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

October 2019

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Marion Edition - Monthly | FREE

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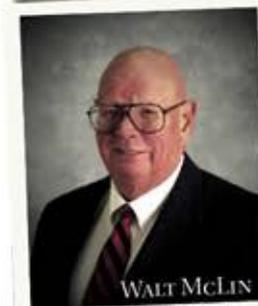
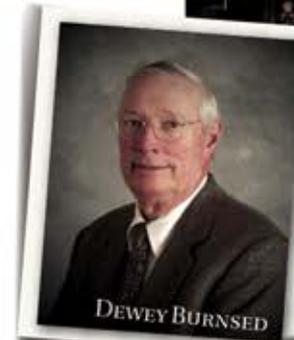
## Taking a Moment to Honor a Brilliant Legacy

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Now, as we celebrate **50 years** of success, we fondly remember Dewey and Walt and remain humbled by their brilliance and contributions to society.

We continue to honor their vision by offering a broad spectrum of legal assistance and representation to Central Florida's citizens and businesses, including business and personal litigation, corporate law, mediation, real estate law, tax law, estate planning, elder law and much more. And, we proudly do this with the same integrity, honesty and dedication to our clients and the community that Walt and Dewey were hailed for.

Gentlemen, you built something remarkable and we thank you.



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*Marissa*

*-Marissa Lenney, Patient & Breast Cancer Fighter*

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# In It to Win It – RAO Remains at the Front Lines of Early Detection

RAO's Women's Imaging Center (WIC) and TimberRidge Imaging Center want to remind women to maintain a "Rosie" outlook on a riveting subject: early breast cancer detection. Most people know of the importance of finding breast cancer early, when it is most easily and successfully treated. But many don't know about some of the more sophisticated technologies that arm our dedicated faction of breast imaging subspecialists.

The first line of defense is 3D mammography, which is nearly indistinguishable from standard 2D mammography in terms of the patient experience – but 3D is far more discerning and accurate, especially for the 47% of women with dense breast tissue. "Dense breast tissue affects nearly half of all women, and it's completely normal," says WIC Medical Director and breast imaging subspecialist Dr. Amanda Aulls. "But in standard mammography, dense breast tissue tends to image white, often masking breast cancer, especially in its early stages. 3D mammography offers greater clarity and detail, so cancer can be more easily differentiated from healthy tissue."

3D mammography is estimated to be up to 40% better at discovering early invasive breast cancer than 2D, and it produces far fewer false positive results. "No one wants to have an unnecessary scare," says Dr. Aulls. "And they certainly don't want to undergo a follow-up test if they don't need one. 3D reduces those experiences considerably, which is why it's RAO's standard of care."

## Does Early Discovery Really Make a Difference?

Yes. While breast cancer continues to strike 1 in 8 American women, death rates have dropped 39%, which many

medical resources attribute to advances in diagnostic testing. When caught before it has had a chance to spread, breast cancer has a 93% survival rate. "We haven't yet figured out how to prevent breast cancer," says Dr. Aulls, "but we have gotten better at finding it early, when survival rates are high. We have not yet won the war, but we are winning more battles than ever before."

RAO's Women's Imaging Center also offers other effective armaments in the fight. As the region's only full-service women's diagnostic center, WIC has a team of dedicated Board certified radiologists who subspecialize in breast imaging, meaning each doctor has at least 10 years of medical training and remains up-to-speed on the newest advances in supplementary testing, such as breast MRI and ultrasound. "We read all imaging results in-house rather than sending them out like some practices do," says Dr. Aulls. "Interpreting results is every bit as important as getting high quality imaging. We believe it is too important a task to outsource, especially if something questionable shows up. In those cases,

we consult directly with our patients' doctors, many of whom our staff know personally, since we all live in the area."

RAO has also put extensive effort into making WIC and TimberRidge welcoming environments, so women feel more comfortable physically and psychologically. "No one particularly looks forward to having a mammogram," says Dr. Aulls, "but they don't have to be awful. After all, this is part of nearly every woman's healthcare, so we do our best to make sure it's as quick, easy and accurate as possible, so there are fewer false alarms and quicker detection. Breast health is an important cause and our lives and welfare are worth fighting for."

In the war against breast cancer, we shall never surrender. Make today a 3D-Day with a call to RAO to schedule your routine screening.

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**Amanda Aulls, MD**  
Director of Women's Imaging

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# The Most Frequently Asked Questions About Amniotic, Placental, and Umbilical "Stem Cells"

By Regenexx Tampa Bay, Regenerative Medicine

Utilizing birth tissues to harvest stem cells for orthopedic and other areas of medicine is an exciting topic. However, there are currently no FDA-approved uses for allogeneic (coming from someone else) stem cell products other than cord blood or bone marrow transplantations after certain kinds of cancer treatments. More disturbing is the fact that vials of amniotic, placental, and umbilical "stem cells" that sales reps are selling to many physicians DO NOT contain living stem cells. This has been independently tested and confirmed by major universities and Regenexx. We urge patients to arm themselves with knowledge against these deceptive claims.

## What are amniotic, placental, and umbilical tissue-based products?

As you may know, babies, while still in the womb, are encased in a fluid-filled sac known as the amniotic membrane. Following the birth of a child, the amniotic membrane and/or fluid can be collected, sterilized, and processed into a variety of tissue-based products. Placental and umbilical tissue can also be obtained for the same purpose. Regrettably, these products are being pitched and sold to doctors as "stem cell" products. Some of these products do contain growth factors that can stimulate stem cells when injected into one's tissues. However, it is NOT accurate to call them stem cell products. Legally, representatives shouldn't be making these claims to physicians and in-turn physicians should not be making these claims to patients.

## Are there stem cells in these tissues?

There are in fact stem cells in these tissues at the time of birth. However, once the tissues are processed, the cells are sterilized (killed). If these products did contain stem cells, the product would be classified as a drug by the FDA, requiring approval before being used in human clinical trials. It would not be marketable until clinical trials for each indication were completed and the drug was determined to provide benefits that outweigh its potential risks. This takes many years and can cost \$1 billion or more. No wonder some unscrupulous companies want to bypass this process. The FDA has issued enforcement letters to companies selling unapproved products stating that their products are regulated as drugs. However, until now, the FDA has only enforced these rules sporadically expecting that the industry would regulate itself. Unfortunately, companies knowing the FDA has stated that they won't get aggressive with enforcement until Nov. 2020, have flourished.



To clarify, either these companies are selling an illegal unapproved drug or more likely, as confirmed by testing, selling dead tissue products that they claim have living stem cells. Both of these scenarios are problematic.

## What else does amniotic fluid contain?

Processed amniotic fluid does retain some growth factors and cytokines that can be injected to help promote healing. But, before spending thousands of dollars on a vial of these products, you may want to consider another alternative. At this time, there is no data supporting that the use of these tissue products is better than your own platelet-rich plasma (PRP). PRP contains your own healing growth factors, is not nearly as expensive, and is easier to obtain. PRP is an excellent option that likely accomplishes the same thing, if not better than, a vial of amniotic fluid for a fraction of the price.

