

CENTRAL FLORIDA'S

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

January 2020

Lake/Sumter Edition - Monthly

[www.HealthAndWellnessFL.com](http://www.HealthAndWellnessFL.com)

  **FREE**

## HEART DISEASE:

**5 Warning Signs that Appear on Your Skin**

**Lake Eye Offers Glaucoma Patients More Avenues to**

## HEALTHIER VISION

**MEDICAL MARIJUANA FOR THE AVERAGE AMERICAN**

**HOW TO IMPROVE YOUR HEART HEALTH IN THE NEW YEAR**

**MAKE A NEW YEAR'S RESOLUTION:**

**More Experiences, Less Stuff**







### 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 faith, Florida Cancer Specialists has shown Joyce that when hope and science join forces, great outcomes can happen.

*“Without Florida Cancer Specialists, I wouldn’t be here.”*

*-Joyce Dean, Patient & Cancer Fighter*

Where hope is powered by science.™

[FindHopeHere.com](http://FindHopeHere.com)



*World-Class Medicine. Hometown Care.*

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

- |                          |                     |                                 |                       |
|--------------------------|---------------------|---------------------------------|-----------------------|
| Patrick Acevedo, MD      | Imad El-Jassous, MD | Vasundhara G. Iyengar, MD, FACP | Sandeep K. Thaper, MD |
| Ahmed Al-Hazzouri, MD    | Ralph Gousse, MD    | Sachin Kamath, MD               | Ram Tummala, MD       |
| Roy M. Ambinder, MD      | Maen Hussein, MD    | Pablo C. Reyes Jr., MD          | Marays Veliz, MD      |
| Jennifer L. Cultrera, MD | Meera Iyengar, MD   | Rakesh Rohatgi, MD              |                       |

# CONTENTS

## JANUARY 2020

- 6 Lake Eye Offers Glaucoma Patients More Avenues to Healthier Vision
- 8 How to Improve Your Heart Health in the New Year
- 9 Reducing Your Risk of Cancer
- 11 Urinary Incontinence
- 12 New Year's Resolutions for Financial Health
- 13 Neuropathy: Alternative Therapies that Work
- 14 Heart Disease: 5 Warning Signs that Appear on Your Skin
- 15 Can Body Sculpting Help You Achieve the Goals You Want this New Year?
- 16 Make a New Year's Resolution: More Experiences, Less Stuff
- 17 Do You Have A Ticking Time Bomb in Your Leg?
- 18 Learn How to Manage Stress in the New Year

### CONTACT US

Owner  
**Cristan Gensing**  
cristan@gwhizmarketing.com

CREATIVE DIRECTOR  
**Sonny Gensing**  
sonny@gwhizmarketing.com



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

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

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2020. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

# It's your heart. It should be personal.

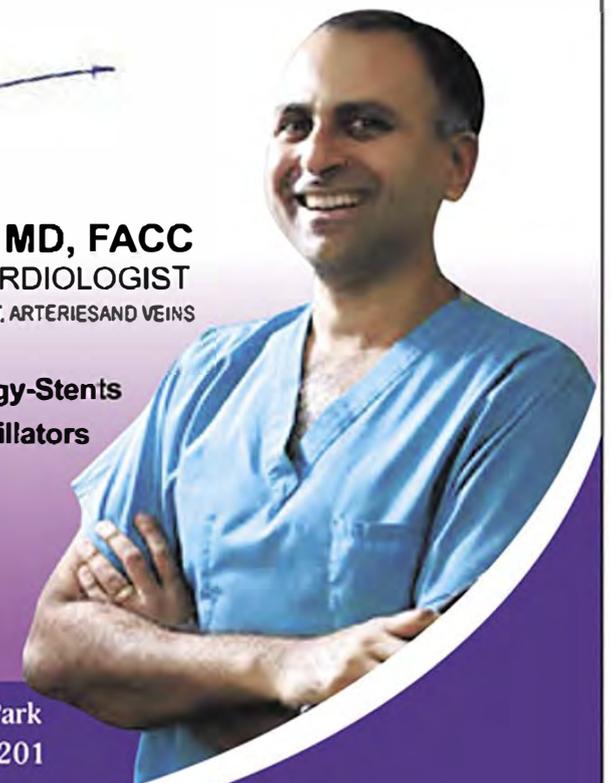
## And that's how I treat it.

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

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

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

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



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

Call Office for Consultation  
**352.750.2040**

[www.drvcardio.com](http://www.drvcardio.com)

# CONTENTS

- 19** The New Year = New Hope for Aging in the Comfort of Your Home
- 22** Obstructive Sleep Apnea & Oral Appliances:  
A Solution for a Good Night's Sleep
- 24** Weapons of "MASS" Destruction
- 25** Beating the Holiday Bulge
- 26** 5 Ways to Overcome Anxiety in Assisted Living Facilities
- 27** Medical Marijuana for the Average American
- 28** From Lifespan to Healthspan
- 29** Maintain Leg Health for an Active Life
- 30** Does CBD Oil Need Omega-3 to Work?
- 31** Physicians Rehabilitation Offers Cutting Edge Pain Relief Methods
- 32** Do You Have Back Pain? How Spinal Decompression Can Help
- 33** Opioid Free Anesthesia for Outpatient Total Hip and Total Knee Replacement
- 34** Can CBD Help with Pain?
- 35** Do You Have Trigger Finger? How an Occupational Certified Hand Therapist Can Help
- 36** New Year. New You. Beat the Heat with ONE HD Hydration (Hemp Infused Water)
- 37** Cornerstone Hospice Focused on Each Patient's Life, Not End-of-Life
- 38** Local Attorney Patrick L. Smith Offers Flat Fee Estate Planning Services
- 39** Spiritual Wellness: Your Secret Weapon for the New Year

## TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

### TIRED & ACHING LEGS?

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

### WHAT ARE VARICOSE VEINS?

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

### WHAT CAUSES VARICOSE VEINS?

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

### WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

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

## TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

### WHAT RESULTS CAN YOU EXPECT?

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



## OUR SERVICES

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



VILLAGE  
**Heart**  
& VEIN CENTER

**Bryan Carter, MPA-C**

8575 NE 138th Lane, Lady Lake, FL 32159

**(352) 674-2080**

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

[www.villageheartandvein.com](http://www.villageheartandvein.com)

## LAKE EYE OFFERS GLAUCOMA PATIENTS MORE AVENUES TO HEALTHIER VISION

January is Glaucoma Awareness Month, dedicated to helping people understand what glaucoma is, how to catch it before it causes serious vision damage, and the treatment options available for people with additional issues like cataracts.

### What is Glaucoma?

Glaucoma is a group of eye diseases affecting the optic nerve at the back of the eye. The optic nerve is a complex collection of more than a million nerve fibers that captures and transfers visual images to the brain. Glaucoma prevents proper drainage of fluid from the eye, causing increased pressure that compresses the optic nerve and causes its cells to atrophy and die.

Although glaucoma can occur at any age, but is especially common in people over 60, as well as in people with diabetes, a family history of glaucoma, certain vision problems, very high or low blood pressure and/or African, Asian or Hispanic heritage.

### If I Had Glaucoma, I'd Know It...Right?

Not necessarily. In fact, more than 3 million Americans have glaucoma and roughly half of them don't know it. The reason is because glaucoma's damage is so subtle and stealthy that 40% of vision can be lost before you notice it. Typically, people begin to experience blind spots in their peripheral vision, which includes side vision as well as overhead and below. Sadly, once vision loss occurs, it is permanent. Due to its stealthy nature, glaucoma is the leading cause of blindness in the US, accounting for roughly 10% of all cases.

### Types of Glaucoma

There are two main types of glaucoma: primary open-angle glaucoma, or POAG, which is the most common form, accounting for more than 90% of cases, and angle-closure glaucoma. In healthy eyes, a clear fluid called the aqueous humor provides moisture and nutrients to the eye and then drains out through a microscopic drainage channel called an "angle." In people with POAG, the aqueous humor doesn't drain sufficiently and the excess fluid creates intraocular pressure that damages the optic nerve's sensitive fibers. "Once the nerve fibers are damaged, there is a loss of peripheral vision," says Lake Eye ophthalmologist and eye surgeon Dr. Vinay Gutti. "From there, this tunnel vision can lead to total blindness."

In narrow angle glaucoma, the drainage channel may be blocked and/or the aqueous fluid can't reach it and remains in the eye, which also places pressure on the optic nerve. Unlike most types of glaucoma, narrow angle glaucoma can produce sudden and alarming symptoms like eye pain, light halos, headache, vision loss, nausea and vomiting that may remain or subside and recur again later. Anyone experiencing symptoms like these should see a doctor immediately, even if it means going to the ER.



Secondary glaucoma refers to glaucoma that is caused or exacerbated by another condition or occurrence, such as injury to the eye, inflammation, diabetes, steroids and certain other drugs, and advanced cases of cataracts.

### Can Glaucoma Be Cured?

We haven't yet discovered a cure for glaucoma, but advances in medicine, science and technology are revolutionizing the way glaucoma is treated. Once the type of glaucoma is diagnosed, there are proven ways to treat glaucoma that can delay or arrest its progression before it causes serious, permanent damage.

