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Health & Wellness[®] MAGAZINE

July 2019

Lake/Sumter Edition - Monthly

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- Karl, a TNT Gainswave Client



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Optimism. A powerful element in fighting cancer.

Marissa Lenney was diagnosed with stage 3 inflammatory breast cancer five weeks after her daughter, Adrianna, was born. Marissa's family rallied around her as the doctors at Florida Cancer Specialists started her treatment less than 24 hours after her diagnosis. Being treated just 15 minutes from home allowed Marissa to soak up as many mom moments as she could. Florida Cancer Specialists' quick response and her family's support helped Marissa picture a future where she could be with her daughter.

"By getting treated locally at Florida Cancer Specialists, I was able to spend more time with the people who matter most — my family."

Marissa

-Marissa Lenney, Patient & Breast Cancer Fighter

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Added Security Through Whatever Lies Ahead



Our experienced elder law team delivers seasoned guidance across a wide range of situations specific to people as they advance through life. Whether you're planning for someone you care about or your future self, the sooner you form a plan, the more solid and secure life will be going forward.

Our knowledgeable, compassionate attorneys understand the legal, regulatory and familial aspects involved in elder law services, including estate planning, asset protection, long-term care planning, veterans benefits, Medicaid eligibility, probate and trust administration, disability/ special needs planning, nursing home residents' rights and more.

Planning today will help you and your loved ones realize a safer, more certain future. Our team is committed to making the journey as secure and comfortable as it can be.

Attorneys (left to right): **Christina A. Campbell; Jeffrey P. Skates; Jennifer Wolgamott; Teresa K. Bowman, Of Counsel**

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- 6 Exciting Options for Glaucoma Patients with Cataracts
- 9 Life Beyond a Cancer Diagnosis
- 10 ED: Getting Treatment Early is Best, But it's Never too Late
- 11 Heat Safety Precautions for the Summer Months
- 12 UV Safety
- 13 Caregiver Stress - When and How to Ask for Help Caring for Someone You Love
- 14 Don't Get Burned! Try These Summer Sun Safety Tips
- 15 Urinary Incontinence
- 16 Leg Swelling Causes and Concerns
- 20 Cool Off with a Grand Alaskan Cruise & Tour with YMT Vacations
- 22 Do You or Someone You Love Suffer from Alzheimer's Disease?
- 23 Gumline Recession: An Alternative Method to Traditional Surgery
- 24 5 Ways to Overcome Anxiety in Assisted Living Facilities
- 25 The Importance of Modern Technology in Radiology
- 26 Losing Weight to Get Healthy
- 28 Surviving the Stigma: How Medical Marijuana Is Converting Even the Most Reluctant Patients
- 29 Avoid Knee Replacement Surgery
- 30 How Much Omega-3 Fish Oil A Day Will Produce Results?
- 31 PEMF Therapy 101: Heal Your Pain Naturally By Targeting The Root Cause
- 32 Alzheimer's and Brain Health Awareness Month
- 33 Innovative Therapies Group: Get Back to Playing Golf & Break Free From Pain
- 34 What Your Untreated Hearing Loss is Doing to Your Brain...
- 35 Medical Marijuana is a Viable Treatment Option
- 36 Local Attorney Patrick L. Smith Offers Flat Fee Estate Planning Services
- 37 Cornerstone Hospice Focused on Each Patient's Life, Not End-of-Life
- 38 Hot Summer Temperatures: Beat the Heat with ONE HD Hydration (Hemp Infused Water)
- 39 Spiritual Wellness: Balancing Life

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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

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

WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

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

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

WHAT RESULTS CAN YOU EXPECT?

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



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- EVALUATION OF HYPERTENSION (HIGH BLOOD PRESSURE)
- EVALUATION OF CHEST PAIN AND SHORTNESS OF BREATH
- EVALUATION OF CARDIAC ARRHYTHMIAS
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EXCITING OPTIONS FOR GLAUCOMA PATIENTS WITH CATARACTS

Glaucoma is a set of diseases in which fluid and pressure damage the eye's optic nerve, the part of the eye responsible for sending information collected by the retina to the brain. When fluid produced by the eye fails to drain normally, it creates pressure inside the optic nerve, resulting in vision loss. The most common form of glaucoma is primary open-angle glaucoma, or POAG, accounting for roughly 95% of glaucoma cases and affecting 2.7 million Americans ages 40 and older.

A cataract is a clouding of crystalline proteins within the lens of the eye, distorting and clouding vision. Also common as people age, cataracts can increase intraocular pressure, exacerbating POAG.

"Left untreated, both glaucoma and cataracts can lead to blindness," says ophthalmologist Scot Holman, MD. "Having both conditions together places vision at serious risk."

Luckily, years of research and technology have produced new approaches to treating both glaucoma and cataracts during the same surgical appointment. The latest is the Hydrus® Microstent, an advanced therapy created specifically for patients with POAG. Inserted into a key drainage vessel called Schlemm's canal immediately following cataract surgery, the Hydrus Microstent has been shown to promote normal fluid outflow, reducing eye pressure. After receiving the Hydrus Microstent, most patients are able to reduce or eliminate their dependence on glaucoma medication. "The Hydrus Microstent is extremely tiny, about the size of an eyelash," says Dr. Holman. "It is implanted via microscopic incisions, which heal quickly and pose less chance of complication than conventional glaucoma surgical methods."

"The Hydrus Microstent opens and expands the eye's natural drainage channel, so the eye expresses fluid more like a normal healthy eye," says Dr. Holman. The Hydrus Microstent is so effective that more than 3 out of 4 glaucoma patients experience a significant reduction in eye pressure compared to cataract surgery alone, and are able to remain drop-free two years following surgery.



Adult cataract patients with mild to moderate POAG and otherwise normal eye anatomy may qualify for the Hydrus Microstent. Eligible patients can have the microstent inserted immediately after cataract removal using the same corneal incision, making this outpatient procedure remarkably quick and safe, with minimal healing time.

Other options for adults with mild to moderate POAG planning to have cataract surgery include iStent® and iStent inject® Trabecular Micro-Bypass implants, the world's smallest FDA-approved medical implants. 20,000 times smaller than an intraocular lens, the iStent and iStent inject reduce excess fluid and lower eye pressure so successfully that many patients find they can limit or stop using glaucoma medication for a year after receiving the implant. "After getting the iStent inject, most patients are able to maintain healthy eye pressure and reduce or eliminate their need of eye drops," says ophthalmologist Scott Wehrly, MD. "The procedure comes with about the same minimal risk and recovery times as cataract surgery alone, making it a revolutionary way to help stop glaucoma's damage in its tracks."

"The iStent opens up the eye's drainage system so that fluid can flow more freely," says ophthalmologist Vinay Gutti, MD. "The iStent inject is even more powerful, with two tiny stents for greater control of excess fluid and pressure. Both systems work to help prevent further POAG-related vision loss."

The Hydrus Microstent, iStent and iStent inject are not suitable for patients with primary- or secondary-angle-closure glaucoma and certain other diseases.

If you have POAG and are considering cataract surgery, talk to your Lake Eye doctor about whether these revolutionary glaucoma treatments may be used to help manage or even stop the progression of glaucoma and reduce your need of glaucoma medications. You could see better vision, comfort and protection in your future.

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IMAGINE



"Caught early, all eye problems are treatable, so don't wait to see your eye doctor. Your vision deserves the best possible protection and care."

— Adria Anguita, OD

"Exams usually take just about an hour to make sure your eyes are healthy and problem-free."

That's a brief investment with a lasting pay-off."

— Lindsey Walsh, OD



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LIFE BEYOND A CANCER DIAGNOSIS

According to the American Cancer Society, there are an estimated 16 million cancer survivors in the U.S. today. If you are a survivor, you have come a long way since you were first diagnosed. With the help of your oncology team, your family and even your employer, there is a lot of promise in the coming years. Your life after cancer offers the prospect of years of good health, rewarding work and a happy and fulfilling future.

While the end of successful cancer treatment is a time for celebration, it can also mean new challenges for survivors. Milestones such as returning to work, managing emotional issues and the ongoing physical effects of cancer and treatment can also present unanticipated changes for both patients, as well as their families. The key to returning to a normal life after cancer treatment may be found in establishing new habits of diet and exercise or learning to cope with a range of emotional and physical challenges.

Nutrition and Exercise

Cancer survivors typically should turn first to their care team for information and advice about nutrition, physical activity and dietary supplements to improve quality of life and long-term survival. In times past, doctors often advised patients to rest and reduce physical activity to avoid fatigue associated with cancer and treatment. If patients experience pain, shortness of breath or rapid heart rate, this is good advice. However, recent research indicates that exercise during and after treatment can be safe and beneficial. Your cancer team is the best resource for beginning or resuming a more active post-cancer lifestyle and they can refer patients and family caregivers to other professionals for a personalized post-treatment plan.

Physical and Emotional Challenges

The aftereffects of chemotherapy, surgery or radiation therapy should not be underestimated. Pain, fatigue and nausea are not unusual. More serious conditions include anemia, lymphedema (a buildup of fluid in fatty tissues just beneath the skin) and even severe infections. For both men and women, cancer and cancer treatment can cause changes in fertility and side effects in sexuality. Your oncology team is trained to monitor and manage the short- and long-term effects of treatment, so it is important to discuss your concerns with your team and follow their instructions.



Thanks to improved screenings and treatment options, today, many patients can look forward to many healthy and productive years after being diagnosed with cancer.

The emotional side of cancer survivorship touches both patients and their families. The stress associated with a cancer diagnosis and the physical effects of treatment are often still fresh in memory. Survivors and their families can feel a complicated mixture of relief and worry about the future. Some people suffer episodes of anxiety and even depression. All these are matters to discuss with your oncology team, who can help you achieve balance or refer you to another appropriate professional, if needed.

Healthcare After Cancer

In the rush to put cancer in the past, it is important to remember that the end of treatment doesn't mean the end of seeing your cancer team. Most often, long-term follow-up appointments and tests, followed by routine checkups and health screenings, will continue for many years. It is important to keep your follow-up appointments and undergo tests and screenings as recommended by your oncologist. While there is no absolute certainty that seeing your oncologist will prevent cancer from returning, it will help make sure that any recurrence is detected and treated early.

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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Villages North

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For more information, visit FLCancer.com

ED: Getting Treatment Early is Best, but it's NEVER too Late

Don't Just Mask your Symptoms

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

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

TNT (Total Nutrition & Therapeutics) uses the most advanced groundbreaking technology, which utilizes high-frequency shockwaves to break up the plaque in the penis. This technology is called GAINSWave.

