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October 2019

Lake/Sumter Edition - Monthly

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Optimism. A powerful element in fighting cancer.

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

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

Marissa

-Marissa Lenney, Patient & Breast Cancer Fighter

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It's your heart. It should be personal.

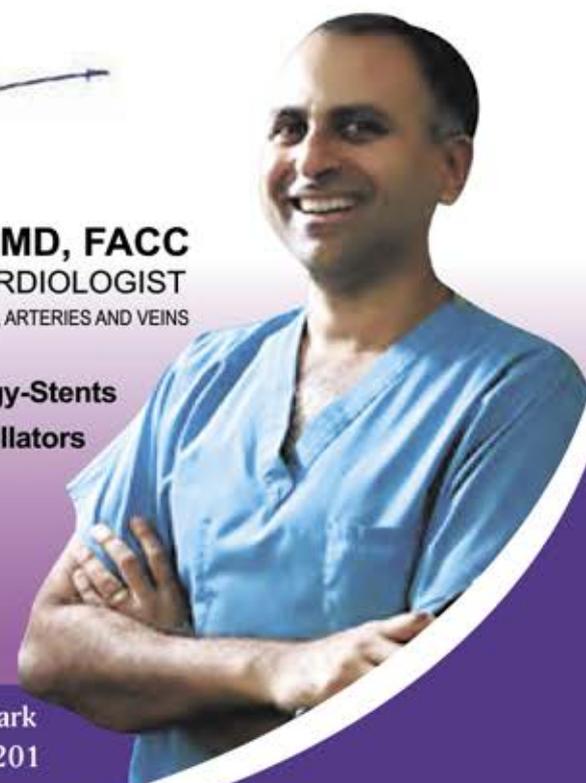
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SEE NEW POSSIBILITIES FOR BRILLIANT VISION AT LAKE EYE

Even otherwise perfectly healthy eyes can be irregular in shape, meaning the eyeball, cornea or lens isn't curved. We have to humbly admit that Lake Eye is so frequently enhancing our services and availability in the community that it can be challenging to keep up with it all. So we thought we'd apprise you of the latest advances in our array of procedures designed to help you achieve the clearest, most accurate vision, perhaps of your life.

iLASIK Laser Vision Correction

Most common vision issues are caused by refractive errors, known as myopia (nearsightedness), hyperopia (farsightedness), astigmatism and presbyopia (age-related loss of near vision), in which the eyeball, cornea or lens is shaped imperfectly, impacting how the cornea focuses light. Most people rely on corrective lenses to allow them to see better, but being dependent on glasses or contacts comes with limitations not everyone wants to live with.

iLASIK is a customized 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, promoting crisp, clear vision. What separates iLASIK from ordinary LASIK surgery is the utilization of iDesign, a top-of-the-line eye-mapping technology that captures more than 1,200 data points in the eye, making it 25 times more precise than standard eye mapping techniques. Our iLASIK specialist, Dr. Vinay Gutti, has performed thousands of successful refractive surgeries and is the first doctor in the region to master iDesign, allowing him to deliver safe and accurate laser vision correction and long-term satisfaction. iLASIK technology is so safe and effective, it has been approved for use by NASA and the military. For most patients, iLASIK is able to improve the quality of close-up vision, distance vision, night vision, even depth perception, all in just minutes, returning people to normal activities the very next day - with no or very minimal need of corrective lenses. How cool is that?



Dr. Gutti performs all iLASIK procedures at Lake Eye's advanced, state-of-the-art surgical suite at our sparkling new Tavares location. This office has been designed from the ground up to feature the most advanced technologies, all in a striking and comfortable setting.

Advanced Cataract Surgery

Anyone can develop cataracts, clumps of protein that collect on the lens of the eye, blurring vision and diminishing brightness and color. Cataracts become common among people 55 and older, and every year millions of Americans undergo cataract surgery to restore vision.

If you're going to have cataract surgery, you'd probably like to know about the most advanced procedures and replacement lenses, or IOLs, and Lake Eye is the area's technology leader, with the industry's most innovative cataract removal and IOL selection and placement options.

Lake Eye was the region's first provider to master the groundbreaking Femto Laser procedure, which in just minutes gently removes cataracts without blades or cutting, for superior safety. We also lead the way with state-of-the-art IOLs that address everything from astigmatism to presbyopia (age-related near vision loss), as well as the first FDA-approved extended depth-of-field intraocular lens, which provides continuous vision correction at all distances, similar to natural 20/20 vision. Lake Eye surgeons also perform procedures for glaucoma patients that remove cataracts and help control eye pressure in a single surgical session.

These and other leading-edge technologies, combined with the experience and skill of our ophthalmologists, not only promote superior outcomes, they also create the possibility for outstanding vision for more patients than ever before. How great is that?

Expanding Our Horizons - and Yours

Our highly experienced eye surgery team has performed tens of thousands of restorative and vision-protecting surgeries at our doctor-owned Santa Fe Surgical Center in The Villages. Now Lake Eye is delighted to announce our expansion with construction of our new state-of-the-art Sumter Summit Surgery Center. It will enable us to restore clear, healthy vision to more of our neighbors than ever before.



And remember, we have a brand-new location in Tavares, featuring Lake Eye's exceptional doctors for overall eye care, vision testing, iLASIK, friendly service and our amazing Precision Optics eyewear store. If you haven't visited our new location yet, please stop by!

Come experience friendly, thoughtful, innovative and completely life-changing vision care from the local leader in vision and eye health: Lake Eye Associates.

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LASIK laser vision correction has been around for years, successfully improving vision for millions of people around the world. Now there's iLASIK, which goes beyond standard LASIK to deliver truly customized treatment. iLASIK utilizes iDESIGN®, the first and only system that integrates wavefront technology for superior vision diagnosis, exact eye mapping and unsurpassed precision, and the most advanced excimer laser and iFS® femtosecond laser, which together deliver the quickest, safest and most accurate laser vision correction available.

Is today the day to start seeing the world without the barriers created by prescription lenses?
If the answer is yes, the only choice is Lake Eye.

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 attain 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.



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Life Experiences that Influenced One Central Florida Health Physician to Become a Doctor Gives Her a Unique Perspective on Patient Care

Lora L. Thaxton, MD

Board-Certified Physical Medicine and Rehabilitation (Physiatry) Specialist

Dr. Lora Thaxton was the only student in her class of 125 to graduate from West Virginia University School of Medicine in 1995 in the field of Physical Medicine and Rehabilitation (Physiatry), a specialty where she treats patients who have had a stroke, brain injury, amputation, or other injury that interferes with their ability to do the activities they were able to engage in before their event.

Her goal is to help them enjoy life again. She knows firsthand why it's important. "When I was a third-year medical student, I was involved in a rollover car accident. I hydroplaned in the rain and ended upside down hanging from my seatbelt in the middle of the road," she says, recalling it was a defining moment of being thankful to be alive. "It really confirmed my desire to take care of people."

Scars on her shoulder are daily reminders of the accident. She also had reconstructive surgery of both knees as a result of sports injuries and has gone on to run multiple marathons. "I have personal experiences that I can share with my patients to give them hope," she says, "and that is one of the reasons why I love my work so much."

Dr. Thaxton has been a physician for 24 years and is a Diplomate of the American Board of Physical Medicine and Rehabilitation and the American Board of Pain Medicine. Since moving to Central Florida last spring from Ohio, she now practices at The Villages® Regional Hospital's Acute Rehabilitation Unit. "I do feel a personal connection with my patients," Dr. Thaxton adds, noting her goal is to help those who experience unexpected events recover, especially those in their later years.

