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Health & Wellness[®] MAGAZINE

August 2019

Lake/Sumter Edition - Monthly

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ISSUES?**

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**Treatments for
Blepharitis and
Dry Eyes**

**ENDING THE
VICIOUS CYCLE**

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

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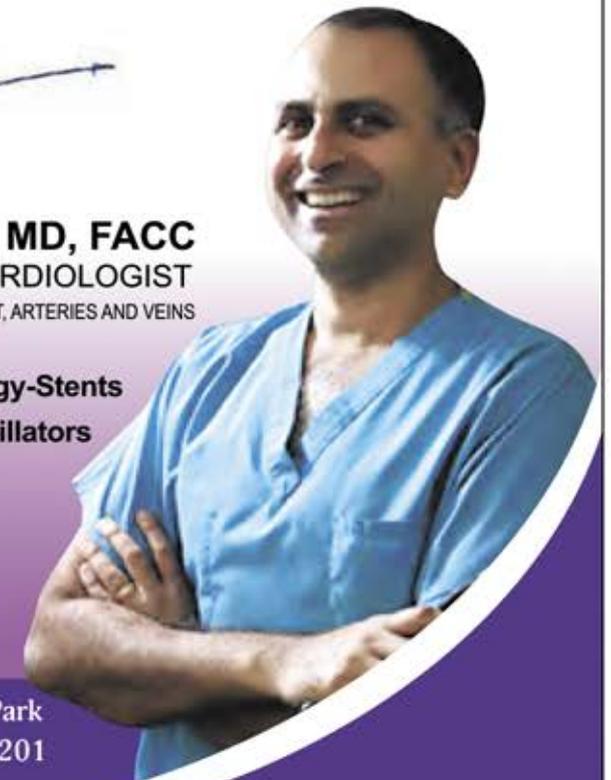
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TREATMENTS FOR BLEPHARITIS AND DRY EYE ENDING THE VICIOUS CYCLE

As if having dry, scratchy eyes wasn't enough, it is often accompanied by a condition called blepharitis, a chronic, inflammatory disease of the eyelids in which bacteria overgrow and colonize along the inner lids and eyelashes. Blepharitis can come with one or more symptoms, including eye dryness, dandruff-like flakes on the lashes or lash-line, red, swollen upper and/or lower eyelids, tearing, itching, scratchiness, foreign body sensation and a greater tendency to develop sties (painful, bumpy eyelid infections) and chalazia (blocked, swollen eyelid glands).

Because tear glands contain antibodies to manage bacteria, having a dry eye condition encourages blepharitis, and because blepharitis inflames the eyelids and blocks tear glands, it can worsen dry eye conditions, and the dreadful cycle continues. Certain other conditions can also increase the severity of blepharitis, including allergies, contact lens use, seborrheic dermatitis, rosacea, poor immune function, rheumatoid arthritis, Sjogrens disease, low androgen levels, and, of course, normal aging.

"People can get blepharitis at any age," says Doctor of Optometry Adria Anguita, "but it becomes more common as people age, since we tend to create fewer tears and produce fewer antibodies to bacteria, allowing germs to proliferate more readily." It is estimated that more than 30% of all adults suffer at least some blepharitis symptoms like occasional eye dryness or a minor crusting of the lids or lashes upon waking, but for many they are slight enough to be ignored, allowing blepharitis to continue unchecked for years.

As time goes on, however, uncontrolled bacteria can create a biofilm that traps toxins and pushes them deep into the eyelid skin until they cause chronic inflammation, which can injure the eyelids and tear glands, reducing the tear production needed to temper bacteria. "Bacteria overgrowth can be hard to manage," says Lindsey Walsh, OD, "due to the fact that eyelid margins and eyelashes rest up against



the tender and sensitive eyes, making them difficult to clean effectively. So it can be easy for blepharitis to go from bad to worse to worst, making this a chronic condition."

Although there is no cure for blepharitis, it can be managed with appropriate care. There are over-the-counter cleansers formulated specifically to cleanse lids and lashes without drying or damaging delicate eyelid skin like regular soaps can. Products we recommend are available at all Lake Eye locations and at many retail stores without a prescription. Warm compresses applied 1-3 times a day for 5-10 minutes will help loosen flakes and debris and open clogged glands and pores.

When at-home care fails to adequately relieve symptoms or if symptoms get worse, your Lake Eye doctor may prescribe antibiotic ointment for you to apply to your lash-line before bedtime, or even an oral antibiotic if problems are severe. He or she may also recommend BlephEx™, the first clinical treatment for blepharitis.

BlephEx is a patented device that contains a spinning medical-grade micro-sponge that your doctor applies along the edge of your lids and lashes to gently and precisely remove debris and carefully break up the bacterial biofilm that can cause chronic inflammation. This single-use micro-sponge is used with a special antibacterial cleanser proven to kill another cause of blepharitis, demodex folliculorum, a common species of face mite that lives in hair follicles. Though this mite is harmless in small numbers, too many can cause skin redness, itchiness and inflammation, so getting rid of them is an important part of the BlephEx system.

During treatment, your Lake Eye doctor will instill a numbing drop in each eye to assure comfort. Then he or she will gently and carefully apply the device to remove any toxic biofilm along your lid margin, and then rinse. BlephEx lasts only a few minutes and is well tolerated by most patients. By removing the toxic layer and killing any excess mites, your doctor can help you not only relieve symptoms, but also avoid further damage to tear glands associated with long-term inflammation, including chronic dry eye, eyelid distortion and dysfunction, swollen eyelid glands and other problems.

Your doctor will give you instructions for at-home care between BlephEx treatments, which are usually repeated every 4-6 months. "Regular BlephEx treatments and appropriate at-home care can allow many patients to be completely free from the awful symptoms associated with blepharitis," says Dr. Walsh.



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"And it can also help prevent damage to eyelids and tear glands," adds Dr. Anguita, "making it more than a comfort and cosmetic application, but also a preventive medical treatment."

