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December 2019

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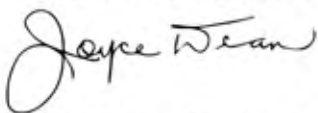
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FAITH

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.

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-Joyce Dean, Patient & Cancer Fighter

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AXUMIN – A BREAKTHROUGH DISCOVERY IN THE FIGHT AGAINST PROSTATE CANCER

Men who have had surgery or radiation to treat prostate cancer have had to depend on monitoring prostate specific antigen (PSA) levels for excessive elevations somewhere in the 10 – 50 range before a bone or CAT scan would be effective in detecting the recurrence of cancer. For many prostate cancer patients, this created a lot of waiting, monitoring and uncertainty.

Now there's Axumin (fluciclovine F 18), an FDA-approved positron emission tomography (PET) scan that works by analyzing the metabolic activity specific to prostate cancer. PET is a nuclear medicine imaging test that utilizes a tiny amount of radioactive material, called a radiotracer, that is attracted to tumor cells, enabling earlier cancer discovery than many other types of scans. Because prostate cancer cells bind with amino acids at an accelerated rate compared to healthy cells, the Axumin PET scan is able to capture this abnormal biochemical activity and pinpoint the location of any new cancer formation, even in its earliest stages.

Earlier Discovery Promotes Superior Treatment

With Axumin, men with rising PSA numbers no longer need to wait until levels rise to alarming heights to search for answers about cancer recurrence. Axumin can help determine if cancer is present as soon as PSA levels increase and isolate tumor location so that doctors can determine whether the cancer is a local recurrence, meaning it is limited to the prostate area, or a systemic recurrence, meaning it has metastasized to the lymph nodes and/or bones. Being able to determine which type of recurrence, local or systemic, can help direct treatment. Local treatment avoids over-treating and possibly damaging healthy areas of the body, while systemic treatment is more aggressive to help control disease progression.

When it comes to cancer, early discovery is always the best option, which is why it's so important that Axumin allows prostate cancer patients with rising



PSA to get tested immediately instead of being forced to wait for antigen levels, and possibly cancer, to advance.

If you or a loved one had radiation or surgery to treat prostate cancer, make it a point to keep monitoring your PSA levels, and talk to your doctor about Axumin scanning. It's a prime example of the next generation of diagnostic technologies' exceptional ability to help save lives.

Contact your clinician and ask if the Axumin PET scan at RAO's Windsor Oaks Medical Imaging Center might be what you need.

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Axumin PET/CT provides comprehensive prostate data in a single scan. Our radiology team specializes in PET/CT diagnostics and works with your referring clinician for fast, accurate results. — Brian Cartwright, MD, Supervising Radiologist - PET/CT at RAO and Mark Allen, MD

Axumin is an FDA-approved PET/CT scan used to spot the recurrence of prostate cancer in men previously treated with surgery or radiation. What's different about Axumin is that it can be performed just as soon as PSA levels start to rise, enabling quicker discovery and faster treatment than other tests.

Put an end to all the waiting. Talk to your referring clinician about Axumin.

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Are You Becoming Thin-Skinned?

By Michael J. Freeman, M.D., PA

Skin is composed of several layers, all of which become thinner as we age. However, some people are genetically predisposed to thinner skin. The middle layer, or dermal layer of the skin contributes to the majority of your skin's thickness, as it has the most concentrated amount of collagen and elastin. Aside from environmental factors such as sun exposure, smoking or drinking alcohol, there are several other circumstances that contribute to thinning skin.

As far as women are concerned, menopause can make it more difficult for their skin to retain moisture, making it almost papery. There are also many common medications that can lead skin to become thinner and bruise more easily, including oral steroids (such as prednisone), topical steroids (such as hydrocortisone), and some blood thinners (including aspirin). Faced with these factors, older individuals should do all they can to keep the outermost layer of their skin moisturized so that it can protect the skin from external assaults.

Topical Treatment

Moisturizers with hyaluronic acid, retinol, Co-Q10, peptides and antioxidants can help to increase collagen production. Sure, there are many over-the-counter products touting some of these ingredients, but the truth is—they're not going to cut it! To see a noticeable difference in your skin's appearance, you'll need to see a medical professional. Your skin needs to have medical-grade treatment to have optimal cellular turnover and the regenerative effects needed to improve texture, as well as color, brightness and the reduction in wrinkles.



How You Can Protect and Improve Your Skin's Thickness

- Broad-Spectrum SPF
- Keep Skin Moisturized
- Stay Hydrated
- Stop Smoking
- Avoid Tanning
- Limit Alcohol
- Supplement with Collagen Peptides, Omega 3-Fatty Acids, and Vitamin C
- Treat Your Skin Delicately
- Wear Protective Clothing
- See Your Dermatologist Regularly

For healthy skin, your options are endless. Dr. Michael J. Freeman's Dermatology Practice takes your skin's health seriously from screenings, medical treatments, advanced skin care, cutting-edge technology, laser therapy, injectable therapies, body treatments to chemical peels and more, they've got you covered.

Michael J. Freeman, M.D., PA

Dr. Michael J. Freeman is a dermatology practice serving patients in Ocala, Florida and The Villages, Florida. Dr. Michael J. Freeman, David Kosiorek, PA-C, Dave Runyon, PA-C, and Sue Schmeltz, PA-C are all firmly dedicated to giving patients the best in care for conditions including squamous cell carcinoma, psoriasis, melanoma, rosacea, and many others.

The Michael J. Freeman, MD, PA team believes that every patient deserves to have the healthiest and most beautiful skin. They work hard to help you achieve that through evidence-based therapeutics and the latest in dermatology technology and equipment.

The atmosphere at the Ocala and The Villages offices is designed to be calm, serene, and welcoming. The patients at Michael J. Freeman, MD, PA deserve to feel comfortable while they seek treatment for conditions like acne, eczema, rosacea, skin cancer, and rashes. Appointments can be conveniently scheduled through calling the office or through the easy-to-use online appointment maker.

Dr. Freeman and his associates offer comprehensive dermatologic care including full body skin checks, medical dermatology care, and cosmetic treatments in three convenient locations through Ocala, FL.

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LIVING A QUALITY LIFE – EVEN WITH CANCER

The evolution of cancer treatment over the last 40 years has resulted in better outcomes for patients; today more people are living with cancer than ever before.

Cancer is an illness unlike any other. Many people mistakenly believe that cancer refers to one disease that occurs in various parts of the body, but, in reality, cancer is not just one disease. The term “cancer” is the general name for a group of over 100 diseases in which abnormal cells begin to grow uncontrollably. No matter what type it is, cancer is the result of a malfunction in the genetic mechanisms that control and regulate cell growth. Cancer can affect blood, bones and over 60 different organs of the human body.

Through research, we have learned that each person’s cancer is actually a unique disease because every tumor or malignancy has its own distinctive DNA. This discovery has resulted in many new and highly effective targeted treatments and immunotherapies based on a patient’s unique genetic profile. Genetic sequencing of a patient’s tumor can help identify which drugs or treatments will be most effective for that individual.

DAMAGE TO DNA CAN RESULT IN CANCER

DNA is the genetic material that makes up every cell. When DNA becomes damaged or changed, it produces mutations in genes that affect normal cell growth and division. Gene mutations can be inherited from a parent, or, more commonly, acquired during a person’s lifetime due to environmental factors, such as ultraviolet radiation from the sun or cigarette smoking. Other mutations occur for still unknown reasons, resulting in various types of cancer.