The best way to manage glaucoma is to catch it early, and luckily that's easy to accomplish. Regular comprehensive eye exams administered by your ophthalmologist or optometrist can determine if you have glaucoma. Having regular check-ups, even if you don't have symptoms, can help ensure the disease is caught early, when it can be effectively treated. It is recommended that you have at least one comprehensive eye exam by age 40 (or 35 if you're in a higher risk group) and every two to three years afterward. Once you reach age 60, we recommend an annual eye exam. Exams are quick, safe and painless, so there's no reason not to make them part of your routine healthcare plan.

### What Treatments are Available?

In most cases, prescription eye drops designed to reduce intraocular pressure are enough to arrest glaucoma's progress and protect vision. Other cases may respond to adding specific oral medication(s).

### Open-angle Glaucoma

Most patients with open-angle glaucoma respond favorably to Selective Laser Trabeculoplasty, or SLT, a safe, quick and painless laser procedure designed to provide long-term relief from excess eye pressure. Performing SLT, your Lake Eye ophthalmologist uses a microscope to direct a mild, specialized light directly to the eye's drainage channel, encouraging it to open and expel fluid and pressure more normally. Performed in your doctor's office in about 10 minutes, SLT significantly lowers eye pressure in more than 80% of patients. After SLT, many patients are able to reduce their use of glaucoma eye drops and medications. About half of SLT patients require one or more follow-up treatments, with ultimate results typically lasting from 2-5 years.

### Glaucoma and Cataracts

Glaucoma patients with cataracts can have their glaucoma effectively treated using a procedure performed during the same surgical session as cataract removal and lens replacement. One option is the Hydrus® Microstent, an innovative device that your Lake Eye surgeon can insert into a tiny vessel in the eye called Schlemm's canal, a port that sends vitreous humor back into the body's circulatory system. The Hydrus Microstent immediately promotes normal fluid outflow, reducing eye pressure and enabling most patients to reduce or eliminate their dependence on glaucoma medication. "The Hydrus Microstent widens the natural drainage system of the eye, encouraging expulsion of fluid and relieving pressure," says ophthalmologist and eye surgeon Dr. Scot Holman. "The microstent is miniscule, about the size of an eyelash, and is implanted using microscopic incisions that heal rapidly with little risk of complication. And because we install it via the same corneal incision we use for cataract surgery, it's safe and convenient for patients and requires minimal healing time."

Outcomes show that 3 out of 4 Hydrus Microstent patients experience a significant reduction in eye pressure compared to those having cataract surgery only, and most don't need eye drops two years following implantation.

Other exciting options for cataract patients with mild to moderate POAG are the iStent® and iStent inject® Trabecular Micro-Bypass implants. The iStent works to open up the eye's natural drainage system and keep it open for months to come. The iStent inject contains two microscopic stents and is suitable for people whose condition requires extra drainage facilitation. 20,000 times smaller than an intraocular lens, these FDA-approved medical implants reduce excess fluid and lower eye pressure so effectively that patients can often stop or reduce their glaucoma medication for an entire year following surgery.

"The iStent inject allows most patients to achieve healthy eye pressure and reduce or cease their dependence on eye drops," says ophthalmologist and eye surgeon Dr. Scott Wehrly. "These implants are placed during the same procedure as cataract removal and can greatly limit and even prevent further vision damage from glaucoma."

The Hydrus Microstent, iStent and iStent inject are not appropriate for everyone, including patients with primary- or secondary-angle-closure glaucoma. If you have glaucoma and are planning cataract surgery, ask your ophthalmologist or optometrist if these revolutionary technologies might be right for your condition. You may find yourself experiencing clearer, healthier vision in no time.

**LAKE EYE**  
ASSOCIATES

352-750-2020

www.LakeEye.com | 

*Accepting New Patients!*

LIGHT UP 2020 WITH

20/20 

Make 2020 about better vision with help from your friends at Lake Eye. We offer everything from general vision care to iLASIK, cataract surgery, eyelid rejuvenation and more, plus a full-service Precision Optics department with the latest designer frame styles, sunglasses and specialty lenses.

Visit Lake Eye and make 2020 your most brilliant year ever!

Celebrate 2020  
as the Year of  
Better

Vision

LAKE  EYE

Tavares • Leesburg • Lady Lake • The Villages

352-775-1533 • LakeEye.com •  



# HOW TO IMPROVE YOUR HEART HEALTH IN THE NEW YEAR

T.E. Vallabhan, MD, FACC

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

## Too Much Sugar

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

Heart disease and the issue of high blood glucose are very closely associated because of many risk factors contributing to what's known as metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes a hardening of the arteries.

## Too Much Salt

When we ingest excessive salt, inflammation takes effect in our entire bodies and water is pushed and retained into the arteries, which causes high blood pressure and makes the heart work extra hard. Too much salt increases your risks of strokes and heart failure, along with other disorders and diseases.

Potassium can help to flush some excess salt out of your body. That is why most salt alternatives have a higher ratio of potassium in the mix. Many foods that contain potassium are bananas, plums, coconuts, avocado, potato and many more. But eating potassium to flush out salt is not a good idea, as it will take an excessive amount and potassium in excess causes other bodily harm like arrhythmias and muscle weakness.

Keeping your sodium low is one of the major keys to keeping your blood pressure and heart healthy. Eating whole foods is imperative to keeping your sodium

levels in check and also to make you healthier, by lowering cholesterol and upping the amount of antioxidants and nutrients you get from your meals.

## Improve Your Diet

Shopping the periphery of the grocery store is a great way to avoid all of the processed foods, excessive sugar and salt in the center isles. There are exceptions of course, like frozen no salt added vegetables and fruit and dried spices to take the place of your saltshaker. For the most part, you should focus your shopping efforts on fresh produce, lean protein like poultry, seafood and eggs and some dairy.

The Mediterranean or the Dash diet are exceptional examples of what foods you should be eating, which provide essential nutrients for the brain's condition. All three of these diets emphasize eating plenty of vegetables, fruit, healthy fats, whole grains and lean protein (especially cold-water fish) while avoiding excess salt, sugar, simple carbs and saturated fats. Eating this way is thought to prevent cognitive decline by proving the heart, brain and entire body with antioxidants, and the good fats that it needs to function properly. Excessive sugar, simple carbohydrates, processed foods, and chemicals are known to cause inflammation and degeneration.

When you shop, check the labels on your food and if you are buying processed, convenient foods, invest in healthier low-sodium versions. If you're eating at a restaurant, ask for sauces of condiments on the side and use sparingly. Also, order steamed vegetables, lean meat and in general make wise choices.

## Exercise

Talk with your physician about the right exercise plan for you. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, improves nutrient and oxygen rich blood flow and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

There have been significant studies on the benefits of water activities for individuals that suffer from cardiac diseases and disorders. These cases have proven that the level of oxygen in the blood increases in water, which is ideal for most vascular issues. The oxygen consumption (VO<sub>2</sub>) is three times greater in water than on land. Working large muscle groups

leads to this uptake of oxygen or VO<sub>2</sub>, but doing a lot of running and legwork on land increases the heart rate at a greater level than with water-based therapy. For obvious reasons, maintaining a lower heart rate is ideal for those suffering from any heart ailments.

# Dr. V

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

**It's your heart.  
It should be  
personal.**

*And that's how I treat it.*

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

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

## Dr. Vallabhan

Call Office for Consultation  
**352.750.2040**

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

# 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.

## World-Class Cancer Treatment 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. 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.



*World-Class Medicine. Hometown Care.*

### Clermont

1920 Don Wickham Way, Suite 100  
Clermont, Florida 34711

### Leesburg North

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

### Leesburg South

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

### Leesburg West

1600 West Main Street  
Leesburg, FL 34748-2811

### Tavares

4100 Waterman Way  
Tavares, FL 32778

### Villages Buenos Aires

1503 Buenos Aires Blvd  
Building 140  
The Villages, Florida 32162

### Villages Cancer Center

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

### Villages North

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

For more information, visit [FLCancer.com](http://FLCancer.com)

# Vaginal dryness putting you through a sexual dry spell?

Learn more about our FemTouch treatment for improved vaginal health.

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

**AUI**  
ADVANCED UROLOGY  
INSTITUTE

352.391.6000  
advancedurologyinstitute.com

TRUST IN US  
— to —  
HELP GUIDE  
YOUR FINANCIAL  
FUTURE.



**WA** **WOODALL**  
AND ASSOCIATES LLC

**JASON WOODALL**

Plan Today: Contact Jason for your complimentary, no obligation consultation at 352-750-3051.

[jason@woodallwealth.com](mailto:jason@woodallwealth.com)

[www.woodallwealth.com](http://www.woodallwealth.com)

Securities offered through LPL Financial. Member FINRA/SIPC



110 Cleveland Ave  
Wildwood, FL 34785  
Series 6, 7, 63, 65 held with  
LPL Financial

## FREE RETIREMENT GUIDE

It's never too soon to start preparing for retirement. But do you know what to look out for? Download our free ebook, "Retire Happy: A Simple Guide to Your Next Big Adventure."