## Why are sales reps pushing amniotic, placental, and umbilical "stem cells"?

Expensive vials of these tissue-based products represent a scalable, one-size-fits-all product that aligns with the pharmaceutical industry's traditional mass marketing business plan. On the other hand, PRP requires a doctor's office to take blood from the patient and process it into a growth factor-rich therapeutic. Because the PRP comes from the patient's own blood, this eliminates any possibility of bodily rejection. If processed correctly, it can also be customized to the needs of the specific patient. So why are sales reps pushing ready-to-inject vials? For many providers, PRP is inconvenient and time-consuming. Also, most providers probably believe they are using live "stem cells" because they believe what they are being told. Unless a physician has access to state-of-the-art labs to fully investigate a product, they must rely upon sales pitches that are potentially full of deceptive claims.

## How do you know these vials contain no stem cells?

If these products 'did contain living stem cells and were approved by the FDA, Regenexx would have signed on to become one of the biggest customers. The reality is that we have conducted lab research, determined the validity of these claims, and uncovered deception. Research scientists at Regenexx and the Interventional Orthopedics Foundation (IOF) were the first to begin testing these claims. Other academic research labs have since validated the initial findings -that is the results concluded that there were no living cells in these products, the products didn't help older stem cell performance, and didn't contain more growth factors than a PRP injection.

Regenexx has published a large percent of all orthopedic stem cell research worldwide, has the world's largest database patient registry tracking outcomes and safety, and is the only protocol when delivered by certified Regenexx physicians, that is receiving insurance coverage by self-insured employers across the country (>7 million covered lives).

Knowledge is power. The marketing of amniotic, placental, and umbilical "stem cells" has been misleading at best. Even though we may be able to justify using them for their growth factors, the reality is that your own PRP or concentrated bone marrow (compliant with FDA regulations) is likely a better overall treatment option.



James Leiber, D.O. | Ron Torrance II, D.O.  
Ignatius Papas, D.O. | Michael Amoroso, M.D.



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# MORE OPTIONS FOR TREATING BREAST CANCER

Regardless of age, race, or family history, all women – and about 1% of men – have some level of risk for breast cancer. Primary risk factors include age and gender, along with a number of other factors, such as obesity and alcohol use, which can be moderated through healthy lifestyle choices. Today, there are many types of effective treatments for breast cancer, including surgery, chemotherapy, radiation, and hormone therapy. Research is ongoing to bring even more promising treatment options to patients.

## Can Breast Cancer Be Inherited?

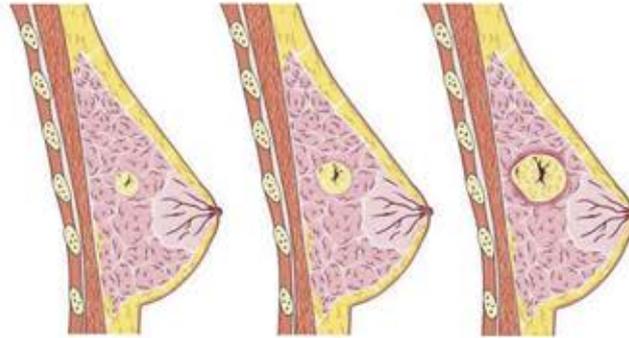
Certain types of breast cancer do seem to run in some families; however, it is important to understand that what is inherited is the abnormal (mutated) gene that could lead to breast cancer, not the cancer itself. The most common genetic risk factors for breast cancer are in women who have changes to the BRCA1 and BRCA2 genes. Women with this inherited gene mutation have up to an 80% chance of developing breast cancer during their lifetimes. If you have a close relative (mother, sister, daughter, etc.) with breast cancer, you should speak with your doctor about genetic testing.

## Early Detection

Identifying any type of cancer at an early stage before it has spread extensively (metastasis) provides a much better outcome for patients. Florida Cancer Specialists' physicians concur with the American Cancer Society's recommendation that women over 40 with no family history of breast cancer should get a mammogram once a year; for women under 40, a clinical breast exam is recommended at least once every three years. In addition, monthly breast self-examinations can be an effective way of discovering any changes in the normal look and feel of the breasts.

## New Findings Offer Guidelines for Chemotherapy

Results of a study released in June 2018 confirmed with better accuracy which patients will benefit from chemotherapy and which will not. It is estimated that, due to this new understanding, about 70,000 breast cancer patients can now safely skip chemotherapy. The study



was published in the New England Journal of Medicine (NEJM), and, according to its findings, almost 70 percent of women with early stage breast cancer and an intermediate risk of recurrence can now safely skip chemotherapy after their tumors have been surgically removed.

Over 10,000 patients in the clinical study received a genomic test that estimates the individual risk that cancer will recur. Known as gene expression testing, this assessment helps determine which breast cancer patients are most likely to benefit from chemotherapy following breast surgery.

Those with a high-risk score (above 25) were advised to have chemotherapy along with hormone therapy, which is standard treatment; those with a low-risk score (0 to 10) would still need hormone therapy, but could forgo chemo and avoid its sometimes harsh side effects.

Prior to this study, the group of patients with test results in the intermediate risk range (between 11 to 25) did not have a clear course of action with regard to chemotherapy; however, the study found that within the intermediate-risk group, all women over 50 whose tumors responded to hormone therapy and tested negative for the HER2 gene had no significant benefit by adding chemotherapy and could safely skip it. Chemo did offer some benefit for those 50 and younger who had a recurrence score between 16 and 25.

Florida Cancer Specialists is proud to have participated in this study. Its findings provide more certainty about which patients in the intermediate-risk group need chemotherapy and which do not. This is just one example of the incredible benefit clinical research brings to both current and future cancer patients.

Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab, and financial counselors at every location, that deliver the most advanced and personalized care in your local community.

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# 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.

At Certified Marijuana Doctors there is no charge for your initial visit if you don’t qualify. For the other 95% of their patient population, the physician issues a certification and enters the patient into the Medical Marijuana Use Registry or MMUR. Only people who are registered in the Medical Marijuana Use Registry database can obtain and consume medical marijuana in Florida. Certified Marijuana Doctors guides you through every step of the process.

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# Urinary Incontinence

**H**aving an overactive bladder is nothing to be ashamed of. In fact, nearly 15 percent of women are dealing with it on a chronic basis. As you may suspect, it is more prominent in women due to pregnancies, menopause, and the unique structure of the female urinary tract.

Stress Urinary Incontinence (SUI) is a specific type of problem that is caused by movement or exertion. Certain movements can result in excess pressure on the bladder; which results in unintentional urine loss. In a healthy individual, the muscle surrounding the urethra, called a sphincter, is responsible for containing urine within the bladder. Our bladder walls are made up of muscles that must be relaxed for the bladder to expand. When incontinence occurs, it is because the muscles have been weakened and cannot maintain their normal function. Various events can lead to this condition; childbirth, trauma to the pelvic region, and even chronic coughing from smoking. Knowing the mechanics of urinary incontinence helps us to find a proper treatment.

The most troubling part of having an uncontrollable bladder is that it can happen at virtually any time, day or night. It can occur during laughing, sneezing, or working out. Anytime we experience strenuous physical activity could be the next embarrassing accident. As with most medical problems, being healthy can drastically reduce our risks. Being overweight can increase abdominal pressure making matters worse. A bad habit like smoking can induce coughing; which can weaken the abdominal muscles. There are different treatments available for this condition; ranging from Kegel exercises to surgery.

Kegel exercises are the clenching and unclenching of the pelvic muscles. It is accomplished by "bearing down" and releasing. Also, the use of Botox is an option. When we hear the word "Botox", it is generally attributed to the removal of wrinkles. However, in this case Botox is used to treat and reduce daily bladder leakage.



