

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

November 2019

Lake/Sumter Edition - Monthly

www.HealthAndWellnessFL.com

f t **FREE**



**NATIONAL
DIABETES
MONTH**

**LUNG
CANCER
UPDATE**

SCOT C. HOLMAN, MD • VINAY GUTTI, MD • SCOTT R. WEHRLY, MD

LAKE  eye
iLASIK

**IMAGINE NEW ADVENTURES
WITHOUT THE BLUR OF CATARACTS**

CARDIAC CARE

Life-saving cardiac care. Close to home.

We're more than an Accredited Chest Pain Center. We're a team of experts who perform more than 600 open heart surgeries a year. From diagnosis to treatment and rehabilitation, you can trust us to get you back to the people and places closest to your heart.

Visit leesburgregional.org to learn more.

 Leesburg Regional
Medical Center

► By your side.



Ft
FAITH



Faith. A powerful element in fighting cancer.

Joyce Dean has more energy than most 70-year-olds. She's full of stories about love, family and her days as the first African American professor at Edison Community College. 25 years ago, Joyce went for a routine annual physical. She was diagnosed with advanced multiple myeloma—a cancer with a grim prognosis at the time. She was referred to Florida Cancer Specialists, and she's been a patient ever since.

Living with cancer hasn't been easy, but with over two decades of compassionate, cutting-edge care, and a little faith, Florida Cancer Specialists has shown Joyce that when hope and science join forces, great outcomes can happen.

"Without Florida Cancer Specialists, I wouldn't be here."

A handwritten signature in black ink that reads "Joyce Dean".

-Joyce Dean, Patient & Cancer Fighter

Where hope is powered by science.™

FindHopeHere.com



Proud to serve patients at our eight Lake and Sumter County locations.

Patrick Acevedo, MD

Ahmed Al-Hazzouri, MD

Roy M. Ambinder, MD

Jennifer L. Cultrera, MD

Imad El-Jassous, MD

Ralph Gousse, MD

Maen Hussein, MD

Meera Iyengar, MD

Vasundhara G. Iyengar, MD, FACP

Sachin Kamath, MD

Pablo C. Reyes Jr., MD

Rakesh Rohatgi, MD

Sandeep K. Thaper, MD

Ram Tummala, MD

Marays Veliz, MD

CONTENTS

NOVEMBER 2019

- 6 Imagine New Adventures Without the Blur of Cataracts
- 8 Chronic Obstructive Pulmonary Disease (COPD) & Your Heart Health
- 9 Advanced Treatment for Overactive Bladder
- 10 Is it Time for an Estate Planning Checkup?
- 11 Lung Cancer Update
- 12 Diabetes in the Elderly: When to Seek Help
- 13 Traveling Tips for Venous Insufficiency
- 14 National Diabetes Month 2019
- 16 Recreational Marijuana Vs. Medical Marijuana
- 17 Maintain Leg Health for an Active Life

CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



Central Florida's Health & Wellness Magazine can be found in over 900 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239-588-1200
cristan@gwhizmarketing.com

©Copyright © CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2019. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

It's your heart. It should be personal.

And that's how I treat it.

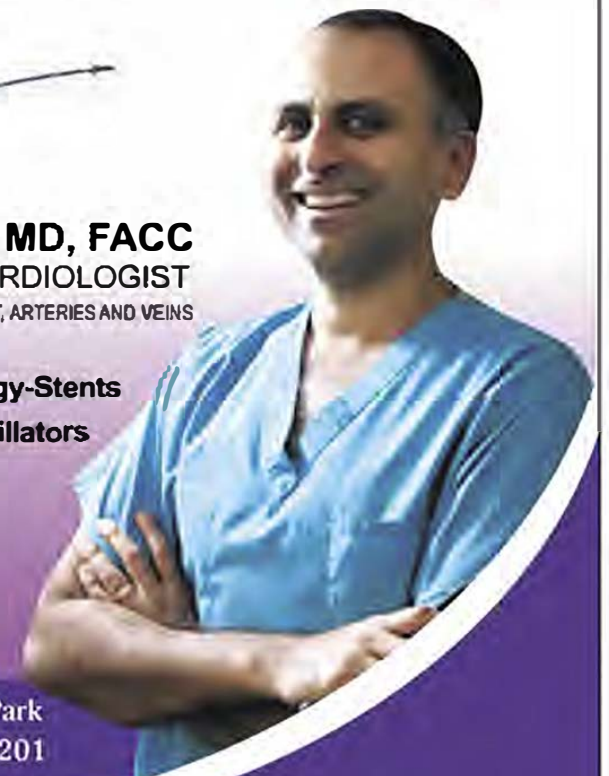
When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't. I will watch over you and treat you as I want to be treated when, one day, I am the patient and not the doctor. And that is my promise to you.

A handwritten signature in black ink, which appears to be 'T.E. Vallabhan', with a long horizontal line extending to the right.

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

- Interventional Cardiology-Stents
- Pacemakers and Defibrillators
- Vascular Medicine
- Clinical Cardiology
- Echocardiography
- Nuclear Cardiology

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



Call Office for Consultation
352.750.2040

www.drvcardio.com

CONTENTS

- 18** 5 Ways to Overcome Anxiety in Assisted Living Facilities
- 20** EMATRIX Skin Rejuvenation
- 24** Did You Know Diabetes Leads to Cardiovascular Issues?
- 26** Obstructive Sleep Apnea & Oral Appliances:
A Solution for a Good Night's Sleep
- 27** What is the MIT Difference?
- 28** Personalize Your Ideal Body with TruSculpt
- 30** Platelet Rich Plasma (PRP)
- 31** Cornerstone Hospice Focused on Each Patient's Life,
Not End-of-Life
- 32** Chiropractic: A Safe and Natural Alternative to Medication
and Surgery
- 34** Tips for Relieving Chronic Dry Eye Symptoms
- 35** Partial Knee Replacement
- 36** Can CBD Help with Pain?
- 37** Diabetic Neuropathy: How Physical Therapy Can Help
- 38** Local Attorney Patrick L. Smith Offers Flat Fee
Estate Planning Services
- 39** Spiritual Wellness: What's Your Diet?

TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

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

WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

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

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

WHAT RESULTS CAN YOU EXPECT?

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



OUR SERVICES

- CARDIOLOGY CONSULTATION
- EXERCISE STRESS TESTING
- NUCLEAR STRESS TESTING
- ECHOCARDIOGRAPHY
- EVALUATION OF HEART VALVE DISORDERS
- EVALUATION OF CORONARY ARTERY DISEASE
- EVALUATION OF HYPERTENSION (HIGH BLOOD PRESSURE)
- EVALUATION OF CHEST PAIN AND SHORTNESS OF BREATH
- EVALUATION OF CARDIAC ARRHYTHMIAS
- EVALUATION OF FAINTING (SYNCOPE)
- EVALUATION OF FATIGUE
- CHOLESTEROL DISORDERS (DYSLIPIDEMIA)
- PREOPERATIVE SCREENING
- WEIGHT LOSS AND NUTRITIONAL CONSULTING



VILLAGE
Heart
& VEIN CENTER

Bryan Carter, MPA-C

8575 NE 138th Lane, Lady Lake, FL 32159

(352) 674-2080

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

www.villageheartandvein.com

IMAGINE NEW ADVENTURES WITHOUT THE BLUR OF CATARACTS

Ah, cataracts. Seems like once you reach a certain age you hear about them a lot, and see ad after ad promoting places that treat them. The constant inundation of information can be confusing. In this article, we'll cover the basics so you'll have a better understanding of this common condition and your best options to get rid of cataracts and restore brilliant vision.



A cataract is a progressive clouding within the proteins in the lens of the eye. While cataracts can occur at any age, they tend to occur most frequently in people 55 and older. As the formation grows, it diminishes light from reaching the retina, blurring sight, dulling colors and stealing night vision. This clouding of the lens can also dull the color of your eyes and rob them of their sparkle.

Since cataracts tend to grow slowly, people often ignore them until their vision becomes bad enough to limit their activities. Left untreated, cataracts can cause partial or, in some cases, total blindness. This is totally unnecessary, because cataract surgery is one of the safest and most successful procedures ever created. The surgery itself is painless, requires no general anesthesia and takes only about 5 to 10 minutes. Recovery is quick and easy, with little to no discomfort and a rapid return to everyday activities. Cataract surgery and lens replacement have a remarkably high record of success and satisfaction - in fact, every year more than 3 million Americans undergo cataract surgery with outstanding results.

The Lake Eye Difference

In Central Florida, there are many choices for cataract removal and lens replacement, so which do you choose? Obviously, we think Lake Eye is the best choice - let us explain why. We have been serving the region for more than 40 years, and because of our countless number of satisfied patients and the most advanced technologies in the industry, both our practice and reputation have continued to grow year after year.

We have a team of Board-certified ophthalmological surgeons whose collective experience and training in cataract removal and IOL placement surpass our competitors'. Our team has performed tens of thousands of successful cataract surgeries and mastered state-of-the-art technologies and techniques many other practices aren't qualified to offer. Lake Eye was the first local practice to provide the revolutionary Femto Laser procedure, which gently removes the cataract-damaged lens with a specialized laser. The Femto Laser system is the quickest, safest and most effective method to remove cataracts ever created, and Lake Eye's surgeons were the first in Central Florida authorized to perform it. "The Femto Laser's safety, accuracy and speed are unparalleled," says Dr. Wehrly. "It is the gold standard in cataract removal."

Choosing the Right Replacement Lens

Once the diseased lens is removed, it is replaced with an intraocular lens, or IOL. The selection and implantation of the right IOL is a crucial stage in cataract surgery, for it is the element that provides the patient's new and improved vision.

"The greatest long-term satisfaction comes from more than just removing the cataract-affected lens," says ophthalmological surgeon Dr. Scot Holman. "It has as much to do with the replacement lens, which we custom select based on each patient's particular circumstances, like present vision, eye condition and lifestyle goals. Many patients report having better vision after surgery than they've had in years, or even in their life. Most are able to achieve 20/20 vision or better and reduce or eliminate their need for glasses."

The right IOL is a highly individualized decision based on both suitability and patient preference. Therefore, before surgery your Lake Eye ophthalmologist will discuss your lifestyle, activities and goals for vision correction, and go over your general eye condition and health, as well as review your options for optimal sight restoration.

During surgery, your surgeon will examine the shape and condition of your eyeball, which can affect which IOL will be ideal. Based on your specific needs and ambitions, your surgeon will choose from only the finest, highest-quality, patient-approved IOLs. "We carry nothing but the most trusted and proven IOLs in the industry," says Dr. Vinay Gutti. "When it comes to vision, enduring quality is paramount."

Our state-of-the-art line of IOLs provide correction for presbyopia (age-related near vision loss), astigmatism and other issues, and we even offer multifocal lenses that can improve vision at all distances, including the FDA-approved Symphony® IOL, the first extended depth-of-field lens for continuous correction that works like natural healthy vision.

Lake Eye's extensive surgical experience, IOL expertise and outstanding practice numbers merited our surgical team a guest speaker engagement at Johnson and Johnson's 2019 National Sales Meeting. "It was an honor to address so many industry colleagues," says Dr. Wehrly. "We were gratified to provide our peers with the latest data on the success of our technologies and procedures. We always welcome opportunities to teach, study and share."

For glaucoma patients with cataracts, our surgeons utilize endocyclophotocoagulation (ECP) and iStent® to reduce intraocular pressure and help protect eyesight from damage in the same surgical session as cataract removal and IOL implantation for optimal ease, speed and efficacy.

"There's no reason for cataracts to diminish anyone's quality of life," says Dr. Holman. "Our team has the experience, leading-edge technology and mastery of the latest procedures to offer clear, brilliant, renewed vision to anyone affected by cataracts."

Don't let dull, blurred vision dim life's adventures. Begin your next chapter with a bright and brilliant outlook. It all starts at Lake Eye.

