

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

January 2020

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**NUCLEAR
MEDICINE**
and Advances in
Diagnosing
Motion Disorders

The Most Common Causes of
CARTILAGE LOSS

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CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



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NUCLEAR MEDICINE AND ADVANCES IN DIAGNOSING MOTION DISORDERS

Nuclear medicine describes an array of painless, noninvasive imaging tests designed to discover, analyze and in some cases treat an array of diseases, including certain types of cancers, arthritis and bone abnormalities, gastrointestinal/stomach disorders, thyroid disease, tumors, infection, neurological problems and much more. Nuclear medicine scans utilize what are called radiotracers – small amounts of radiation that are introduced into the body either by injection or pill. The radiotracer races to the area being studied and releases gamma rays that are captured by a specialized camera and sent to a computer screen for analysis by your radiologist. Nuclear medicine scans produce intricate images that are more detailed and sophisticated than many other imaging tests, making them a highly useful diagnostic tool for more complicated systems, including the brain. Advances in the study of motion disorders reveal that one nuclear medicine test, called the DaTscan, can be of great value in differentiating Parkinson's disease and other Parkinsonian disorders from more minor problems like essential tremors.

This is an important breakthrough in the search for treatments – and, with luck, cures – for motion disorders, because Parkinsonian disorders respond to different treatments than essential tremors. However, because of the complicated nature of motion disorders, the diagnosis of Parkinson's is estimated to be incorrect in about 20% of cases. For patients who have a relatively benign neurological disorder like essential tremors and are given a misdiagnosis, treatment may be less effective. And the weight of being told you have a Parkinsonian disease when you don't can be unnecessarily stressful for a lot of people.

That's why RAO offers the FDA-approved DaTscan, which utilizes a special injectable radiotracer called Ioflupane I123. This advanced nuclear solution travels to the brain and illuminates the neurons dedicated to controlling movement. Being able to visualize this region of the brain enables your



radiologist and referring neurologist to look for the deterioration of dopamine-containing neurons, which is associated with Parkinsonian syndrome. Diagnostic physicians engaged in a study of the scan's effectiveness reported that it affected their diagnoses of 68% of patients and their clinical management of 58%, demonstrating DaTscan's value in diagnosing Parkinsonian disorders. Best of all, DaTscan offers results in just hours instead of the longer timeframes it takes with other standard exams. That's a huge improvement in care.

Combined with other tests and clinical evaluations, the DaTscan can help your doctor more accurately determine whether you are suffering from a Parkinsonian syndrome or essential tremor. Again, gaining a correct diagnosis assists your neurologist in prescribing the most effective treatment to help control symptoms and progression.

RAO offers the latest in nuclear medicine technology at our Medical Imaging Center at Windsor Oaks. Our Board Certified subspecializing neuroradiologists

read all results in-house for ultimate accuracy and speed. If you have an undiagnosed motion disorder, or were diagnosed with a Parkinsonian syndrome and want to know more, talk to your neurologist about whether a DaTscan from RAO might be the right option for you.

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Our Board Certified neuroradiology specialists utilize extensive training and experience to read your results quickly and accurately, and to consult with your referring neurologist for superior care.— Amanda Aulls, MD; Ralf R. Barckhausen, MD and Malcolm E. Williamson, II, MD

If you have tremors, you should know about DaTscan, an FDA-approved nuclear medicine test used to evaluate the brain for motion disorders. The DaTscan is capable of distinguishing Parkinson's disease from lesser nervous system conditions like essential tremors in just hours, instead of months or even years like standard tests.

This is a major breakthrough, because knowing the cause of a motion disorder is the first step in identifying ways to treat it and limit its progression. Talk to your neurologist about the DaTscan.

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The Most Common Causes of Cartilage Loss

Written by Regenxx Tampa Bay, Regenerative Medicine

Oftentimes, patients ask us what they can do to improve their joint cartilage and prevent arthritis. Cartilage acts as a cushion between the bones to protect our joints by absorbing shock.

The visual evidence of arthritis seen on imaging studies can be due to the decrease in quantity and quality of the cartilage, the decrease in joint space width, the formation of bone spurs, and degenerative changes in the bone underlying the cartilage. Besides wear and tear, there is also a biologic/internal component that affects cartilage.

The Truth About Cartilage Loss

Cartilage, in of itself, does not have nerve endings. Therefore, cartilage loss is NOT a direct source of pain. It is, however, the visual evidence that arthritis exists. That is, there are destructive substances in the joint that are breaking down the tissue. The cartilage is the victim of the arthritic disease.

You might be surprised to learn that people can have virtually no cartilage in a part of a joint (“bone on bone”) and have no pain at all. This is actually very common. On the other hand, a person can have robust amounts of cartilage and have a tremendous amount of pain – again, this is very common as well. The point is that cartilage loss is a sign of arthritis and protecting your cartilage is a way of limiting the effects of the arthritic process.

What Causes Joint Pain?

There are a number of structures that do cause pain. The synovial lining of the joint is rich in nerve endings that sense pain and is responsible for producing healthy fluid and lubricating substances. With arthritis, the synovial lining can become bumpy and painful. It will also produce abnormal inflammatory fluid that breaks down tissue in the joint. Determining what’s in that fluid and how to control the synovial lining is one of the keys to halting arthritis.

Another source of pain in a joint is the bone underneath the cartilage. This bone is quite hardy and able to tolerate heavy loads often without any problems even when there isn’t any cartilage to protect it. There are times when the bone in areas of decreased cartilage begins to breakdown and become swollen representing little micro-breaks in the bone. These bone marrow lesions can sometimes be painful and can only be seen on an MRI.



Can We Re-grow Cartilage?

Getting cartilage to re-grow is an admirable goal and it may one day be possible to consistently do this, but it seems that it’s actually more important to keep the synovial lining under control and to strengthen the bone under the cartilage so that it can withstand more pressure. It is also important to make sure that there is stability around the joint – that is, the ligaments, tendons, muscles, and nerves are healthy and functioning normally.