If you have been diagnosed with blepharitis or have symptoms, talk to your Lake Eye doctor today.

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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 Urology and Urologic Surgery

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®, and other 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, other treatment options, 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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IMMUNIZATIONS FOR CHILDREN & ADULTS

By Dr. Dariano, D.O.

Despite the recent news and activity from antivaxxers, immunizations are critical at various steps of life. These immunizations start in the womb and go throughout adulthood. Getting vaccinations at specific times is critical to avoid contracting communicable, life-threatening, and other serious diseases.

It can be confusing to keep up with what vaccinations are due at what time, if you are not seeing a physician regularly. School's will usually send out notices concerning what vaccinations children are due for and at what particular ages, but Rivers Family Medicine has mapped out an easy to understand immunization protocol via the Center for Disease Control's recommendations. They prepare you and your family ahead of time to make sure you are safe and protected against harmful viruses and bacteria. These are available in their office to their patients. You can also visit cdc.gov/vaccinations.

Additionally, with the recent controversy about whether or not to vaccinate children, along with the majority, Rivers Family Medicine believes in vaccinated their patients. And since kids are preparing to head back into the classroom soon, many of those vaccinations should be given now.

According to the CDC, the following are the various types of immunity via immunizations: Immunity to a disease is achieved through the presence of antibodies to that disease in a person's system. Antibodies are proteins produced by the body to neutralize or destroy toxins or disease-carrying organisms. Antibodies are disease-specific. For example, measles antibody will protect a person who is exposed to measles disease but will have no effect if he or she is exposed to mumps.

Active Immunity

Active immunity results when exposure to a disease organism triggers the immune system to produce antibodies to that disease. Exposure to the disease organism can occur through infection with the actual disease (resulting in natural immunity), or introduction of a killed or weakened form of the disease organism through vaccination (vaccine-induced immunity). Either way, if an immune person comes into contact with that disease in the future, their immune system will recognize it and immediately produce the antibodies needed to fight it. Active immunity is long-lasting, and sometimes life-long.

Passive Immunity

Passive immunity is provided when a person is given antibodies to a disease rather than producing them through his or her own immune system. A newborn baby acquires passive immunity from its mother through the placenta. A person can also get passive immunity through antibody-containing blood products such as immune globulin, which may be given when immediate protection from a specific disease is needed. This is the major advantage to passive immunity; protection is immediate, whereas active immunity takes time (usually several weeks) to develop. However, passive immunity lasts only for a few weeks or months. Only active immunity is long-lasting.

If your child needs immunizations or if you think you're due for a titer or booster, don't hesitate, call your primary care physician to schedule an appointment.

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

Rivers Family Medicine welcomes Dr. Erin Dariano. Dr. Dariano has been practicing Family Medicine in Lima Ohio at Lima Memorial Hospital for the past seven years. Dr. Dariano, D.O., Completed her undergraduate degree at Bowling Green State University, and her medical degree at Ohio University College of Osteopathic Medicine. She is a board certified D.O., Doctor of Osteopathic Medicine. Dr. Dariano is committed to providing thorough, compassionate, mindful care for her patients.

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



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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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Coronary Artery Disease: PUTTING THE PIECES TOGETHER

Feeling short of breath, heart palpitations, chest pain and tightness? Do you know the signs of Coronary Artery Disease (CAD)? And if you're experiencing them, are you taking steps to see your cardiologist to find out what's the cause?

For many people, that have CAD symptoms, they, unfortunately, ignore their signs. Ignoring heart irregularities can be fatal! And if you are experiencing any, the best time to have diagnostic testing is when these indicators are acting up.

What Diagnostics are available?

In today's modern medical world, we have so many tests that can pinpoint exactly what's wrong with our hearts; if only more patients would take advantage of getting tested to know where their risk factors and cardiac health fall, they would give themselves a jump start on living a much healthier life with greater longevity.

An electrocardiogram (EKG or ECG) measures the electrical activity of the heartbeat. If you are experiencing heart symptoms, this is usually the first test that will be administered in an office setting or in the ER. If there are any abnormalities, more testing will follow to eliminate issues, or in many cases, put the pieces together to find out what's causing your warning signs.

Stress tests are one of the most common methods to detect heart function during exercise and at rest. If you are unable to exercise, there are nuclear stress test options that utilize an injectable contrast to mimic the heart rate elevation of exercise, while you lie or sit down. Either way, a stress test is a staple to discovering the functionality of your heart.

Sometimes stress tests are not enough, and further testing like an angiogram is required to see how the inside (lumen) of the blood vessels, arteries, and heart chambers are working via CT imaging. An angiogram can show blockages and other blood flow abnormalities.

Many times cardiologists will ask patients to wear a Holter Monitor for anywhere from 24 hours to several days depending on your specific situation and risk factors. The monitor is a portable electrocardiography device that continuously monitors the rhythm and the heart's activity.



An echocardiogram is an ultrasound of the heart that can detect how the blood is pumping and it can also identify the size and thickness of the valves, chambers, and arteries.

There is also another vital test called a calcium score. This test measures the amount of plaque in your arteries. Although this test is beneficial in diagnosing blockages and treating your cardiac condition, it is not covered by insurance at this time, but the price usually ranges from \$75 to \$300 and is available at most diagnostic imaging centers.