She decided to become a physician at the age of 13 when she was by her grandfather's side after he suffered a sudden heart attack and died. "I held his hand and I decided right then and there I would never watch somebody I care about die without at least knowing how to do something," she says. "I want to help patients go back to the things that they used to do before their stroke or



their injury, their cancer or whatever their medical problems are that bring them to me," she says. "Those types of events are very traumatic for anyone. I want to give them hope, help restore them to their best functional abilities, and enable them to do the things they want and enjoy time with their families and friends."

Central Florida Health Medical Group

Central Florida Health Medical Group was established in 2012 to meet the emerging need for hospitalist and specialty care in Lake and Sumter counties. Our medical group comprises board-certified physicians across multiple specialties who excel at providing high-quality patient care. We collaborate with other area providers to offer coordinated care with support from Central Florida Health hospitals, outpatient clinics and laboratory services.

Central Florida Health is an award-winning not-for-profit healthcare organization. Our network includes Leesburg Regional Medical Center,

The Villages® Regional Hospital, inpatient and outpatient rehabilitation, hyperbaric wound treatment, and clinical laboratories serving Lake, Sumter and Marion counties. As the premier healthcare provider in the region, Central Florida Health takes pride in providing progressive, innovative technology, along with strong relationships with patients, physicians and residents of the communities we serve.

Lora L. Thaxton, MD

*Practicing at The Villages® Regional Hospital
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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?

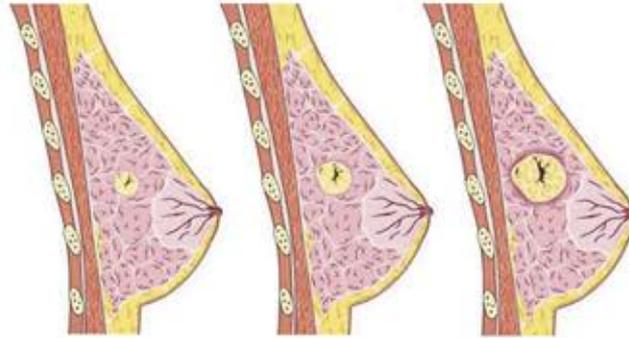
Certain types of breast cancer do seem to run in some families; however, it is important to understand that what is inherited is the abnormal (mutated) gene that could lead to breast cancer, not the cancer itself. The most common genetic risk factors for breast cancer are in women who have changes to 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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Villages Cancer Center

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The Villages, Florida 32159

Villages North

1400 N US Highway 441, Suite 924
Lady Lake, Florida 32159

For more information, visit FLCancer.com



What Does It Mean to Be an Elder Law Attorney?

By Teresa K. Bowman, Of Counsel

As 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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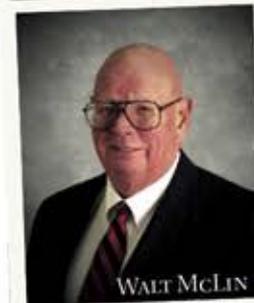
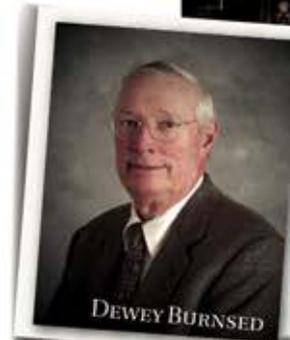
Taking a Moment to Honor a *Brilliant Legacy*

When Dewey Burnsed and Walt McLin founded McLin Burnsed back in 1969, they were fresh out of law school, idealistic and committed to helping local citizens and businesses gain every legal advantage and protection. Together they created what would become Lake County's most established law firm.

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

Dawn, 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).¹ 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.²⁻⁶

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:^{1, 7-9}

- 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

REFERENCES

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2. Brunton S, Carmichael B, Gold D, et al. Vertebral compression fractures in primary care: recommendations from a consensus panel. *J Fam Pract.* 2005;54(9):781-788.



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

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

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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

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Obstructive Sleep Apnea & Oral Appliances: A Solution for a Good Night's Sleep

By Richard W. Rozensky, DDS, D.ABDSM

Sleep apnea affects more than 25 million people in the United States. It is a progressive condition that interrupts breathing patterns throughout a person's sleep. People that suffer from Obstructive Sleep Apnea (OSA) may have episodes of stopping breathing up to hundreds of times per night for 10 seconds or longer, and along with this disruption comes many adverse side effects and morbidities.

What Causes Sleep Apnea?

The short answer to sleep apnea's cause is that the airway collapses during sleep due to one or more of the following conditions, obesity, drinking alcohol, smoking, stress, lung disease like COPD, emphysema or asthma, drugs, and various ailments. Once the sleep pattern is disrupted, the lack of oxygen to the brain and heart can cause serious health concerns and implications.

What are the Side Effects and Complications Associated with Sleep Apnea?

- High blood pressure
- Cardiovascular disorders
- Chronic disease
- Diabetes
- Depression
- Behavioral issues
- Stroke
- Brain health impairment

If not treated, over time, OSA can lead to heart attacks, stroke, diabetes, and other serious complications.

What are the symptoms of Sleep Apnea?

- Snoring
- Gasping
- Dry mouth
- Choking
- Cognitive decline or brain fog
- Restless sleeping
- Depression and irritability



Have you tried CPAP therapy and failed?

The customary first line of treatment for sleep apnea is a PAP device. However, many patients are unable to tolerate the use of a PAP, and therefore are not achieving optimum treatment results. Those patients are candidates for Oral Appliance Therapy, or OAT. Research shows that a custom-fit oral appliance is an effective therapeutic treatment option for Obstructive Sleep Apnea and can also help to eliminate snoring. A custom oral appliance is similar to a nightguard or retainer and is designed to assist in opening the airway. By opening the airway, you increase your oxygen intake, as well as improve your sleep, and your over-all health. The American Medical Association, The American Academy of Sleep Medicine and the American Board of Dental Sleep Medicine, all recommend OAT to be prescribed by a Sleep Physician and fabricated by an ABDSM qualified dentist.

At Village Sleep Dentistry, we not only have the qualifications, but we are also a Medicare approved DME provider as well. If you have Sleep Apnea and are unable to use a PAP device, consider improving your health and your quality of life. Your body and mind will thank you.

Meet Dr. Rozensky

As a Diplomate of the American Board of Dental Sleep Medicine and recognized as a qualified dentist by the American Academy of Dental Sleep Medicine, Dr. Rozensky earned his Doctorate of Dental Surgery degree from University of New York at Buffalo. He then went on to serve our country in the United States Air Force, after which he enjoyed private practice in General Dentistry for over 20 years. Dr. Rozensky now includes his passion for Sleep Dentistry in his practice and finds true joy in the life changing care he is able to provide.

Village Sleep Dentistry

At Village Sleep Dentistry, our dentist Dr. Richard Rozensky and the entire dental team will work closely with you so that you can make informed decisions about your health. In addition to sleep dentistry, we offer all aspects of dental care and treatment including restorative, general, cosmetic dentistry and more...

From the moment you step in the door you will feel at ease. You will be welcomed by a warm and inviting atmosphere, combined with a professional and caring team. You will immediately recognize the emphasis on professionalism and quality, from the people who care for you to the technology they use-this is the way dental care should be!



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Richard Rozensky DDS, D.ABDSM
Clinical Director
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Oral Appliance Therapy
for Sleep Apnea

An Advanced Solution for Women's Sexual Health

As women age, or go through hormonal complications whether it's from pregnancy, medications or menopause, sexual intimacy and disruptions are more common than most people are aware.

