers at Leesburg Regional Medical Center and The Villages® Regional Hospital: Setting the Highest Standards

What makes cancer care at Leesburg Regional Medical Center and The Villages® Regional Hospital so unique? We caught up with Phyllis Baum, RN, MBA, Vice President and Chief Quality Officer for Central Florida Health—the locally owned and governed, not-for-profit parent company of LRMC and TVRH—to find out what sets these centers apart.



“We have maintained the highest-level of care for our patients for many years,” Baum explained. “One of the most important things about our cancer care programs is that we are accredited by the American College of Surgeons’ Commission on Cancer (CoC).

There are only 1,500 CoC accredited cancer programs in the United States, and we are proud to be one of those top facilities!”

Accreditation holds hospitals, treatment centers, and other facilities at rigorous standards to improve, uphold, and maintain their quality of care through various cancer-related treatments and programs like full continuum of cancer, prevention, survivorship, quality-of-care, and end-of-life care. This highly-regarded accreditation has evidence-based guidelines to ensure that patients are receiving the most up-to-date and optimal care.

“We partner with local medical and radiation oncologists, as well as surgeons and interventional practitioners to give the patient the most efficacious options available for their specific cancer and stage. These medical professionals sit on our tumor board and participate in diagnostics, studying the case, and they map out the optimal plan for each patient personally, as well as follow them through their treatment and outcomes.”

H&W: Tell us about your partnership with the American Cancer Society (ACS).

“Like many people, my family has been affected by cancer; my dad and my brother-in-law both suffered, but when one of my dear friends and a team member from the hospital, in her 30’s, lost her fight with breast cancer, I knew I personally had to help with this fight against cancer.”

Baum began researching more about ACS and found out how integrated they were in the community through their direct staff and their volunteers. She urged the hospitals to get involved. That was over 20 years ago. “The American Cancer Society provides numerous services like Road to Recovery, which offers free rides to cancer patients to and from their appointments. Hope Lodge is also an incredible service that offers free lodging for family members of those getting treatment. The ACS also provides a 24/7 toll-free number that offers free advice to patients an answer their questions about their particular cancer. Through the years, I’ve heard many stories from patients about how these services have impacted their lives.”

“We will participate in the ACS Relay for Life and survivor recognition event April 13 and we hope to have as many survivors, patients, and volunteers as possible join us. For survivors, there is a beautiful time set aside for them personally; at the event, they are recognized by name, and they announce how long they’ve been a survivor. We also honor them with a special meal that we share together. It’s very touching, and it also gives so much hope to those who are battling the disease currently.”

Baum has served the American Cancer Society in various ways over the past few decades, but her work in legislation is extremely important to her. “I travel to Tallahassee annually as an advocate on behalf of cancer patients to protect and implement new legislation and guidelines.”

H&W: Tell us more about your facilities and what you want cancer patients and their loved ones to know.

“When we first meet a new cancer patient, we look to personalize their care to optimize their outcome. We do this by treating them compassionately as a person first and one that we will get to know very well. We also make certain to tailor their treatment to their individual needs, as well as implement the best treatment options for their most favorable results.

At the end of a patient’s cancer treatment, we have this tradition where the doctors, nurses, staff and their family gather around, and the patient rings a bell. There is nothing more moving than to see the team of professionals and the family rejoicing in this moment together.

Our team members are those that will hold your hand, talk you through the tough times, and on top of it all, you will be receiving the highest-level of cancer care here locally in your own community.”

In addition to the hospital’s certified oncology specialists, patients in their centers can access the services provided by pain management specialists, social workers, and spiritual care professionals.

More Information about the CoC Accreditation

Patients who obtain care at a CoC-accredited cancer program receive the following benefits:

- Quality cancer care
- Comprehensive care offering a range of state-of-the-art services and equipment
- A multidisciplinary team approach to coordinate the best cancer treatment options available
- Access to cancer-related information and education
- Access to patient-centered services such as psychosocial distress screening and navigation
- Options for genetic assessment and counseling and palliative care services
- Assessment of treatment planning based on evidence-based national treatment guidelines
- Information about clinical trials and new treatment options
- Follow-up care at the completion of treatment, including a survivorship care plan
- A cancer registry that collects data on cancer type, stage and treatment results, and offers lifelong patient follow-up

Award-Winning Cancer Registry

Both Leesburg Regional Medical Center and The Villages® Regional Hospital have been awarded the prestigious Jean Byers Award for excellence in cancer registration from the Florida Cancer Data System every year since the inception of its cancer registry program. This award acknowledges the quality, timeliness and completeness in the way cancer data is reported to the statewide cancer registry.

