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Health & Wellness[®] MAGAZINE

August 2019

Marion Edition - Monthly

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Field and in
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Chris Manis

-Chris Manis, Patient & Cancer Fighter

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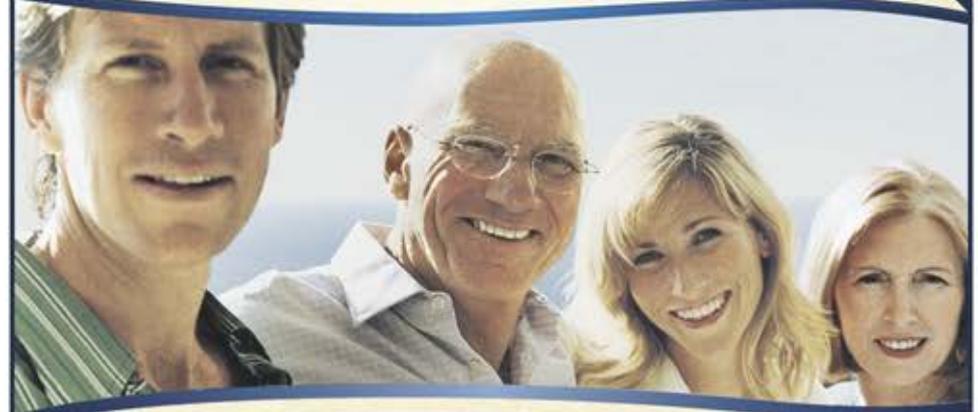
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Our experienced elder law team delivers seasoned guidance across a wide range of situations specific to people as they advance through life. Whether you're planning for someone you care about or your future self, the sooner you form a plan, the more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



OUR SERVICES

- CARDIOLOGY CONSULTATION
- EXERCISE STRESS TESTING
- NUCLEAR STRESS TESTING
- ECHOCARDIOGRAPHY
- EVALUATION OF HEART VALVE DISORDERS
- EVALUATION OF CORONARY ARTERY DISEASE
- EVALUATION OF HYPERTENSION (HIGH BLOOD PRESSURE)
- EVALUATION OF CHEST PAIN AND SHORTNESS OF BREATH
- EVALUATION OF CARDIAC ARRHYTHMIAS
- EVALUATION OF FAINTING (SYNCOPE)
- EVALUATION OF FATIGUE
- CHOLESTEROL DISORDERS (DYSLIPIDEMIA)
- PREOPERATIVE SCREENING
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WHY WE MADE THE SWITCH TO 3D MAMMOGRAPHY

RAO has long been a pioneer of state-of-the-art diagnostic technologies, leading Central Florida with the most advanced equipment and procedures for greater accuracy, speed and peace of mind. We extend our commitment to women's imaging by being the region's one and only comprehensive services provider. Our mission to deliver unsurpassed quality is why our Women's Imaging Center and TimberRidge Imaging Center replaced their 2D mammography equipment with FDA-approved 3D mammography technology, also known as tomosynthesis.

Women naturally have questions about the difference, and we're happy to explain the superiority of 3D mammography so you can feel confident about scheduling your annual or biennial breast cancer screening.

Superior Accuracy

When comparing mammography technologies, it's easy to understand why 3D provides greater security than 2D: it's all in the numbers. "2D mammography produces about four total top and side images of the breast," says the Medical Director of RAO's Women's Imaging Center and breast imaging subspecialist Dr. Amanda Aulls. "That leaves a lot of areas for breast cancer to hide. 3D mammography combines 2D imaging and 3D composite imaging in one process, creating many images and providing greater clarity, especially of dense breast tissue, which historically has been difficult to see through." This is because both dense breast tissue and cancer display white on a standard 2D mammogram, promoting confusion and oversight. 3D offers greater detail of breast structure for better differentiation and discovery. In fact, studies show that 3D mammography is 20-65% more accurate at discovering invasive breast cancer than 2D alone. "Tomosynthesis makes it easier to distinguish cancer from healthy tissue," says Dr. Aulls, "making 3D mammography in line with our standard of care."

The multiple images and angles composing the three-dimensional model enable RAO's team of breast imaging specialists to see through overlapping breast tissue, for earlier discovery of cancer and a significant reduction in false positive results.



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Less Anxiety

False positives are more than just frightening – they often require follow-up appointments with multiple clinicians and additional testing, sometimes even biopsies, which can impact women physically and economically as well as emotionally. Such scares can cause women to avoid future screenings altogether.

"3D imaging reduces the incidence of false alarms and unneeded follow-up testing by up to 40 percent," says breast imaging subspecialist Dr. Ryan Tompkins. "The reduction in stress is invaluable, as is the added confidence of a correct diagnosis. Comparatively speaking, we believe 3D mammography supports our mission of consummate accuracy."

Quicker Scan Times

Because of its clearer, more accurate multi-layered imaging of breast tissue, 3D mammography delivers the fastest scan time, limiting breast compression time to less than 4 seconds per scan. Softer, more flexible paddles make breast compression more comfortable for many women. The test

adds only seconds to the total exam time, making it virtually indistinguishable from a 2D mammogram.

Breast Imaging Specialists

RAO's breast imaging specialists are fellowship-trained in the analysis and interpretation of 3D mammography imaging as well as diagnostic procedures like breast MRI and image-guided biopsy, providing enhanced accuracy and safety. We are dedicated to placing your health and security above all else.

Only One RAO

RAO is the region's only comprehensive provider of women's imaging for services that go above and beyond the norm. Our high practice standards, advanced technology and quality care have earned our Women's Imaging Center and TimberRidge Imaging Center a Breast Center of Excellence designation by the American College of Radiology. When it's time for your routine screening mammogram, we invite you to schedule an appointment by calling RAO at (352) 671-4300.



WE SEE YOU BETTER, FASTER, GREATER



3D MAMMOGRAPHY

RAO's Women's Imaging Center offers only FDA-approved 3D mammography for earlier, more accurate breast cancer detection in women of every age and breast tissue density. It is capable of finding 20-65% more invasive breast cancers than standard 2D mammography.

2D or not 2D? We elected to be among the first providers in the region to replace outdated 2D modalities with 3D mammography. Why? 3D sees through even dense breast tissue for superior accuracy. It identifies harmless artifacts for less chance of a false positive. And it scans faster, so there's less stress on your body and your mind.

Anything less is out of the question.

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*3D Mammography available at Women's Imaging Center
and TimberRidge Imaging Center*



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We are proudly contracted with a variety of insurances and file all claims with the exception of non-contracted HMOs. Visit our website for a detailed list of contracted insurances. Contracted insurances are subject to change.

A FULL CIRCLE OF CARE CENTERED ON YOU.

Urinary and Prostate Issues?

A Safe and Effective Procedure is Available!

As men age, they often experience issues with their urological health. One such issue is trouble with urination caused by a condition called Benign Prostatic Hyperplasia (BPH). During the life of a male, the prostate goes through two main growth phases. The first is during puberty when the prostate nearly doubles in size and the second happens in young adults 20 to 30 years of age when the prostate again begins to grow.

Sometimes this second episode of growth causes an enlarged prostate; this condition is typically detected in middle-aged men. The enlarged prostate can cause impingement on the urethra. If the urethra is pinched, it is unable to release urine properly. With this disorder, urine retention will build up in the bladder or the bladder will either improperly or incompletely empty on a recurring basis. This syndrome is known as BPH.

BPH is not cancer, nor does it turn into cancer, however it can cause urinary tract infections and painful discomfort. Nearly 50% of all men age 50 and over have BPH. Along with urinary tract infections and pain, BPH can eventually lead to kidney disorders.

