

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

May 2019

Marion Edition - Monthly

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**FREE**  

## BREAST MRI

A Supplementary Exam for Deeper Answers

## LUPUS AWARENESS MONTH

## CHRONIC PAIN:

Finding Relief with Physical Therapy & Manual Stretching

## Fix Depression Fast with IV KETAMINE

## A KNEE REPLACEMENT IMPLANT MADE SPECIFICALLY FOR YOU

## Canterfield of Ocala Offers IMPORTANT STEPS TO HELP PREVENT STROKES



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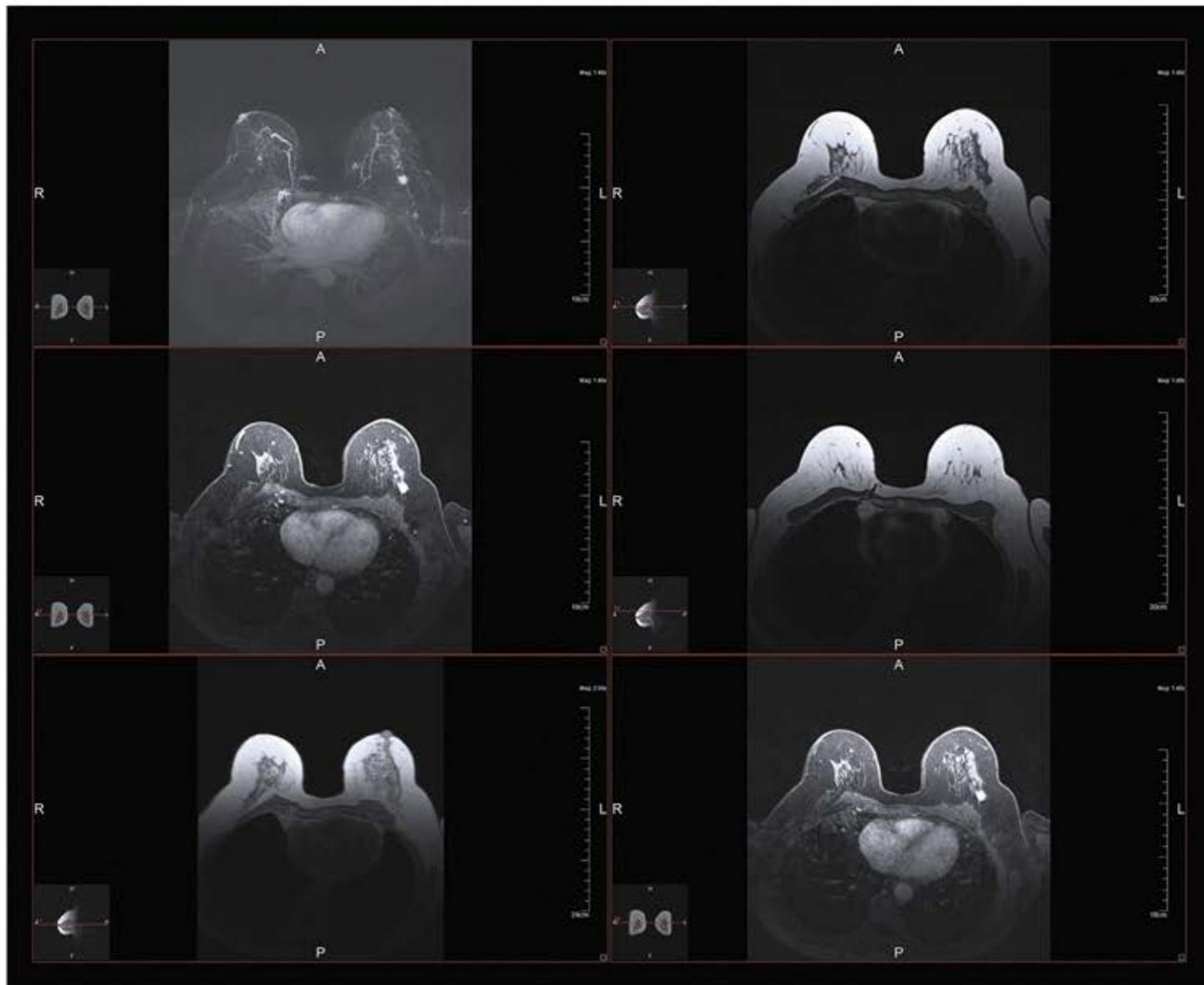
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## BREAST MRI - A SUPPLEMENTARY EXAM FOR DEEPER ANSWERS

**R**oughly 1 in 10 women who have a mammogram require further testing to gain more detailed information. Mammography is the first choice for routine screening because it is highly sensitive to the presence of micro calcifications, which can be an early sign of cancer. But because mammography requires the compression and overlapping of breast tissues, it may not provide all the information needed to fully assess breast health.

Breast MRI is a supplemental exam designed to deliver additional information about breast tissue and abnormal growths, and is particularly useful in helping your radiologist and referring clinician see through dense breast tissue – a condition affecting about 47% of women – which can hinder images created by mammography. It is also a preferred method to check breast implants for leakage and other problems. Breast MRI utilizes strong magnets and radiation-free radio waves to produce contrast-enhanced images of breast structures and blood flow to area in question, which is valuable because cancerous tumors typically promote unusual blood flow compared to benign masses. “The details provided by breast MRI can really help us separate benign growths from concerning ones,” says radiologist Dr. Amanda Aulls. “Breast MRI also helps us monitor questionable abnormalities for changes and in the staging of any treatment that may be needed.”

Breast MRI is not for every situation in which a mammogram shows an abnormality. Breast MRI is most often useful in cases where a mass isn't able to be identified via mammography or ultrasound, and for high risk patients, such as those with first degree relatives who have had breast cancer and those who test positive for BRCA gene mutation. It can also be used to help plan breast cancer surgery. Your clinician will talk to you about your mammogram results and the suitability of breast MRI.

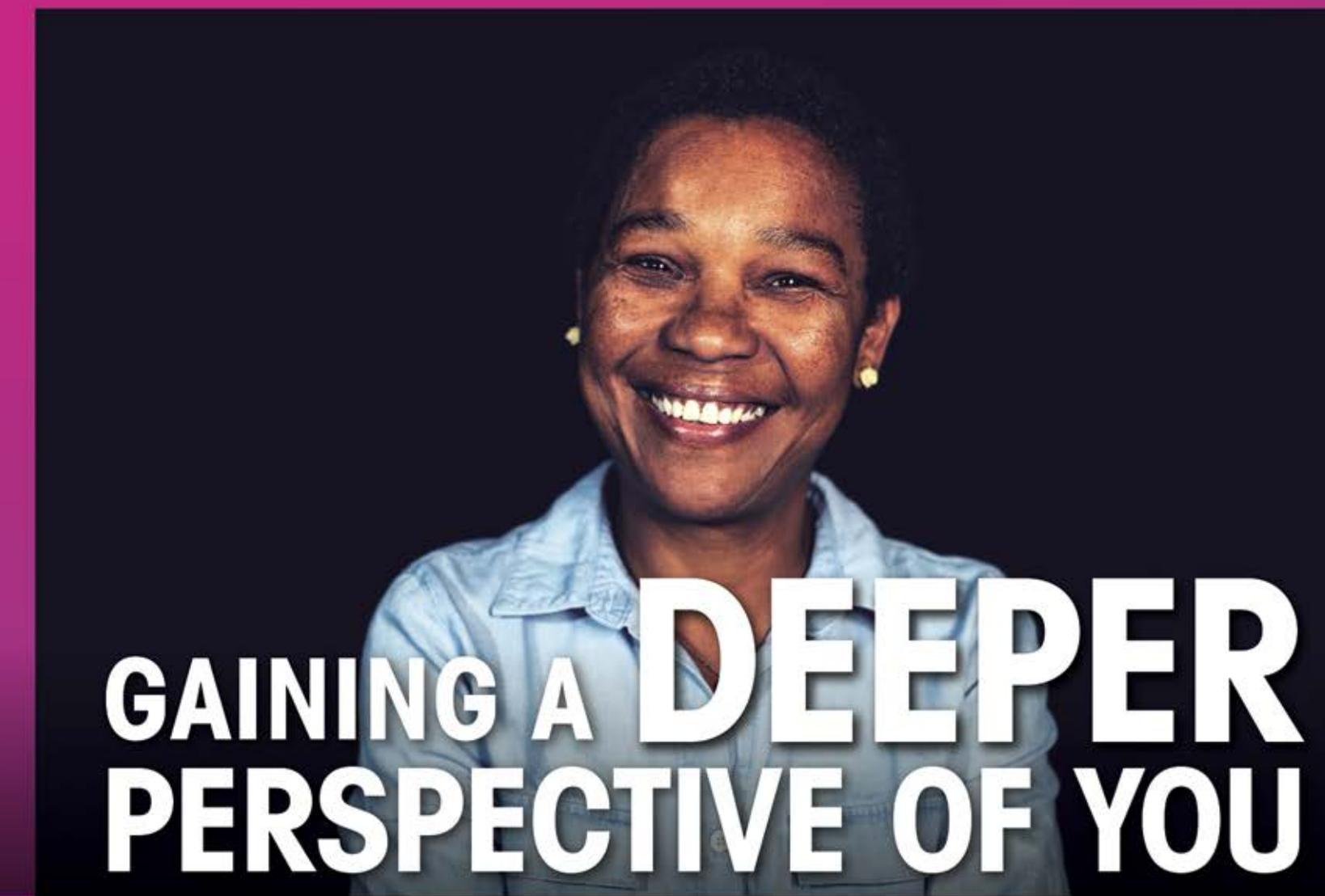


Should you have an abnormal mammogram, take heart. Most abnormalities turn out to be harmless. The important thing is to discover abnormal cells early and determine what they are. RAO's breast health team subspecializes in breast imaging, and our doctors read all imaging results personally in-house. RAO maintains ongoing accreditation in MRI from the American College of Radiology for added accuracy and security.