*Put more miles on your golf cart  
THAN YOUR CAR*

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

Pulte Homes, CC Homes, Del Webb  
Priced from the Low \$200s  
[AveMaria.com](http://AveMaria.com) | 239.352.3903

**Ave Maria**  
BIG KIND OF SMALL TOWN

©2019 Ave Maria



# Urinary Incontinence

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

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

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

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



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

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

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

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

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

**AUI**  
ADVANCED UROLOGY  
INSTITUTE

**855-298-CARE**

**Advancedurologyinstitute.com**

# NEW YEAR'S RESOLUTIONS FOR FINANCIAL HEALTH

**A**fter the holidays many people panic with buyer's remorse, but it's the perfect time to make your new resolutions and goals to better manage your budget, investments, and wealth. Perhaps you want to learn more about investing for retirement or wish to diversify your portfolio. Woodall and Associates are dedicated to helping individuals learn conservative retirement planning strategies and helping to create income for life that fits a multitude of different budgets.

Woodall and Associates are experts in their field coupled with hometown compassion. Partnered with the prestigious LPL Financial, you get the best of both worlds when it comes to your financial investments, a well-established corporation and your local advisor's expertise.

LPL Financial is one of the leading financial services companies and the largest independent broker/dealer in the nation\*. For more than four decades, the firm has served as an enabling partner, supporting financial advisors in their goals of protecting and growing their clients' wealth. A chief objective of LPL Financial is to reduce the complexity of running a financial services practice so advisors can focus on what they do best help their clients attain their financial goals and fulfill their dreams.

## PRODUCTS & SERVICES AVAILABLE AT WOODALL AND ASSOCIATES:

### Investments

- Bonds
- Common Stock
- Educational IRA
- Traditional IRA
- Roth IRA
- SEP IRA
- Simple IRA
- Brokerage Accounts
- Treasury Bills
- Government Securities
- Treasury Notes
- Variable Annuity



### Financial Planning

- Retirement Plans
- Tax Plans
- 401(k) Planning
- 403(b) Planning
- College Plans
- Estate Plans
- Money Purchasing Plans
- Profit Sharing Plans

### Insurance

- Disability Income Insurance
- Life Insurance
- Long-Term-Care Insurance

Woodall and Associates understands that individuals face unique challenges as they prepare for retirement, and Woodall can help take the mystery out of preparing for today and tomorrow.

Whether your goal is saving for retirement, college savings, or estate strategy, their personalized service focuses your needs, wants, and financial goals and objectives.

The professionals at Woodall and Associates have years of experience in financial services and can help you address your needs of today and for many years to come. They look forward to working with you through all stages of your life, please call (352) 750-3051 to find out more.



110 Cleveland Ave., Wildwood, FL 34785

**(352) 750-3051**

**[www.woodallwealth.com](http://www.woodallwealth.com)**

Series 6, 7, 63, 65 held with LPL Financial  
[jason@woodallwealth.com](mailto:jason@woodallwealth.com)

Securities offered through LPL Financial. Member FINRA/SIPC

# Neuropathy: Alternative Therapies that Work

In the United States alone, neuropathy affects nearly 20 million people. Neuropathy is typically associated with diabetes, as it's common for nerve damage to have occurred in individuals with high glucose storage, but neuropathy can also be attributed to chemotherapy, injuries, autoimmune diseases, compressed spinal vertebrae, cholesterol medication side effects, a build-up of toxins, and vascular disease.

Nerve damage happens when the small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and ineffective.

**Symptoms of neuropathy most often include the following sensations:**

- Tingling
- Numbness
- Burning
- Sensations of cold/hot
- Stumbling
- Impingements
- Electrical vibrating sensations
- Falling
- Lack of strength
- Decreased range-of-motion
- Muscle cramps
- Joint inflammation

The most common treatment for nerve damage is to mask it with prescription medications, but there is a way to actually "treat" the symptoms and improve the nerve function in the body. Over the past decade, Cold Laser Therapy has been effectively proven to treat and reduce neuropathic issues.

A cold laser uses no thermal or heating effect; it creates microcirculation around the nerve fibers through a concentrated light that penetrates through the skin without any injections or cutting. It is easily placed on the areas of concern and permeates the body through an intense light beam.

The laser therapy is quick, painless and highly effective. With the laser light's infiltration, an increase in ATP (Energy) along with an increase in mitochondrial cell function takes place. This increase causes the healing and stimulation of damaged nerves to begin through the circulatory response.



### The Advantages of Cold Laser Therapy:

- Decreases inflammation
- Stimulates tendon healing
- Incites nerve healing
- Helps wounds to heal more quickly
- Decreases numbness
- Decreases tingling
- Improves circulation
- Increases oxygen-rich blood
- Improves microvessel flow
- Remove toxins

It's often beneficial to co-treat difficult cases of neuropathy, so along with the cold laser therapy, synergistic approaches are regularly sought after by patients to get them back to an improved functionality quicker than normal.

### Along with laser therapy, physical medicine, and alternative care includes:

- Decompression
- Electrical nerve stimulation
- Manual stretching
- Massage therapy
- Natural supplementation to the regenerate myelin sheath

Treating the underlying cause of neuropathy is essential. Having a comprehensive evaluation to define your level of nerve damage, the source of the nerves involved, and the ancillary indications, are all critical steps to your outcome. A regenerative medicine expert will walk you through the best treatment options available.

## CENTRAL FLORIDA REGENERATIVE MEDICINE

1585 SANTA BARBARA BLVD, SUITE A, THE VILLAGES, FL

352-430-2121

CENTRALFLORIDAREGENERATIVEMEDICINE.COM

## FREE SEMINARS

Attend our January Seminars

- 1/2 - Weightloss (Chirothin) - 2pm
- 1/3 - Regenerative Med - 12pm
- 1/6 - Joint Pain - 2pm
- 1/7 - Neuropathy - 2pm
- 1/8 - Back Pain - 2pm
- 1/9 - Weightloss (Chirothin) - 2pm
- 1/10 - Regenerative Med - 12pm
- 1/13 - Joint Pain - 2pm
- 1/14 - Back Pain - 2pm
- 1/15 - Neuropathy - 2pm
- 1/16 - Weightloss (Chirothin) - 2pm
- 1/17 - Regenerative Med - 12pm
- 1/20 - Joint Pain - 2pm
- 1/21 Neuropathy - 2pm
- 1/22 - Back Pain - 2pm
- 1/23 - Weightloss (Chirothin) - 2pm
- 1/24 - Regenerative Med - 12pm
- 1/27 - Joint Pain - 2pm
- 1/28 - Back Pain - 2pm
- 1/29 - Neuropathy - 2pm
- 1/30 - Weightloss (Chirothin) - 2pm
- 1/31 - Regenerative Med - 12pm

Seating is Limited.  
To reserve your space,

**CALL NOW**  
**352-430-2121**

SEMINAR ATTENDEES RECIEVE

**\$125 OFF\***

their first exam & x-rays

\*appointment must be  
scheduled during seminar.



# HEART DISEASE: 5 WARNING SIGNS THAT APPEAR ON YOUR SKIN



**F**ebruary is Heart Disease awareness month. Knowing more about the disease and how it can present, can save lives. Not uncommonly, heart disease can go undetected, especially when typical symptoms are not present. Warning signs can appear on your skin and nails, which is why your dermatologist may be the first doctor to notice that you have heart disease. If you know what to look for, you can also find warning signs of heart disease on your skin and nails. The following pictures show you what to look for.



### 1. Swelling in your feet and lower legs

What it may be telling you: Your heart isn't working properly. Many diseases of the heart cause fluid to build up in your feet and lower legs. As the fluid builds up, you may see swelling, which can extend as far as the upper legs and groin.

**Medical name:** Edema (medical term for swelling)



### 2. Clusters of waxy bumps that suddenly appear on your skin

What it may be telling you: You have skyrocketing cholesterol levels or diabetes. The sudden appearance of these bumps can look like a rash, warts, or a contagious skin condition called molluscum contagiosum. These bumps are actually fatty deposits of cholesterol caused by extremely high levels of triglycerides (type of cholesterol) in the blood.

**Medical name:** Eruptive xanthoma



### 3. Smooth, waxy lumps on your skin

What it may be telling you: You have protein deposits in your heart or another organ. These waxy lumps can appear anywhere on the skin. They often indicate that there's an abnormal buildup of protein in an organ, such as your heart. If protein builds up in the heart, it's hard for the heart to work properly.

**Medical name:** Nodules of systemic amyloidosis ("nodule" means lump and amyloidosis refers to the type of protein that has built up)



### 4. Brownish (or reddish) discoloration, usually on your sole(s) or palm(s)

What it may be telling you: You have an infection in your heart or blood vessel. The spots that developed on the bottom of this patient's foot are also a sign of a heart infection called infective endocarditis. Unlike Osler nodules, these spots are painless. These spots will clear without treatment, usually in a few days or weeks. The infection requires treatment.

**Medical name:** Janeway lesions, which are named after an American doctor, Theodore Caldwell Janeway.



### 5. Non-itchy rash (flat spots with slightly raised edges) and fever

What it may be telling you: You have rheumatic fever. If your child develops strep throat, treating it quickly is important. When it's not treated quickly, other medical problems can develop. One such problem is rheumatic fever. While this seldom happens in the United States today, rheumatic fever is common in developing countries. When a child has rheumatic fever, it can lead to lifelong heart disease. Rheumatic fever is a leading cause of heart disease in children.