CAD Symptoms

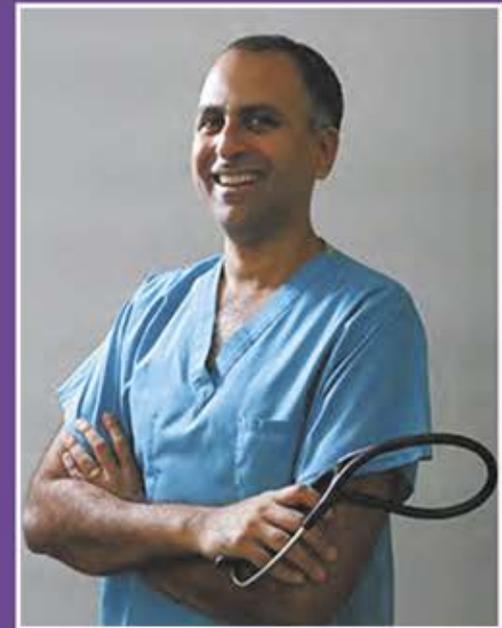
- Chest Pain and tightness
- Lightheaded
- Dizzy
- Tired/Fatigue
- Shortness of breath
- Anxiety
- Rapid heart rate
- Sweating
- Gray color to the skin
- Arm/Shoulder Pain
- Abnormal heart palpitations

Depending on your diagnosis and indicators, the treatment can vary from merely taking medications to having a non-invasive procedure, or a surgery. The best advice any cardiologist will give you is, "Don't ignore your symptoms!" If you have any heart irregularities or discomfort, seeking medical attention fast is imperative.

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.

Call Office for Consultation
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Dr. V

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

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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.

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.

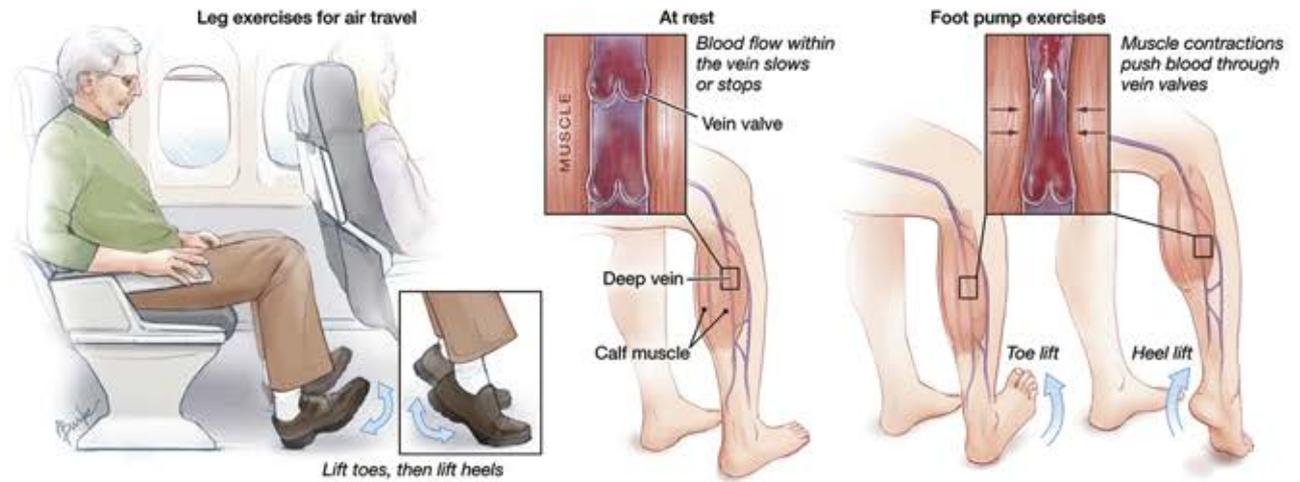
The hottest days are upon us during the upcoming summer months, so it's imperative that everyone stays hydrated, especially the elderly and children. Because we come in all shapes and sizes, drinking at least ½ your body weight in ounces is the recommended amount for each person. So if you are 200 lbs.,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

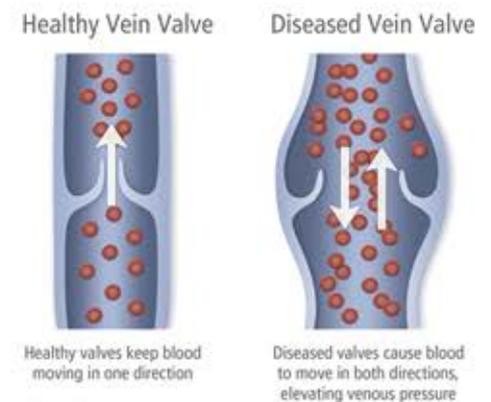
One of the easiest ways to better control and improve your legs blood flow is to wear compression stockings, but beware, not all compression stocking are the same.

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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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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Gil Cortes, MD, FAAD
Dermatologist
NOVU Dermatology
(352) 775-3565

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Lady Lake, FL 32159

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.



855-298-CARE

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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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

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- 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
- WEIGHT LOSS AND NUTRITIONAL CONSULTING



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- ☑ Increases Sensation ☑ Treats ED & Peyronie's Disease

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- John, actual TNT Gainswave Client

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Happiest and Healthiest Town in America

Celebrated every August, Happiness Happens Month is an entire month dedicated to celebrating happiness by encouraging people to reflect on their lives and think about what makes them happy. Did you know that America's "Happiest and Healthiest Town" is right here in Florida? According to Coastal Living magazine, Naples-Immokalee-Marco Island was named the Happiest and Healthiest Town in 2018 and that includes beautiful Ave Maria, Florida.

What makes you happy?

