

CENTRAL FLORIDA'S

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

February 2020

Marion Edition - Monthly

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In Neil's mind, racing and fighting cancer have a lot in common. Both can be very hard. Both require dedication and the willingness to push yourself to your limits. But with the right team of oncologists with over 35 years of experience, targeted treatments and clinical expertise, great outcomes can happen.

*"My team at Florida Cancer Specialists is confident and caring. They always make me feel like everything is going to be okay."*

A handwritten signature in black ink, appearing to read 'Neil Breitenbach'.

-Neil Breitenbach, Patient & Cancer Fighter

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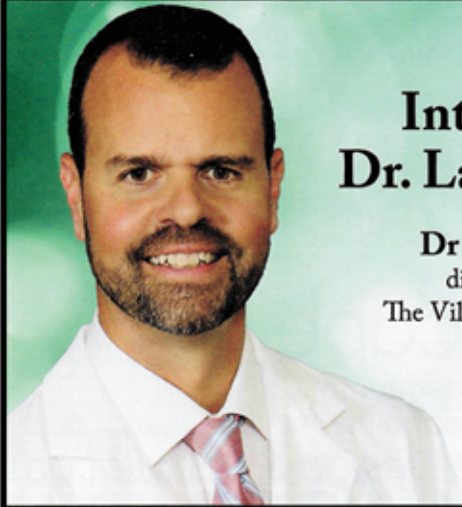
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# Central Florida Regenerative Medicine



## We Would Like to Introduce and Welcome Dr. Lawrence Restieri, DC

Dr Restieri is bringing more than 21 years of diverse experience in the Chiropractic field to The Villages® Community, and he looks forward to sharing that expertise with new patients!

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**Medical Director**  
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## 'REGENERATE YOUR IMMUNE SYSTEM TO MAINTAIN HEALTH'

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Dr Maharaj has been working in the field of stem cells for more than 30 years. He is a Hematologist/Oncologist/Bone Marrow Transplant Physician. In the 1980s at the University of Glasgow in Scotland, he helped pioneer the use of stem cell transplants for blood cancers, now the standard of care. He has over the years continued to be innovative and now focuses on measuring and repairing the immune system using Immunotherapy and Immune Regenerative Medicine.

#### For more information:

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# SCOUT-ING OUT NEW WAYS TO IMPROVE BREAST SURGERY

**F**or decades, wire localization has been the preferred method for radiologists to mark a non-palpable tumor identified on a mammogram and/or breast ultrasound. In this procedure, wire markers are used to guide a surgeon to the tumor so they may perform breast-conserving therapy (BCT) such as a lumpectomy to remove a tumor while preserving healthy breast tissue, instead of removing the entire breast (mastectomy). Long-term data suggest that in eligible women, BCT coupled with appropriate follow-up treatment is as effective as mastectomy, with less physical and emotional trauma. Understandably, nearly 65% of women elect to have BCT over mastectomy.

While wire localization has provided a dramatic improvement in breast-conserving therapy, it presents certain challenges for both patients and doctors. Foremost is coordination of care, because the surgical procedure must be performed the same day as the wire is placed, and doctors' busy schedules can create delays, something no one wants to encounter. And there's the matter of having a wire protruding through the skin of your chest while you wait for surgery, which may be several hours. Obviously this can be uncomfortable and unnerving. And during the hours in between placement and surgery, the wire can be damaged or can migrate, decreasing its effectiveness for the surgeon. In some cases, the wire entry site doesn't coincide with the best surgical incision site, creating a less-than-ideal cosmetic outcome, and if the wire is disturbed during surgery it can mean guidance to the tumor is lost. In a small number of cases, the inadequacies of wire localization can result in insufficient tissue removal, requiring subsequent surgeries.

Now, there's the SCOUT® radar localization system. In use since 2015 in more than 90,000 procedures, FDA-cleared SCOUT enables your RAO radiologist to place a special reflector in a tumor, biopsy or lymph node site instead of a wire. About the size of a grain of rice, this tiny implant is not only infinitely more comfortable and less scary than a protruding wire, it's safer and more accurate because it eliminates the risk of wire damage or displacement and secures pinpoint tumor location. SCOUT is also far



more convenient because it doesn't demand same-day surgery, enabling your procedure to be scheduled as soon as your surgeon is available, even first-thing in the morning, an option unavailable with wire localization. During a lumpectomy or surgical biopsy, your surgeon simply scans the area with a specialized SCOUT guide, which uses 100% radiation-free infrared light and radar signals to locate the reflector, creating +/-1mm localization for outstanding surgical accuracy, and an improved chance of a more aesthetic outcome. SCOUT offers superior results and faster surgical scheduling for patients and surgeons, making it a win-win for everyone. All SCOUT surgeries are performed at AdventHealth, a trusted partner in quality healthcare.



The board-certified radiologists of RAO's Women's Imaging Center specialize in breast imaging and are highly trained in precise SCOUT placement. And your RAO radiologist will consult directly with your referring healthcare provider to help ensure that you receive the highest level of care.

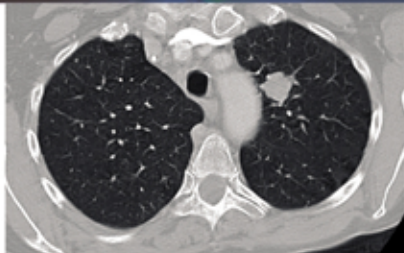
If your breast imaging showed something that requires surgical investigation, talk to your clinician about whether SCOUT might be right for you.

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**ARE YOU A CANDIDATE FOR LDCT?**

For guidelines you can share with your doctor, visit [www.raocala.com/services/low-dose-ct-screening](http://www.raocala.com/services/low-dose-ct-screening). It's worth it.

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# 5 Reasons to Avoid Knee Replacement Surgery

By Regenexx Tampa Bay, Regenerative Medicine

**K**nee replacements are occurring far too often today and the simple truth is that many are entirely unnecessary. In some cases, the knee pain may actually be stemming from another part of the body. Even when using standard criteria for determining candidacy, about one-third of knee replacements are deemed inappropriate when evaluated by independent researchers.

When knee pain is legitimately caused by a knee condition, many knee replacement candidates seek out effective alternatives to surgery. For those who are still considering a replacement, here are five reasons that may make you want to think twice.

## 1. Chronic Knee Pain

Relief from chronic knee pain is the main reason that most people decide to have a knee replacement. Although many people can get good relief from a knee replacement, unfortunately, for some people, surgery may come with continued or additional pain. Studies have shown that many patients still have at least mild pain after their knee replacement. Most people decrease their sporting and athletic activities within 5 years of their surgery.

Although there are many reasons why someone may continue to have pain, one explanation of chronic knee pain could be that the source of the pain was not actually a knee condition, to begin with. If the knee pain is actually caused by spinal nerves from the back, for example, then your pain will not simply go away after a knee replacement. It is essential that the root cause of the pain is discovered and is the focus of treatment.

