

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

September 2019

Lake/Sumter Edition - Monthly

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  **FREE**

COMMISSION ON CANCER

Central Florida
Health Earns
National
Recognition

HOW TO AVOID PROSTATE CANCER & OTHER PROSTATE PROBLEMS

LEUKEMIA AWARENESS MONTH

What You Should Know

SUPERFICIAL RADIOTHERAPY (SRT)

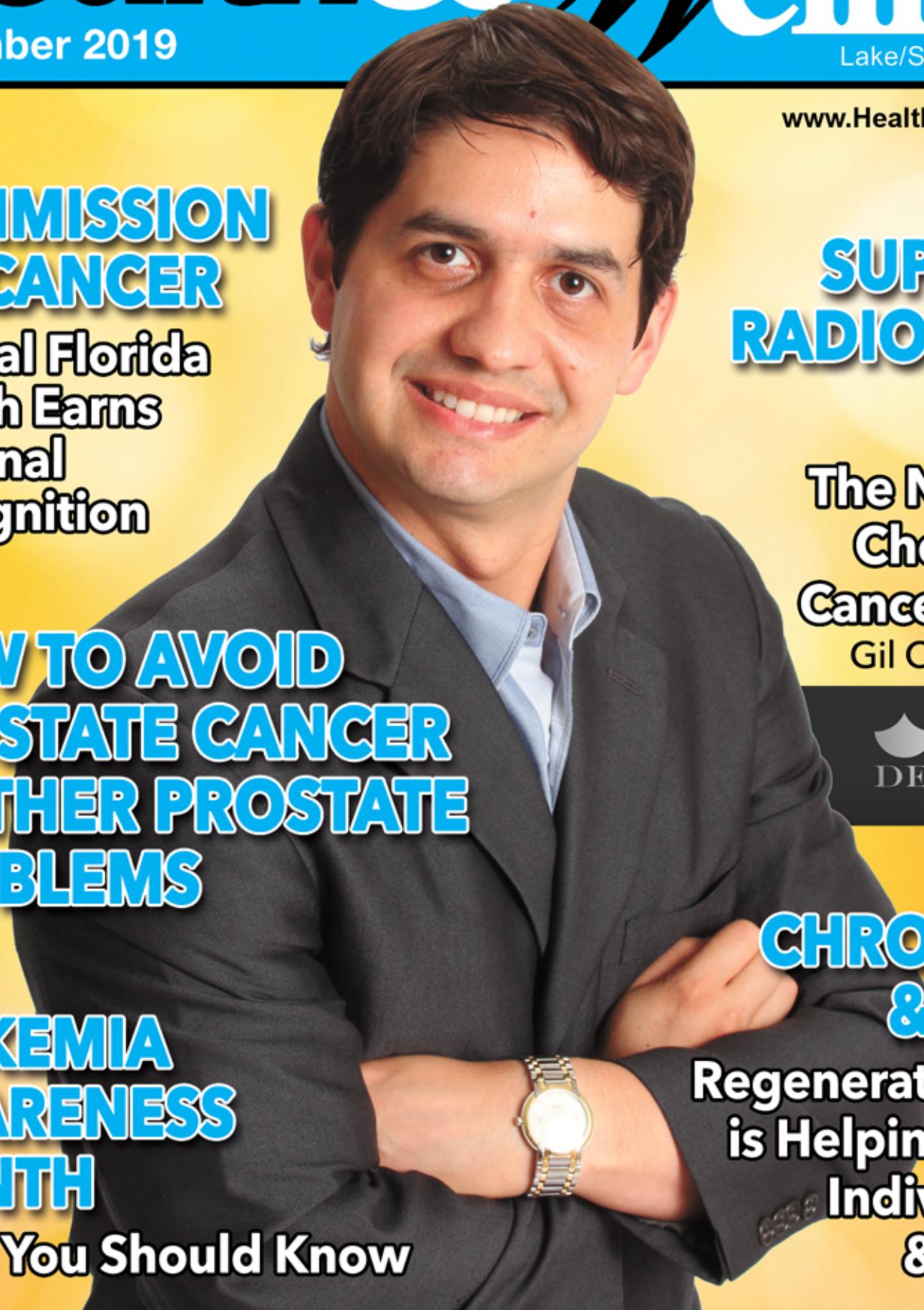
The Non-Surgical
Choice for Skin
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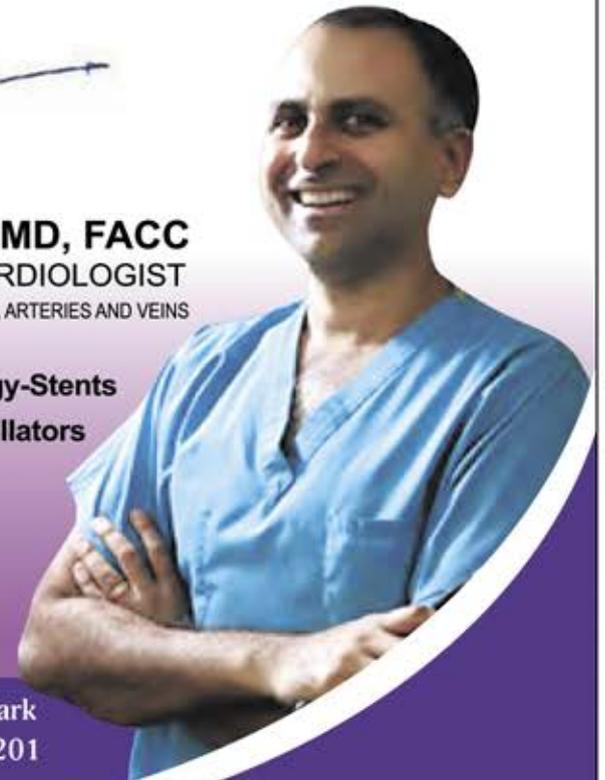
When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office.

I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't.

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-Chris Manis, Patient & Cancer Fighter

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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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TREATMENT OF VENOUS DISEASE / VARICOSE VEINS

TIRED & ACHING LEGS?

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

WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

"Do veins require treatment?" and "What treatment is best?"

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
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WHAT RESULTS CAN YOU EXPECT?

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



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FREEDOM FROM GLASSES WITH LASIK

Even otherwise perfectly healthy eyes can be irregular in shape, meaning the eyeball, cornea or lens isn't curved perfectly, which can affect how the cornea focuses light and create what we call refractive errors like myopia (nearsightedness) and hyperopia (farsightedness). Astigmatism is an abnormal curvature of the cornea or lens. All of these issues, independently or combined, can cause vision problems that are typically addressed with glasses.

Glasses - Friend or Frenemy?

Plenty of people wear glasses but not everyone likes being dependent on them. Glasses can interfere with small pleasures like strolling in the rain, sipping coffee or snuggling close to a sweetheart without having lenses fog up, swimming, playing sports, even watching TV while lying on the sofa. Some people need glasses for reading and another set for driving, a third for sun protection, and a fourth pair if they want to read by the pool. That can add up to a lot of expense and inconvenience, especially if you break or lose a pair.

LASIK Changes Everything

LASIK stands for laser-assisted in situ keratomileusis, a refractive surgical procedure in which a specialized femtosecond laser is used to reshape the cornea so it is more symmetrical, enhancing its ability to capture light and focus it on the retina.

"iLASIK bladeless laser vision correction is a very safe and quick procedure," says Board-certified ophthalmologist Dr. Vinay Gutti, who is Fellowship-trained in refractive surgery and has performed more than 10,000 successful surgical procedures. "This technology is so effective it has been approved for use by NASA and the military."

First Dr. Gutti performs a thorough eye exam to assess the suitability of iLASIK for each patient. He evaluates eye shape, corneal condition, refractive errors and tear film and asks the patient his or her ultimate vision goal: improved close-up vision, improved distance vision, or both. Dr. Gutti utilizes iDesign, the most advanced eye-mapping technology available, to create a

map that captures more than 1,200 data points in the eye, making it 100% customized to each patient and 25 times more precise than standard eye mapping techniques. This enhanced accuracy enables Dr. Gutti to assess each patient's best options for custom vision correction and long-term satisfaction. Though outcomes may vary, iLASIK is able to improve the quality of close-up vision, distance vision, night vision, even depth perception.

"The surgery itself is painless, requiring only anesthetic eye drops," says Dr. Gutti. "No bandages or sutures are involved and the discomfort afterward is typically mild or nonexistent." During the procedure, Dr. Gutti uses the advanced femtosecond laser to create a very thin flap in the cornea, and then utilizes a cool ultraviolet light beam called an excimer laser to carefully remove microscopic bits of corneal tissue to correct malformation so that light can register more efficiently.

Afterward, Dr. Gutti gently returns the corneal flap and the procedure is over. "Vision is usually noticeably better within an hour after surgery, with improvements continuing as the eyes stabilize over the following few days," he says.

After spending a short time in the waiting area, the patient receives a quick post-operative exam and then can be driven home by a friend or family member. People may experience some minor vision distortion the day of surgery, but most find they awaken the next morning to noticeably clearer, sharper vision. Patients are asked to return the next day for one more exam with Dr. Gutti to ensure everything looks as expected.



"Most people can return to work, driving, most of their usual activities the very next day," says Dr. Gutti. "And anywhere from that day to a few weeks after surgery, most people achieve 20/20 vision or better, though some may still need glasses for specific activities like reading, depending on their circumstances and the correction they received."

iLASIK surgery has an excellent safety profile and has been used for nearly 30 years to help people stop or minimize their use of glasses. Lake Eye provides the region's most advanced iLASIK technology, with all surgeries performed by Dr. Gutti in our new state-of-the-art surgical suite at our Tavares office.

If you think iLASIK might be rewarding for you, please contact Lake Eye's Tavares office at 352-63-LASIK.

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DISCLAIMER: Patient results may vary. As with any surgical procedure, there are risks that you should discuss with your doctor before you decide to have surgery. Some patients need additional laser surgery to obtain desired results. Not all patients are able to give up corrective lenses after surgery. Possible side effects include loss of vision, double vision, increased sensitivity to light, dry eye, reduced night vision and visual irregularities from mild to severe.