Relay for Life

April 13, 2019 | The Villages® Polo Club

Please visit the ACS Relay For Life

Team and Survivors Registry at

www.relayforlife.org/thevillagesfl.com

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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.

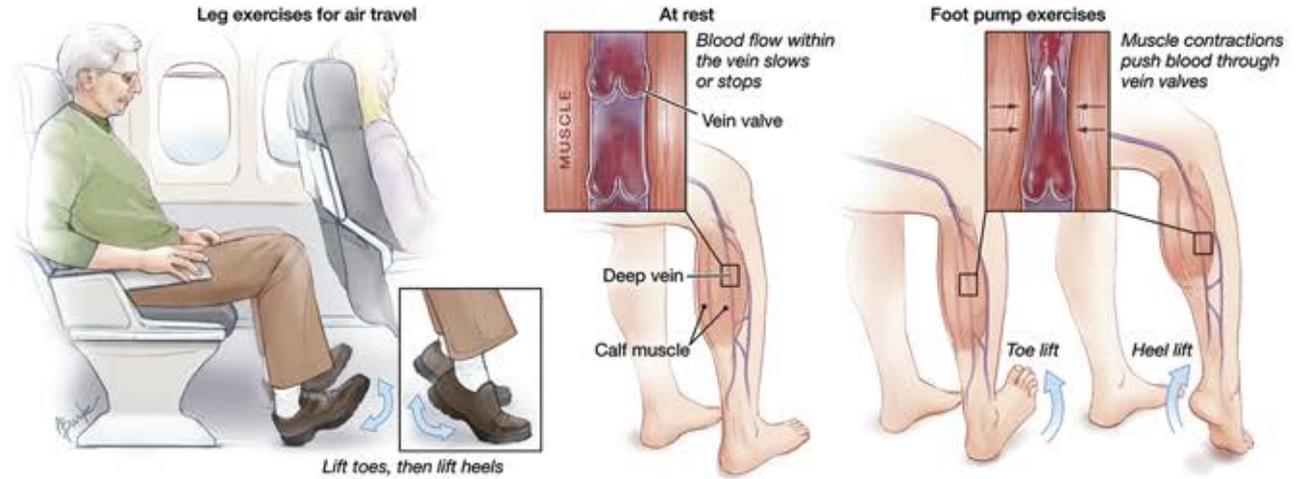
The hottest days are upon us during the upcoming summer months, so it's imperative that everyone stays hydrated, especially the elderly and children. Because we come in all shapes and sizes, drinking at least ½ your body weight in ounces is the recommended amount for each person. So if you are 200 lbs.,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

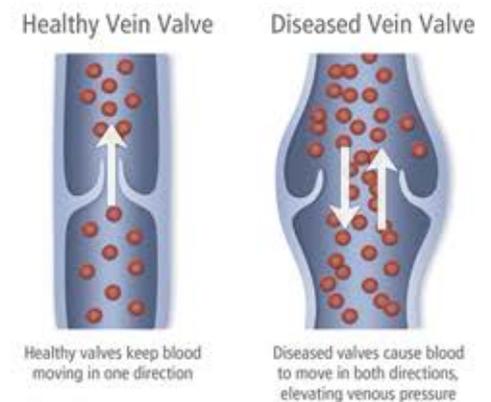
One of the easiest ways to better control and improve your legs blood flow is to wear compression stockings, but beware, not all compression stocking are the same.

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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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.



855-298-CARE

Advancedurologyinstitute.com

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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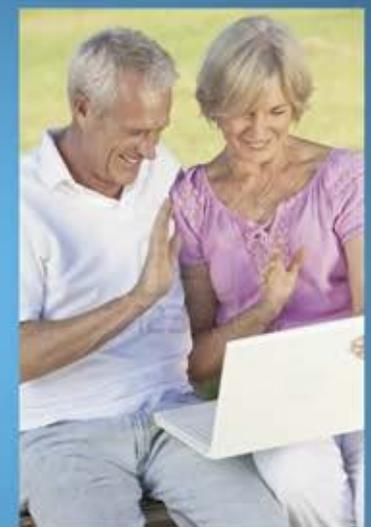
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Advancements in Dental Impressions

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

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

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



How does it work?