Treat ED's Cause with GAINSWave

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

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

Younger Men Should Seek Treatment Early

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

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

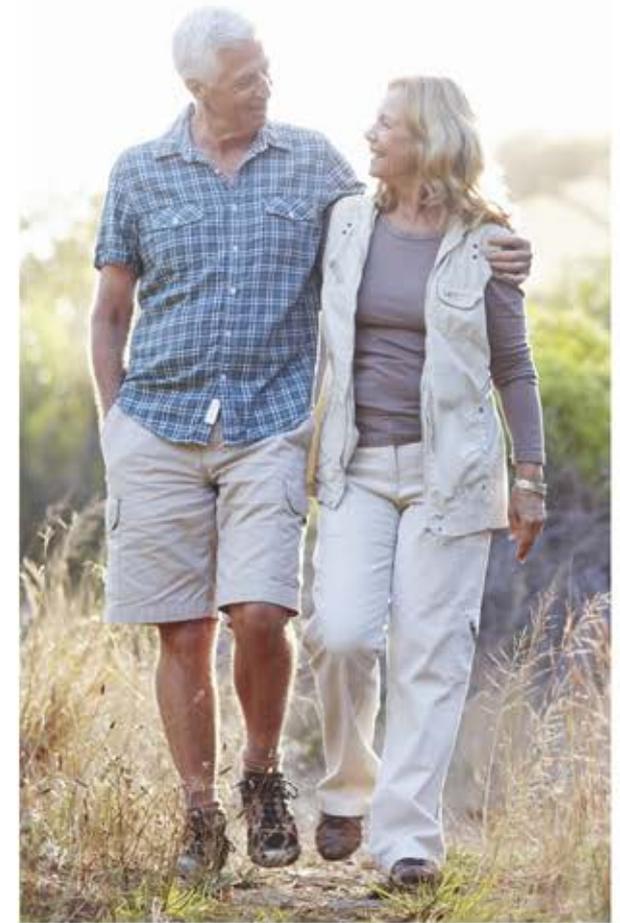


How to Get Started?

TNT has been helping men regain control of their ED and identifies the exact cause of your sexual health to create a customized treatment plan. Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. GAINSWave is based on a series of over 30 clinical studies showing a greater than 75% success rate in treating Erectile Dysfunction (ED).

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

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



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

Total Nutrition & Therapeutics

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



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HEAT SAFETY PRECAUTIONS FOR THE SUMMER MONTHS

With weather approaching the upper 90's and, on some days, triple digits, the heat can be unbearable at times and downright dangerous, this is especially true when we factor in the high level of humidity. Our bodies self-regulate heat by sweating and also through radiating heat back into the atmosphere. When we sweat, we also perspire potassium and sodium. Both of these minerals help to control nerve function, water balance, and heart rhythm. If you suffer from any heart conditions, the loss of these minerals can be detrimental to your cardiac health.

Sweating can quickly escalate into dehydration; therefore, it's critical to stay hydrated with cool water, not sugary drinks. If we become dehydrated, we increase our risk of raising blood pressure and having heart palpitations. When our bodies are hot, the skin radiates heat into the air to normalize our body temperature. When the air is sweltering, our bodies can no longer reduce its high temperature this way, as it has nowhere to radiate the heat into or to take in cooler air from, as the temperature is higher than your bodies.

Warm weather makes the heart pump faster, which requires more oxygen. When it's hot, and we can't cool down, or breathe efficiently, we complicate the heart's normal functioning, by putting undue stress on its muscle contractions.

Syncope is a fancy medical term for fainting. Syncope can occur due to many different complications but is commonly seen due to heat exhaustion. What happens is, the body's oxygen and blood are not able to adequately reach the brain, usually due to a drastic change in blood pressure, which creates a pooling of blood into the lower extremities, and this will cause collapsing and fainting. If the person is not put in a reclined position with the feet elevated, they could potentially suffer additional complications, including a seizure. Syncope can quickly escalate into a dangerous outcome for many individuals. If you have any heart irregularities, you may be more susceptible to these types of fainting spells.



Heat Disorder Symptoms can include muscle cramping, heart palpitations, dizziness, fainting, headache, nausea, and fatigue. If you experience any of these symptoms, it's imperative to get to a cool place, drink cool water and call 911 if symptoms persist.

Tips to stay cool and avoid heat-related heart issues

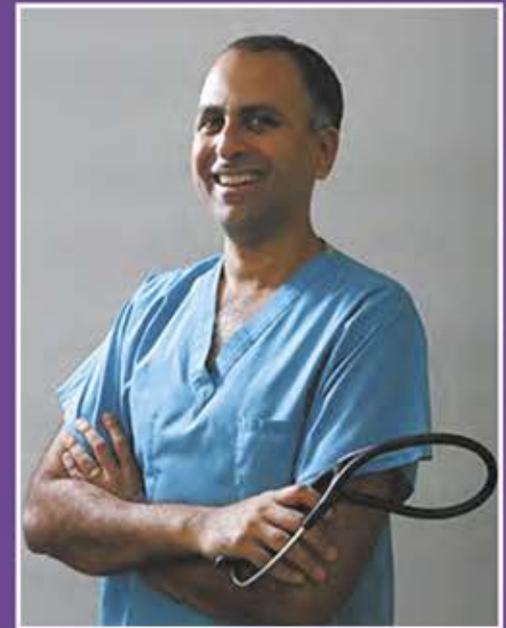
- Drink extra water
- Talk to your physician about reducing your diuretic pills
- DO NOT exercise in the heat
- Avoid the hottest times of the day (10:00 am to 4:00 pm)
- Eat plenty of cooling foods like vegetables and fruit
- Stay in an air-conditioned room
- Avoid caffeinated and sugary drinks

If you have congestive heart failure, you should talk to your cardiologist about specific ways to stay cool that will not interfere with your fluid and sodium intake issues.

Dr. Vallabhan

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Dr. V

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

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.

UV SAFETY

By Gil Cortes, MD, FAAD

Ultraviolet, or UV rays, are part of the invisible energy that comes from the sun. UVA (aging) rays account for 95% of our sun exposure. They cause skin aging and contribute to skin cancer. UVA rays penetrate deeply into the skin layers, damaging collagen and cells which leads to wrinkling, hyperpigmentation and loss of elasticity. UVB (burning) rays mostly affect the outer layer of the skin. They cause sunburns and tanning that increase the risk of skin cancer and other disorders. The risk for skin cancer doubles in people who have had five or more sunburns. *Skin Cancer Foundation* (Nov. 2010)

To minimize UV damage to skin, sunscreen protection is available, but knowing what brand or type to use can be difficult for patients. Dr. Gil Cortes MD, FAAD, a board-certified Dermatologist at NOVU Dermatology in Lady Lake – The Villages, has some advice to offer patients. “I see patients who are using chemical only sunscreens, who should be using sun protectants with physical blockers. Chemical only sunscreens protect against UVB rays, and will prevent sunburns, but have minimal effect on UVA rays, which cause skin aging, hyperpigmentation and increase risk for skin cancer.

Zinc oxide, is a natural, mineral compound. Because zinc maintains its protective ability in the sun, it is more photostable than some chemical ingredients that may degrade.



Zinc sunscreen blocks the widest spectrum of UVA and UVB rays, protecting skin against burning and the premature appearance of aging and risk of skin cancer. Zinc is safe for even the most sensitive skin types.

How important is SPF? Is 100+SPF the way to go or are ingredients like Zinc and Titanium more important? According to Dr. Cortes, “The most important thing is ingredients. Once you have established that your sunscreen has either Zinc or Titanium, then you should look at the percentage of it in the product. A minimum of 10% or ideally 20% of combined Zinc and Titanium or just one of the two is acceptable.”

What sunscreen brand do Dermatologists recommend and why? “As far as brand, there are many good sunscreens available, I personally recommend three brands, First on my list is ELTA MD, because all their products contain Zinc and they also sell a completely chemical free sunscreen with combined zinc and titanium to an approximate 20%. Elta is excellent for sensitive skin. The lightly tinted sunscreens are easy to use daily, without risk of rubbing in the product too

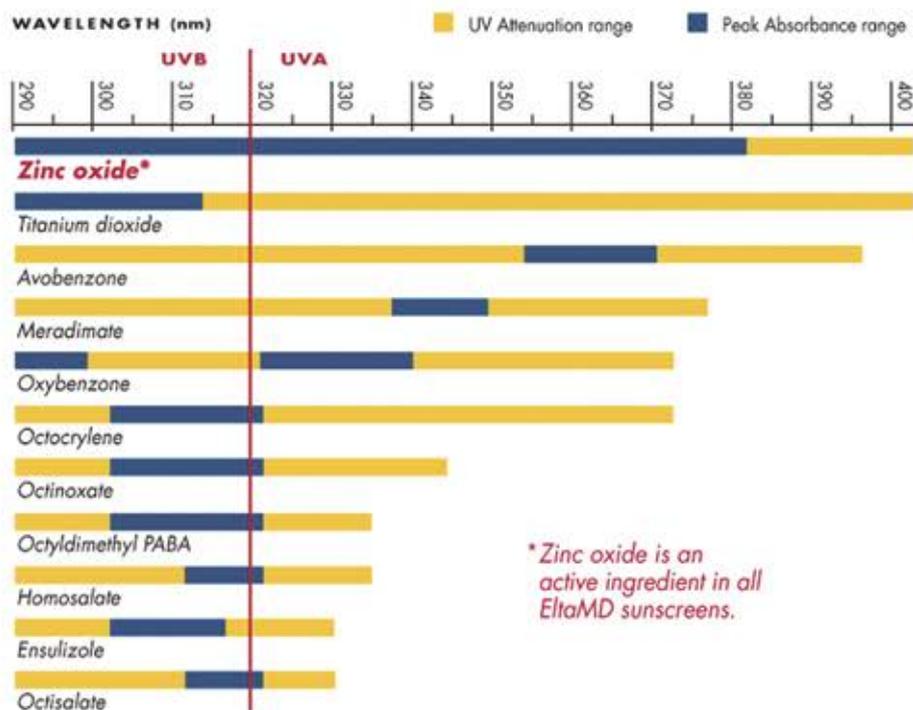
thin. As a close runner up, Shiseido, makes an excellent sun protectant, which also offers the option of tint, with or without combined chemical sun protectants. Shiseido’s formulation is quite unique so that it stays on the skin better than most brands. For sun protection during sports or water activities, it is a great option for lasting protection. For my number three choice, Nutrogena has a SheerZinc sunscreen which contains zinc at a near 20% and no chemicals. It looks very much like the chemical sunscreens they sell and can be easily confused, so you do need to read the ingredients on the label. Always remember the best protection for sun damage is protective clothing, hats and sunglasses, especially when outdoors at peak hours from 10AM to 4PM.