BPH Symptoms

- Frequent urination
- Inability to empty the bladder
- Increased urination at night (awakening from sleep to urinate)
- Trickle at the end of urination
- Trouble urinating
- Urination that stops and starts
- Weak urine stream



The UroLift® System

There is an advanced technique for treating BPH called the UroLift® System, which lifts or holds the enlarged prostate tissue out of the way, so it no longer impinges or blocks the urethra. This innovative method does not require any cutting, heating or removal of the prostate.

The UroLift® System safely relieves urinary tract symptoms due to BPH without compromising sexual function.(1) The goal of the UroLift® System is to reduce urinary symptoms and discomfort associated with the disorder, and to alleviate the possibility of kidney dysfunction.

UroLift® Benefits

- Minimally invasive
- Minimal downtime
- Preservation of prostate tissue
- Typically, no catheter or overnight stay required after treatment
- Protection of sexual function
- Rapid symptom relief, as early as two weeks post procedure

How Does The UroLift® System Work?

Your urologist will place small implantable cords that hold the prostate lobes apart. This relieves the compression on the urethra, allowing the urine to flow normally again. The UroLift® System treatment can be done in the physician's office under local anesthesia. Typically, patients return home the same day without a catheter. (1)

References:

1. Roehrborn, Can J Urol 2015, 3-Year L.I.F.T. Study2. Roehrborn, Urology Practice 2015, 2-Year L.I.F.T. Study3. Roehrborn, J Urol 2013, L.I.F.T. Study

Central Florida Health Medical Group



James M. Krick, DO, FACOS, Board-Certified in General Urology

James M. Krick, DO, is a board-certified urologist with 25 years of experience treating patients in all aspects of general urology. This includes kidney stones, urinary incontinence

and voiding dysfunction, prostate disorders (both benign and cancerous), genito-urinary cancers as well as medical and surgical treatment of erectile dysfunction. Dr. Krick earned his medical degree at the Ohio University College of Osteopathic Medicine and completed his urology residency training through Michigan State University-COM Consortium at Botsford-Beaumont Hospital in Detroit, Michigan.

Dr. Krick evaluates and treats patients for the full medical and surgical spectrum of urologic conditions including:

- Kidney stone disease – all surgical aspects
- Incontinence and voiding dysfunction
- Benign prostatic hyperplasia (BPH)
- All urologic-related cancers
- Erectile dysfunction including penile prosthesis surgery

He is also pleased to introduce several new technologies for the treatment of benign prostatic hyperplasia, including UroLift®, PROCEPT® BioRobotics' Aquablation therapy, various laser technologies in addition to GreenLight™ Laser Therapy and transurethral resection of the prostate. Additionally, Dr. Krick is skilled in a variety of surgical treatments for incontinence and voiding dysfunction including peri-urethral bulking agent injection, intravesical Botox injection and minimally-invasive mid-urethral sling surgery.

To find out more about the UroLift® procedure, PROCEPT® Aquablation therapy or to schedule your appointment, please call 352.751.8649.

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CANCER SCREENINGS CAN SAVE LIVES

When it comes to treating cancer, the earlier the cancer can be found, the better. The development of improved screening tests for various types of cancer means that physicians can now identify and diagnose cancer at an earlier stage, many times before any symptoms are present. With all types of cancer, early detection and diagnosis can make a big difference and result in improved outcomes.

Recommended Cancer Screening Tests

Skin Cancer: Screening for skin cancer involves checking your skin and any moles for changes that could be signs of cancer. An annual skin check by a dermatologist or your regular physician is recommended for those with a family history of skin cancer.

Breast Cancer: In addition to monthly self-examinations, the American Cancer Society (ACS) recommends that, starting at age 40, all women should have annual screening mammograms. Talk to your doctor about what is right for you, based on your own family health history and your risk factors.

Colorectal Cancer: Colonoscopy screening for colorectal cancer should start at age 50 and be done every 10 years – unless recommended more often by your doctor – up until age 75. This type of screening not only detects cancer early, but, in many cases, it can prevent cancer from developing by identifying and removing polyps, which are abnormal, precancerous growths within the colon.

Lung Cancer: Low Dose CT scanning is recommended for some people who are at a higher risk for lung cancer. This group includes adults, ages 55 to 80, who have a 30 pack-year smoking history and who currently smoke or have quit within the past 15 years. To determine a pack-year score, multiply the number of packs smoked per day by the number of years smoked. So, if you smoked two packs a day for 20 years, your pack-year score would be 40.

Oral Cancer: Screening for oral cavity and oropharyngeal cancer may be done during a routine check-up by a dentist or medical doctor. The exam will include looking for lesions or abnormal-looking areas in the mouth and throat. 75 percent of all head and neck cancers begin in the oral cavity.



Prostate Cancer: The PSA test is used to screen men for prostate cancer. However, it is not clear if the benefits of testing all men outweigh the risks, such as finding and treating slow-growing cancers that do not require treatment. It is important to talk with your doctor about the risks and potential benefits based on your personal and family history.

Cervical Cancer: An annual Pap test is advised for all women, beginning at age 21. Women from 21 to 29 should have a Pap test every three years. Beginning at age 30, ACS recommends a Pap test combined with human papillomavirus (HPV) testing every five years. Testing should continue until the age of 65.

A Vaccine that Prevents Cancer

According to the Centers for Disease Control (CDC), all children ages 11 to 12 years old should be vaccinated against the human papillomavirus, which causes several types of cancer, including:

- cancers of the cervix, vagina, and vulva in women
- cancers of the penis in men
- cancers of the anus
- cancers of the back of the throat, including the base of the tongue and tonsils (oropharynx), in both women and men

The HPV vaccine protects against many of these cancers caused by HPV infection. Most people with HPV never develop symptoms or health problems and the vast majority of HPV infections go away by themselves within two years. However, some HPV infections last longer and can cause certain cancers and other diseases. Getting your child vaccinated before they become sexually active can prevent over 90 percent of these cancers.

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, all to deliver the most advanced and personalized care in your local community.



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Fix DEPRESSION Fast with IV Ketamine

By Eric Milbrandt, MD, MPH

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

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

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

Ketamine – an old drug with a new use

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

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



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

Ketamine infusion – what to expect

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

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

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

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

Conclusion

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



THE INFUSION CLINIC
OF OCALA

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

Prostate Cancer: An Advanced Technique Saves Lives

One of the leading health concerns for men is prostate cancer. Over the last thirty years, the way most medical practitioners check for prostate cancer hasn't changed very much, and unfortunately, this has led to higher statistics of men being underdiagnosed. There are approximately 2.9 million men in the U.S diagnosed with prostate cancer. Second, behind skin cancer, prostate cancer is the leading malignancy in men.

The prostate gland is a tiny plum sized organ that lies just beneath the bladder; the urethra runs through the prostate releasing urine from the bladder. As men age, it can become enlarged, infected and cancerous. It is often referred to as a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. This year alone, it will take over 27,000 men's lives. But it doesn't have to be this way.

Standard Exams Often Miss Prostate Cancer

Traditional rectal exams miss the smaller tumors that are progressively growing, and although the level of a man's PSA (prostate-specific antigen) is an essential marker in detecting issues with the prostate, unfortunately, this test alone is not always detailed enough. In some cases, men with completely normal PSA levels will regrettably have prostate cancer. And on the contrary, high PSA levels can sometimes coincide with a healthy normal prostate. For men in their mid to later life, it is beneficial to have additional forms of diagnostic tests.