In addition to unregulated cell growth, when a cancer occurs it means there is also a failure in the immune system’s ability to recognize these abnormal cells and destroy them. When normal cells become old or damaged, they die and are replaced with new cells. However, the growth of cancer cells is different from normal cell growth. Instead of dying, cancer cells continue to grow and form more abnormal cells. Cancer cells can also invade other tissues, something that normal cells cannot do.

HOW EFFECTIVE IS CANCER TREATMENT TODAY?

There have been remarkable advances in cancer treatments, especially over the past two decades.



Today, millions of people are surviving cancer and most oncologists feel that cancer is becoming more like a chronic disease, such as diabetes or hypertension. In other words, even though no cure has been found yet, the disease is something that can be managed and people can live with cancer for many years.

Early detection and diagnosis, as well as advances, such as immunotherapy and targeted treatments, most of which are available in pill form, are making it possible to live with cancer and continue to have a good quality of life. Some of these newer treatments have actually produced virtual cures for many types of cancer.

WORLD-CLASS CANCER CARE CLOSE TO HOME

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

CLINICAL TRIALS LEAD TO TOMORROW’S TREATMENTS AND CURES

Through a strategic partnership with Sarah Cannon Research Institute, one of the world’s leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In 2016, 84% of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

In addition to a robust clinical research program, Florida Cancer Specialists offers a number of services, such as an in-house specialty pharmacy, an in-house hematopathology lab and financial counselors at every location. Patients can now receive the most advanced care, including immunotherapies, chemotherapy, targeted treatments and cutting-edge, precision technologies, at the same location where they see their oncologist and get their lab tests done. This not only increasing convenience for patients, but also improving their quality of life.



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Is My Rotator Cuff Tear the Cause of My Shoulder Pain?

By: Regenxx Tampa Bay, Regenerative Medicine

What's causing your shoulder pain? Is it due to instability? Could it be a rotator cuff tear? A labral tear? Arthritis? Inflammation? Swelling? Bone edema? Tendinosis (tendon degeneration)? A pinched nerve? More and more studies continue to show that shoulder MRI results often cannot predict why the patient is experiencing pain.

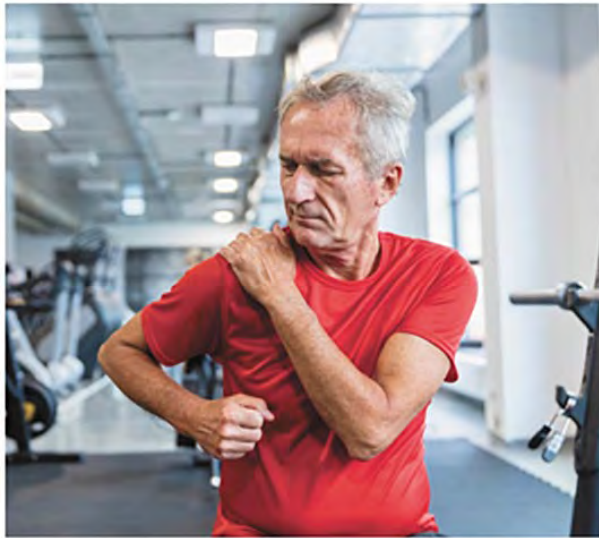
This is the case for various body areas including the lumbar spine, knee, and certainly shoulder. The MRI can provide a lot of good information, but it has been repeatedly shown not to substitute for a thorough history, exam and a diagnostic ultrasound by the physician. This takes time and focus.

Although most patients and providers will blame the rotator cuff tear as the cause of pain, it is never a given that a rotator cuff tear is actually the source of the pain. In fact, the studies we will cover in this article show that it is often inaccurate to assume that a rotator cuff tear is what is causing your shoulder pain despite what is seen on an MRI. Let's dive a bit deeper into rotator cuff tears, surgery, and determining the cause of your shoulder pain.

What is a Rotator Cuff Tear?

The rotator cuff is a complex series of muscles and tendons that surround the shoulder and help lift the arm and stabilize the shoulder joint. A rotator cuff tear is simply a tear in the tendon usually close to where it attaches to the bone. While some rotator cuff tears result from trauma, the vast majority happen from wear and tear as we age- this is referred to as a degenerative tear.

The most common cause of a rotator cuff tear is simply a slightly more demanding movement than usual. How might this happen? It has been known for a considerable amount of time that the rotator cuff does not have a great blood supply which makes it harder for the body to heal an injury in that area.



So, what is the problem? It is likely to be a lack of healthy progenitor cells and stem cells to repair the damage as it occurs over time, and at some point with little provocation, the unhealthy tissue simply fails and a tear occurs.

What Happens During Rotator Cuff Surgery?

Rotator cuff surgery involves cutting into the shoulder and stitching the tear back together. Recovery time from surgery can be lengthy and there is a good amount of research showing that this surgery is often ineffective for many types of rotator cuff tears. The tissue is often too weak to stay together with a stitch.

In larger tears, approximately 6 in 10 do not heal properly, even with surgery. For patients over 60, shoulder surgery recovery is even more difficult, with 1 in 3 rotator cuff tears not healing.

It is also notable that a good number of surgical patients never return to their full range of motion following surgery and pain can linger. Additionally, many studies show that shoulder pain prior to surgery actually has little to no correlation with the rotator cuff tear or the severity of the tear. So, what is causing the pain?

Shoulder Pain and Inflammation

One study performed in Japan analyzed joint fluid obtained from 38 patients before and after orthopedic rotator cuff surgery for various chemical messenger molecules (cytokines). These cytokines work for the immune system and call our immune cells into action when there is inflammation, infection, or trauma.

Imagine that our immune cells are like firefighters, always ready and waiting. The firefighters might be at the station cleaning trucks, training, or stocking their equipment, but when that alarm sounds, they jump into action and race to the fire. For us, that alarm is our cytokines, and when it sounds, our immune cells race straight to the inflammatory fire as our first responders.

Interestingly enough, the study that we referenced earlier concluded that larger rotator cuff tears were associated with less pain and that more pain was accurately predicted by more IL-8 (interleukin 8) in the joint fluid. IL-8 is an inflammatory cytokine or an alarm sounding when inflammation is present. The pain that was studied in this study was due to the inflammation and not the tear itself.

Another study states that "the prevalence of full-thickness rotator cuff tears increases with age [and] many patients are asymptomatic and may not require surgical repair." Even while there was pain present, the study concluded that physical therapy rather than surgery should be sufficient to address the symptoms in most cases.

Does Rotator Cuff Repair Surgery Fix Pain?

Unfortunately, the answer is no. One study proved this disappointing result that rotator cuff repair does not fix pain or function in the shoulder. This should be eyeopening for patients, whose primary goal for undergoing a rotator cuff repair is to reduce or eliminate their pain. There are countless studies showing that shoulder pain is often not due to the presence of

a rotator cuff tear. If a surgeon repairs a tear in your rotator cuff to eliminate your pain, but your tear is not the actual source of your pain, why was it necessary to have the surgery? It may be that the tear caused inflammation which thereby causes the pain. Sewing up the tear may not get rid of the inflammation.

Why not use Cortisone or Anti-inflammatories to get rid of Inflammation?

The problem is that cortisone gets rid of inflammation at a cost. The tissue gets even weaker and unhealthier. The local stem cells are damaged or killed leaving the tissue in worse condition than it already was in. If someone receives a cortisone injection within a year of a rotator cuff repair, it is more likely to fail and need a revision.

In regards to NSAIDS, aside from the myriad of systemic problems they can cause (gastrointestinal bleeding, kidney damage, stroke and heart attack to name a few), they also have been shown to inhibit tendon healing and in Regenexx's laboratory, they have been shown to negatively impact stem cells.