## 2. Pseudotumors & Tissue Damage

Wear particles are microscopic pieces of metal, ceramic, or plastic that come from the joint replacement part, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in the blood, have been the subject of many class-action lawsuits and can cause harmful metal toxicity as well as create pseudotumors, tissue damage, and even DNA injury. According to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes, psychological status changes, kidney function impairment, and thyroid dysfunction.



## 3. Device Failure Caused By Allergies

In the past few years, multiple studies have discussed that the components of knee replacement prostheses can cause allergies. Two groups of people are at a significantly higher risk of potential rejection or loosening of their device and/or toxicity from wear particles.

*1. Those with any type of allergy. Even patients with allergies to pollen or dander should think twice about knee replacement surgery. These people have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful.*

*2. Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.*

## 4. Increased Risk of Heart Attack & Stroke

Knee replacement patients aged 60 and up are about 30 times more likely to experience a heart attack or stroke in the two weeks following surgery. When you amputate a joint from a patient, there is severe trauma to the blood vessels and bone marrow space. The stress of undergoing joint removal alone may be enough to trigger a stroke or a heart attack. Additionally, there is a higher risk of blood clots that could potentially cause an embolism in the heart, lungs, or brain.

## 5. Increased Risk of Hip Fracture

A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A national Dutch study showed a 54% increased risk of hip fracture after a knee replacement among adults aged <71 years old. We are also seeing bone density loss in hips.

## Alternatives to Surgery

Although many patients have tried steroid injections to decrease pain in their knee joints, this is not the best approach. Steroid shots kill off stem cells, cartilage cells, and increase cartilage breakdown. Even commonly used local anesthetics can be toxic to stem and cartilage cells.

Those who suffer from mild arthritis may benefit from precise injections of highly concentrated platelet-rich plasma (PRP). These natural growth factors from your own platelets can support healthy cartilage and prevent the natural breakdown over time.

The Regenexx protocols allow for the ability to produce higher quality and more individualized platelet products than the typical PRP centrifuge. Precise guided injections of your own bone marrow derived stem cells may also be a better choice to provide relief especially in those with moderate to advanced arthritis.

When considering knee replacement surgery, make sure that you research alternative options. Our website is a great place to start understanding if regenerative orthopedic medicine is right for you.

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# MORE PEOPLE ARE LIVING WITH CANCER

According to the American Cancer Society, there are more than 15.5 million Americans with a history of cancer who are alive today; 1.34 million of those survivors are here in Florida. The evolution of cancer treatment over the last 40 years has resulted in much better outcomes for patients; today more people are living with cancer than ever before.

## WHAT CAUSES CANCER?

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

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

## HOW EFFECTIVE IS CANCER TREATMENT TODAY?

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



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

Early detection and diagnosis, as well as advances such as immunotherapies and targeted treatments (most of which are available in pill form) are also making it possible to live with cancer and continue to have a good quality of life. Further, improvements in chemotherapy and secondary medications to manage side effects, such as nausea or fatigue, offer better outcomes for patients than ever before.

## WORLD-CLASS CANCER CARE CLOSE TO HOME

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

## CLINICAL TRIALS LEAD TO TOMORROW'S TREATMENTS AND CURES

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

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

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# Rising Melanoma Rates

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



Even as rates of most other cancers are declining, the rate at which people develop melanoma continues to rise yearly. According to a recent report from the Division of Cancer Prevention and Control at the CDC, the rates of this deadliest form of skin cancer have doubled in the United States over the past three decades. The report always states that, if no new efforts are made to stem this tide, there will be 112,000 new cases of melanoma in 2030. By comparison, in 2011, there were 65,647 cases of melanoma diagnosed in this country, and 9,128 deaths occurred. By implementing a comprehensive skin cancer prevention program, about 20% of cases of melanoma could be prevented between 2020 and 2030.

Set up your appointment today!



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

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

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

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

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

*Call today to schedule your appointment.*

**Michael J. Freeman, M.D., P.A.**

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# HEART HEALTH DEPENDS ON KILLING SENESCENT IMMUNE CELLS AND REDUCING 'INFLAMMAGING'

**A** failing immune system can also be called Immunosenescence, which refers to the gradual deterioration of the immune system brought on by natural age advancement.

Immunosenescence, or aging of the immune cells, is the core cause of many chronic conditions, including heart disease.

## Why?

Aging cells can accumulate, and when they do, they emit signals that cause systemic low-grade inflammation. This is also called "inflammaging." Anyone with cardiovascular disease, from hypertension to heart attack will have been told by their doctor that the cause is inflammation. Inflammation can block the growth of new immune cells, damage others, and cause real problems for your heart and arteries. If all our senescent cells could eliminate themselves (apoptosis) as they did when we were young, we would all live longer and healthier lives.

## Here's how it works.

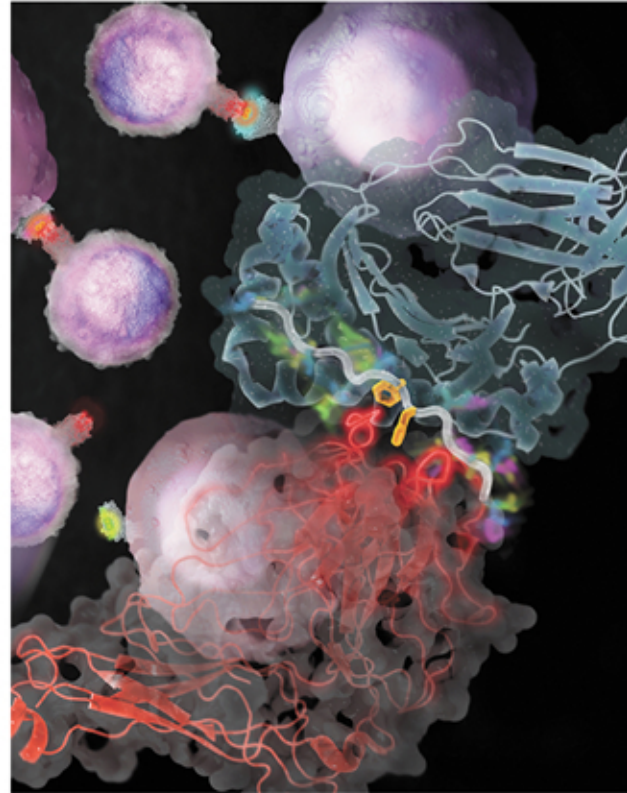
Immunosenescence affects both the innate and adaptive immune systems. However, the most notable changes are with your T-Cell (type of white blood cell) diversity, ability to signal, and population. Senescent T cells have the ability to produce large quantities of pro-inflammatory cytokines (a type of signaling molecule) and cytotoxic mediators. This has recently been shown to have pathogenic implications in cardiovascular diseases such as hypertension, atherosclerosis, and myocardial infarctions. Cardiovascular disease is the number one cause of death worldwide.

## So, what to do?

The answers seem quite clear, eliminate your accumulating senescent cells. This will help lower systemic inflammation, and by doing so, you allow more new immune cells to reproduce. That, in turn, will boost your immune system and slow or reverse cardiovascular disease. This approach to correcting the source of the problem is the new paradigm now emerging in medicine.