**Medical name:** Erythema marginatum



**Gil Cortes, MD, FAAD**  
 NOVU Dermatology  
 Practice Owner & Dermatologist  
**(352) 775-3565**  
**NOVUDERMATOLOGY.COM**  
 Rolling Oaks Professional Plaza  
 929 N. US Hwy 441 Suite 603  
 Lady Lake, FL 32159

# Can Body Sculpting Help You Achieve the Goals You Want this New Year?

**A**re you feeling stressed-out? With events, holiday preparations, meetings, kid's after school activities, and the list goes on and on. We want to look our best, feel energized and let's not forget that we're all attempting to stave off the flu virus this season. However, we often get so caught up in all of the festivities that we put ourselves on the back burner, and we succumb to merely crossing our fingers in hopes that we don't gain any weight or struggle to fit into our holiday attire. There is an easy solution!

Total Nutrition and Therapeutics is proud to offer TruSculpt iD, a revolutionary non-surgical, body-sculpting treatment that allows you to personalize your ideal body in as little as one 15-minute treatment. The Fat Cells are destroyed and will not return; however, this does not mean that you can't regain the weight. Keeping an active and healthy lifestyle is the key to any body sculpting procedure.

## Are You a Good Candidate for the TruSculpt iD Procedure?

The typical patient is usually those that have undergone a strict diet and exercise plan but still have stubborn areas that are unaffected by exercise and eating nutrient-dense foods. For example, an individual may have stubborn love handles or a bulge of some sort here or there, that really bother them, with TruSculpt iD, they can alleviate these problem areas for men and women.

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

## According to Cutera Medical Devices: Personalized Body Sculpting: The Next Evolution

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



## Sculpted Arms

TruSculpt iD offers a unique and personalized approach to improve upper arm contouring and definition. Unlike other devices, there is no placement limitation. Do you want to wear a sleeveless shirt or dress for the holidays? With TruSculpt iD, you can do it with confidence!

- Unique approach to treat skin with laxity
- Sculpt challenging areas
- Synchronized treatment zones
- No downtime

Thighs are commonly out of proportion with the rest of the lower body causing growing interest in leg sculpting. TruSculpt iD offers an individualized and unmatched solution to regain proportion to inner and outer thighs of all shapes and sizes.

- Versatile to treat various tissue densities
- Tailored for areas large and small
- Flexible treatment configurations
- Immediately resume normal activities



## TOTAL NUTRITION AND THERAPEUTICS

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

352.259.5190

WWW.TNT4ME.COM

## Radiofrequency (RF) Energy

TruSculpt iD delivers heat to the entire fat layer while maintaining a comfortable skin temperature – optimizing clinical efficacy and maintaining patient comfort.

## THE HOLIDAYS ARE UPON US—DON'T WAIT—START YOUR TRUSCULPT iD TREATMENT NOW!

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

## Total Nutrition & Therapeutics

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

Source: <https://cutera.com/trusculptiD>

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

# Make a New Year's Resolution: More Experiences, Less Stuff

**A** new year brings new goals for the 12 months ahead. What's on your list of New Year's resolutions? If your goal is a happier life, consider this: research says that Americans who choose experiences tend to be happier than those who opt for "stuff"—material things.

## Visit a New Spot

Most travel writers will agree—travel somewhere you've never been before. It's good for emotional agility and personal growth. And traveling to a new destination does not always mean somewhere far away. Just a little over a three-hour drive from the Villages and a two-hour drive away from major metropolitan cities such as Miami and Fort Lauderdale, Ave Maria is one of the newest gems of Southwest Florida, replete with old Florida treasures and landscape. Take time to discover the town of Ave Maria and its beautiful architecture, most notably the oratory and Ave Maria University, with a free 45-minute trolley tour.

## Expand Your Food Palate

Resolve to expand your culinary horizons this year by learning a new recipe made with an exotic fruit or test your taste buds by guessing the secret ingredient in an award-winning BBQ sauce. And you may have had a traditional margarita on the 'rocks' but have you have tried a spicy, cilantro-infused margarita? Try something that takes you outside your culinary comfort zone. Ave Maria is a great place to try this with upcoming foodie events.

- **Farmers Market:** Every Saturday in Town Center from 9 a.m. to 2 p.m.
- **Sunshine State Steak Cook-Off:** January 25 from 2 to 7 p.m. in the Town Center
- **Margarita & Taco Festival:** March 21 from 12 to 3 p.m. in the Town Center

## Explore Your Creative Side

Whatever the skill or talent is that you have been ignoring, exploring it can help boost your creativity. By exploring creative pursuits, you can find new happiness. For some people immersing yourself in the beauty of nature is one way to be one with your art, for

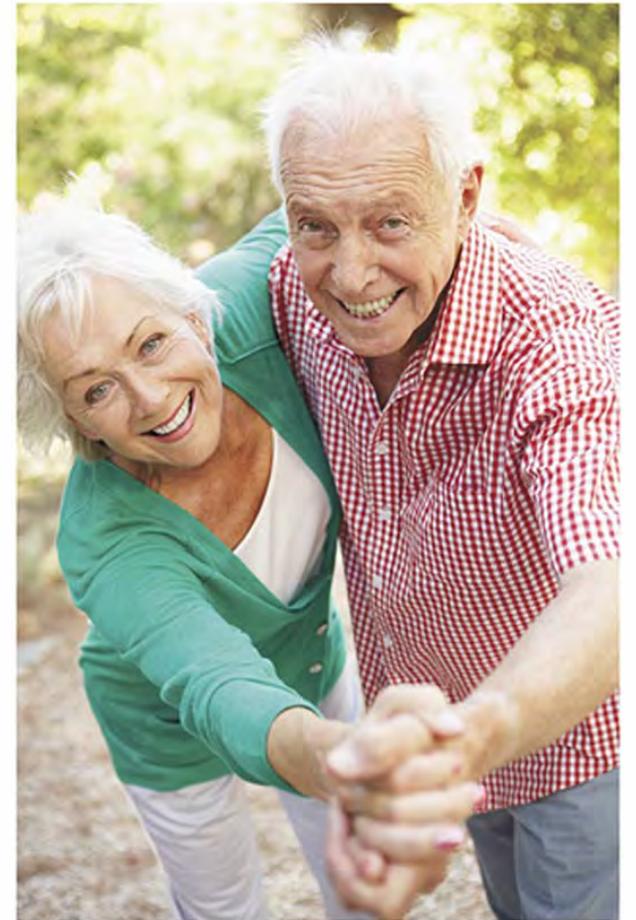
others, exploring the talents of other artist helps expand their creativity. Ave Maria offers many opportunities to spark your creativity including:

- **Orange Jeep Tours:** Journey through unspoiled terrain in search of the ultimate photograph. These tours are 2.5 hours long and depart at either 7 a.m. or 5:30 p.m. to give photo enthusiasts optimal light for capturing wildlife, in their natural habitat. Learn more by visiting [OrangeJeepTours.com](http://OrangeJeepTours.com).
- **Arts & Craft Festival:** Located in the Town Center, the festival features; fine art, handmade crafts, vintage goods, gifts, and specialty food vendors.
  - January 14-16 – 10 a.m. to 4 p.m.
  - February 11-13 – 10 a.m. to 4 p.m.
  - March 10-12 – 10 a.m. to 4 p.m.
  - March 28-29 – 10 a.m. to 4 p.m.

## Dance Like Nobody's Watching

Work on your technique or dance like nobody's watching - either way, a few special events in Ave Maria are the perfect place to get your groove back.

- **Live Music:** Every Thursday in the Town Center from 1 to 4 p.m. Bands rotate weekly and include Wendy Renee, Patchouli, Mason Williams Duo, Jeff Hughes, Steely Pan, Bernie Green Duo, and Jim Blackburn.
- **Blues, Brews & BBQ:** February 1 from 12:30 to 5:30 in the Town Center featuring live bands, food, and vendors.



**Free Trolley Tours**      **Every Tuesday 11am-2pm**  
**Live Music**              **Every Thursday 1-4pm**  
**Farmer Markets**        **Every Saturday 9-2pm**

## Ave Maria, Florida

Ave Maria is a place where neighbors are friends, the golf cart is the preferred method of transport, and each day holds the possibility of a new experience. At Ave Maria, you don't just live here; you come alive here. Begin your 2020 with a road trip to a new destination—Ave Maria, Florida.