The Best Alternative

If the reason that the rotator cuff fails in the first place is a lack of local stem cells, doesn't it make logical sense that replacing those cells is critical to get the structure as healthy as possible?

What if you could avoid rotator cuff surgery and have a much quicker recovery? Well, for about 70-80% of rotator cuff tears, you can. We have pioneered a procedure to do just that over the last 14 years that includes an ultra-precise injection of your own stem cells under image guidance using a patented protocol.

Rotator cuff tears are one of the most commonly treated conditions at Regenexx Tampa Bay, and we consistently see successful outcomes in these patients. With that said, while most tears will heal with just a precise injection, there are a few massive tears that are unlikely to be helped without surgery. Keep in mind that even after surgery to repair a massively damaged rotator cuff, stem cell injections may assist in the healing and improvement of the tissue. For example, one study showed that using stem cells after surgery reduced the retear rate by half.

The Regenexx procedure addresses more than just the rotator cuff tear. Precise injections of the surrounding ligaments improve stability, injections of the

other nontorn rotator cuff tendons and biceps tendons improve their strength and function, injections of the labral tissue, when there is evidence of damage, strengthens that tissue and injections of the joint and cartilage can improve any arthritis that is present.

In some cases, when there is edema (swelling) in the bone itself seen on MRI (which represents small microfractures), injections will help heal the bone. There may even be a component of a pinched nerve in the neck that is contributing to the pain and accelerated degeneration of the tissue in the shoulder. In these cases, platelet lysate injections around the nerve (epidurals) can help as well.

Following the procedure, skilled physical therapy will likely be recommended. For our patients in the

Tampa Bay region, we recommend physical therapy at our Tampa location with EXOS. As you can see, this is a comprehensive plan to get you back to the activities you love to do.

Whether you've had surgery to repair your rotator cuff or not, Regenexx may be able to help you with your shoulder pain. Contact us today to find out how.



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ABOUT US



Dr. James Leiber

James Leiber, DO, is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

Dr. Leiber specializes in Interventional Regenerative Orthopedics with years of experience and is honored to have been the first Regenexx Network Provider in Florida. In 2012, Dr. Leiber began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).

He is a published author, presenter, and is currently the program director for the Interventional Orthopedic Foundation.

He lives in Sarasota, Florida with his wife and teenage daughter. Dr Leiber travels regularly to Denver, to teach regenerative orthopedic techniques to fellow doctors, and to Grand Cayman, where he is also licensed to treat patients.

The other physicians at Regenexx Tampa Bay are!



Ron Torrance II, D.O. - Board Certified in Sports Medicine and recent co-author of *Exercise 2.0* for Regenexx and author of the 2018 best paper of the year on *The Concussed Athlete*. Dr. Torrance has achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete.



Ignatios Papas, D.O. - Specializes in Physical Medicine and Rehabilitation. He is a research collaborator with Columbia and Cornell University on multiple projects. Dr. Papas enjoys spending time with his wife and son, playing soccer, practicing guitar, and listening to historical podcasts.



Michael Amoroso, M.D. is Board Certified by the American Board of Anesthesiology and the American Board of Pain Medicine. He has been a long-time runner and brings a vast amount of experience to his role at Regenexx Tampa Bay. Dr. Amoroso travels frequently back to his home in New Jersey to visit his children and small grandchildren.

Do Your Loved Ones Need Assisted Living?

If you are like many, the recent holiday season provided cheerful memories with family. Gathering with loved ones is generally a joyous time, however if while visiting with family you noticed changes in a family member it can leave you concerned for their safety and health. For most aging people, it is difficult to accept help when completing routine tasks such as preparing food, taking medications, or even walking round without falling. As their family, you must acknowledge the changes you notice and help them realize that they may enjoy a better quality of life with assisted living.

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

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

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

Changes in Weight

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



Poor Hygiene

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

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

Falls and Mobility-Related Injuries

One of the biggest reasons why people need assisted living is because they are no longer as mobile as they once were. Many mobility issues can be solved by adding handrails, non-skid floors and other accommodations to the home, but if your parents are still suffering fall-related injuries it may be time to consider an assisted living facility.

Behavioral Changes

Assisted living facilities are great at helping those living with dementia maintain as independent a life as possible. Obviously, not everybody will be aware of their own dementia or behavioral changes, so it's up to you to pay close attention to your parents as they get older. If you notice some serious changes in mood or behavior, it might be time for

some kind of intervention. If you can't keep a close eye on your parents or their behavior, you might want to talk to those close to them. Ask their friends and neighbors if they've noticed any changes in their behavior that would be alarming. If things change too much, you should consider assisted living, especially if those behaviors cause them to become more confrontational or violent than they've been in the past.

Serious Financial Issues

Sudden and serious financial issues such as neglecting to pay bills or paying the same bill twice, participating in obvious scams and excessive gambling can also be signs that a parent needs assisted living. Forgetting to pay bills or paying bills twice could be a sign of memory loss, and excessive gambling and falling for scams is definitely a sign of poor judgment and a possible sign of dementia. While you don't need to pry into your parents' finances if there is no cause for alarm, you should keep close tabs on their money if you suspect they are suddenly being irresponsible with it.

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

For information about the options and services available at Pacifica, or to schedule an appointment for a tour, call 352-414-2507 today.



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Health & Wellness MAGAZINE

MERRY
CHRISTMAS



Fix DEPRESSION Fast with IV Ketamine

By Eric Milbrandt, MD, MPH

Depression is characterized by low mood lasting at least two weeks and is often accompanied by low self-esteem, loss of hope, lack of interest in activities, and unexplained pain. Depression affects 1 in 5 people at some point in their lifetime. Some have periods of depression separated by years of "normal" mood, while others have nearly continual symptoms for many years to decades. Depression negatively impacts all aspects of a person's life, including personal relationships, work, education, sleep, eating, and health. Most concerning, as many as 8% of adults with major depression die by suicide.

Depression has many overlapping causes, including genetic, environmental, and psychological. Contributing factors include family history of depression, major life changes, certain medications, chronic medical problems, and substance abuse. Genetics plays a role in about 40% of cases.

Counseling and antidepressant medications are the mainstay of treatment. Unfortunately, these treatments take weeks to months to work. For as many as 1 in 4 depressed patients, counseling and antidepressants are ineffective, leading many to fall into despair. In the past, these "treatment-resistant" patients' only hope of returning to normal was electroconvulsive, or shock, therapy. Shock therapy helps about 60% of the time, but side-effects such as confusion, memory loss, and muscle aches are common.

Ketamine – an old drug with a new use

Ketamine is a medicine developed more than 50 years ago for anesthesia during surgery and other painful procedures. High-dose intravenous (IV) ketamine has been used safely for that purpose in children, adults, and animals for decades. More recently, low-dose IV ketamine has been found to be a fast acting and highly effective treatment for depression, anxiety, and certain pain disorders.

About 17 years ago, medical researchers began studying low-dose ketamine infusions for treatment-resistant depression. Since then, studies have proven conclusively that the drug not only works but works quickly. Studies show that 3 of every 4 patients with treatment-resistant depression see improvement in symptoms within 24 hours of being injected with low-dose ketamine. According to Yale researchers, ketamine's effects are rapid and long-lasting. The effects from a single infusion last between seven and 14 days.