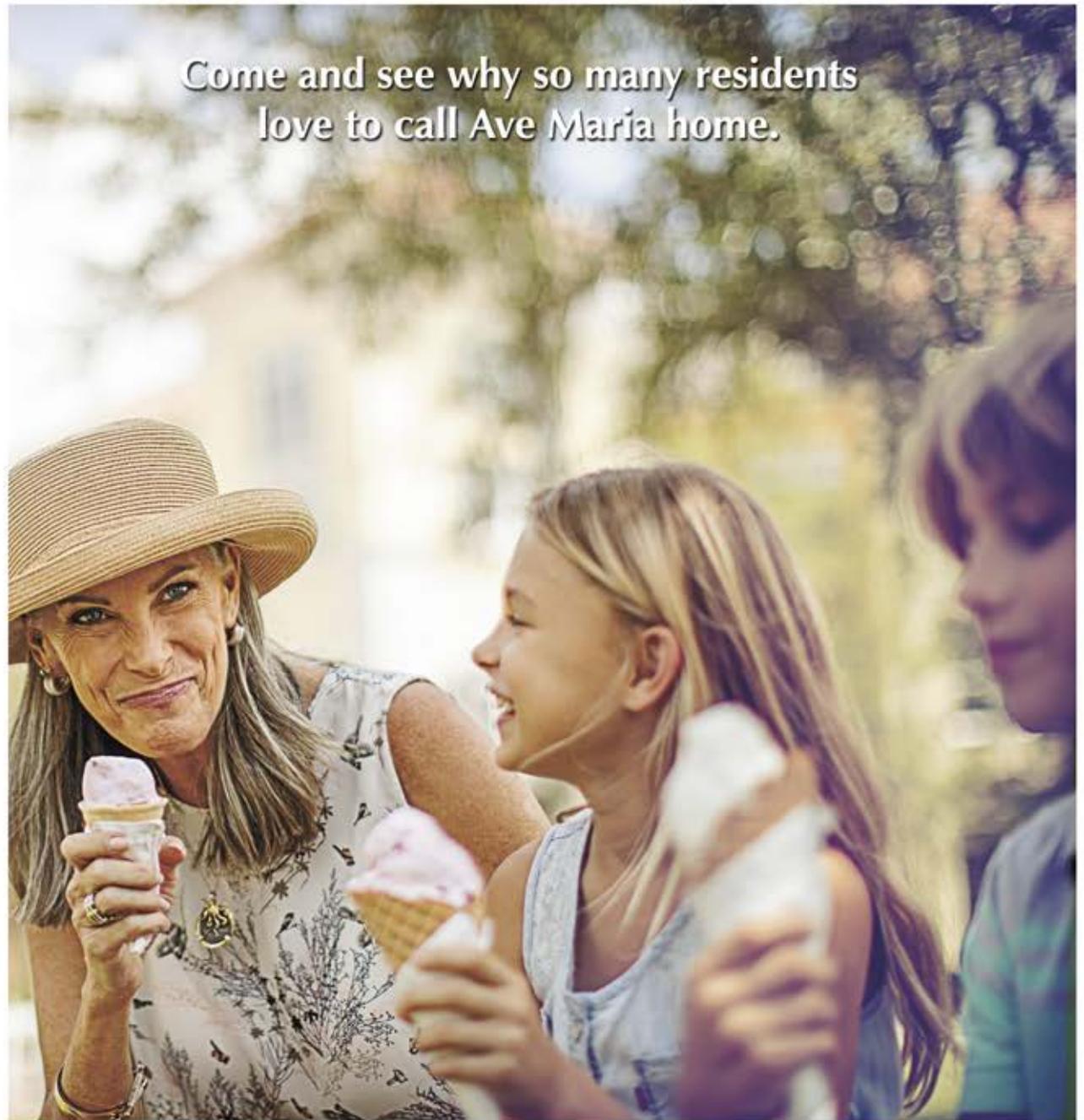
If pristine, sugar-white sand beaches along the Gulf of Mexico, art galleries, golf, tennis or breathtaking sunsets make your heart skip a beat, then say "hello" to Southwest Florida. For the third year in a row, Naples, Florida has been named the #1 well-being community in the United States. Being happy and feeling good is what it's all about for those active adults, young professionals, and families enjoying the good life in Southwest Florida. Residents often remark on the easier pace of life in Ave Maria with more time to do the things they love. Ave Maria is perfectly situated between the beaches of Naples, Florida and the buzz of Ft Lauderdale area, making it an ideal location to live and access both coasts.

How to Celebrate?

Visit Ave Maria, of course! The community is centered around a charming Town Center home to restaurants, boutique shops, salon and a supermarket, just to name a few. While you're there, visit the Mother Teresa Museum, tour the stunning Ave Maria Catholic Church, play a round of golf at Panther Run Golf Club, or walk the miles of trails and pathways within the community. Find everything you need for your trip by visiting the Ave Maria Information Center at 5076 Annunciation Circle #104, in the Town Center or visit avemaria.com today.

Unlimited Happiness

An entire month dedicated to happiness is great, but what about months, years or even a lifetime of happiness? Ave Maria, Southwest Florida's newest hometown, is a place where children ride their bikes to school, neighbors are friends, and life is, well happy. Residents enjoy a seemingly endless array of activities, from organized events and activities, waterpark, aquatics center, a dog park and miles of walking trails. An on-site activities director organizes clubs and activities, making it easy to meet new friends and get involved. At Ave Maria, you don't just live here; you come alive here.



Come and see why so many residents love to call Ave Maria home.

With homes, from our three featured builders, priced from the low \$200s to \$400s, Ave Maria indeed has something for everyone. Just a few hours south of The Villages on I-75. Make a trip of it and visit our 21 models open daily. Call (239) 325-3903 or visit avemaria.com to learn more.

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.

Ave Maria

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

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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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Diabetic Neuropathy: How Physical Therapy Can Help

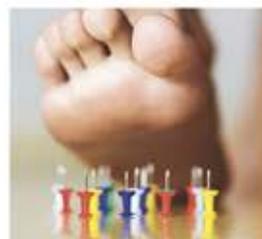
Roughly, 29 million Americans have diabetes. Many of these cases are undiagnosed, but for those individuals that struggle with the disease, symptoms of diabetic neuropathy can be debilitating.

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.

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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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• Occupational Therapy (Hand Therapy)

• Physical Therapy

• Speech Therapy

• Massage Therapy

(MM30672)



Dr. Mark Jacobson

What is the MIT Difference?

"If only I had found this place sooner!"

"I truly felt like someone finally listened to me!"