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

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

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



The Laurel Manor Dental Difference

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

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



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

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

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

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



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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.

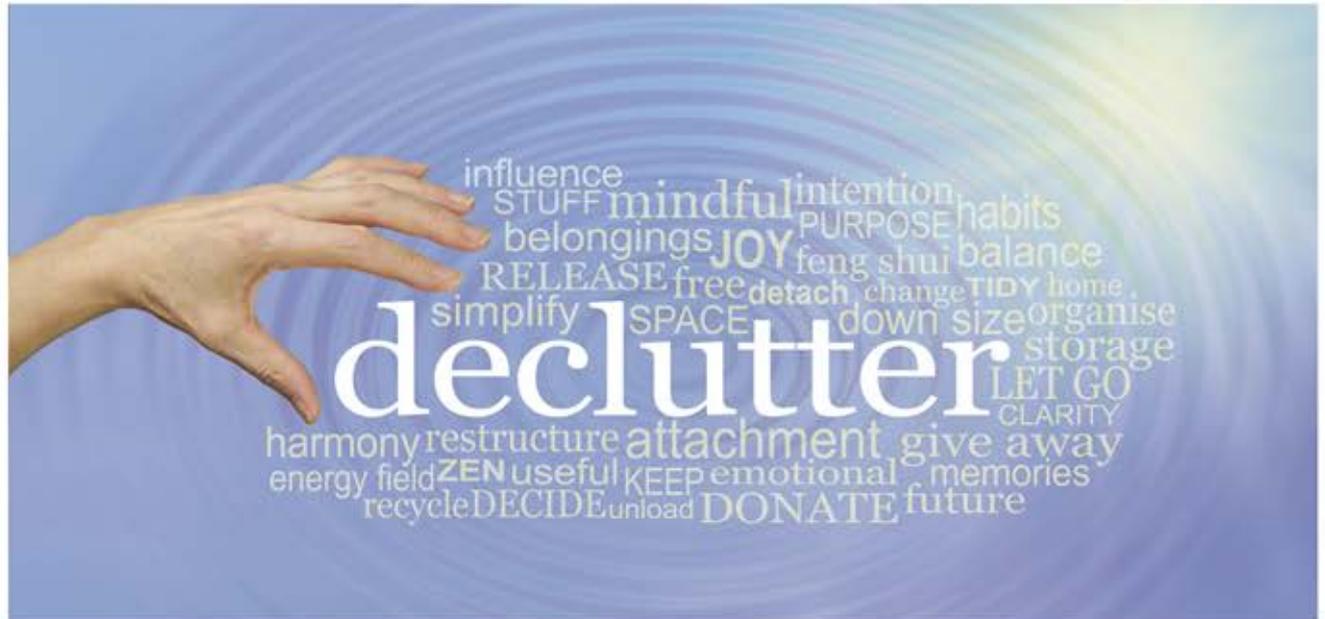
To help get you started, look to the Japanese and the idea of *Mottainai*, which translates to "don't be wasteful." This means thinking about living off what you need, using items to their full extent, and paying respect to those items that bring you joy. And according to UnitedHealthcare Florida's chief 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.

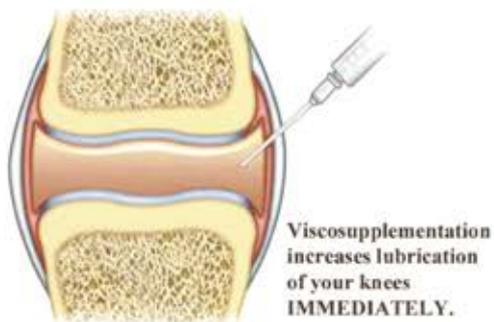
End Knee Arthritis Pain with FDA Approved Joint Injections

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.

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Wellness Teas for Your Tummy Troubles

If you are like one of the millions of individuals in our country that suffers from chronic digestive disorders, it's critical to educate yourself on what might inflame or trigger your condition and also to learn about your treatment options. Those methods should also include, natural remedies.