When the passion we're experiencing with our partner seems less like an intense flame and more like a smoldering wick, issues can arise inside and outside of the bedroom. In relationships, sexual intimacy is a common issue that many couples suffer with, and they often do so silently, without much dialogue or solution, which can exacerbate other problems and cause a great deal of tension on the relationship. Sexual disorders can happen to both men and women. For women, it's often due to vaginal atrophy. Intimacy issues can affect a partner's psychological wellbeing, just as much as it does with the one with the condition.

What if there was a drug-free, noninvasive, in-office procedure with no side effects that had long-lasting results and could rejuvenate and regenerate your body back the way it once was? Well, there is. It's called FemiWave.

FemiWave is a revolutionary procedure that uses low-intensity sound waves to restore sensation and natural lubrication and eliminate urinary incontinence. The procedure increases cell signaling in blood vessels, which increases blood flow to nerves and the vaginal lining.

FemiWave is a procedure that uses pulse waves to repair blood vessels, which improves blood flow to the vagina. Women can expect to experience increased sensitivity and lubrication, as well as strengthening, tightening and improved physical appearance. Overall, FemiWave helps enhance sexual performance and function. The procedure is noninvasive, comfortable and performed on the outer and inner labia right in the provider's office. There is no downtime, drugs or laser, and results are long-lasting.

FemiWave uses shockwave therapy which has been around for years and is based on numerous clinical studies proven to increase blood flow and restore healthy tissue.



FemiWave Benefits

- Drug and laser free
- Long-term results that treat the root issue
- No risks, no side effects
- Safe for those who have had a hysterectomy
- Increases sensitivity and lubrication for shorter arousal time
- Improved control over urinary incontinence
- Tightens the vagina and improves physical appearance
- Enhanced ability to reach orgasm
- Heightened self-confidence
- Enriched quality of life
- Breaks down scar tissue from episiotomy repair

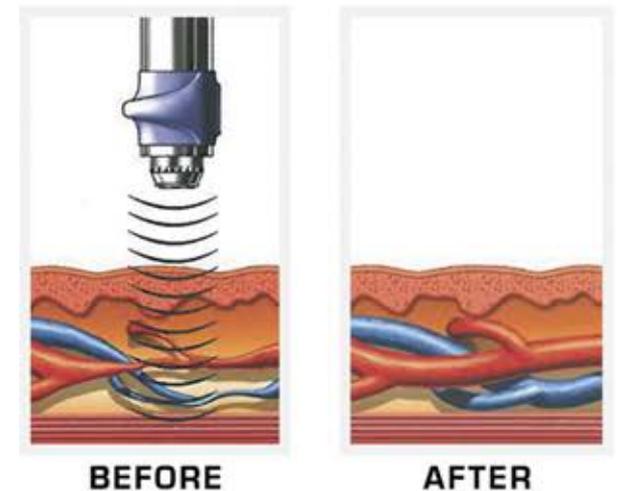


What is the difference between FemiWave and other vaginal rejuvenation options?

FemiWave is a long-term solution unlike anything else on the market that improves the overall function of the vagina. Other treatment options may usually focus on one thing like tightening or improving the look of the vagina. FemiWave is laser free and increases sensitivity, tightens, improves incontinence, increases lubrication and improves the overall appearance.¹

References

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Physical Therapy & Home Health Can Help You Find Balance

During 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
- Mobility and Range of Motion Training
- Fall Prevention and Balance Retraining
- Post Stroke or Cardiac Surgery Rehabilitation
- Post Surgery Rehabilitation
- Fitness and Wellness Programs
- Functional Training
- Gait Training and Balance Programs
- Manual and Massage Therapy
- Vestibular Rehabilitation

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Minutes Count: Recognizing the Signs & Symptoms of a Stroke Saves Lives!

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications.

There are Several Different Types of Strokes:

- Hemorrhagic strokes are when a damaged blood vessel begins to bleed then ruptures
- Ischemic strokes are formed by blood clots that obstruct a blood vessel that supplies blood to the brain
- TIA (Transient Ischemic Attack), also known as a mini-stroke, is caused by a temporary clot that blocks blood flow

When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly. When you are experiencing symptoms of stroke, minutes matter! There is a medication called tissue plasminogen activator (tPA) that can break through a blood clot, but not everyone with stroke can receive the clot-busting drug tPA. If the medical team deems it fit for you, the medication must be given within 3 to 4 ½ hours of the onset of symptoms.

Signs and Symptoms

Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

B – Balance loss

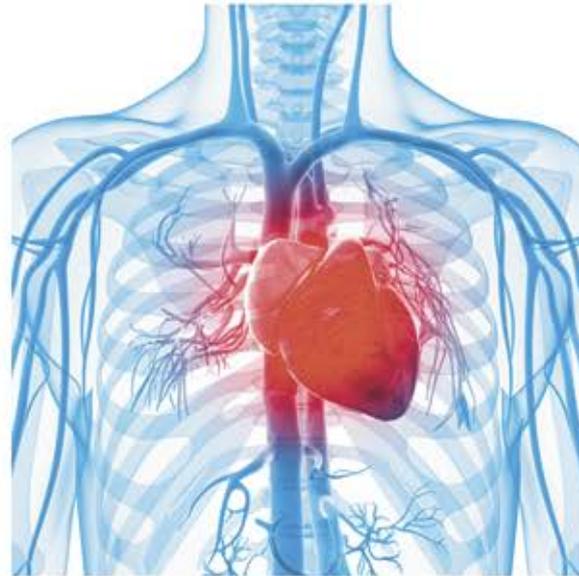
E – Eyesight changes

F – Face drooping

A – Arm weakness

S – Speech difficulty

T – Time to call 911



Staying Healthy and Avoiding Stroke Complications

- Keep weight down
- Workout (30 minutes of cardiovascular exercise daily)
- Eating a Healthy diet of vegetables, fruit and lean protein
- Maintain normal blood pressure
- Regulate Lipid levels and any cholesterol issues
- Manage stress
- Get regular physicals and check-ups
- Know the Signs of stroke
- Don't delay, if you or someone you know has stroke symptoms

Getting regular check-ups and screenings are critical to staying on top of your vascular health. If you think you or someone you know is having a stroke or cardiac infarction, do NOT hesitate! Call 911 immediately.

Dr. Vallabhan

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Dr. V

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



3 THINGS YOU SHOULD KNOW ABOUT METASTATIC BREAST CANCER

By Dr. Dariano, D.O.

In the United States, the CDC reports that over 260,000 women are diagnosed with invasive breast cancer annually, and it also affects approximately 2,600 men each year. There are multiple types of breast cancer; importantly, the statistics of survival are increasing, mostly due to patient education and early diagnosis. October 13th is nationally recognized as Metastatic Breast Cancer Awareness Day, which is a progressive form of the disease.

#1 What is Metastatic Breast Cancer?

Metastatic breast cancer is not a specific type of cancer; it is breast cancer that has metastasized into other areas of the body such as the bones, lymph nodes, lungs, liver or brain. When breast cancer cells divide, invade and proliferate into an area like the lungs, it is not referred to as lung cancer, but rather breast cancer within the lungs. This type of cancer is advanced and usually is at stage IV. It's estimated that more than 154,000 women in the U.S. have metastatic breast cancer. (1)

#2 Treatment Options

No matter where it has grown within the body, since these are breast cancer cells, it is treated with breast cancer therapies. The type of treatment option an oncologist recommends is determined by the kind of breast cancer that is diagnosed. For example, if it is triple-negative (no receptors), immunotherapy in combination with chemotherapy are common forms of treatment. Other types of metastatic breast cancer may be treated with hormone therapy, HER2 targeted therapies, along with various cancer drugs or immunotherapy options.