Through the years there have been many different variants of testing and imaging for the prostate. One of those is ultrasound. Conversely, with ultrasound many times the transrectal imaging is not clearly visible. In some cases, cancer and lesions can go undetected. If a transrectal biopsy is being performed with ultrasound, it sometimes is done blindly, meaning that the physician is "sightlessly" aspirating tissue, and may inadvertently miss the actual cancer within the prostate.

Cutting-Edge Technology for Diagnosis and Treatment

There is a better test. The most advanced MRI (Magnetic Resonance Imaging) is done with an MRI fusion biopsy. This technology blends ultrasound and MRI biopsy to assure correct location,



aspiration, and treatment take place. The unique MRI unit, shows detailed prostate anatomy, revealing the tiniest lesions that would otherwise go unnoticed, enabling the physicians to visualize the prostate like never before. With the MRI fusion biopsy, physicians are also able to map out intricate treatment options for each patient individually on a case-by-case basis.

This year alone, over 700,000 men will undergo repeat prostate biopsies, with MRI Fusion, the difference in the intricate details is beyond comparison, and that's ideal for both the patient and the physician. In addition to the scientific advancements

in locating and treating prostate cancer, the comfort and reduced anxiety to the patient is also advantageous.

Advanced Urology Institute has the latest technology. Their machine is an advanced MRI fusion biopsy image that merges with the ultrasound during the biopsy. This targets a lesion with immense accuracy that can then be biopsied.

The key to the best outcome when dealing with the prostate is to get a proper diagnosis early. The MRI fusion biopsy is the best chance men have for detailed imaging, early detection, and a healthy life. This technology has helped increase the accuracy of biopsy upwards of 90%.

Advanced Urology Institute provides excellence and distinction in urological care. Comprised of a partnership of the best board-certified urologists working in the state of Florida, Advanced Urology Institute specializes in all phases and conditions of urology including prostate cancer, and they make your health their top priority.

If you or someone you know needs urological care, please contact the Advanced Urology Institute today at 888-298-CARE.



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Advancedurologyinstitute.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 today 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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Eating Healthy to Prevent Tooth Decay

Our body is a complex machine. The foods you choose and how often you eat them can affect your general health and the health of your teeth and gums, too. If you consume too many sugar-filled sodas, sweetened fruit drinks or non-nutritious snacks, you could be at risk for tooth decay. Tooth decay is the single most common chronic childhood disease, but the good news is that it is entirely preventable.

Tooth decay happens when plaque come into contact with sugar in the mouth, causing acid to attack the teeth.

Foods that contain sugars of any kind can contribute to tooth decay. To control the amount of sugar you eat, read the nutrition facts and ingredient labels on foods and beverages and choose options that are lowest in sugar. Common sources of sugar in the diet include soft drinks, candy, cookies and pastries. Your physician or a registered dietitian can also provide suggestions for eating a nutritious diet. If your diet lacks certain nutrients, it may be more difficult for tissues in your mouth to resist infection. This may contribute to gum disease. Severe gum disease is a major cause of tooth loss in adults. Many researchers believe that the disease progresses faster and is potentially more severe in people with poor nutrition.

The key to achieving a healthy and happy home is providing home cooked meals on those busy week nights. To the uninitiated, meal planning can feel like an elusive practice or an overwhelming task, but that's usually because we think about meal planning from the end point — when all the recipes have been selected, when all the groceries have been shopped for, and a week of dinners were successfully made. Batch cooking or “meal planning” is a beautiful thing because it:

1. Saves you time from cooking throughout the week
2. Keeps you on track with your health goals
3. Relieves you of the mental burden of decision fatigue about what to make each day and night
4. Is a fun way to diversify your food and meal choices throughout the week



That's why the key to meal planning lies in its simplicity. So many basic, whole food fruits and vegetables are already “superfoods” because they nourish your body and offer a wealth of health benefits. Make a list of family favorites and coordinate your weekly schedule with meal prepping on allotted nights for the entire week. Don't forget to coordinate your grocery list in advance and make a quick run to prepare for optimal prepping.

For good dental health, keep these tips in mind when choosing your meals and snacks:

- Drink plenty of water.
- Eat a variety of foods from each of the five major food groups, including:
 - whole grains
 - fruits
 - vegetables
 - lean sources of protein such as lean beef, skinless poultry and fish; dry beans, peas and other legumes
 - low-fat and fat-free dairy foods

Limit the number of snacks you eat. If you do snack, choose something that is healthy like fruit or vegetables or a piece of cheese. Foods that are eaten as part of a meal cause less harm to teeth than eating lots of snacks throughout the day, because more saliva is released during a meal. Saliva helps wash foods from the mouth and lessens the effects of acids, which can harm teeth and cause cavities.

For good dental health, always remember to brush twice a day with fluoride toothpaste that has the American Dental Association Seal of Acceptance, floss daily and visit your dentist regularly. With regular dental care, your dentist can help prevent oral problems from occurring in the first place and catch those that do occur in the early stages, while they are easy to treat.

Ocala Dental Care

Ocala Dental Care is a restorative dentist office dedicated to offering exceptional care from dental basics to extensive procedures, all within a warm, inviting setting. They provide comprehensive restorative and general dentistry services to patients, including dental hygiene cleanings, root canals, endodontics, dental implants, dentures, crowns, and full mouth reconstruction.

For health concerns and aesthetics, their metal-free prosthetics made with advanced materials in their on-site lab, both restore functionality and complete your smile without unsightly metal.

Ocala Dental Care has three master dentists on staff, dental implant specialists Dr. Manual DeLeon and Dr. H. Salifu, along with a general and restorative dentist Dr. Jeffrey Metcalfe. With three dentists at your service, they can prioritize patient procedures and time management, paying particular attention to your comfort and superiority of work.

They understand the financial elements that the patients have to decide upon and offer flexible payment plans to help them receive the quality dentistry they need.

Members of the FDA and Central Florida District Dental Association, they have been serving patients for more than 30 years and look forward to serving all of your dental needs.

If you or someone you know is concerned about their oral health, or if you need a check-up, please contact Ocala Dental Care today.


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2415 SW 27th Ave
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www.OcalaDentalCare.com

AUGUST IS PSORIASIS AWARENESS MONTH

By Gil Cortes, MD, FAAD

While the exact cause is unknown, plaque psoriasis is actually an immune disease that is active inside your body yet shows up on the outside, with skin lesions. It can, in some cases, affect the joints and cause severe symptoms. This is called Psoriatic Arthritis. In these cases, early treatment with the correct medications can halt joint damage and significantly improve joint and skin symptoms.

It's hard to predict just where plaque psoriasis will appear on your skin. And, unfortunately, plaque psoriasis is a chronic disease, which means it's a disease that lasts a long time and will not go away.

It's important to talk to a dermatologist, a specialist who treats skin diseases like plaque psoriasis to know what treatment options are best for you.

How does plaque psoriasis develop?

Scientists believe that several factors are involved, including genetics, environment, and the immune system.

Plaque psoriasis occurs when the immune system sends out faulty signals that speed up the growth cycle of skin cells. The skin cells accumulate, and red, flaky patches appear on the surface of the skin. Certain body locations are more typical for plaque psoriasis, but lesions can appear anywhere. In some occasions, a skin biopsy may be necessary for confirmation of pathology. Certain habits, such as smoking, excess alcohol and certain medications can make psoriatic lesions worse. It's important to discuss these with your doctor.

What do doctors look for when diagnosing plaque psoriasis?