Commission on Cancer: Central Florida Health Earns National Recognition

During the month of September, we would like to highlight four cancer awareness groups that often go overlooked—blood, ovarian, prostate and childhood cancers. It is estimated that 1,762,450 new cases of cancer will be diagnosed in the United States in 2019. We recently took time to speak with the professionals at Central Florida Health, who have earned national recognition along with a distinguished cancer accreditation.

The Commission on Cancer (CoC), a national quality program, has granted three-year Accreditation with Commendation to the cancer programs at Leesburg Regional Medical Center and The Villages® Regional Hospital.

The Accreditation & Commendation Details

This honor sets Central Florida Health's hospitals apart, recognizing them as elite medical facilities that provide superior care to patients. To earn CoC accreditation, cancer programs must meet or exceed quality care standards, be evaluated every three years through a survey process, and maintain levels of excellence in the delivery of comprehensive patient-centered care.

Three-year accreditation with commendation is only awarded to facilities that exceed the standard requirements. Central Florida Health's physicians, staff, and protocols have undergone meticulous onsite inspections and have met nationally-recognized standards of care in the diagnosis, screening, prevention education, and treatment of cancer.

Ongoing Recognition

"Leesburg Regional Medical Center was first accredited by the CoC in 1999 and The Villages® Regional Hospital was first accredited in 2013," commented Carol Hutchison, Lead Cancer Registrar at Central Florida Health. "We were then accredited as an Integrated Network Cancer Program in early 2016. The Integrated Network Cancer Program includes accreditation for both hospitals."



Cancer Care Practitioners

As CoC-accredited cancer centers, Leesburg Regional Medical Center and The Villages® Regional Hospital take a multidisciplinary approach to treating cancer as a complex group of diseases that require consultation among surgeons, medical and radiation oncologists, diagnostic radiologists, pathologists, and other cancer specialists. The inter-professional partnership results in improved patient care with better communication.

Cancer Care Ancillary Staff and Units

"The 2019 Performance Report by the CoC summarizing our accreditation results documented the commitment of the two hospitals' Cancer Care Committee members, which includes representatives from nursing, nutrition, pastoral care, pharmacy, rehabilitation, social work, and other health care professionals from Central Florida Health," remarked Sonya Zeller, Corporate Director of Quality. She further stated, "The CoC praised the Cancer Care Committee members for their teamwork, particularly noting the quality cancer care."

Phyllis Baum, Vice President and Chief Quality Officer at Central Florida Health said, "Our cancer programs are always dedicated to providing patients with the very best care. Our team is continually learning, researching and discovering new and better ways to provide care. We are proud that

the Commission on Cancer again recognizes our dedication by awarding this accreditation with commendation."

The Commission on Cancer Accreditation Program provides the framework for Leesburg Regional Medical Center and The Villages® Regional Hospital to improve the quality of patient care through various cancer-related programs that focus on the full spectrum of care including prevention, early diagnosis, cancer staging, optimal treatment, rehabilitation, life-long follow-up for recurrent disease, and end-of-life care.

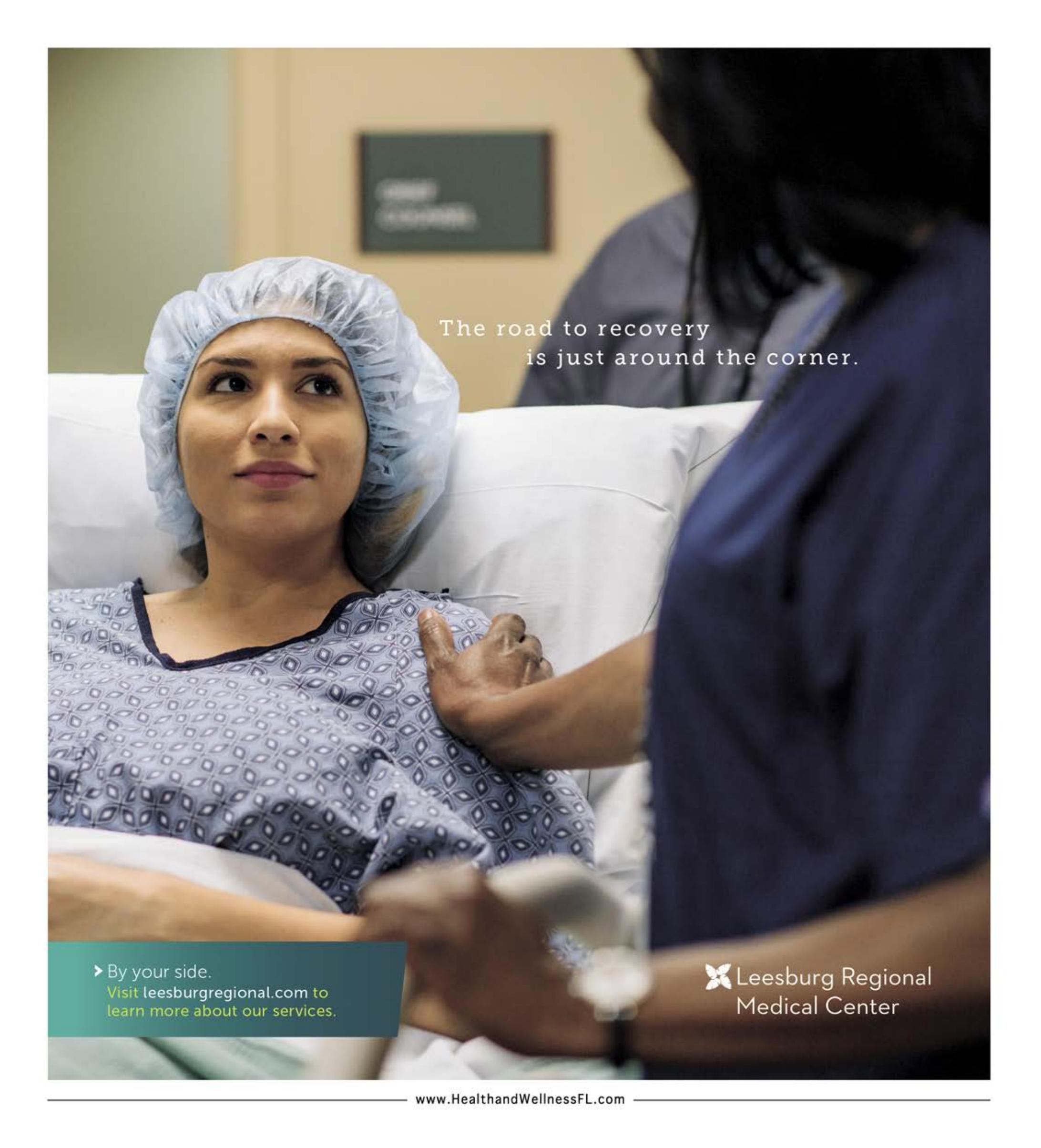
Why Patients Should Seek Cancer Diagnosis & Treatment at CFH

When patients receive care at a CoC-accredited facility, they have access to information about the latest clinical trials and invaluable services such as social support and survivorship planning. Leesburg Regional Medical Center and The Villages® Regional Hospital maintain a cancer registry and contribute data to the National Cancer Database, a joint program of the Commission on Cancer and the American Cancer Society.

About Central Florida Health (CFH): A locally owned and governed not-for-profit healthcare system and the largest, most comprehensive provider of healthcare services in the region, CFH provides services to Lake, Sumter and Marion counties through inpatient acute hospital services at The Villages® Regional Hospital and Leesburg Regional Medical Center, inpatient rehabilitation services at TVRH Rehabilitation Hospital and diagnostic laboratory services at several locations. As a premier healthcare provider, CFH takes pride in providing progressive, innovative technology, along with building strong relationships with patients, families, and physicians. To learn more, visit www.CentralFloridaHealth.org.

Source: <https://www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/cancer-facts-figures-2019.html>

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Dementia, Alzheimer's and Incapacity What's the Difference?

By Teresa K. Bowman, Of Counsel

Getting a diagnosis of dementia or Alzheimer's can be devastating for a family. In the past people were just labeled "old" or "forgetful." It wasn't discussed much that I remember growing up, but a lot has changed.

These days, dementia and Alzheimer's is pretty much a topic you hear about, read about, and talk about frequently. Whether it's what to eat to prevent it, or new drugs to treat it, it's very much a part of our society. There are multiple dementia-related illnesses, and other illnesses that can cause dementia symptoms. Some dementias cause a gradual decline, some move more quickly, some affect personality, and some, like Alzheimer's, eventually lead to death. While the diagnosis itself can be confusing, there is also a lot of misunderstanding about dementia-related illness and what it means regarding the person's legal capacity to conduct business, make medical decisions, and even create a will.

Let's suppose Tom and Mary come to see me because Tom has been diagnosed with dementia. Maybe Tom was seen at our local Memory Clinic, one of 13 in the state of Florida, for an in-depth evaluation of his condition. He was told he has "mild cognitive impairment" and that he should see an elder law attorney to make sure his estate planning documents are in order. This doesn't mean the physician thinks Tom is dying; it means the physician knows that as Tom ages, his cognitive impairment will increase the need for him to have someone who can make financial and medical decisions for him.

Having mild cognitive impairment, or a diagnosis of any type of dementia, does not mean the person lacks the capacity to create legal documents. In fact, I have created documents for clients in my office who are able to tell me clearly what they want in that moment but may forget what they told me the next day, or even in the next hour. The point is they may have poor memory, but they are still capable of expressing their wishes when asked. In later stages of dementia, clients may still have the capacity to discuss a power of attorney or a health care directive, but may not pass the cognitive test for creating a will.



Florida case law states that the capacity to create a will is determined at the time the will is executed. The person executing the will must be of "sound mind." Again, in Florida case law, sound mind is determined to mean "the ability of the testator to mentally understand in a general way the nature and extent of their property, the relation of those to receive property under the will, and a general understanding of the practical effect of the will as executed."

So, if at the time of execution, the client understands what assets they are passing upon death, can tell me who will receive those assets, and understands the implications of signing a will, they meet the test. There is even case law to support the idea that even a person with dementia who has been declared legally incompetent, can have a "lucid moment" and create a will.