Botox has been FDA approved for incontinence sufferers and has shown great success. It works by injecting the Botox into the bladder muscles; this allows them to relax and store more urine with less stress. Botox is not a permanent solution and needs to be re-injected every 9 to 12 months.

Durasphere injections are another option; they are bulking agents that consist of non-migratory and non-absorbable prolytic-coated graphite beads in a gel. A mouthful to say, but it's actually a quite simple procedure to help control uncontrollable bladder leakage. The bulking agents are injected straight into the urethra to fill up the space that permits urine leakage. The injection actually thickens the bladder

making it more easily retain a healthy amount of urine. The pyrolytic carbon has been used in the medical field for over 30 years in implantable medical devices and it is non-reactive to tissue. This treatment is a safe and effective, minimally invasive, outpatient procedure option for urinary incontinence.

When it comes to treating urinary incontinence, the InterStim device is the most technologically advanced. This product has been used for over 15 years with over 100,000 individuals undergoing the procedure. The small device is surgically placed underneath the skin to stimulate the sacral nerves, the nerves that control the bladder. It blocks communication between the brain and the bladder. About the size of a pacemaker, this device sends electrical pulses down to the nerves of the pelvic floor. This is a method to reduce the contractions of an overactive bladder.

Urinary incontinence is not something that will go away on its own. Proper treatment is the only way to alleviate the symptoms. If you have any questions regarding incontinence, you can contact Advanced Urology Institute at (855) 298-2273.



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# Overwhelmed by Anxiety? Consider Ketamine.

By Eric Milbrandt, MD, MPH

Occasional anxiety is part of life. Many feel anxious when faced with a new project at work, before taking a test, or when making important decisions. I felt anxiety as the deadline approached to write this article. This type of anxiety can be unpleasant, but it may motivate you to work harder and to do a better job. **Anxiety disorders**, however, involve more than temporary worry, stress, or fear. For those with an anxiety disorder, the anxiety does not go away and often gets worse over time. The presence of an anxiety disorder is a risk factor for the development of other anxiety and mood disorders, substance abuse, and risk of suicide. The symptoms can interfere with daily activities such as job performance, school work, and relationships.

Anxiety disorders are some of the most common psychiatric conditions in the western world. In the United States, as many as one in five persons are affected. There are several types of anxiety disorders, including generalized anxiety disorder, panic disorder, and various phobia-related disorders. People with **generalized anxiety disorder (GAD)** display excessive anxiety or worry most days of the week about a variety of things, such as health, work, social interactions, and life circumstances. Symptoms include:

- Feeling restless, wound-up, or on-edge
- Being irritable
- Having difficulty concentrating
- Difficulty controlling feelings of worry
- Sleep problems
- Being easily fatigued
- Muscle tension

**Panic disorder** is the presence of recurrent unexpected panic attacks. Panic attacks are sudden periods of intense fear that come on quickly and reach their peak within minutes. Attacks can occur unexpectedly or can be brought on by a trigger, such as a feared object or situation. People with panic disorder often worry about when the next attack will happen and try to prevent future attacks by avoiding places, situations, or behaviors they associate with panic attacks. Symptoms of a panic attack include:

- Rapid, pounding heartbeat
- Sweating
- Trembling or shaking
- Feelings of shortness of breath, smothering, or choking
- A sense of impending doom
- Dry mouth
- Feeling out of control



A **phobia** is an intense fear of specific objects or situations. While it may be appropriate to be fearful in certain circumstances, the fear felt with a phobia is out of proportion to the actual danger posed by the object or situation. Common phobias are fear of flying, heights, snakes, needles, and blood. **Social anxiety disorder** involves an intense fear of social or performance situations. Those affected fear being negatively judged by or embarrassed in front of others. People with **agoraphobia** have an intense fear of public transportation, open spaces, enclosed spaces, crowds, or being alone outside the home.

#### What to do about anxiety?

There are a variety of treatment options for anxiety disorders. For some, medical treatment isn't necessary at all. Non-drug **lifestyle changes** can be an effective way to relieve stress and anxiety. These primarily involve self-care, such as:

- Getting enough sleep
- Avoiding caffeine, alcohol, and tobacco
- Exercising
- Meditating
- Eating a healthy diet

When lifestyle changes alone are not enough, treatment then falls into two additional categories, **psychotherapy** ("talk therapy") and **medication**. Working with a therapist, psychologist, or psychiatrist, people can learn tools and strategies to deal with anxiety as it occurs. One such example is cognitive behavioral therapy (CBT), which teaches people different ways of thinking, behaving, and reacting to anxiety-producing events.

Medications used to treat anxiety include antidepressants, benzodiazepines, and beta-blockers. Antidepressants take time to work, so it is important to give the medication a chance before deciding whether it works. In some people, antidepressants initially make anxiety worse before the brain gets used to their long-term calming effects. Benzodiazepines, such as Xanax or Klonopin, work quickly to control anxiety. However, benzodiazepine tolerance is common, and people often need ever increasing doses or become dependent on them. Beta-blockers are medications that reduce the physical feeling of anxiety by blocking the effects of adrenaline, thereby reducing heart rate, sweating, and tremor associated with anxiety-provoking events. Beta-blockers are particularly helpful in performance situations, such as public speaking.

Recently, two additional treatments for anxiety disorders are becoming popular, especially for those that fail to improve with lifestyle changes, counseling, and medication. **Cranial Electrotherapy Stimulation (CES)**



uses a small handheld device, such as Alpha-Stim, that delivers low-level electrical current via electrode clips that are applied to the earlobes. It can be effective for a variety of acute and chronic stress conditions.

**Low-dose ketamine** infusions, such as those provided by The Infusion Clinic of Ocala, can be valuable and highly effective for treating resistant cases of anxiety, depression, and PTSD. Ketamine is a medicine developed more than 50 years ago for anesthesia during surgery and other painful procedures. High-dose ketamine has been used safely for that purpose in children, adults, and animals for decades. About 15 years ago, medical researchers began studying low-dose ketamine infusions for treatment-resistant mood disorders, including anxiety disorders. Since then, studies have proven conclusively that the drug not only works but works quickly, providing significant and lasting relief within hours of the first infusion.

You can find out more about ketamine in the January issue of Health & Wellness Magazine (<https://tinyurl.com/y7sursfq>), online at <https://www.InfusionClinicOcala.com>, or by calling The Infusion Clinic of Ocala at (352) 325-5755.



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

# Ghost, Goblins, and Sugar—Oh My!

**W**ith Halloween approaching, you're kiddos, grandchildren and let's be honest, parents too, are about to go hog-wild on some sugary treats this month. If you're not careful about brushing all of that sticky sugar off, you might end up looking like a Jack O' Lantern. Probably not, but you will be susceptible to cavities, and no one wants to hear the words, "You need a filling."

The other issue with some candy is that it can actually cause tiny fractures in the enamel or in some cases, break and chip your teeth or restorations. Ocala Dental Care has your children and your best interest in mind this Halloween season. That is why they have compiled a good, better best list when it comes to purchases, receiving and eating these tempting sweet treats.