These are phrases commonly expressed as patients exit the doors of Medical Imaging and Therapeutics. There is rarely a day without a happy, smiling face, and hardly a week without a thank you card or gift of treats for the staff. Today, I am inspired to write this message after two patients brought in delicious Puerto Rican food as a thank you to the doctor and one of his technologists. It speaks volumes of a physician when his patients go out of their way to express thanks.

Dr. Jacobson's motivation to build MIT was prompted after many years of working in large, corporate-style medical practices and hospitals, where not only do the patients feel like they are one of many rushed through a busy and mundane system, but he himself felt like a "number" whose ideas and talents were regularly unappreciated, or simply dismissed. Often in these facilities, the doctors are pushed to increase the number of procedures they can do in a day, rather than spend time communicating with each patient they see. As a result, patients are left in the dark regarding treatment, and may leave the hospital feeling negatively about their visit and even their doctor.

This is unfortunately the case in many corporate practices, which are becoming so large they are overwhelmed by even themselves. Timid toward competition, they believe bigger is better. They become dysfunctional, with a central scheduling location that is separate from the practice, often in another town. Patients get lost in the system because the doctors are usually lost in it as well; the Trickle Down effect.

What is happening to the solo practitioners, the smaller practices? What is happening to quality in medicine? With mergers and acquisitions, and a "bigger is better" mentality, the patients are the ones who suffer most. At MIT, the patient is often amazed a person answers the phone - someone ready to help them immediately. There is no automated system where you are told "press 1 for this and 2 for that" or to leave a message no one may hear. Patients appreciate when the front desk staff know their names after a few visits, and when they actually see the doctor, who shows them a sense of



humor and a genuine interest in not only their illnesses but their lifestyles too. In Dr. Jacobson's experience, oftentimes the missing piece of the puzzle to a diagnosis is hidden within a patient's story. Listening about what they do at home or at their job gives him clues to help understand their anguish and pain. Family and friends are encouraged to attend consults. Dr. Jacobson asks a lot of questions, and there is a good reason why: he genuinely cares.

At MIT, imaging isn't just about going in for a scan that might be read by a radiologist in another city, state or even country. As a center for interventional radiology, a critical finding on a scan can often result in a necessary procedure which can also be done at MIT. For example, if you have fluid in your lungs or abdomen seen on Xray, CT or ultrasound, it can be drained using image guidance. If you have a tumor in an organ, it can be biopsied using image guidance. If your MRI shows you have a spine fracture, it can be repaired. If your MRA shows blocked arteries in your legs, you can have your angioplasty done by an expert. The list of procedures is endless!

Interventional Radiologists such as Dr. Jacobson have the training and skills required for numerous healing therapies. His expertise have made him a

choice physician to train Resident and Fellow interventional radiologists from the University of Florida. His Fellow physicians enjoy and appreciate the experience and advice they can take with them as they are prepared to practice on their own.

The next time your doctor recommends an imaging study, ask them to refer you to Medical Imaging and Therapeutics. Since opening in Lady Lake five years ago, MIT has become the preferred provider for diagnostic and Interventional Radiology, and has received tens of thousands of referrals from hundreds of doctors confident in MIT's ability to take optimal care to their patients.



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Am I a Candidate for Dental Implants?

By Lucia Roca, DDS, MDS, Board Certified Periodontist

Generally speaking, if you have lost teeth you are a candidate for dental implants. It is important that you are in good health, however, as there are some conditions and diseases that can affect whether dental implants are right for you. For example, uncontrolled diabetes, cancer, radiation to the jaws, smoking, alcoholism, or uncontrolled periodontal (gum) disease may affect whether dental implants will fuse to your bone. It is important to let your dental surgeon know all about your medical status (past and present) together with all medications you are taking, whether prescribed, alternative (herbal) or over-the-counter.

Where and how implants are placed requires a detailed assessment of your overall stomato-gnathic system ("stoma" – mouth; "gnathic" – jaws), within which the teeth function. This will necessitate compiling records that include study models of your mouth and bite, and specialized radiographs (x-rays), which may include 3D scans known as computerized tomograms (CT scans). Planning with the help of computer imaging ensures that dental implants can be placed in exactly the right position in the bone.

How and why is bone lost when teeth are lost?

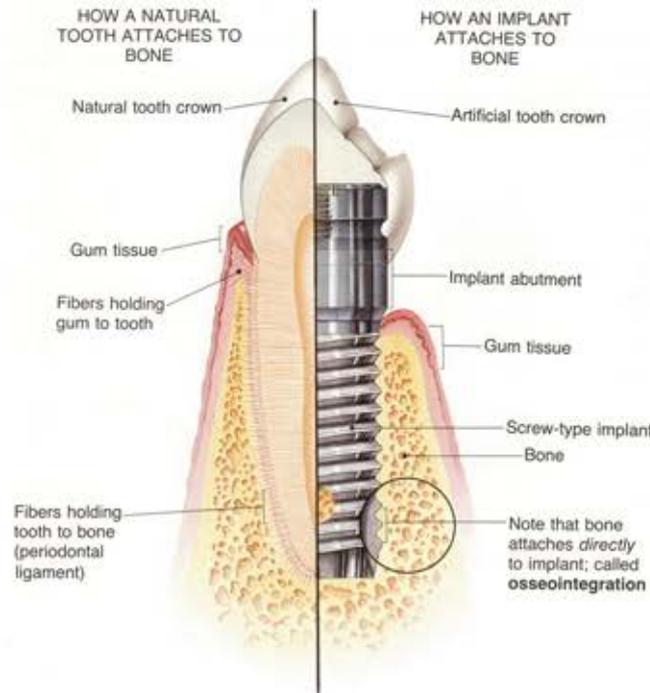
Bone needs stimulation to maintain its form and density. In the case of alveolar (sac-like) bone that surrounds and supports teeth, the necessary stimulation comes from the teeth themselves.