## Measure Your Immune System at the Maharaj Institute of Immune Regenerative Medicine

Dr. Maharaj, Medical Director of South Florida Bone Marrow Stem Cell Transplant Institute, DBA, The Maharaj Institute of Immune Regenerative Medicine,

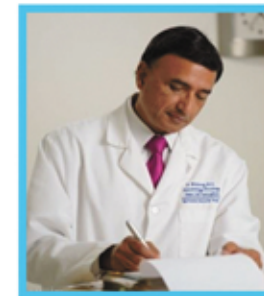


and an internationally renowned Hematologist/Oncologist/Bone Marrow Transplant Physician and leader in Regenerative Medicine, performs a sophisticated blood test which examines both the innate and adaptive parts of the body's protection system. This test includes about 100 cellular markers, including T Cells, B Cells, and Natural Killer Cells. It also measures the pro- and anti-inflammatory Cytokines and determines how well a person's inflammation is balanced.

This test examines areas that standard blood tests do not and creates an Immune Risk Profile (IRP) that can range from zero – no imminent likelihood of disease – through mild, moderate, and severe. "A person with a severe risk probably already has a disease, with the onset possibly occurring as many as 20 years ago," said Dr. Maharaj. Using Immune Regenerative Medicine, Dr. Maharaj can repair and strengthen the Immune System to the point where it can even be collected and stored in the Stem Cell Cryobank at the Institute, for a time when it may be needed in the future.

The Immune Panel blood test is the first step to being proactive in addressing the root cause of your immunosenescence which is causing heart disease inflammation.

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## Medical Director

**Dipnarine Maharaj, MBChB., MD.,**  
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Dr Maharaj has been working in the field of stem cells for more than 30 years. He is a Hematologist/Oncologist/Bone Marrow Transplant Physician. In the 1980s at the University of Glasgow in Scotland, he helped pioneer the use of stem cell transplants for blood cancers, now the standard of care. He has over the years continued to be innovative and now focuses on measuring and repairing the immune system using Immunotherapy and Immune Regenerative Medicine.

## For more information:

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# STRESS INCONTINENCE IS NOTHING TO SNEEZE AT

“Stress incontinence” is a reality for millions of women in America today. The “stress” is not emotional or mental pressures. Rather, it’s physical pressure put on the bladder that can cause urine leakage. Something as simple as a sneeze or a cough might trigger a leak. Standing up suddenly, lifting something heavy, exercise—sex; anything that puts pressure on a bladder can be problematic.

Stress incontinence is the most common form of incontinence in women. It’s an unwelcome embarrassment for 1 in 4 women aged 15 through 44—1 in 3 women aged 45 to 64. It is so embarrassing in fact, that fully *two out of three women never mention it to their doctors*. Those who do, wait an average of *over six years* before seeking help.<sup>1</sup>

The good news is, when they finally do speak up they discover that their problem is, for the most part, easily cured. Often all it takes are a few lifestyle changes—exercise, lose weight, quit smoking, forgo the diet soda refills—and voilà—no more problem! Here’s why....

The root cause of stress incontinence comes from weak pelvic floor muscles, simple as that. How you came to *have* those weakened muscles could be from pregnancy and/or childbirth, carrying excess weight, decreased estrogen levels due to peri-menopause or menopause, or simply aging.

## SO, HOW DO YOU FIX IT?

Weight loss may be one of the most effective ways to drastically improve or even “cure” stress incontinence. According to Kristene Whitmore, M.D., chair of urology and female pelvic medicine and reconstructive surgery at Drexel University College of Medicine in Philadelphia, “Dropping pounds eases the pressure on your bladder and pelvic floor.... In one study, women who lost 17 pounds reduced leaking episodes nearly 50%. Even those who lost a mere three pounds were 28% drier.”

1. <http://www.goodhousekeeping.com/health/a13570/urinary-symptoms/>

Also, watch what you drink—sip don’t chug—and you can also make a huge difference. Coffee is a major culprit. If you must drink it, think moderation. Water or herbal teas are better but even those need to be sipped over time. Finally, cut back or eliminate those elements in your diet that are known to irritate bladders: caffeine, carbonation, alcohol, artificial sweeteners, citrus and tomato juice.

One word—*kegels!* Many are already familiar with these go anywhere, exercise anytime little gems. Kegels are pelvic floor strengthening exercises. A doctor or physical therapist can show you how to perform the moves correctly to derive the most benefit. Keep at it daily for six to eight weeks to give the exercises the best chance to work.

All of the above are steps you can take to mitigate the effects of or even cure stress incontinence on your own. If those prove less than satisfactory, treatment can become more aggressive with a little help from your doctor. There are devices available he or she can prescribe to help.

A vaginal pessary is a specialized device shaped like a ring with two bumps on it. It is placed around the urethra to support the bladder and reduce leakage during activities. A urethral insert is another choice. Similar to a small tampon, it’s inserted for extra help when certain physical activities are anticipated—though it can be worn all day if desired.

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Surgery is the final choice available to someone suffering from the effects of stress incontinence. There are several procedures that can be performed. Consult with your doctor to see which one he or she may recommend.

The bottom line is, stress incontinence is more inconvenient and embarrassing than it is life threatening. Clearly, there are options out there. Most are non-medical lifestyle changes a person can adopt to take control of their particular situation. Many will greatly reduce or even eliminate the problem altogether. And while stress incontinence is nothing to sneeze at...it’s not a condition you’ll have to live with, either.



# Do You Have Back or Joint Pain?

## How Regenerative Medicine Can Help!

**D**id you know that 80% of people will suffer from back pain at one point or another in their lives? If you see a spine surgeon, most likely you'll be told you need to have surgery. However, many people find remarkable pain relief with regenerative medicine. Wouldn't it make more sense, if most people started with these techniques and procedures before undergoing the knife. It's unfortunate that many back surgeries do not actually fix the pain, problem or have longstanding results. It's known as Failed Back Surgery Syndrome, YES, that is an actual diagnosis!

### Non-Surgical Treatment for Back Pain & Neck Pain

If you suffer from chronic low back pain or neck pain and have been told to just live with your pain, or that surgery is your only option, we may have a solution for you — the DRS Protocol™ treatment for back pain and neck pain conditions!

The DRS Protocol™, available only within The Villages® community at Central Florida Regenerative Medicine, is a safe and effective treatment alternative to surgery and has helped thousands of patients who have exhausted all options get relief with treatment for chronic back pain and neck pain conditions.

Many of our patients had tried everything to relieve the causes of back pain or neck pain including addictive painkillers, epidurals, spinal fusion, back or neck surgery, or they have been told to just live with the pain.

### Back and Neck Pain Symptoms

- Herniated disc(s)
- Degenerative disc disease
- Back pain
- Neck pain
- Numbness and tingling in arms or legs
- Sciatic pain
- Facet syndrome
- Spinal stenosis
- Failed back surgery syndrome



### How DRS™ Works

DRS™, which stands for Decompression, Reduction, and Stabilization, applies an "axial" or distractive force to the injured disc levels. During treatment, intradiscal pressure is dropped from a positive to a negative. This negative pressure promotes diffusion – the intake, of water, oxygen, and nutrients – into the disc, thereby rehydrating the degenerated disc.