Stem cells can help cartilage to regrow but it is inconsistent and minimal at this time (despite what you may have heard). They can, however, improve the quality of the remaining cartilage, the strength of the bone, reprogram the synovial lining so that it produces healthy protective chemicals instead of destructive ones, and strengthen the ligaments and tendons so that there is better stability around the joint. Using stem cells in this way requires working with a highly trained physician who performs the proper analysis and executes a procedure to precisely inject the tissues that are in need of improvement.

Receiving a stem cell injection blindly into a joint by someone who dabbles in this approach is not the way to go.

The key to understanding how to keep more cartilage as you age is to understand what causes cartilage loss. Here are the most common causes of cartilage loss along with a few solutions to help prevent it.

1. Obesity (Mechanical)

Physics has taught us that being heavier places more wear-and-tear forces on our cartilage and therefore, arthritis.

Although it can be tough to accomplish, losing weight is the ultimate solution to improve symptoms and slow the progression of arthritis.

2. Obesity (Biochemical)

Not only does obesity break down cartilage by wear and tear, but it also can cause changes in the patient’s insulin-response system that can break down cartilage. This is referred to as “metabolic syndrome.”

We recommend reducing carbohydrate and sugar intake to minimize spikes in blood sugar and insulin release.

3. Trauma

A sudden traumatic event, such as a sports injury, can injure the cartilage surface and potentially cause a weak spot in the cartilage. If weak spots are present, cartilage can break down faster with normal forces.

Before the issue becomes bigger, look for regenerative medicine cell-based solutions for cartilage repair, such as platelet-rich plasma (PRP) or stem cell injections.

4. Joint Instability

Injured ligaments can cause joints to move around too much and cause joint instability. All of this extra unnatural motion can slowly continue to injure the cartilage in the joint, eventually leading to arthritis.

Injections like prolotherapy, PRP, and stem cells in our clinical experience can help reduce instability whether the ligament is loose or torn (partial or nonretracted). In more severe cases, surgery may be needed.

5. Poor Nutrition

Poor dietary habits and lack of proper nutrition can cause major issues with not only your cartilage and your musculoskeletal system but your entire body. What you eat can turn on or off the genes in your body that protect your cartilage.

It is essential to know what is and what is not good for you and your body. Consider introducing supplements like Glucosamine and chondroitin into your diet to enhance cartilage health.

6. Medications

Surprisingly, the most common medications that are injected into arthritic joints for relief such as local anesthetics and steroids are also likely the most toxic to cartilage. Commonly used NSAID medications, like ibuprofen, naproxen, and celecoxib have also been shown to have negative effects on cartilage cells.

We recommend staying away from “cortisone shots,” NSAIDS, and other drugs when not essential.

7. Lack of Exercise

Besides leading to many other health issues, lack of exercise can create problems with our joints. Joints are made for movement. Regular exercise along with utilizing the proper techniques for those exercises is essential.

If you have cartilage loss, you may want to switch from high-impact exercises to low-impact activities to protect your existing cartilage. If you have normal, healthy joints, keep running and exercising regularly, it is likely protective.

8. Poor Alignment and Biomechanics

If you have asymmetrical cartilage loss (loss of cartilage in one knee and not the other), you may have a body-alignment problem that is wearing down certain joints faster than others.

Working with a skilled physical therapist can help you get your muscles balanced and fine-tune your body so that it is biomechanically optimized.

9. Aging and Genetics

Unfortunately, older patients seem to have less cartilage and some people simply have the genetic makeup for weaker cartilage.

While there isn't much that we can do about our genes, we can influence the ways our genes are expressed by leading a healthier lifestyle overall.

Understanding why cartilage breaks down, adhering to a healthy lifestyle, and utilizing regenerative options like PRP and stem cells seems to be the best strategy for maintaining healthy cartilage and decreasing the pain associated with arthritis.



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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.

SHADE OFFERS RELATIVELY LITTLE SUN PROTECTION

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

If you think you can forego an application of sunscreen in favor of sitting in the shade, your skin may not agree. New research reinforces the fact that, when it comes to sun protection, people who rely on shade have a much higher rate of sunburn than those who use sunscreen. According to the study of 81 people who visited the beach for a set amount of time between 10 a.m. and 2 p.m., those who sat in the shade without sunscreen were significantly more likely (75% of the shade group) to be sunburned on at least one area of their body than those who used a sunscreen with a sun protection factor (SPF) of 100 (25% of the group).

P.S. According to the study mentioned above, those who sat in the shade were more likely (49%) to get sunburned on the face, arms, legs, upper chest, and back of the neck than the group who used sunscreen (6%).

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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Urinary Incontinence

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

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

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

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



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

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

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

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

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



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Eating Healthy to Prevent Tooth Decay

Our body is a complex machine. The foods you choose and how often you eat them can affect your general health and the health of your teeth and gums, too. If you consume too many sugar-filled sodas, sweetened fruit drinks or non-nutritious snacks, you could be at risk for tooth decay. Tooth decay is the single most common chronic childhood disease, but the good news is that it is entirely preventable.

Tooth decay happens when plaque come into contact with sugar in the mouth, causing acid to attack the teeth.

Foods that contain sugars of any kind can contribute to tooth decay. To control the amount of sugar you eat, read the nutrition facts and ingredient labels on foods and beverages and choose options that are lowest in sugar. Common sources of sugar in the diet include soft drinks, candy, cookies and pastries. Your physician or a registered dietitian can also provide suggestions for eating a nutritious diet. If your diet lacks certain nutrients, it may be more difficult for tissues in your mouth to resist infection. This may contribute to gum disease. Severe gum disease is a major cause of tooth loss in adults. Many researchers believe that the disease progresses faster and is potentially more severe in people with poor nutrition.