When a tooth is lost, the lack of stimulation causes loss of alveolar bone. There is a 25% decrease in width of bone during the first year after tooth loss and an overall decrease in height over the next few years.

The more teeth lost, the more function lost. This leads to some particularly serious aesthetic and functional problems, particularly in people who have lost all of their teeth. And it doesn't stop there. After alveolar bone is lost, the bone beneath it, basal bone — the jawbone proper — also begins to resorb (melt away).

How can bone be preserved or re-grown to support dental implants?

Grafting bone into the extraction sockets at the time of tooth loss or removal can help preserve bone



bone volume needed for implant placement. Surgical techniques are also available to regenerate (re-grow) bone that has been lost, to provide the necessary bone substance for anchoring implants. In fact, a primary reason to consider dental implants to replace missing teeth is the maintenance of jawbone.

Bone needs stimulation to stay healthy. Because dental implants fuse to the bone, they stabilize it and prevent further bone loss. Resorption is a normal and inevitable process in which bone is lost when it is no longer supporting or connected to teeth. Only dental implants can stop this process and preserve the bone.

How are dental implants placed and who places them?

It takes a dental team to assess and plan dental implant placement and restoration — the fabrication of the crowns, bridgework or dentures that attach atop the implants and are visible in your mouth. The dental team consists of a dental surgical specialist — a periodontist, oral surgeon, or a general dentist with advanced training in implant surgery; a restorative dentist, who plans and places the tooth restorations; and a dental laboratory technician who fabricates them.

Placing dental implants requires a surgical procedure in which precision channels are created in the jawbone, often using a surgical guide. The implants are then fitted into the sites so that they are in intimate contact with the bone. They generally require two to six months to fuse to the bone before they can have tooth restorations attached to them to complete the process.

At Laurel Manor Dental, they 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. 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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Chronic Pain & Injury? Regenerative Therapy is Helping Countless Individuals Heal & Find Relief

Pain medications fool the body by binding to the opioid receptors in the brain, spine and other areas of the body. They don't treat the health condition; they only mask the pain by disrupting the signals to the brain. Pain medications are one of the most highly addictive drugs available. There are other viable treatment alternatives, one in particular is regenerative therapy backed by the science of stem cells.

About Village Medical Injury Care's Regenerative Therapy

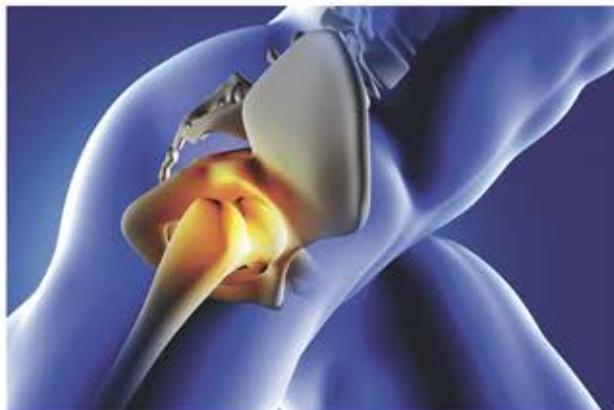
At Village Medical Injury Care, we pride ourselves on using only the highest quality bio-medical suppliers. For that reason, our team has selected premium quality regenerative product that includes growth factors ethically harvested from the amniotic membrane.

Regenerative allografts are produced and processed in the United States according to the quality and safety standards established by the American Association of Tissue Banks (ATTB) as well as the Food and Drug Administration (FDA). And they're calibrated with the aim of modulating inflammation, reducing the formation of scar tissue, and enhancing healing.

Area and Conditions Effectively Treated by Regenerative Therapy

Regenerative therapy backed by the science of stem cells can treat and heal numerous disorders. Some of those include arthritic or damaged joints, ligaments and tendon injuries, chronic and acute bursitis, tendonitis, and plantar fasciitis to name a few.

For extensive degeneration or damage, adding regenerative therapy into the treatment plan have proven effective in many cases.



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no-interest financing available / imaging guidance
Lowest Medical Marijuana Certifications in the area at \$180
Veteran Discount/assistance program

Village Medical Injury Care Treats the Following:

- Auto & Vehicular Injuries
- Sports Injuries
- Foot & Ankle Pain
- Disability Evaluations
- Anti-Aging
- Hip & Leg Pain
- Knee Arthritis Pain
- Low Back Pain
- Neck Pain
- Neuropathy
- Numbness & Tingling of the Hands & Feet
- Sciatica
- Shoulder & Arm Pain
- Spinal Stenosis
- And Much More

Image Guidance for Precise Placement

While not all applications of regenerative therapy require the use of imaging guidance in order to be effective, Village Medical Injury Care's team of experts make sure to use the proper imaging guidance when appropriate for the condition being treated. Remember, without imaging guidance, many regenerative therapy treatments are largely ineffective, so it's important to have that availability as well as to have physicians skilled enough to tell the difference. At Village Medical Injury Care, they have both.

Village Medical Injury Care

The Village Medical Injury Care board-certified medical physicians and specialists have been providing the necessary medical services for people who have been in auto accidents, slip and fall's, and workers' compensation type cases. Their expertise in terms of your health and recovery include the necessary protocol, documentation and follow-up for your recovery plan and optimal health.



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.

Village **MEDICAL**
Injury Care

Contact them today at 352-775-1234.

510 CR 466, Suite 104B
Lady Lake, FL 32159

www.VillageMedicalInjuryCare.com

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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DON'T PAY THOUSANDS FOR SPINAL DECOMPRESSION

Local Chiropractor Gets Tremendous Results Utilizing Cox Flexion Distraction Technique to Relieve Sciatica Pain.