Chemical sunscreens are unstable and degrade with sunlight, limiting their effectiveness. They are a major cause of allergic contact dermatitis and are not ideal for sensitive skin. Recent studies have shown that chemical sunscreens build up in the bloodstream and may be unsafe. In addition, they are damaging to coral reefs. Chemical free sunscreens are therefore not only better for you, they are better for the environment.



Comparison of how the most widely used U.S. sunscreen ingredients attenuate (reduce the intensity) of UV light



* Zinc oxide is an active ingredient in all EltaMD sunscreens.

Data provided by P&G Beauty & Grooming

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CAREGIVER STRESS – When and How to Ask for Help Caring for Someone You Love

By Teresa K. Bowman, Of Counsel

About a year ago a very nice couple came to see me to discuss long term care planning. Both were dressed nicely and as I introduced myself, the husband told me that his wife had dementia so she might not understand everything being said during the meeting. She was very pleasant and said hello and sat and listened quietly to our conversation.

During our meeting we discussed her needs and I learned that her husband was providing a lot of assistance to his wife. He told me he picked out her clothes and helped her dress, and even did her makeup! She looked great and the two of them were going out to lunch after our meeting.

Fast forward to a few months ago. The husband called to make an appointment and this time he did not bring his wife. He hired a sitter for her, as it was no longer easy to take her out. When he arrived, he looked very different from the last time I saw him. His eyes were red and shadowed with dark circles – he had aged at least 5 years.

By this time, he was not only doing all of his wife's self-care, he was also doing all the cleaning, shopping, bill-paying and home maintenance, as well as juggling doctors' appointments, and getting very little sleep. His wife's dementia had progressed. His once sweet, smiling wife had become an angry, non-compliant patient and was sun-downing (a condition that causes a person to sleep during the day and stay awake at night). Afraid to leave her roaming the home at night, he tried to catch little naps when she was sleeping during the day, while still attending to the chores associated with caring for someone with advanced dementia.

My client was suffering from caregiver stress to the point of collapse. While his wife was getting all of her needs met, he clearly was not. As he conveyed how much he wanted to care for her at home, he also described the sleepless nights, his trouble eating and bouts of depression, all of which worried him. Who would take care of his wife if he couldn't?



So, what legal advice did I give my client? None. He didn't need me to be a lawyer, he needed me to be a counselor, a source of information, and the person to tell him that he had done all he could and now he needed help. It was with a sense of relief that he agreed.

We discussed how to apply for in-home assistance to alleviate his workload, and what to do when the time came for her move to assisted-living dementia care or skilled nursing.

I provided him with the information to call the Area Agency for Aging and explained the wait list for at-home services in Florida. I coached him on how he should answer questions. The biggest mistake caregivers make is sugarcoating the reality of day-to-day life caring for a person with advanced dementia. I told him to describe his worst day: the lack of sleep, the feelings of guilt not being able to care for his wife alone, the anger he sometimes felt when comparing the life he imagined with the life they now had, the recurring impulse to run away from it all. We talked about it all and I assured him that his feelings were normal and to be expected given the circumstances. And that he had nothing to feel guilty about.

I gave him information about a local caregiver support group that would provide adult daycare for his wife while he attended. There he could gain support from other caregivers along with tips and strategies to deal with the stress.

A few weeks later I got a call from him letting me know that within two weeks of going through the screening process his wife began receiving at-home services. The 25 hours of service a week allowed him

time to go shopping alone (a treat, he said), have lunch with a friend, or take an uninterrupted nap, and not worry about his wife for a few hours.

Caregiver stress is very real and can significantly affect the health of the caregiver, sometimes to the point that they become ill themselves. My best non-legal advice to every caregiver is to take care of yourself first. Like flight attendants say on a plane, put your oxygen mask on first

For a Caregiver Stress Test for yourself or for someone you know visit: https://www.alz.org/national/documents/brochure_caregiver_stress_checklist.pdf

If you or someone you know is suffering from caregiver stress, please reach out and ask for help.

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Don't Get Burned! Try these Summer Sun Safety Tips

With summer in full swing, you may be headed outdoors to enjoy the weather or flocking to the beach for some fun in the water. Staying out of the sun can be tough, especially when you live in Ave Maria. Whether you're spending your time cheering on University athletics, splashing in the private water park, playing a game of bocce ball, tennis or a round of golf course, it's important to stay protected.

In recognition of July being National UV Safety month, here's some important information — along with a few tips — to keep in mind as you head outdoors.

Sun Safety

The skin is the body's largest organ. It protects you against heat, sunlight, injury, and infection. Yet, some of us don't consider the necessity of protecting our skin from the effect of UV rays.

According to the American Cancer Society, an estimated 5.4 million basal skin cancers are diagnosed annually, and nearly 3.3 million people are diagnosed with squamous cell skin cancers annually.

Skin Cancer Facts

- Skin cancer is the most common form of cancer in the United States
- One in five Americans will develop skin cancer during their lifetime
- A person's risk for melanoma doubles if he or she has had more than five sunburns
- Most people diagnosed with melanoma are white men over age 50
- People who first use a tanning bed before age 35 increase their risk for melanoma by 75 percent

Unprotected sun exposure can:

- Cause skin cancer
- Cause vision problems and damage your eyes
- Suppress your immune system
- Age your skin prematurely

Protecting Your Skin

The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. Ave Maria residents have access to fun activities indoors too. The community is centered around a quaint Town Center that provides residents with many of life's necessities and plenty of shade. Friends and families gather nightly at the local pizza shop or meet up to sip a few beers at the pub.



Walk indoors at the fitness center or do a little shopping at the many boutiques in town.

There are simple, everyday steps you can take to safeguard your skin from the effects of UV radiation from the sun.

- **Cover Up:** Wearing a hat, or other shade-protective clothing can partly shield your skin from the harmful effects of UV rays. Protective gear may include long-sleeved shirts, pants, hats, and sunglasses.
- **Select the Right Sunscreen:** The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15 and should protect against both UV-A and UV-B rays.
- **Apply the Right Amount of Sunscreen:** Apply at least one ounce or a palm-full of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By learning about the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely. If you are having any problems after being in the sun, be sure to talk to your healthcare provider.

Ave Maria is a 4,000 acre master-planning community in Southwest Florida, approximately 40 minutes from Naples and 60 minutes from Ft Lauderdale. Developed by Barron Collier Companies, this home town is self-sustainable with every daily convenience within walking, biking or golf carting distance. More than 30 businesses are located in the main Town Center including Publix Supermarket, restaurants, doctor and dentist, dance studio, salon, fitness center and more. Ave Maria is a town designed for all ages, from growing families to active adults. Come visit Collier County's Community of the Year with 21 models open daily.

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. Just a 4 Hour Drive from The Villages.

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

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

Leg Swelling Causes and Concerns

By Bryan Carter, MPA-C, Phlebology-Surgery

It's all too common for many people to walk around daily unable to see their ankles, and yet, they don't realize the seriousness of the bigger problem happening on the inside. Other individuals may be so affected by the swelling of their ankles and calves that they cannot walk or even get their shoes on.

It is normal to experience a little ankle and leg edema, and it is even expected after a long holiday weekend when we've eaten more foods with a high sodium content, and have had a few extra alcoholic beverages than normal. But the Edema should be resolving overnight. If not then other considerations are to be presumed. One of the most common causes of leg swelling by far is bad veins circulation.

Other Common Causes:

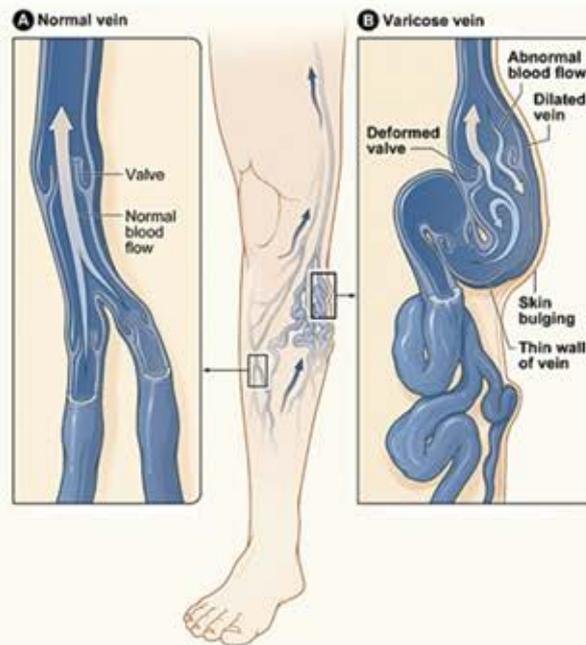
1. Heart Failure—Heart is not pumping efficiently
2. Medication side effects—Especially blood pressure medicines
3. Kidney function decline
4. Liver function decline
5. Lymphatic functional decline
6. Infections
7. Most critical—blood clots in the legs

If someone does have leg swelling, many tests are available to find the cause. One of the most important causes is the possibility of a leg blood clot from the "damaged



veins" or the Venous Insufficiency. This is the most critical possibility, due to the likelihood of it being life-threatening.

First, see your primary care physician, they should evaluate you with checking your blood work, examining your legs, checking medications and simultaneously getting you referred to a cardiology /vascular office to evaluate you for heart function and a leg ultrasound to rule out the potential blood clot and to check for Venous insufficiency. This Venous insufficiency study is a specialized test that hospitals and your local imaging centers are not accustomed to. This test is a very detailed ultrasound, and it's utilized to determine the functional status of the veins as well as to find any blood clots in the veins.



Vein Disease:

Should your test come back positive for Venous Insufficiency, that means your veins have either been damaged to the point where the valves do not control the blood flow back up to the heart, or the Veins have been significantly stretched out. With both of these diagnoses, again the same situation hold true; your valves can not control the blood flow back to the heart.

Genetics are the number one cause of Venous Insufficiency along with secondary complications like, standing or sitting for extended periods of time, trauma to the legs, obesity, pregnancies, as well as other possibilities.