The key to achieving a healthy and happy home is providing home cooked meals on those busy week nights. To the uninitiated, meal planning can feel like an elusive practice or an overwhelming task, but that's usually because we think about meal planning from the end point — when all the recipes have been selected, when all the groceries have been shopped for, and a week of dinners were successfully made. Batch cooking or “meal planning” is a beautiful thing because it:

1. Saves you time from cooking throughout the week
2. Keeps you on track with your health goals
3. Relieves you of the mental burden of decision fatigue about what to make each day and night
4. Is a fun way to diversify your food and meal choices throughout the week



That's why the key to meal planning lies in its simplicity. So many basic, whole food fruits and vegetables are already “superfoods” because they nourish your body and offer a wealth of health benefits. Make a list of family favorites and coordinate your weekly schedule with meal prepping on allotted nights for the entire week. Don't forget to coordinate your grocery list in advance and make a quick run to prepare for optimal prepping.

For good dental health, keep these tips in mind when choosing your meals and snacks:

- Drink plenty of water.
- Eat a variety of foods from each of the five major food groups, including:
 - whole grains
 - fruits
 - vegetables
 - lean sources of protein such as lean beef, skinless poultry and fish; dry beans, peas and other legumes
 - low-fat and fat-free dairy foods

Limit the number of snacks you eat. If you do snack, choose something that is healthy like fruit or vegetables or a piece of cheese. Foods that are eaten as part of a meal cause less harm to teeth than eating lots of snacks throughout the day, because more saliva is released during a meal. Saliva helps wash foods from the mouth and lessens the effects of acids, which can harm teeth and cause cavities.

For good dental health, always remember to brush twice a day with fluoride toothpaste that has the American Dental Association Seal of Acceptance, floss daily and visit your dentist regularly. With regular dental care, your dentist can help prevent oral problems from occurring in the first place and catch those that do occur in the early stages, while they are easy to treat.

Ocala Dental Care

Ocala Dental Care is a restorative dentist 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.

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REDUCING YOUR RISK OF CANCER

Diet, exercise and getting recommended screenings are some of the ways to lessen your risk of getting cancer.

As we begin the new year, many of us will make resolutions to get healthier. Even though most Americans know that we should make healthy choices, such as quitting smoking, protecting skin from sun damage, eating a healthy diet, exercising more and getting the recommended screenings, following these recommendations can often be difficult. Getting healthy is definitely worth the effort because, according to the National Institutes of Health, certain lifestyle choices can lessen the chances an individual has of developing cancer.

Each year, over half a million Americans die of cancer; the startling news is that about one-third to one-half of these deaths are linked to lifestyle choices and, potentially, could have been prevented. Start reducing your risk of cancer by making these choices in your life:

- Get to and stay at a healthy weight throughout your life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.
- Stop smoking – or better yet, never start.
- Wear sunscreen with an SPF of at least 30.
- Get recommended screenings such as colonoscopies, PAP smears and mammograms.
- Let your doctor know if there is a family history of cancer.

SKIN CANCER AFFECTS 1 IN 5 AMERICANS

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer, basal cell and squamous cell carcinomas, are highly curable. Melanoma, the third most common skin cancer, is much more dangerous.

By now, most people know a sunscreen should be used when you are going to be outdoors, even for a short period of time. However, not all sunscreens are created equally. For maximum protection, oncologists recommend a sun protection factor (SPF) of 30 or greater, regardless of skin color or ethnicity. Other recommendations include avoiding tanning beds or sunlamps and examining your skin, head to toe, every month for any changes. You should also have a doctor examine your skin annually.



SMOKING AND CANCER

According to the Centers for Disease Control (CDC), cigarette smoking is the number one risk factor for lung cancer. It's estimated that in the United States smoking causes about 90% of lung cancers; in fact, smokers are 15-20% more likely to get lung cancer than non-smokers. Tobacco products, such as cigars or pipes, also increase the risk for lung cancer, as well as throat and mouth cancers. Even smokeless tobacco has been proven to increase the risk of oral cancer, throat cancer, stomach cancer and pancreatic cancer.

ANOTHER REASON TO STOP SMOKING – BLADDER CANCER

Bladder cancer is the fifth-most diagnosed cancer in the U.S. This year, it is estimated nearly 15,000 people will die from the disease. But here's a real shocker... people who smoke are four times as prone to the malignancy as nonsmokers – especially women. About half of all bladder cancer cases in women age 50 and older are now traceable to smoking. In addition, current smokers are four times more likely to develop bladder cancer than people who have never smoked.

THE ROLE OF DIET IN PREVENTING CANCER

Although no particular food or diet product can prevent cancer, there is growing evidence that diet can play a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Likewise, 30-40% of certain types of breast cancer have been linked to what we eat, especially if our diet is a contributing factor to obesity. A diet that is high in fruits, vegetables, legumes and whole grains, and low in animal fat, processed foods and sugar, is generally considered healthier and can boost your immune system to help fight diseases such as cancer.

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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. 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.



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Medical Marijuana for the Average American

Change in modern laws within the last 20 years has allowed marijuana to resurface and make waves in most states due to either full legalization or allowing it to be prescribed through medical means. Studies have come to fruition suggesting that access to marijuana has a direct inverse correlation to opioid usage and overdoses with the opioid overdose mortality rate between 1999 and 2010 being 21% lower than expected. Access to medical marijuana has also been linked to a drop in Medicare prescriptions for ailments such as chronic pain, anxiety, and depression. Anecdotally, many patients of ours are reducing or stopping their prescriptions that once held a grip on their day to day life. The answer for the age old question "How can one plant act as a blanket medicine for many illnesses?" is due to the wide variety of cannabinoids found throughout the plant. Cannabinoids are the compounds found within marijuana with a select few contributing to the psychoactive effects of the plant. THC and CBD are the most widely known and provide the majority of the relief with THC being the component known for the 'high' that also bestows analgesia, appetite stimulation, and sleep. While CBD is commonly known for its ability to help induce sleep and reduce inflammation.