**GOOD:** Well, maybe this section should have been titled, "IF YOU MUST." Some of the sticky candies are the most popular things that your kid will get from the neighbor's houses. Sugary sweets like Candy Corn, Starbursts, Taffy, Lollipops and Caramels are at the top of the list. These are okay, but it's essential to rinse your mouth out with water and then brush your teeth (longer than average) to make sure you get all of those sticky little bits off of your teeth. The surfaces of your teeth are like crevices, and sticky candy finds a way to hide out in there unless you're really diligent about brushing and flossing. If candy is left on the tooth surface, it feeds the bacteria in the mouth and causes acidity, plaque, and decay. Even if it's a late night, brush and floss that sugar away!

**BETTER:** Fruit juice gummies are still candy, but a little healthier than their chemical-laden cousins and the gelatin is a good source of calcium. Sugar coated chocolates are fine, nerd candies or other dissolving candies like sweet tarts are better options because the sugar is easier to brush off of your teeth. Licorice and other chewy candies that are not extremely sticky are fine options too.

**BEST:** There are so many healthier choices today like organic candies and real fruit juice options



out there that should make shopping for your Halloween candy a little less stressful. Chocolate candy especially dark chocolate is an excellent option because of its lower sugar content. In fact, chocolate is the better option because the viscosity of the sweets washes off of your teeth very easily. An even better option is chocolate covered fruit, and nuts like chocolate dipped apple slices or chocolate covered almonds because they're healthier and provide fiber and protein. Popcorn is also a great alternative to candy, even caramel popcorn or popcorn balls are delicious and a special healthier treat than taffy or other sticky sweets.

**IT'S A SPECIAL OCCASION, GO AHEAD, ENJOY YOURSELVES AND HAVE A SAFE AND HAPPY HALLOWEEN!**

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# For those Who Suffer Painful Spinal Fractures, Balloon Kyphoplasty May Provide Welcome Relief

**D**awn, 58, enjoys walking on the beach and looking for seashells in her ocean-front community. It's a relaxing way to spend her precious free time between working two jobs — as a nurse at a skilled care nursing home and as a home health care provider.

One day recently, the physical demands of Dawn's work caught up with her.

"I was moving a tub, and I was bent down pulling the tub backwards. I'm not sure what was in it, but it was heavy. And something on the floor caused me to fall. I fell from no higher than knee high."

Dawn knew instantly that something was wrong when she felt a pop in her back. "It was loud, and the pain was horrible."

She left work and went home, but after two days of intense pain that wouldn't let up, Dawn went to the emergency room. There, she had an X-ray and found she had suffered a compression fracture of her L2 vertebra.

"Being off work wasn't really an option for me," said Dawn, who lives alone and has chronic diabetes.

She was also concerned about taking opioid medications like Percocet, which she had been prescribed at the emergency room.

"I didn't want to be dependent on them. I don't like the way they make you feel anyway."

Emergency room physicians referred Dawn to a spine surgeon. After determining that Dawn's spinal fracture was caused by osteoporosis, her surgeon performed a minimally invasive surgical procedure called balloon kyphoplasty that uses balloons and cement in an innovative technique that has been shown to bring many patients rapid pain relief after just one hour.

Balloon kyphoplasty is a minimally invasive procedure for the treatment of pathological fractures of the vertebral body due to osteoporosis, cancer, or benign lesion.

With her pain having gone away and her activity level improved after her balloon kyphoplasty, Dawn has begun seeing an endocrinologist to manage her osteoporosis with calcium therapy and bisphosphonate medications.

## QUESTIONS AND ANSWERS

### What causes spinal fractures?

Most are caused by osteoporosis, a disease that causes bones to become weak and break easily. Certain types of cancer or tumors also can cause spinal fractures.



normal vertebra



fractured vertebra

### How common are spinal fractures?

Worldwide, one in three women and one in eight men over age 50 are affected by osteoporosis, a common cause of vertebral compression fractures (VCFs).<sup>1</sup> Many VCFs go undiagnosed and untreated — often because people consider back pain a normal part of aging and don't mention it to their doctors. But if you leave it untreated, you could be at risk for more injury and even death.<sup>2-6</sup>

### What are the typical symptoms of a spinal fracture?

A spinal fracture may cause mild to severe back pain and can occur after simple daily activities such as sneezing or lifting a light object. You may have a vertebral compression fracture if you:

- Have sudden onset of severe, sharp back pain that lasts longer than 3 days AND
- Are over 50 OR
- Have been told you have osteoporosis or low bone density.

### How are spinal fractures diagnosed?

Your doctor may press on your back to locate the source of your pain. You'll have images like an x-ray or MRI scan taken of your spine to confirm the diagnosis.

### What are the benefits of Kyphon™ Balloon Kyphoplasty (BKP)?

Compared to non-surgical treatment like a back brace or oral medication, clinical studies have shown that people with spinal fractures treated with BKP experienced several benefits:<sup>1, 7-9</sup>

- Less back pain
- More quality of life
- Better mobility
- Less time on bed rest and fewer days when pain interferes with daily activities
- Satisfaction with the procedure

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**How does balloon kyphoplasty work?**

Your doctor will decide if local or general anesthesia is the right option for your procedure.

- One or two small incisions are made, about 1 cm long.
- A small pathway is made into the fractured bone, and an orthopedic balloon is inserted.

- The balloon is carefully inflated to raise the collapsed vertebra.
- The balloon is then deflated and removed, creating a cavity, or space, within the vertebral body.
- The cavity is filled with a special cement to support the surrounding bone and prevent further collapse. You can think of it as an internal cast.
- Generally, the procedure is done on both sides of the vertebra.

**What are the risks of balloon kyphoplasty?**

Although the complication rate for Kyphon™ Balloon Kyphoplasty is low, as with most surgical procedures, serious adverse events, some of which can be fatal, can occur, including heart attack, cardiac arrest (heart stops beating), stroke, and embolism (blood, fat, or cement that migrates to the lungs or heart). Other risks include infection; leakage of bone cement into the muscle and tissue surrounding the spinal cord and nerve injury that can, in rare instances, cause paralysis; leakage of bone cement into the blood vessels resulting in damage to the blood vessels, lungs, and/or heart. Talk to your doctor about both benefits and risks of this procedure.

**Is Kyphon™ Balloon Kyphoplasty covered by insurance?**

In most cases, BKP is covered by Medicare and private insurance carriers. If you have questions regarding your policy or coverage, contact your insurance carrier.

**Who performs Kyphon™ Balloon Kyphoplasty?**

Specialists trained to perform the BKP procedure include some orthopedic surgeons, neurosurgeons, interventional radiologists, and pain medicine doctors. If you think you have a spinal fracture, you may need to see your primary care doctor for a diagnosis, and if necessary, get a referral to a specialist for treatment with balloon kyphoplasty.



For more information, visit: [spine-facts.com](http://spine-facts.com)

*Balloon Kyphoplasty incorporates technology developed by Gary K. Michelson, M.D*

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**TRIED  
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Ask your doctor about the risks of osteoporosis and vertebral compression fractures (VCFs)

**CONSIDER**

- Have you had a sudden onset of severe, sharp pain that lasted longer than three days?
- Have you had a broken bone after age 50?
- Have you been told you have osteoporosis or low bone density?

**If so, you could have a VCF and not know it.**

**Learn more: [spine-facts.com](http://spine-facts.com)**

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# CAN CBD HELP WITH PAIN?

By Kevin Spitler, Co-Owner and Tiffany Demoe, Co-Owner

Living in Florida provides abundant fair weather for all residents throughout the entire year. By way of good weather, the young and old alike are much more active. In our sunshine state, older individuals are golfing, playing tennis, pickleball, kayaking, swimming, and the list goes on and on; but with all of that healthy activity, we're more prone to injury and wear and tear.