LAKE EYE
ASSOCIATES

352-750-2020

www.LakeEye.com | 

Accepting New Patients!

IMAGINE LIFE BEYOND THE LENS

Get On Board With iLASIK®

iLASIK 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 with the advanced laser technologies. Make today the day you start seeing the world without barriers created by prescription lenses!

Enter to Win
FREE
iLASIK!

Come in for a Free Consult to assess whether iLASIK custom laser vision correction is right for you. If you decide to proceed, entering to win is simple:

1

Get convenient same-day iDesign Wavefront custom eye-mapping for a \$200 deposit that will be applied to the cost of your surgery.

2

Schedule and pay for your iLASIK procedure by Dec 31, 2019 and you'll be entered to win a full reimbursement, making your iLASIK procedure FREE!

LAKE  eye
iLASIK

1852 Mayo Drive • Tavares, FL 32778
352•63•LASIK
www.LakeEyeLasik.com

Chronic Obstructive Pulmonary Disease (COPD) & Your Heart Health

Nearly 24 Million Americans have COPD, and large number of them are over the age of 40 and have a history of smoking or being subjected to respiratory irritants such as chemicals and pollutants. COPD is a disease that is encompassed by chronic bronchitis, emphysema, and asthma, causing shortness of breath, productive coughing and inflammation of the airways. It is a progressive lung disease with no cure. Most patients are put on steroids (oral and inhaled), bronchodilators and antibiotics.

Individuals with COPD often have incidents of fluid build-up, which can make it difficult for them to breath. They frequently feel as if they are drowning and call 911 often due to this terrifying sensation. This is why it's important to speak to your physician about your COPD treatment and the best at home care techniques to keep you safe and comfortable.

Having a disorder like COPD is challenging with continual progressive changes and side effects. Talking to your physician about any fluctuations in your health or symptoms is critical.

COPD Symptoms

- Coughing
- Producing phlegm
- Wheezing
- Shortness of breath with normal activity
- Blue tinge to fingernails
- Fatigue

The COPD and Cardiac Connection

Both disease states are linked systemically to chronic inflammation in the body. Most individuals are unaware of the fat that they have chronic inflammation, because it's not typically something they can see and what they feel, they often ignore as general aging complaints like stiffness, brain fog, high blood pressure or high lipid levels, diabetes, etc. These issues are what lead to the vast amount of people that have comorbidities.

Patients with COPD have fluid retention, which is also attributed to cardiac issues, and can exacerbate cardiovascular conditions. For both sets of conditions diet is a critical component. Making sure that low sodium, low sugar and carbohydrates are minimal in the diet is helpful to lessen the effects of the inflammatory response. Exercise is also important but should be monitored and discussed with your physician.



The health of the heart and vascular system are affected by many things like, stress, substance abuse and genetics, but the main offenders of heart disorders are being overweight, poor dietary habits, having high blood sugar levels and living a sedentary lifestyle.

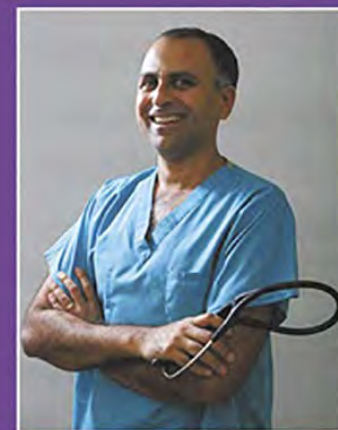
Depending on the stage of the COPD, some patients might need to consider home health care or private duty nursing. When under home health care, their team of nurses and medical director can prevent these readmissions to the hospital by several means. The medical team can prescribe medications to block fluid build-up, have a daily vital reading monitored by a home health program, and have specialists help with understanding nutrition, and how to keep calm and learn to breathe more functionally through the episodes. Your physician is still in charge of your medical care, and all reports from the home health team are reported to your primary care doctor.

Talking to you primary care physician or cardiologist about diagnostic testing, lab work, medication management, and lifestyle changes is critical for your quality of life when dealing with COPD, heart issues or any other health changes or conditions that you might be experiencing.

Dr. Vallabhan

Call Office for Consultation
352.750.2040

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



Dr. V

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

**It's your heart.
It should be
personal.**
And that's how I treat it.

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

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

Advanced Treatment for OVERACTIVE BLADDER

Have you tried treatment for overactive bladder and still suffer from any of the symptoms below?

- ✓ Urgency to get to the restroom in time
- ✓ Increased frequency of urination
- ✓ Getting up at night 2 or more times to urinate
- ✓ Wearing adult protective undergarments or pads
- ✓ Inability to empty your bladder completely
- ✓ Curbing your usual activities because you must be near a restroom at all times

If you are a man or woman who said yes to any of these, then you should know about some of the advanced therapies that are available and can drastically improve your quality of life.

Commonly used therapies such as behavioral modification, bladder training and medications are a first line of therapy for overactive bladder (OAB). Unfortunately, in many patients, these do not work or don't work well enough. Some patients may even be unable to tolerate the common side effects of medications such as dry mouth, dry eyes or constipation. If you or someone you know has OAB, the use of sacral neuromodulation or Botox may be the answer. In a specialty trained urologists' hands these treatments can succeed where others have failed.

SACRAL NEUROMODULATION

Sacral neuromodulation (SNM) allows regulation of the nerves that go to the bladder. This works by sending messages back to the brain to regulate the "on-off" switch for bladder function. A simple way to think of SNM is as a pacemaker for the bladder. It can help to bring your bladder function back to normal function if it is too active or even underactive.

SNM is approved by the FDA for the treatment of refractory OAB, urge incontinence and urinary re-tention. Currently one company (Medtronic Inc., Minneapolis) produces this SNM device for international use under the name InterStim®. In Europe, it is also



used successfully to treat bowel dysfunction including severe constipation, fecal urgency, frequency and fecal soiling. This is possible because there are nerves in the pelvis that work on both the bladder and bowel.

SNM is a very appealing option to patients due to its high success rate (up to 80%) and a unique trial phase. This trial phase of 3 to 7 days is called a percutaneous nerve evaluation (PNE) and is a simple procedure that places a thin temporary lead next to the nerve that controls bladder function. This can be placed using local anesthesia or light sedation and takes minutes to perform. This gives the patient the ability to "test drive" the device without going through the full implant. It also helps patients to gain insight on just how much the InterStim could help them. At the end of the trial, the leads are removed in the office without damaging the nerve.



855-298-CARE
Advancedurologyinstitute.com

If the PNE is successful in reducing symptoms, it is likely that the full implant will work in these patients. The InterStim uses an implantable lead and small battery that are placed for long-term treatment of OAB or urinary retention. Once placed, the InterStim can last up to ten years depending on its use. The battery can be easily changed under local anesthesia. After implan-

tation, the InterStim is virtually undetectable even in a bathing suit. This device can drastically improve a patient's quality of life.

BOTULINUM TOXIN (Botox)

Botox injections are another option in the treatment of OAB. The Botox is placed directly in the bladder muscle for treatment of OAB and urge incontinence.

This is done with a simple cystoscopy (small telescope) and can be done under local anesthesia or sedation. It works by binding to nerve endings allowing for relaxation of the bladder muscle. This has been shown to improve symptoms in up to 70% of patients and up to 60% of patients will have complete resolution of their OAB or urge incontinence. Botox, however, only lasts 6 to 9 months and needs to be repeated. The FDA considers this an off-label use even though it has been used successfully for years. Use of Botox in the bladder carries no greater risk to the patient than cosmetic procedures.

These are only a few of the many options that can significantly improve quality of life. A full range of treatments for OAB and any other urologic concerns are offered at Advanced Urology Institute.



Is it Time for an Estate Planning Checkup?

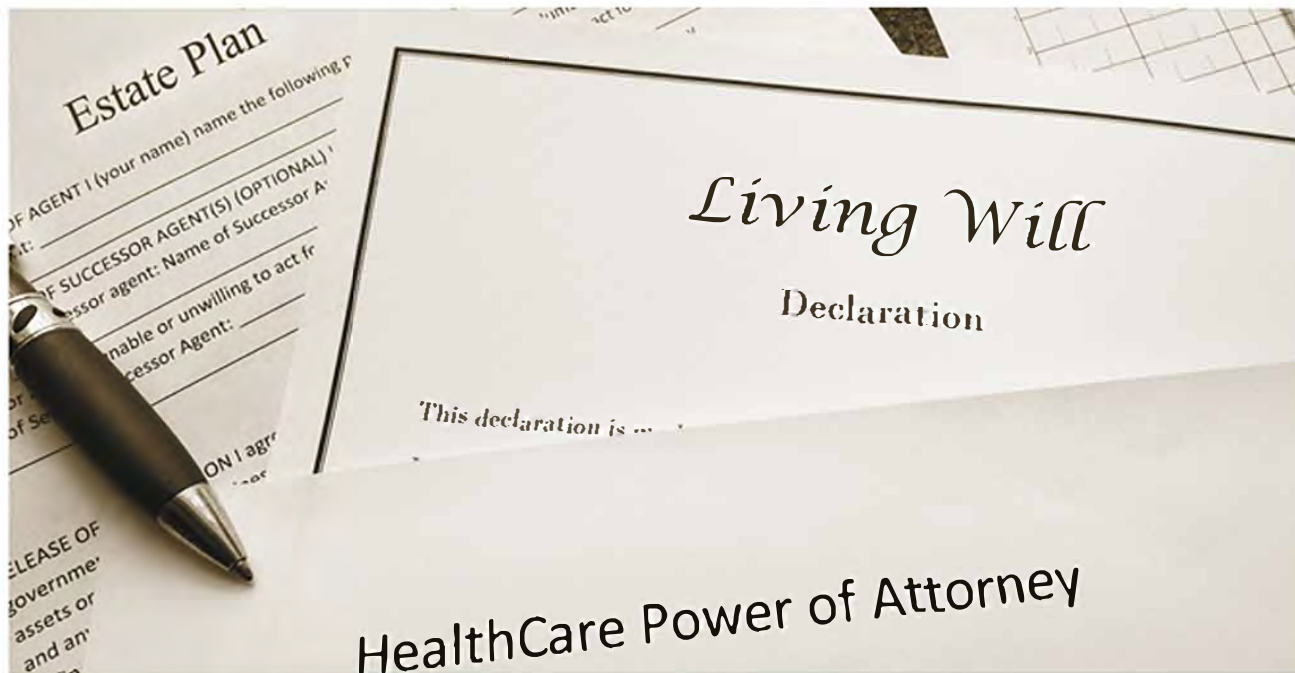
By Teresa K. Bowman, Of Counsel

As the year moves into fall and 2020 looms closer, it may be a good time to consider an estate planning checkup before the year ends. A thorough review of your estate plan should happen every 5 years or so, or sooner if there have been significant changes in your life. Such changes might include death, divorce, or a change in finances. If you haven't taken a look at your documents in a while, now is the time.

While reviewing your documents, pay attention to your Power of Attorney and Advance Healthcare Directive and ask yourself relevant questions, such as the ones outlined below.

Regarding your Power of Attorney, ask yourself if the named agents are still able and willing to act on your behalf. Would they be able to manage your finances if you can't? Are they still healthy enough to take on that responsibility? Have changes in their lives occurred that might impact their ability to serve? Are they familiar enough with your situation to know what they would need to do? For example, do they know where you bank and the name of your financial advisor? Do they have a copy of the document in the event they need it? And, if they don't have a copy, do they have the contact information of your attorney?

When considering those named as healthcare surrogates in your Advance Healthcare Directive, the same questions apply, but you should also consider how much this person knows about your current healthcare situation, and whatever needs you may have. Healthcare needs can change significantly in 5 years, and there may be things that you haven't shared with your named surrogate that they need to know. Do they know who your physicians are, what medications you take, and your preferred hospital? Are they knowledgeable enough to make a medical decision, and possibly an end-of-life decision, for you based on your current beliefs and desires? Have their beliefs changed in a way that could cause them concern in following your known wishes?