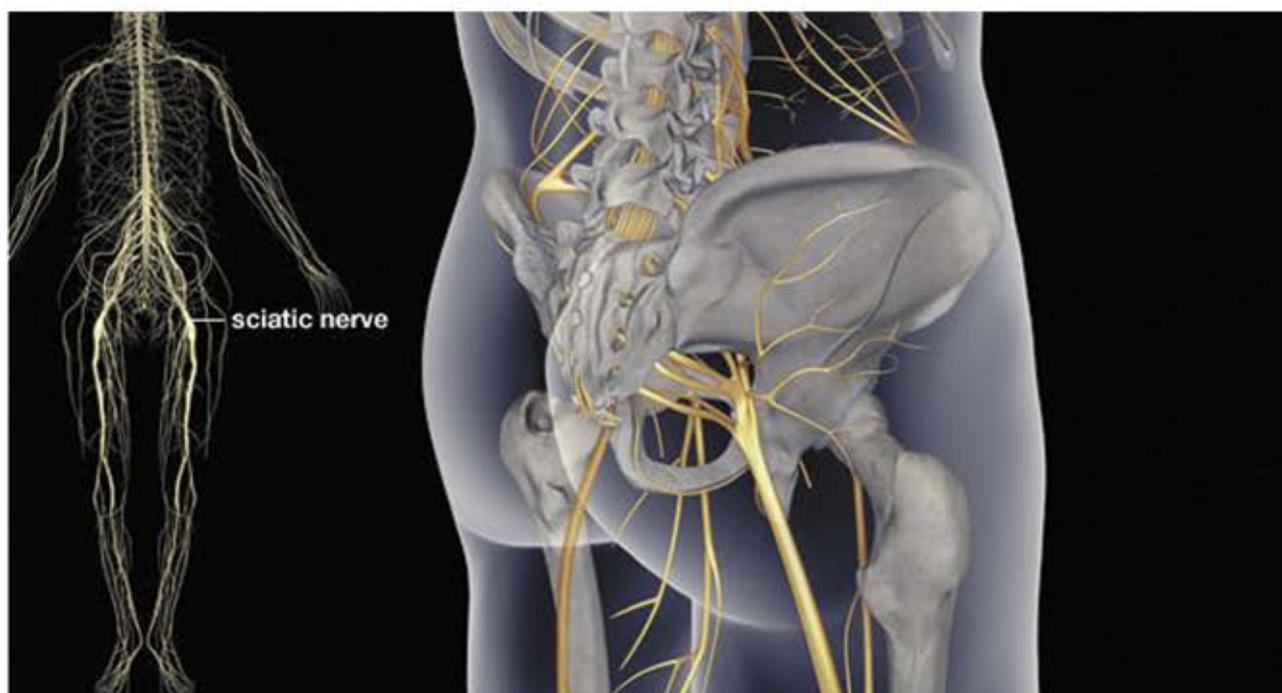
Why waste your hard earned money! Our technique is covered by most insurances.

By Compton Chiropractic Care

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

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

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



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

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

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

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



WHETHER OR NOT YOU'VE GOT A PRIMARY CARE PHYSICIAN (PCP), AT DR. COMPTON'S OFFICE, ALL PATIENTS ARE WELCOME.

WE WORK WITH YOUR CURRENT PHYSICIAN:

If you have a regular family practice relationship, your current PCP can treat you simultaneously, and all communications between Dr. Compton's office and theirs will be shared and interconnected.

WHAT IF I DON'T HAVE A PCP?

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

WE CAN REFER YOU OUT IF NECESSARY:

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

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

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

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

Patient Testimonial

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

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



"Putting your families health in our families hands"

Providing Quality Chiropractic Care to patients in and around The Villages, Florida.

Our Philosophy

- Treat patients as individuals identifying their unique needs and set of problems
- Perform a thorough Orthopedic and Neurologic examination with all new patients
- Use the highly reliable and world-renown Palmer "hands on" technique of Chiropractic care
- Provide patients with non-surgical alternatives to pain
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Chiropractic Physician
Palmer Graduate
U.F. Graduate - B.S. Nutrition
Military Veteran

Dr. Brent Compton
Chiropractic Physician
Palmer Graduate
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PLATELET RICH PLASMA (PRP)

By Physicians Rehabilitation

Nonsurgical Option for Musculoskeletal Injuries

According to the World Health Organization (WHO), musculoskeletal injuries are the most common cause of severe long-term pain and physical disability. Soft tissue injuries including tendon and ligament trauma account for 45% of all musculoskeletal injuries in the USA.

For many years, our best option for treating musculoskeletal injuries, sprains and strains was to inject local (numbing) anesthetic and anti-inflammatory steroids into the affected area to reduce swelling and pain. Over time, we have learned that although steroid injections can be helpful and effective, prolonged and repeated use may not be beneficial.

Fortunately for our patients today, advances in science have allowed us to find new and targeted approaches to treating these kinds of injuries. Platelet-rich plasma or PRP is an "autologous blood therapy" that uses a patient's own blood components to stimulate a healing response in damaged tissues. PRP provides an alternative to surgery by promoting safe and natural healing.

EXPECTED RESULTS OF PRP

Because the goal of PRP therapy is to resolve pain through healing, it could prove to have lasting results.

Initial improvement may be seen within a few weeks, gradually increasing as the healing progresses. Research studies and clinical practice have shown PRP therapy to be very effective at relieving pain and returning patients to their normal lives. Both ultrasound and MRI images have shown definitive tissue repair after PRP therapy, confirming the healing process. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

Q&A

How Does PRP Therapy Work?

To prepare the PRP injection, blood is drawn from the patient and is spun in a centrifuge at a high speed so that it is separated into its four components: red blood cells, white blood cells, platelets and plasma. At that point, the Platelet Rich Plasma layer is removed from the bottom layer and prepared for injection. This forms a very "platelet-rich plasma" solution



PRP therapy is a fast and painless procedure. All treatments are performed in office and take approximately one to two hours, including preparation and recovery time. In fact, most people return to their jobs or usual activities right after the procedure.

which is then injected into and around the point of injury, jumpstarting and significantly strengthening the body's natural healing signal. Because your own blood is used, there is no risk of a transmissible infection and a very low risk of allergic reaction.