Treatment guidelines are based on the most recent studies and research provided by the NCI, ASCO and the NCCN, which are all national cancer and oncology-based organizations that regulate and recommend quality, optimal and effective treatment methods. The diagnoses and treatments are based on quality and longevity of life, not cure. However, for many patients, their prognoses has proven to go 5 to 10 years beyond their original diagnoses (1).

Because of the late stage and rapid proliferation, metastatic breast cancer is closely monitored with ongoing blood tests, biopsies and imaging such as CT scans and MRIs.

#3 Diagnosis and Screenings

Mammograms have helped to diagnose breast cancer early and to eliminate metastasizing cancer and deaths; however, not all breast cancer is detected with mammography. Additional symptoms of breast cancer are lumps in the breast or underarm, pain, nipple discharge or a physical change in the appearance of the breast or nipple.

Early diagnosis saves lives, and it is critical for treating any cancer effectively. Regular screenings are imperative, as are self-diagnoses. If you notice any changes, making an appointment with your physician is vital.

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

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

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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.

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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?"

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Do You Have A Ticking Time Bomb in Your Leg?

By Bryan Carter, MPA-C, Phlebology-Surgery

Have you ever noticed sensations in your legs that made you wonder if you should see a doctor, but since they seemed to subside, you ignored the symptoms away? Many people overlook the life-threatening warning signs that could lead to an embolism. If you've experienced swollen legs, tingling, burning or itching sensations in your legs, a feeling of heaviness, aching, cramping, or skin discoloration, you could have Deep Vein Thrombosis.

Every year, nearly one million people are affected by deep vein thrombosis, and sadly, approximately 100,000 of these cases end in death! These are grim statistics since the treatment is minimal and so readily available to patients. Along with the common indicators mentioned above, nearly half of the individuals that are affected by DVT have no symptoms at all. Unfortunately, the majority of these people do not realize that they have a medical issue until it's too late!

What is Deep Vein Thrombosis (DVT)?

DVT's are a blood clot that can form in the legs or arms. When a blood clot breaks free, it can travel to the lungs or brain and causes an embolism, which is when the thrombus or blood clot is moving through the vessels or arteries. If it lodges in the lungs, it can cause death, and if it travels to the brain, it will cause a stroke, along with the probability of death. If you have any discomfort in your limbs, it's imperative that you see a specialist.

What Causes DVT?

When a vein's inner lining is damaged, by either trauma, biological, or chemical factors, blood clots can form deep inside the vein. Varicose veins are an indicator of deep vein thrombosis. When veins are impaired, they can lead to more severe health issues. A medical professional will be able to report whether or not your symptoms are superficial, or unsafe and in need of restorative treatment.

Although it can happen to anyone, the most common factors that put you at risk for DVT is sitting for extended periods of time. If you are driving long distance, traveling by train, bus or plane, or perhaps you're deskbound at work,

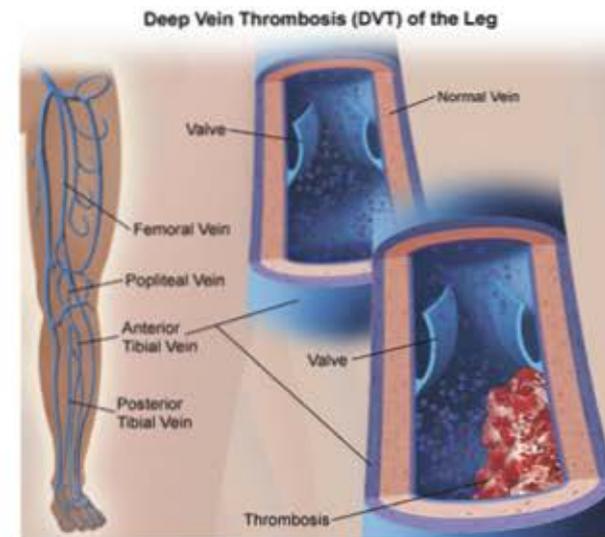
these lengthy episodes of sitting can all lead to deep vein thrombosis. Other causes are vascular malformations, pelvic tumors, a family history of varicose veins, smoking, being overweight, pregnancy and an overall sedentary lifestyle.

Symptoms:

- Prominent varicose vein
- Heavy aching legs
- Leg swelling
- History of a previous clot
- Family history of blood clotting
- No Symptoms

Because the veins and arteries balance each other out, when a person experiences chronic symptoms, it's critical to see a physician. If the veins are damaged, it's not unusual that the arteries are not pumping blood efficiently either. DVT's and Chronic venous insufficiency can be fatal and must be treated to prevent further damage to your circulatory system and your overall health.

Celebrity and Pro Tennis player Serena Williams suffered a DVT, which led to a pulmonary embolism. Thankfully she had a successful emergency surgery that saved her life. Shortly after having heart surgery, television host, Regis Philbin, also suffered from a DVT. He developed pain in his calf, and after further investigation, the clot was discovered. Luckily, he too was treated and had a successful outcome. However, NBC News journalist, David Bloom, wasn't so fortunate. He was killed by a DVT while reporting on the war in Iraq.



If you or a loved one has any of the venous symptoms or risk factors discussed above, you must seek medical attention immediately! Making an appointment with a phlebologist, which is a vascular surgeon specializing in venous disease is your best line of defense against this common disorder.

Treatment Options for Venous Insufficiency

- Compression Stockings
- Gradient Compression Devices
- Increased Exercise
- Medications
- Surgery (Usually through minimally invasive catheters, or ultrasound)

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

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



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Heart
& VEIN CENTER

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www.HealthandWellnessFL.com

SUPERFICIAL RADIOTHERAPY:

The Non-Surgical Choice for Skin Cancer

By Gil Cortes, MD, FAAD

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

Skin cancer is 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. A Dermatologist can help you find out if that lesion on your skin is a cancer or not.

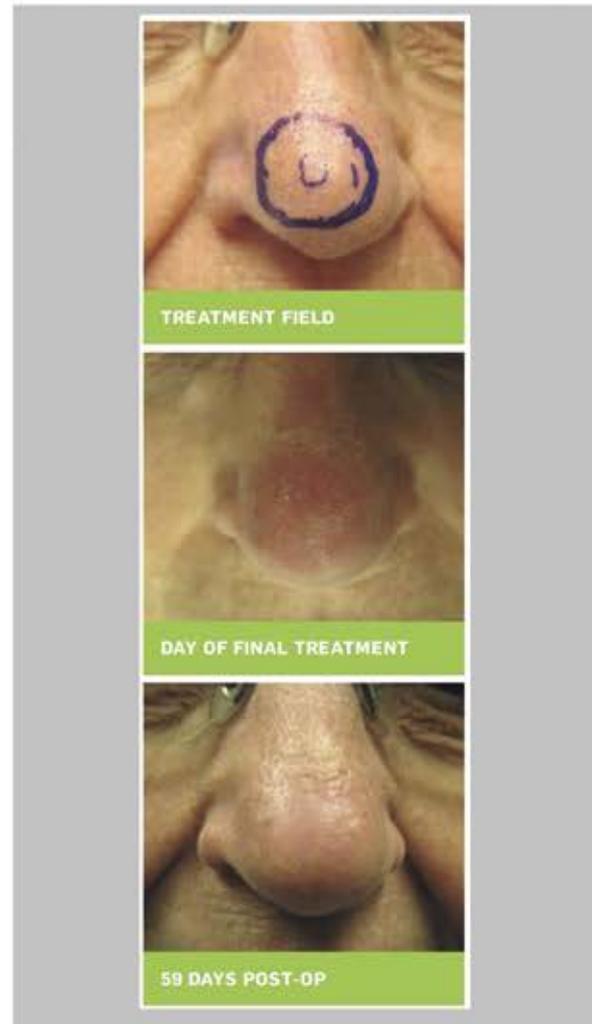
Unlike some forms of cancer, basal cell and squamous cell carcinomas of the skin rarely spread beyond the original lesion site, nor are they usually likely to be life threatening. They can, however, become disfiguring if not treated promptly, because they will continue to grow, unless treated effectively.