A legal finding of incapacity takes place in a petition to determine incapacity filed in court by an interested person. The court proceeding is called guardianship, and both the person who filed the petition and the person alleged to be incapacitated must be represented by an attorney. There is an examining committee that must meet with the person and prepare a report for the judge as to their opinion of the person's capacity. If all members of the committee find that the person lacks capacity, then the judge will find that the person is legally incapacitated and enter an order. However, even then a guardian may not be appointed. If there are documents in place to allow someone to manage affairs for the incapacitated person, such as a power of attorney and a health

care directive, there is no need to strip the person of their legal rights and appoint a guardian. If found to be incapacitated, even if a guardian is appointed, the person could have a lucid moment and create a will.

Often I have clients who have a letter from their physician stating that their spouse or other family member is no longer able to make decisions regarding health care, or even manage finances. Putting this information in writing and in the patient's medical record can trigger a health care surrogate's authority to act, allowing the surrogate access to the medical records and the ability to speak directly to the physician. Other times the letter is used to allow the successor trustee under a trust to take over financial management of a trust account. However, this letter does not prove the person to be legally incapacitated, just unable to manage.

You may have heard the term "planning for incapacity." No one plans to become incapacitated, but plans for the possibility and creates documents to avoid a guardianship should a time come when they need help with medical or financial decision-making.

Properly prepared and properly executed documents are like buying insurance. You hope you don't need it, but you certainly don't want to be without it if you do.

If you'd like help ensuring the security of your or a loved one's future, there's no better time than the present. McLin Burnsed's elder law team can help you plan and initiate safeguards that will promote the best possible scenario, no matter what may come.

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September is Prostate Cancer Awareness Month

How to Avoid Prostate Cancer and Other Prostate Problems

If you are a man approaching middle age, make it a priority to get to know, love, and care for your prostate. Ignore this little organ at your peril! Roughly half the male population of North America and Western Europe will have enlarged prostates by their mid-50s. And prostate cancer remains frighteningly common.

What is the Prostate?

The prostate is a gland, about the size of a walnut, found just below a man's bladder. It releases seminal fluid, and during orgasm, contracts to allow ejaculation. Unfortunately, as men age, the prostate often enlarges, sometimes up to four times the size it would be in a healthy 20-year-old. This is largely the consequence of natural hormonal changes, especially the decreasing levels of testosterone and its conversion into DHT.

Tips to Avoid Prostate Trouble

Prostate trouble can be distressing (having to get up three or four times a night to urinate, suffering from unwanted leakage at work, and so on), as can the medical examinations and treatments. To avoid these problems, not to mention prostate cancer, try the following:

1) Exercise Regularly.

Exercise helps boost the immune system and reduce stress. But make your exercise gentle. Do not take up cycling or riding horses, as these activities can damage the prostate. Yoga is particularly good. If you attend a class, ask your teacher if there are any exercises she would recommend, especially those that target the pelvic area.

2) Reduce the amount of eggs you consume.

Researchers at Harvard University conducted a study into 1,000 men in the early stages of prostate cancer. They found that those who ate an egg a day doubled the risk of their cancer metastasizing. The culprit is thought to be a compound



known as choline. According to Dr. Michael Greger, an American physician and author of *How Not to Die*, who quotes from the Harvard study in his book, choline may also increase your chances of developing prostate cancer in the first place.

3) Eat plenty of seeds.

Sunflower, sesame, pumpkin, and above all, flaxseeds are all good for the prostate. They are packed with essential fats, but more importantly, they contain zinc, which is vital for a healthy prostate. Flaxseeds are also packed with lignans, proven to slow the growth of prostate cancer cells in petri dishes and possibly in human bodies as well.

4) Eat lots of tomatoes.

Tomatoes contain lycopene, a substance known to prevent prostate cancer. But to enjoy maximum benefit, you need to cook them, as the lycopene is released when tomatoes are heated. Since garlic and olive oil are also good for the prostate, try

frying tomatoes in a small amount of good-quality olive oil along with chopped garlic. If you prefer not to fry them, you can grill or even bake them.

5) Take a zinc supplement.

Zinc supplements have been shown to slow benign prostatic hypertrophy (BPH), a condition which involves the enlargement of the prostate. Zinc interferes with the conversion of testosterone into DHT, a hormonal trigger for prostate enlargement. And zinc deficiency is common among those diagnosed with prostate problems. However, make sure you buy a good quality brand.

6) Take a turmeric supplement.

Turmeric, hailed by some as nature's wonder drug, may also have benefits for the prostate. Curcumin, found in turmeric, is thought to inhibit the compounds responsible for prostate enlargement. Those who take turmeric supplements also reduce their risk of incontinence and urinary infection. When the prostate goes wrong, it tends to become swollen and inflamed; turmeric is a well-known anti-inflammatory.

7) Take a PSA test.

This stands for Prostate Specific Antigen. If your PSA levels are elevated, this may mean your prostate is becoming enlarged; it may even indicate the early stages of cancer.

Difficulties with the prostate are so common that most men will experience them at some point, even if it is merely the annoyance of having to urinate several times a night. Unfortunately, modern medicine is still far too reactive. In other words, the medical establishment waits for you to get sick, then treats you. The key is to not get sick in the first place. And that is especially true of the prostate.



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SUPERFICIAL RADIOTHERAPY (SRT):

The Non-Surgical Choice for Skin Cancer Treatment

By Gil Cortes, MD, FAAD

Each year, more than four million new cases of basal cell carcinoma and squamous cell carcinoma diagnosed in the United States each year. Basal cell carcinoma is the most frequently occurring form of skin cancer and is closely followed by squamous cell carcinoma of the skin.

Skin cancer can be caused by intense sun exposure as well as cumulative sun exposure over time. It is an abnormal, uncontrolled growth or lesion on the skin and can look like an open sore, red patch, pink growth, shiny bump or scar.

Unlike some forms of cancer, basal cell carcinoma and squamous cell carcinomas of the skin rarely spread beyond the original tumor sight, nor are they likely to be life threatening. They can, however, become disfiguring if not treated promptly.

Basal Cell and Squamous Cell Skin Cancer Treatment
Patients dealing with these skin cancers have several treatment options available to them, including: Mohs micrographic surgery, excisional surgery, electro surgery, cryosurgery and laser surgery. But these treatments all have one thing in common: the word **surgery**.

Patients now have another option: **Superficial Radiotherapy, or SRT** — a **non-surgical** treatment for basal cell and squamous cell carcinomas. It is the best non-surgical choice for removing non-melanoma skin cancer available today

Superficial Radiotherapy (SRT) delivers a precise, calibrated, low dose of energy that effectively destroys basal cell and Squamous cell skin cancers. No anesthesia, cutting or stitching required. It is painless and causes no bleeding. With this treatment, there is no risk of infection or scarring and no need for future reconstructive plastic surgery. This in office procedure



successfully treats basal cell carcinoma, squamous cell carcinoma, with no residual downtime or lifestyle restrictions after treatment. Which means you can get back to more important things, like that game of golf.

The U.S. Food and Drug Administration has approved SRT as a safe and effective treatment for Non-Melanoma skin cancers, including basal cell carcinoma and squamous cell carcinomas. The procedure takes just minutes to complete and offers the same cure rates as surgical treatments, destroying skin cancer without any collateral damage to healthy skin cells. It is ideal for patients who wish to avoid the pain and scarring associated with surgery.

Performed right in the Dermatologists office, Superficial Radiotherapy delivers optimum results to treat skin cancer without the negative side effects of invasive treatments or anesthetics. This is of particular concern in patients who have existing medical conditions that may make surgery a serious health risk.

Superficial Radiotherapy (SRT) is an excellent treatment option that is well covered by most insurance plans. Recently Medicare expanded its coverage for SRT, making it easier for patients to benefit from this effective treatment option.

If you have been diagnosed with basal cell carcinoma or squamous cell carcinoma, and would like to know more about SRT, visit NovuDermatology.com and watch a video tutorial to find out more. You may also schedule an appointment with the Dermatologist at NOVU Dermatology, one of the few Dermatology offices that provides this service in the central Florida area; with the latest technology in SRT.



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2019 BREAKTHROUGHS IN CANCER RESEARCH

The American Society of Clinical Oncology (ASCO) recently published *Clinical Cancer Advances 2019: ASCO's Annual Report on Progress Against Cancer*. The report highlights the most important clinical research advances over the past year and makes recommendations for areas of focused research in the future.

Advances Continue in Immunotherapy Research

As you might expect, immunotherapy continues to be a leading area for cancer research. There have been new combinations of immunotherapy drugs this year that are addressing more cancer types than previously had been studied. There are several different types of immunotherapy treatment; however, all of these therapies use the body's own immune system to attack cancer cells. Specifically, new drugs tested in clinical trials have shown better survival rates in renal cell (kidney) cancers and squamous cell cancer of the skin.

Progress Against Rare Cancers

One of the most important advances cited in the report is the progress made in treating rare cancers, which account for approximately 20 percent of all cancers diagnosed each year in the United States. As stated in the ASCO report, "Progress has historically lagged behind the achievements made in more common cancers," because it often takes longer to recruit significant numbers of people with a rare type of cancer who are willing to participate in a clinical trial. However, this year, five major studies are making progress against various types of rare cancers:

- New combination of targeted therapies for a rare type of thyroid cancer produced responses in over two-thirds of patients.
- Treatment was developed for a rare type of sarcoma, a cancer that starts in the bones or soft connective tissue.
- New method of targeted radiation treatment was developed for patients with an advanced type of midgut neuroendocrine tumor.



- Standard treatment for HER2-positive breast cancer was shown to significantly slow progress of a type of HER2-positive uterine cancer.
- First promising therapy was developed for a rare cancer of the joints.

Advances in Cancer Diagnostics

One of the most significant achievements in the past twelve months was the result of a long-term study that demonstrated that some women with early-stage breast cancer can safely forego chemotherapy, sparing them the often-difficult side effects of treatment. The TAILORx study, which opened in 2006, confirmed that as many as 70 percent of women with hormone receptor-positive, node-negative breast cancer did not need to have chemotherapy, based on the results from a 21-gene assay. The study, which used a molecular test to assess the expression of 21 genes associated with breast cancer recurrence, provided evidence that there was no additional benefit from chemotherapy for 70 percent of women with this most common type of breast cancer.