In an official consensus statement published April 2017 in the journal JAMA Psychiatry, the American Psychiatric Association states that ketamine "produces rapid and robust antidepressant effects in patients with mood and anxiety disorders that were previously resistant to treatment." The consensus statement goes on to establish standards for providing IV ketamine treatments for mood disorders, including patient selection, clinician training, drug dosage and delivery, follow-up, and essential safety measures. In doing so, the consensus brings ketamine infusion out of the realm of experimental research and into everyday medical clinics, such as The Infusion Clinic of Ocala.

Ketamine infusion – what to expect

Before beginning treatment with ketamine, your infusion provider will thoroughly review of your history and perform a physical exam to determine if ketamine is right for you. Treatment consists of two phases. The first, a loading phase, consists of six 40-minute infusions given in an outpatient clinic over a two to four-week period. Many patients experience relief within hours of their first infusion and most know by their third infusion whether they will benefit from ketamine. After the initial loading phase, a single 40-minute maintenance infusion, or booster, is given about every 1 to 6 months depending on the patient. While undergoing ketamine infusion therapy, the patient continues to work with their primary medical provider, psychiatrist, and/or therapist. Adjustments to any of the patient's chronic medications remains under the direction of these providers, who receive progress reports from the infusion provider to be sure they are kept in the loop.

Patients are typically awake and interactive during the infusion, which achieves an effect described by the American Society of Anesthesiologists as "minimal sedation or anxiolysis." Some patients describe colors as being more vibrant and sounds being more accentuated.

Side effects of ketamine infusion are generally mild and self-limited. Nausea near the end of the infusion is the most common reaction, occurring in <5% of patients, and is easily treated with antiemetics, such as Zofran. Less commonly, anxiety reactions can occur and are treated with IV benzodiazepines, such as Versed. Your provider will be well-prepared to manage these and any other reactions that might occur.

Patients should not eat food within 4 hours or drink fluids within 2 hours of their infusion. In our clinic, The Infusion Clinic of Ocala, you are welcome to bring a companion to be with you during your infusion. We recommend that you bring headphones and music that is relaxing for you. You will be placed in a comfortable massage recliner in a private room, an IV catheter gently inserted, and the infusion started. During the infusion, you remain connected to a device that monitors your heart rate, blood pressure, and oxygen level. You may listen to music, read, relax or even nap during the 40-minute treatment. Afterwards, you are required to stay for a short recovery period, typically 15-30 minutes. You will need to have an adult present to drive you home from your appointment.

Conclusion

Depression is a common and debilitating condition that robs a person and their loved ones of the joy of living life. Most cases improve with counseling and antidepressant medications, though these treatments often take weeks to months to be effective. For the 25% of patients with treatment-resistant depression, ketamine infusion therapy offers rapid and lasting relief. **Find out more or schedule a consultation at <https://www.infusionclinicocala.com> or call (352) 325-5755.**



THE INFUSION CLINIC
OF OCALA

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

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.

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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.

STOP OVERLOOKING SIGNS OF INCONTINENCE

Urinary Incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life for patients. Incontinence is classified as stress, urge, mixed and overflow.

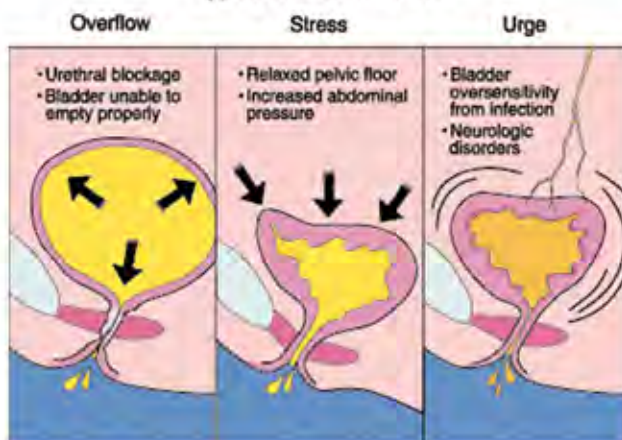
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UI) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily.

Accidental urination can be triggered by:

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

Types of Incontinence



There are two bladder abnormalities that are associated with UI: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer's disease
- Multiple sclerosis
- Parkinson's disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors

DO can occur due to multiple conditions, and many times as a sequel of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder overactivity. Conditions that can lead to DO include:

- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease



Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence.

The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.



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What is Metabolic Syndrome?

By Zhiyi Qiang, Ph.D. NRCC

Based on recent Centers for Disease Control and Prevention (CDC) data, the top 10 leading causes of death in 2017 in the US were:

1. Heart disease
2. Cancer
3. Accidents
4. Chronic lower respiratory diseases
5. Stroke (cerebrovascular diseases)
6. Alzheimer's disease
7. Diabetes
8. Influenza and pneumonia
9. Kidney disease
10. Suicide

Heart disease (#1), stroke (#5), Alzheimer's disease (#6), and diabetes (#7) are chronic diseases that are very well known. However, did you know these four diseases are all interrelated and may have the same precursor?

There are common components shared by these diseases in our heart, brain and pancreas (an organ that plays an essential role in converting the food we eat into fuel for the body's cells)?

Increasing evidence indicates that many individuals who develop cardiovascular disease, type 2 diabetes, stroke and Alzheimer's actually have common metabolic precursors [1], which have been referred to a general condition called Metabolic Syndrome.

In the United States, 1 in 3 people or over 100 million adults have been reported to have metabolic syndrome [1].

What is Metabolic Syndrome?

The diagnostic criteria of metabolic syndrome have been clearly defined by several organizations, such as International Diabetes Federation (IDF), American Heart Association (AHA), National Cholesterol Education Program-Adult Treatment Panel III (NCEP ATP III), etc., as three or more of the following five abnormalities are present:

1. Waist circumference over 40 inches (men) or 35 inches (women);
2. Blood pressure over 130/85 mm Hg;
3. Fasting triglyceride level over 150 mg/dL;
4. High-density lipoprotein (HDL) cholesterol level less than 40 mg/dl (men) or 50 mg/dl (women);
5. Fasting blood glucose over 100 mg/dL.



Among these 5 components, waist circumference measurements and blood pressure can easily be measured in the comfort of your own home. Fasting triglyceride, HDL and fasting blood glucose can be retrieved from a high quality and reliable clinical diagnostic laboratory.

If you don't have any of these abnormalities, you are considered low risk for heart disease and diabetes. If you have one or two abnormalities, you would be considered at risk for metabolic syndrome. Having three or more abnormalities is diagnostic for metabolic syndrome and places you at high risk for developing heart disease, diabetes, stroke, and Alzheimer's in the future.

Here are some eye-opening facts about Metabolic Syndrome:

1. Metabolic syndrome accounts for 50% of new cases of diabetes and up to 30% of new heart disease cases every year[2];
2. Metabolic syndrome is associated with 2 times greater risk of heart disease [3];
3. Metabolic syndrome is associated with 6 times greater risk of developing diabetes [4];
4. People with both metabolic syndrome and diabetes have the highest prevalence of heart disease compared to those who have neither.[5].
5. Men with 4 or 5 abnormal components in the diagnostic criteria of metabolic syndrome had nearly a 4 times increase in risk for heart disease and a 25 times increase in risk for diabetes compared to men with zero abnormalities [6].
6. Metabolic syndrome is associated with 2 times greater risk of stroke and 3 times greater risk of Alzheimer's disease [3, 7].

Therefore, early identification, treatment, and prevention of metabolic syndrome presents a major challenge as we face an epidemic of unhealthy lifestyles.

How do we prevent metabolic syndrome?