The DRS Protocol™ reduces pressure inside of the disc. This reduces the painful herniation and the pain from other disc related degenerative conditions. The pressure reduction results in increased blood flow to the injured area, reduction of pain, increased mobility and tissue repair.

In research studies, the conclusions were that for patients with appropriate back pain conditions, DRS™ is a "front-line, premier treatment."

The DRS Protocol is drug-free, pain-free and is a successful alternative to neck or back surgery for the treatment of back pain and neck pain conditions.

Central Florida Regenerative Medicine offers many other services and procedures along with DRS™ such as cold therapy laser, microcirculation-PEMF, and spinal manipulation to name a few.

Chronic pain is an epidemic in our society. If you have any joint pain or back pain, you have options, and those include drug-free and no surgery alternatives that have worked for countless people just like you.

**If you have any of the following issues, call to schedule your consultation today:**

- Joint pain
- Back or neck pain
- Arthritis
- Cartilage damage
- Bone-on-bone
- Bursitis
- Tendonitis
- Meniscus tears
- Sprain or strain
- Painful swelling
- Popping or cracking
- Everyday wear & tear
- Inflammation
- Limited range of motion
- Immobility or impingement

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# NOW THAT FEBRUARY IS HERE, ARE YOU IRRITATED WITH YOUR LACK OF WEIGHT LOSS?

## HOW TRUSCULPT® ID CAN HELP

Did you know that 92% of people fail or give up on their New year's Resolutions? Only 8% of individuals stick with their routine; HOWEVER, even for those of us that are trying are hardest, sometimes, results are stagnant!

**W**hy are you still struggling with those extra pounds, or that less than sculptured physique? Apparently, 92% of us need a little extra help to reach their goals and Trusculpt ID is a revolutionary treatment that's helping countless individuals do just that.

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

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

### According to Cutera Medical Devices:

#### Personalized Body Sculpting: The Next Evolution

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

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



#### Sculpting With Open Arms

Trusculpt iD offers a unique and personalized approach to improve upper arm contouring and definition. Unlike other devices, there is no placement limitation, it is easy to set up, and fast to treat. Provide your patients improved freedom to open their arms and wear sleeveless shirts with confidence.

- Unique approach to treat skin with laxity
- Sculpt challenging areas
- Synchronized treatment zones
- No downtime
- Sculpting To Get A Leg Up



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Thighs are commonly out of proportion with the rest of the lower body causing growing interest in leg sculpting. Trusculpt iD offers an individualized and unmatched solution to regain proportion to inner and outer thighs of all shapes and sizes. Give your patients a leg up and the desire to flaunt their youthful shape.

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

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

#### Radiofrequency (RF) Energy

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

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

#### Total Nutrition & Therapeutics

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

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

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



# NEED TO DESTRESS CONCERNING YOUR FINANCIAL SITUATION?

**S**o maybe you've gotten yourself into a spending habit that is out of control, or perhaps you've had an unexpected expenditure pop up that you've been trying to free yourself of with not much luck. Seeking professional wealth management and budgeting advice is essential, but destressing is equally as important because if you let anxiety take over, you will inevitably have more monetary debts to pay in the long run, due to your overall health. Stress wreaks havoc on our bodies and brains. What can you do to relax?

**Here are a few ideas to help you relax:**

- Watch TV
- Take an enjoyable walk
- Read a book
- Relax on the beach or in the pool
- Do deep breathing
- Exercise
- Stay positive
- Decrease caffeine and alcohol intake
- Stop smoking
- Take a stress management class
- Do yoga
- Meditate or pray
- Take a warm bath
- Get a massage
- Sleep in
- Order take out
- Take a Nap!

Managing your budget, investments, and wealth is a critical step to getting ahead of your financial burden. 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.

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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: helping their clients attain their financial goals and fulfill their dreams.

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Woodall and Associates understands that individuals face unique challenges as they prepare for retirement, and Jason 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.

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# PTSD and Recovering from TRAUMA

By Eric Milbrandt, MD, MPH

PTSD, or Posttraumatic Stress Disorder, is a psychiatric disorder that can occur in people who have experienced or witnessed a traumatic event, such as sexual assault, warfare, automobile accidents, or other life-threatening events. Importantly, the exposure need not be direct or first hand. Instead, PTSD can occur merely by learning about the violent or unexpected death of a loved one. It can also occur as a result of repeated exposure to explicit details of trauma, such as law enforcement personnel investigating details of child abuse.

## A rose by any other name...

PTSD has been known by a variety of other terms. Soldiers returning from World War I were described as having "shell shock." After World War II it was known as "combat fatigue." Only in the 1970s did the term "posttraumatic stress disorder" come into use, in large part due to conditions seen in veterans of the Vietnam War. It was officially recognized as a diagnosis by the American Psychiatric Association in 1980 in the third edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-III).

Trauma is an often-misunderstood word. Trauma need not be physical to be harmful, as psychological trauma can be equally damaging. Trauma is any life event, series of events, or ongoing events that create a negative impact on your life that changes or distorts your vision of yourself or your place in the world. It is the result of an overwhelming amount of stress that exceeds one's ability to cope. Examples of traumatic events or situations include:

- Abandonment and neglect
- Emotional, physical, spiritual, and sexual abuse
- Accidents, fires, natural disasters, random acts of violence, financial concerns, sudden loss
- Terrorism, repetitive viewing of terror acts on TV and social media
- Divorce, adoption, bullying, domestic violence, multiple moves, death, loss of pets
- Death or suicide of loved ones
- Veterans, war, or having a loved one experience war or combat
- Childhood medical or mental health issues
- Medical or mental health issues affecting loved ones

## Symptoms, incidence, and pathophysiology of PTSD

Symptoms of PTSD generally fall into four categories that can vary in severity between individuals. These include:

- Intrusive thoughts such as repeated, involuntary memories, nightmares, or flashbacks of the traumatic event. These may be so vivid that people feel they are reliving the experience.
- Avoiding reminders of the traumatic event, such as people, places, activities, objects, or situations that bring on distressing memories. Affected individuals may try to avoid remembering, thinking about, or discussing what happened or how they feel about it.
- Negative thoughts and feelings including ongoing and distorted beliefs about oneself or others (e.g., "I am bad," "No one can be trusted"); ongoing fear, horror, anger, guilt, or shame; feeling detached or estranged from others.
- Arousal and reactive symptoms, such as being irritable, having angry outbursts, being easily startled, or having problems concentrating or sleeping. These are often called fight-or-flight responses.

In the days following a traumatic event, it is common to develop the above-mentioned symptoms. When these symptoms last less than one month, they are referred to as acute stress disorder. About half of people with acute stress disorder go on to develop PTSD, with symptoms lasting more than a month and often persisting many months or years. In the United States about 3.5% of adults have PTSD in a given year, while 9% of adults develop it at some point in their life.