These cannabinoids are the main two but there are still a huge list of others (and variations of the main two) such as CBN, CBG, CBC, and many more. New research is released everyday further cementing medical marijuana as a staple in our society, giving new life to a plant as old as history itself.

While medical marijuana may not be ideal for everybody, it has a solid track record of use over the last two millennia with modern scientific research to back it up thanks to a shift in legality. See if medical marijuana can benefit you by calling or visiting one of our offices today and we can start taking the steps to provide relief from whichever obstacles life has thrown your way.



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Overwhelmed by Anxiety? Consider Ketamine.

By Eric Milbrandt, MD, MPH

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

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

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

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

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



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

What to do about anxiety?

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

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

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

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

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



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

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

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



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

5 Easy-to-Keep New Year's Resolutions for Caregivers

Yes. It's another New Year's resolution article. But don't stress. This one has nothing to do with losing weight, clearing clutter, or managing your money.

You'll find these New Year's resolutions for caregivers easy -even fun-to keep. Because they can help you reduce stress, live more mindfully in the new year, and take care of nagging concerns.

1. Carve out time for yourself

This often-repeated tip is first on our list for a good reason. You can't simply not take care of young children, an aging parent, or a household if you aren't taking care of yourself. That means your physical self and your mental health.

So schedule time to make that doctor's appointment you've been putting off. Then schedule 15 – 20 minutes a day where you do something for yourself. Not only do you deserve it, but you need it.

If you keep only one New Year's resolution... make it this one!

2. Ask for and accept help

It's not always easy to ask for or accept help. The sandwich generation-squeezed between younger children or teens in need of guidance and older parents with their own challenges-tends to view needing help as a sign of weakness.

It's actually a sign of strength to recognize that you can't do it all. And even if you have been juggling all these responsibilities by yourself, there's no good reason to continue doing so.

Ask for help from siblings, your spouse, neighbors, or friends. Or seek respite care for your loved one so you can really break away. (See resolution #1 above.)

3. Make time for fun with your aging loved one

Family caregivers tend to spend so much time on daily chores and things that must be done, they often forget to relax and enjoy the time with their loved one.



Schedule time each day where you enjoy the company of your aging parent. Take a walk. Bird-watch. Do a crossword puzzle together. Read aloud to your loved one if they have vision loss. The quality time you spend can be your guiding light when you're struggling with the things you have to do.

4. Make sure you have the right plans in place for your aging loved one

If your aging loved one doesn't have a living will, durable power-of-attorney, and a last will and testament set up, make an appointment to speak with an elder law attorney right after the holidays.

Having these documents in place can give you and your loved one peace-of-mind to handle emergency medical situations that may arise, as well as a sense of comfort about the inevitable future.

5. Be kind to yourself

Even as you do your best to stick to these resolutions, you will likely slip up. Maybe you haven't made that appointment yet. Or you're not getting to the gym every morning like you said you would.

Focus on what you're doing right. The time you stopped folding laundry to look through an old photo album with your mother. Or said "yes" when

a friend invited you for coffee. Or when a neighbor offered to take your daughter to soccer practice.

Just by being more mindful of your everyday decisions, you're sure to see a decrease in your stress levels.

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Do You Have Trigger Finger?



How an Occupational Certified Hand Therapist Can Help

Trigger finger is a simple name for a debilitating condition. It causes pain, stiffness, and a sensation of locking or catching when you bend and straighten your finger. It's somewhat akin to having a constant charley-horse in your hand.

Symptoms of trigger finger often start without a single injury. They may follow a period of heavy or extensive hand use, particularly pinching and grasping activities. With trigger finger, the flexor muscle contracts, and the finger is locked temporarily in a bent position on and off or long term.

Trigger Finger Symptoms¹

- A tender lump at the base of the finger on the palm side of the hand
- A catching, popping, or locking sensation with finger movement
- Pain when you bend or straighten the finger
- Stiffness and locking tend to be worse after periods of inactivity, such as when you wake up in the morning.
- In a severe case, the involved finger may become locked in a bent position¹

Source:
<https://orthoinfo.aaos.org/en/diseases-conditions/trigger-finger>

Treatment¹

- Resting your hand and avoiding activities that make it worse may be enough to resolve the problem.
- Wearing a custom or prefabricated & fitted splint at night to keep the affected finger or thumb in a straight position while you
- Gentle stretching exercises can help decrease stiffness and improve range of motion in the involved digit.
- The use of modalities like ultrasound, cold laser and interferential current electrical stimulation can greatly decrease inflammation, increase circulation to the area and decrease pain and triggering.
- Over-the-counter medications, such as acetaminophen and nonsteroidal anti-inflammatory drugs (NSAIDs), can help relieve pain and inflammation.
- Corticosteroid, or cortisone, is an anti-inflammatory agent that can be injected into the tendon sheath at the base of the trigger finger. A steroid injection may resolve the triggering over a period of one day to several weeks. If symptoms do not improve with time, a second injection may be given. If two injections do not help the problem, surgery may be considered.¹

Seeing an occupational hand therapist can alleviate and cure the trigger finger naturally through specific exercise, modalities and soft tissue mobilization. Hand therapy is normally prescribed after surgical trigger finger repair to speed up the recovery process and to allow the finger to heal and function optimally.

Hand therapy is used to help with numerous indications and conditions for the hand, wrist, elbow and shoulder. There is no better way to alleviate pain, increase range-of-motion and live a higher quality of life than through hand therapy.

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FROM LIFESPAN TO HEALTHSPAN

By Zhiyi Qiang, Ph.D., NRCC; Patrick Rainey, Ph.D., DABT

How often have you met two people of the same age, but one looks much younger than the other? Does the younger looking one have young genes? Less stress? Or maybe secret access to the fountain of youth?