Florida Cancer Specialists (FCS) is a strategic partner of Sarah Cannon Research Institute, one of the leading clinical trial organizations in the world. The clinical research program at FCS encompasses Phase I, Phase II and Phase III trials for a wide range of cancer types. Over the past four years, the majority of new cancer treatments approved for use in the U.S. were first studied in clinical trials with FCS participation, prior to approval. To learn more, visit FLCancer.com.

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. This 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 variety of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location, that deliver the most advanced and personalized care in your local community.



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For more information, visit FLCancer.com



LEUKEMIA AWARENESS MONTH: WHAT YOU SHOULD KNOW

By Dr. Dariano, D.O.

Leukemia is a type of cancer that affects 3% of the adult population, and it is the most common cancer in younger children under the age of 15. Leukemia affects the blood or bone marrow.

The majority of our blood is formed from stem cells within the bone marrow. Normal blood cells die and regenerate on a regular basis, but with leukemia, there is an overabundance of white blood cells. These white blood cells disrupt the production and life of red blood cells and platelets, which causes numerous adverse issues to occur in the body, cells, and organs. Some of these conditions are myeloid and lymphoid cellular growth disruptions.

Typically, white blood cells are powerful infection fighters, but with leukemia, the white blood cells malfunction and do not perform the way they were created to in fighting off infections. Leukemia has four different classifications according to progression and also four main types.

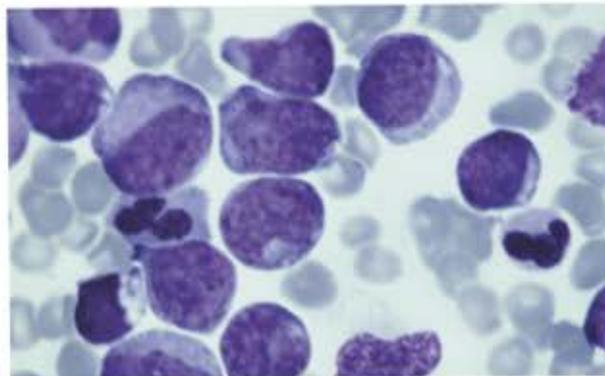
Primary Types of Leukemia

- ALL: Acute Lymphoblastic Leukemia
- AML: Acute Myeloid Leukemia
- CLL: Chronic Lymphocytic Leukemia
- CML: Chronic Myeloid Leukemia

It is believed that leukemia develops from both genetic and environmental factors.

Symptoms of Leukemia

- Bone pain
- Chills
- Chronic or severe infections
- Easy bleeding
- Enlarged liver or spleen
- Excessive sweating
- Extreme fatigue
- Fever
- Muscle weakness
- Nosebleeds
- Red dots on the skin (petechiae)
- Swollen lymph nodes
- Unexplained bruising
- Weight loss



Diagnosing Leukemia

There are multiple tests that can help in the diagnosis of leukemia. These include bone marrow or lymph biopsy, flow cytometry, bloodwork, lumbar punctures, and various imaging.

Treatment

Treatment will depend on the type and severity of the leukemia. These can range from a 'watch and wait' approach, chemotherapy, radiation to stem cell/bone marrow transplants.

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.

Along with primary care, Rivers Family Medicine offers the following services:

- In house laboratory
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- Echocardiograms
- Electrocardiograms
- Nuclear stress testing
- Pulmonary function testing
- Joint injections
- Skin biopsies and minor skin procedures
- Immunizations

Source:
<https://www.aacroundation.org/Pages/leukemia-lymphoma-awareness-month.aspx>

Steven J. Rivers, M.D.

Dr. Rivers is devoted to providing quality, compassionate, medical care with a focus on preventive medicine. He is aggressive in educating the patient and involving them in the decision making process. Services include, but are not limited to comprehensive medical care, health maintenance, minor surgical procedures, skin care, and preventive services.

Julio Ugarte M.D.

He thoroughly enjoys partnering with his patients to strive for optimal health and disease prevention. He uses both conventional and functional medicine in his integrated practice.

Patricia L. Cheston, PLC, PAC

She is certified by the National Commission on Certification of Physician Assistants and a long standing member in the American Academy of Physician Assistants and the Florida Academy of Physician Assistants. Patricia has practiced Family Medicine, Rural Urgent Care Medicine and Emergency Medicine for over 25 years in Florida.

Erin Darino, D.O.

Rivers Family Medicine welcomes Dr. Erin Darino. 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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4 Things You Should Know About Medical Marijuana

#1—HOW IT WORKS

There are two different forms of medical treatment through cannabis. The first is the natural marijuana plant that contains both CBD and THC, and the second is the altered version of the plant that has been through a hybrid process to lighten the THC (tetrahydrocannabinol) level. CBD or cannabinoids can treat many different forms of diseases and disorders with no THC. THC is the mind-altering, euphoric component of marijuana that gives the “high” feeling. With CBD plants, the THC levels have been extracted through a vigorous process, leaving zero to little THC levels. CBD is an excellent alternative for patients that would benefit from cannabinoids alone, while other more complex medical cases require the additional advantages of THC to be included in the leaves of the marijuana. Experienced, qualified medical marijuana physicians like Dr. Gregory Sonn, owner of Iona Cannabis Clinic understand what dosages and strengths work best for your needs.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD oil (cannabinoids) and THC through merging directly with our cells. Our natural endocannabinoid system works synergistically with CBD and THC, creating a multitude of beneficial reactions in the body.

#2—CANNABIS’ HISTORY & REGULATORY STANDARDS

Over 4000 years ago, Asian Emperors used cannabis for its healing properties, noting exceptional improvements in edema (fluid build-up) and also as an anesthetic. In ancient Greece, cannabis was reported in many manuscripts, describing its use for medical conditions such as eye diseases and joint inflammation. Over 300 years ago, in one of Oxford’s medical professional journals, it was



touted as a means to reduce depression. In the early 1900’s, the United States began growing cannabis for pharmaceutical companies to formulate into medications.

The laws and regulations on Cannabis are continually updated, as federal regulatory officials better understand the advantages of medical marijuana. It is used legally in many states, including Florida.

#3—WHAT DOES IT TREAT?

Medical marijuana and cannabis oil can be used to treat and alleviate symptoms of numerous medical conditions. Listed below are the state’s qualifying conditions:

- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Crohn’s disease
- Parkinson’s disease
- Multiple sclerosis (MS)
- Medical conditions of the same kind or class as or comparable to those above

- A terminal condition diagnosed by a physician other than the qualified physician issuing the physician certification
- Chronic nonmalignant pain caused by a qualifying medical condition or that originates from a qualifying medical condition and persists beyond the usual course of that qualifying medical condition

#4—YOU NEED A CERTIFIED MEDICAL MARIJUANA PHYSICIAN

Because this is strictly for medical use, there are multiple regulations and protocols that physicians must adhere to when prescribing medical marijuana. You must visit a Physician that is licensed to recommend medical marijuana. To legally purchase and consume medical marijuana in Florida, the person must have one of the specific qualifying medical conditions regulated by the government or have a medical condition that is deemed as appropriate.

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Total Nutrition and Therapeutics utilizes functional medicine to get to the root cause of disease.

Kathleen Inman never imagined herself going on a five-hour kayaking trip, completing 45 consecutive push-ups, or participating in CrossFit.

The 63-year-old Leesburg resident credits her health to Total Nutrition and Therapeutics in Lady Lake.

Just three years ago, Kathleen was, in her own words, "on death's doorstep." She had endured 40 abdomen surgeries since 1983 after being diagnosed with familial adenomatous polyposis (FAP), a rare genetic disease characterized by the development of gastrointestinal polyps that often progresses to colorectal cancer if left untreated. Many of those surgeries were to remove adhesions, or scar tissue.

Kathleen also suffered from high blood pressure and gastroparesis, a condition where food does not move through the digestive system properly. A simple task like cooking dinner zapped her of all energy, and painful headaches became a constant companion. She was taking 26 prescribed pills daily.

At the urging of her daughter, Kathleen visited Total Nutrition and Therapeutics. That turned out to be a life-changing decision.

After analyzing results from blood work, Lori Esarey, owner of Total Nutrition and Therapeutics, created a healthy eating plan for Kathleen. Lori is a lifestyle medicine expert who earned master's degrees in nutritional medicine and metabolic medicine from the University of South Florida.



"WITHIN SIX WEEKS OF MY EATING PROGRAM MY STOMACH BEGAN DIGESTING FOOD PROPERLY, I SAT ON THE FLOOR AND CRIED. I WAS BLOWN AWAY."

— KATHLEEN INMAN

"Within six weeks of my eating program my stomach began digesting food properly," Kathleen says. "I sat on the floor and cried. I was blown away."

After two months, her blood pressure dropped to healthy levels, and she no longer takes medicine for the condition. It was determined through blood work that her high blood pressure was related to food allergies.

"Because Lori took the time to educate herself on my conditions, she was able to come up with an effective treatment plan," Kathleen says. "I've learned so much from Lori and her entire team. They're wonderful."

In addition to exercising, Kathleen also opened a photography company.

"I have so much fun in life now," Kathleen says. "Without Lori and God, I wouldn't have made it."

Who TNT is

Everyone has innate healing powers. Healing takes a team approach involving the patient and doctor, addressing all aspects of a person's life. By treating root causes of illness with diet and lifestyle change, everyone can live a vibrant life and enjoy optimal health.

That's why Lori Esarey and her passionate team of health care providers specialize in functional medicine, a proactive and individualized approach to reducing the risk of future disease.

"Functional medicine is a medical mindset that focuses on looking at the root cause of the condition rather than operating from a mindset of reactionary care," Lori says. "Functional medicine is proactive alongside root cause analysis. If a person is experiencing a symptom, we can react, and we do react. But the way we react is different."

Indeed, the TNT model of care deviates substantially from a one-size-fits-all approach. Clients receive

unrushed consultation meetings, individualized care plans, effective and leading-edge medical solutions, educational and interactive classroom settings, transformational nutrition counseling, IV therapy, and laboratory testing. All this and much more is



Lori Esarey

offered to support natural healing of the human body and help clients achieve optimal living.