When it comes to gut health and stomach issues, there are plenty of ways to relieve and alleviate various conditions naturally. Many spices and herbal remedies can be made into teas and used as direct, natural, efficient healing treatments for specific disorders, as many of these contain anti-inflammatory, antifungal, antibacterial, antiviral and calming properties.

Ulcerative Colitis

According to the Crohns & Colitis Foundation, "Ulcerative colitis is a chronic disease of the large intestine, also known as the colon, in which the lining of the colon becomes inflamed and develops tiny open sores, or ulcers, that produce pus and mucous. The combination of inflammation and ulceration can cause abdominal discomfort and frequent emptying of the colon.

"Ulcerative colitis is the result of an abnormal response by your body's immune system. Normally, the cells and proteins that make up the immune system protect you from infection. In people with IBD, however, the immune system mistakes food, bacteria, and other materials in the intestine for foreign or invading substances. When this happens, the body sends white blood cells into the lining of the intestines, where they produce chronic inflammation and ulcerations."¹

Wellness Teas for Colitis

- Cumin
- Fennel
- Oregano
- Thyme
- Turmeric

Constipation

Constipation effects the average person from time to time, but if you have chronic constipation or long periods of constipation and bouts of diarrhea, it's important to speak to your physician. Adding more fiber to your diet can be helpful. The following spices and herbs can help to keep your intestinal tract moving and functioning efficiently.



Wellness Teas for Constipation

- Aniseed
- Black pepper
- Caraway
- Cardamom
- Parsley
- Coriander
- Chai Tea

Crohn's Disease

The Crohn's & Colitis Foundation explains Crohn's disease this way, "Crohn's disease is a chronic inflammatory condition of the gastrointestinal tract. When reading about inflammatory bowel diseases, it is important to know that Crohn's disease is not the same thing as ulcerative colitis, another type of IBD. The symptoms of these two illnesses are quite similar, but the areas affected in the gastrointestinal tract (GI tract) are different.

"Crohn's most commonly affects the end of the small bowel (the ileum) and the beginning of the colon, but it may affect any part of the gastrointestinal (GI) tract, from the mouth to the anus. Ulcerative colitis is limited to the colon, also called the large intestine."²

Wellness Teas for Crohn's

- Coconut tea
- Coconut Thai Spice
- Island Sweet (a beautiful citrus blend)

IBS (Irritable Bowel Syndrome)

The International Foundation for Gastrointestinal disorders describes IBS in the following way, "Irritable bowel syndrome (IBS) is a disorder in which abdominal pain is associated with a range of symptoms. Typically, these include intermittent abdominal pain accompanied by diarrhea, constipation, or alternating episodes of both. Other symptoms may also be present. If you have chronic and recurrent abdominal pain and bowel problems, if your daily schedule is often ruled by intestinal discomfort, get help. Talk to your doctor."³

Wellness Teas for IBS

- Asafetida (Spice that mimics Garlic and onion)
- Mint
- Coriander

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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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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



Can CBD Oil Help with Parkinson's Disease?

There are countless ongoing peer-reviewed studies on the medical outcomes of utilizing Cannabis as a drug therapy in patients that have neurodegenerative disorders like Parkinson's disease (PD). CBD oil is also a viable alternative for many patients wanting the healing properties of cannabis and its potent, calming, antiviral and anti-inflammatory effects without the strict regulations of medical marijuana.

Parkinson's disease is a progressive disorder that effects the neurons that are responsible for making dopamine. The symptoms and effects of the disease can begin small like a loss of smell, sleep disturbances, or bowel and bladder fluctuations. However, as PD advances and deteriorates the brain's neurons, the effects are rigid muscles, impaired movement, shuffling feet, loss of expression and speech, and tremors.

Most standard medications try to replace the dopamine or lessen the symptoms of PD, which may or may not work for a period of time. Other treatments are physical, occupational and speech therapy, and in some cases, surgical procedures within the brain.

Alternative or Add-On Treatment: CBD Oil

There have been several relevant studies, as well as patients self-reporting on the effects of medical cannabis and CBD oil concerning Parkinson's symptoms, and the debilitating side effects. Many of these studies suggest a reduction in tremors, anxiety, sleep dysfunction, and pain, along with fine motor and mobility improvements.