As you notice the swelling worsening, more and more irreversible damage is occurring under the skin plus you're increasing the risk of potential blood clot formation.

As seen below in the picture the swelling can progress to the varicose vein's and then leading to the stasis dermatitis skin discoloration and then Venous ulceration and skin breakdown which can lead to cellulitis.



Treatment Options:

If you do have a positive test confirming Venous Insufficiency, treatment options are much better than in the years past. No vein stripping is needed, and diuretics are NEVER a long-term treatment option. Daily use of medical grade and accurately measured support socks are the initial start to control the Venous insufficiency. Daily Pool exercising is highly beneficial, as well as intermittent leg elevation. All of these will aid in keeping the edema control.

The best outcomes for Venous insufficiency are with treatment options that include Venous thermal ablation and Venous chemical ablation. There are no sutures and no down time, and best of all, these procedures are performed in the office. You are able to resume normal routine activity right after your treatment.

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

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



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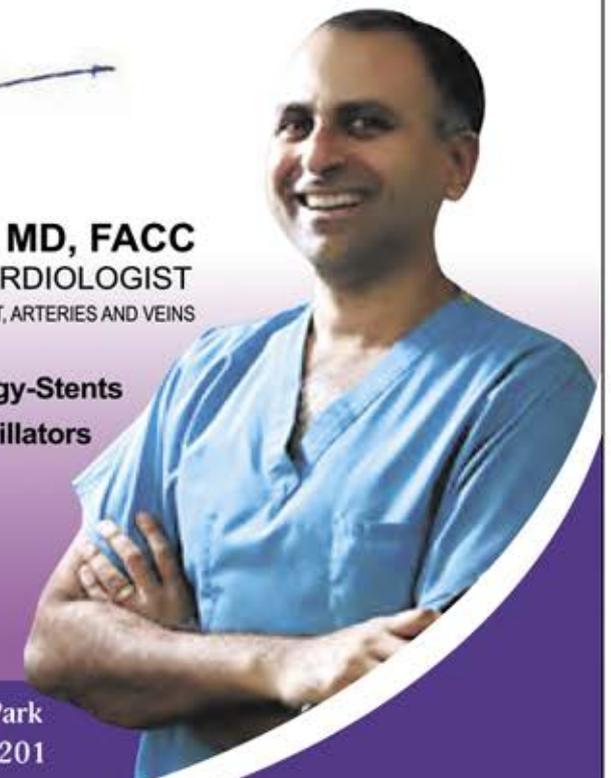
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In Florida, our warm weather starts way before the rest of the country. We're experiencing hot summer temperatures in the beginning of spring in many cases, and the heat continues into the autumn months. With warm weather in full swing, many people are looking for ways to escape the sultry heat. What better time to visit Alaska than May and June, when prices are low and you'll get a much needed reprieve from the heat along with spectacular scenery.

With Alaska's average temperatures of 60 degrees and lots of sunshine, people are clamoring to this great state to take in glaciers, snowy mountain peaks, exotic animal life, fresh glistening water, and to enjoy the delicious local food, especially the coveted King Salmon.

On this Grand Alaskan Cruise and Tour, the itinerary is well-laid out; travelers can visit Denali National Park and Glacier Bay National Park on this one trip, which most agencies do not offer. Cruise both the Gulf of Alaska and the Inside Passage and discover the best of the Frontier State by land and by sea. This trip includes sightseeing in Seattle, Vancouver, Ketchikan, Juneau, Skagway, Glacier Bay, Anchorage, Denali National Park, Alaska Inside Passage and the Gulf of Alaska. Travelers will enjoy seven nights on aboard Holland America Cruise Line's ms *Westerdam*.

The ms *Westerdam* was recently updated with new bar, entertainment, and dining venues, plus completely reimagined suites. The ms *Westerdam* is a fascinating destination in her own right. On board, enjoy live entertainment with Music Walk™, including Lincoln Center Stage, B.B. King's Blues Club, and Billboard Onboard. Learn culinary skills at a cooking show or hands-on workshop with America's Test Kitchen. Enrich your travel experience at the new Exploration Central atop the ship.¹ The ship holds 1916 passengers and the crew is an 800 member team to meet all of the passenger's needs.

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References:

1. Holland America Cruise Lines, *Westerdam*, hollandamerica.com, 2019



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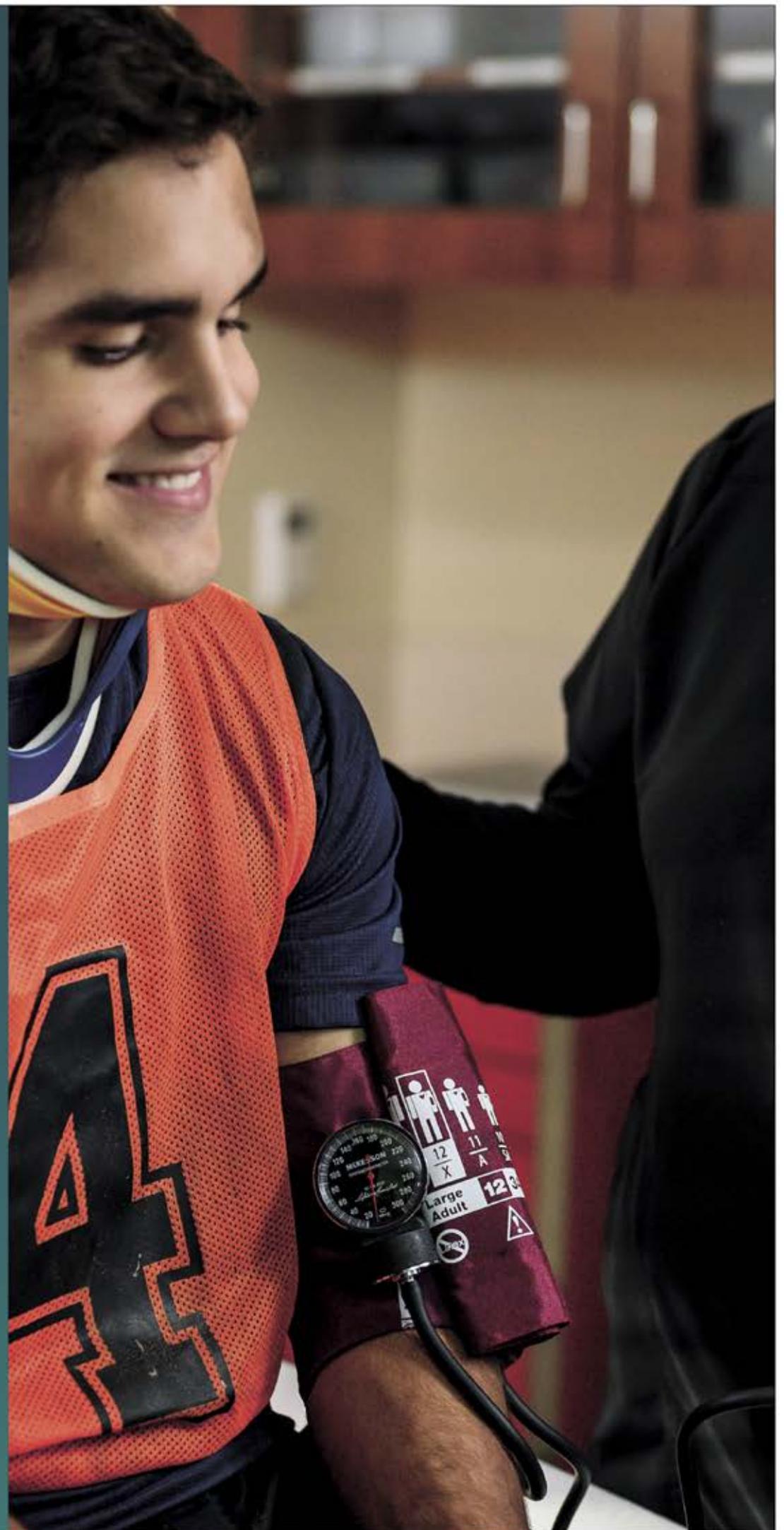
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DO YOU OR SOMEONE YOU LOVE SUFFER FROM ALZHEIMER'S DISEASE?

Dr. Dariano, D.O.

Memory loss that disrupts daily life may be a symptom of Alzheimer's or another dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. Every individual may experience one or more of these signs in a different degree. If you notice any of them, please see a doctor.

1. MEMORY LOSS THAT DISRUPTS DAILY LIFE

One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

2. CHALLENGES IN PLANNING OR SOLVING PROBLEMS

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change?

Making occasional errors when balancing a check-book.

3. DIFFICULTY COMPLETING FAMILIAR TASKS AT HOME, AT WORK OR AT LEISURE

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

4. CONFUSION WITH TIME OR PLACE

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.

5. TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

What's a typical age-related change?

Vision changes related to cataracts.

6. NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change?

Sometimes having trouble finding the right word.

7. MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What's a typical age-related change?

Misplacing things from time to time and retracing steps to find them.

8. DECREASED OR POOR JUDGMENT

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision once in a while.

9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how

to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

What's a typical age-related change?

Sometimes feeling weary of work, family and social obligations.

10. CHANGES IN MOOD AND PERSONALITY

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

WITH EARLY DETECTION, YOU CAN:

- Get the maximum benefit from available treatments.
- Explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer.
- Increase your chances of participating in clinical drug trials that help advance research.

WHAT TO DO IF YOU NOTICE THESE SIGNS

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

Source: www.alz.org

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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The Villages, FL 32159



Gumline Recession: An Alternative Method to Traditional Surgery

By Lucia Roca, DDS, MDS, Board Certified Periodontist



It's imperative to visit your dentist regularly to keep your teeth healthy. Many people overlook that keeping our gum (gingival) tissues healthy are just as essential.

One of the common issues that hygienist and dentist see with their patients is over brushing. If you're not brushing with a soft toothbrush and taking your time to clean each surface of every tooth gently, then you most likely are aggressively over brushing your teeth.

You may be confused about the proper way to brush, and in turn, you could be causing extreme damage to your gingival tissue. Have you noticed any recession on your gum line? Do the roots of your teeth show? If you answered yes to those two questions, you may be a little self-conscious about your smile, and not aware of the potential infection and bacteria that could harbor into the gum line and increase the amount of recession that you already have.