The key is knowing your risk so you can make lifestyle changes before a more serious condition develops. Prevé developed the Metasyn Check for this purpose. It includes lab tests that can signal risks that may be reversed with lifestyle changes and trigger early preventive discussions with your physician.

A Prevé membership includes tools to assist you in your wellness journey:

Community Support Groups: Connect with the MyPrevé community to reinforce the healthy lifestyle you're cultivating with social support along your journey.

Educational Resources: Read material from our experts to continually learn more about nutrition, fitness, and lifestyle management and make the most informed choices about your health.

Lifestyle Management Tools: You can't manage what you don't measure. Our lifestyle management tools are integrated with smart technology to track your fitness, vitals, weight, nutrition and behavior.

Personalized Lab Result Discussions: Our lab result specialists will schedule time with you to help you make sense of what your results mean and to develop a strategy to further discuss these results and how to improve them with your physician.

Visit our website, prevewellness.com, to learn more and sign up for testing. Visit your local Prevé lab partner at:



Select Labs – Marion County
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Ocala, FL 34481

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Dental Plaque & Periodontal Disease Can Affect Your Overall Health

Oral health has a lot more to do with their overall health than you may be aware of. The plaque build-up on teeth, says a lot about the plaque build-up in the bloodstream, arteries, and organs. The same is true of periodontal disease and inflammation of the gum tissue. If this infection and bacteria are left untreated, your vital organs will most likely be negatively affected with disease by the germs and microorganisms that attack the delicate immune system.

Arterial plaque is caused by excessive build-up of fat deposits, high cholesterol, and disease. While the plaque in the arteries, known as atherosclerosis, is very different than dental plaque, they correlate due to oral plaques bacteria and inflammatory response, which can cause an adverse systemic reaction via bacteria entering the bloodstream. Dental plaque causes periodontal disease and those with gingivitis are two times more likely to have a vascular disorder like heart attacks and strokes.

Achieving and maintaining optimum oral health is essential for your overall wellbeing.

Periodontal Disease Can Attribute to:

- Infections
- Heart Disease
- Strokes
- Diabetes
- Child Birth Issues
- Headaches
- Cancer
- Other Disorders

Treatment

If you have any form of gum discomfort, bleeding or bad breath, it's important to consult with your dentists about getting your conditions treated right away. Often, just getting a deep scaling, which is a cleaning that goes a little deeper under the gum line, will correct mild to moderate periodontal disease. Loose teeth and infection in your gingival tissues, are easily treated by a periodontal specialist, as they can



provide you with options to get your mouth healthy again. These include deep scaling's, gingival grafts, laser treatment and pocket reduction procedures. Periodontists must complete three more years of specialized training along with their DMD to become a specialist.

Prevention

Brushing your teeth efficiently for a full two-minutes is often neglected. We need to brush correctly to clean each surface of every tooth and gumline gently. The importance of flossing cannot be stressed enough. Dentists and Hygienist convey this message regularly to their patients, but unfortunately, in our fast-paced world, many people find it too time-consuming to floss daily, but in reality, it only takes a minute to floss your teeth. When this step is avoided, food and bacteria harbor in the interproximal space between teeth, and that's where the periodontal infection begins. Flossing twice a day is ideal, and seeing your dentist, or hygienist on a regularly scheduled basis is vital to keeping your gums healthy.

Whether you have heart disease, diabetes or another medical condition, full disclosure is important for your general health and the health of your mouth. Many individuals fail to tell their dentist about their current health disorders, but with all of the evidence pointing to these strong correlations, it's imperative to let them know about your situation and any new medications that you're taking.

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Ocala Dental Care is a restorative dental office dedicated to offering exceptional care from dental basics to extensive procedures, all within a warm, inviting setting. They provide comprehensive restorative and general dentistry services to patients, including dental hygiene cleanings, root canals, endodontics, dental implants, dentures, crowns, and full mouth reconstruction.

Members of the FDA and Central Florida District Dental Association, they have been serving patients for more than 30 years and look forward to serving all of your dental needs.

If you or someone you know is concerned about their oral health, or if you need a check-up, please contact Ocala Dental Care today.

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Is it Time for New Hearing Aids?

If you have been on the hearing aid journey, either personally or with someone you care about, you know how difficult it can be. First the denial. Then the bargaining. And finally, the recognition that being able to hear clearly is just as important as being able to see, maybe more so. After being asked which was more important hearing or sight, Helen Keller replied, "The problems of deafness are deeper and more complex, if not more important, than those of blindness. Deafness is a much worse misfortune. For it means the loss of the most vital stimulus—the sound of the voice that brings language, sets thoughts astir and keeps us in the intellectual company of man."

Recognizing the importance of our hearing is the beginning of the journey. Quality hearing aids, if well cared for, can last up to seven years. Most recently, a longtime patient replaced a hearing aid that was twelve years old. For most people, replacement is recommended every three to five years, and possibly more often depending on lifestyle, health changes and other factors.

How do you know if it is time to investigate new hearing aids? Here are some questions to ask yourself.

Are my hearing aids obsolete?

Hearing aid technology advances in leaps and bounds, with a revolution occurring about every five years. Today's hearing aids offer more features, more compact technology and greater discretion than ever before. If your hearing aids are four or five years old, there is a good chance they are obsolete! You just cannot imagine the improvements that have taken place in the past five years ... until you hear them for yourself!

Are your hearing aids working properly?

Hearing aids wear out, some more quickly than others do. After all, they are exposed to moisture, dust, dirt, hairspray and car wax most all day long everyday. They can be damaged when dropped or even in the process of changing batteries.

If you have noticed a decline in their performance (the change could be gradual or it could be sudden), your hearing aids may be failing. Most hearing aids can be repaired, at least in the first five to seven years, but after that time, it becomes more costly to get new parts. You may be able to get your aids repaired, but there is a good chance it will be accomplished with used parts.



Are you having trouble following conversations again?

Remember, hearing loss is a progressive, degenerative condition. If you are having trouble following conversation again, if you've started turning the TV up louder, or you've noticed that you just aren't hearing things as well as you used to, your loss may have worsened. It is time to get back to the audiologist and get things checked out.

Your needs have changed

When you first purchased your hearing aids, your circumstances were likely different than they are today. Perhaps you were still working and it was important for you to be able to follow discussion in a large conference room. Maybe you now have a more active lifestyle than before and you need aids that can keep up with you. Or – and this happens frequently – you may have purchased just the most basic hearing aids back then but now you have a few more resources and want to step up the technology or features.

Your health has changed

Arthritis and similar conditions can make it difficult for users to change the batteries or handle their hearing aids. If you are having more trouble handling your hearing aids because of changes in your physical health, new hearing aids can be a real boost.

For example, if changing the battery is a real problem, consider purchasing hearing aids with rechargeable batteries. You will only have to change the batteries about once a year! If you do not want to go the rechargeable route, consider moving to an over-the-ear device. Generally, they have a larger battery door that those with dexterity problems find easier to manage.

If you have become a little more forgetful, new devices can adjust themselves automatically to the environment so you do not have to remember to program your aids. They can detect whether you are

engaged in a one-to-one conversation, if you are in a car, or even if you are in a crowded room with lots of ambient noise.

You've fallen in love with being able to hear

Many people, when they first purchase hearing aids, are full of doubts. Will the aids really help me, will I be able to wear them comfortably, will I be embarrassed, and do I really need them?

After living with hearing aids for three or five years, their attitudes change. They become more open about hearing loss and sometimes even become advocates to their friends, families and co-workers. The second time around, patients become more interested in really using the technology to enhance their lives. Advanced features, new technology and compatibility with other electronics (such as Bluetooth), become far more important than the first time.