CBD oil has numerous neuroactive properties that work with CB1 and CB2 cannabinoid receptors within the brain. This natural process helps our bodies inherently react to cannabinoids. The structure of CBD interacts directly with our cells. Therefore, our biological endocannabinoid system works synergistically with the oil, creating a multitude of beneficial reactions in the body. The endocannabinoid cell's tiny receptors take in chemicals and produce responses. This natural synergy within our brains and bodies regulates things like mood, sleeping, movement, immunity, pleasure, memory and much more.

Studies have shown the following health benefits of CBD oil:

- 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
- Improves sleep
- Reduces anxiety
- Reduces beta-amyloid plaque
- Reduces cognitive impairment
- Reduces Seizures/anticonvulsant
- Reduces inflammation
- Relaxes organs and tissues
- Relieves pain



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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.

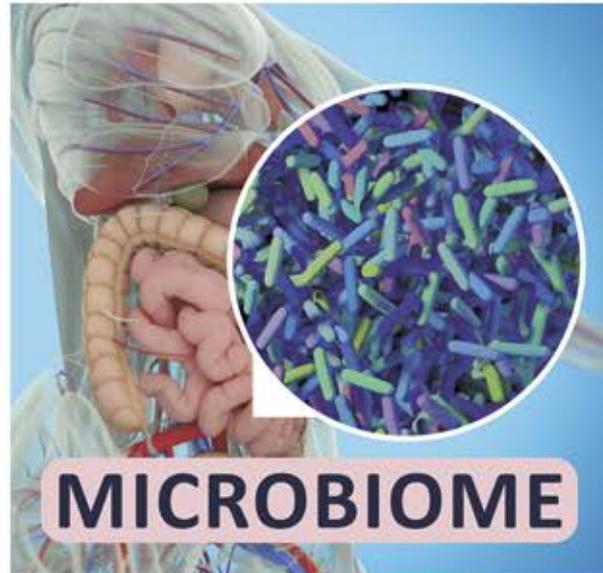
The gut microbes help us in many ways. They break down the leftovers after the stomach and small intestine have done their job, converting the remains into energy. They also feed the cells lining the colon, manufacture vitamins and other nutrients, break down toxins, and train our immune system. In other 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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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.

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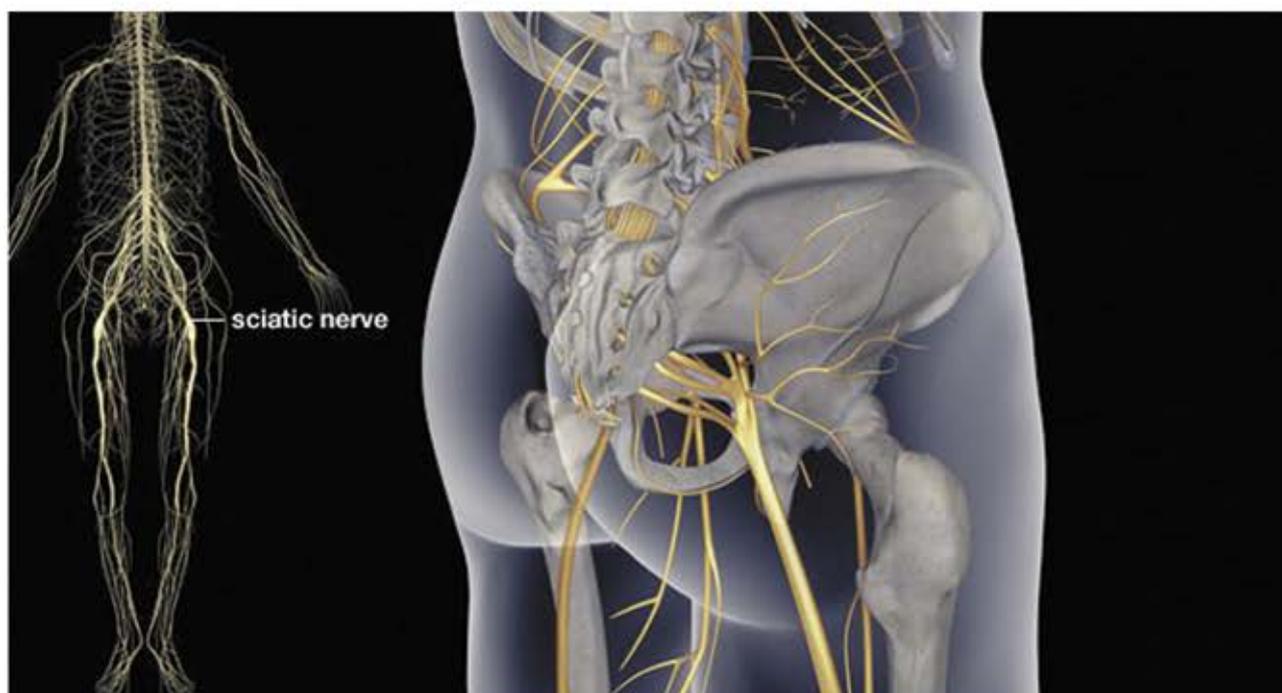
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By Compton Chiropractic Care