# Ave Maria

5076 Annunciation Circle #104, Ave Maria • [AveMaria.com](http://AveMaria.com) • 239-352-3903

 Take I-75 to Exit 111, follow the signs to Ave Maria Town Center

# Do You Have A Ticking Time Bomb in Your Leg?

By Bryan Carter, MPA-C, Phlebology-Surgery

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

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

## What is Deep Vein Thrombosis (DVT)?

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

## What Causes DVT?

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

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

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

## Symptoms:

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

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

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



VILLAGE  
**Heart**  
& VEIN CENTER

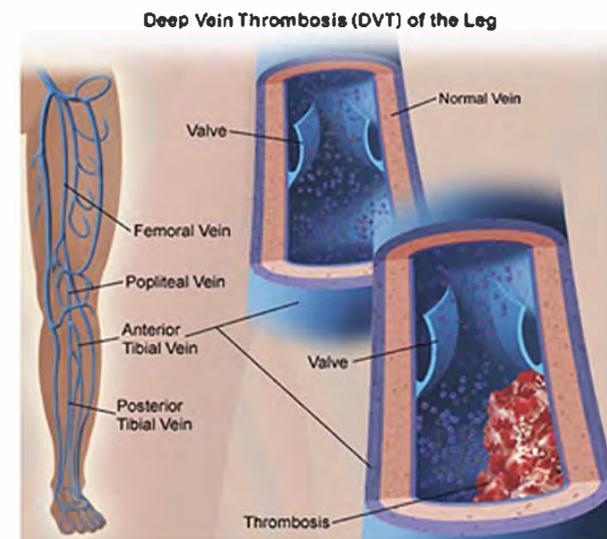
**Bryan Carter, MPA-C**

8575 NE 138th Lane  
Lady Lake, FL 32159

**(352)-674-2080**

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

**[www.villageheartandvein.com](http://www.villageheartandvein.com)**



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

## Treatment Options for Venous Insufficiency

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

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

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

# Learn How to Manage Stress in the New Year

**D**id you know that millions of people in the United States are suffering from stress, depression and anxiety? If you're one of them, leaving your disorder untreated can cause significant physical health disorders and diseases to manifest, as well as cognitive decline.

## How Stress and Anxiety Affect the Body and Brain

There are neurotransmitters throughout the entire body that send signals to the brain, alerting you instantaneously of real or perceived danger. Anxiety is made up of both psychological and physical symptoms. The psychological part creates the nervousness, fear and worry, while the physical aspect produces sweating, rapid heart palpitations, a rise in blood pressure, nausea and shortness of breath.

Stress and anxiety are a normal part of life and usually short-lived, but for 40 million Americans, it's a daily battle. Whether it's anxiety due to biological, psychosocial, or post-traumatic stress disorder (PTSD), the treatment options usually include behavioral therapy, counseling, and various prescription medications that block or dull different areas of the brain.

The typical treatment options for anxiety, stress and depression are medications and counseling therapy. Some of the most common drug classes prescribed are selective serotonin reuptake inhibitors (SSRIs), serotonin-norepinephrine reuptake inhibitors (SNRIs), tricyclic antidepressants (TCAs), and monoamine oxidase inhibitors (MAOIs). The widely known drugs, like Prozac, Zoloft, and Cymbalta play a role in how the neurotransmitters affect the mood by lessening anxiety levels and creating a more peaceful, cheerful spirit.

Along with medications, there are also alternative therapies that work very well to reduce stress and anxiety.

## The Benefits of Yoga & Meditation

Yoga helps to improve flexibility, blood flow, muscle strength, posture, immune function, bone health, decreases depressive episodes, and can regulate blood pressure. Meditation also reduces stress, reduces anxiety, promotes emotional wellbeing, can help fight addictions, can generate health and improve immune function, it can stave off memory disorders and increase neuronal plasticity (grow your brain).

## Exercise

Talk with your physician about the right exercise plan for you. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, reduces stress, it also improves



nutrient and oxygen rich blood flow, and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

There have been significant studies on the benefits of water activities for individuals that suffer from cardiac diseases and disorders. These cases have proven that the level of oxygen in the blood increases in water, which is ideal for most vascular issues. The oxygen consumption (VO<sub>2</sub>) is three times greater in water than on land. Working large muscle groups leads to this uptake of oxygen but doing a lot of running and legwork on land increases the heart rate at a greater level than with water-based therapy. For obvious reasons, maintaining a lower heart rate is ideal for those suffering from any heart ailments.

## Combined Therapies

In order to overcome stress and pain, we need a well-rounded treatment protocol that incorporates, medication (if necessary), stress management, nutrition, exercise, meditation, hormone balancing and other therapies that can help to stabilize our systems.

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

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

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



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

[www.riversfamilymedicine.com](http://www.riversfamilymedicine.com)



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

# The New Year = New Hope for Aging in the Comfort of Your Home

**I**t's hard to believe that it is already 2020! With the new year, many people make resolutions for change. If you are a senior or a caregiver, it may be time to consider home health care.

Wisdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own.

## Keeping You Safe and Offering Specialty Medical Care

Lake Centre Home Care accesses each client's home for things that cause trips, slips, and falls like extension cords, bulky area rugs, slippery bathtubs, and uneven flooring, to name a few. They also try to make things logistically better within the home, like making sure the phone is within reach, clearing clutter, recommending assistive technology like walkers, hearing aids, long-reach activator poles, buttoning aids, bed and bath handles and medical alert devices.

In addition to safety, Lake Centre Home Care is a medical care team that specializes in treating seniors in the privacy of their own home. **They also provide medical care for those who have recently undergone surgery, strokes, cardiac procedures and other treatment or conditions that require therapy and assistance.**

## Lake Centre Home Health Services

- Skilled nursing services
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Home rehabilitation services
- Nursing assessment at each home visit to monitor and manage progress



Lake Centre Home Care can also help with medication management to make it easier for seniors to remember to take which pills at what time. It is not uncommon for seniors to become malnourished, so Lake Centre Home Care can also make arrangements to make sure clients are eating nutritious meals on a regular basis and getting plenty of liquids.

When it becomes taxing to complete essential tasks like driving to the grocery store because they get lost, or they are apprehensive about driving in heavy traffic, they may need someone to step in and to help them make decisions for their long-term care options, so that they can live a safe and healthy life.

The AARP reports that 89% of patients want to remain in their home, Lake Centre Home Care provides private supportive care for those who want to maintain their independence, yet need some form of assistance. In addition to coming to your home, they are available to support their clients with temporary stays in the hospital, or by recommending senior care facilities or wherever help is needed.

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

Lake Centre Home Care offers comprehensive patient care. Lake Centre Home Care accepts Medicare Assignment and private insurance with pre-authorization.



LAKE CENTRE HOME CARE

310 Market St., Leesburg, FL 34748

**(352) 315-0050**

HHA# 299992424

# Introducing Trinity Springs.

Where the best things in life are three.



## Nonprofit

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

## Faith-based

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

## Community

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

Learn more at **352-633-4030**  
or [TrinitySprings.org](http://TrinitySprings.org).

Now accepting reservations!

Please visit our website for employment opportunities.

Assisted Living license #13270

**NOW OPEN**



trinity springs

A MINISTRY OF CASSIA

12120 Co. Rd. 103 | Oxford, FL 34484 

Today.

Tomorrow.

Together.

GET YOUR  
**MEDICAL  
MARIJUANA  
CARD**

CERTIFIED  
**MARIJUANA  
DOCTORS**

GUARANTEED TO GET YOUR CARD

**OR YOU PAY  
NOTHING**

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

OCALA

**352-414-4545**

1713 E SILVER SPRINGS BLVD, OCALA, FL 34470

LEESBURG

**352-306-0133**

813 W N BLVD, LEESBURG, FL 34748

DELAND

**386-232-5599**

100 S SPRING GARDEN AVE, DELAND, FL 32720

ORLANDO

**407-755-0012**

1801 E COLONIAL DR, ORLANDO, FL 32803

OPEN 9 AM TO 5 PM | M TO F

[WWW.SMOKINGMARIJUANADOCTORS.COM](http://WWW.SMOKINGMARIJUANADOCTORS.COM)

18 LOCATIONS TO CHOOSE FROM

*Smile...*



LUCIA ROCA, DDS, MDS  
Board Certified Periodontist

*Laurel Manor Dental  
is now accepting  
new patients!*

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

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

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



**LAUREL  
MANOR  
DENTAL**

**352.430.1710**

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

[laurelmanordental.com](http://laurelmanordental.com)

# FACELIFT SPECIALIST



**BEFORE**

**AFTER**

## YOU ARE INVITED FACIAL BEAUTY SOCIAL MIXER

JANUARY 8th | Waterfront Inn, The Villages - Seminar

JANUARY 22nd | Citrus Hills Country Club - Seminar

FEBRUARY 4TH | Demshars Restaurant, The Villages - Seminar

FEBRUARY 18TH | Country Club of Mount Dora - Seminar

FEBRUARY 25TH | Waterfront Inn, The Villages - Seminar

**LUNCH IS SERVED!**

**Surgical or Non-Surgical**  
**STOP Wasting Money on Temporary Fillers**

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

**Grand Prize Raffle**  
(Up to \$1200 value)

**CALL NOW**

Limited Seating

**888-875-3223**



IMAGELIFT®

ImageLift.com

Free  
Book!