PRP has been shown to be safe and effective in treating the following common conditions:

- Osteoarthritis of the Knee, Shoulder & All Joints
- Rotator Cuff Strains & Tears
- Anterior Cruciate Ligament (ACL)
- PEP (Platelet Enhanced Pleasure) for Erectile Dysfunction and Vaginal Rejuvenation
- Muscle & Tendon Strains & Pains

Is PRP Right for me?

If you have a tendon or ligament injury or want relief of pains non-surgically and traditional methods have not provided relief, then PRP therapy may be the solution. The procedure is less aggressive and less expensive than surgery. It will heal tissue with minimal or no scarring, and alleviates further degeneration of the issues. No ill effects have been reported in any of the many studies executed.

This process uses the patient's own blood thereby eliminating any chance of rejection response and minimizes the likelihood of infection. There will be an initial evaluation with your doctor to see if PRP therapy is right for you.

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The Villages - Summit Medical Park, 733 CR 466
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Physicians Rehabilitation offers a NO COST TO YOU Consultation to any individual seeking relief from chronic and acute pain. This offer is valid for any individual seeking the relief of chronic back, neck or joint and knee pain. Imaging, physical examination, and other services necessary to determine candidacy may be required. Not all individuals will qualify for our various therapies. Call us Today!

352.775.3339
—• CALL US •—

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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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.

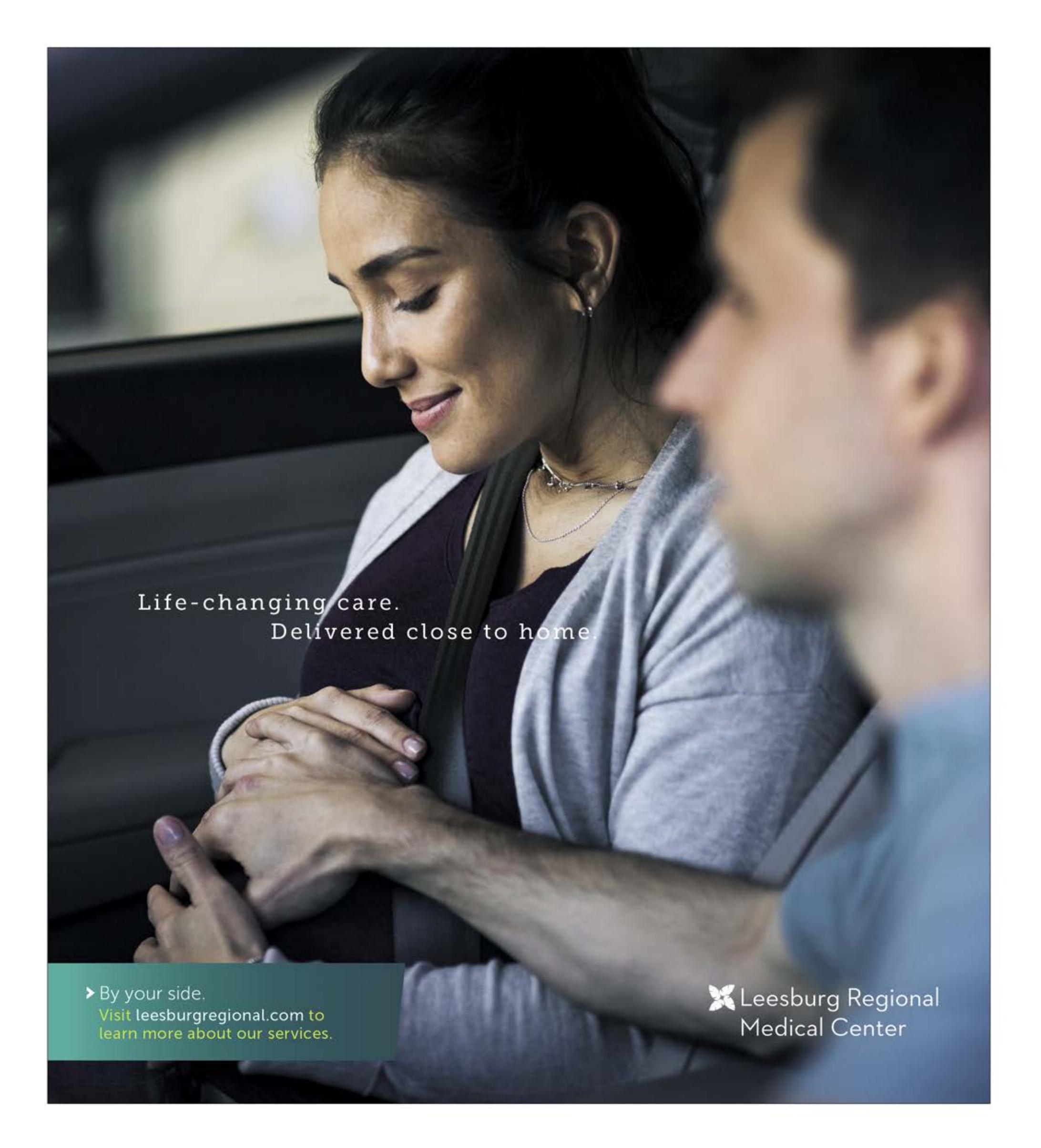
During the summer months it is quite natural for families to take time for travel and family vacations. It is part of life...one that we all look forward to. But as a pastor, I fear many of us take a spiritual vacation as well. It is easy in the midst of our traveling and time away to rehydrate our physical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

We miss community. We miss those quiet 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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A woman with dark hair, wearing a dark top and a light grey cardigan, is seated in a car. She has her eyes closed and a slight smile. A man's hands are resting on her hands, which are clasped together. The man is out of focus in the foreground. The background is blurred, showing the interior of a car.

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