Basal Cell and Squamous Cell Skin Cancer Treatment Options

Patients dealing with these types of 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. SRT 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. It is not traditional Radiotherapy, as it does not penetrate deeply and therefore is much safer and very well tolerated. No anesthesia, cutting or stitching is 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.



SRT is an in-office procedure that 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 most 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 optimal results when treating skin cancer, without the negative side effects of surgery or other invasive treatments.

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 insurance 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 WWW.NOVUDERMATOLOGY.COM and watch a video tutorial to find out more. You may also schedule an appointment at NOVU Dermatology, one of the few Dermatology offices that provides Superficial Radiotherapy in the central Florida area; with the latest technology in SRT.



NOVU
DERMATOLOGY

Gil Cortes, MD, FAAD

NOVU Dermatology

Practice Owner & Dermatologist

(352) 775-3565

NOVUDERMATOLOGY.COM

Rolling Oaks Professional Plaza

929 N. US Hwy 441 Suite 603

Lady Lake, FL 32159

Urinary Incontinence

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

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

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

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



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

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

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

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

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



855-298-CARE

Advancedurologyinstitute.com

PREVENTING SECONDARY HEART FAILURE



Almost half of adult women show symptoms of secondary heart failure such as varicose veins, swollen ankles, painful joints, chronic fatigue, low metabolism.

By Kenneth McLeod, Ph.D.

What is Your Secondary Heart?

The human cardiovascular system should be viewed as a two-pump system where the cardiac muscle pushes blood out into the body, gravity pulls this blood down in the legs, and the soleus muscles returns this pooled blood, along with lymphatic fluid, back to the heart. The soleus muscles in the calf of the leg collect this blood and fluid until a reflex response activates the muscle and is able to produce sufficient pressure to pump these fluids all the way back up to the heart. The soleus muscles are so critical in returning blood to the heart that they have come to be called the “secondary hearts” of the body.

In the absence of adequate fluid return to the heart, the cardiac muscle cannot operate effectively. When the cardiac muscle cannot pump sufficient blood to provide nutrients and oxygen to all the tissues of the body an individual will commonly feel tired all of time, or experience low metabolism which usually results in weight gain.

What Causes Secondary Heart Failure?

Secondary Heart Failure is largely a result of our modern lifestyle.

When sitting or standing, the blood in our lower limbs must be returned to the heart against the force of gravity, requiring pressures well above the usual pressure in the veins. When our ancient ancestors wanted to rest, they squatted, which requires extensive soleus muscle activity; now we sit in chairs.

The average American adult sits for over 13 hours a day, and sitting does not stimulate any soleus muscle activity. As a result, a very large fraction of adults have poor soleus muscle (secondary heart) tone, and the older we get, the more likely it is that our soleus muscles are not working optimally.

Symptoms of Secondary Heart Failure

Secondary Heart insufficiency is remarkably common. We have observed that over 40% of women have symptoms associated with inadequate fluid return from the lower body to the heart.



The most obvious symptoms include swollen ankles, painful joints, varicose veins, night-time leg cramps, venous ulcers, poor wound healing. In addition, insufficient fluid return to the heart causes reduced cardiac output and blood pressure, resulting in conditions such as weight gain, bone loss, chronic fatigue, as well as memory and attention deficits.

Keep Your Secondary Heart Strong

Fortunately, it is possible to protect your soleus muscles from weakening, or rebuild them if they are failing you. Performing toe-stands throughout the day is very helpful, as is squatting, instead of sitting, and Tai Chi and Yoga can involve substantial use of the soleus muscles.

Of course, postural muscles such as the soleus muscles require several hours per day of exercise to stay in shape, or to rebuild, and as this can be difficult for many people to fit into their daily routine or too challenging for their physical ability.

To assist individuals in rebuilding their soleus muscles, various types of exercise equipment have been developed. The HeartPartner offered by Sonostics, for example, is a passive-exercise device that utilizes vibration technology to activate the reflex which stimulates the soleus muscle into action. It is easy and convenient to use at home or work while sitting in a easy chair, or at a desk or table, for just a few hours over the course of a day. It also allows the individual to keep their socks and shoes on during use.



Whichever approach you use, the important point is to keep your soleus muscles in shape. Your heart, as well as the rest of your body, is critically dependent on you having healthy secondary hearts.

After using HeartPartner for three weeks, my ankle swelling has reduced by over an inch. Typically, after church, I would need to go home and change my shoes because my feet hurt so badly. Now, I'm able to wear my shoes all afternoon without any pain. I wish I had the HeartPartner twelve years ago!" — AnnMarie W., Endicott, N.Y.

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.

Get fit having fun.

Like many Americans, you probably spend a lot of time sitting. Even if you balance out your time in the chair with trips to the gym, research shows that too much sitting can up your risk of breast and colon cancers.

Luckily, it's easy to counteract the adverse effects of sitting by simply moving more. It's easy to stay active in Ave Maria, a master planned community in Southwest Florida. One visit to Ave Maria and it's easy to see why: lap pools, fitness center, and classes, bocce courts, tennis courts, pickleball courts, miles of walking trails. And let's not forget 18-holes of championship golf.

If hitting the gym or taking part in organized sports isn't your thing, there are fun, creative activities all around you that don't require you to be an athlete to enjoy.

- Visit the Mother Teresa Museum or tour the stunning Ave Maria Catholic Church
- Ride your bike to the Town Center, home to restaurants, boutique shops, salons, and a supermarket to name a few
- Stretch while reading or listening to a book or lift weights while watching a movie
- Visit a museum or another cultural center
- Plant a garden
- Walk our miles of walking, and nature trails wind throughout the town, affording our residents the opportunity to revel in the beautiful outdoors

Movement is key. Identify those activities you find enjoyable and make a choice to move.

With homes, from our three featured builders, priced from the low \$200s to \$400s, Ave Maria indeed has something for everyone. Models open daily. Call (239) 325-3903 or visit avemaria.com to learn more.



Visit and see why residents love to call Ave Maria home.

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

What if Your Back Pain is a Spine Compression Fracture?