RAO offers breast MRI at our Medical Imaging Center by referral from your clinician, who will help you determine if breast MRI is right for you.

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# GAINING A DEEPER PERSPECTIVE OF YOU



## BREAST MRI

*"When a screening mammogram reveals something that raises questions, Breast MRI may be right for you. Breast MRI provides important supplementary data that our breast subspecialists use to determine if a growth is harmless or needs treatment, without exposure to ionizing radiation." — Amanda Aulls, MD, Director of Women's Imaging with Breast Imaging Specialists (from left): Fredric Wollett, MD; Brian Cartwright, MD; Ryan Tompkins, MD*

Screening 3D Mammography discovers even tiny abnormalities that may require additional testing. Luckily, most abnormalities are harmless – but to be certain, Breast MRI provides fine details so your RAO radiologist and clinician can gain a complete picture of your health, for the best possible outcome.

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# STOP OVERLOOKING SIGNS OF INCONTINENCE

**U**rinary Incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life for patients. Incontinence is classified as stress, urge, mixed and overflow.

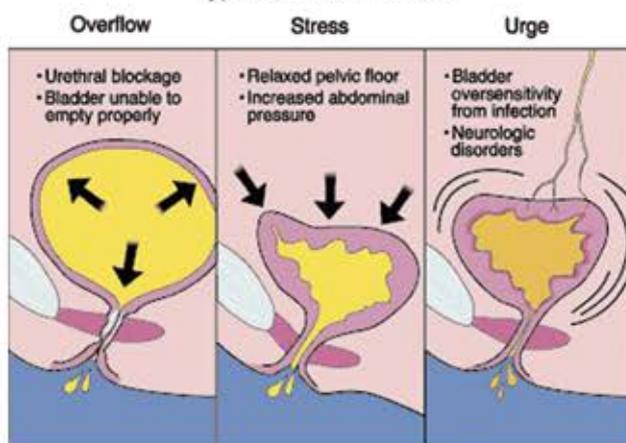
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UI) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily.

#### Accidental urination can be triggered by:

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

#### Types of Incontinence



There are two bladder abnormalities that are associated with UI: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer's disease
- Multiple sclerosis
- Parkinson's disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors

DO can occur due to multiple conditions, and many times as a sequel of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder overactivity. Conditions that can lead to DO include:

- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease



Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence

The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.



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# ROUTINE EXAMS OFTEN FIND HEAD, NECK AND ORAL CANCERS

While not as common as some other types of malignancies, oral cavity and oropharyngeal (head and neck) cancers can often be discovered during routine screening exams by a dentist, medical doctor, dental hygienist, or even by self-exam. Most head and neck cancers begin in squamous cells, which are cells that line moist surfaces, such as those inside the mouth, nose, sinuses and throat. Salivary gland cancer, another category of head and neck cancer, has many different forms because these glands are made up of many different types of cells that can become malignant. As you might suspect, tobacco use, heavy alcohol use, and infection with human papillomavirus (HPV) increase the risk of many types of head and neck cancer.

According to the American Cancer Society, some of the early warning signs and symptoms can include:

- A sore in the mouth that does not heal (most common symptom)
- Pain in the mouth that doesn't go away (also very common)
- A lump or thickening in the cheek
- A white or red patch on the gums, tongue, tonsil, or lining of the mouth
- A sore throat or a feeling that something is caught in the throat that doesn't go away
- Trouble chewing or swallowing
- Trouble moving the jaw or tongue
- Numbness of the tongue or other area of the mouth
- Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
- Loosening of the teeth or pain around the teeth or jaw
- Voice changes
- A lump or mass in the neck
- Weight loss
- Constant bad breath

Of course, many of these symptoms can also indicate conditions other than cancer; that is why it is so important to get regular dental and physical checkups. See your dentist or medical doctor right away if any of these symptoms lasts for more than two weeks.



## What Causes Oral Cancer?

All cancers are caused by genetic changes in the DNA (deoxyribonucleic acid) inside our cells. DNA is the chemical in our cells that contains the genetic information needed for many factors, including how cells function. Just as every human being has unique DNA, or a distinctive genetic code, so does every malignant tumor. Cancer develops due to a genetic mutation, or damage to the DNA in our cells.

One of the factors that can increase your risk of mouth cancer is tobacco usage of any kind; this includes cigarettes, cigars, pipes, chewing tobacco and snuff, among others. Heavy alcohol use and excessive sun exposure to your lips can also increase your risk. In recent years, there has also been a rise in cases of oropharyngeal cancer linked to infection with human papillomavirus (HPV) in Caucasian men and women.

## World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

## Clinical Trials Lead to Tomorrow's Treatments and Cures

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

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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# Canterfield of Ocala Offers Important Steps to Help Prevent Strokes

**T**he popular phrase, "time is of the essence," can be applicable in many different situations. It is particularly true when someone is experiencing a stroke. In honor of National Stroke Prevention Month, we are highlighting the important and time-sensitive symptoms seniors and caregivers need to know to identify if they or a loved one might be experiencing a stroke.

## What Is A Stroke?

A stroke occurs when the flow of oxygen-rich blood is blocked from reaching a portion of the brain. According to the National Institutes of Health, when oxygen is prevented from entering the brain for several minutes, the brain cells begin to die. This can sometimes lead to permanent damage.

A stroke is a serious medical condition that requires immediate attention from a physician. Without medical intervention during a stroke episode, long-term disability, lasting brain damage or even death can occur.

## The startling facts from the National Stroke Association include:

Nearly 800,000 people experience a new or recurrent stroke each year. Someone in America experiences a stroke every 40 seconds. Stroke is currently the fifth leading cause of death. Every 4 minutes, someone dies of a stroke. Up to 80 percent of strokes are preventable. Act FAST:



The Warning Signs of a Stroke According to the National Stroke Association, F-A-S-T is "an easy way to remember and identify the most common symptoms of a stroke."

**F is for FACE:** Look at the person's face for signs of disturbance. Typically, when experiencing a stroke, one side of the mouth will appear droopy or lop-sided.

**A is for ARMS:** If you've identified facial recognition of a stroke, check the arms next. Ask your loved one to raise both arms over their head. If one arm drifts downward, they may be having a stroke.

**S is for SPEECH:** Strokes are often characterized by speech disruptions because blood flow to the speech-controlled section of the brain is interrupted. If your loved one is experiencing a stroke, they may have slurred speech or strange speech patterns.

**T is for TIME:** Time is truly of the essence when it comes to strokes. If you believe that someone you are with is experiencing a stroke, call 9-1-1 immediately.

## Stroke Prevention Tips

The good news is there are steps Florida seniors can take to prevent a stroke from occurring. While there are no guarantees, being proactive about your health can have a positive effect as you age.

## Stroke prevention begins with lifestyle management:

- . Eating a healthy diet, focused on lean meats and fresh fruits and veggies.
- . Getting regular exercise, even if that means walking for 30 minutes a day.
- . Maintaining a healthy weight. Abstaining from smoking cigarettes which can increase plaque buildup in your arteries. Limiting your alcohol intake to 2 drinks per day for men and 1 per day for women.

## Medical management can also help to prevent strokes:

See your physician every year for a physical. Keep your cholesterol levels in check. Monitor your blood pressure and take steps to lower your blood

pressure if it is high. Be extra vigilant if you have diabetes. Our final suggestion is to stay on high alert if heart disease runs in your family. Treating heart problems early on can help to prevent a stroke.

At Canterfield of Ocala we know that living your best life means taking the necessary steps to be healthy, including being mindful of what you can do to prevent strokes.

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

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

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# Chronic Pain:

## Finding Relief with Physical Therapy & Manual Stretching

**W**hen chronic pain affects the neck, back, hands, feet or hips, difficulties arise when trying to get through even the most menial daily tasks. The surrounding muscles begin to tighten as they try to overcompensate for the pain and protect the injured area. These tight muscles can create tension headaches, impaired mobility, and limitations on range of motion.

Chronic Pain can lead to depression, addictions, anxiety, stress, isolation, and even suicide. Finding relief from pain is critical to having the quality life you deserve. Avoiding surgery and being over medicated should be at the forefront of most people's minds when dealing with chronic pain. However, many of these individuals would do almost anything to relieve their agony.

Over 116 million people suffer from various types of chronic pain disorders ranging from fibromyalgia, osteoarthritis, neuropathy, back, hip and neck pain just to name a few. Whether trauma or degenerative diseases have caused your pain, the consensus is usually the same; people want their pain to go away.

Physical therapy is the leading way to relieve pain and discomfort at its core for many individuals. Therapeutic manual stretching and exercising provide real results in controlling pain for countless patients. The CDC (Centers for Disease Control and Prevention) also launched new guidelines recently, recommending the use of physical therapy for chronic pain.