This is great news for clients who have experienced nightmares trying to navigate an often-frustrating health care system. They are suffering, stuck, and confused on how to proceed. TNT's unique model and innovative client care gives them hope. Hope is a powerful force that has propelled many of their clients to achieve great accomplishments they once thought were impossible.

"Eighty percent of what we do in functional medicine is listening," Lori says. "That means getting the background story. How do you feel? What's ailing you? What kind of medical conditions have you experienced before? Twenty percent of what we do is diagnostics, or filling in the blanks to see what's going on. It's listening to understand and react accordingly."

Of course, improving medical conditions, activating healing, and ushering in hope is also achieved through what Lori calls lifestyle medicine, a sub-category of functional medicine. Through education and one-on-one consultations, the TNT team helps clients create behavioral changes they can incorporate into their everyday lives and into the future.

"The four things we do every day in life are eat, sleep, move, and think," Lori says. "We come up with ways to help clients modify the way they do these things so they can receive superior outcomes."

Throughout the years, TNT has treated a wide range of clients. Some come in with symptoms such as relentless fatigue, hair loss, endurance problems, memory loss, hormonal changes, and functional decline. Others are suffering from conditions like hypothyroidism, hypertension, high cholesterol, erectile dysfunction, and menopause.

“FUNCTIONAL MEDICINE IS A MEDICAL MINDSET THAT FOCUSES ON LOOKING AT THE ROOT CAUSE OF THE CONDITION RATHER THAN OPERATING FROM A MINDSET OF REACTIONARY CARE.”

—LORI ESAREY

Why they do it

Lori knows from firsthand experience the trials and tribulations of battling disease. After giving birth to her oldest daughter in 1995, she weighed 186 pounds and struggled with high blood pressure and gestational diabetes.

“I was depressed and fatigued,” she says. “Although I was a new mom and had a beautiful baby, I wasn’t happy.”

Ultimately, a drastic change in nutrition helped Lori overcome disease. She would spend 13 years as a nurse practitioner at both an internal medicine and family practice.

Unfortunately, when desperate patients sought her for advice, she had very little to give.

“People would ask me questions all the time about their health,” Lori says. “All I had in my toolbox was to tell them to take a pill or tell them to change their diet. That was very frustrating for me because my personal mission statement is helping people achieve things in life that they never thought possible. At that point in my life, I was either going to stick where I was or I was going to create an opportunity to take a new route in life and help people.”

Lori chose the latter, and TNT opened in 2006. Initially, TNT was known as a weight-loss and nutrition practice, but Lori has expanded its services to remove roadblocks that prevent clients from recovering their health.

“I want people to understand that health is so much larger than weight loss, and our business model is so much more than simply helping people shed unwanted pounds. Weight loss doesn’t necessarily mean healthy.”

Since opening TNT, Lori has lived a thriving lifestyle rather than merely surviving day-to-day. That thriving lifestyle comes from the satisfaction she derives from helping clients achieve optimal, vibrant health. Of course, she’ll be the first to admit that she only deserves some of the credit behind TNT’s many success stories. She praises her army of 18 female employees who share her passion in helping clients look, feel, and function to the best of their ability.

“Our team members go through our program at different levels of commitment,” Lori says. “They’ve also sought medical care for multiple conditions such as sexual dysfunction high blood pressure, and thyroid

conditions. Now, they’re connected and can share their stories with our clients. They, too, are striving to achieve optimal health. You can’t teach or coach what you’re not currently doing. My team members are all on this journey of living their best life, and they want our clients to get on that same ship so they can experience their best life.”



One of those team members is Kristi Bell-Bolie, who began working at TNT eight years ago and today serves as marketing director.

“My biggest love is our team,” Kristi says. “It’s because we are a family. When we come together there’s synergy. I hear client stories of how so many have not been happy in their adult life. But when they change their spiritual being, their emotional being, and their physical being, they become happy. We have an outstanding team that leads with their heart, and you don’t find that in many places. They lead by their heart because they were taught that way by Lori.”

How TNT does it

As mentioned previously, functional medicine identifies and corrects the underlying causes of diseases and medical conditions rather than focusing only the symptoms.

TNT utilizes multiple diagnostic tools to determine the root cause. Those include serum lab testing to identify inflammation markers, hormone levels, and early risk factors for diabetes; hair analysis for heavy metals; intestinal permeability studies; vitamin and mineral analysis, cognitive testing, and much more.

In lifestyle medicine, patients are educated on achieving optimal health. That’s why TNT incorporates

wellness and educational classes into its treatment approach. These classes are held onsite and are taught by advanced practice registered nurses, licensed mental health counselors, mindset coaches, health coaches, and life coaches.

“We teach them how to shop for food, where to buy food, what to buy, how to plan, how to eat out, how to eat in, how to eat at a friend’s house, how to attend a social event,” Lori says. “That’s lifestyle medicine—incorporating new ways of healthy living into your day for it to be sustainable.”

TNT also incorporates pre-consultation meetings for new clients.

“Prior to a client’s first visit to our clinic, we send them videos so there is no question about who we are, what we do, and how we do things,” Lori says. “Then we have a liaison who meets with them and gives clients a tour.”

Existing clients undergo monthly treatment plan updates to determine what’s working and what’s not working. This allows the TNT team to modify treatment accordingly.

“We show them and we teach them how to create their lifestyle change,” Lori says. Not ours. Theirs. It’s extremely individualized and very strategic. I use homes as a good analogy. You have to have a strong foundation, and we teach them what those core fundamental principles are. It might take six to eight weeks to do that. Then we build the walls and roof over time for long-term sustainability. It’s an investment. Your health is the most valued asset you have. You possess it. You own it.”

TNT offers it all. Individualized care. Innovative diagnostic and treatment approaches. And a team fully committed to helping clients live happy, healthy lives. By shifting to a more patient-centered approach, the TNT team is utilizing functional medicine to address the whole person rather than an isolated set of symptoms.



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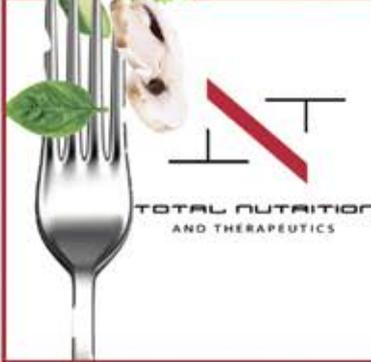




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- Kathleen Inman, current TNT client



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May-Thurner Syndrome:

A Vascular Disorder Affecting Mostly Women

By Bryan Carter, MPA-C, Phlebology-Surgery

Blood is carried toward the heart through our veins, and is called venous flow; blood is carried away from the heart through our arteries and is called arterial flow. Because proper blood circulation aids the body's movement of nutrients and oxygen to the extremities, heart, brain and other organs, it's imperative to maintain and improve our arterial and venous blood flow as we age. However, it's not uncommon for arteries and veins to fluctuate directional flow, but with May Thurner Syndrome, it can lead to dangerous outcomes like impinged blood flow and DVTs (deep vein thrombosis).

The right iliac artery and the left iliac vein intersect within the pelvis. With May Thurner Syndrome, the left iliac vein can become "kinked" from the pressure of the right iliac artery, pressing it against the lumbar spine, and in turn, may cause the blood flow to become partially or fully blocked. This is how dangerous DVT's can form. Females suffer from this disorder more commonly than men.

Symptoms

The bad news is May Thurner Syndrome rarely shows signs and symptoms. Small indicators may be swelling in your left leg and/or some discomfort or the following.

- Enlarged veins
- Leg feels heavy
- Skin color changes
- Swollen leg
- Warmth
- Pain

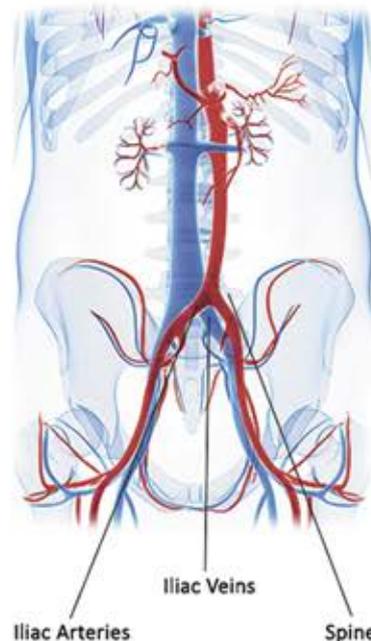
Risks

- Blood clotting factors (medications, health-related or genetics)
- Hormonal Medications (birth control, menopause)
- Child birth
- Dehydration
- Scoliosis
- Spinal compression
- Female

DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep in within the legs. Vascular malformations, pelvic tumors or sitting for long periods of time are some of the risk factors that go along with DVTs.



Iliac Veins & Iliac Arteries In The Pelvic Area



DVTs are life-threatening, as they can lead to a pulmonary embolism. Thankfully, surgical solutions save lives. Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death. These are grim statistics since the treatment is minimal and so readily available to patients. It's unfortunate that there still seems to be more of a reactive process, than a proactive plan. Speaking to your physician is vital if you or a loved one have any of the venous symptoms or risk factors discussed above.

Diagnostic testing includes contrast venography, duplex ultrasonography, or other imaging of the iliac venous and arterial flow.

Treatment

With DVT's, and those caused by May Thurner Syndrome, the treatment is standard. A stent needs to be placed in the vein and/or artery to open the blood flow, as well as prescribing medication for anticoagulation, like warfarin or another blood thinner to prevent future clotting complications.

Making an appointment with a person that specializes in venous disease is your best place to start.

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

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



VILLAGE
Heart
& VEIN CENTER

Bryan Carter, MPA-C

8575 NE 138th Lane
Lady Lake, FL 32159

(352)-674-2080

Toll Free: 1-855-432-7848 (Heart 4 U)

www.villageheartandvein.com

Get Fit in Ave Maria: Lower Your Cholesterol

If you have high cholesterol, your doctor has likely talked to you about exercise. In addition to improving your diet, exercise is an effective lifestyle change you can make to help bring your numbers down naturally. At Ave Maria, our residents have access to many exercise options both indoors and out.

How to Start Exercising

Although moderate physical activity such as brisk walking is safe for most people, health experts suggest that you talk to your doctor before you start an exercise program.