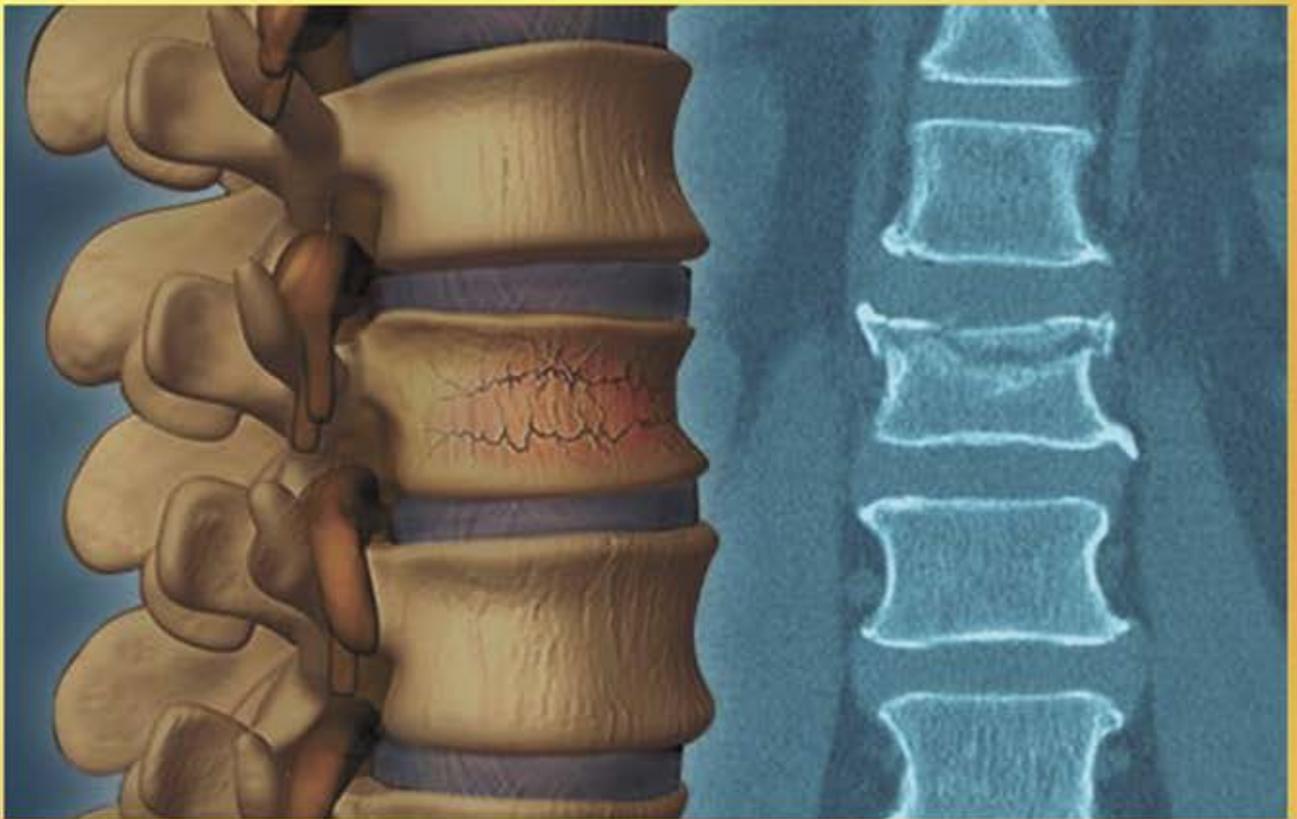
What if you develop sudden onset severe back pain, more unbearable than you ever imagined? If your pain is new or feels different from the chronic back pain you may already be experiencing - which is currently being treated with exercise, pain medicines, and injections - it is recommended that you visit your doctor or urgent care center immediately, because you may have a vertebral compression fracture in your spine. If you are able to pinpoint your pain with the touch of a finger to a specific vertebra, it is important to act quickly or it may become too late to repair it.

What is a compression fracture and why is time of the essence? A compression fracture is when a vertebrae cracks and becomes compressed or somewhat flatter than it was before the fracture. Think of an elderly person with a hunchback or curved spine. A hunchback, medically known as kyphosis, is often caused when the bones become frail and brittle from osteoporosis (loss of bone density) and the vertebrae begin to fracture one by one. As these vertebrae fracture, they become misshapen. The rectangular vertebrae become triangular or wedge-shaped, eventually creating a curve in the spine.

Once a vertebrae fractures it will heal on its own, but it takes several weeks or even months to do so, during which time the pain is often unbearable. In the past, doctors would put patients in a brace and prescribe medication, often in the form of narcotics, to help ease this pain. When the compressed vertebrae heals on its own, it heals in its compressed state or compresses even further, sometimes flattening completely and reducing the height of the individual. At this point, nothing can be done to restore its integrity since the bone has hardened, making it impossible to fix.

Compression fractures can also be caused by an impact such as a fall, or from cancer which has metastasized to the spine. Unfortunately for many, a compression fracture can be a first indication of cancer, so do not ignore this sign - get a consultation immediately. If you had an X-ray, CT, or MRI indicating a compression fracture, insist that your physician acts quickly to refer you to a specialist for a kyphoplasty or vertebroplasty.

With a procedure called kyphoplasty, kyphosis can be a thing of the past! A Kyphoplasty procedure can stop pain instantly in over 95% of patients, as well as prevent further collapse of the vertebrae. During the procedure, the physician uses image-guidance in the form of a C-ARM (which is a live X-ray) to obtain access and inject a plastic cement into the vertebrae to restore the integrity of the bone, often stopping pain completely and preventing further damage. The procedure is performed under conscious sedation and



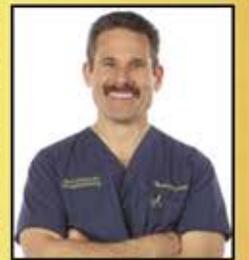
takes approximately 30 minutes under the expertise of an experienced specialist, such as an Interventional Radiologist. Although other specialists are now performing this procedure, an Interventional Radiologist should be your first choice, as they pioneered the procedure, and any image-guided procedure should always require a person trained in radiation safety.

Interventional Radiologists believe that limiting X-ray exposure to patients is crucial, which is something often overlooked by other physicians. An Interventional Radiologist such as Dr. Mark Jacobson, uses a mere fraction of the typical radiation exposure used by other specialists, including other radiologists. An Interventional Radiologist also uses minimally invasive surgical techniques with the least number of punctures (usually one per vertebra) and the smallest needles possible, thereby enhancing safety and reducing healing and recovery times.

In the case where a compression fracture is caused by a cancerous lesion, an Interventional Radiologist can also biopsy the bone and perform a radiofrequency ablation to alleviate pain prior to the kyphoplasty (this is not a replacement for, but complimentary to radiation treatments, because if a patient is in less pain, the treatments can be tolerated better). This is why it is imperative to understand that not just anyone should perform your kyphoplasty, but someone trained in identifying the difference between a simple fracture caused by osteoporosis, and a fracture caused from a possible cancerous lesion. A trained expert will be able to offer to you the best options available.

About Dr. Mark Jacobson

Dr. Jacobson performs hundreds of kyphoplasties each year in his Lady Lake center and is the "go-to provider" for this procedure, not only because of the number of procedures performed and numerous happy patients, but also because of his participation in the research of radio-frequency ablation of cancerous spine tumors. Local, as well as out of town physicians entrust Medical Imaging & Therapeutics for treatment of their patients' spine fractures. 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

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

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.

Certified Marijuana Doctors

Get Your Florida Medical Marijuana Card. Call Today!

Leesburg - 352-306-0133
Ocala - 352-414-4545
Port Charlotte - 941-208-3444
www.cmmdr.com

How Physical Therapy Can Help Individuals Age Well

We'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.

352-433-0091

innovativetherapiesgroup.com



Neurocognitive Testing After an Accident is Essential!