Pathophysiologic mechanisms of PTSD include an over-reactive adrenaline and cortisol response, which creates deep neurological changes in the brain that leave the individual hypersensitive to future fearful situations. Structural MRI studies of PTSD patients demonstrate reduced brain volume and activity in the prefrontal cortex, hippocampus, and amygdala. These areas are linked to the experience and regulation of emotions, placing memories in the correct context, and formation and recall of emotional memories. Essentially, the body's neurohormonal stress response to trauma causes physical functional damage to these important brain areas.



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## Recovering from trauma

A variety of treatment approaches are utilized to help patients recover from traumatic events and PTSD. Counseling approaches include cognitive-behavioral therapy (CBT) and interpersonal psychotherapy. In CBT, individuals learn to identify thoughts that make them feel afraid or upset and replace them with less distressing thoughts. Interpersonal psychotherapy usually takes the form of support groups, in which groups of patients provide each other with encouragement, support, and advice. Medications include antidepressants, such as Zoloft (sertraline), Prozac (fluoxetine), Paxil (paroxetine), and Effexor (venlafaxine). Physical modalities include exercise, sport, and physical activity for adults and play therapy for children.

Recently, two additional treatments for PTSD are becoming popular, especially for those that fail to improve with counseling and medication. Cranial Electrotherapy Stimulation (CES) uses a small handheld device, such as Alpha-Stim, that delivers low-level electrical current via electrode clips that are applied to the earlobes. It can be effective for a variety of acute and chronic stress conditions. Low-dose ketamine infusions, such as those provided by The Infusion Clinic of Ocala, can be valuable and highly effective for treating resistant cases of PTSD, anxiety, and depression. You can find out more about ketamine in the January issue of Health & Wellness Magazine or online at [Infusion-ClinicOcala.com](http://Infusion-ClinicOcala.com).

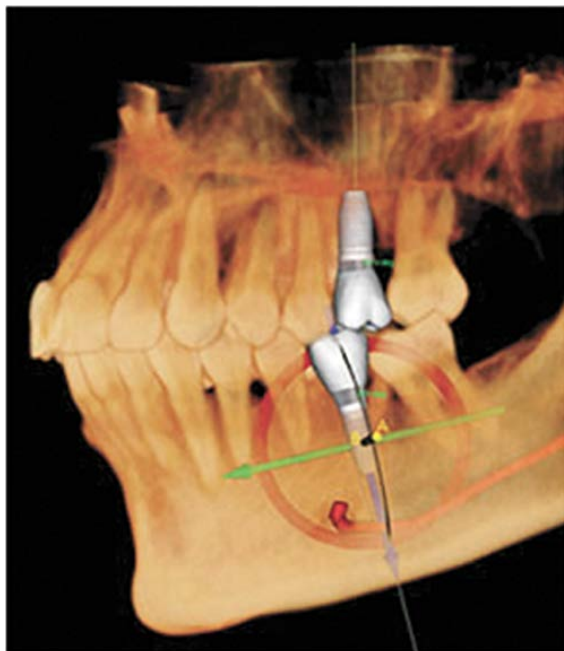
*Dr. Eric Milbrandt is owner of The Infusion Clinic of Ocala, located at 40 SW 1st Ave, Ocala, FL 34471. Dr. Milbrandt is a critical care medicine specialist with over 15 years of experience providing care to the sickest of hospitalized patients, including those with severe depression, anxiety, and PTSD. He is board certified in Critical Care Medicine, completed a fellowship in Quality Improvement and a Master of Public Health at Vanderbilt University. He is a graduate of The Ketamine Academy, a leading provider of comprehensive online training for all major aspects of ketamine therapy. The Infusion Clinic of Ocala provides both Alpha-Stim and low-cost ketamine infusions for the rapid treatment of depression, anxiety, PTSD, and chronic neuropathic pain.*

# 3D Imaging Minimizes Time and Cost of Dental Procedures

Physicians have relied on computerized axial tomography scans (CAT) for many years. CAT scans are an X-ray procedure that uses many different X-ray images with the help of computers to generate cross-sectional or even 3D views of internal organs and structures within the body. A knee replacement surgery, for example, would never be performed without first examining 3D imaging.

More recently, however, implant dentists have begun to rely on 3D imaging techniques to provide them with a detailed view of the mouth and skull. The advantage that 3D imaging holds over regular dental X-rays is that bone structure, bone density, tissues, and nerves can be viewed clearly.

3D images can be completed in less than half a minute. This means that far less radiation enters the body than if a regular set of bitewing X-rays were taken. The main use for 3D imaging is as an aid to plan dental implant treatment and other oral surgery.



Dental implants are the most sophisticated replacement for missing teeth, but have historically proven to be time-consuming to place. 3D imaging vastly reduces the time it takes to place implants. It is thought that in the near future implants will be placed in a single visit because of this unique type of imaging.

## How is 3D Imaging Used?

3D imaging is advantageous because it allows the implant dentist to magnify specific areas of the face. In addition, the implant dentist can easily view cross-sectional "slices" of the jaw, which makes planning treatment easier and faster.

## Here are some of the main ways 3D imaging is used in dentistry:

- Assess the quality of the jawbone where the implant will be placed.
- Determine where nerves are located.
- Diagnose tumors and disease in the early stages.
- Measure the density of the jawbone where the implant will be placed.
- Pinpoint the most effective placement for implants, including the angle of best fit.
- Plan the complete surgical procedure in advance, from start to finish.
- Precisely decide on the appropriate size and type of implants.
- View exact orientation and position of each tooth.
- View impacted teeth.

## How is 3D imaging performed?

3D images are quick and simple to perform. A Cone Beam Imaging System is at the heart of the 3D imaging scanner. The cone beams are used to take literally hundreds of pictures of the face. These pictures are used to compile an exact 3D image of the inner mechanisms of the face and jaw. The implant dentist is able to zoom in on specific areas and view them from alternate angles.

Previous patients report 3D imaging is comfortable. Additionally, the scanner provides an open environment, meaning that claustrophobic feelings are eliminated. 3D imaging is an incredible tool that is minimizing the cost of dental treatment, reducing treatment time and enhancing the end results of dental surgery.

## "Smiling Reviews" from a Few of Our Patients

*Truly pleasurable experience. Staff was attentive and the workmanship was efficient yet very, very thorough. Highly recommended. I have worked in healthcare for 20 years and i must say...absolutely Professional and courteous...Patient care was utmost in all the staff, dentists and hygienist's minds. Highly recommended!!! - Anthony C.*

*A pleasant staff and a friendly atmosphere. Very helpful staff scheduled my wife for her bothering her tooth. We got it quick and no problems the very next day. Thank you! - Valentine K.*

*Love this dental office! They are highly advanced in there procedures and have a super pleasant staff that took such great care of me making sure I felt comfortable and relaxed during my wisdom tooth extraction. I never felt so at ease at a dental clinic before until she took care of me at Ocala Dental Care. Will be seeing her again and will be going back again - Julie V.*

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# The Link Between Hearing Loss and Depression

**signia**  
Life sounds brilliant.

Several studies have been conducted on the link between depression and hearing loss. Recent findings indicate that of the groups studied, women of all ages and adults age 18 to 69 with hearing loss are more likely to experience “significant depression” than hearing loss sufferers over 70.<sup>1</sup>

“We found a significant association between hearing impairment and moderate to severe depression.”<sup>2</sup>

There are several likely reasons that loss of hearing leads to depression in so many. Communication, which is vital to social interactions, becomes a source of stress when someone has to strain to hear others speak, and frequent misunderstandings result in embarrassment. After a while, people with untreated hearing loss begin to avoid social situations, particularly if they involve loud surroundings like parties or crowded restaurants where understanding speech is even more difficult. Withdrawal tends to progress until the person gradually quits on life, choosing to remain in silent isolation rather than struggle to hear and communicate publicly. Hearing loss sufferers may think they simply cannot be helped because hearing loss is a “terminal” condition for which there is no cure. Older patients may feel their hearing loss is a signal that they are simply too old to participate in social activities. Cutting oneself off from society and activities is a red flag for depression.