Up until recently, there was only one treatment option for gum line shrinkage or recession. That procedure was accomplished through skin grafting. Essentially, part of your pallet (upper mouth) skin was cut away with a scalpel and then grafted into

place with sutures to the receded areas. It's not the worst-case scenario, but many patients are reluctant to have a surgical procedure out of fear.

Restoration Through a Tiny Pinhole

There is a new technique that's showing innumerable successful outcomes for patients with gingival recession. It's called a Pinhole Technique. A dentist that has received a great deal of notoriety for this new procedure and has since certified other dentists to perform his technique developed it. Eliminating the need for skin grafting, cutting, and sutures; this method is accomplished by making a tiny pinhole above the receding area and loosening the gum tissue.

The dentist will then move the gingiva and reposition it to cover the roots of the exposed area of the teeth, creating a normal gum line. Collagen strips are placed around the teeth, keeping the gum line in place. The patients will see immediate results and will experience little to no bleeding, swelling, or pain. The tiny pinhole heals quickly, within 24 hours and the collagen strips are resorbable and do not need to be removed. The strips will help the body to produce more natural collagen, and therefore, healing will be rapid.

Laurel Manor Dental

At Laurel Manor Dental, all of their dentists are highly trained in treating receding gingival tissue, and they take great pride in your getting you to your most advantageous dental and oral health. Laurel Manor Dental goes one step further because they have an onsite specialist in periodontal disease and prosthesis. Her name is Dr. Lucia Roca, and she is also certified in the Pinhole Technique.

After receiving her Doctor of Dental Surgery degree, Dr. Roca spent an additional three years studying at the University of Connecticut School Of Dental Medicine. She was then accepted into the University of Medicine and Dentistry of New Jersey/Rutgers, where she performed clinical research, completed her periodontics residency, and earned her Masters of Dental Science degree.

As a member of the American Dental Association and the American Academy of Periodontology, Dr. Roca has worked tirelessly to help bring dental care to those in need from the city streets of Newark, NJ to the rural villages of Guatemala. Her dedication and continual interest in acquiring new dental knowledge have deep ties, as Dr. Roca's parents are both dentists, and she herself is now married to a dentist. Dr. Roca takes satisfaction in clarifying the best treatment options for her patients in English, Spanish, or Italian!

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

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5 Ways to Overcome Anxiety in Assisted Living Facilities

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

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

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

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



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

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

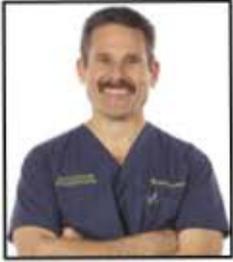
Share these five ways to overcome anxiety with your family member and there's a good chance you'll both feel better. Living with anxiety doesn't have to be a permanent state of mind if your loved one is willing to make small adjustments in their daily routine.



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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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Losing Weight To Get Healthy

Find out how Christine Lost 65 pounds, 40 inches and so much more

Dr. Compton and his office in the Villages, Florida is now the exclusive provider of the Ideal Protein weight-loss system, which provides you with prepackaged meals, coupled with your own groceries that will have the weight falling off of you in no time. Ideal Protein is a scientifically researched solution to provide weight loss through a four-stage diet program.

Currently, more than 3000 medical practitioners in the US and Canada offer the Ideal Protein protocol for their patients to lose weight and reverse metabolic syndrome (a group of conditions that are associated with heart disease stroke and diabetes). Compton Chiropractic Care has four chiropractic physicians and two weight-loss coaches, all with backgrounds in nutrition and medicine to help facilitate the specific plan and to ensure your health is optimized. Each patient's health conditions, medications, blood work, recent cardiovascular and metabolic paneling is reviewed before starting the Ideal Protein protocol. Ideal Protein is a scientifically researched solution for safe and effective weight-loss.

At Compton Chiropractic Care your initial consultation will be a focused medical evaluation for diseases related to obesity and cognitive factors along with a physical examination. In addition, they will obtain a weight history, which includes past diet attempts. They will give thorough goals and expected outcomes. Many patients come to the clinic with undiagnosed diabetes, high cholesterol, thyroid disorders, abnormal liver tests, or obstructive sleep apnea. On your initial visit if you have not had recent blood work or an EKG performed their medical staff will ensure these tests are completed before starting the protocol, so that you may safely begin the program and as a guide for your three-month recheck. Overall Compton Chiropractic Care's Ideal Protein weight loss protocol will include weekly progress measurements and one-on-one nutrition counseling with a weight loss consultant, behavioral modification, and a prepackaged meal replacement plan.

A Weight Loss Testimony: Christine R. explains her personal experience with the Ideal Protein program at Dr. Compton's office.

Christine's Story:

"I knew I needed to lose weight. My weight loss journey was like a roller coaster, constantly losing and then regaining. My daughter introduced me to Ideal Protein, so when my husband and I moved to Florida to retire, I looked for a physician in the area that might offer the program, and I was fortunate to find Dr. Compton's office. That was April 7, 2017.



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LOST 65
POUNDS &
40 INCHES**



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- Reductions in weight have significant health benefits for high blood pressure, cholesterol reduction, metabolic disease management, diabetes and lowering A1C levels
- Expert guidance and professional support under the tutelage of your personal weight loss coach
- Unlike fad diets, the Ideal Protein Protocol has a beginning and an end
- Four distinct and unique stages help assist you in making permanent lifestyle changes, facilitating your optimal health

Attend a Free Workshop!

Free, no obligation workshops offered twice per month at Compton Chiropractic Care. This is a great way to discover the Ideal Protein Weight Loss Method in a friendly, no pressure environment.

Please call us for workshop times and to reserve your spot today as space is limited! 352-391-9467

WWW.IDEALPROTEIN.COM

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The Villages, FL 32162

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www.thevillageschiropractic.com

I hadn't been feeling well for a very long time; as a Type II Diabetic, I knew that my weight had a lot to do with my backaches, and my general sense of well-being or lack thereof. On top of that, when you move to a retirement community, there are always plentiful amounts of drinks and food being passed around, which made my situation worse, so I finally had enough and set up my appointment with Compton Chiropractic Care. I can't say enough good things about my weight loss coach. He is very passionate about the program and getting his clients motivated not only to lose the weight, but also to understand how health plays the most significant role in the protocol. He's a fantastic coach, but also a dedicated, empathetic person.

During my first consultation, my coach scheduled my initial lab work. I had an EKG, blood pressure, cholesterol and blood sugar test. All of my lab work was high, and I found out that my A1C level was through the roof at 8.

My goal was to lose 65 pounds by my birthday, which was November 2nd because I was turning 65. So for seven months, I was dedicated to the plan and worked one on one with my coach. I learned so much about food, nutrition, health, and wellness, and I'm happy to report that I lost all of the weight! I'm 65 pounds lighter, and my A1c level went down to 5.4 within the first three months of being on the program. All of my other issues like high cholesterol and high blood pressure are normalized without medication.

This is unlike any other diet program because you're not counting calories or points, and you're not overwhelmed with choices because there is a very specific diet in place. This is a program that teaches you what to eat and what to avoid to lose the pounds and to get healthy. You have to change your thinking for good because you're worth it! You'll need strength, discipline, and knowledge. This program helps you face situations head on. It teaches you not to hide, you learn the importance of weighing yourself consistently, and you learn to be honest about what you're eating. Along with their delicious variety of meal packages, you'll need to learn to prep nutritious food and stick to the rules. But once you see the weight coming off and you begin to feel better physically, the plan gets easier because you'll know exactly what you need to do every day.

You never feel deprived, because you can have chocolate chip pancakes, crispy treats, cappuccino and other pre-packaged delights that leave

you satisfied, all while you're learning about what foods to incorporate into your routine. It's very structured, but that's why it works! Because it's more than just losing weight, it educates you on your body's needs and overall health.

It's an enlightening experience, and I find it fascinating to continue to learn about wellness, the food industry, our culture and how weight affects many aspects of our lives. I'm constantly researching so that I can learn more and become even healthier.

On November 2nd, I celebrated life! I turned 65 and lost 65 lbs and 40 inches! I have become the healthiest I've been in a very long time, so I had a party! I invited 115 people to celebrate my birthday and my ability to reach my goals! It was wonderful, and I'm so happy to be able to encourage others now to do the same."

Diet

The Ideal Protein weight protocol is a medically derived protocol developed and refined over a twenty-year period. Dieters are provided 65% of their weekly groceries inconvenient, pre-packaged meals. Dieters will also have a choice of vegetables and lean meat each day to round out their dietary needs. Women typically average between 2 - 4 pounds of weight loss per week, while men can range between 4 - 6 pounds per week. The long-term success for dieters is realized through the one-on-one coaching, designed to motivate and educate, ensuring the knowledge and confidence to make better lifestyle choices once Phase Four has been reached. With over 3,000 medical practitioners in the U.S. and Canada offering the Ideal Protein protocol to their patients to lose weight and reverse metabolic syndrome, Compton Chiropractic Care has chosen to align our overall goal for meeting our patient's needs with this highly regarded and successful plan.

Activity Levels

While physical activity is an important addition to any diet as it boosts metabolism and increases weight-loss - it is not necessary on the Ideal Protein program. Our philosophy is the more healthy you begin to feel once you are experiencing a reduction in weight, the more your energy levels will increase, and your need to create and comply with daily activities will simply become a part of your routine. Ideal Protein has specified emails that will help encourage dieters to move as their energy levels increase, but there is no set daily exercise requirement for the protocol.



"Putting your families health in our families hands"



Dr. Brett Compton

- Doctor of Chiropractic Medicine
- Palmer Graduate
- B.S. in Human Nutrition
- 12 Years Army & National Guard Veteran
- Medical Director



Dr. Brent Compton

- Doctor of Chiropractic Medicine
- Palmer Graduate
- B.S. Pre Professional Biology



Dr. Daniel Taylor

- Doctor of Chiropractic Medicine
- Palmer Graduate
- B.S. in Molecular & Microbiology

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Surviving the Stigma: How Medical Marijuana Is Converting Even the Most Reluctant Patients

While more patients turn to medicinal marijuana, some still fear the stigma of yesteryear.

It's no secret that since the passage of Amendment 2, which legalized medical marijuana in Florida, droves of patients have sought relief from medical cannabis.

The popularity of medical cannabis among seniors especially has surprised many. And while it's true that many seniors can remember when marijuana was part of the counter culture, possessing such cultural memory can also fan the flames of the deeply-ingrained stigma that attached to the little green plant. Unfortunately for some, this is enough to prevent them from seeking out the relief enjoyed by so many.