In the U.S., over 100 million people reportedly suffer from some form of chronic pain. Living with pain on a daily basis can become intolerable, and for this reason, many people suffer from addiction to pain medications, but there is another way to fight the discomfort on a natural level.

CBD derived from hemp can significantly help many individuals with chronic pain. Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD. The structure of CBD interacts directly with our cells. Our natural endocannabinoid system works synergistically with it, creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like pain-reception, mood, sleeping, immunity, pleasure, memory, and much more.

My Hemp Solutions owner, Kevin Spitler, is a 10+ year veteran in the commercialized cannabis industry including the ownership and operation of a medical Cannabis dispensary in Kalamazoo Michigan from 2009 – 2012 where he assisted thousands of patients to find a better quality of life.

After his endeavor in Michigan, Mr. Spitler returned to Toledo to assist his mother, who was suffering from terminal pancreatic cancer with three months to live. He began using various cannabis products to help control her pain and nausea, helping to greatly reduce her suffering through her treatments.

After her passing in 2013, he was inspired to open his self-proclaimed "grandma approved" Toledo Hemp Center, to help bring a better quality of life to other moms and dads that didn't have a "Kevin" in their lives with the knowledge and products that his own mother had access to.

Tiffany Demoe, an expert in the cannabis industry through extensive cannabis college studies via TMCi Global - an online Medical Cannabis Institute.

Tiffany who used CBD hemp products to combat a personal addiction with anxiety medicine, has taken the lead on educating people in the Toledo area from 2015 - present where she has assisted thousands find alternatives to dangerous pharmaceutical medications.



## CBD Science

There are many benefits to taking daily CBD supplements from hemp oil products, but the most exciting among them is that they enhance the body's own endocannabinoid system (ECS), increasing the body's ability to maintain balance. When the ECS is supplemented in this way, it is able to function more efficiently, optimizing the body's performance. Essential functions like sleep, mood, appetite, inflammation, immune function, and bone deposition are all impacted by the ECS.

Cannabinoids are a class of chemical compounds produced by the cannabis plant. There are over 70 presently discovered cannabinoids, which are primarily responsible for the effects cannabis has on the body. Common cannabinoids include tetrahydrocannabinol (THC), cannabidiol (CBD), cannabinol (CBN), and cannabigerol (CBG). These cannabinoids act on receptors located in our cells as part of the ECS and modulate the release of neurotransmitters. CB1 receptors are mostly located in the central nervous system, and CB2 receptors are found mainly throughout the peripheral nervous system.

Hemp oil also provides the body with several beneficial nutrients, like minerals, omega-3 fatty acids, flavonoids, and terpenes. Adding these nutrients to your daily routine is another reason to add a hemp oil supplement to your diet.

Because CBD oil products are categorized as dietary supplements in the United States, My Hemp Solutions complies with the FDA's guidelines and do not endorse any specific medical benefits of CBD or their products. They encourage you to browse the thousands of reputable studies regarding CBD published online and talk with your doctor to see if a CBD supplement is right for you.

## Forms of CBD

CBD oil can be rubbed on the skin, used orally, and can be inhaled as vapor. Topical products are often used for localized conditions such as arthritis and skin irritation. Oral formulations, including capsules, tinctures, and CBD-infused snacks, act systemically throughout the body. Inhaled vapor products offer near-immediate systemic effects and can be easily titrated to affect. Other methods of use include suppositories and time-released transdermal patches. There are ways to use CBD supplements for every preference and lifestyle.

## Seniors and CBD

With so many people reaching retirement age or older in this country, it is increasingly important to offer Baby Boomers a healthy supplement to encourage graceful aging. CBD hemp oil can be used positively in the lives of seniors to create balance. This means seniors can breathe easy while benefiting from the positive effects of CBD.

My Hemp Solutions is committed to offering the highest quality hemp-based products and the most experienced, professional service.



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# How Physical Therapy Can Help Individuals Age Well

**W**e've all heard the phrases about aging gracefully, but aging well is a growing concern for many seniors. Faced with bodily disorders as well as cognitive decline, many individuals that are 55+ years of age are taking strides to maintain independence and live their lives as healthy as they possibly can.

The AARP reports that 89% of the aging population of patients want to remain in their home. It's important for individuals to maintain their independence even though they may require some form of temporary assistance. Physical therapy can help individuals age in place, where they are most comfortable and productive. Physical therapy can help to stave off gait or balance issues and correct dysfunctions, alleviate pain and increase range of motion.

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

## Types of Treatment Available with Physical Therapy

- Assessment and Evaluation Programs
- Difficulty Walking
- Fall Prevention and Balance Retraining
- Fitness and Wellness Programs
- Functional Training
- Gait Training and Balance Programs
- Manual and Massage Therapy
- Neurological and Neurodegenerative Retraining
- Vestibular Rehabilitation

## Back Pain

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



For patients suffering from back pain, the first step to recovery is to receive a proper diagnosis so the cause of the symptoms can be determined. Physical therapists are trained to administer flexibility and strengthening tactics along with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results.

## Vestibular Balance Issues

At some point in their lives, at least 50 percent of the U.S. population will develop a balance issue. Many of these circumstances happen to the aging population, between the ages of 50 to 75, and most of these are related to vestibular issues.

Patients suffering from vestibular related disorders often experience vertigo, dizziness, nausea, migraines, gait issues (walking), and imbalance. In addition, many patients complain of mood changes and cognitive impairment. Usually, these symptoms stem from issues in the inner ear. More than 69 million Americans have experienced some form of vestibular issues in their lifetime, and that number is on the rise.

Tiny crystals in the inner ear that slough off and get lodged in the fluid of the ear canals cause BPPV. It can be effectively treated with a simple manual therapy that moves the crystals through the ear, improving and in many cases alleviating vertigo and the sensations of dizziness.

Physical therapists understand the importance of balance and walking for a self-sufficient lifestyle, and the ability to maintain daily activities. Whether those activities are at work, play, exercise or just simply getting around. There are numerous programs and therapies to help treat multiple balance issues.

## Parkinson's - LSVT Big and Loud

As of yet, there is still no cure for Parkinson's disease. The treatments available are medications, which help to alleviate symptoms, and a high emphasis is placed on a healthy diet along with exercise and mobility training. Because Parkinson's patients are often struggling with small shuffling movements, rigid muscles and tremors, the individually tailored exercise classes are highly effective for retraining the brain into making bigger movements, while incorporating stabilizing balance methods. LSVT Loud trains Parkinson's patients to use their voice at a more normal level, and LSVT Big teaches the individual to use their small and large motor skills with more control.

*Innovative Therapies Group* understands that patient education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, mobility and communication is critical.