+3,500  
Facelifts

Double  
Board Certified  
Facial Plastic  
Surgeon

*Dr. Castellano*



**THE VILLAGES**  
**877.346.2435**

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

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



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

By Richard W. Rozensky, DDS, D.ABDSM

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

## What Causes Sleep Apnea?

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

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

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

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

## What are the symptoms of Sleep Apnea?

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



## Have you tried CPAP therapy and failed?

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

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

## Meet Dr. Rozensky

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

## Village Sleep Dentistry

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

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

Village  
Sleep  
Dentistry

Richard Rozensky DDS, D.ABDSM  
Clinical Director  
352.430.1710  
1950 Laurel Manor Drive  
Suite 180B  
The Villages, Florida 32162  
villagesleepdentistry.com

Oral Appliance Therapy  
for Sleep Apnea



**2010 New Year New You!**

If you diet and exercise but still have areas of stubborn fat, truSculpt® iD, our premier body sculpting treatment, is clinically proven to eliminate fat cells regardless of your shape or body type! Up to 24% decrease in body fat in a treated area!

Schedule your Complimentary Consult to see if you are a candidate for this amazing treatment.

**truSculpt® iD**

EXCLUSIVELY AT:



TOTAL NUTRITION  
AND THERAPEUTICS

352-259-5190

809 Hwy 466 Unit 202C Lady Lake, FL 32159 • TNT4ME.COM

**Poor Circulation? Using compression socks?  
Fix the problem, not the symptom...**

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



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

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

*"Since I started using my HeartPartner, I have more energy and verve than I've had in years!"*  
— Jane F., Washington, D.C.

**HEARTPARTNER®  
BY SONOSTICS®**

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

**Toll free: 1-855-696-9283 or visit [sonostics.com](http://sonostics.com)**

**The best in skilled home health.**

**Services Offered:**

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



LAKE CENTRE HOME CARE  
310 Market St.  
Leesburg, FL 34748  
**(352) 315-0050**  
HHA# 299992424




**Rivers Family  
Medicine**

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

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

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



**Rivers Family Medicine  
Welcomes Dr. Erin Dariano**

**Dr. Dariano, D.O.**  
352-205-4302  
1503 Buenos Aires Boulevard  
Building 110  
The Villages, FL 32159  
[www.riversfamilymedicine.com](http://www.riversfamilymedicine.com)

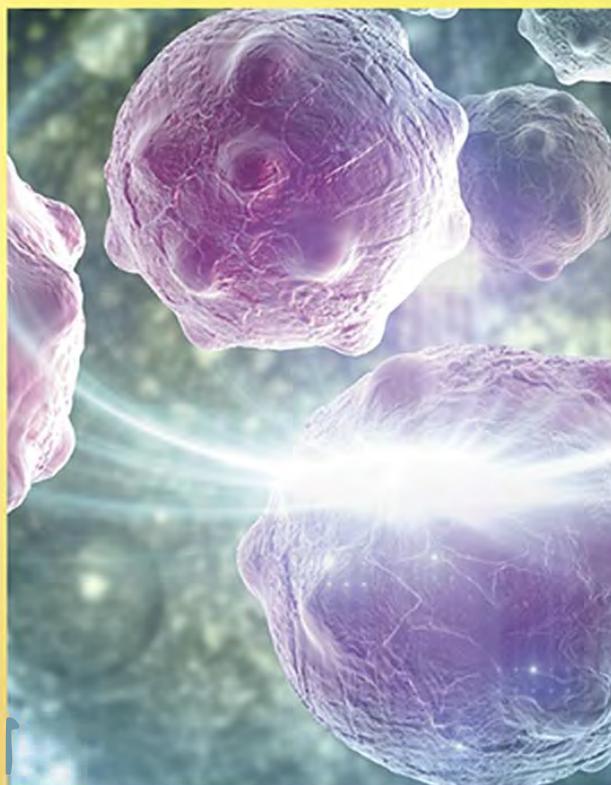
# Weapons of "MASS" Destruction

**S**ome of you may have heard the term "mass", when your doctor is describing a lesion, tumor, or suspicious lump in your body. You may have also heard of a biopsy, which is a surgical procedure to remove a small sample of a mass and send it to a lab to determine if it is malignant (a cancer) or benign (not a cancer). Further testing can indicate not only the type of cancer you have, but its genetic origin as well. If you learn that your mass is cancerous, you could qualify for an ablation. Put quite literally, an ablation destroys the malignant mass completely, leaving behind little chance for it to return and spread to healthy tissue and bones. What would you think if an ablation were an option for you?

Surgically removing a mass involves anesthesia, making an incision, and removing a portion of healthy tissue. The incision must then be sealed with stitches, which may require lengthy healing time. Imagine instead, a targeted treatment which terminates cancerous tumors in the lungs, liver, kidneys and bones using extreme temperatures, hot or cold, to destroy the tumors without causing damage to healthy surrounding tissue. This procedure, known as an ablation, is performed under image guidance, through a small incision under conscious sedation, and allows you to return home after a few short hours to recover in the peacefulness of your own bed!

Let's discuss the various "weapons of mass destruction" often used during the ablation procedure.

Cryoablation (using cold gases such as liquid nitrogen or argon to freeze), Radio-Frequency or RF ablation (heat), and Microwave ablation (also heat) are some of the options used to treat tumor masses that are three centimeters or smaller in size. Injecting chemo



drugs and radioactive substances directly into a mass can destroy it or slow its growth as well. Each of these options causes cell-death to a specific area, while keeping the surrounding tissue alive and healthy.

The technique to ablate a mass involves image guidance using Magnetic Resonance Imaging (MRI), Computed Tomography (CT), or even Ultrasound to help guide a needle, electrode or probe into the cancerous tumor. The needle is attached to a line which feeds microwaves, gases to freeze, or radio frequency energy to burn tumors, from a machine which generates the various types of energy through the needle and into the tumor. A trained specialist can control the energy used to destroy the mass so as to protect the surrounding tissue.

Until recently, many of these machines were only available in hospitals and research centers due to their immense size. Over the years they have become more portable and some are available outside of a hospital in approved outpatient centers for use by Interventional Radiologists, who use image guidance and minimally invasive techniques to promote your safety, with much less trauma and much lower costs to you and your insurance company.

The MIT Precision Shooting Team, created and trained by Dr. Mark Jacobson, is an exceptional team of technologists who are specially trained to assist in "targeting"

tumors for biopsies using CT or Ultrasound image guidance. Having successfully performed thousands of biopsies in their outpatient Interventional Radiology center in Lady Lake, Florida, the MIT Precision Shooting Team also brings its skillset to the procedure room to assist in tumor ablations with Dr. Jacobson.

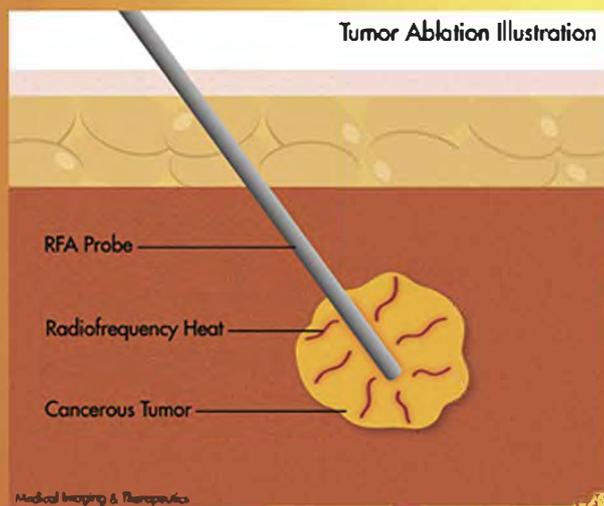
Under the expertise of Dr. Jacobson, MIT, Medical Imaging & Therapeutics is a training center for Residents and Fellows of the Department of Interventional Radiology of the University of Florida School of Medicine.

## About Dr. Mark Jacobson

Dr. Jacobson performs thousands of image guided interventional radiological procedures each year in his Lady Lake center and is the "go-to provider" for these procedures, not only because of the number of procedures performed and numerous



happy patients, but also because an outpatient surgical facility is a center of choice over a hospital for minor procedures not requiring general anesthesia. MIT has no procedure related infections, no history of hospital acquired diseases, is certified by the Florida Board of Medicine, is cost effective for you and your insurance company, and patients prefer the calm nurturing setting with pleasant professional staff. Local, as well as out of town physicians entrust Medical Imaging & Therapeutics for many various treatments for their patients. MIT is affiliated with the University of Florida College of Medicine as an Interventional Radiology training center for physicians in the interventional radiology residency and fellowship program.



**MIT** Medical Imaging & Therapeutics  
 Center for Diagnostic and Interventional Radiology  
 Interventional Radiology procedures performed in a nurturing, safe, state-certified outpatient center.

352-261-5502 | [mitflorida.com](http://mitflorida.com)  
[facebook.com/mitflorida](https://facebook.com/mitflorida)  
 The Summit Medical Park  
 769 Co Rd 466, Lady Lake, FL 32159

# BEATING THE HOLIDAY BULGE

**D**espite your best intentions, you might have found yourself overindulging during the holiday season. Do your jeans feel a little bit tighter all of a sudden? Weight gain is a normal side effect of the holidays but luckily there are some easy ways to shear off those extra pounds when the Halloween candy and Christmas parties have passed.

## 1. Keep Eating

You might be tempted to start skipping meals after a couple of months of seasonal overeating, but missing out on meals only makes you more likely to eat extra in the long run. Stick to three solid meals a day and some snacks to get your weight back to normal.