Yet, reluctant or not, it is impossible to deny the incredible and positive impact medical marijuana is having in the lives of patients today. From children finally free from the agony of epileptic tremors, to sufferers of chronic pain and PTSD who are now — and only through the therapeutic power of medicinal marijuana — able to lead a normal life, medical cannabis is proving a God-send for patients with a range of ailments.

The key to safely reaping the medicinal benefits of cannabis is, of course, quality medical care. Make no mistake, the stigma surrounding marijuana is not wholly imagined. The fact is that marijuana and the chemicals it contains are potent agents that can produce serious effects. In the wrong hands, bad things can and will happen.

But this is true of most pharmaceutical narcotics; it's not unique to cannabis. Certain powerful antidepressants were derived from potent psychedelics including LSD and psilocybin (the active ingredient found in "magic mushrooms"). And the class of drugs known as opioids originates from naturally occurring opioid narcotics such as opium. With all these natural substances and the medications produced from them, what makes the ultimate difference in whether something will heal or harm is how it is used and whether the doctor administering it is sufficiently skilled.

Any stigma associated with marijuana is best understood as relating to haphazard recreational use. Patients who are concerned about being associated with that stigma should be careful to remember that recreational misuse is not the same thing as therapeutic use under the guidance of a skilled physician.



What should matter most is whether a given treatment safely produces the desired effect. Fear of a stigma is simply not an adequate reason to suffer needlessly when a legitimate medication offers an improved quality of life.

That being said, as noted earlier, the chemicals in cannabis are quite powerful. One mistake prospective patients ought avoid making is assuming that because something is available over the counter (OTC) it is thus harmless. OTC CBD oil is a prime example.

CBD is becoming widely available without a medical marijuana certification since CBD is found in both marijuana (which contains THC, the psychoactive chemical responsible for the euphoric "high" feeling associated with marijuana use) and hemp (which does not contain THC above trace levels) allowing for OTC sale of CBD when it is harvested from hemp.

The first concern here is that since the production and sale of hemp-based CBD is far less regulated than medical marijuana, it can be challenging to find quality, trustworthy OTC CBD products. To be sure, there are a number of reputable hemp-based CBD producers, but it isn't always clear which brands you can trust. We've all heard horror stories wherein an unsuspecting customer buys what he believes to be CBD oil, only to discover later that he's paid top dollar for little more than a bottle of olive oil. For this reason, many of our patients at Village Medical Injury Care say they feel more secure purchasing marijuana-based CBD from a licensed dispensary after getting certified for medical marijuana.

A bigger word of caution for those considering OTC CBD is to remember that such products are not OTC medical marijuana, able to be taken without care. CBD affects different parts of the endocannabinoid system than does THC and can be administered to treat different conditions than THC. These chemicals are not interchangeable. It's important to know which is meant to treat what condition. For instance, a glaucoma patient seeking the benefits of medical marijuana cannot simply opt for OTC CBD oil as some sort of quick and easy substitute because the therapeutic effects of marijuana for glaucoma are believed to result from the THC — some studies have found that high CBD doses can hasten glaucoma's progression.

As with all OTC medications, it's crucial to do your homework. And you shouldn't take a medication if you're not comfortable with it. At the same time, you shouldn't suffer because of a decades-old stigma when a precise and medically-valid treatment can offer real relief. If you find you're unsure, at Village Medical Injury Care our team of Board-Certified expert physicians is here to help guide you every step of the way.



Owen D. Fraser, M.D.

General Surgeon

Village Medical Injury Care ("VMIC") and the Medical Injury Care Provider Network, now serving The Villages®, is under the direction of Owen D.

Fraser, M.D. Dr. Fraser has more than 40 years of experience treating and caring for injured patients in the Central Florida area. After attending medical school at the University of the West Indies in Kingston, Jamaica, Dr. Fraser went on to complete his residency and general surgery fellowship at Columbia University Medical Center and Harlem Hospital in New York City, New York. He continues to practice in Central Florida, including out of his new flagship clinic in Lady Lake, Florida, where he focuses on personal injury care, medical rehabilitation, and other medical care. VMIC, under Dr. Fraser's direct supervision, offers state of the art advanced medical therapies to allow for individual medical treatment plans to be developed, guiding our patients toward a timely recovery.

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- Post-surgical pain

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<p>Upcoming Events: Join us for a complimentary informational luncheon on Medical Marijuana. For information on dates and times, and to RSVP, please call or email us at: info@villagemedicalinjurycare.com</p>	<p>Regenerative Therapy</p> <p>A revolution in the practice of medicine, saving patients from painful and sometimes ineffective surgeries.</p> <p style="text-align: center;">\$3,500 per area</p>	<p>Medical Marijuana</p> <p>The natural way to treat numerous medical conditions. Qualifying patients receive expert knowledge care and guidance from BOARD CERTIFIED PHYSICIANS.</p> <p style="text-align: center;">\$150 Certifications</p>
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How Much Omega-3 Fish Oil A Day Will Produce Results?

By Anne-Marie Chalmers, MD

Taking fish oil? What kind of results are you noticing?

When it comes to getting benefits from any omega-3 supplement, it's important to consider your daily dose. Take a moment to go grab your fish oil supplement, if you're taking one, and then keep reading to find out if your fish oil is living up to your expectations.

First Things First: Why Is Fish Oil Beneficial?

Fish oils contain polyunsaturated omega-3 fatty acids, a group of nutrients found in every cell of the body. Omega-3s are critical for fighting inflammation and promoting healthy cellular functioning. That's why scientists have extensively researched these fatty acids for a variety of health issues, including cardiovascular health, mood disorders, cancers, joint problems, skin issues, dry eyes, pregnancy and more.

The two most powerful members of the omega-3 family are called EPA and DHA for short. Found predominantly in fish and fish oil, EPA and DHA are not the only types of omega-3s that exist. However, almost all omega-3 research to date has concentrated on these two fatty acids.

When you read about the benefits of omega-3s in the news, it's usually EPA and DHA from fish and fish oil that they're talking about -- not the plant-based omega-3 found in walnuts, flaxseed or chia seeds (that one's called ALA).

Fish Oil Benefits Are Dose-Dependent

In omega-3 research, you'll often see scientists referring to omega-3s as having a dose dependent effect. Simply put, the beneficial effects of omega-3s are related to the amount consumed.

In order to demonstrate clinical benefits, scientists frequently use much higher doses than what's found in regular fish oil capsules -- often 2000 mg of EPA/DHA and up.

This threshold dose makes sense when you start reading the research. Numerous studies show that the anti-inflammatory benefits of omega-3s don't kick in unless you consume at least 2000 mg EPA/DHA daily. And when you start searching by specific health conditions, you'll find references like these:

- For anxiety, a recent meta-analysis showed significant clinical benefits for doses greater than 2000 mg EPA/DHA daily, but not at doses below that mark.
- Studies examining the benefits of omega-3s for lowering triglyceride levels frequently cite doses between 3000 mg - 3500 mg daily.
- Researchers studying patients with cancer sometimes use even higher doses -- between 5000 to 10,000 mg!

How Much Fish Oil Should I Take to See Results?

A natural fish oil typically only contains 30% EPA and DHA combined. So if your capsule provides 1000 mg of fish oil, you're probably only getting 300 mg of EPA/DHA total.

This simple equation helps explain why, for most brands, the normal recommendation of 1 or 2 capsules doesn't do much good. If you're taking standard fish oil capsules, you'd need to swallow at least 7 capsules per day to clear the 2000 mg EPA/DHA mark.

Product Type	Dose Per Unit	Servings to Achieve 2000 - 3000 mg EPA/DHA Dose
Regular fish oil capsule	~ 300 mg EPA/DHA	7 - 10 capsules
Concentrated fish oil capsule	~ 600 mg EPA/DHA	3 - 5 capsules
Krill oil capsule	~75 mg EPA/DHA	27 - 40 capsules
Teaspoon of cod liver oil	~1000 mg EPA/DHA	2-3 teaspoons
Serving of wild salmon	~ 2000 - 3000 mg EPA/DHA	6 oz fillet

Figure 1

Now take a look at your omega-3 supplement, and add together the total number of mgs of EPA and DHA per serving. How many servings would you need to get at least 2000 mg?

How Does Your Fish Oil Supplement Stack Up?

If you don't have your omega-3 product handy, we've done the work for you by calculating out the typical number of servings necessary to get 2000 - 3000 mg of EPA/DHA, based on the product

type. Specific products will vary depending on the brand, source, and freshness level of the oil. These numbers, however, are good approximations for each category. (See Figure 1)

If you can't imagine swallowing all those pills, you're not alone. That's why alternatives to capsules -- like liquid fish oil -- exist.

Increasing your intake of fatty fish is also another great way to get enough EPA and DHA omega-3s. If you do go that route though, pay attention to the fish species and how the fish is prepared to ensure you don't cook the majority of omega-3s out of your meal.

Do I Need to Take a Fish Oil Supplement?

The amount omega-3s each person needs varies depending on diet and lifestyle, age, genetics, and health condition. One thing is certain, however: Most of us need more omega-3s than we think we do.

In the United States, an estimated 95% of Americans do not have optimal omega-3 levels. Even in surveys of omega-3 supplement users, only 19% of participants achieved adequate omega-3 index scores.

If you think you already consume enough omega-3s, a simple omega-3 index blood test can provide the answer.

Feeling the Difference

Increasing your intake of omega-3 fatty acids is a wonderful way to improve your health. If you're hoping to experience noteworthy results, however, pay attention to the dose. It makes all the difference!

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.



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PEMF Therapy 101:

Heal Your Pain Naturally By Targeting The Root Cause

Dysfunctional cells are the root cause of all chronic pain, illness and disease. Dysfunction begins when the electromagnetic energy of a healthy cell membrane potential drops below 70 ÷ 90 mV (millivolt). What does this mean?

We have been receiving Pulsed Electromagnetic Fields (PEMF), from the Earth, since the day we were born. Every cell in our body requires this electromagnetic energy to properly carry out its functions and communications within our body. PEMF Therapy naturally replicates the electromagnetic fields of the Earth, feeding our bodies the energy necessary to heal and to boost our immune system.