### Arthritis

Arthritis is an inflammation of the joints. Some of the common arthritic symptoms are joint pain, stiffness, warmth, immobilization, and loss of range of motion, fatigue and inadequate blood flow. Two of the main types of arthritis are Osteoarthritis (OA) and Rheumatoid Arthritis (RA). With Osteoarthritis, wear and tear damages the cartilage in the joints and causes



friction between the bones rubbing together. Injury or infection usually causes Rheumatoid Arthritis. RA is an autoimmune disease that causes the body to attack its own lining of the joints and membranes; this results in painful swelling and inflammation. Most people may find that there is little to no relief with over the counter NSAID's like ibuprofen.

Physical therapy and manual stretching offer arthritic joints and sore surrounding tissues much needed relief and over time, the individual will see more and more improvement in their pain level.

### Back Pain

Unfortunately, back pain affects up to 80% of individuals at some point in their lives. Studies show that for those who suffer from back pain, the symptoms often come in persistent, continuous episodes. This is why being proactive about physical therapy treatments and techniques can help to alleviate or lessen these intervals of pain.

For patients suffering from back pain, the first step to recovery is to receive a proper diagnosis so the cause of the symptoms can be determined. Physical therapists are trained to administer flexibility and strengthening tactics along

with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results.

### Examples of Stretching Exercises to Relieve Pain

**Hands:** make a fist with the thumb on the outside and hold for 30 seconds. Open the hand abruptly with the fingers spread wide. Repeat six times.

**Back:** lying flat on your back, bring one leg in towards the chest with the leg bent. Put your arms or hands around the back of the bent leg and gently pull towards your chest. Switch legs and repeat 10 times.

**Patient 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, mobility and communication 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 therapy.

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



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# Fix DEPRESSION Fast with IV Ketamine

By Eric Milbrandt, MD, MPH

**D**epression is characterized by low mood lasting at least two weeks and is often accompanied by low self-esteem, loss of hope, lack of interest in activities, and unexplained pain. Depression affects 1 in 5 people at some point in their lifetime. Some have periods of depression separated by years of “normal” mood, while others have nearly continual symptoms for many years to decades. Depression negatively impacts all aspects of a person’s life, including personal relationships, work, education, sleep, eating, and health. Most concerning, as many as 8% of adults with major depression die by suicide.

Depression has many overlapping causes, including genetic, environmental, and psychological. Contributing factors include family history of depression, major life changes, certain medications, chronic medical problems, and substance abuse. Genetics plays a role in about 40% of cases.

Counseling and antidepressant medications are the mainstay of treatment. Unfortunately, these treatments take weeks to months to work. For as many as 1 in 4 depressed patients, counseling and antidepressants are ineffective, leading many to fall into despair. In the past, these “treatment-resistant” patients’ only hope of returning to normal was electroconvulsive, or shock, therapy. Shock therapy helps about 60% of the time, but side-effects such as confusion, memory loss, and muscle aches are common.

### Ketamine – an old drug with a new use

Ketamine is a medicine developed more than 50 years ago for anesthesia during surgery and other painful procedures. High-dose intravenous (IV) ketamine has been used safely for that purpose in children, adults, and animals for decades. More recently, low-dose IV ketamine has been found to be a fast acting and highly effective treatment for depression, anxiety, and certain pain disorders.

About 17 years ago, medical researchers began studying low-dose ketamine infusions for treatment-resistant depression. Since then, studies have proven conclusively that the drug not only works but works quickly. Studies show that 3 of every 4 patients with treatment-resistant depression see improvement in symptoms within 24 hours of being injected with low-dose ketamine. According to Yale researchers, ketamine’s effects are rapid and long-lasting. The effects from a single infusion last between seven and 14 days.



In an official consensus statement published April 2017 in the journal JAMA Psychiatry, the American Psychiatric Association states that ketamine “produces rapid and robust antidepressant effects in patients with mood and anxiety disorders that were previously resistant to treatment.” The consensus statement goes on to establish standards for providing IV ketamine treatments for mood disorders, including patient selection, clinician training, drug dosage and delivery, follow-up, and essential safety measures. In doing so, the consensus brings ketamine infusion out of the realm of experimental research and into everyday medical clinics, such as The Infusion Clinic of Ocala.

### Ketamine infusion – what to expect

Before beginning treatment with ketamine, your infusion provider will thoroughly review of your history and perform a physical exam to determine if ketamine is right for you. Treatment consists of two phases. The first, a loading phase, consists of six 40-minute infusions given in an outpatient clinic over a two to four-week period. Many patients experience relief within hours of their first infusion and most know by their third infusion whether they will benefit from ketamine. After the initial loading phase, a single 40-minute maintenance infusion, or booster, is given about every 1 to 6 months depending on the patient. While undergoing ketamine infusion therapy, the patient continues to work with their primary medical provider, psychiatrist, and/or therapist. Adjustments to any of the patient’s chronic medications remains under the direction of these providers, who receive progress reports from the infusion provider to be sure they are kept in the loop.

Patients are typically awake and interactive during the infusion, which achieves an effect described by the American Society of Anesthesiologists as “minimal sedation or anxiolysis.” Some patients describe colors as being more vibrant and sounds being more accentuated.

Side effects of ketamine infusion are generally mild and self-limited. Nausea near the end of the infusion is the most common reaction, occurring in <5% of patients, and is easily treated with antiemetics, such as Zofran. Less commonly, anxiety reactions can occur and are treated with IV benzodiazepines, such as Versed. Your provider will be well-prepared to manage these and any other reactions that might occur.

Patients should not eat food within 4 hours or drink fluids within 2 hours of their infusion. In our clinic, The Infusion Clinic of Ocala, you are welcome to bring a companion to be with you during your infusion. We recommend that you bring headphones and music that is relaxing for you. You will be placed in a comfortable massage recliner in a private room, an IV catheter gently inserted, and the infusion started. During the infusion, you remain connected to a device that monitors your heart rate, blood pressure, and oxygen level. You may listen to music, read, relax or even nap during the 40-minute treatment. Afterwards, you are required to stay for a short recovery period, typically 15-30 minutes. You will need to have an adult present to drive you home from your appointment.

### Conclusion

Depression is a common and debilitating condition that robs a person and their loved ones of the joy of living life. Most cases improve with counseling and antidepressant medications, though these treatments often take weeks to months to be effective. For the 25% of patients with treatment-resistant depression, ketamine infusion therapy offers rapid and lasting relief. **Find out more or schedule a consultation at <https://www.infusionclinicocala.com> or call (352) 325-5755.**



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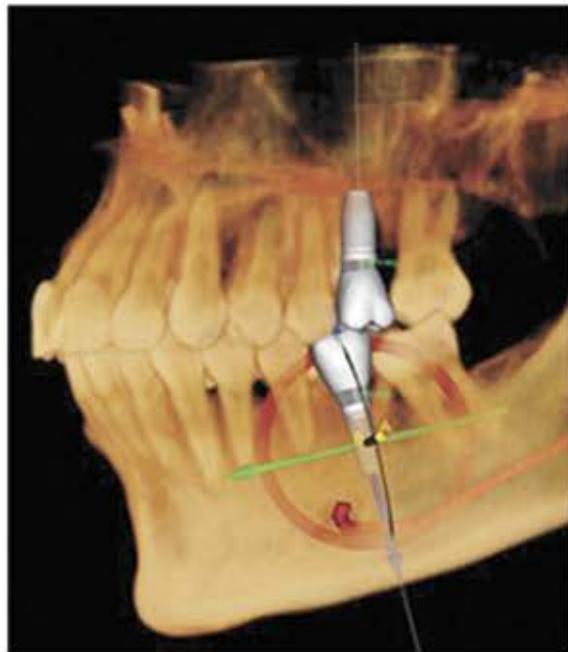
*Dr. Eric Milbrandt is owner of The Infusion Clinic of Ocala, located at 40 SW 1st Ave, Ocala, FL 34471. Dr. Milbrandt is a critical care medicine specialist with over 16 years of experience providing care to the sickest of hospitalized patients, including those with severe depression, anxiety, and PTSD.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

# 3D Imaging Minimizes Time and Cost of Dental Procedures

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

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

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



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

## How is 3D Imaging Used?

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

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

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

  
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## How is 3D imaging performed?