Both of the above documents should be reviewed by you, and then by your attorney, to see if there are any changes in the law, or changes in your specific situation, that would warrant an update.

When reviewing your will, make sure those named as Personal Representatives (executors) in your document are still able and willing to act. The usual time to update a will is if there is a life-changing event, such as: the death of your spouse, your spouse's being diagnosed with a serious illness, the loss of a named beneficiary, or a change of heart regarding the disposition of your assets upon death. Oftentimes I find clients haven't updated their documents since they named guardians for their minor children, who are now adults with children of their own.

For clients with revocable trusts, I suggest reviewing the assets in their trusts and making a list of any newly-acquired assets that are not owned by the trust. Retitling those assets so that they are owned by the trustee of your trust will avoid those assets passing through probate at death. Failure to fully fund your trust during your lifetime will require a court order to move any outside assets into your trust before they can be distributed to your beneficiaries.

When reviewing a will or trust, think about your beneficiaries and their current situations. If a beneficiary is on public benefits, an outright distribution could result in a loss of benefits. To prevent this, amend your document to include a Special Needs Trust. If adult children are going through financial troubles, a trust under your will can be used to avoid creditors from attaching the inheritance. Do you want to include distributions to grandchildren now that your children are adults? Do you have a favorite charity or organization that you now wish to include in your estate plan?

A quick review of your documents will either give you peace of mind that all is well, or let you know that it's time to meet with your estate planning attorney to effect changes that reflect your current situation and desires.



1028 Lake Sumter Landing, The Villages, FL 32162
352-259-5011 | www.McLinBurnsed.com

LUNG CANCER UPDATE

According to the American Cancer Society, lung cancer is the leading cause of cancer deaths in the United States. More people die of lung cancer in a year than from breast, prostate, colon, and pancreatic cancer combined. Lung cancer is the second most common cancer in both men and women – it ranks just behind prostate and breast cancer, respectively.

EARLY DETECTION SAVES LIVES

Although there have been some real advances in the treatment of lung cancer, the average five-year survival rate for lung cancer in the U.S. is only 16.3%, unless it is detected early. If the disease is detected early, while it is still localized within the lungs, the five-year survival rate soars to 52.6%. So, a patient's chances of surviving lung cancer are three times greater when it is detected early.

Through the use of low dose spiral CT scans of the chest, lung cancer can often be detected in its early stages before it becomes incurable, or even before a patient is showing symptoms. This type of screening can detect early stage cancers that cannot be seen on traditional chest x-rays. Screening is recommended for people with a history of heavy smoking, defined as 30 pack years or more. A pack year means smoking an average of one pack of cigarettes per day for one year (for example: one pack per day for 30 years or two packs per day for 15 years). Check with your physician to see if you could benefit from a CT lung scan. Unfortunately, only about 15% of all lung cancer cases are diagnosed at an early stage. Why? Because often in the early stages there are no real symptoms. That is one of the reasons why regular screenings are so important – especially if you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years.

IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade, including the development of medications known as targeted therapies, which interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment more effective and safer for patients.



About 85% of all lung cancer cases occur in people who are smokers or have smoked in the past. The remaining 15% of cases occur in non-smokers, for reasons not yet fully understood.

Newer immunotherapy treatments have significantly improved survival rates for some lung cancer patients. A recent study, presented at the American Association for Cancer Research (AACR) Annual Meeting in 2017, demonstrated that, for a small subset of patients, immunotherapy can work for a very long time.

LUNG CANCER RESEARCH INVESTIGATES MANY POSSIBILITIES

Many clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective. Especially important for older patients who may have other health problems, doctors are studying these combinations to discover if treatment outcomes can be further improved. In some cases, chemotherapy is also being used in combination with some targeted therapies and has been shown to improve survival rates.

With some types of lung cancer, research has shown that receiving chemotherapy before radiation or surgery may actually be helpful. Chemotherapy may shrink the tumor, making it easier to remove with surgery. It may also increase the effectiveness of radiation, and can destroy hidden cancer cells at the earliest possible time.

One of the more recent areas of lung cancer research focuses on creating cancer vaccines. Cancer vaccine research involves triggering the immune system to recognize and attack cancer cells without harming normal cells. Unlike common vaccines that are used to prevent diseases such as mumps or measles, cancer vaccines are used to treat, not prevent, lung cancer. Although the research in this area is showing some promise, vaccines are currently only available in clinical trials.

There is still much research needed to develop even more effective treatments for lung cancer; however, today many more people are surviving the disease than ever before.

World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

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



Clermont

1920 Don Wickham Way, Suite 100
Clermont, Florida 34711

Leesburg North

9832 US Highway 441, Suite 101
Leesburg, FL 34788-3984

Leesburg South

601 E Dixie Ave., Suite 1001
Leesburg, FL 34748

Leesburg West

1600 West Main Street
Leesburg, FL 34748-2811

Tavares

4100 Waterman Way
Tavares, FL 32778

Villages Buenos Aires

1503 Buenos Aires Blvd
Building 140
The Villages, Florida 32162

Villages Cancer Center

1400 N US Highway 441, Suite 540
The Villages, Florida 32159

Villages North

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

For more information, visit FLCancer.com

Diabetes in the Elderly: When to Seek Help

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

With staggering numbers, diabetes affects over 30 million Americans and within that vast figure, 12 million seniors have the condition. Diabetes is an exorbitant disease, costing approximately 245 billion dollars per year. In addition, it is the 7th leading cause of death in the United States, and it can wreak havoc on one's health, including the progression of comorbid conditions.

Type I Diabetes Complications Include:

- Low blood sugar
- High blood pressure
- High cholesterol
- Cardiovascular risk factors
- Stroke risks
- Eye disease and conditions
- Kidney disorders

Type II Diabetes Complications Include:

- Heart Disease
- Vascular disease
- Neuropathy
- Kidney disease
- Skin Conditions
- Stroke
- Vision loss and disorders
- Amputations
- Non-Healing ulcers
- Alzheimer's and Dementia

Seniors and Diabetes

For the elderly, it is recommended that they keep their A1C levels under 6.5, and while this is a little less than younger individuals, it's meant to keep their weight in check, keep them healthy and to better equip them to fight off disease, infections, and comorbidities that are so common with diabetes, such as cognitive decline, vision loss and heart disease.

Common Symptoms of Diabetes:

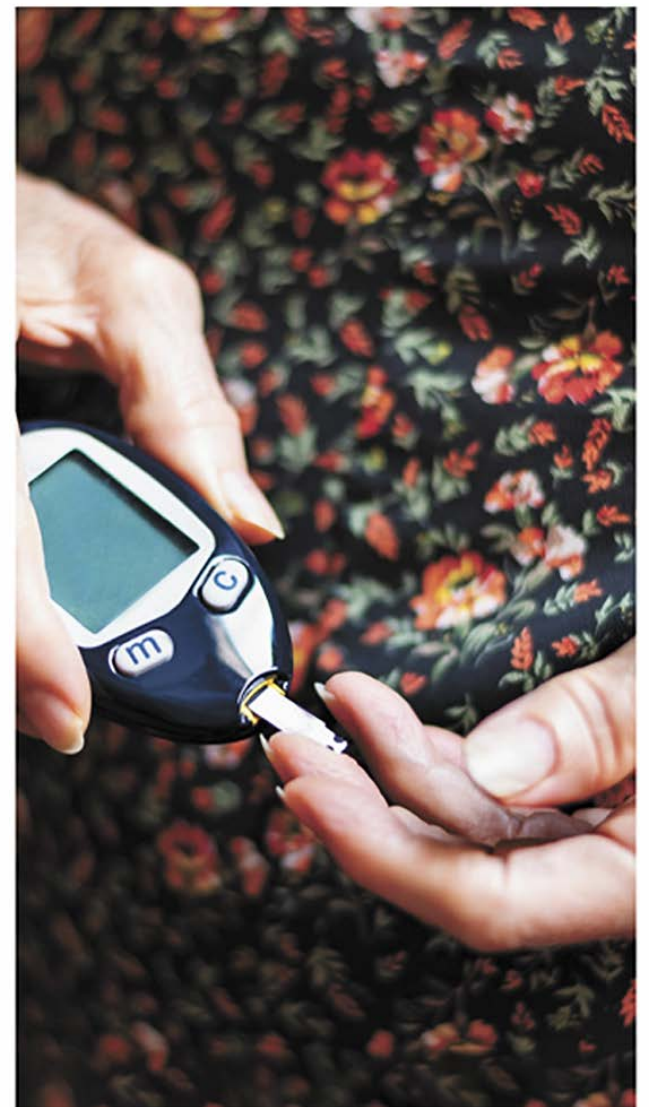
- Urinating often
- Extreme thirst
- Unsatiety/always hungry
- Carbohydrate and sugar cravings
- Extreme fatigue
- Blurry vision
- Wounds that are slow to heal
- Weight loss
- Weight gain
- Tingling
- Pain
- Numbness

How Can Home Health Assist with Diabetic Care?

Lake Centre Home Care is a skilled home health agency that provides nursing, physical, occupational, and speech therapy; along with home health aides and medical social services. Lake Centre Home Care offers comprehensive patient care including physical therapy.

For patients that have diabetes, Lake Centre Home Care is well-trained in educating patients about their risks and protocols they need to keep their blood glucose levels low. They also monitor patient's needs including vitals, weight management, medication management, physical therapy, wound care, home safety, and so much more.

If a patient needs wound care, they can assist with the dressings and compression instructions. They can also help facilitate additional wound care visits if necessary. If a patient has vision loss, they will give valid medical recommendations for either home assistance technology, or personal guides to help the patient navigate through their disorder. In the incidence of stroke due to diabetic conditions, Lake Centre Home Care can provide physical and occupational therapy along with many other essential methods of control and treatment.



How to Prevent Diabetes

Type II diabetes can also affect all ages, maintaining a healthy weight, exercising and eating the right foods can significantly reduce or stave off this type of disorder. If your diabetes is advanced, getting the appropriate medication and dosing is crucial for reaching and sustaining a healthy lifestyle.

Lake Centre Home Care accepts Medicare Assignment and private insurance with pre-authorization.

To schedule a private tour or to find out more, please call Lake Centre Home Care today.



LAKE CENTRE HOME CARE

310 Market St., Leesburg, FL 34748

(352) 315-0050

HHA# 299992424

Traveling Tips for Venous Insufficiency

By Bryan Carter, MPA-C, Phlebology-Surgery

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

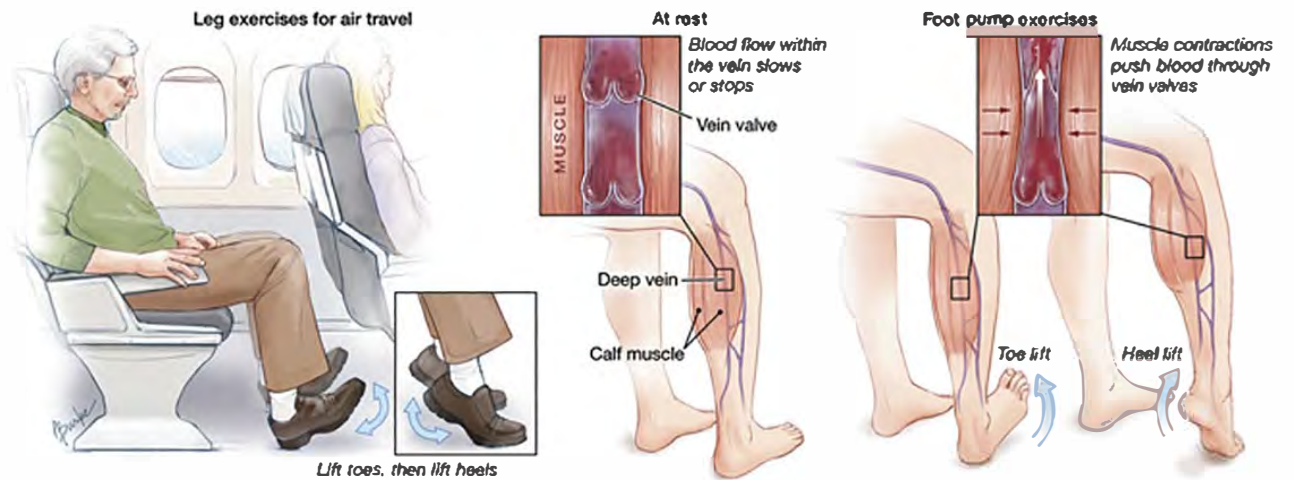
The hottest days are upon us during the upcoming summer months, so it's imperative that everyone stays hydrated, especially the elderly and children. Because we come in all shapes and sizes, drinking at least ½ your body weight in ounces is the recommended amount for each person. So if you are 200 lbs.,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

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

What is venous insufficiency?