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

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



**Innovative Therapies Group, Inc.**

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# The Link Between Hearing Loss and Depression

**signia**  
Life sounds brilliant.

**S**everal studies have been conducted on the link between depression and hearing loss. Recent findings indicate that of the groups studied, women of all ages and adults age 18 to 69 with hearing loss are more likely to experience “significant depression” than hearing loss sufferers over 70.<sup>1</sup>

“We found a significant association between hearing impairment and moderate to severe depression.”<sup>2</sup>

There are several likely reasons that loss of hearing leads to depression in so many. Communication, which is vital to social interactions, becomes a source of stress when someone has to strain to hear others speak, and frequent misunderstandings result in embarrassment. After a while, people with untreated hearing loss begin to avoid social situations, particularly if they involve loud surroundings like parties or crowded restaurants where understanding speech is even more difficult. Withdrawal tends to progress until the person gradually quits on life, choosing to remain in silent isolation rather than struggle to hear and communicate publicly. Hearing loss sufferers may think they simply cannot be helped because hearing loss is a “terminal” condition for which there is no cure. Older patients may feel their hearing loss is a signal that they are simply too old to participate in social activities. Cutting oneself off from society and activities is a red flag for depression.

“Loss of hearing represents more than just difficulty hearing sounds. It can lead to social isolation and depression.”<sup>3</sup>

The following are ten facts medical professionals need to know about the risk of patients with hearing loss developing depression:

1. In a study conducted on Generation X and Baby Boomer patients with untreated hearing loss, participants were found more likely to develop depression and other psychological issues than their hearing peers.<sup>4</sup>
2. Another large study of adults 50 and older with untreated hearing loss found they were more likely to experience depression and other emotional and



mental instabilities and were significantly less socially active than their peers who wore hearing aids.<sup>5</sup>

3. This same study found depression and similar disorders were found to worsen as hearing ability declined.
4. Patients with untreated hearing loss find it more difficult to communicate with others, leading to the avoidance of social interaction with friends and family. Isolation is a known contributor to depression.<sup>6</sup>
5. The onset of depression in older adults has been associated with the development of dementia or Alzheimer’s disease – which is also a co-morbidity of hearing loss.<sup>7</sup>
6. Along with depression, patients with untreated hearing loss are known to experience anxiety, paranoia, relationship problems, stress, and other negative emotions.<sup>8</sup>
7. Using hearing aids can significantly improve emotional and cognitive conditions in patients over the age of 65.<sup>9</sup>
8. 36% of patients who begin wearing hearing aids experienced improved overall mental health, while 34% increased their social engagement.<sup>10</sup>
9. Despite the fact that hearing aids can help improve patients’ lives, the average span of time from patient realization of hearing loss to purchase of hearing aids is eight years.<sup>11</sup>

10. An initiative called Healthy People 2020 calls for an increase in hearing tests for adults between the ages of 20-70.<sup>12</sup>

“...but studies also show that people with hearing loss who use hearing aids often have fewer depressive symptoms, greater social engagement, and improved quality of life.”<sup>13</sup>

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# All About You Women's Boutique Helps Breast Cancer Patients Through it all – Step by Step

**D**uring October, we hear so much about breast cancer survivors, which is admirable, but it's important to note that it's not just about survivors, it's about the entire journey.

Breast cancer statistics remain high with both invasive and noninvasive diagnosis. 1.7 million women in the world are diagnosed with breast cancer each year. While we hear fewer statistics about men, they still can and do develop breast cancer, but at a much more infrequent rate.

With so much in the news at this time of year about breast cancer awareness, fundraisers, and considerable amounts of pink clothing everywhere we look, we sometimes forget what it's like to not just be a survivor but to suffer through the treatments.

Whether the cancer treatment entails surgery, chemotherapy, radiation treatments, reconstructive surgery, or alternative therapies, the bottom line is that these individuals are sick! They are not feeling well, and many times find it entirely overwhelming for function at all.

### All About You Women's Boutique Helps Patients in Multiple Ways

The diagnosis of breast cancer can be the scariest time of a woman's life. At All About you Women's Boutique it is our passion and life purpose to provide a haven where women can come to feel beautiful again. We provide mastectomy, lumpectomy, lymphedema and numerous other items along with the finest care during this very difficult time.



One in seven women will be diagnosed with breast cancer. Here women have a lovely, comfortable place to deal the questions and situations that come as they rebuild a body and a life. These brave survivors are not alone; they are very dear to us. Our day is complete when a woman leaves the store standing tall, head held high and smiling because she looks the way she wants to again. It is our calling to help women with a compassionate hand, an understanding conversation, a hug, or a prayer when the world seems turned upside down by breast cancer. Come to All About You Women's Boutique where every woman is beautiful.

All About You Women's Boutique visits The Villages and Gainesville once a month too!

*Call us at 352-236-2599 to find out dates.*

All About You Angels put on a cancer support group that comes together once a month and exists to help patients to exchange trials and tribulations through this trying time.

Please call Brittany at 352-572-2743 to learn more.

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*All About You Angels are a 501c3 that help under insured and non insured women afford products from the All About You Women's Boutique as well as other organizations. All About You Angels are a caring group of Survivors, Fighters and Family members coming together with the purpose of helping others touched by breast cancer.*

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# Brain Health: Alzheimer's Disease and Dementia

**K**eeping our brains healthy has become the forefront of the medical industry. With nearly 6 million people in the US with Dementia, that number is expected to grow exponentially. It's now being touted as type III diabetes, as more and more research points to high blood sugars wreaking havoc on the brain's functioning.

Forgetfulness, agitation and frustration, social withdraw, and difficulty with daily tasks, are all symptoms of Dementia. Alzheimer's is the most progressive form of dementia. As the "tangles" in the Alzheimer's brain become unattached, they rapidly disrupt the communication in the brain.

With Dementia, there are several different types, but one common and often overlooked type is vascular dementia, which usually affects individuals that have suffered a stroke or mini-stroke(s). Vascular dementia injures the brain in the area that controls memory, problem solving and speech. Brain atrophy is also considered to be progressive and widespread issue due to multiple complications.

## Risk Factors & Causes

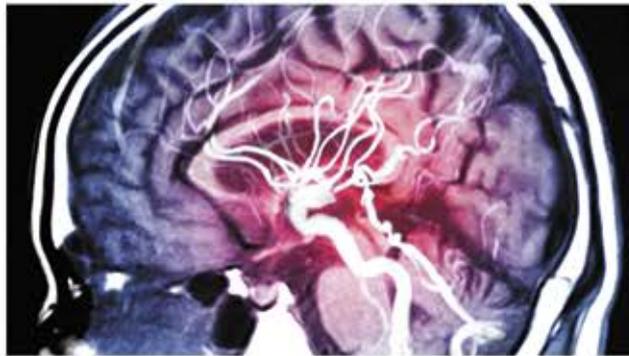
For years, medical professionals and researchers have been trying to find the exact cause of dementia. The main hallmarks of the disease are attributed to amyloid plaques, cerebral amyloid angiopathy, and neurofibrillary tangles. While these pathological markers are evident in many individuals with dementia, they are not always present in all; consequently, they cannot entirely account for the umbrella of cognitive disorders.

In a recent study, top neurologists and researchers went a few steps further, to shed light on a new discovery in the causes of Alzheimer's. The study looked at the cerebrovascular pathologies, cardiovascular health, and microvascular disorders. Almost all individuals with dementia show signs of some vascular impairment on various levels.

## Symptoms

The signs and symptoms of dementia are different throughout the various stages of the disease, but common indicators are as follows:

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



## Treatment Options

Some medications can slow the progression of the disease, but these are unfortunately not a curative treatment method. However, we do know that following helps patients stave off the disorder:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

## How can you Prevent Cognitive Decline and the Progression of the Disease?

Maintaining a healthy brain starts by eating a nutritious diet, such as the Mediterranean, MIND or DASH diet, which provide essential nutrients for the brain's condition. All three of these diets emphasize eating plenty of vegetables, fruit, healthy fats, whole grains and lean protein (especially cold-water fish), while avoiding sugar, simple carbs and saturated fats. Eating this way is thought to prevent cognitive decline by providing the brain and body with antioxidants, and the good fats that it needs to function properly. Excessive sugar, simple carbohydrates, processed foods and chemicals are known to cause brain and memory degeneration.