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

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

## "Smiling Reviews" from a Few of Our Patients

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

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

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



## Dr. Heather Schweizer of Central Florida Health Sheds Light on Stroke Awareness Month

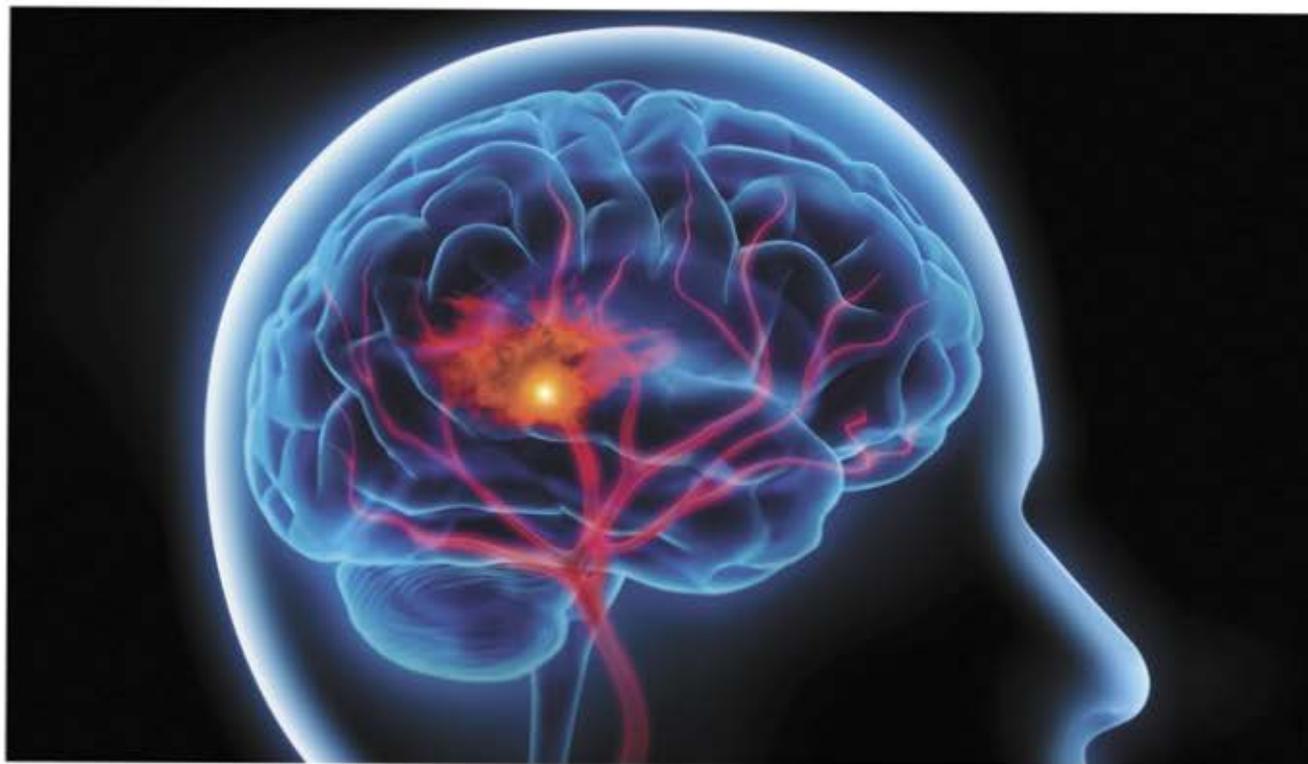
**E**very year in the United States nearly 800,000 people will suffer from a stroke, also referred to as a cerebrovascular accident (CVA). If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia, and many more complications. Stroke prevention cannot be stressed enough, and knowing the signs and symptoms is crucial.

Heather Schweizer, DO, is a neurohospitalist who specializes in diagnosing and treating injuries and diseases that affect the various components of the human nervous system (brain, spinal cord and nerves) while placing an emphasis on evaluating the entire nervous system as a whole in order to identify the root cause of the patient's ailment. We caught up with Dr. Schweizer of Central Florida Health to find out more.

**Q: As a neurologist/neurohospitalist, please explain your role in managing a stroke patient.**

**A:** My role as a neurohospitalist is at the forefront of stroke management from the moment the stroke patient comes in our doors till they are discharged. I am paged the moment a "stroke alert" is called and I meet the patient in the emergency department (ED) to assess them along with the ED physician. We say in stroke care that "time is brain" because when an acute stroke is in progress, a patient is losing 2 million brain cells per minute! We have to assess the patient's status and history as quickly as possible to administer tissue plasminogen activator (tPA) medication to bust or break apart the clot. This important treatment can essentially save the region of the brain that the stroke is affecting by clearing the clot and restoring blood flow.

The sooner we are able to initiate administration of this medication, if applicable, the more brain we save. And if a patient is found to have symptoms which indicate they have a very large occlusion we may decide to start this clot-busting medication and at the same time transport the patient via helicopter to the University of Florida Health Shands Medical Center, our comprehensive stroke receiving partner hospital for clot retrieval.



After the initial stroke assessment and treatment, I will provide daily hospital care for the stroke patient and we will perform various diagnostic tests to assess why they had a stroke. Their carotid arteries are assessed for stenosis, the heart is assessed with an echocardiogram, and the patient is continually monitored via telemetry to make sure they do not have an arrhythmia, such as atrial fibrillation, which is another cause of stroke. If we can hone in on the "why" of their particular stroke process, then we can better pinpoint the most optimal medication to give them for prevention of another stroke. I always tell my patients that once we are past the initial stroke assessment and emergent phase the two treatments for any transient ischemic attack (TIA) or stroke are 1) rehabilitation for residual deficits (physical, speech, occupational or music therapy) and 2) optimizing prevention of developing another TIA or CVA.

And finally, after the patient's admission for diagnostics and once prevention is optimized, we work closely with the primary internal medicine team, therapy modalities, and case management to place the patient in the most optimal inpatient rehabilitation facility (or outpatient rehabilitation if deficits are minimal) and assure continuity of care with post-hospitalization follow-up appointments with outpatient neurologists.

**Q: Tell me about the Code Stroke System and how that helps your response team.**

**A:** The Code Stroke System helps our response team by alerting the whole team that we either have a potential stroke patient on their way in or have presented to the emergency department. Local emergency medical services (EMS) providers are integrated into the system and can also alert this code. We have an overhead page as well as a texting alert system. Once we are alerted, we respond emergently to assure the patient is properly assessed for stroke and possible thrombolysis treatment. The patient is immediately met in the ED by the ED physician and me. A computerized tomography (CT) test is ordered immediately as a CT of the head is the most important initial diagnostic test because we need to rule-out a hemorrhagic stroke before giving the patient blood thinners. Hemorrhagic strokes account for 15 percent of all strokes and this is why blood thinners, including aspirin, cannot be given by EMS prior to reaching the hospital. The entire response team is vital to the whole process, from neurohospitalist to lab technologist to CT technologist to EMS and everywhere in between. Therefore, a good alert system assures everyone is on the same page because, again, time is brain!

**Q: Can the brain heal itself after a stroke and what can patients expect (rehab, speech, walking, etc.)?**

**A:** This is a very tough question and the best way to answer it is that it varies. It depends on the size of the stroke, whether there was successful thrombolytic/thrombectomy performed, the age of the patient and the presence of other co-morbidities, such as uncontrolled diabetes, heart failure, hypertension, smoking, obesity, etc. It also depends on the patient's pre-stroke physical condition – did they have dementia, gait disturbance, physical deconditioning prior to having the stroke? All of these factors affect a person's ability to "heal" their brain after a stroke. It is understood, though, that it is possible for collateral circulation around the area of the affected brain to feed these regions, and also, for regions around the stroke to take over functions that were affected by the dead brain tissue. I have witnessed people with the inability to speak clearly rehabilitate substantially to the point where they could communicate quite well.

**Q: Why do you think strokes are on the rise, especially in younger adults?**

**A:** Strokes have definitely been on the rise in young adults. There has actually been a stable decline in rates of stroke in patients over the age of 60 and any increase or reduction of decline may be due to better stroke detection with MRI screening. But there has been an increase in young adult strokes, for sure, and I believe this is due to an increase in modifiable risk factors (i.e., diabetes, obesity, hypertension, hyperlipidemia, smoking). It is also due to increased use of certain recreational drugs – specifically, cocaine and amphetamines. Of course, this includes methamphetamine and street drugs that immediately come to people's minds, but it also includes amphetamines that can be prescribed, such as Adderall and Vyvanse. Although opioid abuse is still rampant, amphetamines are heavily abused in the young adult population and the effect of abuse can be substantial. Young adults in high school and college take the amphetamines to "help them study" and I have heard patients say that they even trade pills with others in their class or have study sessions where they all take amphetamines and pull all-nighters. It's a dangerous game they are playing, and stroke is a very real threat. I've had patients in their 20's who I have

treated with subarachnoid hemorrhages secondary to Adderall use. In most cases they are using a prescribed and legal medication.

**An Advanced Primary Stroke Center**

In 2018, The Villages® Regional Hospital earned recertification and The Joint Commission's Gold Seal of Approval® for Advanced Certification for Primary Stroke Centers. This also includes the American Heart Association/American Stroke Association's Heart-Check mark. The Gold Seal of Approval® and the Heart-Check mark represent symbols of quality from their respective organizations.

The Villages® Regional Hospital has been accredited since November 2016 and provides rapid treatment to more than 550 area residents who suffer a stroke annually, offering 24-hour emergent diagnostic and treatment services to patients presenting with acute ischemic stroke and other neurovascular disorders.

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# WHY YOU NEED TO PURCHASE UNINSURED MOTORIST COVERAGE

By John H. Piccin

**T**he most important piece of advice I can give members of the motoring public is to purchase uninsured motorist coverage if you have not already done so!

Florida law requires hardly any automobile insurance. All that is required is \$10,000 of Personal Injury Protection (P.I.P.) coverage and \$10,000 of Property Damage Liability coverage. P.I.P. coverage is available to pay 80% of medical bills related to a collision and 60% of provable lost income related to a collision, up to a combined limit of \$10,000, (assuming you obtain treatment within 14 days of the collision!). P.I.P. coverage does not cover any pain and suffering or other intangible (non-economic) damages. As those who have been injured in an auto collision know, an emergency room bill alone can be more than \$10,000.

Property Damage Liability coverage covers property damage which you caused. It has nothing to do with any personal injury.

Since Florida law does not require any Bodily Injury Liability coverage, many people driving on the roads of Florida have no Bodily Injury Liability coverage which means that if such a person injures you, that person has no insurance to cover your bodily injuries. My guess is that between 25 and 50% of people driving in Florida have no Bodily Injury Liability coverage.