“Loss of hearing represents more than just difficulty hearing sounds. It can lead to social isolation and depression.”<sup>3</sup>

The following are ten facts medical professionals need to know about the risk of patients with hearing loss developing depression:

1. In a study conducted on Generation X and Baby Boomer patients with untreated hearing loss, participants were found more likely to develop depression and other psychological issues than their hearing peers.<sup>4</sup>
2. Another large study of adults 50 and older with untreated hearing loss found they were more likely to experience depression and other emotional and



mental instabilities and were significantly less socially active than their peers who wore hearing aids.<sup>5</sup>

3. This same study found depression and similar disorders were found to worsen as hearing ability declined.

4. Patients with untreated hearing loss find it more difficult to communicate with others, leading to the avoidance of social interaction with friends and family. Isolation is a known contributor to depression.<sup>6</sup>

5. The onset of depression in older adults has been associated with the development of dementia or Alzheimer’s disease – which is also a co-morbidity of hearing loss.<sup>7</sup>

6. Along with depression, patients with untreated hearing loss are known to experience anxiety, paranoia, relationship problems, stress, and other negative emotions.<sup>8</sup>

7. Using hearing aids can significantly improve emotional and cognitive conditions in patients over the age of 65.<sup>9</sup>

8. 36% of patients who begin wearing hearing aids experienced improved overall mental health, while 34% increased their social engagement.<sup>10</sup>

9. Despite the fact that hearing aids can help improve patients’ lives, the average span of time from patient realization of hearing loss to purchase of hearing aids is eight years.<sup>11</sup>

10. An initiative called Healthy People 2020 calls for an increase in hearing tests for adults between the ages of 20-70.<sup>12</sup>

“...but studies also show that people with hearing loss who use hearing aids often have fewer depressive symptoms, greater social engagement, and improved quality of life.”<sup>13</sup>

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# The Daunting Preparations After a Loved One Passes, Should NEVER Interfere with Your Grieving

**W**hen a loved one dies, the last thing that should be weighing on your shoulders is unanswered questions: "Where do we lay mom to rest?" "Who will pay for the services?" Did she have a preference on cremation vs. burial?"

Unfortunately, these types of questions are far too often the reality of what grieving family members toil over in making these crucial final decisions for their loved ones. It doesn't have to be this way. There are loving, formal arrangements that you can plan long before the day of your or your family members death.

### Funeral & Burial Costs

Between the plot, casket, headstone and funeral services, the traditional burial ceremony can cost upwards of \$25,000. Plots are not easy to come by with land shortages and preservation. In fact, many cemeteries have up to 8 individuals stacked in one plot. In addition to green space issues, some people simply desire not to be buried in the ground for environmental reasons, as well as for personal preference. The concept of cremation is more appealing to many people so that they can have their ashes either kept by a family member or scattered at a location of their choice.

### Cremation and Preplanning

The cost of cremation is significantly thousands of dollars less than a traditional burial. On average cremation ranges between \$1500 up to \$4000 depending on your urn preferences like a specialty urn or keepsake.



When you preplan your cremation details, the costs are significantly lowered and the undue stress is alleviated during the trying time of you or your loved ones passing.

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As Dignity Memorial® providers, we believe there is no greater responsibility than honoring and preserving the story of one's life. Whether you're planning a funeral for a loved one, or making your own arrangements in advance, the celebration of a lifetime begins with Dignity Memorial's compassionate funeral planners. As North America's largest provider of funeral, cremation, and cemetery services, the Dignity Memorial network cares for thousands of families each year.

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## Stress Management Tips from Quick Care Urgent Care

If you have bouts of anxiety, stress, fear and nervousness, you're not alone. 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, serotonin-norepinephrine reuptake inhibitors, tricyclic antidepressants, and monoamine oxidase inhibitors. Widely known drugs, like Prozac, Zoloft, and Cymbalta affect how neurotransmitters affect the mood by lessening anxiety levels and creating a more serene outlook on life.

Medications are not always the best choice for all individuals and many people pair alternative methods with anti-anxiety drugs or alone to help stave off stressful episodes.

### Take Time for Yourself

It might be difficult, but carving out time to relax, take a bath, take a walk or simply shut yourself in the a separate room for 10 minutes to do deep breathing exercises can reduce anxiety significantly and over time, you will most likely notice that these personal care methods will help you to become calmer throughout the day.

### Get Moving

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.

### 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 well-being, can help fight addictions, can generate health and improve immune function, it can stave off memory disorders and increase neuronal plasticity.

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.

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

### Quick Care Med Urgent Care

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

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

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

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

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# Transitions Program Helps Manage Caregivers' Stress

Submitted by Hospice of Marion County

**L**ife can be challenging for family caregivers. Sometimes it's a balancing act to manage your own routine, much less that of a loved one too. This is especially true when a loved one receives a diagnosis that requires more caregiving hours in the day than a caregiver can manage. When life situations change, Transition is there to support you and your loved one.

The Alzheimer's Association's 2019 Facts indicate more than 16 million Americans provide unpaid care to people with dementias, which represent 18.5 billion hours valued at nearly \$234 billion.

Whether it's Alzheimer's, cancer, COPD or any other debilitating disease, receiving such a diagnosis usually means caregiving responsibilities are intensified. However, there is a resource that can help relieve the caregiver and the patient, providing a much needed respite or break to their day. Transitions is a program of Hospice of Marion County that can directly assist any Marion County resident or help identify other community resources available.

"We assist clients with a prognosis of about one year," says Transition Program Manager, Beverly Crumpler. "They may not be eligible for hospice care, they may even be continuing to receive curative treatment or just not emotionally ready for hospice. That's our clientele and we can help ease their situation and that of the caregiver."



While Transitions is designed to provide ongoing case review, provide updates to physicians and be a conduit to community resources, it is primarily directed to help caregivers cope, by providing welcoming phone calls, guidance on the progression of illness and visits from volunteers. The Transitions program also offers monthly Caregiver Support Groups.