What Kind of Exercise Will Help?

To improve cholesterol levels, as well as lower your blood pressure and risk for heart attack and stroke, the American Heart Association (AHA) recommends an average of 40 minutes of moderate - to vigorous-intensity aerobic activity three or four times a week. For overall cardiovascular health, the AHA suggests at least 150 minutes of moderate exercise — or 75 minutes of vigorous exercise — per week.

Examples of moderate-intensity exercise include:

- **Walking briskly (3 miles per hour or faster).** Ave Maria has miles of walking trails.
- **Bicycling (10 miles per hour or slower).** Our bike friendly town allows you to bike to shopping, dining and more!
- **Playing tennis (doubles).** The Ave Maria North Park is located just north of the Town Center and provides an ideal spot for tennis, baseball, basketball, and plenty of fun in the sun.

Examples of vigorous-intensity exercise include:

- **Racewalking, jogging or running.** Located in the Town Center, the Ave Maria Fitness Center spans 5,000 square feet of workout and classroom area, men's and women's showers, reception area and offices. The workout floor includes state-of-the-art treadmills, stationary bikes, and Star Trac exercise equipment.
- **Swimming laps.** Adjacent to the schools and the North Park lies Ave Maria's famed Water Park, rivaling the finest parks of its kind in the area. With its interactive fountains, slides, pools, and pavilions, the Water



Park provides hours of resort-style entertainment on a year-round basis. Del Webb Naples, located in Ave Maria, also features a lap pool and resort pool and offers its residents several water fitness classes.

- **Aerobic dancing.** The Club at Maple Ridge, exclusive to residents in this neighborhood, features several styles of aerobic classes. Whether you enjoy line dancing, Zumba, or cardio dance class, aerobic activity will increase your heart rate.

Ave Maria residents enjoy a seemingly endless array of activities, from free organized events to a waterpark, aquatics center, dog park and miles of walking trails. At Ave Maria, you don't just live here; you come alive here.

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

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

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

YOUR SECONDARY HEART - THE KEY TO HEALTHY AGING



Maintaining proper circulation can prevent what we often see as normal signs of aging, including memory loss, dizziness, and chronic fatigue.

By Dr. Ken McLeod, Professor at the State University of New York at Binghamton

Most people are well aware of the health complications associated with high blood pressure. As we enter middle-age, our blood pressure tends to rise, and with this rise, the risk of heart disease and stroke increases. What far fewer recognize is that this pattern extends only up to our mid-50s or early 60s, after which our blood pressure - in particular our diastolic pressure - starts declining. This decline can lead to a condition called orthostatic hypotension, or a blood pressure which is too low when we are sitting or standing upright. As we continue to age, the risk of orthostatic hypotension (OH) continues to increase.

Chronically low blood pressure leads to numerous complications which tend to fall into the category of quality of life issues rather than medical complications. For example, low blood pressure commonly leads to dizziness and an increased risk of fainting or falling.

But another serious complication of OH is a decline in cognitive function, including dementia. In long-term studies where individuals are followed for up to 20 years, low pressure was found to be associated with a 5-10-fold increase in the likelihood of developing some form of dementia and a doubling of the risk of developing Alzheimer's Disease.

Even in young adults, it has been shown that remarkably small decreases in blood pressure below the normal level are sufficient to result in significant declines in cognitive performance, including decreased attention span, decreases in working memory, and decreased reaction times.

Why does our blood pressure start dropping after middle age?

A common reason for the drop in blood pressure is that our leg muscles become weak as we age, largely due to disuse. The heart can only maintain normal blood pressure if sufficient blood comes back to the heart between contractions. When we are sitting or standing upright, gravity is pulling all



the blood in our body down into our legs. Without adequate leg muscle activity, this blood does not get back to our hearts, our circulation decreases, and our blood pressure drops.

One set of muscles, in particular, are essential to ensuring good circulation - these are the soleus muscles in the calves of our legs. These muscles are so crucial that physiologists refer to them as our secondary hearts. However, if we have a sedentary lifestyle - primarily sitting all day, and Americans sit on average for 13 hours a day - then the soleus muscles lose their ability to pump blood back up to the heart effectively.

How To Improve and Maintain Proper Circulation For Life

Fortunately, like any muscle, the soleus muscles can be trained back up if they become weakened. The soleus muscles are deep postural muscles, and the trick to training them is long duration, low-level, exercise. For example, standing on our toes for long durations is a good way to train up the soleus muscles, so exercises such as Tai Chi and Yoga can be excellent. The challenge with such exercise routines is that they have to be performed for at least one hour a day, and preferably two to three hours per day, which does not fit with most peoples' lifestyle or physical ability.

There Is Another Way

HeartPartner is a passive-exercise device that utilizes vibration technology to strengthen the soleus muscles that help return blood to the upper body to maintain healthy cardiac output. It's easy and convenient to use at home or work while sitting in a chair, at a desk, or table for just a few hours over the course of a day. HeartPartner can not only improve memory and concentration, but also addresses other conditions related to poor circulation such as leg cramps and swelling, varicose veins, fatigue, and weight control.

I've heard the Chinese have a saying "Health begins in your feet" and perhaps nowhere is this more accurate than in maintaining heart and cognitive health in older individuals.

"The thing I really like about HeartPartner is you don't have to take your shoes off, you don't have to change your clothes, or go to the gym, or put something on. You simply sit down, put the front of your feet on the footpad for 90 minutes while you watch television or read a book. It is that easy."

— Winnie B., Orlando, Fla.

Dr. Kenneth J. McLeod, Ph.D., is President and Chief Executive Officer at Sonostics, developer of the HeartPartner. He also serves as Director of the Clinical Science and Engineering Research Center at Binghamton University in New York. Dr. McLeod received his Ph.D. degrees in Biomedical Engineering from the Massachusetts Institute of Technology.

HEARTPARTNER®
BY SONOSTICS®



To learn more about HeartPartner please visit www.sonostics.com or call us Toll Free at 1-855-696-9283.

High Cholesterol = High Risk for Debilitating Diseases

Cholesterol is a natural substance that the body produces through the liver. It's waxy and circulates through the blood stream, feeding the heart and brain. But when cholesterol is derived from foods like saturated fats and trans fats, the body over produces LDL, which is the "bad" cholesterol.

HDL is the "good" cholesterol. If we did not have HDL, our brains would not work properly, and we would suffer from other bodily disorders. The same holds true for too much bad, LDL cholesterol. If we have too much LDL, then it adversely affects our overall health.

What numbers are healthy?

Your total Cholesterol is made up of LDL and HDL. There are blood tests that your physician will order to check your cholesterol level. The best combination of both types of cholesterol is HDL (good) around 40 and LDL (bad) around 100.

TOTAL CHOLESTEROL LEVEL	
GOOD	<200
BORDERLINE	200-239
HIGH	240 or higher

What are the Risk Factors?

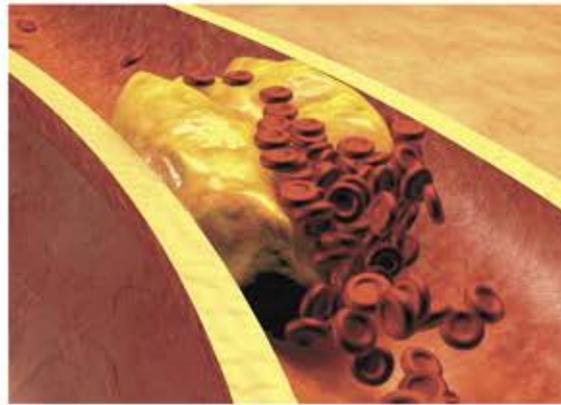
Cholesterol along with another substance in the blood can form atherosclerosis, which is the plaque that builds up in the arteries. If you have excessive plaque, then you are at high risk of having a coronary heart attack, heart disease, stroke and other disease related issues. Triglycerides are the fat that is stored in the bloodstream from the excess fat in our diets. Triglycerides are what combine with the high LDL level and create harmful plaque build up.

What you can do

Because much of the high degree of cholesterol is associated with our food intake and our body's inability to burn fat, you can do many things to help lower your cholesterol naturally.

- Eating healthy diet
- Stop smoking (contributes to atherosclerosis)
- Start an exercise program
- Cut back on alcohol and processed foods

You should have an annual exam with your physician to check your cholesterol levels on a regular basis. If you have a high lipid count, your doctor will prescribe medication (statins) for you to help lower the total level. In addition to statins, you can change your diet to get your levels to drop more rapidly.



Foods to incorporate

A big part of lowering your LDL or low-density lipoprotein is through adding soluble fiber, omega 3 fatty acids, monounsaturated fatty acids or MUFAs, powerful antioxidants and lutein to your diet. Some of the following foods listed below can literally lower your "bad" cholesterol levels by 5-10% within just a few weeks. But in order for these nutrients to make the most efficient decrease in your cholesterol, you must adhere to an overall healthy diet. You can't eat fried chicken and then eat an apple and think you'll get the benefit. You'll need to make a plan to eliminate the processed foods in your diet.

Cholesterol Lowering Foods

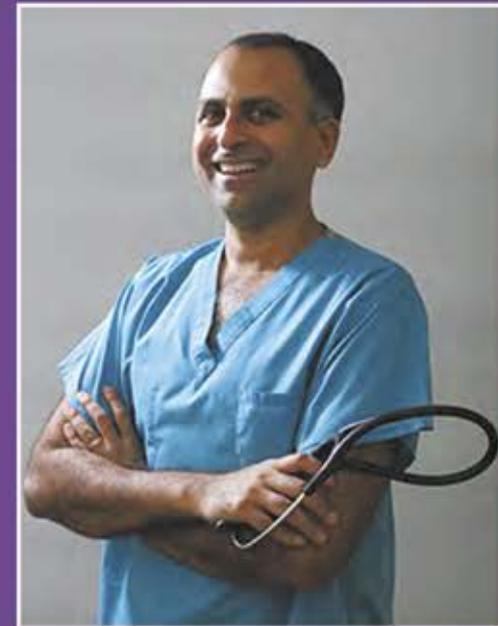
- Garlic
- Oatmeal and Oat bran
- Pears
- Apples
- Prunes
- Beans
- Red wine
- Fatty fish (salmon and sardines)
- Nuts
- Black tea
- Spinach
- Olive Oil

It's always best to speak directly with your physician before completely changing your diet or exercise program. Your doctor will construct a precise plan to suit your specific needs and incorporate some of the foods mentioned above along with a coordinated lifestyle strategy.