Therefore, if you want to be compensated for injuries caused by an uninsured motorist, you absolutely need Uninsured Motorist coverage. Uninsured Motorist coverage is available for your injuries caused by an uninsured motorist. (If the at-fault party has some Bodily Injury Liability coverage, and your injuries have a value in excess of that amount of coverage, your Uninsured Motorist coverage is called Underinsured Motorist coverage because the at-fault motorist is, in that situation, underinsured, rather than totally uninsured.)

Uninsured/Underinsured Motorist coverage is coverage in excess of any Bodily Injury Liability coverage which the at-fault party has. In other words, it covers your injuries which have a value in excess of the amount of the at-fault party's Bodily Injury Liability coverage.

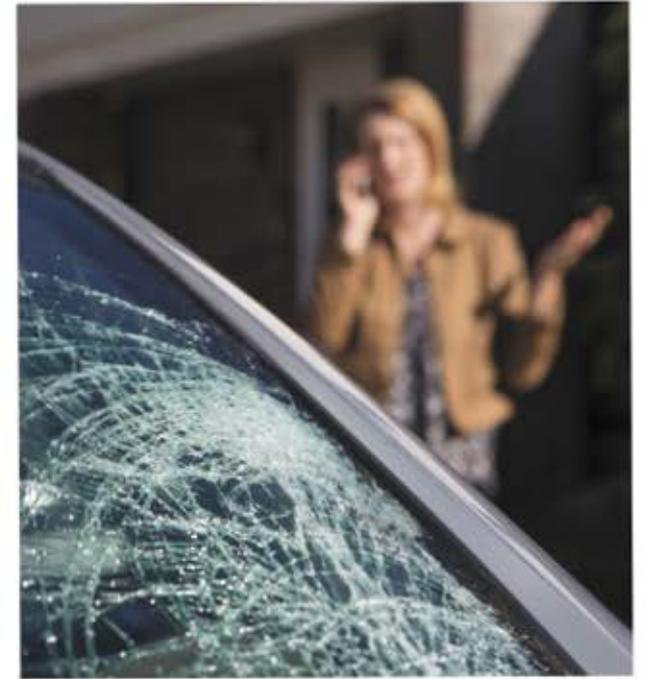
Bodily Injury Liability coverage and Uninsured/Underinsured Motorist coverage are available for any medical bills and lost income not covered by P.I.P. coverage, but more importantly, both coverages are available to pay for intangible (non-economic damages) such as pain and suffering, disability or physical impairment, disfigurement, mental anguish, inconvenience, loss of the capacity for the enjoyment of life, experienced in the past or to be experienced in the future. Both tangible (economic) and these intangible (non-economic) damages are recognized by Florida law as being compensable.

Motorcycle drivers and riders need Uninsured/Underinsured Motorist coverage more than any other category of Florida motorists. The obvious reason for that fact is that motorcycle drivers and riders are vulnerable to being injured severely by other drivers who sometime do not see the motorcycle. And, of course, the human body is not made to impact hard objects at sometimes high speed.

The fact that you may have health insurance does not mean you do not need Uninsured/Underinsured Motorist coverage. Health insurance pays some of the medical bills. It does not cover the intangible (non-economic) damages listed above. Also, health insurance is often limited in the amount of medical bills it will pay.

I hope this article prompts you to check your auto insurance policy or policies to see whether they included optional Uninsured/Underinsured Motorist coverage. If such coverage is not included, you should call or see your insurance agent immediately and add Uninsured/Underinsured Motorist coverage for each of the vehicles you own.

I recommend buying stackable Uninsured/Underinsured Motorist coverage. Stackable means that if you have paid a premium for Uninsured/Underinsured Motorist insurance coverage for each vehicle you own, that coverage will be multiplied by the number of vehicles you own and you will have that combined total amount of Uninsured/Underinsured Motorist coverage in case you need it for injuries caused by a negligent uninsured/underinsured motorist.



Of course, the coverage you have in effect at the time of the collision is the coverage that is available to you. You cannot get injured and then purchase coverage to cover your injuries.

Uninsured/Underinsured Motorist coverage is not well understood by the general public, and, sometimes such claims are wrongfully denied by insurance companies. This article just scratches the surface of the law regarding such coverage. If you are injured and have any question as to whether your Uninsured/Underinsured Motorist coverage (or that of a resident relative) is available to you for your injuries, please feel to call John or his daughter and law partner, Katie Glynn, for a free office consultation, (352) 351-5446, at 320 NW Third Avenue, Ocala, FL 34475, since 1981.



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# LUPUS AWARENESS MONTH

Five million people worldwide, and every year 16,000 new cases are reported.

Dr. Dariano, D.O.

**L**upus is an autoimmune disease, and like all other autoimmune related conditions, it causes the cells in the body to attack itself. In the case of Lupus, it causes the body to attack its joints, skin, kidneys, blood cells, brain, heart, and lungs. Lupus is considered a chronic condition, meaning that the symptoms and side effects typically last for at least six weeks and in many cases, years. Lupus is not a curable disorder; therefore, monitoring symptoms and what triggers a flare is critical.

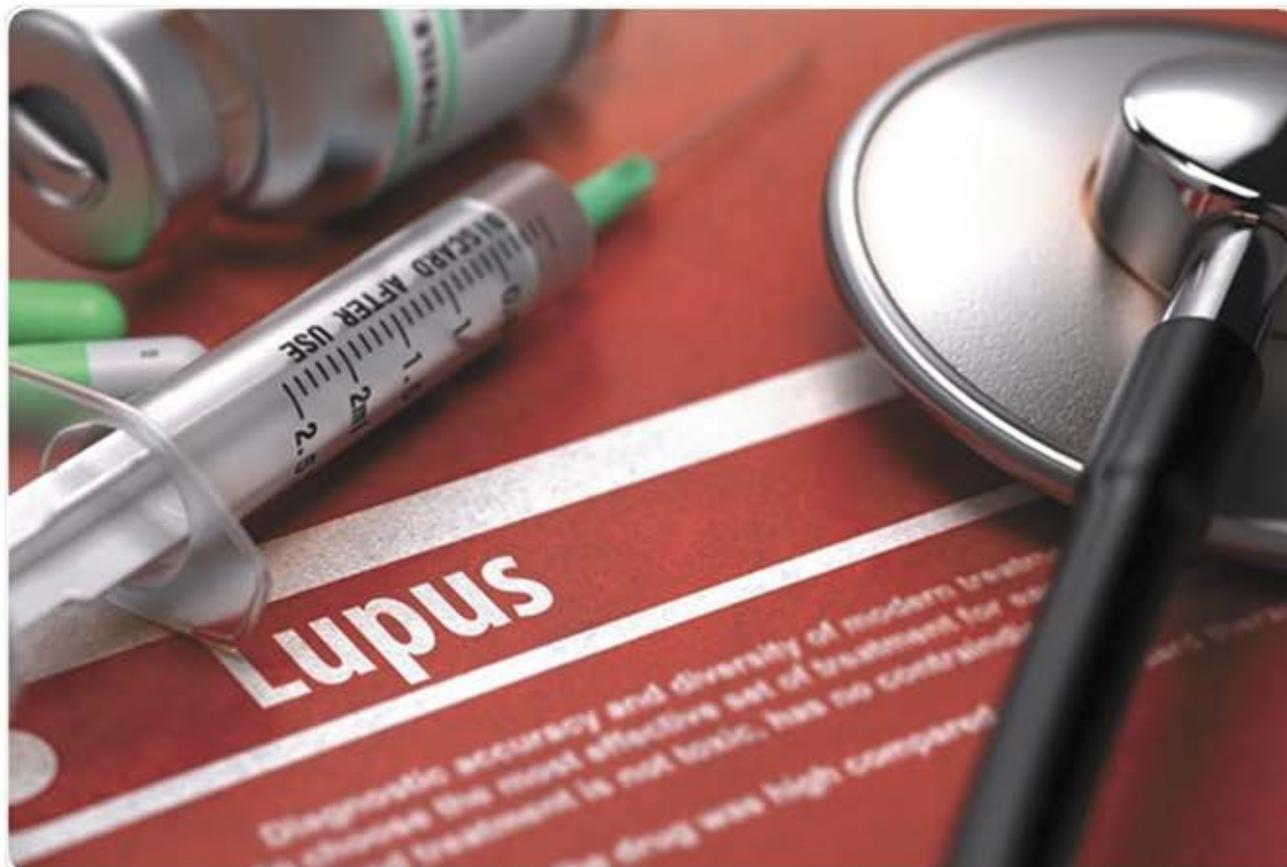
## Symptoms of Lupus

Lupus can be difficult to diagnose at first since it mimics many other disorders. According to the Lupus Foundation of America, "Because lupus can affect so many different organs, a wide range of signs and symptoms can occur. These symptoms may come and go, and different symptoms may appear at different times during the course of the disease.

The most common symptoms of lupus (which are the same for men and women) are:

- Extreme fatigue (tiredness)
- Headaches
- Painful or swollen joints
- Fever
- Anemia (low numbers of red blood cells or hemoglobin, or low total blood volume)
- Swelling (edema) in feet, legs, hands, and/or around eyes
- Pain in chest on deep breathing (pleurisy)
- Butterfly-shaped rash across cheeks and nose
- Sun- or light-sensitivity (photosensitivity)
- Hair loss
- Abnormal blood clotting
- Fingers turning white and/or blue when cold (Raynaud's phenomenon)
- Mouth or nose ulcers

"Many of these symptoms occur in other illnesses. In fact, lupus is sometimes called "the great imitator" because its symptoms are often like the symptoms of rheumatoid arthritis, blood disorders, fibromyalgia, diabetes, thyroid problems, Lyme disease, and a number of heart, lung, muscle, and bone diseases.