## 2. Move Your Body

As well as the traditional heavy eating that comes with the holiday season, we usually also find ourselves sitting around more as we spend time chatting with friends and watching Christmas movies with family. Get yourself back into a decent fitness routine and use exercise to get rid of those extra pounds.

## 3. Cook at Home

You've probably been eating out more often over the holidays, whether it's at relatives' houses or restaurants with friends. By cooking your meals at home after the festive period you can control your meals and portions to save money and help you lose weight at the same time.

## 4. Eat Less Carbs

Your body tends to cling to water weight following the holiday season because of all the extra salt and sugar you've been eating. Don't cut out carbohydrates completely but try to go easy on breads and potatoes to avoid holding onto that water weight.

## 5. Reach for Veggies

There are natural appetite suppressants in vegetables so try filling up on veggies before you reach for fattier or more stodgy meals. The extra vegetables will help you avoid gaining extra weight while also filling you up with a healthy, low-calorie alternative.

## 6. Use Smaller Plates

For one month, serve your evening meal on a smaller plate. The simple switch from a standard 12-inch



dinner plate to a slightly smaller serving plate will ensure that you serve yourself more reasonable portions and cut off the extra calories that you've been consuming over Christmas.

## 7. Try Dry January

After a heavy few weeks of work parties and nights out you could probably do with a month away from alcohol. Dry January involves cutting out alcohol for a full month and you'll be amazed at the calories you save and the weight you lose with this simple plan in place.

## 8. Tidy Your House

You might find that your house is in a bit of a tip after hosting houseguests or dashing in and out to different social events all month. Getting your back into a good deep cleaning can actually burn masses of calories, so sort out your home and your body at the same time by scrubbing those floors and tossing out the trash.

These eight tips will have you back to your pre-holiday weight in no time so you can remember the season fondly without regretting all those little indulgences.

# 5 Ways to Overcome Anxiety in Assisted Living Facilities

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

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

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

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



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

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

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



trinity springs

12120 Co. Rd. 103 | Oxford, FL 34484   

Learn more at 352-480-1002  
or [TrinitySprings.org](http://TrinitySprings.org).

# Medical Marijuana for the Average American

**C**hange 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.



## Certified Marijuana Doctors

**Get Your Florida Medical Marijuana Card. Call Today!**

**Leesburg - 352-306-0133 • Ocala - 352-414-4545 • Port Charlotte - 941-208-3444**

**[www.cmmdr.com](http://www.cmmdr.com)**

# 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?

**M**ore 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.<sup>1</sup> These theories suggest that the cumulative burden of oxidative stress is a major determinant of lifespan, age-related diseases and ultimately mortality.<sup>2</sup>

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.<sup>3</sup> 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!<sup>4</sup>

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".<sup>5,6</sup> 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.<sup>7</sup> 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)<sup>8</sup> and total antioxidant capacity (measuring our body's capacity to fight against oxidative stress).<sup>9</sup>

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.<sup>9,10</sup> 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.<sup>11</sup>

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:**

**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.

#### References

1. Harman, D., Aging: a theory based on free radical and radiation chemistry. *J Gerontol*, 1956. 11(3): p. 298-300.
2. Demissie, S., et al., Insulin resistance, oxidative stress, hypertension, and leukocyte telomere length in men from the Framingham Heart Study. *Aging Cell*, 2006. 5(4): p. 325-30.
3. Olshansky, S.J., From Lifespan to Healthspan. *JAMA*, 2018. 320(13): p. 1323-1324.
4. <https://publichealth.wustl.edu/healthspan-is-more-important-than-lifespan-so-why-dont-more-people-know-about-it/>.
5. Cawthon, R.M., et al., Association between telomere length in blood and mortality in people aged 60 years or older. *Lancet*, 2003. 361(9355): p. 393-5.
6. Reichert, S. and A. Stier, Does oxidative stress shorten telomeres in vivo? A review. *Biol Lett*, 2017. 13(12).
7. Kahn, V.F., et al., Telomere measurement in individuals occupationally exposed to pesticide mixtures in tobacco fields. *Environ Mol Mutagen*, 2016. 57(1): p. 74-84.
8. Salpea, K.D., et al., Association of telomere length with type 2 diabetes, oxidative stress and UCP2 gene variation. *Atherosclerosis*, 2010. 209(1): p. 42-50.
9. Richards, J.B., et al., Homocysteine levels and leukocyte telomere length. *Atherosclerosis*, 2008. 200(2): p. 271-7.
10. Rade, L., et al., Increased body mass index, elevated C-reactive protein, and short telomere length. *J Clin Endocrinol Metab*, 2014. 99(9): p. E1671-5.
11. Farzaneh-Far, R., et al., Association of marine omega-3 fatty acid levels with telomeric aging in patients with coronary heart disease. *JAMA*, 2010. 303(3): p. 250-7.

Visit our website: [prevewellness.com](http://prevewellness.com), to learn more and sign up for testing, then visit your local Prevé location or call us at 352-389-8088.



11115 S W 93rd Court Rd.

Ocala, FL 34481

[www.prevewellness.com](http://www.prevewellness.com) | 352-389-8088

# MAINTAIN LEG HEALTH FOR AN ACTIVE LIFE



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

By Kenneth McLeod, Ph.D.

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

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

## FLUID POOLING

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

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

## HOW OUR SECONDARY HEARTS PREVENT FLUID POOLING

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



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

## HOW TO RETRAIN YOUR SOLEUS MUSCLES

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

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

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



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

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

— Johanna, Endicott NY

Dr. Kenneth J. McLeod, Ph.D., is President and Chief Executive Officer at Sonostics, developer of the HeartPartner. He also serves as Director of the Clinical Science and Engineering Research Center at Binghamton University in New York. Dr. McLeod received his Ph.D degrees in Bio-medical Engineering from the Massachusetts Institute of Technology.

**HEARTPARTNER®**  
BY SONOSTICS®



To learn more about HeartPartner please visit [www.sonostics.com](http://www.sonostics.com) or call us Toll Free at 1-855-696-9283.

# 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.



Call us at 941.485.4400  
[www.omega3innovations.com](http://www.omega3innovations.com)



# PHYSICIANS REHABILITATION OFFERS CUTTING EDGE PAIN RELIEF METHODS

By Physicians Rehabilitation

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

## Beware of Subpar Stem Cells

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

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

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

## Viscosupplementation

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

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

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

## Physicians Rehabilitation

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

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



The Villages - Summit Medical Park, 733 CR 466  
352-775-3339 | [www.PhysiciansRehab.com](http://www.PhysiciansRehab.com)



## Like WD-40® for Your Aching Joints

We live in an eat-fast-go-fast-isn't-there-a-pill-to-fix-it world. Memory troubles, sleep issues, stress and pain (oh, the pain!) are the price we have to pay.

Or do we?

Try Omega Cure® Extra Strength — an easy-to-swallow and effective way to provide omega-3 benefits to every cell, organ and joint in your body.

Omega3 Innovations | [omega3innovations.com](http://omega3innovations.com) | 941.485.4400

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

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





**www.PhysiciansRehab.com**

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

**5 LOCATIONS SERVING FLORIDA**  
**(855) 276-5989**

- 6150 Diamond Centre Court, Bldg.100, Fort Myers, FL 33912
- 5668 Strand Court, Naples, FL 34110
- 733 County Road 466, Lady Lake, FL 32159
- 3380 Tamiami Trail, Unit C, Port Charlotte, FL 33952
- 137 S. Pebble Beach Blvd., Unit 204, Sun City Center, FL 33573

We are Medicare providers and accept most insurance plans.

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

# Do You Have Back Pain?

## HOW SPINAL DECOMPRESSION CAN HELP

By Compton Chiropractic Care

Over 80 percent of the population will experience back pain at one time or another in their lives. Unfortunately, as we age, our spinal discomfort tends to become progressively worse and can become chronic if left untreated. Some of the most common reasons for backaches are trauma or sports related injury, lifting heavy objects, improper spinal posture, poor sleeping posture, and ballistic movements.

The spine is made up of wedges of vertebral bone consisting of sacral, lumbar, thoracic and cervical vertebrae, as well as, vertebral discs, ligaments, tendons and muscles that attach to the spine. Over 30 nerves run down the entire spinal column. When our backs are injured the surrounding muscles often contract, as they try to protect the spine, but this causes, even more, discomfort to our bodies. Not only is the back affected with pain, but the arms, legs, and neck may experience excessive pain from the tension, too.

The elements of what's causing all of the pain depend on your particular situation and biological makeup, but for the most part, it's frequently associated with compressed nerves that are literally being crushed by the narrowing of the vertebrae. The damaged nerves send signals to the brain transmitting the indication of pain.

The typically recommended treatments for spinal compression are pain medication and surgery, but most patients are reluctant to have back procedures for fear of long-term spinal complications, and pain medications are very often an addictive habit not easily broken, once the pain is controlled, therefore most individuals are unenthusiastic about taking pain medication prescriptions.

There is a better way; a results-driven solution that doesn't include any drugs or surgery shows favorable results in relieving back pain. For many years chiropractors and physical therapists, have been utilizing a natural therapy for back discomfort called spinal decompression.