More than half a century ago, Harman presented a theory of aging based on free radical induced oxidative stress which paved the way for the most modern principles of aging.¹ These theories suggest that the cumulative burden of oxidative stress is a major determinant of lifespan, age-related diseases and ultimately mortality.²

On the other hand, inflammation, which is usually associated with oxidative stress, is also an important "culprit" of aging and age-related diseases. It's still a bit controversial whether oxidative stress or inflammatory response is the initiator, just like chicken or the egg dilemma, however, these two underlying mechanisms are responsible for 7 out of 10 leading causes of death (heart disease, cancer, chronic lower respiratory disease, stroke and cerebrovascular disease, Alzheimer's, diabetes, and kidney disease).

Geroscience is the study of the genetic, molecular, and cellular mechanisms that make aging a major risk factor of common chronic conditions and diseases of older people. There have been two new terms coined from geroscience research: healthspan and diseasespan. Healthspan is the number of years of our healthy life whereas diseasespan is the years we live with noticeable disease that interferes with our quality of living.

Because ~75% of all deaths will predictably occur between age 65 and 95 years and only a small proportion of all humans are capable of living to 115 years of age, the principal outcome and most important metric of success should be the extension of healthspan.³ Variations in our healthspan vs. diseasespan ultimately may be linked to the lifelong oxidative stress and inflammation of which the cumulative burden might be a genuine indicator of "biological age".

Healthspan is considered to be more important than lifespan but how to measure healthspan? Unlike the average lifespan, which was 78.7 years in the US in 2016, we don't have a statistic to quantify the average healthspan. One simple way is to use the average age of the 1st occurrence of the top 10 causes of death due to chronic diseases which is 62.7 years. This means that we, on average, live up to 20% of our lives unhealthy!⁴

Aging is closely related to the activity inside each person's cells. The person who appears older may have prematurely aging cells which are predisposed to various age-related diseases and disorders such as cardiovascular disease, diabetes, cancer, Alzheimer's and others.

The genetic heart of the cell resides in our chromosomes, which are made up of tightly wound DNA strands. Telomeres (tee-lo-meres) are repeating DNA segments that live at the ends of our chromosomes. Telomeres make up less than 1/10000 of the total DNA of our cells. For comparison, the length of a common ant is about 1/1200 the length of a giraffe. The length of a telomere compared to the chromosome is EIGHT times smaller than that! They are small and they naturally shorten every time a cell divides.

The central function of telomeres is to protect the ends of our chromosomes and provide genetic stability of the cell. Telomere length and the rate at which they shorten have been shown to act as a biomarker of "biological age".^{5,6} This means the longer your telomere length, the more years of healthy living or longer healthspan, conversely, the shorter the telomere length, the more accelerated aging, increased incidence of diseases and longer diseasespan.

Oxidative stress leading to DNA damage is thought to be a major factor responsible for telomere shortening. One example is pesticide exposure induced oxidative stress. Environmental pesticide exposure is known to produce an oxidative stress environment and in this environment, telomeres are progressively shortened. Agricultural workers who are exposed to a mixture of pesticides while working in tobacco fields have been found to have shorter telomeres.⁷ Various oxidative stress biomarkers have been found to be correlated with telomere length such as F2-isoprostane (the gold standard for measuring oxidative stress in our body)⁸ and total antioxidant capacity (measuring our body's capacity to fight against oxidative stress).⁹

Additionally, chronic inflammation, which usually co-exists with oxidative stress, can aggressively shorten telomere length. This is supported by the findings that various types of inflammatory and anti-inflammatory biomarkers are associated with telomere length. For example: higher plasma homocysteine (an inflammatory amino acid in your blood) was associated with shorter telomere length, which was exacerbated by lower folate and higher C-reactive protein (an inflammatory protein in our blood) levels.^{9,10} Among patients with coronary artery disease, there was an inverse relationship between baseline blood levels of omega-3 fatty acids (DHA + EPA, the major constituents in fish oil) and the rate of telomere shortening. Increased DHA+EPA levels was found to be associated with a 32% reduction in the odds of telomere shortening.¹¹

The answer to the question of why two people of the same age can appear to be years apart becomes obvious once we understand the correlation between telomere length and cellular age. That's why it's important to routinely monitor your levels of oxidative stress and chronic inflammation through Prevé program's advanced biomarker testing like *CellCheck Ultra*.

If we actively manage a healthy lifestyle that keeps oxidative stress and inflammation in check, we may be the ones asked if we've found the fountain of youth.

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

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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.

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| • Kidney and bladder | • Osteoporosis | |

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Thyroid Disorders Can be Challenging to Diagnose: Do You Know the Signs and Symptoms?

National Thyroid Awareness Month

During your yearly physical, did you ever wonder why the physician places their hand on your throat and asks you to swallow? This common test allows your doctor to check for thyroid nodules. Although thyroid nodules are extremely common and usually benign, there are growing numbers of people with thyroid cancer and other thyroid issues.

The thyroid is a butterfly shaped gland. It produces two main hormones that regulate body temperature, metabolism, heart rate and other factors. These two hormones are T3 and T4.

In recent years there have been several celebrities that have shared their personal stories of thyroid issues. Most recently, Supermodel, Gigi Hadid shared that she suffers from Hashimoto's Disease, which is an autoimmune disease that attacks the thyroid.

Along with cancer and Hashimoto's, thyroid nodules could suggest that that you may suffer from hyperthyroidism or hypothyroidism. If left untreated, thyroid issues can lead to dangerous conditions like AFIB, blood disorders and heart disease.

Hyperthyroidism Symptoms:

- Overactive appetite
- Fatigue
- Anxiety
- Nausea
- Lack of concentrate
- Irregular heartbeat
- Sleep disturbances
- Dry/Brittle & hair breakage
- Itchy dry skin

With Hyperthyroidism, an overproduction of the T3 and/or T4 hormones causes the body to react to the over secretion of the thyroid hormones in negative ways. The most common form of this disorder is Grave's disease, which is an autoimmune disease. Grave's causes the body to attack it's own thyroid gland. Other causes can be from genetic mutations (can run in families), and tumors in the ovaries or testes.