*When medical conditions worsen, let our specially trained team assist through a community supported, volunteer-based program offering companionship, help with errands and connection to community resources.*

9505 SW 110th St., Ocala, FL | 352-854-5200  
[www.transitionsfl.com](http://www.transitionsfl.com)

## *Volunteers are the heart of Transitions*

Many of our volunteers say this is a way to contribute to our community, and feel they receive more back in satisfaction of serving than they give. Volunteers provide all manner of assistance, from driving clients to doctor appointments, running errands and just providing good company. They visit once or twice a week and are often the highlight of a client's week.

The Transitions program is made possible by the generosity of donors, memorials and grants. "Part of our mission is to give back to the community in which we live," says Crumpler. "This is just one way we can make that happen."

## *Learn more . . .*

*Know someone who could benefit from the compassionate work of Transitions? Don't wait for a referral. Go online to [www.transitionsfl.com](http://www.transitionsfl.com) and take the confidential self-evaluation quiz. Or call the office at (352) 854-5200 to learn more about how we can assist you or your family.*



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 when life situations change

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## DR. YODERS SNP PATHWAY WORK:

### How it's Helping Patients Find the Root Cause and Appropriate Treatment for their Disorders

**M**ore and more educated patients and healthcare providers are starting to incorporate GWAS (genome-wide association studies) to understand genetic complexes of diseases. There are several genetic mutations in SNPs, which are single nucleotide polymorphisms, and these give researchers and practitioners intricate detail on mutations such as cancer, diabetes, brain disorders and autoimmune disease and the pathways that are involved.

Dr. Yoder's practice includes multiple alternative medicine diagnostic testing options as well as advanced treatment options that are drug-free! Dr. Yoder explains the purpose of SNP testing and how her personal protocol using heart rate variability and in-depth testing panels can help you finally get the treatment you need.

"I have put together two systems, Nutrition testing TM (created by Freddie Ulan) and Wholistic Methylation (created by Dr. J Dunn). Dr. Yoder continued, "Both of these systems utilize applied kinesiology, which is commonly known as muscle testing.

"To begin the initial examination, we use a heart rate variable test to see the state of the autonomic nervous system (ANS). Autonomic refers to something that occurs involuntarily, such as heart rate, blinking, breathing, etc. The two parts of the ANS are the sympathetic and parasympathetic systems.

The sympathetic nervous system is when you are up and active. The parasympathetic nervous system is when you are resting. If your parasympathetic system is not working properly, you may have difficulty sleeping. If the sympathetic system is not working correctly, you may lack energy.

"If a patient is 'blocked', meaning you cannot get well, we check to see if you are 'switched'. Switched meaning you may feel good one day and bad the next for no apparent reason. If you are blocked or switched, we find the root cause via muscle testing using several different test kits. There are five common stressors we test for. These include, food sensitivities, immune challenges, chemical challenges, metal challenges and scars. We then put the patient on a whole food nutrition plan to clear the blocking or switching.

"We then do a body exam to test to see if all the organs are testing optimally. Say for example, the heart isn't testing to optimum levels, we would do a challenge to see if any of the five stressors are affecting it. If they are, we would find the proper nutrition so the body can function better.

"The next step is methylation. We check to see if any off these pathways are blocked. These pathways all can cause many different symptoms. There are 16 pathways throughout the body that we do testing on and this is critical to finding the root cause of your condition. For example, if the GAD is blocked, a person may experience anxiety. If the MAO is blocked, a person may get angry easily. If the VDR is blocked, a person may be prone to infection, colds and flus, and osteoporosis"

**Examples of patient's disorders that Dr. Yoder has helped via her in-depth testing and treatment protocols:**

**1. Pam's hair was falling out at an extremely fast rate. After examination and testing, we discovered two blocked areas in her methylation pathways. We gave her the proper nutrients to unblock the ammonia and sulfate buildup, and her hair started to regrow within three weeks.**

**2. Bob had chronic itching on his back for a year and a half. His sulfates and histamine pathways were blocked. We put him on supplements and removed his personal care products that had sulfates. His symptoms cleared in one day.**

**3. Ralph was extremely tired and lethargic. After testing, we found high levels of carbon monoxide in his system. We gave him supplements to clear the toxin from his cells and he found the source of the carbon monoxide leak and thankfully, is doing very well.**

**Dr. Yoder's practice offers:**

- Better Immune function
- Better mood, sleep and focus
- Better detoxification
- Better digestion
- Less pain

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At your first visit to Yoder Chiropractic Inc, Dr. Patricia Yoder will explain how chiropractic care works and give you a full evaluation to see if our chiropractic solutions are a good fit to address your needs. If there is a good fit, we can customize a plan of chiropractic care for your condition and health goals.

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**Dr. Patricia Yoder**

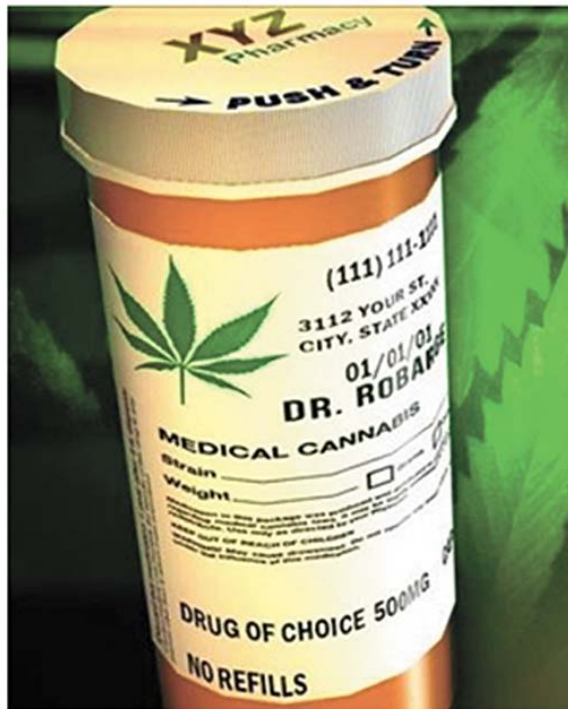
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# New Bill to Protect Medical Marijuana Patients from Employers

**W**ith SB 962 and HB 595 having been filed back in early November, this bill could change the outlook for those afraid to make the jump towards becoming a licensed medical marijuana patient by further protecting them from being discriminated against by their employers. Unfortunately, this issue has become all too common with Florida's medical marijuana patients. As our current law stands, patients have zero protections against their rights as MMJ patients. Having a pool of over a quarter million people exposed like this has also let a new wave of attorney's flood in to prospect the early stages of MMJ patient protection.

The bill will introduce a new set of procedures for employers to follow shall an employee test positive for marijuana. This is a huge step in the right direction for the State as it prohibits employers from taking action against employees who are also qualified medical marijuana patients (in most situations). Many Floridians are not open to medical marijuana solely due to the reality of possibly losing their main source of income due to speed bumps such as corporate policies or random drug testing.



Thankfully this mindset is slowly shifting in favor of Cannabis advocates and with new bills on the horizon, us Floridians have an optimistic future as far as patient rights goes. If other states and their marijuana laws are to go by, we should have no problem introducing safety nets to those still being discriminated against.