The human body contains approximately 100 trillion cells. Each of these cells relies on electromagnetic energy to stimulate the production of ATP (which is our energy) to correctly metabolize, communicate with other cells and keep organs and tissues in homeostasis or a state of balance. When our body is in homeostasis, we tend to be healthier, have more energy and are prepared to have our bodies heal should injury or pain arise. Specially designed electromagnetic impulses, called Pulsed Electro-Magnetic Field Therapy (PEMF) can actually help to restore the cells energy and repair damaged cells.

What Causes Dysfunctional Cells?

We were designed to be hunters and gatherers walking barefoot 30 to 40 miles per day to survive. Today the average American spends most of our days on cement slabs, either in our homes or at work, which unfortunately blocks much of the electromagnetic energy the Earth is producing for us. Plus, the



average American only walks less than half a mile per day. This combination has led us to become electromagnetically deficient.

Stress, environmental pollution, sedentary lifestyles and poor diet, add to many people becoming

affected by illnesses and insufficient energy. However, when electromagnetic fields (PEMF) are applied to the body, it can self-regulate and even self-heal in a much more efficient and greater rate.

If the body is continually exposed to toxins and waste, cell damage will occur. When the cells are fed oxygen and nutrients through the electromagnetic field (PEMF), the waste and toxins will filter out, while increasing energy, oxygen and blood flow to your cells allowing the body to begin to heal.

How Is PEMF Therapy Healing Your Pain and Improving Your Health?

Pain is often felt in the body due to some form of inflammation. PEMF Therapy will rapidly begin to decrease inflammation anywhere in the body with pulsed electromagnetic fields that penetrate all the way through the body. Red Blood cells are separated and arteries are enlarged allowing for better blood flow and greater oxygen throughout the body while detoxing the cellular waste.



Magna Wave PEMF therapy for neuropathy is safe to use and has no adverse effects.

But the most important result of a pulsating magnetic field or PEMF, which no other modality can deliver, is to stimulate cell metabolism. This action is thought to cause a chain of processes in the body that could lead to improvement of health without side effects. A cell produces its energy, called ATP (Adenosine Triphosphate). This energy is necessary for the function of the body, building up and breaking down molecules, and transporting substances across cell membranes. To produce energy a cell needs oxygen and about 90 other substances including enzymes, glucose, and nutrients. In addition to energy, cells also produce carbon dioxide, water, and waste products. To be able to execute and control all these processes properly, good cell metabolism is required. Therefore, the cell needs a membrane potential of 70 ÷ 90 mV (millivolt). Whenever this electrical potential drops, active metabolism is impaired. Low-performance levels and chronic disease are the results. Ultimately, every illness is the consequence of impaired cell metabolism.¹

1. Magna Wave, "Magna Wave PEMF Technology," magnawavepemf.com, Louisville, KY, 2018

To find out more about PEMF Therapy, please call iPulse, PEMF Wellness Center today at (352) 387-9584 or visit <https://ipulse.life>



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Alzheimer's and Brain Health Awareness Month

Provided by United Healthcare

Numerous studies and statistics show Alzheimer's and other related dementias are on the rise. According to the Alzheimer's Association's latest figures, nearly 5.2 million Americans have Alzheimer's disease, and that number is expected to triple by 2050. Experts estimate that an Alzheimer's diagnosis will affect close to 15 million people by mid-century. Currently, every 66 seconds, someone develops dementia in the United States.

What is Alzheimer's/Dementia?

Forgetfulness, agitation and frustration, social withdrawal, and difficulty with daily tasks, are all symptoms of dementia. Alzheimer's is the most progressive form of dementia and accounts for 60 to 80 percent of all dementia diagnoses. The "tangles" in the Alzheimer's brain become unattached and disrupt the communication process, and excessive plaque buildup causes oxidative disruptions to the brain. These disturbances coincide with the tangles that are present. This plaque is known as atherosclerosis. Atherosclerosis can occur anywhere in the body, but once it ravages the brain, those affected will experience symptoms of forgetfulness and changes in personality, especially in the short-term memory region of the brain.

There are several types of dementia, but one common and often overlooked type is vascular dementia, which usually affects individuals that have suffered a stroke. Vascular dementia injures the brain in the area that controls memory, problem solving and speech. This type of dementia progresses at a slower pace, nonetheless it can be extremely frustrating and devastating for both those living with the disease and their loved ones.

Symptoms

The signs and symptoms of dementia are different for every patient, but common indicators include:

- Forgetfulness, especially short-term memory
- Change in personality
- Agitation/Frustration
- Difficulty with daily tasks
- Social withdrawal
- Aphasia (a speech disorder)
- Sundowning (confusion and sleeplessness in the evening)



Treatment

Some medications may slow the progression of the disease, but these are, unfortunately, not a curative treatment method. However, some patients find the following helpful:

- Dietary guidance
- Some medications slow the progression of the disease
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

Maintaining a Healthy Brain

Eating a nutritious diet, such as the Mediterranean or Dash diet, provides essential nutrients for the brain's health. All three of these diets emphasize on eating plenty of veggies, fruit, healthy fats, whole grains and lean protein, while avoiding sugar, simple carbs and saturated fats. Other studies show high doses of Vitamin C and antioxidant therapy may also help protect cognition.

Staying active and social is also a useful method for maintaining optimal brain health. Along with socialization, staying physically active is imperative in the production of oxygen-rich blood flow and can decrease your risk of Alzheimer's and dementia.

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Innovative Therapies Group works with you to customize your specific plan depending on your injuries, health, goals and needs. These plans include increasing mobility, stability, strength, and endurance. The area's most commonly needing physical therapy are hips, spine, posture, and lower extremities.

Masking your pain with pain medications is not the answer. Getting to the root cause of your condition is the key to healing your body and living the life you deserve.



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.

Common Conditions that Improve significantly with Physical Therapy

- Assessment and Evaluation Programs
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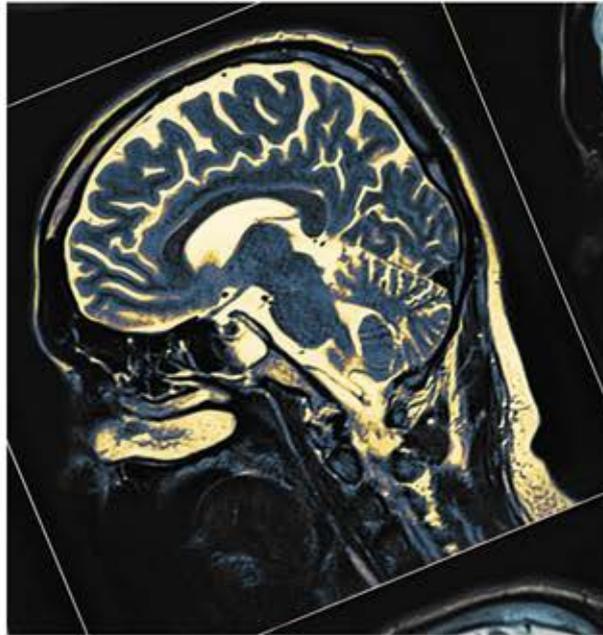
What Your Untreated Hearing Loss is doing to YOUR Brain...

Hearing loss is a fact of life for more than 48 million Americans. According to the Hearing Loss Association of America, this fact may increase the risk of cognitive problems and even dementia. “The general perception is that hearing loss is a relatively inconsequential part of aging,” says Frank Lin, an otologist and epidemiologist at Johns Hopkins University in Baltimore. He also says that “recent findings suggest that it may play a much more important role in brain health than we’ve previously thought.”

As part of the Baltimore Longitudinal Study of Aging, 126 participants underwent yearly magnetic resonance imaging (MRI) to track brain changes for up to 10 years. Each also had complete physicals at the time of their first MRI in 1994, including hearing tests. At the beginning, 75 had normal hearing, and 51 had impaired hearing, with at least a 25-decibel loss. After analyzing their MRIs over the following years, Lin and his colleagues, say those participants whose hearing was already impaired at the start of the sub-study had accelerated rates of brain atrophy compared to those with normal hearing. Overall, the scientists report that those with impaired hearing, lost more than an additional cubic centimeter of brain tissue each year compared with those with normal hearing. Those with impaired hearing also had significantly more shrinkage in particular regions, including the superior, middle and inferior temporal gyri; the brain structures that are responsible for processing sound and speech. If you want to address hearing loss well,” Lin says, “you want to do it sooner rather than later. If hearing loss is potentially contributing to these differences we’re seeing on an MRI, you want to treat it before any brain structural changes take place.”

The brain becomes smaller with age; however, the shrinkage seems to be more rapid in older adults with hearing loss, according to the results of a study by researchers from Johns Hopkins and the National Institute on Aging. Their findings add to a growing list of health consequences associated with hearing loss, including increased risk of dementia, falls, hospitalizations, and diminished physical and mental health overall.

P. Murali Doraiswamy, M.D., a professor of psychiatry and medicine at Duke University School of Medicine and coauthor of *The Alzheimer’s Action*



Plan, says that while the link between hearing loss and milder cognitive problems has been questioned by some, it is becoming increasingly accepted. “Every doctor knows that hearing loss can result in cognitive problems, but they still don’t focus on it as a priority when they evaluate someone with suspected dementia — which is a big missed opportunity. The benefits of correcting hearing loss on cognition are twice as large as the benefits from any cognitive-enhancing drugs now on the market. It should be the first thing we focus on.”

There also was a study done at the University of Colorado’s Department of Speech Language and Hearing Science that looked at how neuroplasticity affects how the brain adapts to hearing loss. Neuroplasticity is the brain’s ability to change at any age. Conventional thinking used to view the brain as static and unable to change; we now know that this is not the case. In the case of hearing loss, the part of the brain devoted to hearing can actually become reorganized, i.e. reassigned to other functions. The study was designed to answer two questions: How does the brain adapt to hearing loss and what are the resulting implications? The researchers found that when hearing loss occurs, areas of the brain devoted to other senses such as vision or touch will actually take over the areas of the brain which normally process hearing. This is a phenomenon called cross-modal cortical reorganization; essentially, the brain adapts to a hearing loss by rewiring itself. This can have a very serious detrimental effect on cognition.

Hearing loss system significantly reduces the brain’s ability to process sound, this can then affect a person’s ability to understand speech. Even a mild hearing loss can cause the hearing areas of the brain to become weaker. What can happen next is that the areas of the brain that are necessary for higher level thinking compensate for the weaker areas. They essentially take over for hearing, which leaves them unavailable to do their primary job.

This compensatory brain reorganization could explain why age related hearing loss is strongly correlated with dementia. This should be taken seriously, even in the early stages of hearing loss, the brain begins to reorganize.