Hypothyroidism Symptoms:

- Tendency to be cold
- Dry itchy skin
- Swollen eyes
- Forgetfulness
- Lack of concentration
- Lack of appetite
- Weight gain
- Fatigue
- Menstrual changes
- Hair loss
- Depression & anxiety

With hypothyroidism, the thyroid is underactive, producing too little T3 and/ or T4 hormones. The causes of hypothyroidism are autoimmune diseases, like Hashimoto's, surgical removal of the thyroid (cancer patients), environmental radiation exposure, or radiation treatment of the thyroid. Although there is no cure, there are many different medications available to successfully treat hyperthyroidism and hypothyroidism.

Quick Care Urgent Care offers more than just urgent care services, and they are preparing to add much more to their already vast list of therapies and services for the Ocala community!

Quick Care Med Urgent Care

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 numerous 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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6341 N US 441, Ocala, FL 34475
(Across from John Deer)

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A Life, No Matter How Short, Can Change the Lives of Others Forever

Submitted by Hospice of Marion County

When famed author Mitch Albom wrote the best-selling memoir of all time, *"Tuesdays with Morrie"*, he distilled the lessons of a lifetime of his aging professor. The wisdom he derived from his dying teacher became not only a book but also a movie and a stage play. Some 20 years later, Albom has another story to tell of losing someone who made an indelible imprint on his life.

This time, his teacher is a small child, nicknamed Chika, born three days before the 2010 Haitian earthquake. A few years later, her mother died in childbirth and she was sent to an orphanage operated by Albom who visits monthly to help provide impoverished children with a chance at a better life. In 2015, Albom received a call that a five-year-old girl didn't seem right—her eye was drooping and her mouth turned downward. All the local doctor could give her was eye drops. Albom knew the symptoms were serious and raced to Haiti to retrieve her, bringing her to the U.S. for treatment. It was soon discovered that the unusually bright and vivacious girl had a rare inoperable brain tumor; the cancer had already advanced to Stage IV.

Undaunted, Albom and his wife, who had never had children, took her into their home and their hearts. They began a world-wide crusade to find a cure. For two years, they never gave up and neither did Chika, who continually charmed the Alboms and educated them on what it means to be a parent, an advocate for the less fortunate and most importantly, an unlikely family.



Albom chronicles their journey through a series of flashbacks and how Chika, a year after her death, still "visits" him, inspiring him, guiding him and teaching him. His first work of non-fiction in 10 years, *"Finding Chika: A Little Girl, an Earthquake, and the Making of a Family,"* was released on November 5. Brave and self-assured, Chika won the hearts of all who met her with her boundless optimism, humor and precocious wisdom. Chika taught the Alboms that families can be created in many different ways.

Chika died at home in April 2017, surrounded by loved ones, her hospice nurses and a doctor, who said, "She's taught us all a few things." Albom writes: "With Chika, we became a combat unit, fighting against the unconquerable. But we also became something else: A family. It was 23 months of an incomparable journey, endless memories and limitless love. How can we be angry? We did not lose a child. We were given one."

Hear Albom's amazing story in person when he speaks in Ocala, January 14, 2020, 2:00 p.m. at the Klein Center on the campus of CF. General admission is \$35 a person and includes a copy of his new book. Tickets are available online at www.hospiceofmarion.com. For information, contact Cindy Moody, (352) 291-5143 or cmoody@hospiceofmarion.com. His appearance is sponsored by Hospice of Marion County.

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New Year. New You.

Beat the Heat with ONE HD Hydration (Hemp Infused Water)

With weather approaching the upper 90's and on some days, triple digits, the heat can be unbearable at times and downright dangerous, this is particularly the case when we factor in high levels of humidity.

Our bodies self-regulate heat by sweating and also through radiating heat back into the atmosphere. When we sweat, we perspire potassium and sodium. Both of these minerals help to control nerve function, water balance, and heart rhythm.

Sweating can quickly escalate into dehydration; therefore, it's critical to stay hydrated, BUT plain water might do the trick! And sugary drinks can lead to further adverse effects by slowing the passage of water from the digestive tract into the bloodstream. If we become dehydrated, we increase our risk of raising our blood pressure, heart palpitations, and limiting blood flow.

Plain Water is Essential, but **ONE HD Hydration is Even BETTER!**

Hemp Derived (CBD) Water by ONE HD Hydration Water. The simplest of products, but ONE HD incorporates nanotechnology, bioavailability and cannabidiol to produce a beverage that isn't just water. It's filtered in such a way that it "breaks the covalent bonds between hydrogen and oxygen atoms," then becomes augmented with vitamins, electrolytes and a small amount of hemp-derived, organic CBD oil.

ONE HD will not get you high, it is non psychoactive. ONE brings cutting edge science to deliver nutrients and hydration in an effective way, naturally and responsibly.

It is "nanoparticle delivery" that lets the B1, D3 and CBD flow faster into your cells, but ONE HD somehow feels like it's being absorbed somewhere in your throat before it hits your stomach.

By using nanotechnology, ONE HD has the ability to allow 100% of the nutrients to penetrate your cells, as opposed to traditional CBD ingestion methods, which only allow 10% to 70%.



This means that our water almost instantly becomes bio-available to power your cells!

ONE HD Hydration Science

Our expertly engineered water provides opportunities for many to have a quality of life previously thought unobtainable. As industry experts and thought leaders, we boldly rise above a world where everyone sounds the same to deliver a new level of health.

The technology that makes this water breaks the covalent bonds between hydrogen and oxygen atoms removing water memory before it is purified through several stages of reverse osmosis filtering. The water is then infused with a full spectrum of cannabinoids and terpenes including CBD, CBG, CBC, Linalool, Myrcene, and Caryophyllene.