One of the first things dermatologists will want to know is what percentage of your body's skin surface shows the redness, thickness, and scaling of plaque psoriasis. As a point of reference, your handprint is about the same size as 1% of your skin's surface. The greater the percentage of body area affected, the more serious symptoms will be for a patient and likelihood that more aggressive treatment options are needed.

What are the symptoms of plaque psoriasis?

Everybody experiences the symptoms of plaque psoriasis in different ways, which can vary based on the type of psoriasis, as well as the severity.

TYPES OF PSORIASIS



- Immune disorder characterized by overactive T-cells
- Thicker patches of skin with overlying redness, typically covered in silvery scales
- The scalp, elbows, knees and face are often affected
- Can lead to disabling arthritis
- Adults usually affected

However, common symptoms can include one or more of the following:

- Reddish, raised areas of inflamed skin
- Scaly, silver-colored patches in the inflamed areas
- Cracked, dry skin that may bleed
- Sore, itchy, or burning skin
- Small, red spots
- Joint pain

What are the treatment options for plaque psoriasis?

Learning about these different options can help you partner with your doctor to find the right treatment for you. Common treatments for plaque psoriasis include:

- **Topicals**—creams, ointments, foams, or gels that are applied directly to plaques
- **Phototherapy**—a form of light therapy in which UV rays shine directly onto your plaques
- **Systemic medications**—taken orally or by injection to work from inside the body, not just on the skin
- **Biologic medications**—generally taken by injection, they target certain parts of the immune system are used in moderate to severe chronic plaque psoriasis or if joint involvement or psoriatic arthritis is present.

Treatment decisions including potential benefits and risks of medications should be made in consultation with a Dermatologist. Since Psoriasis is a chronic condition, regular follow up is essential to obtain good treatment results.



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Conversations You Should Consider Having With Your Adult Children

By Teresa K. Bowman, Of Counsel

There comes a time when it becomes a good idea to start thinking about tidying up your life. I'm not talking about "Marie Kondo-ing" your home. No, I'm talking about putting things in order so that if you need help, people you trust can help you. I'm also talking about making sure those people have the right information, understand your wants and desires and, most of all, know your thoughts on death and dying.

While that may not seem like a fun conversation to have, it is nonetheless an important one. What follows are some thoughts about the things you should discuss with your children while you can, and what you can do to help prepare them for the possibility they may need to one-day step in and manage certain things for you.

The Financial Management Conversation

This conversation does not have to reveal every bit of information about your assets, but your children should know where you bank and who your financial advisor is, and have a general idea of the type of assets you hold. A simple spreadsheet or a written list of information will be very helpful.

The Estate Planning Conversation

Being able to locate copies of your estate planning documents, especially your power of attorney and health care directive, is very important. If you are going to give your kids a copy of any of your estate planning documents, these are the ones to give them. Florida law allows an electronic copy of these documents to suffice if needed. Sometimes clients tell me they don't feel comfortable giving their children a power of attorney, since it becomes effective when signed. I tell them there's an easy solution. Since I maintain an electronic copy in my files, I can send a named child a copy if my client requests it, or if the child contacts me to report the client has had a serious illness or accident. If you keep your documents or copies at home, leave instructions on where those are located. If they are in a safe deposit box, your child won't be able to retrieve them unless his or her name is on the box's entry card. That's another time your attorney can provide an electronic copy, so make sure their contact information is with your documents.



The Wishes Regarding Burial or Cremation Conversation

This can be a difficult decision for a family to make when no clear instructions are left. Some families have strong feelings about burial or cremation, and if your wishes will conflict with those feelings, it's better to make your intentions clear. Often clients like to prepay final expenses and leave that information with the estate planning documents so children don't have to make those decisions during a time of grief.

The Long Term Care Conversation

If the time comes when you can't live alone, where would you prefer to live? Some clients have children who offer to let them live with them. Sometimes this is a great solution, but other times it may not be. Some families have very busy lives, leaving a parent living in the home lonely and isolated during work and school hours. Some parents just prefer to have their own space and don't want to be around the hustle and bustle of a busy family. I've seen children surprised when mom or dad turned down their offer to move in, and also seen parents shocked when their children told them they didn't like the idea of cohabiting.

It's helpful if you express your thoughts early on before the necessity arises. Would you want to live at home with assistance, or would you prefer an active assisted-living community where you would live among peers?

The Health Care Conversation

Many of my clients involve their children in health-care decisions long before they involve them in financial matters. Allowing children to have access to medical information can be very helpful, especially when you are considering a risky medical procedure and want a second opinion. Or maybe you want your child to have access to medical testing results so he or she can review them with you. Also, it's important to keep an updated list of prescription medications, any specialists you see, and the dates of important medical procedures, in case you can't provide this information during an emergency.

These conversations are important to have with whoever will be your decision maker: a child, a brother, sister, cousin, or close friend, who may need to step in to manage things for you in a time of accident or illness.

Below is a good article for general information about this topic:

<https://www.nia.nih.gov/health/getting-your-affairs-order>

The link below directs you to a downloadable brochure with charts you can fill in and update when necessary and keep with your estate planning documents:

https://assets.aarp.org/www.aarp.org/_articles/foundation/aa66r2_care.pdf

If you find it hard to initiate these conversations with your adult children, you can always send them one of the articles above to start a dialogue. Or, do what I tell my clients to do when their children say they don't want to talk about these things: tell them "My attorney said I have to do this because it's the responsible thing to do." That usually does the trick!

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Traveling Tips for Venous Insufficiency

By Bryan Carter, MPA-C, Phlebology-Surgery

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

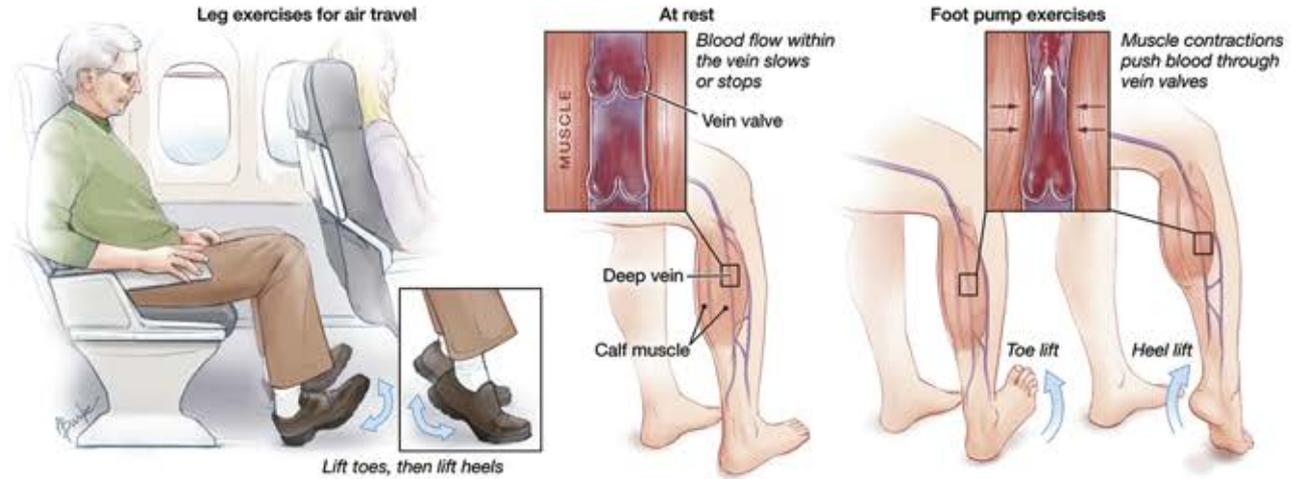
The hottest days are upon us during the upcoming summer months, so it's imperative that everyone stays hydrated, especially the elderly and children. Because we come in all shapes and sizes, drinking at least ½ your body weight in ounces is the recommended amount for each person. So if you are 200 lbs.,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

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

What is venous insufficiency?