***"You play an important role in helping your doctor manage your disease. Listen to your body, ask questions and stay involved."***

## Treatment

Antimalarials are used in conjunction with other pain and steroid medications. Antimalarials are most often prescribed for skin rashes, mouth ulcers, and joint pain, but also can be sufficient in mild forms of lupus where inflammation and blood clotting are a concern. Antimalarials improve lupus by decreasing autoantibody production, protecting against the damaging effects of ultraviolet light from the sun and other sources and improving skin lesions.

Several chemotherapy infusion drugs are used to alleviate the symptoms and recurrence of Lupus flares because of their immunosuppressant capabilities. Because Lupus can cause blood clotting, anticoagulants are often prescribed as well.

Getting plenty of rest and finding ways to unwind or destress is critical to staving off Lupus flares.

Managing the amount of time spent in the sun and eating a healthy diet are also ways to lessen the effects of the disease. It's important to see your doctor regularly to monitor any changes in your overall health.

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.

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# A Knee Replacement Implant Made Specifically For You

If you were having a custom kitchen designed by an expert builder, they wouldn't just buy a marble countertop off the shelf somewhere; they would have it measured precisely, finely cut, trimmed and polished before installing it in your highly-anticipated new kitchen. If we are so meticulous about our homes, then why would we let a surgeon choose an "off the shelf" knee replacement for our unique, precious, irreplaceable bodies?

Ironically, the typical knee replacement implant is selected from a base range of sizes. The surgeon has to manually try to make the adjustments during the procedure to fit your specific anatomical bones and inner knee space. With this type of implant, there is usually an issue of the implant hanging over the bone or falling short (underhang), which leaves bone exposed. If your implant isn't aligned properly, you will most likely have major issues with mobility and comfort. This is precisely the reason that 1 in 5 patients are unsatisfied with their knee replacement.

Clinical studies have demonstrated that these compromises on fit can cause residual pain after surgery. A medical device company called, ConforMIS designs partial and total knee implants to fit the patient specifically. Using proven techniques for standard knee replacement, coupled with their exclusive CT scan and 3D modeling technique, called an iFit Image-to-Implant® technology, they create a customized knee to fit your body.

There are also alternatives to having a total knee replaced. For example, many patients are unaware of the fact that they can receive a partial implant. Arthritic damage to one side of the knee is common, so utilizing an implant customized for the medial or lateral deteriorated area is sometimes a better option than a total knee replacement depending on your individual circumstances.

If you are a candidate for a partial knee implant, with the ConforMIS technique, your surgeon would be able to preserve your tendons and ligaments, as well as part of your natural knee bone. This will allow quicker healing, better progress; and preserving bone will provide more natural knee for any future treatments that may be necessary.



Polyethylene is the material that is used in almost all knee implants. Polyethylene allows the joint of the implant mechanisms to move freely. However, the polyethylene sits on a metal platform like a fulcrum, cushioned in between bones. This can cause a great deal of wear and tear on the material of the implant.

ConforMIS manufactures its material differently, and eliminates the typical deterioration through a unique process that makes for less contact stress throughout the knee. Its technology creates a

material that is stronger and more durable than polyethylene implants.

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

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## Mental Health Awareness Month:

# MENTAL HEALTH AND HEART DISEASE

T.E. Vallabhan, MD, FACC

**C**ommonly reported, stress levels, anxiety, depression, and our overall emotional state has a significant impact on our health. From physical pain, appetite changes, suicidal thoughts to our vascular health, the way we deal with and treat mental disorders are critical on our long-standing wellness.

### How Our Mental State Affects Our Cardiovascular Health

Emotional stress is a huge factor in blood pressure spikes. Along with anxiety, we often sometimes pick up bad habits like not getting the proper amount of sleep or eating unhealthy foods, like excessively salty and fatty fare, or we're drinking too much alcohol. All of these issues can raise our cholesterol levels, and when we drink too much alcohol, it can also cause ventricular fibrillation. Ventricular fibrillation causes rapid, electrical, stimulations in your heart and you may experience a dangerously high heart rate.

Atherosclerosis is the hardening of the arteries due to a buildup of plaque caused by high cholesterol in the blood. When those particles of plaque break away, they can cause coronary arrest. Along with higher than normal cholesterol levels, stress and anxiety can disrupt this preexisting plaque, making patients more susceptible to heart attacks and arrhythmias.

During unhealthy emotional episodes, we sometimes shut our selves in and don't exercise regularly, because of depression and fear. This can have a greater effect on someone with a current heart condition. It's imperative to keep yourself healthy through exercise, eating right, and managing stress.

Many people ignore the symptoms of a heart attack. People may feel chest pains or experience shortness of breath but put it off, because they are too busy, or too drained to consult with their physician.

### Heart Attack Symptoms

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



### Depression and your Heart

One of the most common ailments that doctors treat annually is depression. Nearly 15 million people in the United States are affected by depression. Persistent Depressive Disorder or PDD is a chronic type of depression that usually last for more than a year and can be difficult to treat successfully.

The typical treatment options for PDD are antidepressant medications and counseling therapy. Some of the most common drug classes prescribed are selective serotonin reuptake inhibitors (SSRIs), serotonin-norepinephrine reuptake inhibitors (SNRIs), tricyclic antidepressants (TCAs), and monoamine oxidase inhibitors (MAOIs). The widely known drugs, like Prozac, Zoloft, and Cymbalta play a role in how the neurotransmitters affect the mood by lessening anxiety levels and creating a more peaceful, cheerful spirit.

While the treatment options mentioned above are helpful for some people, the problem lies in two distinct categories. Number one, depression is just a simple label that is placed over a very complicated,

in-depth, disease with countless causes. And numbers two, a vast majority of patients do not respond well to the medications prescribed. The good news is that there are alternative therapies and behavioral counseling methods that have helped numerous of patients.

If you have any mental health-related disorders or feel like you need someone to talk you through depression, please seek medical help as soon as possible. The earlier you get the help you need, the better your outcome will be, along with alleviating additional stress on your heart and your general wellbeing.

# Dr. V

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

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# Rediscovering The Power of Nature's Medical Miracle CBD Oil

**T**he art and science of healing with medical plants is as old as mankind itself. Awareness of medicinal plants usage is a result of the many years of struggles against illness in which man learned to pursue remedies in barks, seeds, fruit stems, and other parts of the plants. With the re-discovery of Nature's Miracle, CBD oil in 1963 by Dr. Raphael Mechoulam, who identified CBD's stereochemistry in his laboratory at the Hebrew University of Jerusalem millions have been healed and are continuing to be healed from various types of dreaded diseases by what scientists, doctors and biblical scholars around the world are calling the greatest medical breakthrough of this century.

This remarkable discovery is what many today are calling The Sacred Healing Plant. This plant which has a proven history involving healing which dates back thousands of years. Throughout history, its healing abilities have been celebrated by ancient Egyptians, Romans, the Chinese, Europeans, and Sumerians, among other countless cultures. Early civilizations often used plants as their primary and most effective ingredients for medical treatment. Until the year 1937 Cannabis was used in most medicines in the U S as one of the main healing ingredients.

This plant is called Cannabis. According to countless studies and global research by thousands of renown professionals in the field of medical research CBD oil has been found to be effective against such diseases as Cancer, Multiple Sclerosis, HIV/AIDS, Cognitive Damage, Rheumatoid Arthritis, PTSD, Epilepsy, ALS, Crohn's, Parkinson's, lupus, Lyme Disease, Osteoporosis, and many other debilitating disorders. CBD oils studies have also shown that CBD oil is an effective sleep aid, and has been shown to improve energy and stamina levels.

Even though prescription free CBD has been effective in many cases and studies concerning healing, many are still skeptical because of the stigma that is connected with Marijuana. CBD is not marijuana and is void of the chemical compound found in Marijuana referred to as THC which produces the mind - altering psycho active effects.



Dr. Israel Spaulding Senior Th.d. who is also a member, and certified by the American Association of Drugs Practitioners believes in providing his clients with the highest quality of CBD products that is pharmaceutical grade, manufactured in the US, certified by third-party testing and also grown and packaged and distributed under the most comprehensive quality control. This brand is called CTFO, which is a pharmaceutical grade line of full-spectrum camps CBD that the company created specifically for doctors and pharmacists.

#### Understanding How and Why CBD oil Works

Scientists have long understood that the human body is equipped with what is called the ECS, which is an abbreviation for the Endocannabinoid System. This means that our nervous system has cannabinoid receptors which causes our bodies to respond in a natural way to the cannabinoids which comprise CBD oil. This means that our Endocannabinoid System works in a synergistic fashion with the chemical compounds found in CBD oil and produces a beneficial, favorable, and healing response in the body.

One of the really great things about the CTFO brand of CBD oil and cannabis products is the fact that the healing properties of the cannabis plant can be experienced without the mind - altering psychoactive effects of the chemical compound THC (tetra-hydrocannabinol) with proven results and no side - effects.

## 10X PURE



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

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

**Dr. Israel Spaulding, Sr.**

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# Commonly Referred to as a Silent Killer: High Blood Pressure Should Be Treated

**D**id you know that after the age of twenty the vascular system begins to accumulate plaque? Tiny plaque deposits can embed themselves into our delicate vascular structures throughout our entire bodies. Over time, the sticky plaque can mount up and cause hardening of the arteries, block oxygen-rich blood from reaching our hearts, or cause clots to form and break off.