Dr. Vallabhan

Call Office for Consultation
352.750.2040

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



Dr. V

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

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

And that's how I treat it.

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

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

STEM CELLS: HEALING YOUR OWN BODY

By Physicians Rehabilitation

Stimulate your body's own stem cells to proliferate and target damaged cells in your body to repair or replace them.

Stem cells are the "gold standard" in regenerative medicine. Today, physicians are using stem cell therapies in the treatment of many diseases/ disorders and traumas. The use of stem cells may help deter a knee replacement or surgical procedure and improve the function of joints following injury. Practitioners today are also using stem cells within disciplines like pain management, cardiology, rheumatology and neurology.

As with other cells in our body, stem cells age as we do. That's why at Physicians Rehabilitation, we provide stem cells that are derived from umbilical cord tissue/blood. These "young" stem cells are highly potent and able to efficiently repair "old" or damaged cells.

Research has shown that umbilical cord-derived stem cells are not susceptible to malignant transformation (they do not transform into cancer cells), making them safe for therapeutic use in patients for cell therapy.

Umbilical cord-derived stem cells continue to excrete proteins and growth factors for about 3 months.

It's About Potency When Comparing Live Stem Cell Options.

Our Regenerative Stem Cell injections are derived from an umbilical cord tissue/blood product that captures all the greatest regenerative properties of this otherwise discarded tissue. Our brand of Stem Cell injectable uses a proprietary method of isolating growth factors, cells and stem cells, giving our patients the best possible benefits from a regenerative medicine product. The use of cells, stem cells and growth factors have been shown to be one of the best therapeutic methods to help aid in tissue healing and repair.

Umbilical Cord Stem Cells provide a natural healing therapy with cells that are native to our body.



Mesenchymal stem cells, or MSCs, are multipotent stromal cells (a type of cell that makes up certain types of connective tissue) that can differentiate into a variety of cell types, including osteoblasts (bone cells), chondrocytes (cartilage cells), myocytes (muscle cells) and adipocytes (fat cells).

Our regenerative medicine product is produced in compliance with FDA Current Good Manufacturing Practice and GTP (Good Tissue Practices) standards, which assure quality and safety.

Current Approved Stem Cell Protocols

- Osteoarthritis
- Facet Joint Dysfunction
- SI Joint
- Degenerative Disc Disease
- Rotator Cuff Tears
- Chronic Golfer's and Tennis Elbow
- Tears and Strains
- Achilles Tendonitis

— Q & A —

What are Stem Cells?

Stem cells are unspecialized cells in our bodies that have the capacity to change into ANY healthy cell. The body is made up of about 200 different types of specialized cells.

How Do They Work?

Stem cells have the capacity to migrate to injured tissues, a phenomenon called homing. This occurs by injury/disease signals that are released from the distressed cells/tissue. Once stem cells are delivered to a site of injury or deployed into the blood stream, they go to these distressed signals and dock on adjacent cells to commence performing their job.

First, they release growth factors which help in controlling the inflammatory response that in turn relieves pain while it works to heal tissue and other cells. In addition, stem cells work to increase blood flow to an area by forming new blood vessels.

Cells with the most damage is where the injected stem cells will migrate first. The release of growth factors set the stage for the replication of the necessary healthy cells to repair the damage.



The Villages - Summit Medical Park, 733 CR 466
352-775-3339 | www.PhysiciansRehab.com

NO RISK CONSULTATION

Do not live another day in pain. You deserve to live pain free.

To learn more about Physicians Rehabilitation's Regenerative Medicine Therapies, or to find out if you are a candidate, call today to schedule! 352-775-3339

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 —

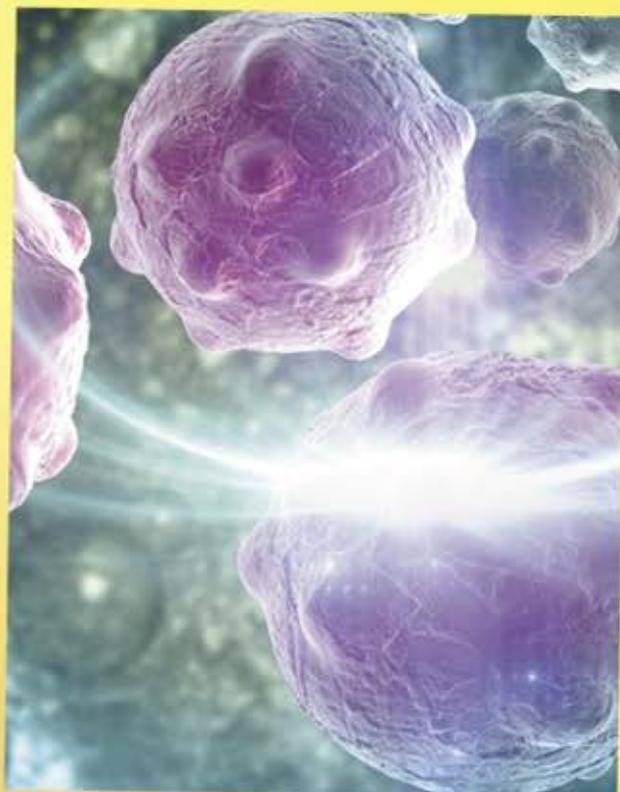
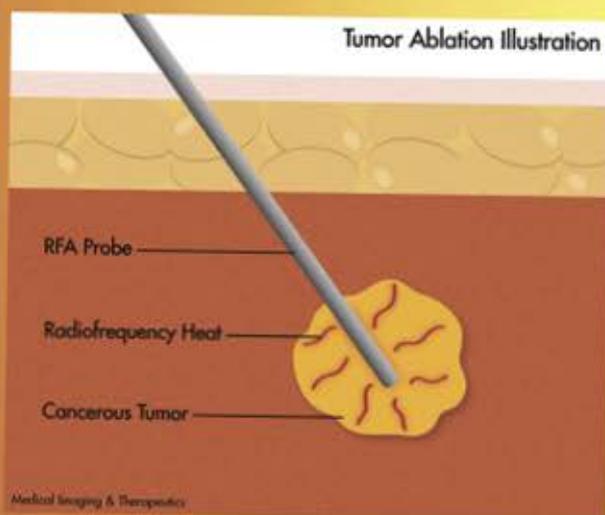
Weapons of "MASS" Destruction

Some of you may have heard the term "mass", when your doctor is describing a lesion, tumor, or suspicious lump in your body. You may have also heard of a biopsy, which is a surgical procedure to remove a small sample of a mass and send it to a lab to determine if it is malignant (a cancer) or benign (not a cancer). Further testing can indicate not only the type of cancer you have, but its genetic origin as well. If you learn that your mass is cancerous, you could qualify for an ablation. Put quite literally, an ablation destroys the malignant mass completely, leaving behind little chance for it to return and spread to healthy tissue and bones. What would you think if an ablation were an option for you?

Surgically removing a mass involves anesthesia, making an incision, and removing a portion of healthy tissue. The incision must then be sealed with stitches, which may require lengthy healing time. Imagine instead, a targeted treatment which terminates cancerous tumors in the lungs, liver, kidneys and bones using extreme temperatures, hot or cold, to destroy the tumors without causing damage to healthy surrounding tissue. This procedure, known as an ablation, is performed under image guidance, through a small incision under conscious sedation, and allows you to return home after a few short hours to recover in the peacefulness of your own bed!

Let's discuss the various "weapons of mass destruction" often used during the ablation procedure.

Cryoablation (using cold gases such as liquid nitrogen or argon to freeze), Radio-Frequency or RF ablation (heat), and Microwave ablation (also heat) are some of the options used to treat tumor masses that are three centimeters or smaller in size. Injecting chemo



drugs and radioactive substances directly into a mass can destroy it or slow its growth as well. Each of these options causes cell-death to a specific area, while keeping the surrounding tissue alive and healthy.

The technique to ablate a mass involves image guidance using Magnetic Resonance Imaging (MRI), Computed Tomography (CT), or even Ultrasound to help guide a needle, electrode or probe into the cancerous tumor. The needle is attached to a line which feeds microwaves, gases to freeze, or radio frequency energy to burn tumors, from a machine which generates the various types of energy through the needle and into the tumor. A trained specialist can control the energy used to destroy the mass so as to protect the surrounding tissue.

Until recently, many of these machines were only available in hospitals and research centers due to their immense size. Over the years they have become more portable and some are available outside of a hospital in approved outpatient centers for use by Interventional Radiologists, who use image guidance and minimally invasive techniques to promote your safety, with much less trauma and much lower costs to you and your insurance company.

The MIT Precision Shooting Team, created and trained by Dr. Mark Jacobson, is an exceptional team of technologists who are specially trained to assist in "targeting"

tumors for biopsies using CT or Ultrasound image guidance. Having successfully performed thousands of biopsies in their outpatient Interventional Radiology center in Lady Lake, Florida, the MIT Precision Shooting Team also brings its skillset to the procedure room to assist in tumor ablations with Dr. Jacobson.

Under the expertise of Dr. Jacobson, MIT, Medical Imaging & Therapeutics is a training center for Residents and Fellows of the Department of Interventional Radiology of the University of Florida School of Medicine.

About Dr. Mark Jacobson

Dr. Jacobson performs thousands of image guided interventional radiological procedures each year in his Lady Lake center and is the "go-to provider" for these procedures, not only because of the number of procedures performed and numerous



happy patients, but also because an outpatient surgical facility is a center of choice over a hospital for minor procedures not requiring general anesthesia. MIT has no procedure related infections, no history of hospital acquired diseases, is certified by the Florida Board of Medicine, is cost effective for you and your insurance company, and patients prefer the calm nurturing setting with pleasant professional staff. Local, as well as out of town physicians entrust Medical Imaging & Therapeutics for many various treatments for their patients. MIT is affiliated with the University of Florida College of Medicine as an Interventional Radiology training center for physicians in the interventional radiology residency and fellowship program.