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

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



Symptoms of venous insufficiency:

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

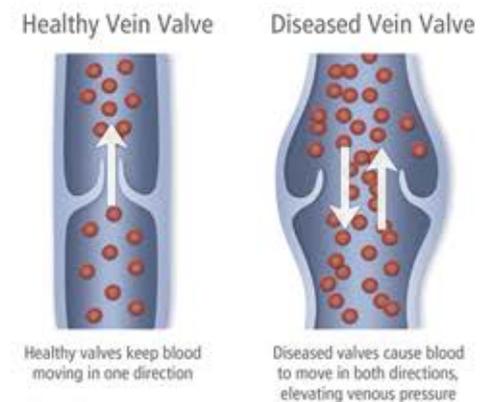
One of the easiest ways to better control and improve your legs blood flow is to wear compression stockings, but beware, not all compression stocking are the same.

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

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

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

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



Treatment Options for Venous Insufficiency Include:

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

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



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Keeping Your Kids Safe & Healthy on the Playing Field and in the Classroom

With August here, school will be starting in just a few short weeks. In fact, football practice has been in full swing since July. Protecting your kid entails many different aspects, but unfortunately, you can't always control when things go wrong such as injuries, accidents, viruses, or infections.

Immunizations & Viral Infections

Getting your kids vaccinated before they head back into the classroom is critical, and it's easy with **Quick Care Med Walk-In Clinic & Urgent Care**, since they have all of the vaccinations necessary to keep your kids safe and protected. It's best to get these immunizations before school starts.

Although some viruses are out there lurking around the corner, most teens have been vaccinated from daunting diseases like measles and rubella, but there are others that you need to be aware of that could potentially infect your child. For example, staph infection, MRSA, and impetigo are all communicable forms of viral infections. And the most common of all is Chicken Pox (Varicella), which is pretty much inevitable. If your child hasn't gotten Varicella yet, there is a much higher risk of an adverse infection and a prolonged infection. To make your kid more comfortable and to lessen the downtime, a physician treats chicken pox and other viral infections with anti-viral medications and topical medicated ointments.

Physicals

School physicals for various sports and activities are also super convenient at Quick Care. You can come to the clinic on your own time. The summer is meant to be enjoyed, not waiting around at the doctor's office, so bring your children in to get their physicals when it's best for you.

Heatstroke

The hot weather is pretty much year round for us here in Florida, but it's particularly hot for kids that play sports anywhere from August through December and then again in the spring. Making sure your child stays adequately hydrated is critical to their safety.



The biggest threat when trying to exercise in warm weather is the increased risk factor of having heatstroke.

Sports and PE class Injuries

Stretching is vital to prevent injuries during sports. Kids should be adequately warmed up before stretching, as stretching "cold" muscles can cause tears and ruptures.

Fungal Infections

In addition to viral infections, your teen is vulnerable to fungal skin cross-contamination. If they come into contact with dirty towels, clothing, sports equipment, cell phones, or even hard surfaces, some infections pass from one person to the next very easily. A good example of this is ringworm. Contrary to its name, ringworm is not caused by a parasite, but rather by fungus. It gets its name from the predictable red rings that it produces. It usually appears on the lower part of the body or abdomen, but can occur anywhere, even on the scalp. Ringworm is highly contagious and can also infect your pets. It causes a great deal of discomfort, including intolerable itching.

Quick Care Med Urgent Care Vs. Emergency Room

If your health needs are not emergent like a heart condition or other impending life-saving issues, the benefit of urgent care in comparison are numerous. To name a few, the wait time will be much shorter. For the most part, urgent care can see their patients within an hour. The cost is also much less with urgent care than it is with emergency room treatment. Quick Care Med urgent care provides you with

the proper paperwork to follow up with your primary care physician or specialist, as urgent care takes initiatives to keep the line of communication open to make certain that your treatment is a top priority.

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

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

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

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

3 Locations in Ocala

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

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

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

Quick Care Med
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844-797-8425

www.quickcaredmed.com

Do Your Loved Ones Need Assisted Living?

For most aging people, it is difficult to accept help when completing routine tasks such as preparing food, taking medications, or even walking round without falling. As their family, you must acknowledge the changes you notice and help them realize that they may enjoy a better quality of life with assisted living.

Nobody likes the idea of having to move into an assisted living situation, but as people get older it often becomes a necessity. Most people look up to their parents as they grow up, and the idea that they may one day not be able to live independently is difficult. Parents and their children may deny that any kind of assisted living is necessary, but this denial will only end up doing more harm than good in the long run.

If you have elderly parents, or other loved ones, chances are that they will be able to live independently for the rest of their lives. Unfortunately, chances are just as good that they will need some kind of assistance as they reach the ends of their lives.

Here are some signs that your parents might need some level of assisted living.

Changes in Weight

Weight changes can happen for a number of reasons. A person's metabolism often changes as he or she gets older, so some weight loss or gain might occur even in the healthiest of people. However, extreme weight loss can also be an indicator that people are unable to leave the home to buy groceries or feed themselves. Weight gain and weight loss may also be an indicator of memory loss. Many elderly people simply forget to eat, or they might forget that they've already eaten recently and prepare another meal for themselves. Keep an eye on your parents' weight; extreme changes could be an indicator that they need assisted living.

Poor Hygiene

Assisted living and independent living facilities allow aging parents to live a more active, safe life.

Poor hygiene may also be an indicator that an elderly person can no longer live independently. If you notice that your parents have developed really bad body odor, bad breath or that they are often wearing dirty clothes, it may be because they are unable to take care of themselves.

Falls and Mobility-Related Injuries

One of the biggest reasons why people need assisted living is because they are no longer as mobile as they once were. Many mobility issues can be solved by



adding handrails, non-skid floors and other accommodations to the home, but if your parents are still suffering fall-related injuries it may be time to consider an assisted living facility.

Behavioral Changes

Assisted living facilities are great at helping those living with dementia maintain as independent a life as possible. Obviously, not everybody will be aware of their own dementia or behavioral changes, so it's up to you to pay close attention to your parents as they get older. If you notice some serious changes in mood or behavior, it might be time for some kind of intervention. If you can't keep a close eye on your parents or their behavior, you might want to talk to those close to them. Ask their friends and neighbors if they've noticed any changes in their behavior that would be alarming. If things change too much, you should consider assisted living, especially if those behaviors cause them to become more confrontational or violent than they've been in the past.

Serious Financial Issues

Sudden and serious financial issues such as neglecting to pay bills or paying the same bill twice, participating in obvious scams and excessive gambling can also be signs that a parent needs

assisted living. Forgetting to pay bills or paying bills twice could be a sign of memory loss, and excessive gambling and falling for scams is definitely a sign of poor judgment and a possible sign of dementia. While you don't need to pry into your parents' finances if there is no cause for alarm, you should keep close tabs on their money if you suspect they are suddenly being irresponsible with it.

If you noticed any of these, or other alarming things, while visiting with loved ones during the holidays, it is time to learn about the benefits of assisted living facilities.



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Is it Time for New Hearing Aids?