### What is Spinal Decompression?

While lying on a traction table, a patient will be moved by the traction device in tiny increments either side to side or back and forth, depending on their compression issues. This movement provides relaxation and relief by widening the vertebrae area and relieving the compressed nerves. And, as it substantially decompresses the disc(s) off of the nerve(s), it allows nutrients to flow into the vertebrae naturally again, which will supply the area with the proper amount of blood cells and oxygen to begin the bodies internal healing process.

The sessions take approximately 30 minutes each and most likely patients will need several treatments to the area get them to their ideal comfort zone, or to relieve the area completely. This treatment has provided relief for countless patients and is one of the best ways to start your recovery.

### The Compton Chiropractic Center:

- Friendly, Knowledgeable Staff
- Personalized Therapy Treatments
- Patients Are Our Number One Priority
- Treating More Than Neck And Back Pain
- Chiropractor With A Medical Approach
- Top Quality Health Care For A Reasonable Fee
- Palmer Graduates
- Call Today For A Free Consultation

No matter what type of care you need, if you live in The Villages, you can rest assured that you will receive exceptional care with the Compton Chiropractic Center. Please call 352-391-9467 to schedule your appointment.

### COMPTON CHIROPRACTIC CARE

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

#### Our Philosophy

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

#### Our Facility Offers

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

#### Accepting

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

### COMPTON CHIROPRACTIC

Call Today:  
**352-391-9467**



# OPIOID FREE ANESTHESIA for OUTPATIENT TOTAL HIP AND TOTAL KNEE REPLACEMENT

**D**r. Kerina and his colleagues have spent their professional life studying how to combat the effects of arthritis. They have helped develop advanced surgical techniques to reliably help to revitalize your life. This has culminated in our current opioid free joint replacement program.

The overuse and abuse of opioid pain medication has become a national crisis. Studies have shown that a significant number of addiction cases begin with the use of opioids for pain relief after surgery. Utilizing a team approach involving primary care, anesthesia, our surgeons, and the home health team, we have developed a multi-faceted pain management program for perioperative pain control that is opioid free.

Phase one of our program started with the development and adoption of ligament and muscle sparing approaches to the hip and knee. These do not violate nerve, artery, or muscle planes. These approaches have changed our postoperative pain profile and significantly lessened our patient's dependence on opioids.

Phase 2 followed with the development of a series of long-acting nerve blocks that are effective in alleviating pain for 48 to 72 hours covering the post-op pain profile.



Phase 3 followed with the development of our opioid free anesthesia protocol which allows our patients to wake up more alert and oriented in recovery to begin immediate mobilization postoperatively.

Our patients are now able to be discharged home as Outpatient Surgical patients at a much higher functional level than before.



To further explore the possibility of a total hip and knee replacement with **Dr. J. Mandume Kerina**, please contact UNOVA Health at:  
**(352) 973-4070 | unovahealth.com**

**COMPTON CHIROPRACTIC CARE**  
**352-391-9467**

**FREE CONSULTATION**  
Call Today to Schedule  
352-391-9467  
11974 County Rd  
101 Ste. 101  
The Villages, FL 32162

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

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

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

**UNOVA HEALTH CLINIC**

**UPPER EXTREMITY JOINT REPLACEMENT**

- OUTPATIENT TOTAL HIP AND KNEE REPLACEMENT
- DIRECT ANTERIOR TOTAL HIP REPLACEMENT
- PATIENT SPECIFIC PARTIAL OR UNICONDYLAR KNEE REPLACEMENT
- KINEMATICALLY ALIGNED TOTAL KNEE REPLACEMENT
- SPORTS MEDICINE / NON-OPERATIVE TREATMENTS
- ARTHRITIS CARE

**SERVICES:**  
**ORTHOPAEDICS**  
**URGENT CARE**  
**PHYSICAL THERAPY**  
**IMAGING**

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

**(352) 973-4070**  
**unovahealth.com**

539 Rolling Acres Rd, Lady Lake, FL 32159

# CAN CBD HELP WITH PAIN?

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

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

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

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

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

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

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

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

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



## CBD Science

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

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

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

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

## Forms of CBD

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

## Seniors and CBD

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

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



352-633-5584

[myhempolutions.net](http://myhempolutions.net)

13743 US-441  
Lady Lake, FL 32159

# Do You Have Trigger Finger?



## How an Occupational Certified Hand Therapist Can Help

**T**rigger 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 Symptoms<sup>1</sup>

- 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 position<sup>1</sup>

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

### Treatment<sup>1</sup>

- 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.<sup>1</sup>

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.

Innovative Therapies Group offers certified hand therapy, 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.



**Innovative Therapies Group, Inc.**  
352-433-0091 | [innovativetherapiesgroup.com](http://innovativetherapiesgroup.com)

**Less Pain = Possibly Better Scores?**

**GRANDMA APPROVED**

**MY HEMP SOLUTIONS**  
QUALITY HEMP PRODUCTS

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

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

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

[myhempsolutions.com](http://myhempsolutions.com)

**Innovative Therapies Group Inc.**

Changing lives...  
One patient at a time!

**352-433-0091**  
[www.innovativetherapiesgroup.com](http://www.innovativetherapiesgroup.com)

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

(MM30672)

|   |  |   |
|---|--|---|
| <b>Ocala</b><br>2801 SW College Rd<br>Ocala, FL 34474 | <b>Summerfield</b><br>14031 Del Webb Blvd<br>Summerfield, FL 34491 | <b>Lady Lake</b><br>929 US-27 #301<br>Lady Lake, FL 32159 |
|---|--|---|

# 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.**

**O**ur 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 glyconutrients 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](http://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

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

Submitted by Cornerstone Hospice and Palliative Care

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

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

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

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

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

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

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

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

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

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



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

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

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

## About Cornerstone Hospice

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

The Industry Experts for On-Site

**Laboratory Implementation, Management and Support**

THE FUTURE OF LABORATORY TESTING

Now offered at Select Labs-Marion County  
352-389-8088 | [www.prevehealth.com](http://www.prevehealth.com)

Select Laboratory Partners

Help us fulfill the promise of caring.

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

**Cornerstone**  
— HOSPICE — Serving Since 1984

866-742-6655 [cshospice.org](http://cshospice.org)

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



**E**state planning does not need to be an expensive or time-consuming process, according to Attorney Patrick L. Smith. Whereas many attorneys bill their clients by the hour to handle their planning, Attorney Smith offers a complimentary consultation and has instituted a flat-fee system for his services. For example, a basic Will is a flat charge of \$75.00 and a Non-Tax Trust Package is \$695.00. This allows clients to know their costs from the start of planning and to determine their estate planning needs without surprises. Although Attorney Smith primarily practices in estate planning and asset protection, he regularly works to connect his clients with a network of attorneys to provide them with complete, affordable legal advice.

Attorney Smith also works to make legal advice accessible to the central Florida community through his weekly radio show, "Ask An Attorney," answering legal questions on the air from live callers, sharing legal information critical to FL residents, and educating his listeners on various topics.

He also incorporates information from other attorneys, financial advisors, CPAs, and other professionals who join him to answer his listeners' questions. "Ask An Attorney" airs on Gospel 90.3 FM every Saturday at 8am.

In addition to giving legal advice live over the radio, Attorney Smith is known for donating his time and legal services to multiple churches and charitable organizations in the community. Attorney Smith offers free seminars on a wide variety of legal topics for civic groups, clubs and other organizations, to inform them about the law and their legal rights.

Furthermore, Attorney Smith recently announced the publication of the third edition of *The Florida Estate Planning Handbook* through Certa Publishing, giving Florida residents an accessible, easy-to-understand introduction to key estate planning concepts. Adding to Attorney Smith's work is his law partner Attorney Joseph F. Pippen, Jr. who joined him on the third edition.

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

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

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

PROBATE • TRUST ADMINISTRATION

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



**[www.ATTYPIP.com](http://www.ATTYPIP.com) (352) 241-8760**  
406 South Dixie Avenue • Fruitland Park, FL 34731

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

# 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](http://alexanderson.org)

**2020 CHAMBER OF  
COMMERCE NEW BUSINESS  
RIBBON CUTTING EVENT!**

**NOVU**  
**DERMATOLOGY**  
& INTERNAL MEDICINE

- SPECIAL DISCOUNTS!
- SKIN PRODUCT GIVEAWAYS
- LIGHT SNACKS & REFRESHMENTS

**FREE SKIN CANCER SCREENING!**  
MONDAY • JAN 27th • 10AM-4PM

**CALL (352) 775-3565**

**Rolling Oaks Professional Plaza  
929 N US Hwy 441 Ste. 603, Lady Lake, FL 32159  
NOVUDERMATOLOGY.COM**



*Excellence In Dermatology™*  
**FELLOW**

**BOTOX<sup>®</sup>**  
Cosmetic  
*onabotulinumtoxinA*  
There's only one BOTOX<sup>®</sup> Cosmetic



**ACCEPTING APPOINTMENTS**

**Gil Y. Cortes MD, FAAD**  
Dermatologist

**Cristina N. Cortes, MD**  
Internal Medicine