Currently there are millions of Americans who suffer from low back and leg pain. A recent survey showed, a large majority of these patients are over the age of 65. When you figure that the Villages has a population exceeding 100,000 and a majority are over the age of 65 then it becomes easier to understand why so many local residents experience this pain. In fact, seven out of ten patients who walk into Dr. Compton's office complain of low back or sciatic pain. It is common knowledge that Chiropractors treat low back pain among other muscular skeletal complaints. What is not well known is that there are over a dozen different techniques and treatment plans to treat the same condition. Different Doctor's feel one technique is better than another but the proof is in the pudding. What makes a Doctor truly unique and beneficial to their patients is being able to properly diagnose a condition the first time and realize when a particular protocol is not working and escalate care to the next level.

Sciatica is defined by The Mayo Clinic as: *Pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one side of your body.*

Sciatica most commonly occurs when a herniated disk or a bone spur compresses part of a nerve. This causes inflammation, pain and often numbness in the affected leg. Although the pain associated with sciatica can be severe, most cases resolve with conservative chiropractic care in a few weeks. Interestingly enough; due to the anatomical location of the sciatic nerve, sciatic type pain can also be caused by Piriformis syndrome or sacro-iliac joint dysfunction. These two conditions masquerade around with similar signs and symptoms and can lead to improper diagnosis and treatment. This means patients spend money and do not get better, never a good thing.



The Doctors at Compton Chiropractic are board certified and have degrees from Palmer College (The First Chiropractic Medical School). Among other common conditions they treat low back and sciatic pain on a daily basis with great success. The Doctors are integrated with several local primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively.

These days it's hard to walk around the golf course and not hear someone talking about their "sciatica". Unfortunately, the great game of golf tends to wreak havoc on ones spine and muscular systems. This is one reason why many top pro golfers (Tiger Woods, Tommo Armour) among other athletes have a chiropractic physician on staff. Certainly if professional golfers with great swings utilize chiropractic care, then local residents who have trouble swinging could potentially benefit more.

Compton Chiropractic has been serving The Villages since 2006 with knowledgeable Doctors and friendly staff who treat sciatica pain on a daily basis. They primarily utilize "Cox Flexion Distraction Technique" which was developed by Dr. James M. Cox in the early 1960's as a non-surgical method of treating disc related injuries. Since that time Doctors of different specialties around the country have studied and utilized these methods with great success.

Many residents are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc and stenosis. Many are also aware that surgery has been the most common treatment for these injuries in the past. However, years of research and technology have pushed us into the 21st century and now there is hope for those who suffer from this debilitating pain. It is now commonplace in medicine to try the most conservative means of treatment first. This approach is a win: win for patients and doctors alike because it means less wasted time and money.



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WHAT IF I DON'T HAVE A PCP?

Many patients come directly to Dr. Compton's office, as referrals are not required.

WE CAN REFER YOU OUT IF NECESSARY:

All cases and patients are different. For example, if we feel it's in your best interest to see an orthopedic specialist, or if you need additional images, we refer you out and can also coordinate this with your PCP's preferences.

Doctor Compton states that, "some patients will require surgery for pain relief", however in most cases he can postpone or prevent surgery for his patients.

The Doctors at Compton Chiropractic have received additional education on the Cox Technique among others. This conservative treatment has been shown to decrease disc pressure by approximately 75% thus allowing relief of the signs and symptoms of disc related pain (Sciatica).