MIT Medical Imaging & Therapeutics
Center for Diagnostic and Interventional Radiology
Interventional Radiology procedures performed in a nurturing, safe, state-certified outpatient center.

352-261-5502 | mitflorida.com
[facebook.com/mitflorida](https://www.facebook.com/mitflorida)

The Summit Medical Park
769 Co Rd 466, Lady Lake, FL 32159

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

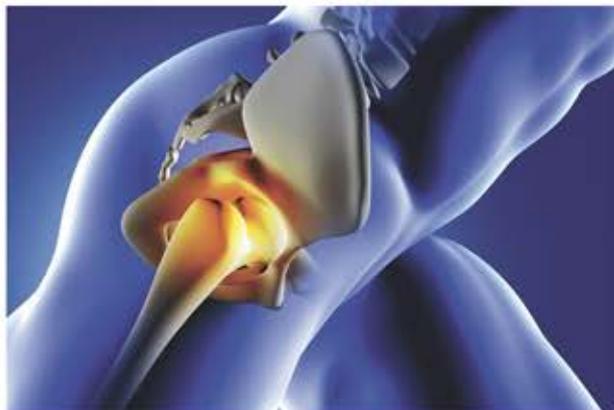
At Village Medical Injury Care, we pride ourselves on using only the highest quality bio-medical suppliers. For that reason, our team has selected premium quality regenerative product that includes growth factors ethically harvested from the amniotic membrane.

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.



Lowest prices in the area for Regenerative Therapy at \$3,500 per area
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

Avoiding Oral Pain? Don't Suffer in Silence!

Today, there are so many advancements in dentistry that make getting your dental health issues taken care of—a breeze. If you have dentures and over the years they've become loose, or are causing sore spots on your gums, it's because they don't fit properly any longer. When teeth are missing, the bone in the mandible (lower jaw) and the maxilla (upper jaw) will start to deteriorate over time. Once this takes place, you'll need to have your dentures adjusted. This is a simple fix.

There is not much worse agony, then when your mouth has some sort of pain. Whether it's from the aching nerve endings in a tooth, swollen sore gingival tissue, loose teeth, or an ill-fitting denture, don't suffer in silence, because oral pain can easily be treated.

If you'd like to feel more confident about your smile and enjoy the comfort of not having dentures or partials, then getting dental implants is the best solution. Over the past several decades, dental implantology has advanced into one of the leading procedures performed conveniently right in the dental office. It's now safer and easier than ever to get permanent replacements for a single tooth, or for multiple ones. In some cases, where patients have full dental arches needing to be replaced, dental implants can be strategically fixed into the bone, which will be the foundation that the dentures adhere to. This actually helps to salvage the healthy bone that you have within your jawline, much more so than with dentures alone. This is because the dental implants stimulate your bone and will contribute to the new regenerate of bone due to the bite occlusion and proper pressure needed for this formation. This process is called an implant-supported denture.

Using cone beam scanners, lasers and digital radiography, this cutting-edge technology, allows dental implants to be placed optimally without the need of scalpels or sutures. After the titanium posts are placed, your bone will integrate even more securely over a short period of time, making the "roots" of the implant strong and firm. In many cases, these teeth will be stronger than the patient's original tooth structure. The crown or prosthetic teeth are made to match your other teeth in size and shape. To the visible eye, these crowns will appear to be your beautiful natural teeth.



The cone beam scanner is a three-dimensional image of your teeth, soft tissue, nerve endings and bone formation. This advanced 3D technology allows for optimal treatment planning for countless procedures.

A hybrid denture is also an option for individuals that are missing several teeth in a row but do not wish to wear a partial denture because they prefer something more permanent. The hybrid denture is more like a fixed bridge, but it covers the empty spaces between teeth, without having to shave down existing teeth like with a traditional bridge. The hybrid denture adheres securely to the surrounding teeth, making it an ideal choice for many patients.

The best treatment option is, of course, to be proactive in your dental health. If you have loose teeth, or some form of gingivitis, or advanced periodontal disease, then seeing your dentist is critical to avoid losing teeth and also to treat the bacteria in your mouth. Bacteria and gingival disease is a fairly good indicator of your overall health. When your mouth has microorganisms causing disease, getting it treated will prevent it from spreading further into your system.

At Laurel Manor Dental, their dentists are highly trained in these procedures, and they take great pride in your getting you to your most optimal dental and oral health. Laurel Manor Dental goes one step further because they have an onsite specialist in periodontal disease and prosthesis. Her name is Dr. Lucia Roca.



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 explaining 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.



**LAUREL
MANOR
DENTAL**

352.430.1710
1950 Laurel Manor Drive, Suite 180
The Villages, Florida 32159
laurelmanordental.com

Navigating the Maze of Assisted Living

Selecting an assisted living community can be a daunting task. Much like finding the perfect house, choosing the right assisted living residence requires a thorough inventory of your loved one's wants and needs, doing research, taking tours, and asking for guidance along the way.

Today's assisted living communities often offer residents a robust menu of personal care services and activities. However, because the offerings vary so widely, it is critical to do your homework. Rest assured that whether you are searching for yourself or for your parents, we can help you navigate the maze.

List Your Wants and Needs

Start by compiling a list of needs and preferences. A 100% match might be impossible to find, so consider prioritizing the list. If you are doing this for your parents, try using a series of short visits with your parents and siblings to develop the list.

Here are some questions to think about:

- Is it important to be near friends or relatives?
- Is a small or large community preferred?
- How much and what type of personal care services are needed?
- What activities and amenities are of interest?
- Do you want a community that will allow you to "age in place" by offering a comprehensive range of services that can address additional needs in the future, so you can avoid another move later on?

Do Your Research

Next, compile a list of assisted living communities in the geographic areas you prefer. Look in the phone

book, on the Internet, ask people you know you have been through this process, and check with local elderly services organizations.

As you conduct your research, consider who owns the community. Are they financially stable, able to invest in the staffing, programming, and capital improvements? Are they experienced operating assisted living facilities? Do they have a good reputation? You should find that a few places such as Trinity Springs rise to the top of the list.

Visit the Communities

The most important part of the decision-making process is visiting the places that match the needs and wants you outlined. It's a good idea to limit your visits to no more than two communities in one day. As you tour, be prepared with a list of questions. Also take notes so you can remember which places had certain aspects that really impressed or bothered you.

Request an activities calendar and ask about excursions to shopping malls or community events. If possible, have lunch there with some of the current residents. Visit the facilities more than once and at varying times of the day to get a complete feel for the lifestyle at the community. During these visits, talk with staff members and residents.

Make the Right Choice for You

Finally, meet again as a family group to review the choices and rate how they stack up against your checklist. As you compare costs, be sure you understand what the care packages include, what additional fees or costs may be assessed, and what



funding options they offer. There is no exact science to choosing an assisted living community, but careful research and informed decisions will help you find a place that you will be glad to call home.

Care comes with just the right amount of comfort at Trinity Springs, where we have an abundance of ways to make life more enjoyable – from help with daily activities to incredible meals and attentive personal service. Here, assisted living is not just a program, it is a philosophy. Residents enjoy private, apartment-style living- with all the personalized care and attention they need to thrive.



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Dr. Compton shares the ways that many residents have become his patient's:

First:

- Many patients come directly to our office as referrals are not necessary.
- Others tend to start at their Primary care Physicians office (PCP). The PCP will evaluate and treat with medication. Then the patient presents to our office.

Second:

- We evaluate and treat the patient while working with the PCP if indicated.
- We treat as needed based on the patient's presentation (3-10 visits). Should we fail to see results quickly we recognize the need to progress the case. This means advanced imaging and orthopedic consultation.

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

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

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

Patient Testimonial

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

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



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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



Finding Balance Through Tai Chi: Reduce the Risk of Falls and Back Pain

As we age, many people find it more difficult to get around and maneuver their way throughout their daily activities. Perhaps you're worried about tripping over uneven pavement or flooring. Maybe you are already using a cane or walker, but still feel apprehensive about your stability, or maybe you have already had the traumatic experience of falling and now need assistance.

Having your gait (stride) checked by a professional therapist is extremely helpful for many individuals with age-related symptoms, and also for people with recent injuries that have an inhibited sense of balance.

A physical therapist will work with you one on one to evaluate your balance, walking ability, foot rotation, steadiness, and control. The therapist will devise a fall prevention program specifically for you in mind. In recent studies, Tai Chi has proven to be an excellent source in helping individuals to gain their balance back by retraining the body to walk stronger with more stability. In addition, the meditative concept stimulates balance and body awareness, as it also helps to build muscle definition with minimal force on the joints.

Tai Chi is a form of exercise that focuses on shifting weight from one foot to the other in a rhythmic pattern. This type of exercise is known to increase balance and prevent falls, especially in the aging population. Tai Chi also alleviates back pain by fostering the flexion and suppleness of the practitioner through recurrent, lengthening, body positioning.



According to the AARP, "Tai chi practitioners learn to "sink into the earth and feel the connection with their feet," which can help them negotiate uneven surfaces, explains international tai chi fitness expert Scott Cole. A 2015 study published in the journal *Arthritis & Rheumatism* found the exercise can also help with osteoarthritis, the most common joint disease in midlife, by improving mobility, reducing stiffness, and helping ease pain.

But tai chi, believed to be a centuries-old adaptation of martial arts moves according to the precepts of Chinese medicine, does more than just loosen up your limbs. "When people practice tai chi, there's a decrease of stress hormones produced by the sympathetic nervous system, which can help lower heart rate and blood pressure," says Irwin. "That's similar to the kinds of gains that happen immediately after engaging in more strenuous exercise." What's more, by going through the motions with knees slightly bent, you're working the largest muscle groups in the body – the glutes and quadriceps – which are the first to atrophy as we age.



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References:
AARP, B Stepko, "The ancient martial art is a beginner-friendly, low-impact workout" AARP.com, April 16, 2018



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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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Hope and Optimism

By Pastor Timothy L. Neptune

Hope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, *"Where then is my hope? Who can see any hope for me?"* (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, *"May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: *"And now these three remain: faith, hope and love. But the greatest of these is love."* (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, *"...I will go to the king, which is against the law; and if I perish, I perish!"* (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)."* (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!



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