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

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



Symptoms of venous insufficiency:

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

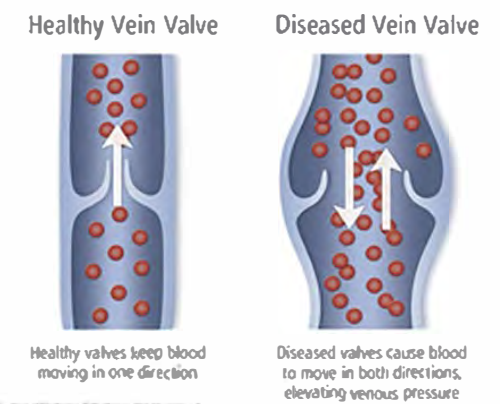
One of the easiest ways to better control and improve your legs blood flow is to wear compression stockings, but beware, not all compression stockings are the same.

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

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

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

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



Treatment Options for Venous Insufficiency Include:

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

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



VILLAGE
Heart
& VEIN CENTER

Bryan Carter, MPA-C

8575 NE 138th Lane
Lady Lake, FL 32159

(352)-674-2080

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

www.villageheartandvein.com

National Diabetes Month 2019

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes and its impact on millions of Americans.

If you're one of the 27 million people in the U.S. with type 2 diabetes, you and your doctor have likely discussed the importance of a healthy diet and moderate exercise. Losing extra pounds, eating better, and becoming more active are some of the most important steps you can take to keeping your diabetes under control. The lifestyle amenities and healthy eating options found in Ave Maria, FL help residents stay on-track and make healthy lifestyle decisions.

Weight Control

For many people, healthy meal planning consists of a long drive to the grocery store, fighting traffic, finding a parking spot and then lugging the groceries back home. Residents of Ave Maria merely walk to the local Farmers Market in the Town Center. The outdoor market features several vendors which include fresh locally grown produce and citrus, fresh seafood, Italian breads, local honey, and more.

If you're looking for a more extensive selection, Publix grocery market is a quick walk or golf cart ride away. Located in the La Piazza Publix Center, shoppers enjoy the convenience of a fresh meat counter, bakery, deli, and an abundant selection of fresh produce.

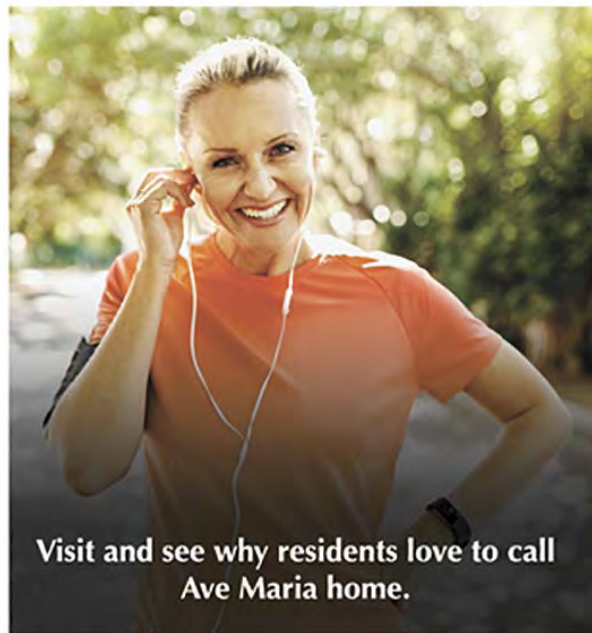
The abundance of healthy food options in Ave Maria is endless.

What Kind of Exercise Will Help?

Two types of physical activity are most important for managing diabetes: aerobic exercise and strength training. The American Diabetes Association® recommends 30 minutes of moderate-to-vigorous intensity aerobic exercise at least five days a week or a total of 150 minutes per week.

Examples of moderate-intensity exercise include:

- Walking briskly (3 miles per hour or faster). Ave Maria has miles of walking trails.
- Bicycling (10 miles per hour or slower). Our bike friendly town allows you to bike to shopping, dining and more!



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

Examples of vigorous-intensity exercise include:

- **Racewalking, jogging or running.** Located in the Town Center, the Ave Maria Fitness Center spans 5,000 square feet of workout and classroom area, men's and women's showers, reception area and offices. The workout floor includes state-of-the-art treadmills, stationary bikes, and Star Trac exercise equipment.
- **Swimming laps.** Adjacent to the schools and the North Park lies Ave Maria's famed Water Park, rivaling the finest parks of its kind in the area. With its interactive fountains, slides, pools, and pavilions, the Water Park provides hours of resort-style entertainment on a year-round basis.
- **Aerobic dancing.** The Club at Maple Ridge will be the central hub of activity and relaxation exclusive to residents of Maple Ridge, Maple Ridge Reserve, and Coquina. The Club is poised to include indoor and outdoor activities for all ages including an aerobics studio, bocce court, and dog park.

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

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

Health Experts at the Mayo Clinic recommend people with Type 2 diabetes follow a diet of:

Healthy Carbohydrates. Focus on the healthiest carbohydrates, such as fruits, vegetables, whole grains, legumes (beans, peas, and lentils) and low-fat dairy products.

Fiber-Rich Foods. Foods high in fiber include vegetables, fruits, nuts, legumes (beans, peas, and lentils), whole-wheat flour and wheat bran.

Heart-Healthy Fish. Fish can be a good alternative to high-fat meats. For example, cod, tuna, and halibut have less total fat, saturated fat and cholesterol than do meat and poultry.


Good Fats. These include avocados, almonds, pecans, walnuts, olives, and canola, olive and peanut oils.

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



Put more miles on your golf cart

THAN YOUR CAR

With schools, shops, parks, pools, and more all just moments from your front door, it seems the golf cart is the unofficial vehicle of Ave Maria. Which reminds us: at what point do you have to stop calling it a golf cart?

Pulte Homes, CC Homes, Del Webb
Priced from the Low \$200s

AveMaria.com | 239.352.3903

Ave Maria
BIG KIND OF SMALL TOWN

©2019 Ave Maria



Personalize your ideal body.

Do you diet and exercise but still have areas of stubborn fat? No matter your shape or body type, the revolutionary truSculpt® iD body contouring platform is clinically proven to eliminate fat cells in as little as one comfortable 15-minute treatment, completely personalized to your individual needs.

truSculpt® iD
SCULPT YOUR BEST BODY

Model: Not actual patient.
© 2018 Cutera, Inc. All rights reserved. API998 rA

Easy | Safe | Proven | Fast | No Downtime



Schedule your free consultation today!

352-259-5190
TNT4ME.COM

TOTAL NUTRITION
AND THERAPEUTICS

809 Hwy 466, Unit 202-C, Lady Lake, FL 32159

Vaginal dryness putting you through a sexual dry spell?

Learn more about our FemTouch treatment for improved vaginal health.

The FemTouch treatment is a fast, simple, in-office procedure that uses a vaginal laser to address several, vaginal health-related issues. During the procedure, the CO2 fractional laser gently ablates the vaginal lining to help stimulate collagen production and remodel vaginal tissue. Improved overall vaginal health is restored along with a stronger, tighter vaginal wall.

AUI
ADVANCED UROLOGY
INSTITUTE

352.391.6000
advancedurologyinstitute.com

Recreational Marijuana Vs. Medical Marijuana

Recreational Marijuana is unregulated, and the ratios of THC, CBD and terpenes is also not standardized or stable. Recreational marijuana is typically used to evoke a mood-altering "high" and not necessarily used for medical ailments or treatment. In the state of Florida, recreational marijuana use is illegal.

Medical Marijuana is highly regulated by the government. It is under great scrutiny to deliver and prove it's levels of THC, CBD and terpenes. These ratios in medical marijuana can be adjusted specifically by a certified and licensed medical marijuana physician's dosage and ratio request, as some formulations are better suited for specific disease states, symptoms and conditions.

Intake Methods

The state of Florida allows medical marijuana to be dispensed and used in these forms:

- Creams
- Edibles
- Oils
- Patches
- Smoking
- Sprays
- Suppositories
- Tinctures
- Vaping

Governor Desantis signed a bill recently allowing the ban on smokable marijuana to finally be lifted in the state of Florida. Certain dispensaries in the area are now legally able to give patients the green leafy flower that so many individuals have been waiting for.

What are the Benefits of Smokable Marijuana?

Both cannabis oil and smokable marijuana offer health benefits, and in many cases, they both treat or alleviate symptoms of the same disorder. But what about smokable marijuana specifically? What are the perks, and who do they help the most?



Having the full entourage effect of the whole plant-based form of medical marijuana is ideal for many patients with terminal illnesses like cancer, dementia, Parkinson's disease, epilepsy, PTSD, and chronic infections. The entourage effect is the plant's natural combination of CBD, THC and Terpenes.

Both using cannabis oil and smoking marijuana yield different medical benefits. Smoking cannabis has been useful in treating diseases like glaucoma and nausea. It can be used to alleviate chronic pain and may even help reduce the size or stop the growth of cancer, as well as stop the progression of Alzheimer's disease. Cannabis oil is also used to treat cancer and nausea, but it can also improve sleep, protect the skin, combat stress and anxiety and promote heart health. Both may be used to treat symptoms of post-traumatic stress disorder (PTSD), headaches and migraines. They may also be used to combat the symptoms of multiple sclerosis and premenstrual syndrome. Typically, the oil contains concentrated cannabinoid profiles for more potency, but many primarily include cannabidiol (CBD), which does not get people high. For this reason, some states allow children to take advantage of CBD oils for certain illnesses and conditions.

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

Florida Marijuana Law's Qualifying Conditions Include

Currently, there are 12 medical conditions explicitly defined in the Florida medical marijuana initiative. However, the Florida marijuana law also states that any medical condition in which the medical marijuana doctor believes that the medical use of marijuana would likely outweigh the potential health risks for a patient may be used as criteria when certifying a patient for the Florida MM program.

Qualifying Conditions

- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Seizures
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Crohn's disease
- Parkinson's disease
- Multiple sclerosis (MS)
- 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
- *Patients can be considered for alternative disorders*

In addition, Amendment 2 allows physicians the authorization to recommend the Florida Medical Marijuana Card to patients who have been diagnosed with "a similar or other debilitating medical condition."

Getting Medical Marijuana

You must visit a Physician that is licensed to recommend medical marijuana. To legally purchase and consume medical marijuana in Florida, a patient must have one of the specific qualifying medical conditions regulated by the government or have a medical condition that is deemed as appropriate.

MAINTAIN LEG HEALTH FOR AN ACTIVE LIFE



Feet and leg problems have a severe impact on quality of life but can easily be prevented by maintaining our secondary hearts.

By Kenneth McLeod, Ph.D.