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

A few years ago, there was a cognitive study performed, the first of its kind, which incorporated an interventional methodology to take a multi-domain approach to dementia prevention. The trial called the FINGER Study was conducted over a two-year period in Finland by a team of healthcare providers.

With over 1200 participants, the randomized tests were done on a control group and a multi-domain intervention group. The control group was given regular health advice on a weekly basis, while the intervention group was given tactical exercise, diets and performance studies three to four times per week.

The multi-domain intervention group's protocol consisted of:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

The conclusion of the study showed that it is possible to prevent cognitive decline through physical exercise, diet, cognitive training and socialization, and by lower metabolic risk factors.

If caught early, this progressive disease can be delayed through specifically advanced treatment options like diet, exercise and refining memory skills. Neurologists and other professionally trained practitioners are essential in putting the pieces back together.

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sjtate@gate.net



**James Tate**  
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Your Medicare Solutions Ocala

**You're Invited!**

Please join us at a community meeting to learn about Medicare and your Medicare options.

**Friday, November 22nd @ 10:00am**

**Stone Creek Grille**

9676 SW 62nd Loop, Ocala, FL 34481

# Veterans' Unique Medical Needs Deserve Special Care

Submitted by Hospice of Marion County

**T**he medical needs of veterans are unique and require special care as there are usually other ailments affecting their health. These health issues go beyond physical pain from their battle wounds and can include things such as fatigue, memory, cognitive problems, PTSD and depression. A recent study in the Archives of General Psychiatry found that one in 10 Iraq war vets develop serious mental health issues such as violent behavior, depression and alcohol abuse.

As healthcare providers, we know that it's important to obtain a veteran's military history before treatment begins so that we understand which war(s) they have been in -- that often tells us what types of chemicals they were exposed to, as well as types of infectious and parasitic diseases they were potentially exposed to while in service. Veterans from the Vietnam War were exposed to Agent Orange, and veterans who have served in the Middle East have potentially been exposed to the nerve agent Sarin. Many veterans have been affected by traumatic brain injury (TBI), a jolt or blow to the head, which is an effect of being near or in close proximity to explosions and unavoidable military activities. Symptoms of TBI are shorter attention span, language disabilities and the inability to process information. Recognizing these special needs of our veteran population requires that we understand and address their physical, emotional and psychosocial needs, while honoring their service.

In November, we'll celebrate National Hospice Month. As part of the month-long recognition of hospice care, we will be focusing on our veteran community. Hospice of Marion County is a proud



member of the national We Honor Veterans program, currently with Level 4 status, and working to become a Level 5 partner, the highest level you can achieve. This program was developed by the National Hospice and Palliative Care Organization in collaboration with the Department of Veterans Affairs.

As part of this effort, our mission is to provide veteran-centric services to veterans in our community and on our service. Our social workers help our veteran patients understand all the benefits we can bring to bear in their life-limiting illnesses with a focus on the veteran's needs and goals. We routinely help veterans and their families navigate their VA benefits, assess what services are already in place and if further services may be needed, provide education on advance directive planning and education on palliative and end-of-life care. We also conduct veteran recognition ceremonies, honoring their service. Below are some of the upcoming events that are open to the public:

- **Oct. 21** – Angel Guardian Medical Service Dogs, Inc. presentation by Carol Borden, CEO, Founder and industry expert, Elliott Center, 3231 SW 34th Ave., Ocala, 9:00 a.m. RSVP: (352) 873-7441

- **Nov. 1** – Community Breakfast, presentation on Soul Injury by Deborah Grassman, Mental Health Nurse Practitioner and nationally known author, will share her insights on working with veterans at end of life. Elliott Center, 8:30 a.m. RSVP: (352) 873-7456

- **Nov. 8** – Community Memorial Service, Elliott Center, 10:00 a.m. RSVP: (352) 873-7456

- **Nov. 16** – Welcome Home Vietnam Veterans event, Hospice of Marion County Memorial Park, 2895 SE 62nd St., Ocala, 10:00 a.m. RSVP: (352) 873-7456

To learn more about Hospice of Marion County visit [www.hospiceofmarion.com](http://www.hospiceofmarion.com) or call (352) 873-7400.

## Have Medicare questions? I have answers.

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# Brain Health: Understanding the Signs and Severity of Concussions and Head Injuries

**H**igh-contact sports are a hot topic in the news due to the prevalence of concussions and brain injuries, but head trauma can happen at any age, especially the elderly with their risk of falls and degenerative bone density. The skull is meant to protect the brain, but it is sometimes unable to shield the brain from damage with excessive force or trauma. When the brain makes contact with the skull, there is an increased risk of blood vessel tearing and bruising (contusion) that can also affect the nerves within the brain. If the damage is severe, the brain may begin to swell within the skull, limiting blood flow. This is extremely life-threatening and can lead to a stroke due to lack of oxygen and glucose. A concussion can occur from a mild blow to the head, either with or without loss of consciousness. There are also risks of skull fractures, and bone fragments injuring the brain.

According to the American Association of Neurological Surgeons, a hematoma is a blood clot that collects in or around the brain. If active bleeding persists, hematomas can rapidly enlarge. Like brain swelling, the increasing pressure within the rigid confines of the skull (due to an enlarging blood clot) can cause serious neurological problems and can even be life-threatening. Some hematomas are surgical emergencies. Hematomas that are small can sometimes go undetected initially but may cause symptoms and require treatment several days or weeks later.<sup>1</sup>

## Concussion Symptoms:<sup>1</sup>

- Prolonged headache
- Vision disturbances
- Dizziness
- Nausea or vomiting
- Impaired balance
- Confusion
- Memory loss
- Ringing ears
- Difficulty concentrating
- Sensitivity to light
- Loss of smell or taste

## Mild Injuries

Like concussions, mild injuries to the brain may not be observable in routine neurological examinations. Diagnostic tests typically will not

show any changes. Therefore, diagnosis is based on the nature of the incident and the presence of specific symptoms, confusion being a primary one.<sup>1</sup>

## 3 Symptoms of Confusion are:<sup>1</sup>

- Inability to maintain a coherent stream of thought
- A disturbance of awareness with heightened distractibility
- Inability to carry out a sequence of goal-directed movements

If you or someone you know has had any trauma to the head, it's critical to be proactive and seek medical care, which will include physical examination and possibly diagnostic imaging to rule out contusions, concussions or more severe brain injuries. Likewise, if it is a severe traumatic event, call 911 immediately.

## Quick Care Med Urgent Care

Quick Care Med can treat many injuries or illness from, broken bones, sore throats, and poison ivy rashes to tetanus shots. If your health needs are not emergent like a heart condition or other impending life-saving issues, the benefit of urgent care are numerous. To name a few, the wait time will be much shorter than the emergency room (ER). For the most part, urgent care can see their patients within an hour. The cost is also much less with urgent care than it is with emergency room treatment. Quick Care Med Urgent Care provides you with the proper paperwork to follow up with your primary care physician or specialist, as urgent care takes initiatives to keep the line of communication open to make certain that your treatment is a top priority.