Finally, it also seems very likely that hearing loss, which tends to isolate people from others has long been recognized as a risk factor for cognitive decline and dementia.

If you have hearing loss, it makes sense to get it treated as early as possible. It is widely believed that less than 15 to 20 percent of those with a clinically significant hearing loss use hearing aids. Early treatment for hearing loss could prevent long term cognitive issues down the road. The solution could be as simple as an early hearing loss screening program for adults.

With that being said, **Premear Hearing** would like to help you with your hearing health by offering a Complimentary *Hearing Screening and mini-consultation. Call today to set up your appointment.

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Medical Marijuana is a Viable Treatment Option: What You Should Know About it's History & Progress

Marijuana has been used as an effective and safe medicine for thousands of years in almost all civilizations including the USA. At that time, aspirin, opium, and cocaine were being discovered and touted as better drugs. There was also a financial incentive to outlaw the plant by factory owners who saw the cannabis plant (hemp) as a huge threat to the value of tracts of land with trees they owned for making paper. Hemp was a lot cheaper to make into paper than trees.

So, marijuana became illegal and kept a pretty low profile for about 35 years, and its reputation tarnished by the DEA classifying it as a dangerous narcotic (it is not a narcotic and there has never been an overdose fatality). Severe legal penalties were passed for its possession or use.

In the 1960's and 70's marijuana had a resurgence in popularity as the drug of choice amongst the younger "hippie" generation. It became the symbol of the anti-war and anti-establishment movement. The government powers at the time went a step further in squelching the drug by getting the DEA in 1972 to categorize it as a Schedule 1 narcotic. This put it in the same category as LSD, ecstasy, and cocaine. But unlike the other drugs classified as Schedule 1, marijuana was not physically addictive or capable of killing you and it was useful as a medicine.



In the ensuing years between 1972 and now, marijuana did not go away. Several other countries continued to recognize its value as a medicine. In the 1990's, scientists in Israel found cannabis to have more useful components than just the THC that people liked to get high. There were several other compounds called cannabinoids that had various effects but did not cause euphoria. These components have various receptors in your body that control pain, mood, the immune system, suppress certain types of cancer, relieve nausea, cure insomnia, control seizures etc. And even in this country, even though illegal, people began to rediscover these medicinal benefits and started to demand its legal availability. California was the first state to allow legal marijuana in 1996 and it took off without any major problems. It wasn't long before other states started following California's lead, and we now have 29 states with medical marijuana and many predict that soon all states will.

In November 2016 Florida passed Amendment 2 by a vote of 71.3% in favor which allowed medical marijuana to be recommended by certain physicians and used by certain patients. Florida limits its use to cancer, epilepsy, glaucoma, AIDs, HIV positive, PTSD, ALS, Crohn's disease, Parkinson's, Multiple Sclerosis, and chronic nonmalignant pain. To set up the program, the Florida legislature gave the job to the Florida Medical Association, an entity (like much of the legislature) did not understand medical marijuana and were opposed to its existence. Thus, getting to the point we are at now has been a struggle, but it's here now.

Several factors have worked against the legalization of medical marijuana in Florida. Pharmaceutical companies, some portions of law enforcement, and a few politicians are fighting hard against this. But it's been discovered now and many Floridians are reaping the benefits. About 90,000 now have their cards. Keep an open mind and if you suffer from any of the conditions in Florida that can be treated, take some control of your health care and learn more about it as a viable option.

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

Submitted by Cornerstone Hospice and Palliative Care

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

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

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

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

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

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

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

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

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

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



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

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

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

About Cornerstone Hospice

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

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Beat the Heat with ONE HD Hydration (Hemp Infused Water)

With weather approaching the upper 90's and on some days, triple digits, the heat can be unbearable at times and downright dangerous, this is particularly the case when we factor in high levels of humidity.

Our bodies self-regulate heat by sweating and also through radiating heat back into the atmosphere. When we sweat, we perspire potassium and sodium. Both of these minerals help to control nerve function, water balance, and heart rhythm.

Sweating can quickly escalate into dehydration; therefore, it's critical to stay hydrated, BUT plain water might do the trick! And sugary drinks can lead to further adverse effects by slowing the passage of water from the digestive tract into the bloodstream. If we become dehydrated, we increase our risk of raising our blood pressure, heart palpitations, and limiting blood flow.

Plain Water is Essential, but **ONE HD Hydration is Even BETTER!**

Hemp Derived (CBD) Water by ONE HD Hydration Water. The simplest of products, but ONE HD incorporates nanotechnology, bioavailability and cannabidiol to produce a beverage that isn't just water. It's filtered in such a way that it "breaks the covalent bonds between hydrogen and oxygen atoms," then becomes augmented with vitamins, electrolytes and a small amount of hemp-derived, organic CBD oil.

ONE HD will not get you high, it is non psychoactive. ONE brings cutting edge science to deliver nutrients and hydration in an effective way, naturally and responsibly.

It is "nanoparticle delivery" that lets the B1, D3 and CBD flow faster into your cells, but ONE HD somehow feels like it's being absorbed somewhere in your throat before it hits your stomach.

By using nanotechnology, ONE HD has the ability to allow 100% of the nutrients to penetrate your cells, as opposed to traditional CBD ingestion methods, which only allow 10% to 70%.



This means that our water almost instantly becomes bio-available to power your cells!

ONE HD Hydration Science

Our expertly engineered water provides opportunities for many to have a quality of life previously thought unobtainable. As industry experts and thought leaders, we boldly rise above a world where everyone sounds the same to deliver a new level of health.

The technology that makes this water breaks the covalent bonds between hydrogen and oxygen atoms removing water memory before it is purified through several stages of reverse osmosis filtering. The water is then infused with a full spectrum of cannabinoids and terpenes including CBD, CBG, CBC, Linalool, Myrcene, and Caryophyllene.

A second phase infusion adds over 72 different essential vitamins, minerals and powerful glyconutrients to the formula. These extra ingredients further boost immunity support, recovery potential and the overall antioxidant healing properties of this water.

ONE

HD HYDRATION

To Find out more or to place an order, please visit drinkonehd.com

The final product is a supplement drink with particles sized down to <10 nanometers, nearing the Pico-meter threshold, which allows the supplements to penetrate most any cellular membrane by bypassing concentration gradient and ion transport channels. The ability to feed nutrients to cells with an increased cellular metabolism of nearly 100x (10,000%) makes this water incredibly effective at relieving symptoms fast.

Testimonials

"I can't believe how much ONE HD has changed my life! If you or anyone you know and care about is dealing with hormonal issues, inflammation, aches, anxiety and more, you must try this water! I am overly obsessed with this product."

—Nora Nazerian Los Angeles, CA

"Hi Michael, I am so sorry it has taken me so long to message you! The water has simply been a game changer for me. I am a migraine sufferer for over 30 years along with anxiety and insomnia. The Trifecta! It is helping with all three! Thank you, for making my days brighter!"

—Mauria Stonestreet Kansas City, MO

"For starters I woke up with a headache Sunday morning, instead of taking my normal 2 Tylenol I opted to drink a bottle of ONE HD. Within 10 minutes it was gone! As far as how I felt overall, I noticed a big difference in my hips and legs. I have been suffering from bursitis for several months and tried everything for relief. Nothing has made me feel as good as drinking ONE HD. Totally recommend it!"

—Susie DiCarlo Pittsburgh, PA

"I have been drinking the CBD water now for about two weeks and I am very pleased with the experience I have had so far. On top of my anxiety levels feeling significantly lower I am able to fall asleep much faster and wake up feeling more rested than I have in a long time. I would recommend this to anyone.

—Bill McLaughlin Santa Clause, IN

BALANCING LIFE

By Rev. J. Keith Long

Do you live a balanced life? When your life seems to be running smoothly and everything is happening just like you suppose it should, you may not give much thought to what it means. When you seem to be at wits end, you may be thinking there must be a better way.

Luke 10:27 reads: He responded, "You must love the Lord your God with all your heart, with all your being, with all your strength, and with all your mind, and love your neighbor as yourself.**"

Look closely at what this says. It says with your heart. The heart, the amazing muscle made to provide life giving blood to all of the body. Without the heart, the body cannot do its amazing things. Without blood, the brain will not function, the arms and legs will not move, the body cannot live. One of the best ways to honor God is with your heart, by using the gift of life, of the blood flowing through you to do good things, to say good things, and to be good, or sometimes people say righteous.

Your heart is maintained by exercise. As Americans we are prone to spend too much time in the car, in front of the Television, or at the computer. The heart as a muscle needs work to keep doing what it does at the optimum. The healthy heart provides for you the opportunity to love God with all of your strength. The muscles provide strength to move your legs, your arms, all the parts of you that hugs, carries, moves, speaks, and shares. Health professionals will say this: get moving. Movement maintains, lots of movement builds, but most important is the first step movement.

Love God with your mind. In other words, think. Wisdom and knowledge are two very different things. Wisdom for me is a daily process. Living each day learning something, gaining knowledge is mostly helpful, but I can honestly say some things I hold as knowledge are not always helpful. So, therefore, wisdom is about knowing the difference and what makes your life better becomes the very best wisdom. I skipped over "being" because for me it is the entire package. Your heart, your muscles, your mind, every part of you is combined as the temple for your soul. All of your being means everything about you. Jesus said in answer to the



question, "What must I do to have eternal life?" He said, "Do these things." Not some of them, all of them. Not part of the time or most of the time, but all of the time.

Finding Balance is Key

Balance, the act of having enough, not too much, not too little, this is the key to most things, if not all things. I am really strong on spiritual practices, but I need to work on my physical practices. My emotions seem to be doing OK, my relationships are trending up. My visits to my healthcare providers including the dentist are in check. I am making better decisions about what I eat, when and how much. Thinking about these areas of my life and finding balance is an opportunity. Thinking about these things has shown me there is a better way. I thought I was happy and doing

OK, but consideration of these aspects has given me a way to be happier, to have more joy, even in the midst of crisis and stress, and everything else going on.

Practice is Necessary

Like an athlete, for any sport they will practice and work at keeping their skills up to be their personal best. Like a piano player or any musician, even for a drummer, practice is necessary to maintain the talent. It seems that for all of us the same is true; we must have a routine of practice that keeps our mind, body and soul in its best condition. As you live, be encouraged that your God has given you abundance. How you use it, what you do with it, that is something not to be squandered, it is more precious than gold.

**Bible Reference - Common English Bible

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