Why do so many people suffer from problems with their feet and legs? Swollen feet and ankles, nighttime leg cramps, restless leg syndrome, varicose veins, non-healing lower leg ulcers, loss of sensation in the toes, all are remarkably common among middle-aged and older adults.

Blame our upright posture, gravity, and soft skin. When we are sitting or standing, gravity is pulling the fluids in our body down into our legs. Because our skin is so soft, it stretches, allowing fluid to pool into our feet and legs as long as we continue to sit or stand. Older Americans sit, on average, for over 9 hours a day, while individuals who have desk jobs commonly sit for a total of over 13 hours each day.

FLUID POOLING

Blood pooling into the veins of the legs is one of the most common complications of our sedentary lifestyle and often becomes evident at a relatively young age. Venous pooling first appears as spider veins, then progresses over time to varicose veins. If not corrected, varicose veins can lead to venous insufficiency, a condition that can be very painful, and even dangerous, if it results in the formation of a venous embolism (blood clot).

Fluid pooling into the soft tissues of our legs (muscles, ligaments, tendons, and dermis) results in swollen feet and ankles and can lead to aching joints and nighttime leg cramps. The increased fluid pressure in the feet and legs also constricts blood flow to the nerves causing loss of sensation, typically starting in the toes.

HOW OUR SECONDARY HEARTS PREVENT FLUID POOLING

What normally prevents fluid pooling into the legs is our "secondary hearts." The "secondary hearts" are the soleus muscles in the calves of the legs. These specialized muscles collect fluid which pools in the legs and pumps this fluid back up to the heart. The soleus muscles are postural muscles which are generally used to help us maintain a squatting posture.



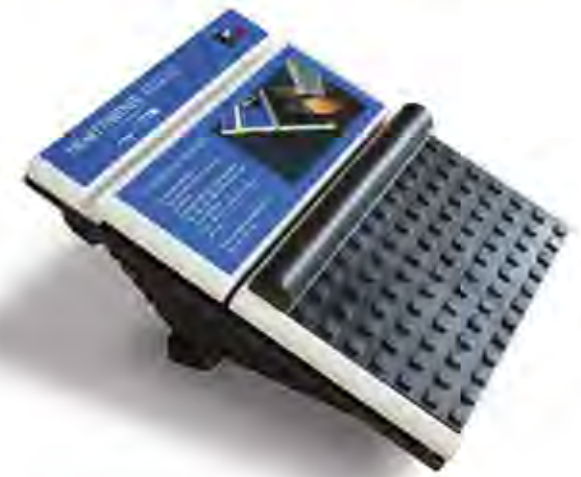
Our ancestors squatted much of the day, and in doing so kept their soleus muscles in good shape. In the modern world, we tend to sit when we rest, and so as we age our soleus muscles lose their pumping ability.

HOW TO RETRAIN YOUR SOLEUS MUSCLES

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. This can be difficult for many people to fit into their daily routine or sometimes too challenging for older individuals.

Various types of exercise equipment have been developed to assist individuals in rebuilding their soleus muscles. The HeartPartner offered by Sonostics, for example, is a passive-exercise device utilizing technology to activate a reflex which stimulates the soleus muscles into action. It is easy and convenient to use at home or work while sitting in an 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.



Feet and leg health complications have a severe impact on quality of life, but such complications can easily be prevented by maintaining our secondary hearts. Whichever secondary heart training strategy you select, make an effort to exercise each day to maintain not only the health of your feet and legs, but whole-body health as well.

"I would highly recommend it. I do think it's had a positive impact for my initial use of just wanting to downplay my varicose veins and then also with my hands not being cold, it's been a game-changer."

— Johanna, Endicott NY

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 Bio-medical 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.

5 Ways to Overcome Anxiety in Assisted Living Facilities

Moving to an assisted living facility can be a time of emotional upheaval for seniors. Not only are they leaving behind a home of their own, they need to learn how to live in harmony with strangers. Settling into a seniors home can increase anxiety and leave many new residents feeling out of place and worried. If you're moving a loved one into an assisted living facility, below are five tips you can share to help them overcome their anxiety in their new surroundings.

1) Learning to sing on a daily basis can significantly reduce tension and anxiety. Seniors who make a habit of singing songs from their childhood or teenage years can reduce their feelings of discomfort and feel more at home. Encourage your loved one to sing in their room even if they don't have a great voice or can't carry a tune. We have introduced this in our home with our child on the autism spectrum and he LOVES it. It's not unusual for him to belt out anything from Amazing Grace to Scooby Doo! Singing is a fun coping method to help remedy anxiety for any age. It really works!

2) It might sound simple, but helping your family member to laugh and smile more can ease their transition into senior living. Share jokes, help them practice silly smiles, and make a point of reducing tension with gadgets that prompt laughter. Search an e-commerce site like Amazon.com for 'noise machine' and you'll be amazed at the goofy sound machines you can purchase for your family member. Better yet, hang pictures up in their room of family and past events that make them smile..

3) Seniors who take part in their new community tend to feel less stressed than those who hole up in their room. Just because your loved one is living in an assisted living facility doesn't mean they can't make new friends. Encourage them to take field trips with other residents or participate in community games and devotion. Participation in our scheduled events will help to reduce their level of anxiety at their new surroundings.



4) Old hobbies can be especially comforting to those who have recently moved into a seniors home. Remind your loved one of hobbies they used to like and encourage them to start enjoying those hobbies again. Anything from knitting and crocheting to model building and puzzles can be enjoyed while living in their new home. They might even discover other residents who have an affinity for the same relaxing hobbies.

5) If your loved one is experiencing mild depression and anxiety, encourage them to speak with their family physician. Changes in behavior could mean their medication needs checking or they need to start taking an herbal supplement like 5HTP to prevent mood swings. Speaking with a medical professional can put your mind at ease and help your loved one adjust to their new home.

Share these five ways to overcome anxiety with your family member and there's a good chance you'll both feel better. Living with anxiety doesn't have to be a permanent state of mind if your loved one is willing to make small adjustments in their daily routine.



trinity springs

12120 Co. Rd. 103 | Oxford, FL 34484   

Learn more at 352-633-4030
or TrinitySprings.org

FACELIFT SPECIALIST



BEFORE

AFTER

YOU ARE INVITED FACIAL BEAUTY SOCIAL MIXER

November 20th

Waterfront Inn, The Villages - Seminar

December 10th

Waterfront Inn, The Villages - Seminar

December 17th

Hilton, Ocala - Seminar

LUNCH IS SERVED!

Surgical or Non-Surgical
STOP Wasting Money on Temporary Fillers

Breakthrough Long-Term Filler
Dr. Rich is #1 BellaFill Injector

Grand Prize Raffle
(Up to \$1200 value)

CALL NOW

Limited Seating

888-875-3223



IMAGELIFT®

ImageLift.com

**Free
Book!**

**+3,500
Facelifts**

**Double
Board Certified
Facial Plastic
Surgeon**

Dr. Castellano



THE VILLAGES
877.346.2435

Follow on [youtube.com/ImageLift](https://www.youtube.com/ImageLift)
or [FB.com/ImageLift](https://www.facebook.com/ImageLift)

PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HRS OF RESPONDING TO AD FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.



EMATRIX SKIN REJUVENATION

By Gil Cortes, MD, FAAD

Most of us wouldn't mind having perfectly glowing, blemish and wrinkle-free skin — but we all know getting it is not always easy. When we hear of a treatment that could help us obtain our perfect skin goals, naturally we want to know more. Welcome to improving your skin with subablative rejuvenation.

Though subablative rejuvenation started gaining traction over five years ago, compared to microdermabrasion, lasers and light treatments, subablative treatments are fairly new — and still kind of a mystery. Let's change that, shall we?

So what is it?

In short, subablative rejuvenation is an alternative to harsher treatments like chemical peels and microdermabrasion. Instead of using light or lasers, subablative rejuvenation uses radio frequency technology in an effort to tighten skin, erase fine lines, shrink large pores and heal previous acne scarring. Some have also found it helpful in the battle against stretch marks. Even though subablative treatments don't involve lasers, they are designed to resurface the skin, simulating the same effects of various similar laser treatments.

Subablative rejuvenation is a significant improvement over short-lived results of microcurrent facials at salons and spas. They are safer, less invasive and give much more dramatic results.

How it works

According to a 2014 press release from Syneron Medical Ltd., the typical subablative protocol consists of three to five treatments, spaced four to six weeks apart. After going through the treatments, Syneron Medical claims patients can expect tone and texture improvements as a result of increased levels of collagen and elastin and new healthy skin cells.

The treatment works by depositing energy into the skin to initiate a healing response without disrupting the epidermis or outer skin layer. The fractional energy used to break through the skin in subablative rejuvenation avoids damage to the top skin layer or epidermis, but channels more energy into the deeper



dermis layer of the skin, to stimulate collagen production without risking scarring, hyperpigmentation or other side effects, at times seen with traditional laser treatments. This makes it safe and effective for all skin types.

The ability to benefit from subablative rejuvenation regardless of your skin type is a huge bonus. This is a way to rejuvenate skin without worrying — from light skin to dark skin and dry to sensitive to oily and everything in between, everyone is a candidate for the treatment.

The pain factor

Reviews of pain with subablative rejuvenation procedures have been done, and the verdict is in: This treatment is not painless. Most patients, however, find the pain to be bearable.

"The numbing cream they apply lasts about 1 minute after they wipe it off," wrote one subablative reviewer. "At first it felt like tiny little needles jabbing my face, kind of like a tattoo feeling. After the numbing cream wore off, I could start to feel the heat from the laser, and omg. It wasn't 'I'm going to die' pain but it hurt. My eyes watered and I winced every time she hit me with the laser. After it was done, she applied ice packs, that was the best feeling in the world."

Another patient gave completely different reviews after she went through the treatment at The National Laser Institute in Scottsdale, Arizona, and details a totally positive experience.

"The irritation you experience during the procedure feels similar to a dull tingly feeling, and my skin glowed with a slightly irritated pink for about 48 hours," Luther said. "The good news was that makeup

could be applied the next morning, so I scheduled an after-work appointment, gave my skin the night off, and then it was business as usual the very next day."

The Prices

Subablative treatments aren't cheap. Prices vary depending on what combination of treatments you choose, but you can expect to be charged anywhere between \$525 and \$1,600 per treatment for eMatrix (which is one of the most popular brands of subablative around). If you do the full round of five treatments, the bill can add up.

Is it worth the money?

Obviously, everyone has a unique experience when it comes to skin treatments, and subablative is no different. Reviews range from total raves to angry patients who didn't see a difference.

"Been using same doctor for years, He convinced me to try this Subablative procedure for my under-eye issues and slight wrinkles. After 3 procedures since August, I have been very impressed. Skin is tighter, tone is better and I appear more rested!" wrote a 50-year-old patient.

"I had one treatment each month for a period of 5 months. It has been a year since I received my last treatment and there has been zero improvement. I spent a total of \$4,900 for these 5 treatments," another patient reported in a review.

However, of 121 reviews on RealSelf, 93 percent gave eMatrix a "worth it" rating, which isn't a bad batting average. All in all, subablative rejuvenation might be worth looking into. Because of its relative affordability and quick recovery time, its slowly becoming the Friday afternoon skin rejuvenation treatment of choice.

Watch a procedure being performed in the video section of Novodermatology.com to find out more.

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

Forget the facelift
get Matrix!

Introducing
ematrix™

This revolutionary treatment offers a unique combination of ablation and skin resurfacing leading to wrinkle reduction, skin lightening and lifting.

After one treatment you can see improvements in wrinkles. Skin laxity. Scars. Acne Scars. Textural irregularities. Tone and Superficial skin lesions. It is the most advanced technology with minimal downtime, and safe for all skin color and types!



RES
CUE

Flawless by **EMATRIX**



Bring a friend and get

50% off one
E-Matrix **skin treatment**
Holiday Special!