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

## References:

1. American Association of Neurological Surgeons, "Concussion—Prevalence of Head Injury," 2019, Rolling Meadows, IL, <https://www.aans.org/patients/neurosurgical-conditions-and-treatments/concussion>



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

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

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

## 3 Locations in Ocala

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# Physical Therapy & Home Health Can Help You Find Balance

**D**uring the month of October, The nation recognizes and celebrates the importance of rehabilitating treatment options through Physical Therapy (PT). PT can help patients improve their overall physical health and wellbeing in countless ways. Since every patient's needs are different, therapies are adjusted to specific patient-centric approaches depending on their individual circumstances. Physical therapists work directly with your physician to evaluate, map and report on your progress during treatment.

If you have limited functional mobility or musculoskeletal damage, your physician may recommend you for physical therapy to minimize your pain, retrain your muscles, and get you back to your best state of recovery. This includes your movement, correcting imbalance and perfecting your range of motion.

At some point, at least 50 percent of the U.S. population will develop a balance issue. Many of these circumstances happen to the aging population, between the ages of 50 to 75, and most of these are related to vestibular issues.

Patients suffering from vestibular related disorders often times experience vertigo, dizziness, nausea, migraines, gait issues (walking), and imbalance. In addition, many patients complain of mood changes and cognitive impairment. Usually, these symptoms stem from issues in the inner ear. More than 69 million Americans have experienced some form of vestibular issues in their lifetime, and that number is on the rise.



*The most common form of vestibular issues is Benign Paroxysmal Positional Vertigo (or BPPV)*

- **Benign** –Not life-threatening
- **Paroxysmal** –brief spells-comes and goes
- **Positional** – Triggered by certain head positions or movements
- **Vertigo** – A false sense of rotational movement

Tiny crystals in the inner ear that slough off and get lodged in the fluid of the ear canals cause BPPV. It can be effectively treated with a simple manual therapy that moves the crystals through the ear, improving and in many cases alleviating vertigo and the sensations of dizziness.

Physical therapists understand the importance of balance and walking for a self-sufficient lifestyle, and the ability to maintain daily activities, whether those activities are at work, play, exercise or just simply getting around. There are numerous programs and therapies to help treat multiple balance issues.

**Additional Home Health, Physical Therapy Services:**

- Assessment and Evaluation Programs
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Lady Lake, FL 32159



# What Does It Mean to Be an Elder Law Attorney?

By Teresa K. Bowman, Of Counsel

**A**s we age, changes to our body, health, financial picture and family are ever-evolving. When we were young, we didn't worry about infirmity, incapacity, or how we wanted our estates to be managed. But as time marches on, those issues move to the forefront of our lives. As elder law attorneys, we use our legal knowledge to help aging and disabled clients find solutions to problems as they arise, and formulate plans to avoid problems in the future. The work we do focuses on the needs of the client and may or may not always involve a legal solution.

Being elder law attorneys means we must have a working knowledge of many areas of the law, such as estate planning, asset protection, Medicare, Medicaid, Social Security, Supplemental Security Income (SSI), veterans' benefits, long-term healthcare insurance, guardianship, special needs trusts and disability planning, probate, trust administration, elder abuse and elder exploitation, nursing home discharge issues, patient rights, retirement benefits, health law, and mental health law. It's a long list, but most clients have issues that span across many of those areas and planning can be complex.

Being elder law attorneys means we practice using a holistic approach, thinking about the issue at hand, but also considering future issues that might arise and how to plan for them. Our job is to point out the potential "holes in the road" that may come up, and help clients stay out of those holes. In addition, we consider the financial and mental well-being of the family as a whole, which means having knowledge of community resources to provide support to those with nonlegal needs such as help with caregiver stress and financial management.

As elder law attorneys, we keep a box of tissues on our desks, provide adequate lighting for those with vision issues, supply our offices with chairs that are easy to get in and out of, use a larger font on the



firm's website, and hire staff members that are compassionate and have a genuine interest in the practice. Our clients may have hearing issues and not be technically savvy, so we meet the client where he or she is comfortable, and often communicate through "snail mail" rather than by email or phone.

Not all of our clients are elderly. In my practice I serve special needs clients of all ages, from children to adults. My office is wheelchair-friendly and able to accommodate all family members who want to be involved in seeking solutions for their loved one, especially when the client is a child with special needs.

Being an elder law attorney means I must listen with a sympathetic ear, let my clients have time to tell their story, and not rush them through the process. This time is important not only to them but to me as well, as it gives me a greater understanding of their needs and how I can help.

Being elder law attorneys means we go to hospitals, nursing homes, assisted living communities, and clients' homes. If a client can't get to us, we go to them. Many times, meeting a person in their own home makes a difficult conversation a bit easier.

When choosing an elder law attorney, look for someone who focuses his or her practice exclusively on elder law and has the experience to provide quality guidance, the compassion to listen, and the willingness to accommodate your needs before, during and after the initial consultation.



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# Cancer.

By Paula Swift, CHTP

**J**ust one word evokes a diverse response. Whether you've experienced it yourself, or walked alongside others through their crisis, fear, anger and sadness tend to dominate. So, it might sound strange when some will remark this time in their life to be the best event that ever happened to them. I am one of them.

When I reflect on my own experience with breast cancer, I find that there is one common ground with others who also claim that cancer was one of the best things that happened in their life. And it all comes down to faith. With varying beliefs and religious practices, there is always a foundation of faith in a higher, greater power, with the majority having a very personalized relationship with God. There is incredible beauty found in each individual as their faith grows, and their spirit and life begin to flourish with profound discoveries and meaning, regardless of what their body might be doing.

Upon receiving that phone call from my doctor to confirm my cancer diagnosis, I wasn't quite sure how to feel. My immediate prayer was that God would bring to me the right people who would support me in the way that He wanted for me. He answered that prayer immediately that very night with a dear friend. I knew in my heart that I wanted to take a different direction than the standard medical protocol, and she was my first cheerleader, offering the beginning of what would be a long road of research and education that continues even today. I set my heart and eyes on my ultimate Healer, my Creator, my Heavenly Father, for this direction. And the intimacy with Him grew exponentially as He offered comfort and guidance.

Sunday morning following the diagnosis, I was on my way to church at a very early hour. During the quiet, 20 minute drive during sunrise, I was asking Him how will I know which protocol He wanted me to do. His voice was so clear that it was nearly audible with my human ears, "I've got this, Paula. I've got you". Okay, okay, I get it, Lord. One step at a time it will be. From then on, those words were



repeated countless times throughout my healing and the more I allowed the time and space to listen, the more I heard His voice and the more I recognized when His Spirit was moving me. It became very clear that the path He was leading me on was for the sole purpose of serving Him and serving others.

Reflecting on my healing experience and life since, the joy and peace that have filled my soul exceeds all I've ever known prior. The intimacy with my Heavenly Father continues to grow closer in ways that my heart had yearned for throughout my lifetime as a believer. When focus continues to be with Him, fear does not prevail and pain has purpose. It is because of all He continues to teach me, and His overflowing unconditional love, that I am able to live my life serving

others seeking whole healing of their body and spirit. Healing comes in many ways and sometimes it is not on this side of heaven. But healing the spirit is eternal, and we recognize that our days in this body are temporary, it sets our sights to what is forever. And that is where the adventure really begins!



Paula Swift, CHTP

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