Anyone involved in an auto accident or traumatic injury can be subject to brain injury. These include closed head trauma, concussions, amnesia, to learning issues or memory recall injuries, which can be short or long term. 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 a physical examination and possibly diagnostic imaging to rule out contusions, concussions or more severe brain injuries. Likewise, if it is a critical traumatic event, call 911 immediately.

Village Medical Injury Care specialists are experts in neurocognitive testing for post-accident related cases. They offer cutting-edge, comprehensive testing to make certain that their patients receive the most accurate diagnosis and treatment available.

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 severe neurological problems and can even be life-threatening. Some hematomas are surgical emergencies. Small hematomas can sometimes go undetected initially but may cause symptoms and require treatment several days or weeks later. Issues with confusion or memory recall are all common in brain injury cases.

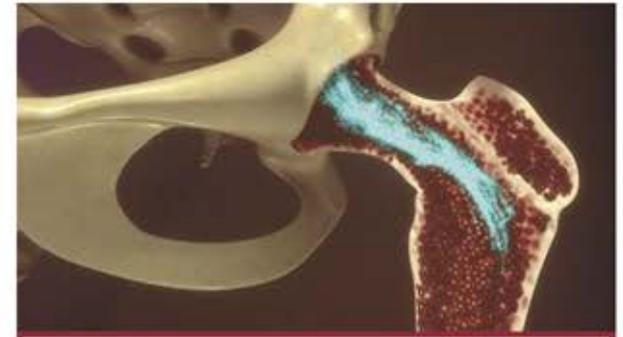
Getting the proper neurocognitive testing that will precisely diagnose your disorder is critical for your long term mental health and your legal case.

Important Steps

If you're injured in an accident, call 911 or ask another individual to do so on your behalf. If you are seriously injured, try not to move and wait for emergency personnel. Do not admit fault to anyone. It's essential to consult an attorney whenever you have an accident. Get to a medical facility for a post-accident checkup. Remember that you only have 14 days from the date of the accident to have a checkup!

It's REALLY important for patients who are injured in any type of auto-accident, slip and fall, or workman's comp incident, to see an injury care doctor ASAP after their accident. Many injury symptoms do not appear immediately, and if you wait to see the doctor, insurance may not cover your injury treatment.

Contact Village Medical Injury Care right away to schedule an appointment—Don't wait!



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

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

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PHYSICIANS REHABILITATION OFFERS CUTTING EDGE PAIN RELIEF METHODS

By Physicians Rehabilitation

Our joints are constantly enduring wear and tear, which can cause pain, inflammation and injury to occur. Over the past several years, **Physicians Rehabilitation** has been utilizing stem cell therapy with remarkable outcomes, due to the natural and proven healing effects, anti-inflammation and immunomodulation for various orthopedic conditions.

Beware of Subpar Stem Cells

Our own stem cells are not enough due to limitations, which are usually due to aging, or severe injuries; stem cells from other sources increase platelets in the blood, which travels to the injured area to increase healing more effectively. Many healthcare providers are supplying patients with inferior stem cells that do not work as well as pluripotent stem cells. The pluripotent cells come from umbilical cord donors and produce active cells that are full of nutrients, minerals, amino acids, and proteins and have the ability to reproduce and regenerate new cells throughout the body. Umbilical cord stem cells are one of the most powerful stem cells available because they have the potential to develop into any cell found in the human body.

Pluripotent stem cells can be used to treat and replenish areas of the entire body from head to toe. Stem cells work wonders in repairing and regenerating damaged tissue, and the human body completely accepts them. They offer anti-inflammatory, as well as immunomodulatory effects, which helps modulate the body's immune responses. No embryonic tissues or tissue from aborted fetuses are ever used. The umbilical cord stem cells are obtained through aseptic recovery technique from full-term delivered babies from a healthy mother.

The stem cells are precisely injected into the injured region under ultrasound-guided imaging. These stem cells immediately begin to assist in the normal healing process to regenerate tissue growth, and signal repair to the damaged area.

Viscosupplementation

In our practice, we have seen tremendous results with Viscosupplementation combined with physical therapy. Our success rate to date is at virtually 100 percent patient satisfaction. Viscosupplementation is an injectable substance that mimics the synovial fluid found naturally in the joint. Synovial fluid is made up of hyaluronic acid and helps to protect the joint. Once that naturally occurring substance wears away, your body cannot regenerate it on its own. Viscosupplementation is a welcomed benefit for relieving pain, and for getting your joint back to doing its job, which is acting as a cushion against friction.

The procedure can be done in our office and only takes a few minutes. After locally numbing your area, the procedure is monitored under a fluoroscopic image, which essentially is a moving X-ray. This allows the physician to see the inside of your joint while it is in motion. The practitioner will have the ability to see exactly where the Viscosupplementation is being placed within your joint. You'll receive approximately five injections at one week apart. The results of the cartilage enhancement will last for around six months or longer. Physicians Rehabilitation has become the expert on providing great results when this process is paired with physical therapy. Many of our patients report feeling pain relief immediately, while others cumulatively see results within a few short weeks.

Because our bodies cannot ever regenerate cartilage or synovial fluid, this option cannot be overlooked! Why would anyone live with the unbearable pain? When within a few minutes, you could be well on your way to more flexibility, greater movement with better range of motion, and essentially pain free.

Physicians Rehabilitation

Physicians Rehabilitation is a patient-focused practice that provides comprehensive care to eliminate your pain non-surgically. We evaluate each patient and implement an individual care plan specifically designed to alleviate your pain and dysfunction. Trained and licensed providers, with years of clinical experience, work together to provide this plan of care that addresses the specific concerns and problems of each patient. Our clinical care providers are able to employ a wide variety of physical modalities by utilizing state-of-the-art tools.

Our goal is to identify the source of your pain, promote healing and eliminate your pain. We begin by giving you a thorough examination and quickly address outward symptoms of pain, such as inflammation, while gathering medical history and evaluating your symptoms to get to the root of your pain and dysfunction. Our therapists have found that these advanced technologies, along with a specialized physical therapy program specific to the individual condition, makes for extremely successful pain relief treatments. If you or a loved one is suffering from pain, please call our office at (855) 276-5989, or visit us online at www.PhysiciansRehabilitation.com for more information.