FOR MORE INFORMATION:

CALL 352-775-3565

929 N. US Hwy 441 Ste 603
Lady Lake, FL 32159





Rivers Family Medicine

At Rivers Family Medicine, we provide experienced, knowledgeable, and compassionate care to help you meet your individual healthcare goals. Our patients are our primary focus.

Our Services:

We offer a variety of onsite services for your convenience and to help assist in your care:

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



*Rivers Family Medicine
Welcomes Dr. Erin Dariano*

Dr. Dariano, D.O.
352-205-4302

1503 Buenos Aires Boulevard
Building 110
The Villages, FL 32159

www.riversfamilymedicine.com



Center for Diagnostic and Interventional Radiology
Interventional Radiology procedures performed in
a nurturing, safe, state-certified outpatient center.

MRI/MRA • CT/CTA • ULTRASOUND • X-RAY

Biopsies, Vascular Access, Venous/Peripheral Arterial Disease
Management, Joint Injections, Spine Fracture Repairs, Port
Placements, RF and Microwave Tumor Ablations, and more.

**Dr. Mark D. Jacobson • Dr. Rick DeGirolami
Dr. Charles Zachar • Dr. Luis Jimenez**

Phone: 352.261.5502 | Fax: 352.350.5942

mitflorida.com

facebook.com/mitflorida

The Summit Medical Park 769 CR 466 Lady Lake, FL 32159



ACCREDITED



CERTIFIED



AFFILIATED

Introducing Trinity Springs.

Where the best things in life are three.



Nonprofit

Come explore a nonprofit senior living community from Augustana Elim Care, a national leader in senior housing and healthcare. Brand-new assisted living and memory care residences will be included in Phase I, and plans for Phase II include independent living.

Faith-based

Live your best life at a faith-based, inclusive community conveniently located within walking distance to Live Oaks Community Church.

Community

Feel a sense of belonging in a serene Oxford setting, just minutes from the dining, shopping and attractions of The Villages®, FL.

Learn more at **352-633-4030**
or TrinitySprings.org.

Now accepting reservations!

Please visit our website for employment opportunities.

Assisted Living License #13270

NOW OPEN



trinity springs
A MINISTRY OF CASSIA

12120 Co. Rd. 103 | Oxford, FL 34484



Today.

Tomorrow.

Together.

GET YOUR MEDICAL MARIJUANA CARD

CERTIFIED
MARIJUANA
DOCTORS

GUARANTEED TO GET YOUR CARD

OR YOU PAY NOTHING

DRY FLOWER, VAPES, TINCTURES, CREAMS, PILLS;
MEDICAL MARIJUANA AVAILABLE IN ALL FORMS!

OCALA
352-414-4545

1713 E SILVER SPRINGS BLVD, OCALA, FL 34470

LEESBURG
352-306-0133

813 W N BLVD, LEESBURG, FL 34748

DELAND
386-232-5599

100 S SPRING GARDEN AVE, DELAND, FL 32720

ORLANDO
407-755-0012

1801 E COLONIAL DR, ORLANDO, FL 32803

OPEN 9 AM TO 5 PM | M TO F
LICENSE NUMBER 058874

WWW.SMOKINGMARIJUANAODOCTORS.COM

18 LOCATIONS TO CHOOSE FROM

Smile...



LUCIA ROCA, DDS, MDS
Board Certified Periodontist

*Laurel Manor Dental
is now accepting
new patients!*

It's a great time to schedule a visit and get to know us before urgent dental needs arise.

Our compassionate, professional staff has been serving residents of The Villages® community for over 10 years and we offer a wide variety of dental services in a warm, caring environment. From cosmetic dentistry to our very own Board Certified Periodontist, we



treat you as family, letting you decide the direction of your dental care.

**LAUREL
MANOR
DENTAL**

352.430.1710

1950 Laurel Manor Drive, Suite 180
The Villages, Florida 32162

laurelmanordental.com



TRIED TESTED TRUE

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

Medtronic

Further. Together

UC201905251a EN PM0021706-2.0

Did You Know Diabetes Leads to Cardiovascular Issues?

High blood sugar and cardiovascular disease are interconnected. In our country, nearly 30 million people have diabetes, and a vast majority of our population unknowingly has what's known as prediabetes, which quickly escalates into the disease within a short amount of time. If you have diabetes, it's critical that you see a cardiologist because it's not a matter of, "will I have heart issues," but rather "when."

Heart disease and the issue of high blood glucose are very closely associated because of many risk factors contributing to what's known as metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant, causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders.

Insulin is a hormone that helps move sugar into the blood for energy, in the case of an insulin-resistant person, they have too much sugar, and the body cannot adequately utilize the source. This leads to weight gain, obesity, and subsequently, a more sedentary lifestyle. Leptin is a hormone that helps regulate body weight by sending signals to the hypothalamus in the brain. When the signals are damaged, the body becomes leptin resistant, and a person may often feel extremely hungry and irritable, which contributes to a vicious cycle of overeating foods that are high in sugar and unhealthy fats.

In recent years, metabolic syndrome has become a commonly identified risk factor for cardiovascular disease because a vast number of Americans are overweight, and their bodies become inflamed; this inflammatory response affects their vascular structures. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes a hardening of the arteries.

Unfortunately, sugar has become a significant staple in the American diet. The normal fasting blood sugar levels should be around 70-99 mg/dl. The normal A1C, which measures the blood glucose level, should be below 5.7%.



With diabetes and even prediabetes, these levels are at an unhealthy height and can be very hard to lower without major intervention with medication, exercise, dietary changes, and a lifestyle overhaul.

Metabolic Syndrome is caused by high lipid counts, high blood sugar, being overweight, eating a poor diet (sugar cravings), abdominal fat, high blood pressure (greater than 130/85 mmHg), and a lack of exercise. The risks associated are heart disease, diabetes, and stroke. Once you have metabolic syndrome, you must lose weight, lower your lipid levels, and reduce hypertension and combat stress. At this point, merely lowering your blood glucose is not enough. This is precisely the reason why so many people with diabetes that reduce their blood sugar, still are at high risk for cardiac episodes.

Type II Diabetes Complications Include:

- Heart Disease
- Vascular disease
- Neuropathy
- Kidney disease
- Skin Conditions
- Stroke
- Vision loss and disorders
- Amputations
- Non-Healing ulcers
- Alzheimer's and Dementia

There is growing number of individuals (young and old) that are developing "prediabetes". If this condition is left untreated their risk of heart disease, cognitive decline, strokes and other adverse conditions are extremely high due to impending diabetes an insulin resistance.

Being proactive about your health is critical. If you need testing, diagnostic imaging or a cardiology check-up, don't wait. The earlier the diagnosis, the better the outcome and prospect for reversal of disease.

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

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

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



Dr. Dariano, D.O.
352-205-4302

www.riversfamilymedicine.com



1503 Buenos Aires Boulevard, Building 110
The Villages, FL 32159


24th Annual Mistletoe Trot 5K and 10K Race

Saturday, December 14, 2019

Lake Sumter State College, 9501 US Hwy 441, Leesburg

8:00 a.m. 10K Run/Walk Begins

8:05 a.m. 5K Run/Walk Begins

 Leesburg Regional
Medical Center
Wellness Center



This festive event invites you to run or walk around beautiful Silver Lake. The first 400 pre-registered participants will receive an official race t-shirt. Proceeds will benefit the Community Medical Care Center in Leesburg, a non-profit organization.

Register at:

<https://mistletoetrot5k10k.itsyourrace.com>

\$25

Regular Registration
(Oct. 26 - Dec. 11)

\$30

Race Day Registration
(Race T-Shirt NOT guaranteed)

*All entry fees are non-refundable.



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!

Village
Sleep
Dentistry

Richard Rozensky DDS, D.ABDSM
Clinical Director
352.430.1710
1950 Laurel Manor Drive
Suite 180B
The Villages, Florida 32162
villagesleepdentistry.com
Oral Appliance Therapy
for Sleep Apnea



Dr. Mark Jacobson

What is the MIT Difference?

"If only I had found this place sooner!"

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

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

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

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

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



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

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

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

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

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



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

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

Personalize your ideal body with TruSculpt

Do you feel like you've tried it all; exercise, dieting, reducing stress, sleeping better? So, why are you still struggling with those extra pounds, or that less than sculptured physique? You're not alone! Many people need a little extra help to reach their goals and TruSculpt ID is a revolutionary treatment that's helping countless individuals do just that.

Total Nutrition and Therapeutics is proud to offer TruSculpt iD, a revolutionary non-surgical, body-sculpting treatment that allows you to personalize your ideal body in as little as one 15-minute treatment.

TruSculpt iD is a safe and effective technology that is clinically proven to permanently eliminate fat cells in stubborn areas around your abdomen and flanks. With truSculpt iD, you can get the body definition you want, even in areas that have been resistant to diet and exercise.

According to Cutera Medical Devices:

Personalized Body Sculpting: The Next Evolution

In recent years, the medical aesthetic industry has seen rapid growth in the number of body sculpting and body contouring procedures performed. The trend is projected to continue growing with the overall market growth of 16.3% year over year through 2020.

TruSculpt iD is the latest body sculpting treatment solution from Cutera, providing a personalized, hands-free and hand-held solution to revolutionize your practice. This powerful, non-invasive, Monopolar RF platform tailors to patients' individual needs and features Real-Time Temperature Control for clinically proven results, safety, and patient experience. TruSculpt iD treats the entire fat layer, resulting in an average of 24% fat reduction. It offers unique hand-piece and placement location versatility and customized 15-minute protocols to treat a full abdomen or multiple body areas simultaneously.

Sculpting With Open Arms

TruSculpt iD offers a unique and personalized approach to improve upper arm contouring and definition. Unlike other devices, there is no placement limitation, it is easy to set up, and fast to treat.

TruSculpt iD provides an innovative RF technology that delivers clinically proven results to expand your body sculpting business. The system versatility allows for customized treatments to multiple body areas simultaneously based on patients need in as little as one 15-minute treatment protocol.

Thighs are commonly out of proportion with the rest of the lower body causing growing interest in leg sculpting. TruSculpt iD offers an individualized and

unmatched solution to regain proportion to inner and outer thighs of all shapes and sizes. Give your patients a leg up and the desire to flaunt their youthful shape.

- Versatile to treat various tissue densities
- Tailored for areas large and small
- Flexible treatment configurations
- Immediately resume normal activities
- truSculpt® iD System
- Applications
- truSculpt iD Technology

TruSculpt iD provides an innovative RF technology that delivers clinically proven results to expand your body sculpting business. The system versatility allows for customized treatments to multiple body areas simultaneously based on patients need in as little as one 15-minute treatment protocol.

Radiofrequency (RF) Energy

TruSculpt iD delivers heat to the entire fat layer while maintaining a comfortable skin temperature – optimizing clinical efficacy and maintaining patient comfort. The holidays are upon us—Don't wait—Start your TruSculpt ID treatment now!



If you want drug-free alternative options for your health needs, TNT treats both male and female patients who desire alternative therapies to get to the root cause of their conditions.

Total Nutrition & Therapeutics

At TNT, their goal is to empower you to achieve your optimal state of health. Their vision is to create a wellness mindset momentum that is infectious—leaving obesity, illness, and disease behind—for lives that are truly healthy. Looking better, feeling better and functioning optimally is the key to a life of vitality! Let them help you achieve wellness for life!

Call them to day to schedule your appointment at (352) 259-5190.



TOTAL NUTRITION AND THERAPEUTICS

809 HWY 466 UNIT 202-C
LADY LAKE, FL 32159

352.259.5190

WWW.TNT4ME.COM

Varicose veins? Swollen ankles? Painful joints?