If you suspect your hearing aids are not serving you as well as they used to, call Premear Hearing to schedule a consultation and start hearing again!

Premear Hearing would like to help you with your hearing health by offering a Complimentary *Hearing Screening and mini-consultation. Call today to set up your appointment.

**A Hearing Screening is only a Pass or Fail, it will only tell us if there is a loss but not the degree or type of loss. Further testing will be necessary.*

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Tips to Stay Active & Take the Appropriate Precautions This Holiday Season

When we think of the holiday season, we typically visualize family dinners, lasting memories, and some relaxation, and we look forward to a peaceful experience. After all, holidays are a time to get away from our stress-filled lives and visit family and friends. In reality, these things hold true, but there is one blinding caveat that we all seem to gloss over—our sedentary lifestyle during the holidays because we don't take the time to exercise or keep our physical therapy appointments. Exercising through the holidays is critical!

Instead of taking the traditional family car drive to enjoy the festive lights in your neighborhood, take a walk. Walking after your evening dinner can be a peaceful experience for the entire family, but also it will facilitate the extra steps and activity that your body craves. In light of walking, when you're out shopping, park further away from the mall or stores to ramp up your cardio.

Hauling luggage, parking the car at the airport, waiting in the security line, worrying about catching our connecting flights, or traveling in the car or bus for long-distance in heavy traffic are all unpleasant experiences that we encounter while trying to get to our favorite destination.

Slips and falls are more common this time of year. If you're up north visiting loved ones, be careful and use extra caution if it's snowing or if there is ice on the ground, steps, and pavement. When you enter a building or home, make sure you get the majority of wet snow off of your shoes to avoid slipping as well.

One of the most common travel concerns in people with known heart disease, as well as healthy individuals, are DVT's, or deep vein thrombosis. DVT's can occur in travelers in the air, railways, or by road. Both chronic and acute symptoms could be a sign or lead to a DVT (deep vein thrombosis). DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep within the legs. Vascular malformations, pelvic tumors, or sitting for extended periods of time are some of the risk



factors that go along with DVTs. Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death.

To alleviate your chances of DVT, it's imperative to try and move your toes, ankles, and do calf raises in your seat. If you can get up and walk around, that's a valuable method to keep your blood flowing correctly back to your heart. If your trip is over 3 hours, or if you have venous insufficiency, wearing compression stockings is critical to keeping your vascular structures healthy.

You can also do the same little exercises or movements while you're watching Rudolph or Elf with the kids. During the movie, wiggle your toes, stand up and sit down repeatedly for a few minutes, or do leg lifts. All of these flexion and extension movements will keep your circulation pumping and create oxygen-rich blood, and warm muscles.

Take the time to move this holiday season. Be thankful for your range-of-motion, and take advantage of dancing with your grandchildren, or taking a walk with your friends.

If you often experience pain, stiffness, immobility or balance issues, being proactive about physical therapy treatments and techniques can help to alleviate or lessen these circumstances.

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

Innovative Therapies Group offers massage, physical, occupational and speech therapy. They embrace alternative and eastern medicine philosophies and will help you explore new inventive ways to combat your pain or disorders.

Types of Treatment Available with Physical Therapy

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



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

Urgent Care vs. Emergency Care: What You Should Know

When your child, you, or a loved one has a fever, sprains an ankle, gets an ear infection or overheated, it can be quite scary, and the emergency room is not a place that most of us want to sit around waiting, or paying the hefty price tag that goes hand in hand with their expensive bills.

There is another option. Urgent care clinics are an excellent alternative to the ER unless of course, it's a life-threatening situation, which then the Emergency room should be your first priority. However, urgent care facilities such as Quick Care Med can treat many injuries or illness from, broken bones, sore throats, and poison ivy rashes to tetanus shots.

Quick Care Med Urgent Care Vs. Emergency Room

If your health needs are not emergent like a heart condition or other impending life saving issues, the benefit of urgent care in comparison are numerous. To name a few, the wait time will be much shorter. For the most part, urgent care can see their patients within an hour. The cost is also much less with urgent care than it is with emergency room treatment. Quick Care Med urgent care provides you with the proper paperwork to follow up with your primary care physician or specialist, as urgent care takes initiatives to keep the line of communication open to make certain that your treatment is a top priority.



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

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

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

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3 Locations in the Ocala Area to serve you.



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www.quickcaremed.com

UnitedHealthcare's End of Year Screening & Testing Reminder

It's important to stay up to date on all of your medical needs. These include regular checkups with your primary care physician and specialists, but it also includes annual screenings that are critical when it comes to early diagnosis. The earlier a condition is detected, the better your chances are of effective treatment and recovery.

Some of these screenings include, lung cancer, cardiovascular stress tests, mammograms, prostate scores, colorectal screening, and immunizations to name a few. At the end of the year, your allocated coverage is there, but if you wait until the beginning of the next year to schedule your appointments, you'll begin with a fresh, new start, as copays and deductibles don't roll over.

Routine preventive care helps you manage and maintain your health, and it is generally covered at 100% by most health plans.

Routine preventive care helps you manage and maintain your health, and it is generally covered at 100% by most health plans.

General Guidelines for Preventative Services		
Preventive service	Frequency	Age
Wellness exam	Annual	All ages
Flu shot	Annual	All ages over 6 months
Immunizations	As Appropriate	All ages
Colorectal cancer screening	Varies based on type of screening	Beginning at age 50
Breast cancer screening	Every 1-2 years based on standard risk	

Understand the difference between preventive care and diagnostic care.

Preventive care is designed to help you stay healthy, and it is covered by most health plan's with \$0 out-of-pocket when you see a network provider. Costs may be incurred for diagnostic care based on plan coverage.

Preventive care

Preventive care includes routine well exams, screenings, and immunizations intended to prevent or avoid illness or other health problems.

Diagnostic care

Diagnostic care includes care or treatment when you have symptoms or risk factors and your doctor wants to diagnose them.

UnitedHealthcare's Tips to Stay Healthy Throughout the Year:

Healthy Eating

Good nutrition is an important part of a healthy lifestyle. But even when you are trying to eat a healthy diet, it can be confusing trying to sort through all of the information available about nutrition and food choices.

Experts claim the healthiest diets are rich in fruits and vegetables, because these foods are full of healthful nutrients and fiber. Eat fruits and veggies in a variety of colors – red, orange, yellow, purple, green and white.

3 Simple Ways to Improve your Eating Habits

1. Go for more fruits and veggies, choose less meat and fat.
2. Fill half of your plate with fruits and vegetables. Make at least half your grains "whole grains."
3. Try marinades or dressings made with herbs and olive oil (a heart-healthy fat) as swaps for artery-clogging creamy sauces and dressings.

Fitness

Whether you need help getting off the couch to begin an exercise routine or you've been working

out for years and want to ramp it up, we have articles, videos, tools, resources and much more that may help move you closer to achieving your exercise goals.

Regular exercise can help you live longer and may reduce your risks for a host of diseases.

How do you know whether or not you're fit? That depends on lots of things, such as your age, overall health, family history, exercise routines and eating habits. Granted, you can't change all of these influences, but if you work on the ones you can do something about, your overall health is bound to improve.