A second phase infusion adds over 72 different essential vitamins, minerals and powerful glyco-nutrients to the formula. These extra ingredients further boost immunity support, recovery potential and the overall antioxidant healing properties of this water.

ONE

HD HYDRATION

To Find out more or to place an order, please visit drinkonehd.com

The final product is a supplement drink with particles sized down to <10 nanometers, nearing the Pico-meter threshold, which allows the supplements to penetrate most any cellular membrane by bypassing concentration gradient and ion transport channels. The ability to feed nutrients to cells with an increased cellular metabolism of nearly 100x (10,000%) makes this water incredibly effective at relieving symptoms fast.

Testimonials

"I can't believe how much ONE HD has changed my life! If you or anyone you know and care about is dealing with hormonal issues, inflammation, aches, anxiety and more, you must try this water! I am overly obsessed with this product."

—Nora Nazerian Los Angeles, CA

"Hi Michael, I am so sorry it has taken me so long to message you! The water has simply been a game changer for me. I am a migraine sufferer for over 30 years along with anxiety and insomnia. The Trifecta! It is helping with all three! Thank you, for making my days brighter!"

—Mauria Stonestreet Kansas City, MO

"For starters I woke up with a headache Sunday morning, instead of taking my normal 2 Tylenol I opted to drink a bottle of ONE HD. Within 10 minutes it was gone! As far as how I felt overall, I noticed a big difference in my hips and legs. I have been suffering from bursitis for several months and tried everything for relief. Nothing has made me feel as good as drinking ONE HD. Totally recommend it!"

—Susie DiCarlo Pittsburgh, PA

"I have been drinking the CBD water now for about two weeks and I am very pleased with the experience I have had so far. On top of my anxiety levels feeling significantly lower I am able to fall asleep much faster and wake up feeling more rested than I have in a long time. I would recommend this to anyone.

—Bill McLaughlin Santa Clause, IN

UnitedHealthcare Ocala: New Year's Resolutions For Your Health!

Resolutions are great in theory, but the simple fact is that people usually find them hard to keep. Yet year-after-year, as the calendar turns to January, resolutions are made, many of which are health related, such as exercising more and eating healthier.

Keeping your fitness and health goals on track all year with the right tools, timely cues and meaningful rewards. Those who do may realize a better engaged life and lower health costs.

Start small, make well-being fun and realize results
Information isn't always enough to compel behavior change. People are more likely to do the right thing for their health if it's also enjoyable and reasonably achievable. Look no further than the "piano stairs" experiment done by Volkswagen, in which a set of musical stairs was able to get people to walk up the stairs rather than using the nearby escalator – ostensibly because it was fun.

In addition, the most effective resolutions are those that can actually be kept. Healthier habits as part of a lifestyle or work environment, such as scheduling walking meetings or encouraging people to take the stairs instead of the elevators; these types of habits can have a better chance of sticking than, say, running 5 miles every day before breakfast.

Source: <https://www.uhc.com/employer/news/small-business/new-year-resolutions-for-better-health-and-lower-costs>



5 Tips for Achieving Resolutions and Goals

1. Don't set unrealistic goals
2. Spend time with a friend or group that holds you accountable
3. Don't give up if you mess up, get back on track the next day
4. Make a plan and adjust as needed
5. Give yourself a break, and take time to reward yourself

No matter which New Year's Resolutions you set for yourself, keep them fun, achievable, stay the course, and make your medical checkups and diagnostic testing a top priority.

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Medicare 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.

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Does CBD Oil Need Omega-3 to Work?

By Bo Martinsen, MD

Every day, another article about the growing popularity of CBD hits the news. Some articles speculate on the enormous economic growth expected from CBD products, while others focus on CBD's potential for reducing chronic pain and anxiety. The third type of article comes from researchers who cite discrepancies between users' glowing accounts and clinical testing that does not support these anecdotes.

So is CBD oil a massive hype or a science-based gift from nature? And if it happens to be the latter, what's the best way to maximize its effects?

What Is CBD?

CBD (short for cannabidiol) is a substance extracted from the hemp plant. Discovered in the 1940s, CBD is one of over 100 identified cannabinoids. Unlike some other cannabinoids, CBD does not appear to create the psychoactive effects associated with marijuana.

The bulk of the research on CBD has focused on its ability to affect cell metabolism through what is called the endocannabinoid system. This system is involved in a wide range of physiological functions, including the regulation of our mood, inflammation response, immune system, and metabolism. While the precise mechanisms of how CBD works are still unclear, scientists hypothesize that CBD exerts its influence by mimicking the body's endocannabinoids.

What Are Endocannabinoids?

Found in every organ and tissue of the body, endocannabinoids are lipids made naturally from the cells' omega-3 and omega-6 fatty acid content.

Endocannabinoids stimulate specialized cell receptors, which in turn prompt the cell to perform specific tasks, like reducing pro-inflammatory cytokines and more. Notably, these are the same receptors that cannabinoids (like CBD) act on, too.

There are numerous types of endocannabinoids and endocannabinoid receptors, all of which have multiple impacts on the cells. Therefore, it can be incredibly difficult to generalize about their effects. This broad functionality, however, also explains why the endocannabinoid system influences so many different conditions.

How Are Omega-3s Connected to the Endocannabinoid System?

As mentioned above, endocannabinoids are made from the cells' omega-3 and omega-6 content. Once cells build

up a sufficient inventory of these fatty acids, endocannabinoids are created as-needed in response to brain activity and stimuli, like stress and exercise.

Aside from being directly involved in the synthesis of endocannabinoids, omega-3s react with existing endocannabinoids to create omega-3-derived endocannabinoid epoxides (which have powerful anti-inflammatory properties). Researchers also believe that omega-3s serve as crucial anchors for endocannabinoid cell membrane receptors.