If you have been on the hearing aid journey, either personally or with someone you care about, you know how difficult it can be. First the denial. Then the bargaining. And finally, the recognition that being able to hear clearly is just as important as being able to see, maybe more so. After being asked which was more important hearing or sight, Helen Keller replied, "The problems of deafness are deeper and more complex, if not more important, than those of blindness. Deafness is a much worse misfortune. For it means the loss of the most vital stimulus—the sound of the voice that brings language, sets thoughts astir and keeps us in the intellectual company of man."

Recognizing the importance of our hearing is the beginning of the journey. Quality hearing aids, if well cared for, can last up to seven years. Most recently, a longtime patient replaced a hearing aid that was twelve years old. For most people, replacement is recommended every three to five years, and possibly more often depending on lifestyle, health changes and other factors.

How do you know if it is time to investigate new hearing aids? Here are some questions to ask yourself.

Are my hearing aids obsolete?

Hearing aid technology advances in leaps and bounds, with a revolution occurring about every five years. Today's hearing aids offer more features, more compact technology and greater discretion than ever before. If your hearing aids are four or five years old, there is a good chance they are obsolete! You just cannot imagine the improvements that have taken place in the past five years ... until you hear them for yourself!

Are your hearing aids working properly?

Hearing aids wear out, some more quickly than others do. After all, they are exposed to moisture, dust, dirt, hairspray and ear wax most all day long everyday. They can be damaged when dropped or even in the process of changing batteries.

If you have noticed a decline in their performance (the change could be gradual or it could be sudden), your hearing aids may be failing. Most hearing aids can be repaired, at least in the first five to seven years, but after that time, it becomes more costly to get new parts. You may be able to get your aids repaired, but there is a good chance it will be accomplished with used parts.



Are you having trouble following conversations again?

Remember, hearing loss is a progressive, degenerative condition. If you are having trouble following conversation again, if you've started turning the TV up louder, or you've noticed that you just aren't hearing things as well as you used to, your loss may have worsened. It is time to get back to the audiologist and get things checked out.

Your needs have changed

When you first purchased your hearing aids, your circumstances were likely different than they are today. Perhaps you were still working and it was important for you to be able to follow discussion in a large conference room. Maybe you now have a more active lifestyle than before and you need aids that can keep up with you. Or – and this happens frequently – you may have purchased just the most basic hearing aids back then but now you have a few more resources and want to step up the technology or features.

Your health has changed

Arthritis and similar conditions can make it difficult for users to change the batteries or handle their hearing aids. If you are having more trouble handling your hearing aids because of changes in your physical health, new hearing aids can be a real boost.

For example, if changing the battery is a real problem, consider purchasing hearing aids with rechargeable batteries. You will only have to change the batteries about once a year! If you do not want to go the rechargeable route, consider moving to an over-the-ear device. Generally, they have a larger battery door that those with dexterity problems find easier to manage.

If you have become a little more forgetful, new devices can adjust themselves automatically to the environment so you do not have to remember to program your aids. They can detect whether you are

engaged in a one-to-one conversation, if you are in a car, or even if you are in a crowded room with lots of ambient noise.

You've fallen in love with being able to hear

Many people, when they first purchase hearing aids, are full of doubts. Will the aids really help me, will I be able to wear them comfortably, will I be embarrassed, and do I really need them?

After living with hearing aids for three or five years, their attitudes change. They become more open about hearing loss and sometimes even become advocates to their friends, families and co-workers. The second time around, patients become more interested in really using the technology to enhance their lives. Advanced features, new technology and compatibility with other electronics (such as Bluetooth), become far more important than the first time.

If you suspect your hearing aids are not serving you as well as they used to, call Premear Hearing to schedule a consultation and start hearing again!

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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Diabetic Neuropathy: How Physical Therapy Can Help

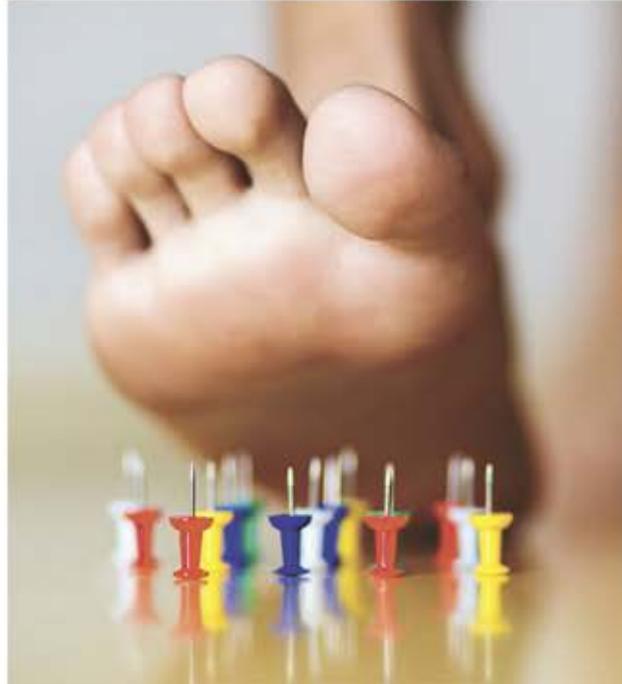
Roughly, 29 million Americans have diabetes. Many of these cases are undiagnosed, but for those individuals that struggle with the disease, symptoms of diabetic neuropathy can be debilitating.

Diabetic neuropathy is a progressive disease that affects nearly 200,000 new patients per year. Understanding the disease state is complex, but in short, having high blood sugar levels, along with low blood and oxygen supply, damages the nerves throughout the body. This damage generally affects the long peripheral nerves that feed sensations to the legs, feet, and toes from the spinal cord, through communication with the brain. If your condition has progressed, you may feel nerve damage sensations in your upper extremities as well.

Peripheral Neuropathy Symptoms

- Numbness
- Tingling
- Burning sensations
- Painful aching
- Joint inflammation
- Joint damage
- Balance issues
- Skin discoloration & texture changes
- Muscle cramps
- Feelings of stiffness
- Non-healing foot & ankle ulcers

Once the peripheral nerves are damaged, there is no cure. Along with medications and drug therapies, there are proven methods to lessen



the symptoms of peripheral diabetic neuropathy. Physical medicine provides alternative therapeutic and rehabilitating procedures that can offer significant pain relief and limit drug dependency. Physical therapy helps with balance and can reduce the risk of falls.

When you have diabetic neuropathy, your feet and legs can feel so numb that you may trip, fall and injure yourself just by trying to get through normal daily activities. This can be dangerous for obvious reasons. Along with dietary changes, orthopedic shoes and compression stockings, physical therapy can help.



Physical & Occupational Therapy Benefits

- Manual stretching
- Hip & Ankle Alignment Strategies
- Decompression
- Massage therapy
- Electrical nerve stimulation
- Help with daily tasks & Living
- Cold laser treatment

Patient & Occupational Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, and mobility is critical.

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

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

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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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Managing a Life-Limiting Illness with Palliative Care

Submitted by Hospice of Marion County

While more than 2 million people die each year in the U.S. from advanced illnesses, not everyone receives the specialized comfort care called palliative care that they could get. Research has shown that not all patients' pain is adequately assessed and managed, especially in chronic, life-limiting illnesses. Why you may ask? There are various reasons which are explored in this article along with providing an understanding of what we mean by palliative care.

Pain is a multi-dimensional experience

Although there have been advances in pain management, sometimes managing a person's pain is limited by what is reported to their physician, the patient's inability to express their symptoms, fear of side effects and therefore hiding their level of pain, the lack of understanding by the physician and expertise in pain management, and even regulations concerning medications may impede relief.