Benefits of Physical Activity:

- Can help keep weight under control
- May help to improve blood cholesterol levels
- May help prevent or control high blood pressure
- Helps to prevent bone loss
- Increases muscle tone
- Boosts energy levels
- May help you manage stress and relieve tension

Fitness requires time and effort. That may be why it's so hard for many people to get started. It may also be the reason that some people start out strong, then fizzle out. Getting fit doesn't mean spending hours at the gym or running laps until you drop. Even if you can only fit in 10 minutes here and 15 minutes there, every little bit counts. To be successful, your fitness program must become a part of your daily life, just like working, cooking, bathing and eating.

UnitedHealthcare

Better health begins by caring for the whole you – body, mind and everything else that can affect your health. In times when it can feel challenging to get the care you need, we want to be here to make managing your health care easier – so you can connect to the personalized care you need, where you need it, when it matters to you.

Medical insurance can be complicated. United Healthcare is here to help. Learn about the changing world of plans, premiums and benefits so you can make decisions that make sense for you and your family.

DON'T WAIT! Schedule Your End of Year check-ups, Tests and Diagnostic Screenings NOW!

Source: <https://www.uhc.com/health-and-wellness/preventive-care>

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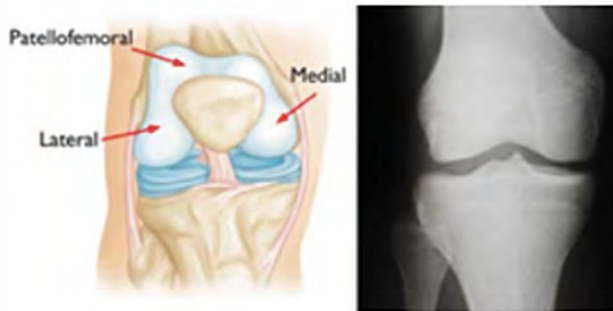
Your Medicare Solutions Ocala

Partial Knee Replacement

No discussion of knee joint replacement surgery is complete without a discussion of Unicompartmental 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.



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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

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BLOOD PRESSURE AND COGNITIVE IMPAIRMENT



Chronically low blood pressure leads to decreased brain function and can increase the risk of developing dementia.

By Kenneth McLeod, Ph.D.

As we get into our 60s, our blood pressure, in particular our diastolic pressure (the lower number in your blood pressure reading), starts to decline. This decline can lead to a condition called hypotension - when blood pressure gets too low to support blood flow to the brain when we are sitting or standing. Symptoms of hypotension include dizziness, blurry vision, nausea, fainting, and most importantly, cognitive impairment.

The most common reason for declining blood pressure is that our legs muscles weaken as we age. When we are sitting or standing, gravity is pulling our blood down into the veins of our legs. This is often first noticed as swollen feet and ankles, or the development of varicose veins or nighttime leg cramps. The heart can only maintain normal blood pressure if it gets sufficient blood pumped back from the lower body.

Specialized muscles in the calves of our legs, called the soleus muscles, serve this pumping role. While we are sitting or standing, the soleus muscles slowly fill with blood, and once they are filled, they slowly contract to push this blood back up to the heart. The motion of the soleus muscles is so slow that very few people can even feel these muscles contracting. However, these muscles are so important they are referred to as our secondary hearts. Unfortunately, if we primarily sit all day long, and the average American sits for about 10 hours a day, then the soleus muscles lose their ability to pump blood back up to the heart and our blood pressure drops.

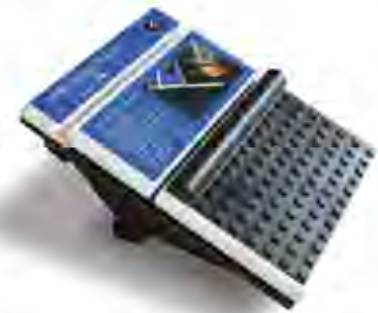
Having low blood pressure over an extended time period can damage the brain. The brain needs oxygen flow to function normally, and oxygen is carried to all the tissues of our body by circulating blood. As the brain is at the top of the body, a normal blood pressure is necessary to ensure sufficient blood flow to the brain tissues, and even small decreases in blood pressure can lead to insufficient flow to the brain, disrupting brain function.

Recent research has demonstrated that below normal blood pressure significantly affects the ability of older individuals to complete common tasks such as remembering facts, reading, planning, and handling distractions. Individuals who have a resting diastolic blood pressure below 70 mmHg (which is typical for more than two-thirds of independently living older adults) require much more time to complete cognitive tasks and tend to make many more mistakes.

Perhaps of greater concern, long-term low blood pressure is linked to increased risk of dementia. In long-term studies where individuals are followed for up to 20 years, low blood pressure was found to be associated with a 5-10 fold increase in the likelihood of developing some form of dementia, and a doubling of the risk of developing Alzheimer's Disease.

Fortunately, like any muscle, the soleus muscles can be trained back up if they become weakened. The soleus muscles are deep postural muscles (like the neck muscles) and so the best way to train them is with long duration, low-level, exercise. Standing on your toes, for example, is a good way to train up the soleus muscles and exercises such as Tai Chi and Yoga are also excellent. Similarly, heel lifts, done while you are sitting, utilizes the soleus muscles. Though more difficult, squatting, instead of sitting, is perhaps the best way to train up the soleus muscles, and the primary way our ancestors were able to maintain soleus muscle function throughout life.

The challenge with such exercises is that they have to be performed for at least one hour a day, and preferably for two or more hours over the course of the day, and this does not fit into many peoples' lifestyle. To assist in achieving the long duration activation required to retrain the soleus muscles, a number of devices have been introduced to the market. One of these is the HeartPartner, a passive exercise device developed by Sonostics.



HeartPartner relies on a natural reflex response to activate the soleus muscles. You only need to place the front of your feet on the device, and a low-level vibration stimulates sensory nerves on the bottom of your feet, leading to soleus muscle contraction. You may wear your socks and shoes when using this device, and as it takes no conscious effort, you can continue to read, work on a computer, talk on the phone, watch television, or perform any other daily sitting activity while exercising your soleus muscles.

The crucial point is that if you know you have low blood pressure (diastolic pressure below 70) or you have symptoms of fluid pooling into your feet and legs (swollen feet and ankles, night-time leg cramps, varicose veins), then you should consider getting your soleus muscles trained back up. Otherwise, the reduced circulation will affect your brain performance, and possibly lead to dementia. The ancient saying, "health begins in your feet," is perhaps nowhere more accurate than in maintaining heart and brain health.

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.

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Coping with Grief During the Holidays

Submitted by Hospice of Marion County

Death can happen to anyone at any age and can be a sudden accident or expected over a long period of time due to a critical illness. No matter how it happens, or how someone views death and the dying process, we all will eventually experience the loss of a friend or loved one, how death impacts our life and the lives of those around us.

Grief is a healing process that takes time. There is no right or wrong way to grieve, and not everyone can get over the loss the same way and move on with their lives. As we grieve, we might find it hard to let go or impossible to accept the loss. Others find relief that there is no more suffering. The grieving process is different for each person. It's normal for a person to go through a wide range of feelings – anger, guilt, sadness, depression, anxiety, acceptance and hope. Sharing these feelings with others is beneficial on your journey to healing.

The holidays can bring emotional feelings, both positive and negative, making it a challenging time for many. Hospice of Marion County (HMC) is hosting a workshop on *“Keeping the Holiday’s Light”* on December 12 from 10:00-11:30 a.m. at the Monarch Center for Hope & Healing, located at 2895 SE 62nd Street, Ocala. In this session, attendees are provided coping skills for grieving the loss of a loved one, which can be especially difficult during the holidays.

The workshop is open to the public and encourages attendees to discover thoughtful ways to keep the holidays light. Seating is limited; Marion County



residents can RSVP to reserve a seat by calling (352) 873-7456 or email Veronica at vvaughan@hospiceofmarion.com.