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

Submitted by Cornerstone Hospice and Palliative Care

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

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

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

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

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

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

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

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

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

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



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

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

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

About Cornerstone Hospice

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

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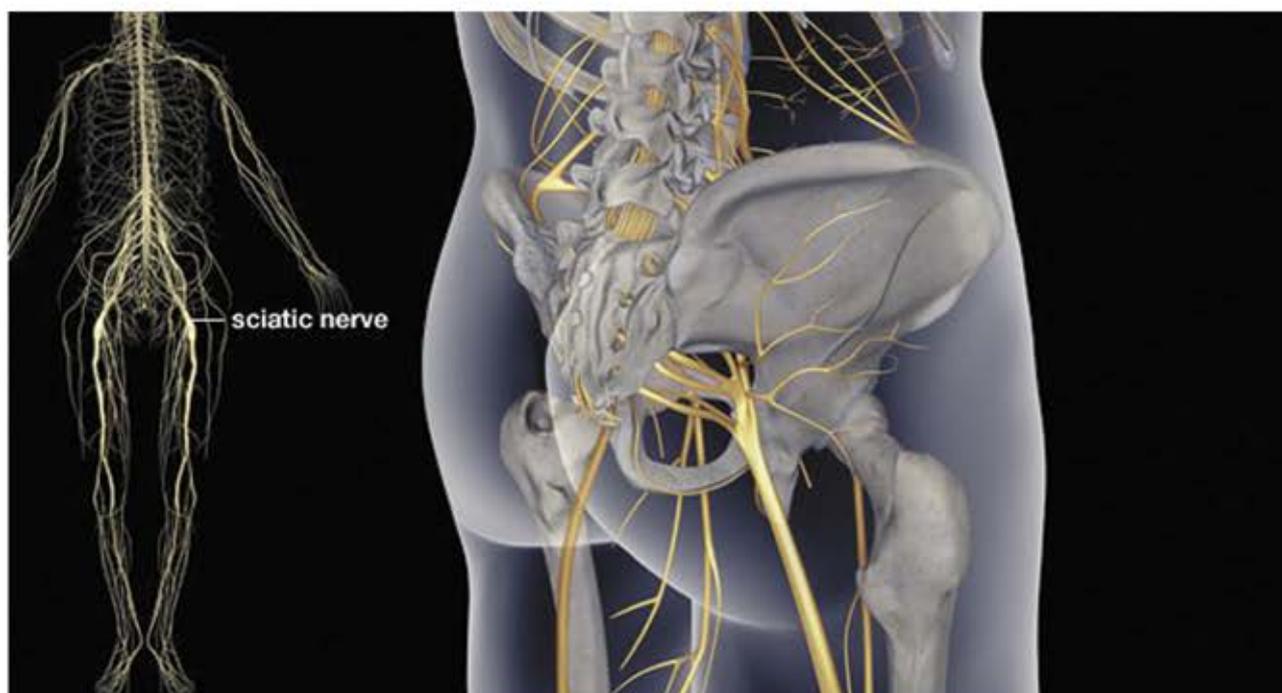
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By Compton Chiropractic Care

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

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

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



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

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

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

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

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

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WHAT IF I DON'T HAVE A PCP?

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

WE CAN REFER YOU OUT IF NECESSARY:

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

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

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

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

Patient Testimonial

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

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



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3 Myths About Omega-3 Fish Oil

By Bo Martinsen, MD

According to the National Center for Health Statistics, fish oil is now the most commonly used non-vitamin, non-mineral supplement in the USA. But just as omega-3 fish oil has grown in popularity, so has the misinformation and confusion surrounding this powerful nutrient.

Let's clear up some common myths about omega-3s, focusing particularly on source and benefits.

Myth #1: All Omega-3 Sources Are Equally Beneficial

From salmon to flaxseed, chia seeds, and walnuts, popular health websites and magazines often claim that there are plenty of ways to get these essential fatty acids. But not all of these omega-3 sources provide the same value.

When we talk about omega-3, we're talking about a family of fatty acids. Of the foods we commonly eat, only fatty fish (and breast milk for babies) contain the full range of the omega-3 family, including the better known EPA and DHA molecules.

Plant sources, in contrast, contain only one type of omega-3: ALA.

Relying exclusively on ALA-based foods for your omega-3s has several problems. Firstly, almost every omega-3 clinical study to date has focused on EPA and DHA from fish and fish oil. And science also shows that ALA does not have the same benefits as EPA and DHA.

Secondly, for a long time, it was believed that people had the ability to synthesize EPA and DHA from ALA-based foods. More recent research, however, shows that the conversion rate of ALA into EPA and DHA is so low that it's inconsequential for most people. This is why eating fatty fish or taking a quality fish oil supplement is far superior in delivering the benefits of omega-3s.

Myth #2: Eating Fish Is the Best Way to Get Your Omega-3s

Eating fatty fish is a wonderful way to increase your omega-3 intake. But today, there is a clear discrepancy between this often-heard recommendation and reality: Studies show that 95% of Americans do not get enough omega-3s from their diets.



There are many factors that contribute to this diet deficiency. Many people say they don't eat fish because they follow a vegetarian or vegan diet, are unsure of how to prepare it, feel like they can't afford it, or don't care for the taste or texture.

But even for the people who eat seafood regularly, it can be challenging to get enough omega-3s from diet alone. Some of the most popular seafood options — like shrimp or tilapia — contain almost no omega-3 fatty acids. In addition, other factors — like whether the fish was farm raised and the cooking method — can significantly impact the omega-3 content as well.

Let's take the example of eating salmon for dinner. With wild caught salmon, the amount of omega-3s can vary somewhat depending on the season and the type of salmon. However, you would still expect a wild-caught salmon to contain a substantial amount of omega-3s. If the salmon is farm raised, however, its nutritional value can vary tremendously depending on the provider. For instance, the BBC reported in 2016 that over a five-year period, the omega-3 levels in farmed salmon shrank by 50% because the industry was cutting down on costs.

In other words, consumers eating farmed fish now have to eat twice as much fish to get the same amount of omega-3s provided just a few years before!

This is all to say, if you are like most Americans, you probably need to consider omega-3 supplements. If you think you might already be consuming a sufficient amount of these fatty acids, you can take an omega-3 index test to find out if you are right.

Myth #3: The Benefits of Fish Oil Are Too Good to Be True

If a nutrient gets credited with helping improve chronic pain and dry eyes, depression, cognitive function and more, it's got to be too good to be true, right?

The reason omega-3s are researched for a broad range of health issues is because these nutrients are critical for the proper functioning of every cell in our body. They enhance the fluidity and permeability of the cell membrane; they influence cell signaling and gene expression; they help control the body's inflammation response; and more research is coming out showing how these fatty acids support the microbiome and endocannabinoid system.

It's estimated that omega-3s are involved in more than 10% of all cellular metabolic actions. No wonder high quality fish oil can produce such varied, widespread effects in the body.

This article was abbreviated from a longer version published on omega3innovations.com. For the full text and references, visit:

<https://omega3innovations.com/blog/12-myths-about-omega-3-fish-oil/>

Bo Martinsen, MD

Dr. Martinsen is an omega-3 specialist, innovator, and advocate for natural foods. As co-founder and CEO of Omega3 Innovations, he has created several patented medical food products that combine dose-effective ingredients of omega-3 fish oil with soluble fibers and other nutrients. Before Omega3 Innovations, Dr. Martinsen practiced medicine in Norway for 20 years, focusing on occupational and preventive medicine.



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LOCAL ATTORNEY PATRICK L. SMITH OFFERS FLAT FEE ESTATE PLANNING SERVICES

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. Phippen, Jr. who joined him on the third edition.

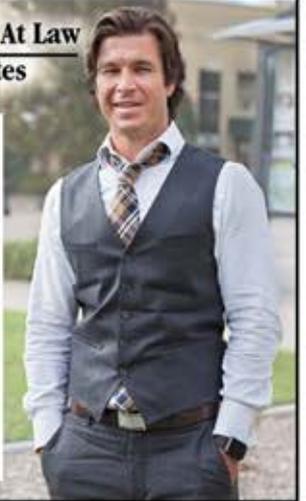
More information about Attorney Smith can be found at Joseph F. Phippen, Jr. & Associates' website: www.attypip.com. For your free consultation or to have Attorney Smith speak at your event or group, you may reach him at his Fruitland Park office by calling (352) 241-8760.

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"I have researched fish oil for many years and have taken many products but none of them compare...I can definitely tell the difference in my aches and pains."

~ Juan D., Omega Cure Extra Strength customer

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Do Your Loved Ones Need Assisted Living?

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

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

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

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

Changes in Weight

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

Poor Hygiene

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

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

Falls and Mobility-Related Injuries

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



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

Behavioral Changes

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

Serious Financial Issues

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

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

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



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Cancer.

By Paula Swift, CHTP

Just 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 thing 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!

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