To put it simply, omega-3s and endocannabinoids are totally dependent on each other in a healthy brain and body. This profound connection can also explain why the anxiety and pain relieving effects people often report from taking CBD oil are similar to the results achieved from receiving adequate omega-3 supplementation over time.

What Happens When You Don't Get Enough Omega-3s?

Omega-3 deficiency is widespread in today's world, impacting some 95% of people in the USA. This deficiency has serious consequences for our endocannabinoid systems.

Omega-3-deficient diets don't just limit the creation of beneficial endocannabinoids and the omega-3-derived endocannabinoid epoxides. Studies have also shown that omega-3 deficiency creates dysfunctional endocannabinoid receptors, uncoupling them from the protein and altering signaling pathways in the brain.

Consequences of dysfunctional endocannabinoid receptors (due to omega-3 deficiency) include increased anxiety and impaired behavior, according to one mice study from France. Furthermore, studies show that omega-3 deficiency plays a role in increasing the development of obesity through the dysregulation of the endocannabinoid system.

Chronic omega-3 deficiency may partly explain society's enormous craving for CBD products today. What's more, it may also help to explain the widely-diverse experiences that CBD users have. After all, if one's endocannabinoid receptors are dysfunctional, throwing lots of cannabinoids at them won't necessarily produce the results users are hoping to achieve.

While more research is needed, the current scientific findings are raising pressing questions on these topics.

Why Do People Prefer CBD to Omega-3 Supplements?

Considering the deep involvement of omega-3s in the endocannabinoid system, you would think that anyone fascinated by CBD's effects would also have a dual interest in omega-3 fish oil. However, when compared to most omega-3 supplements, CBD has clear advantages.

While CBD's effects appear quickly, omega-3s take longer to work – often many weeks of consistent consumption. With CBD products, people are also willing to take an adequate dose. Between pill fatigue and fishy flavors, this typically isn't the case for omega-3 products.

CBD, however, does not solve the underlying omega-3 deficiency problem.

To read the full article and references, please visit: <https://omega3innovations.com/blog/does-cbd-oil-need-omega-3-to-work/>

Bo Martinsen, MD

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



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Your Secret Weapon for the New Year

By Alex Anderson

In August of 1996, I was having breakfast with a pastor that I admired. He did not come from a privileged family, but his life was full of good things. He was very blessed in every way. He had started his church a year and a half earlier, and it was flourishing. He had a beautiful, healthy family. His finances were abundant. He was a VFR pilot and flew a twin engine Cessna to speaking engagements. There were many other things to admire about him as a person and as a Bible teacher.

As we talked that morning, I could not help myself, so I had to ask him how he had become so blessed. I had never met anyone, especially in ministry, quite as successful at such young age.

Here is what he shared.

He said that when he was a struggling student in school to become a minister, the president of the school had personally mentored him...then he stopped in the middle of his story, looked at me and said something that completely surprised me. "But the real key to my success is something the president gave me. That one thing changed everything in my life. And since you asked I'll give it to you if you'll follow me to my office." I eagerly finished my coffee, got into my car and hurried to his office. I don't believe in magic but I do believe that God wants to bless our lives. What my friend gave me has caused my life to be blessed in every sense of the word, and so I want to give it to you as Your Secret Weapon for the New Year.

My friend called it, "His Daily Agreement with God." It's not fancy and not even grammatically correct, but the effects are powerful and have changed the lives of many people I have shared it with since then. It's a prayer that when used with even a little bit of faith touches the heart of God and He responds to it. You read it out loud twice (morning and evening) a day to God. Due to the limits of space...here is an excerpt (it's about three pages long). I renamed it.



My Daily Agreement with God's Will for My Life

Father in heaven, thank you that you are establishing me in Christ Jesus. According to Philemon 1:6 – "that the confession of my faith may become effectual by my acknowledging every good thing which is in me in Christ Jesus.

20__ is the best year of my life and today will be the greatest day of my life so far. During this year I will grow abundantly in every area of my life: Spiritually, Mentally, Physically, Emotionally, Socially, and Financially.

I know my Heavenly Father's voice and will hear no other. I am in His perfect will for my life. I am diligent to do my Father's will and speak only that which is pleasing to Him. I am a yielded vessel.

You, Holy Spirit, are my friend and you give me the power to overcome the evil tendencies of my flesh so that I can submit to the Lordship of Jesus Christ in spirit and indeed.

No matter what the circumstance I have the mind of Christ and operate in His wisdom and ability and the peace of God keeps my heart and mind through Christ Jesus. I ask and receive grace daily to walk in holiness.

I don't have cares; I have cast them all on the Lord. Peace, righteousness, security, and triumph over opposition are my heritage from the Lord Jesus. In the middle of all my thoughts is your comfort that cheers me up and makes me full of joy and happiness. I am always a happy person. I rely on the Greater One who indwells me to equip me for the job God has called me to do.

Jesus has redeemed me from the curse of the law. Heavenly Father you are continually delivering me from the hands of my adversary.

Because I am always living with you as the Highest of all my thoughts, I will live in your favor. When I am in trouble I can call on You and You will give me Your immediate attention and come to my aid with honor and deliver me with dignity. My Father in Heaven blesses me to be a blessing.

I have the righteousness of Christ, and when God the Father looks at me He sees Jesus. Father God will never leave nor forsake me. This gives me the power to keep myself calm in the face of temptation and of adversity.

Bless me indeed. I ask that your hand would be with me. Deliver me from evil, both temptation, and harm. Lord, Help me to be a second mile Christian. Help me to remember that I am not my flesh, because of the beautiful Lord Jesus Christ who is in me Who is my hope of Glory...

Let me know what God does this year as you pray this prayer. For me, it's been quite amazing!

To your spiritual health,
Alex E. Anderson
 Senior Associate Pastor at
 Bayside Community Church

P.S. HAPPY NEW!! If you want the complete copy of *My Daily Agreement with God's Will for My Life*, I would be glad to email it to you. Just go to alexanderson.org



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