About The Monarch Center for Hope & Healing:

This service is provided by trained professionals and offers grief counseling at no charge to any Marion County resident who has experienced the loss of a loved one due to death. Counseling sessions can be individually or in groups, and are available for children, teens and adults. Services include:

- Adult Grief Support groups (Friends in Grief) offer comfort and encouragement over 5 weekly sessions.
- Memorial Services of Remembrance are special times to remember and celebrate the lives of loved ones who have died.
- Grief Care (introductory class) seminars provide education about the journey of grief.

- Grief in the Workplace to help organizations that have lost an employee
- Monthly Workshops for the general public
- Seminars with the school system
- Teen Tuesdays and Club Soul are programs tailored just for teens experiencing grief
- Camp Mariposa, held twice a year for children ages 5-12, is a day-long interactive session
- Assessment services and community resource coordination (short-term)
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Visit <http://www.monarchcenter-marion.com/index.html> to learn more or call (352) 873-7456.

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10:00-11:30 am

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Fish Oil and Fiber: How to be Number One at 'Number Two'

By Anne-Marie Chalmers, MD

Countless blogs detail how exercising, eating well, and sleeping better are crucial for healthy aging. But there's one aspect to good health that people rarely mention: pooping.

Yes, pooping.

Maybe as a physician, I should be medically correct and write "defecating" instead. But whatever the term, one thing is certain: A regular bowel movement is essential for feeling good.

Chronic Constipation Could Be a Symptom of Intestinal Dysbiosis

A proper poop is dependent on a healthy gut. And if you regularly struggle with constipation (or diarrhea), it could be a sign that your gut is not functioning optimally.

In medicine, we use the term intestinal dysbiosis, which means that the populations of the different gut bacteria that colonize the intestines have become imbalanced. Today, we know that these gut bacteria dictate a huge range of not just bowel-related disorders — like Irritable Bowel Syndrome (IBS) and chronic constipation — but also our weight and immune response to chronic diseases.

The composition of our gut flora depends on a variety of factors, including genetics, age, previous antibiotic use, and environment. Diet, however, plays an especially big role. Let's focus on two stool-facilitating nutrients that promote good intestinal health: fiber and fish oil.

The Digestive Benefits of Fibers

Almost every constipation-related article talks about the importance of eating enough fiber — and with good reason. Fiber has a profound impact on our digestive system.

First and foremost, fiber promotes good microbial health. Gut bacteria feed on fiber through fermentation, breaking them down in the digestive system. During this fermentation process, the bacteria create short-chained fatty acids (SCFAs) that help support the integrity of the cells in the stomach. SCFAs also influence our metabolism, appetite, and immune response.



How Soluble and Insoluble Fiber Function

The term "fiber" encompasses a number of carbohydrates, and different types of fiber impact our digestive system in unique ways. For instance, beta-glucan soluble fibers (found in oats and barley) are easily fermented by the gut bacteria. Beta-glucan fiber is also known to bind together with cholesterol, thereby helping to remove it from the body.

Insoluble fibers are generally not fermented by the gut bacteria. However, insoluble fibers are still important since they help push food through the intestinal tract. Certain types of insoluble fiber also bind together with water to help soften the stool, providing a natural laxative effect.

Why Fiber-Rich Foods Are Important

Because different types of fibers feed different bacteria species and impact our digestive system in unique ways, eating a variety is best for promoting microbial health.

Unfortunately, most of us here in the United States do not get enough of these important nutrients. While studies show massive improvements in microbial diversity when people consume more than 30 grams of fiber daily, most Americans only get between 12-18 grams on average.

The Benefits of Omega-3 Fish Oil for Constipation

Since oils act as natural lubricants, most varieties will help get the "ball rolling" in the restroom. For better bowel movements, however, omega-3 fish oils have clear advantages to other types.

Intestinal Alkaline Phosphatase

Fish oil is known to increase the production of intestinal alkaline phosphatase (IAP). IAP plays a crucial role in maintaining gut homeostasis and reducing inflammation in the intestines. Researchers have also found a link between reduced IAP concentrations and conditions like IBS.

Antimicrobial Properties

Full-spectrum fish oil has antimicrobial properties that help keep certain endotoxin-producing bacteria species from wreaking havoc in the gut. Since endotoxins cause inflammation, blocking their build-up helps in turn to reduce inflammation in the intestines.

Healthier Gut Flora

Fish oil also promotes a better composition of gut bacteria. In clinical studies of individuals with IBS, researchers found that omega-3 supplementation increased the population of certain healthy bacterial species. What's more, omega-3s also decreased the levels of other harmful bacterial groups, resulting in a healthier microbiome.

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.



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HOPE FOR THE HOLIDAYS

By Karen Pashley

We don't need a calendar to tell us the holiday season is officially here. In the blink of an eye, merchants swapped the pumpkins and scarecrows for snowmen and glittering baubles. Announcements of sales we simply *cannot* miss are flooding our inboxes, and the race is on to create Christmas memories worthy of a Norman Rockwell painting.

The hustle and bustle is fun and festive for many. But for others, the holidays stir up more than a cup of hot cocoa can soothe. Painful memories, grief, financial worries and relational strains can take a toll on the mind, body and spirit. But there is good news!

2000 years ago in Bethlehem, an angel split the night sky with a proclamation that would change the world forever: "Fear not, I bring you tidings of great joy, which shall be to *all* people".

Great joy?, you mutter. Apparently that angel didn't get the memo that my life would turn out to be such a mess.

I understand.

There have been seasons in my life when I wondered that, too. There've been times when I've felt so downcast during the holidays I stumbled along on auto-pilot just make it to New Years Day.

The holidays can be hard. But it is possible to experience joy and hope amidst the turmoil, the pressures and the hardships we face—because with God, *all things are possible*—because hope resides in the unchanging love of our savior Jesus Christ. His ways are higher than our ways, and at times, we don't understand the whys and hows of our circumstances. But rest assured—*He* understands. And He cares.

God promises He will never leave us or forsake us, and that nothing can separate us from His love. Accepting this wonderful truth and getting to know the person of Jesus Christ is the key to shifting our focus from our problems to the *peace that passes all understanding*.



You may not have control over your circumstances, but you can control your responses to them!

Here are three ways you can pursue the hope and the abundant life God has for you this Christmas season:

1. Practice gratitude. *Rejoice in the Lord always. I will say it again: Rejoice!* You have so much more to be thankful for than to complain about. Instead of focusing on the endless list of things to do before December 25th, why not focus on a list of blessings? Thank God for life, for freedom, for fresh air and clean water and a million other things we take for granted.

2. Set your mind. Romans 12:2 tells us we can transform and renew our minds by making a conscious effort to meditate on the positive. Philippians 4:8 shows us a wonderful recipe for right thinking and a renewed mind: *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is*

lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

3. Cast all your cares. God knows you better than anyone. And He knows the struggles you endure. Proverbs 3:5-6 encourages us to *Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways, acknowledge Him and He will make your paths straight.* We don't know the future. But we can trust the One who knows our past, present and future! We must not hang all our hopes and dreams on getting the answers, or the solutions we desire—rather, we can relieve ourselves of that heavy burden and hold tight to God's promises to meet our needs, comfort us when we are hurting, and make a way where there seems to be no way out of our dilemmas. What a loving Father we have!

So, be encouraged, dear one! Lift your face to the night sky, and receive Christ's wondrous gifts—tidings of great joy, hope and peace. They are yours, this Christmas and always.



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