If we fail to put our health at the forefront, we will very likely be in danger of issues such as a stroke, heart disease, or sudden cardiac arrest. If you have high cholesterol, high blood pressure, diabetes, or a family history of vascular disorders, you are at an even higher risk level. If you smoke, drink too much alcohol, are sedentary, or regularly eat “junk food,” then your risk factors are ultimately elevated.

What can you do? Notably, you should schedule an exam with your physician to check your vitals and run the appropriate lab tests. You may need to have other types of testing if your report shows signs of any issues. Some of these tests may include a Doppler, which is a vascular ultrasound, an MRA, angiogram, or an EKG.

## HYPERTENSION

High blood pressure has little to no symptoms and is often referred to as the silent killer. High blood pressure can lead to stroke, heart disease, and sudden cardiac arrest. It's imperative to check your blood pressure on a regular basis and ask yourself. How has my blood pressure changed and what does that mean? Typically, the systolic blood pressure (top number) rises with age, while the diastolic blood pressure (bottom number) tends to fall.

### A variety of factors can cause changes:

- Age-Related Hormone Changes
- High Salt Intake
- Changes in Walls of Arteries and Blood Vessels

High systolic pressure or hypertension may continue to rise with age even if controlled with medication, but patients can sometimes lower their blood pressure through exercise, weight loss, healthy eating, and abstinence from tobacco.

### Some Symptoms of Blood Pressure Changes:

- Lightheaded or Fainting
- Dehydration
- Blood Loss
- Certain Medications can cause it to lower
- Could increase the risk of falls if not controlled
- Feeling of racing and palpitations

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
<b>NORMAL</b>	<b>LESS THAN 120</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>ELEVATED</b>	<b>120 – 129</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</b>	<b>130 – 139</b>	<b>or</b>	<b>80 – 89</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</b>	<b>140 OR HIGHER</b>	<b>or</b>	<b>90 OR HIGHER</b>
<b>HYPERTENSIVE CRISIS (consult your doctor immediately)</b>	<b>HIGHER THAN 180</b>	<b>and/or</b>	<b>HIGHER THAN 120</b>

The American Heart Association has changed its guidelines for blood pressure. Essentially 120/80 is considered normal. Anything under those numbers is primarily healthy (but not too low), and anything over is borderline high to dangerously high. When the pressure gets too high, having a stroke, even at a younger age is not uncommon.

You should always consult with your physician first before embarking on any new diet or exercise program. With the proper lifestyle changes, and medication, you can enjoy a healthier life and stave off any heart issues through these preventative measures. Most individual's blood pressure can be controlled with diet and exercise, but for those at risk, it's imperative to take a prescription medication regularly that lowers your blood pressure to safe levels, and if you're having any warning signs, seek medical attention immediately.

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

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

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



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(On Silver Springs Blvd. across from Publix)

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

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

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# PEMF THERAPY to Unlock Complex Conditions

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It does that by decreasing inflammation and increasing circulation, which allows the remedy to make its way to the cells.

It then opens up the cell's membrane to allow the remedy to make its way into the cells. Opening up the membrane also allows toxins to flow out of the cells.

PEMF therapy also increases ENERGY at the cellular level. This is why PEMF therapy and Functional medicine are the right combination for even the most difficult chronic conditions.

## WHAT IS PEMF THERAPY?

PEMF therapy is a natural, non-invasive therapy that uses pulsed magnetic fields to reverse the 5 underlying causes associated with virtually every chronic condition known to man; Inflammation, Poor Circulation, Cellular Toxicity, Blocked Receptor Sites, and Low Cellular Energy.

PEMF therapy is safe and effective. It has many FDA approvals for a variety of conditions and is currently being used by NASA and has ZERO reported long-term side effects.

## WHAT DOES PEMF FEEL LIKE?

Our patients have described PEMF therapy as "feeling like a deep tissue massage that leaves you feeling relaxed and energized."



## PEMF THERAPY DEVICES

Not all PEMF devices are the same. This creates confusion because all PEMF device manufacturers reference the same medical studies as proof of what their device can do.

Having used dozens of PEMF devices, it is my opinion that only one PEMF device has the power and flexibility to reproduce the types of results seen in the studies – and that would be the Magna Wave Pro.

So, if you have used a different device and didn't see the results that you expected to see, you should try the Magna Wave Pro before you dismiss PEMF therapy altogether.

*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*

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

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- ✓ reduce cravings
- ✓ aid in digestion
- ✓ supports optimal immune function and the regeneration of healthy cells



CBD Has Been Featured On:



# The Road to Brain Injury Recovery with Omega-3 Fish Oil

By Anne-Marie Chalmers, MD

One year ago, my family was in an uproar. A close family member needed brain surgery, which was scary enough. Then, a week after this major procedure, he contracted a life threatening form of bacterial meningitis.

I visited him many times as he fought for his life in the hospital. He was so out of it, he often didn't know my name. It was painful to see this intelligent and caring man struggling to remember where he was, the day of the week or even why he was in the hospital.

Frantic to help, my husband and I brought him bottles of Omega Cure® liquid fish oil and advocated for the hospital to administer a high dose every day. Knowing the research on omega-3s and the brain, we felt that this could be the ticket to preserving his future.

## Three Brain Issues Improved with Omega-3

Much of the omega-3 literature to date has focused on fish oil's role in improving the focus, performance, and cognitive development of babies and young adults. For instance, a 2012 study by researchers at the University of Pittsburgh determined that consuming more omega-3 fatty acids could improve a young adult's working memory.

But omega-3s also appear to deliver protective and restorative benefits for the brains of older adults. Let's look at the research surrounding three of the most common types of brain issues:

### 1. Effects of Aging

From age 40 onwards, it's all downhill, my mother used to joke. And there is some scientific truth to that. After 40, the volume of the brain decreases by 5% for every decade, with the hippocampus region often taking the biggest hit. Since the hippocampus is the part of the brain that encodes memories, the loss can help explain why many people become forgetful with age.

Researchers agree that the Western diet, with all its inflammation-promoting foods, exacerbates the aging process. Still, there is hope for those of us over 40. Animal studies show that diets rich in omega-3s and low in omega-6s reduce cognitive decline.



### 2. Stroke Recovery

Strokes are the leading cause of adult motor disability in the Western world. The majority of strokes are caused either by a thrombosis or an embolic clot lodging itself in a blood vessel in the brain, blocking the necessary flow of oxygen and blood. The remaining 20% of strokes occur when an artery bursts in the brain, often due to preexisting high blood pressure.

Numerous studies show that omega-3s help reduce the risk of thrombosis, as well as high blood pressure. In addition, these fatty acids play a crucial role in helping the brain recover even after a stroke has occurred. When researchers supplemented mice diets three months before and one month after a stroke, revascularization and angiogenesis (both crucial for tissue healing and development) significantly improved. In the same study, the researchers also found that omega-3 supplementation protected the neurons in the mice brains, helping them survive after stroke injury.

### 3. Traumatic Brain Injury

Traumatic brain injuries — be they from serving in the military, playing sports, or sustaining a fall — are one of the leading causes of death in children and adults from ages 1 to 44. Even if the result is not fatal, traumatic brain injuries can cause permanent brain damage and impair a person's memory, learning ability, and motor coordination for life.

Omega-3s can have a protective benefit, especially if administered shortly after the injury. Animal studies have shown that when the subjects receive DHA omega-3 up to two hours after a brain injury, it improves

neurological function and nerve cell survival, reduces inflammation and decreases oxidative stress. DHA given prior to the injury also promotes cell survival and function. A study from Sweden showed that resolvins — molecules naturally produced from omega-3 fatty acids — can improve nerve cell function when given within 24 hours of surgery.

### Why Do Omega-3s Protect the Brain?

One of the primary reasons that omega-3s are crucial for the brain (and the rest of the body) is that these fatty acids fight inflammation. Now, inflammation serves an important purpose. If you cut yourself or twist an ankle, inflammation starts the healing process in the form of redness, swelling, heat, pain and loss of function.

Normally, the inflammation response is self-limiting. But when there are not enough pro-resolution molecules lying around, inflammation continues to smolder and attack previously undamaged cells. In the brain, excessive inflammation can mean neuronal loss, which explains why the omega-3s' anti-inflammatory properties are so important for healthy brain function.

### The Road to Recovery

Today, I am fortunate to report that my family member made a remarkable recovery. He is working again, more physically active than before, and has retained all the warmth and personality he had before surgery. He partially attributes his recovery to Omega Cure, and is faithful about taking his omega-3 oil every day.

As for me, I feel grateful that I was able to provide him with the essential nutrition his brain needed to recuperate.

### About Anne-Marie Chalmers, MD

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.



Call us at 941.485.4400  
[www.omega3innovations.com](http://www.omega3innovations.com)

# Working Through Grief and the Loss of a Pet

By Hospice of Marion County

**A**nimals have become part of our lives today unlike in the distant past. We allow them to sleep in our homes (or even in our beds), we buy them special toys and food, we pamper them with play dates and day spas. . .and it goes on – all because they truly are special to us and we absolutely are affected by their passing.

Your beloved pet, the companion who was always there for you is now gone. Loss and the grief that follows is natural because, after all, they are like members of the family. Just as we grieve for our family members who have passed, so too do we grieve for our pets. We know the grieving process is unique for everyone.