**Revive your
circulation and
re-energize your life
with HeartPartner!®**

**Eliminates fluid pooling
in your feet and legs!**

- Our technology stimulates and strengthens the soleus muscles that help return blood to the upper body to maintain healthy cardiac output
- Also helps with circulation-related issues such as chronic fatigue, weight control, memory and attention deficits

"Since I started using my HeartPartner, I have more energy and verve than I've had in years!"

– Jane F., Washington, D.C.

**Call or visit us online to learn more about
this safe & easy passive-exercise miracle!**

Toll free: 1-855-696-9283 or visit sonostics.com



**HEARTPARTNER®
BY SONOSTICS®**



**The best in skilled
home health.**

Services Offered:

- Skilled Nursing
- Physical Therapy
- Occupational Therapy
- Speech Pathology
- Medical Social Services
- Home Health Aide



LAKE CENTRE HOME CARE

310 Market St.
Leesburg, FL 34748

(352) 315-0050

HHA# 299992424



1969 – 2019

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.



DEWEY BURNSED



WALT MCLIN



352-259-5011

1028 Lake Sumter Landing • The Villages, FL 32162

www.McLinBurnsed.com

PLATELET RICH PLASMA (PRP)

By Physicians Rehabilitation

Nonsurgical Option for Musculoskeletal Injuries

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

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

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

EXPECTED RESULTS OF PRP

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

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

Q&A

How Does PRP Therapy Work?

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



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

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

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

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

Is PRP Right for me?

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

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

Used By Many Pro Athletes for Years - Now Affordable for Everyone.



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

NO RISK CONSULTATION

Do not live another day in pain. You deserve to live pain free.
To learn more about Physicians Rehabilitation's Regenerative Medicine Therapies, or to find out if you are a candidate, call today to schedule! 352-775-3339

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

352.775.3339
— CALL US —

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

**No Drugs. No Surgery.
Simply Relief from Knee Pain.**

Call **TODAY** to schedule your **NO COST** consultation! That may be just what you need to change your life for the better.



www.PhysiciansRehab.com

Our goal is to decrease the inflammation, promote healing, and eliminate your pain.

Stem Cell Therapy | Orthopedics | Osteoarthritis Treatments | Physical Therapy | Platelet Rich Plasma | Spinal Decompression

5 LOCATIONS SERVING FLORIDA

(855) 276-5989

6150 Diamond Centre Court, Bldg.100, Fort Myers, FL 33912

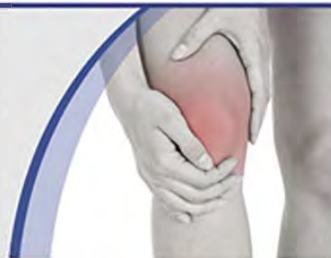
5668 Strand Court, Naples, FL 34110

733 County Road 466, Lady Lake, FL 32159

3380 Tamiami Trail, Unit C, Port Charlotte, FL 33952

137 S. Pebble Beach Blvd., Unit 204, Sun City Center, FL 33573

We are Medicare providers and accept most insurance plans.



Help us fulfill the promise of caring.

Your end-of-year tax deductible donation may be designated to honor or memorialize a loved one who has gone before. It's easy to help us fulfill our promise by donating securely online at CornerstoneHospice.org.

Cornerstone
— HOSPICE — *Serving Since 1984*

866-742-6655 cshospice.org

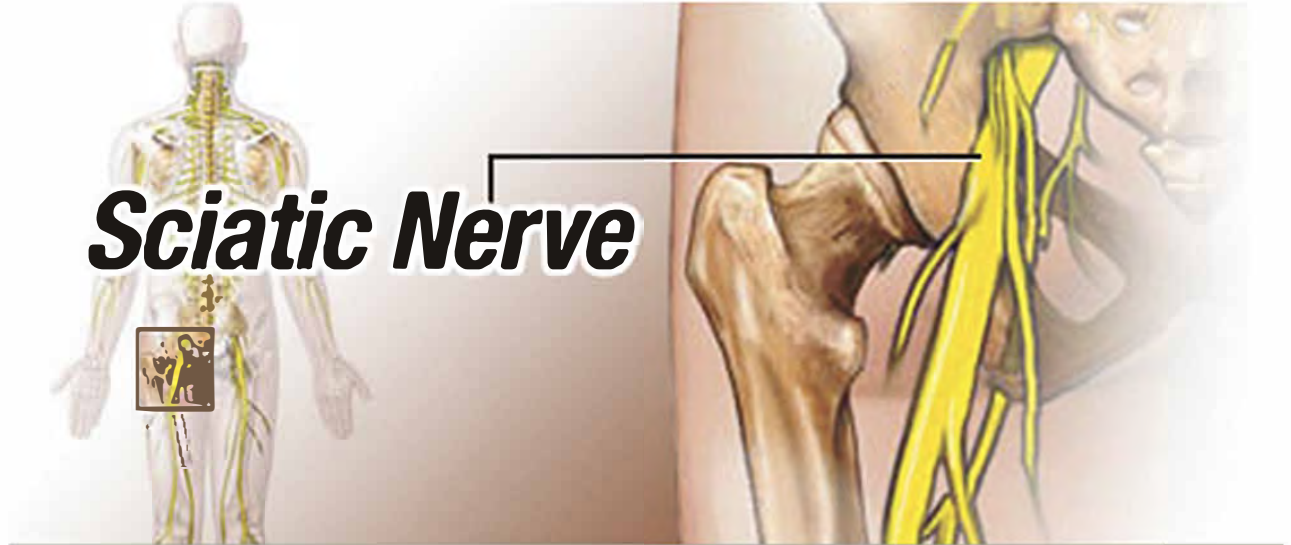
Chiropractic: A Safe and Natural Alternative to Medication and Surgery

By Daniel Taylor D.C. - Compton Chiropractic Care

Chiropractic medicine is one of the fastest growing fields within the medical community. It is a natural form of health care that corrects biomechanical fixations in the body in order to restore function. For example, when there is a misalignment in the spine, the disruption of nerve pathways can lead to localized pain, muscle spasms or pain traveling down one's arms or legs. Doctors of Chiropractic (DC) evaluate a patient much like any other medical practitioner. However, rather than using drugs to mask symptoms, chiropractors look to treat the source of the problem. In order to properly diagnose and treat patients, Doctors of Chiropractic must undergo intensive training over an eight year period. As well, they are regulated by both state and national boards.

Your first appointment will begin with a thorough review of your case history. This is followed by orthopedic, neurological, and chiropractic exams with a focus on the affected area; digital x-rays are performed only when medically necessary. After the evaluation, the doctor will explain the cause of your pain and suggest various treatment options. Typically, treatment can start at the time of your first visit.

You probably know someone that has received an "adjustment" from a chiropractor. What does this actually do, though? The purpose of an adjustment is to restore proper range of motion and biomechanical function to the affected joint by correcting the misalignments. This is an extremely safe and effective



form of health care that has been deeply researched by various scholars, physicians and medical journals alike. Manipulations have been used for thousands of years and are still utilized by Doctors of Chiropractic and Doctors of Osteopathy as treatment options. Some patients can hear a popping sound and, while this can have a startling effect, it is a completely normal occurrence. The noise comes from gas being released between the joints. During a manipulation, the affected joint will open slightly and become mobile again; this causes a change in pressure inside the joint resulting in the sound of gas being released. The same effect occurs when you crack your knuckles; which, contrary to popular belief does not damage the joint or cause arthritis.

Even if you have had a past surgery or suffer from osteoporosis, there are still many techniques that can be utilized to meet your needs. Besides using common "hands-on adjustments", our doctors at Compton Chiropractic are trained in special techniques to provide adjustments with little or no force at all.

What about sciatica? Doctors of Chiropractic welcome treating patients with complicated conditions like sciatica; in fact, we excel at it on a daily basis. At Compton Chiropractic, we offer the Cox Flexion Distraction Technique as a non surgical method of treating disc related injuries. Many are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc, stenosis and decompression. Most are also aware that surgery and or

Central Florida's
Health & Wellness
Magazine

[www](http://www.healthandwellnessfl.com)
On the Web
HealthAndWellnessFL.com

[f](https://www.facebook.com/healthandwellnessfl)
On Facebook
facebook.com

[t](https://twitter.com/healthandwellnessfl)
On Twitter
twitter.com

In Your Inbox
Receive our monthly newsletter. Sign up online

Providing information
that will promote living a healthy, well-balanced lifestyle.

www.healthandwellnessfl.com

COMPTON CHIROPRACTIC CARE
352-391-9467

FREE CONSULTATION
Call Today
to Schedule
352-391-9467

11974 County Rd
101 Ste. 101
The Villages, FL 32162

Dr. Brett Compton
Chiropractic Physician
Palmer Graduate
U.F. Graduate - B.S. Nutrition
Military Veteran

Dr. Brent Compton
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Biology Sciences

Dr. Daniel Taylor
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Molecular & Microbiology Sciences



medications are often unsuccessful treatments for these conditions. However, years of research and technology have pushed the field of Chiropractic into the 21st century and now there is hope for those who suffer from this debilitating pain. This conservative treatment has been clinically shown to decrease intradiscal pressure by approximately 75%; thus allowing relief from the symptoms of disc related pain and stenosis within as little as 8-12 visits. In past years, physicians would send patients to physical therapy prior to considering surgery. While therapy is excellent at rehabilitating muscles in the body, it has been shown less effective than chiropractic care in the treatment of low back pain.

At Compton Chiropractic, our primary goal is pain relief. Treatment will not take 30 visits and will not cost thousands of dollars. Every new patient is treated as an individual and receives an initial examination in order to properly diagnosis the condition. With a proper diagnosis and treatment plan, patients will recover faster as opposed to treating the site of pain without a full understanding of the pain generator.

FREE consultation

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to this advertisement. Expires 11/30/19

We accept all major insurances and our friendly staff will communicate with your carrier prior to treatment to determine eligibility and benefits. This typically helps avoid any future surprises. So stop living with pain and call 352-391-9467 today for a free consultation with one of our physicians.

TESTIMONIALS

See what some of our patient's had to say about our practice:

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

"I thought I would live with this pain for the rest of my life, but thankfully I was wrong and Doc was right." - M.M.

"Dr. Compton fixed the numbness in my foot. I am back to playing tennis and loving it!" - J.J

"I had a bad experience with chiropractors before, but you're the best. I forgot what living without pain was like. Thanks Doc"- C.C.

"My other doctors could not help my mid-back pain and kept giving me pain medication. After seeing Dr. Taylor, he not only took my pain away but prevented it from returning"- B. D.

"I was having severe pain in my right arm. I tried everyone else, so I decided to give Compton Chiropractic a try. In three visits, my arm pain was completely gone"- M.C.

COMPTON CHIROPRACTIC CARE

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

Our Philosophy

- Treat patients as individuals and perform a thorough exam
- Deliver an accurate diagnosis
- Treat patients with the highly reliable and world-known Palmer "hands on" Technique
- No long-term treatment plans or large out-of-pocket expenses
- Provide patients with non-surgical alternatives to pain

Our Facility Offers

- Medicare accreditation for DME bracing
- State-of-the-art treatment tables
- On-site digital x-ray
- Physical Rehab suite with cold laser technology
- Use of blood and urine testing to evaluate for food allergies and heavy metal toxicity
- Clinical Nutrition
- Quality care without the wait

Accepting

- Medicare
- Blue Cross Blue Shield
- Cigna, Aetna
- Humana
- United Health Care plans
- Personal Injury



Compton Chiropractic Care
352-391-9467

Tips for Relieving Chronic Dry Eye Symptoms

By Anne-Marie Chalmers, MD

From saline eye drop solutions to topical lubricants, Americans spend an astounding \$3.8 billion on dry eye symptom relief every year. Not only are many of these treatments inconvenient and uncomfortable to apply, but often the results are also disappointing.

Current research suggests that chronic inflammation is at the heart of most dry eye issues, including Meibomian Gland Dysfunction (MGD). Since omega-3s are known to help fight inflammation, can these fatty acids also treat dry eye symptoms?