End-of-life care and palliative care both focuses on pain and symptom management, but palliative care does so along with life-extending disease management. If you're experiencing an advanced illness with chronic pain, it can be all consuming trying to function on a daily basis. That's where palliative care, also called comfort care, can help manage pain and control symptoms. Accessing palliative care enables you to enjoy a higher quality of life



while undergoing medical treatments. It's as simple as requesting a consultation for palliative care from your physician.

Hospice of Marion County's Center for Comprehensive Palliative Care (CCPC) provides the highest quality comfort care to those with life-limiting diseases. "If patients are wondering about the cost, Medicare and most private insurance companies can be billed for palliative care consultations," says CCPC Program Manager at Hospice of Marion County, Billie Woodham. Adding, "Our goal is to offer patient-centered, family-focused comfort care, helping enhance the client's quality of life."

The CCPC team works with a patient's physician to determine the best medical plan of care, and can assist in the following ways:

- Aids in pain and symptom management
- Assists with relief of suffering – physical, emotional or psychosocial
- Reviews the course of a disease and goals of care with patient/family
- Assists attending physician, patient or family with development of palliative plan of care
- Establishes the best possible quality of care as determined by patient and family
- Helps complete documentation of advance directives
- Explains pros and cons of forgoing specific treatment and/or diagnostic treatments
- Facilitate transition to alternate care settings, such as home, nursing home or hospice if appropriate

We encourage open discussion between patients and other health care professionals in determining the patient's goals and medical plan of care. Physicians can refer a patient by calling the Center for Comprehensive Palliative Care at (352) 291-5881. Visit our website to learn more: <http://www.marionpalliativecare.com/>

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The Center for Comprehensive Palliative Care specializes in relief from ongoing pain, life-altering symptoms and emotional distress. Ask your doctor for a consult with one of our experts.

Palliative care means relief.
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Keeping Youth Athletes Safe in the SUMMER HEAT

Back to school brings lots of sports practices right in the middle of the hottest part of the day. It's important for coaches, athletes and parents to be aware of how to prevent heat-related illness. To prevent heat illness (i.e. heat cramps, heat exhaustion, or heat stroke) or even heat stroke deaths during summer sports practices, consider the following important tips:

1. Know the physical conditioning of the athlete:

You should be aware of each athlete's physical condition prior to the start of practices. While some athletes may be in condition, others may not have exercised at all during the summer. This is an important factor when determining the intensity level of physical activity for athletes, especially in the heat.

2. Acclimate to the heat: Gradually introduce young athletes to the heat to prevent dehydration. Slowly increase the intensity, length of workouts and equipment used over the first 10 to 14 days. This helps train their bodies to drink more, increase blood volume, and sweat more. Sweating helps release heat from the body.



3. Set proper practices times and duration: Practices should be increased gradually to a maximum of three hours long (this is total length of practice, including warm-up and cool down periods), and should be conducted during cooler hours of the day. Avoid practice sessions during the hottest time of the day. Schedule the hardest workouts for early morning or late afternoon/evening.

4. Wear proper clothing: Lightweight, light-colored clothing is best. Ventilated shorts and t-shirts let heat dissipate. For sports that use heavy equipment and pads, let young athletes practice in lighter clothes for a week to acclimate their bodies. Then progress to full equipment.

5. Provide frequent fluid breaks: One of the keys to preventing dehydration, heat exhaustion and heat strokes is to provide players cool down and

fluid breaks in a shaded area at least every 20-30 minute, or more frequently, depending on heat and humidity.

6. Know the weather conditions, and plan accordingly: Provide shade and ice water bath. If the field has no shaded areas, put up a tent so players have a place to get out of the sun during their water breaks.

7. Monitor athletes closely: Watch athletes before, during, and after practice for any signs of dehydration or other problems.

8. Rehydrate: After all practices be sure to replace fluids lost.

9. Have an Emergency Action Plan: All staff should be trained on the signs and symptoms of heat illness and what to do during an emergency.

Source: sportsafetyinternational.org

How Vision Loss Effects Seniors Safety & Quality of Life

Provided by United Healthcare

Low vision and blindness are common conditions in the elderly population; 6.5 million seniors over the age of 65 have some degree of age-related vision loss. And with this vision loss comes several of risk factors and difficulties.

Vision loss and blindness can intensify the following risks and issues:

- Falls
- Bone fractures
- Needs private transportation
- Difficult with daily tasks
 - Walking
 - Moving around the home
 - Bathing
 - Medication management
 - Eating
 - Dressing
 - Preparing meals
 - Paying Bills
 - Reading important documentation
 - Security is jeopardized and more

Cataracts

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



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

Cataract treatment entails an ophthalmologist removing the cloudy lens and replacing it with a new intraocular lens (IOL). Only one eye can be done at a time, and you will need to administer prescribed eye drop medications and protect your eye with a patch during the healing process.

After cataract surgery, blurry vision will significantly improve, but you may still need glasses depending on your eyesight before surgery.

Intraocular lenses will last a very long time, as they do not grow cloudy like natural eye lenses. time. After surgery and healing, you will be back to your normal routine in a short period of time.

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Pack a HEALTHIER LUNCHBOX this School Year

When school is in session, it's the perfect time to renew your family's healthy eating habits by getting in a groove of lunchbox packing.

While packing a healthy school lunch day after day can seem daunting, it doesn't have to be. By taking the free Power Your Lunchbox Promise, you can gain access to customizable, make-ahead lunchbox inspiration like Black Bean Empanadas and Rainbow Bento Boxes, which creatively include servings of fruits and veggies to keep kids' brains charged all day.

Making the promise not only signals a commitment to making healthier meal choices this year, it also helps those in need. For every promise made, health-focused partner brands will collectively donate \$1 to Feeding America programs that support families and children. In addition to kid- and registered dietitian-approved breakfast, lunch, snack and dinner recipes, the promise website features coupons, health tips to help your family during the school year, lunchbox ideas and giveaways.

Additionally, teachers have a special section of the site where they can make the promise as a classroom and download free fruit and veggie themed classroom decor and lesson plans.



To find your lunchbox inspiration and make the promise, visit poweryourlunchbox.com.



Source: Produce for Kids

Rainbow Bento Box

Recipe courtesy of Produce for Kids

Prep time: 15 minutes | Servings: 2

- 2 red mini sweet peppers, sliced
- 1 mandarin, peeled and segmented
- 1 kiwi, sliced
- 1/2 cup sugar snap peas
- 1/4 cup blueberries
- 1/2 cup red seedless grapes
- 1 large spinach wrap
- 1 tablespoon hummus
- 2 slices provolone cheese
- 2 ounces low-sodium deli-sliced turkey
- 1/2 cup baby spinach, chopped

Assemble two lunchboxes each with half of the peppers, mandarin, kiwi, snap peas, blueberries and grapes.

Lay wrap on flat surface. Spread with hummus and top with cheese, turkey and spinach. Roll up tightly and slice into 1-inch thick rounds. Add half to each lunchbox.



Black Bean Empanadas

Recipe courtesy of Produce for Kids

Prep time: 10 minutes | Cook time: 25 minutes

Servings 6

- 1/2 teaspoon olive oil
- 3 mini sweet peppers, finely chopped
- 1/4 cup finely chopped sweet onions
- 1/2 cup chopped tomatoes
- 1 cup no-salt-added black beans, drained and rinsed
- 1 tablespoon low-sodium taco seasoning
- 12 frozen empanada discs, thawed
- 3/4 cup shredded low-fat cheddar cheese
- 1 large egg white, beaten
- 6 guacamole minis
- 6 packages crispy fruit

In skillet over medium heat, heat oil. Add peppers, onions and tomatoes. Cook 3-4 minutes, or until tender. Add black beans and taco seasoning. Cook 2 minutes. Set aside to cool.