The average treatment time is only about 15 minutes and most patients report feeling better in just a few visits.

Patient Testimonial

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

Doctor Compton's office is located in The Palm Ridge Plaza off CR 466 and they accept all major insurances. Office hours are M-F from 9am to 5 pm.



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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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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,

Alex E. Anderson

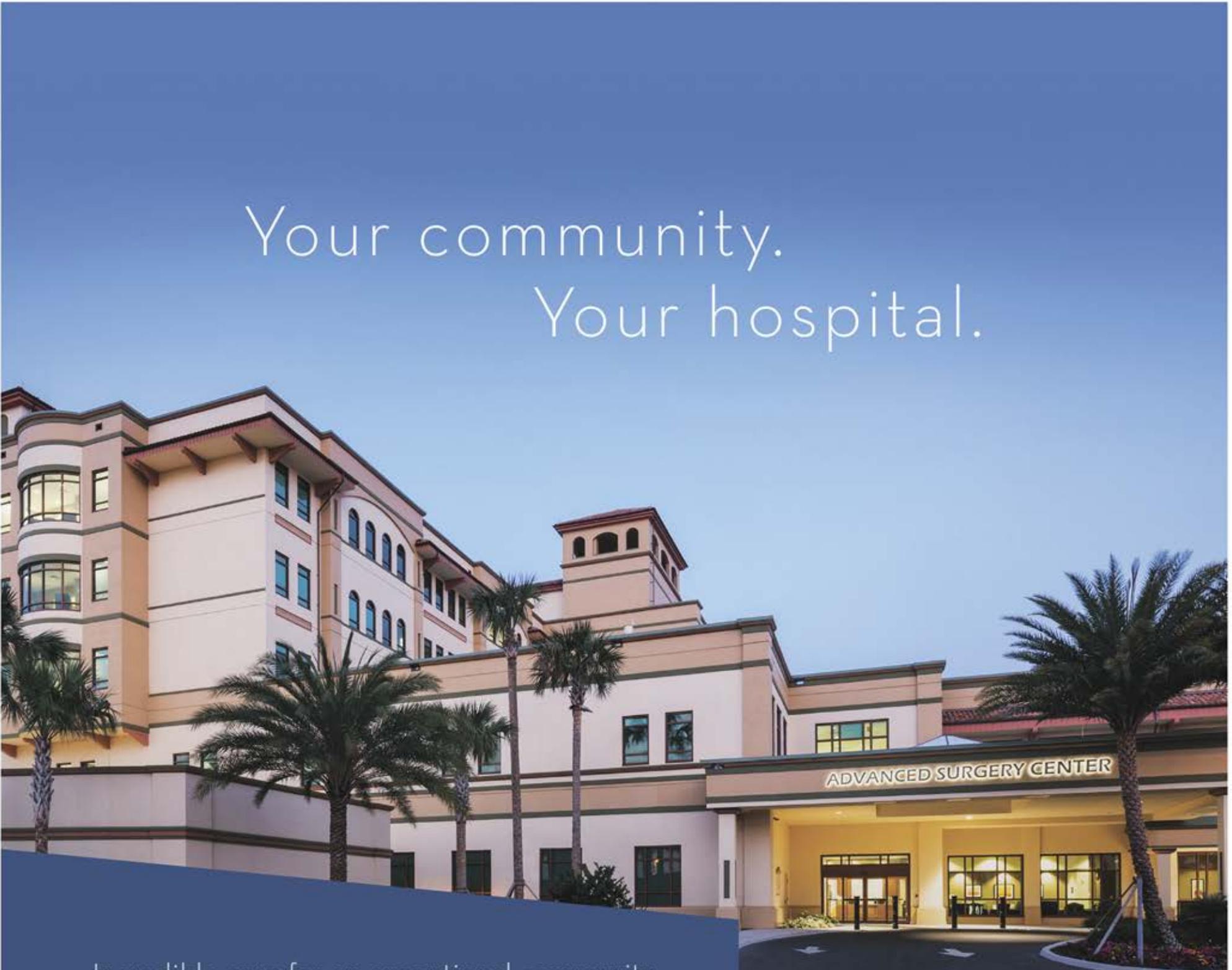
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