How Do Dry Eye Symptoms Start?

While a number of environmental and behavioral factors can contribute to dry eyes, the most common cause of dry eye disease is Meibomian Gland Dysfunction.

Located behind the upper and lower eyelids, the meibomian glands are responsible for producing meibum – a rich mixture of oils that keeps the eyes moist and comfortable – every time you blink.

Whether due to chronic inflammation or other factors, the meibomian glands can become clogged, preventing the meibum from lubricating the eyes correctly. Without the meibum, the eye has to rely on lower-quality tears that evaporate quickly, leaving the eye surface unprotected. This results in dry eye symptoms (like burning, tearing, redness, and blurry vision).

Over time, clogged meibomian glands can deteriorate, causing MGD. In the early stages, blocked meibomian glands may occur without a person experiencing significant symptoms.

Why Are Omega-3s Beneficial for Dry Eyes?

Omega-3 fatty acids serve a number of important roles in the eye. For one, the fatty acids EPA and DHA are known to both prevent and resolve ongoing inflammation. Less inflammation can potentially lower the risk of MGD from developing in the first place; it can also mean less discomfort after the disease has progressed.

There's another benefit to omega-3s too. The meibum that the meibomian glands produce is made up of a mixture of wax esters and beneficial fatty acids. Since many people with MGD have an abnormal meibum consistency, it's believed that increased omega-3 intake can help improve the fatty acid composition and quality of oil in our tears.

Clinical Studies on Dry Eyes and Omega-3s

To date, many clinical trials have found that getting an effective dose of omega-3s may improve tear production, decrease tear evaporation rate, and provide relief for dry eye discomfort.

Sometimes, however, the results are conflicting. For instance, in 2018, a NIH-funded study found that a high dose of omega-3s did not make a significant difference in terms of relieving dry eye symptoms compared to placebo.

This past May 2019, however, two meta-analyses re-examined the data. In both, the scientists concluded that omega-3 supplementation did improve dry eye symptoms and metrics, including tear breakup time, Schirmer test scores, tear osmolarity, and ocular surface disease index scores.

How to Get Benefits from an Omega-3 Supplement

Many MGD treatments (like eye drops) typically only provide temporary relief. But increasing your intake of fresh omega-3s may be an effective way to make improvements long term.

If you're considering taking fish oil for dry eyes, here are four key points to remember:

1. Get an Effective Dose

For any omega-3 supplement to be effective, getting the right dose of fatty acids is crucial. While the studies involving omega-3s and dry eyes have used a variety of doses to achieve results, numerous scientific reviews suggest that the omega-3s' anti-inflammatory effects don't kick in for adults unless you get more than 2000 mg of EPA/DHA daily.

Regular fish oil and cod liver oil supplements often do not provide more than 300 mg of EPA/DHA per capsule, so it's important to look closely at the supplement facts when choosing an omega-3 product.

2. Give Omega-3 Benefits Time

It takes time for the omega-3 fatty acids to build up in the body and have an effect. Studies indicate that dry eye relief tends to occur after 6-12 weeks of daily supplementation.

Since changes are often gradual and can vary from individual to individual, keeping a journal can be an especially helpful way to monitor your progress.

3. Find a Fresh Fish Oil

While omega-3s are highly beneficial in terms of reducing inflammation, these fatty acids have a molecular structure that makes them extremely prone to oxidation (or spoiling).

Numerous independent studies have found that the majority of omega-3 supplements have turned rancid long before their stated expiration date. Not only are oxidized omega-3 products less potent, but consuming rancid fish oil can also be harmful.

Just like fresh fish, truly fresh fish oil should not taste or smell fishy. If you're taking fish oil capsules, break one open to taste and smell the contents. If it gives off a bad taste and smell, it's already oxidized – throw it out!

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

<https://omega3innovations.com/blog/5-tips-for-getting-relief-from-dry-eyes-with-an-omega-3-supplement/>

About Anne-Marie Chalmers, MD

Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. Dr. Chalmers practiced emergency, family, and preventive medicine in Norway for many years. Today, she serves as president of Omega3 Innovations.



Call us at 941.485.4400
www.omega3innovations.com



Partial Knee Replacement

No discussion of knee joint replacement surgery is complete without a discussion of Unicompartamental or Partial Knee replacement surgery. Dr Kerina has been a leader in outpatient joint replacement surgery and Partial or Unicompartmental knee replacement surgery for the past 14 years. This has culminated in the development of a new radiographic patient selection criteria for partial knee replacement, the balanced – aligned resection surgical technique for partial knee replacement, and the first 3rd generation Partial knee replacement or MOTO Unicompartmental Knee. The MOTO in combination with the Balanced – Aligned resection technique is the first partial knee system that allows the surgeon every intraoperative option available in a Total Knee Replacement while preserving all the patient’s ligaments and normal cartilage and bone making the MOTO the first TOTAL UNI.

A Partial knee replacement is a procedure reserved for patients that have knees with intact ligaments, good range of motion and cartilage damage limited to one compartment of the knee. Since the most common form of arthritis, osteoarthritis is usually triggered by an injury to the knee; most osteoarthritis starts its development in a single compartment of the knee. Most patients with osteoarthritis initially develop bone on bone contact in only one compartment of the knee and since ligament damage and scarring are a late manifestation of osteoarthritis these patients are excellent candidates for a partial knee replacement.

There are many advantages to this procedure over a total knee replacement for the appropriate patient. Recent medical studies have shown that these implants are now lasting as long as total knee replacements. Since the procedure does not involve



(Left) A normal knee joint: The medial, lateral, and patellofemoral compartments are shown with red arrows. (Right) An x-ray of a normal knee joint showing healthy space between the bones.

the removal or release of any of the knee’s ligaments, these knees feel much more like the patients’ natural knee than a total knee replacement and function much more like the normal knee. We describe our partial knee procedure as a restorative not a reconstructive procedure. The surgeon restores the knee to its pre-disease balance. Re-establishing the balance and alignment of the knee markedly slows the progression of the arthritic disease and makes future revision to a total knee unlikely.

Patients with a partial knee replacement not only recover more rapidly than those with total knees, but also have lower mortality rates, less post-operative pain, and lower surgical complication rates.

Therefore, they can achieve greater range of motion, higher functional levels, earlier return to work, and engagement in more activities such as golf, tennis, pickle ball, softball, bowling, and recreational running.

Partial knee replacements are routinely done as outpatient procedures with the patient going home from the ambulatory surgery center or hospital on the day

of surgery. This significantly impacts the patient outcome since hospital and skilled nursing facility admission increases the risk of adverse events such as infection and blood clots.

Our outpatient partial knee program has been built in conjunction with our opioid free anesthesia and post-op recovery platform. This allows our patients to engage in post-operative exercise programs in the recovery room since they awaken from surgery more alert and oriented. Minimizing narcotic use in the post-op period allows our patients to better engage with the physical therapists thereby improving their functional outcomes.

Recovery from a partial knee will usually take between 2 and 4 weeks to regain over 90% of your function. The remaining improvement will occur over the course of the following year depending on the level of function that you are attempting to achieve. You will be on a walker and or cane for a short time while you regain your balance. Driving will be possible as soon as you gain adequate control of your leg.

Osteoarthritis is not unlike most medical conditions, the earlier you address them the greater the number of treatment options and the greater your chances of making a full recovery. The old adage of waiting until you cannot tolerate your arthritis pain any longer before seeking surgical treatment is no longer applicable today. Surgical techniques, implant materials, technology and rapid recovery protocols now offer us treatment options not available as recently as 10 years ago.



UNOVA
HEALTH CLINIC

To further explore the possibility of a partial knee replacement, with **Dr. J. Mandume Kerina**, for the treatment of your bone on bone osteoarthritis please contact UNOVA Health at: (352) 973-4070 | unovahealth.com

★★★★★

"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 Care-Extra Strength customer

OMEGA3
INNOVATIONS

www.omega3innovations.com

UNOVA
HEALTH CLINIC

UPPER EXTREMITY JOINT REPLACEMENT

- Sports Medicine/Arthroscopic Surgery
- Foot, Ankle, & Hand Surgery
- Knee & Hip Replacement Surgery
- Minimally Invasive Reconstruction
- Physical Therapy
- Wellness Programs
- Osteoporosis Treatments

SERVICES:
ORTHOPAEDICS
URGENT CARE
PHYSICAL THERAPY
IMAGING

Specializing in Nonsurgical and Surgical Orthopaedic Treatments to Get You Feeling Better, Faster

(352) 973-4070
unovahealth.com

539 Rolling Acres Rd, Lady Lake, FL 32159

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.



352-633-5584

myhempolutions.com

13743 US-441
Lady Lake, FL 32159

Diabetic Neuropathy: How Physical Therapy Can Help

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

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

Peripheral Neuropathy Symptoms

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



Once the peripheral nerves are damaged, there is no cure. Along with medications and drug therapies, there are proven methods to lessen the symptoms of peripheral diabetic neuropathy. Physical medicine provides alternative therapeutic and rehabilitating procedures that can offer significant pain relief and limit drug dependency. Physical therapy helps with balance and can reduce the risk of falls.

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



Physical & Occupational Therapy Benefits

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

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

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

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

Innovative Therapies Group, Inc.
352-433-0091 | innovativetherapiesgroup.com

Less Pain = Possibly Better Scores?

GRANDMA APPROVED

MY HEMP SOLUTIONS
QUALITY HEMP PRODUCTS
myhempsolutions.com

We offer the highest quality hemp-based products & the most experienced, professional service.

Aromatherapy	Oils/Tinctures
Bath and Body	Oral Sprays
Capsules/Pills	Pets
CBD Products	Pills
Concentrate	Smokable/Vape
Edibles	Teas
Flower	and more...

Black Friday/ Small biz Saturday

SALE!
Buy any 4 items and save 20%

Expires: 12/1/19 (no other discounts apply)

13743 US-441
LADY LAKE, FL 32159
352-633-5584

Innovative Therapies Group Inc.

Changing lives...
One patient at a time!

352-433-0091
www.innovativetherapiesgroup.com

- Occupational Therapy (Hand Therapy)
- Physical Therapy
- Speech Therapy
- Massage Therapy

(MM30672)

Ocala 2801 SW College Rd Ocala, FL 34474	Summerfield 14031 Del Webb Blvd Summerfield, FL 34491	Lady Lake 929 US-27 #301 Lady Lake, FL 32159
---	--	---

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

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

PATRICK L. SMITH, Attorney At Law **Joseph F. Pippen, Jr. & Associates**

Consultation:	FREE
Power of Attorney:	\$95.00
Living Will:	\$50.00
Basic Will:	\$75.00
Trust Package:	\$695.00

PROBATE • TRUST ADMINISTRATION

Tune in Saturdays at 8am on FM90.3 WLVF for "Ask An Attorney" where you can call in with your legal questions.



www.ATTYPIP.com (352) 241-8760

406 South Dixie Avenue • Fruitland Park, FL 34731

The hiring of a lawyer is an important decision that should not be based solely upon advertisement. Before you decide, ask me to send you free written information about our qualifications and experience.

What's Your Diet?

By Pastor Roger P. Felipe

Weight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfilment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.

McGrath probes us to consider this question: "Suppose our longing for fulfilment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything.



The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "... I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.

CARDIAC CARE

Comprehensive cardiac care. Just a heartbeat away.


Our nationally accredited team of experts performs over 5,000 life-saving cardiac procedures each year, so you can count on us for the treatment you need. From early dedication to rehabilitation, we focus on the care you deserve in the community you call home.

Visit thevillagesregionalhospital.org to learn more.

The Villages®
Regional Hospital

► By your side.



THE VILLAGES® is a federally registered trademark of Holding Company of The Villages, Inc. and is used under license. The Villages® Regional Hospital is a part of  Central Florida Health