Heat oven to 375 F.

Lay empanada dough out on parchment-lined baking sheet. Fill with black bean filling and 1 tablespoon cheese. Fold dough over filling to create pocket. Use fork to press down sides to seal. Brush with egg whites. Repeat with remaining dough, filling, cheese and egg whites.

Bake 20-25 minutes, or until golden brown. Remove from oven and let cool.

Serve two empanadas with guacamole, for dipping, and crispy fruit on side.

Hydrating Your Soul

By Ross Johnson, Lead Pastor, Gathering Pointe Church

It was sometime during the summer of 2001. We had just moved our family from LaCrosse, WI where I served as a youth pastor for almost five years to Sellersville, PA to begin my Master of Divinity degree at Calvary Baptist Theological Seminary. I had about a month and a half of free time before my new job and classes started, so we decided to travel back to my home town of Council Bluffs, Iowa to see my parents. At that time, my father was running his small general contracting business and had several roofs to finish before the winter months began. So we went back to help him finish those roofs and make some extra money.

I had just turned 29 in June; obviously much younger than I am now...and in considerable better shape and condition (the last seventeen years haven't been kind!). Years before, I had worked with my dad for a few years roofing so I knew what I was getting into. If you have ever done that line of work, you know it is not the easiest job in the world and while I was in pretty good shape, I wasn't in "roofing" shape.

If my memory serves me correct, were finishing up our fourth roof in three and half weeks of work. It was getting later in the day, it was hot and humid with little to no breeze and I just wasn't feeling well. I told my dad that I wasn't feeling well and thought it might be a good idea for me to get off the roof for a while. Little did I know that when I climbed down off the ladder that day, I would no longer be able to help him finish; not just that roof, but the remaining roofs he had left.

The next thing I remember, my wife was helping me get out of my truck in front of my sister's house. I don't remember driving home and I had blacked out in the street with the truck still running. I have only two more memories of that day. I remember my brother in law helping me into a cold shower to help cool my core temperature and then I remember waking up in the hospital with all kinds of tubes, IV's plugged into me and ice packs placed all over my body. I was told that when I arrived at the hospital that my core body temp had reached closed to 107 degrees. I had suffered a severe exertional heat stroke due to strenuous activity in hot weather and dehydration. It was not a good situation and quite honestly, I was pretty scared.



Since that day, I have taken the topic of hydration much more serious. Dehydration is a serious issue that can creep up on you extremely quick and have life altering ramifications. The Mayo Clinic's website informs us that one of the causes of heat stroke is dehydration and can cause your brain or other vital organs to swell, possibly resulting in permanent damage and without prompt and adequate treatment, can lead to death.

As dangerous as physical dehydration can be...I want to close out our time in this article to discuss another type of dehydration – that of spiritual dehydration.

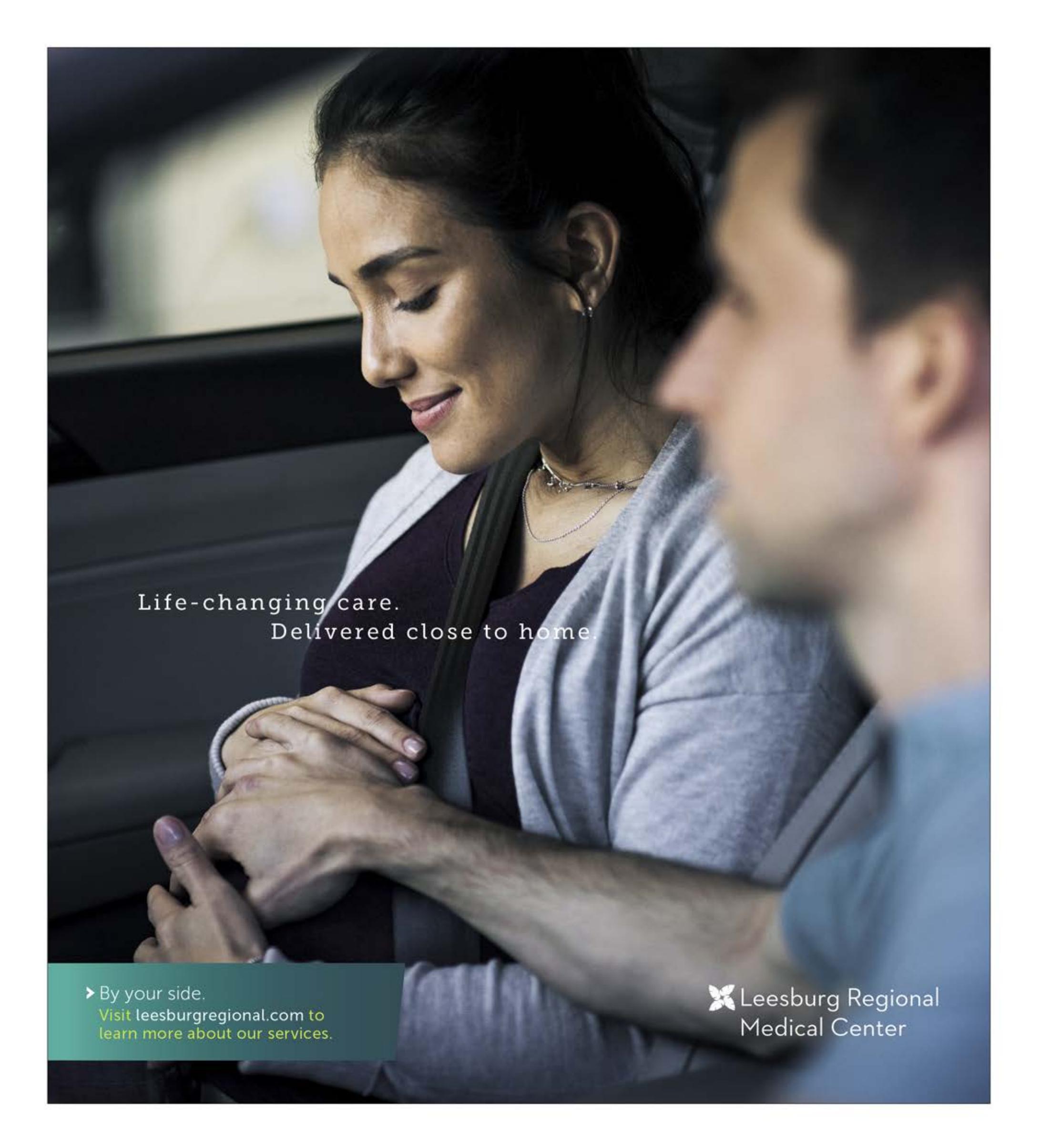
During the summer months it is quite natural for families to take time for travel and family vacations. It is part of life...one that we all look forward to. But as a pastor, I fear many of us take a spiritual vacation as well. It is easy in the midst of our traveling and time away to rehydrate our physical lives to neglect our spiritual lives and become spiritually dehydrated. We miss church.

We miss community. We miss those quite moments in our Bible reading and prayer.

In Psalm 42:1-2, the Psalmist writes, "As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God." The Psalmist had a deep desire to have his spiritual thirst quenched by the things of God. He was in a rough spot in this period of his life and he knew it would be easy to become spiritually dehydrated and so he sought out the life giving streams that flow from the presence of God.

During the remaining weeks of summer be sure to stay hydrated; hydrate your body and hydrate your soul. Drink plenty of water. But perhaps more important, stay connected to our Heavenly Father and drink in His presence and blessings.

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