It is a healing process that takes time. There is no right or wrong way to grieve, and not everyone can get over the loss the same way and move on with their lives. As we grieve we might find it hard to let go or impossible to get another pet right away, if ever. Others find relief that there is no more suffering, but miss them dearly. It's a process that's different for each person.

We often remember certain antics and playful characteristics of our pets on certain days or holidays. We remember their birthdays, the toys they enjoyed plus their tricks. Just the remembrance can bring tears or laughter at different times.

If this sounds familiar, we know how to help. You are invited to a workshop to guide you on the path to healing where you'll learn to acknowledge your pain and grief, along with steps to help you through it.

**Join us at The Monarch Center at Sylvia's for our Pet Grief Workshop on June 3, 2019, from 1:30 – 3:00 p.m.** It's an interactive workshop for those experiencing the loss of a pet. Admission is free and please bring a photo of your pet. RSVP to attend: (352) 873-7456.

**The Monarch Center at Sylvia's** provides free grief counseling to any Marion County resident who has experienced the loss of a loved one due to death. Counseling sessions are offered individually or in groups, and are available for both children and adults. Visit <http://www.monarchcenter-marion.com/index.html> to learn more or give us a call (352) 873-7456.



## For the love of pets...

An interactive workshop to support those who are grieving the loss of a pet.

*Monday, June 3, 2019*

*1:30-3:00 pm*

*The Monarch Center at Sylvia's*

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*(On the Helen "Mimi" Walker Campus)*

**RSVP: (352) 873-7456 to reserve a seat**




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## End-of-life planning...

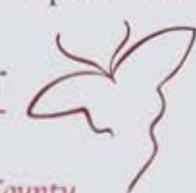
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with the help of our counselors.

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at Sylvia's

*a program of Hospice of Marion County*

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# Experience the History of the Rose Parade First-Hand with YMT Vacations



**T**he Tournament of Roses Parade is an American New Year's tradition, a festival of elaborate, flower-covered floats, marching bands, and more held in Pasadena, California, every January 1st. You've watched the pageantry and beauty of the parade on television—isn't it time you saw the floats in person?

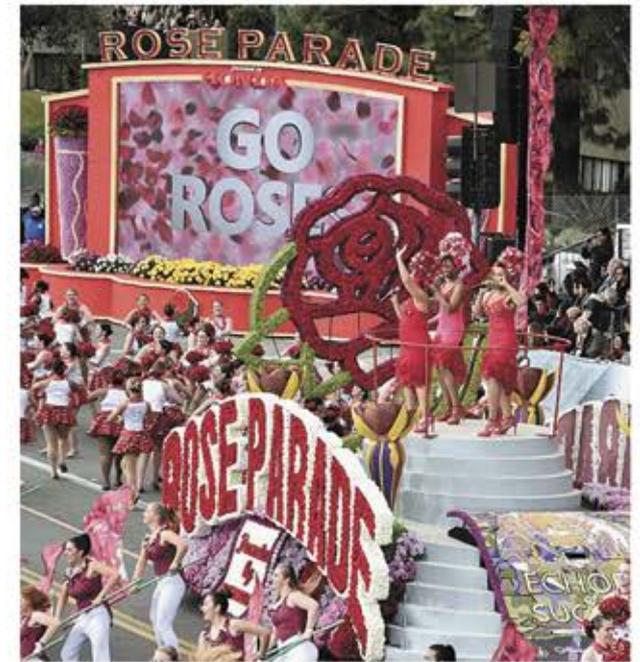
One hundred thirty years ago, the first Rose Parade was held on January 1, 1890. Back when it all began, the Rose Parade was a way for privileged families to show off their new home in California to friends and family back East. The parade route was help along what was known as Millionaire's Row, where their palatial homes were on full display.

Professor Charles F. Holder, a member of the exclusive Valley Hunt Club where many privileged families were members, once wrote, "In New York, people are buried in snow. Here our flowers are blooming, and our oranges are about to bear. Let's hold a festival to tell the world about our paradise."

The first parade featured simple carriages covered in flowers and a queen elected by the student body of the local high school. Today, there are 100-foot floats with live animation and special effects. However, true to its beginnings, each float in the parade must still be covered entirely of organic material, and the weather in Pasadena remains something worth bragging about to all of your friends and family.

If you and your loved ones want to visit this year's, 131st Rose Parade, here is what you can expect:

- 2020's parade takes place on Tuesday, January 1st, 2020, from 8 AM to 12 PM
- The parade takes 2 ½ hours to cover the 5 ½ mile long route down Colorado Boulevard, come rain or come shine.
- The average temperature range is 50° F to 68° F. The mornings usually warm up around 10 AM, but until then, layer up, enjoy a warm drink
- The Rose Parade starts at 8 AM PST sharp, with ABC's coverage beginning at 8 AM PST/11 AM EST, and NBC's programming starting at 8:30 AM PST/11:30 AM EST.
- The parade's American television audience is 50 million, with 30 million international viewers.
- You should be seated by 7:00 AM if you're at the start of the parade west of Fair Oaks Ave. Otherwise, be at your seat by 8 AM. Regardless of where you are seated, plan to arrive in the area at least two hours prior.



You can see the Queen of the Tournament of Roses for yourself this January 1st as the parade once again makes its way down Colorado Boulevard. Each YMT Vacations journey to the Rose Parade features a behind-the-scenes tour of the float building pavilion and an exclusive dinner with a presentation by the Tournament of Roses Committee White Suiters. Guests also enjoy grandstand seating at an ideal location along the parade route.

YMT Vacations has been taking guests to the Rose Parade for over 45 years and they offer multiple ways to enhance the experience by combining it with other destinations. All vacations include a tour of Los Angeles, plus you can add an up-close viewing of the floats after the parade, a guided tour of the Grand Canyon with a stop in exciting Las Vegas, or take a tour up the California Coast to San Francisco. Alternatively take in the sights of the parade and then escape winter with a relaxing cruise along the Mexican Riviera.

Celebrate the next Tournament of Roses Parade the way it was intended to be experienced—in Pasadena!

For information, or to make your reservations, call your travel agent or YMT Vacations at 1-888-702-9497.



It's time to travel

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www.ymtvacations.com

## The Fear of the Lord

The phrase, "The fear of the Lord," was one I never liked.

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

**B**efore I was a Christ-follower I thought, "Who would want to be a Christian and serve a god you would have to be afraid of?"

By that time (in my middle teens) I had way too many fears so why would I want to add God to my list? Besides, it seemed to me that those God-fearing people that I was aware of had no fun and they were a somber, sad looking bunch.

They were in church all the time and lived under so many rules that their kids were leaving home to try and find a life with some fun and excitement.

But I did finally come across a few Christ-followers that had smiles on their faces and seem to love and enjoy each other. These were the ones that over time I slowly became friends with and eventually went to their church.

To be honest at first...I didn't like it. But it wasn't because anyone was mean spirited...but because it wasn't like home.

Let me explain...home for me was full of intense negative emotions and not a fun place to be most of the time as a teenager. So any place that was fun or safe was different.

The church was different in a good way. And it took me a while to get used to all the smiling faces and happy people I met...but I really liked it and I wanted this world to be my home. Eventually my new friends came to my home and my family became Christ-followers and my home did become a happy place.

But this "Fear of the Lord" idea didn't sit well with me after I became a Christ-follower either. Before I was a Christ-follower, as I mentioned earlier... "Who would want to be a Christian and serve a god you would have to be afraid of?"

However now as a Christ-follower, I had fallen in love with God. I now knew Him to be the most benevolent and kind being in the Universe. After



praying and accepting His Son Jesus' death as a payment to redeem me for my fallen and hopeless state and now to feel (even 40 years later) His tender and accepting love in my heart...well it changed me. I have never been able to explain exactly what happened, but I knew when it happened as all other Christ-followers do.

Now that I loved God why would I fear Him? It didn't make sense until I understood what the phrase would come to mean to me personally.

Decades ago I work for a national brand restaurant company. I was a project manager traveling from city to city oversee the purchasing of land and construction management. I was quite successful at such a young age.

My wife and I also wanted children and so it was time.

So there I was, I had a great career a beautiful wife, a great church and having kids. I had it all until...I got the call.

Shifts and changes in the market had caused my job to change in such a way that I could no longer have it all. Tough decisions had to be made that changed everything.

One of the most important aspects of our life was our church. We loved our church and only a word from God to move could change that. So I decided to no longer work for the restaurant company and seek local work.

Without realizing it...I was honoring God first. It was a lesson I had learn years earlier about tithing. If I honored God by giving the first ten percent of my income, He was responsible to always take care of my family. God has promises in the Bible about many aspects of our lives and relationship with Him.

So we stayed at our church and within three to four months I got a local job working with some really great people. Was that just plain luck because I was a nice guy?

I don't believe that for moment.

As I mentioned, the Bible is filled with promises for those who love and honor God with their whole life, but here are a few I'd like to leave with you from Psalms 128 (new living translation).

*Blessed are all who fear the Lord.  
Blessings and prosperity will be yours.  
Your wife will be like a fruitful vine  
within your house.  
Your children will be like olive shoots  
around your table.  
May you live to see your children's children.*

It's one thing to love God with your mind and emotions...but "it gets real," when we honor God with our money and life's major decisions.

*To your spiritual health,  
**Alex E. Anderson**  
Senior Associate Pastor at  
Bayside Community Church  
Author, *Dangerous Prayers*  
alex.anderson@alexanderson.org  
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