Come this election we will see a shift in focus on these specific issues as more and more people join the already massive 300,000 card holders in Florida. Join the movement and help shift our states policies in the right direction and become a cardholder today!

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# LP(A), THE HIDDEN HEART ATTACK RISK FACTOR FINALLY COMES OF AGE!

By Dr. Robert Superko

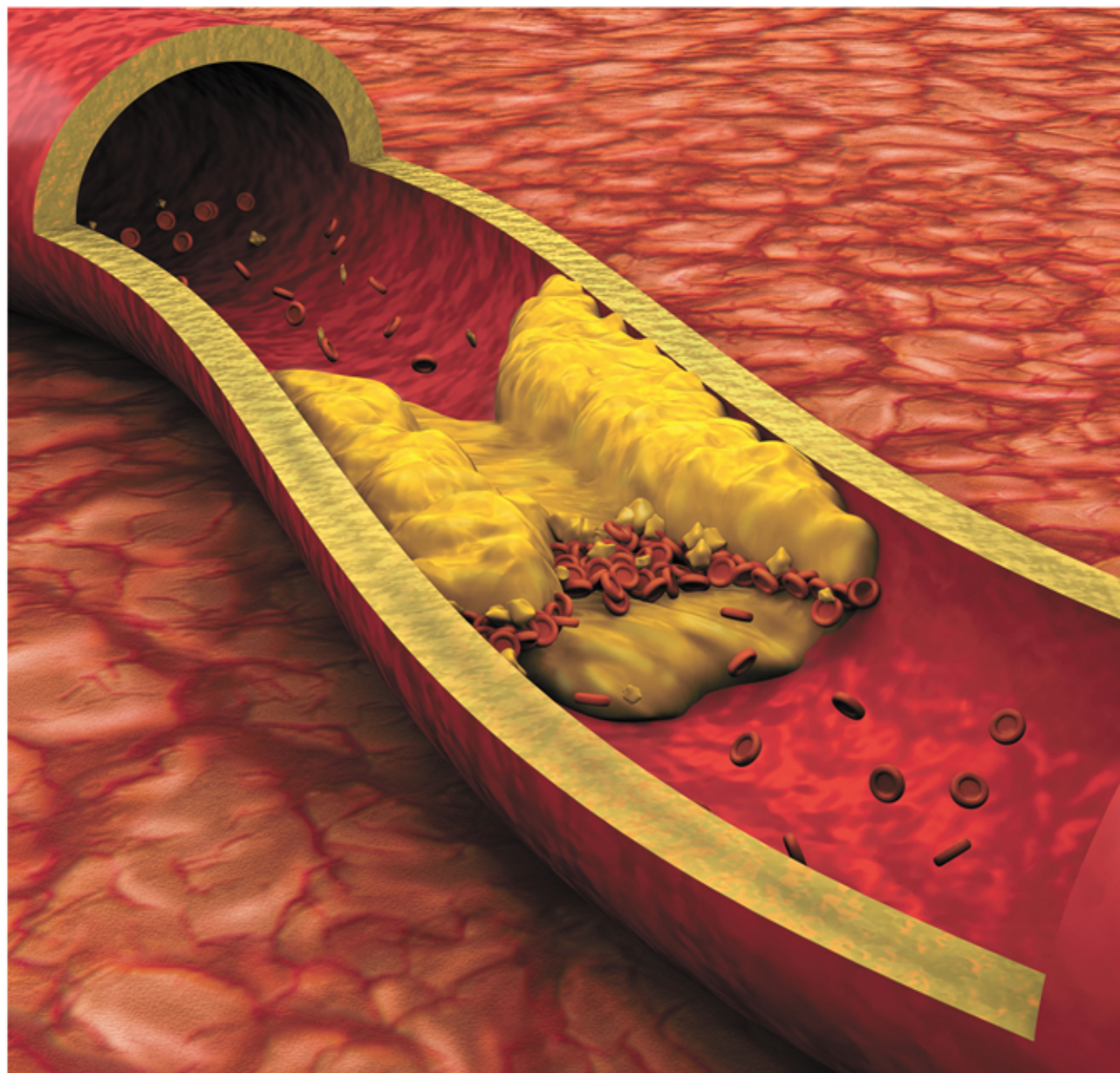
**T**he Problem. Heart disease is often an inherited disease. It is also a complex poly-genic disease, which means that there are several inherited factors that can contribute to your risk of heart disease. But most often when someone speaks about heart disease, we think about 'cholesterol'.

Over the past decade, there have been numerous direct to consumer TV ads, which have publicized that by 'lowering your LDL cholesterol'; you will reduce your risk of a heart attack. What is NOT communicated in these ads is that despite all the progress with blood cholesterol reduction, there still remains a very large group of people who are at very high risk for having a heart attack even with normal or low blood cholesterol. This is not a small group of people. As we published in the medical journal *Circulation* in 2008, the 25% Relative Risk Reduction with statin therapy that is often communicated to patients is only a 3.4% Absolute Risk Reduction. What this means is that if 25% of the control group had a heart attack, 21.6%, or (25%-3.4%), of the group treated with the drug, also had a heart attack! This surprises some people, but it remains true in study after study.

What is important to understand from these clinical studies is that there are other important and significant contributing factors to heart attacks other than cholesterol. These factors contribute to this large group of people still suffering a heart attack despite good cholesterol levels and/or taking a cholesterol lowering medication.

One of the really important factors that explains heart attacks, despite well controlled blood cholesterol, is a particle that circulates in your blood called Lipoprotein (a) or Lp(a) – (pronounced: *ell p little a*). Lp(a) is inherited and NOT affected by your cholesterol.

Lp(a) has been scientifically studied for over 50 years. Although not as often mentioned as cholesterol particle, this odd-sounding particle contributes significantly to Coronary Artery Disease (CAD) risk and is independent of blood cholesterol, blood pressure, and diabetes. This means that if your blood cholesterol is totally normal, but you have high levels of Lp(a) in your blood, your risk of having



a heart attack is 2 to 3 times higher than other people and it has nothing to do with traditional CAD risk factors. The famous JUPITER study has shown that even with low LDL-Cholesterol of only 54 mg/dl, people with elevated Lp(a) had a significant risk of residual heart attack. Until recently the treatment of elevated Lp(a) was limited to high dose niacin therapy and a physical device treatment known as apheresis.

**Family Ties.** It is true that families are the ties that bind and nowhere is that more evident, and clear, than in the Lp(a) story. Lp(a) is passed on in families in what is termed a dominant fashion. This means

that if you have this problem, you inherited it from either your mother or father, and each of your brothers and sisters, and children, have a 50/50 chance of having it as well. This means it is really important to screen family members if it is discovered that one of them has elevated Lp(a).

**What's NEW?** While cutting edge physicians and clinics have measured Lp(a) in their patients for many years, the general medical community has tended to walk a more conservative line and await additional research results and recommendations by well-established professional medical organizations.

In **2003**, Sandra Tremulis experienced angina while on a routine run which eventually resulted in the diagnosis of elevated Lp(a) as the cause. Along with a family history of premature heart disease, this episode prompted her to create the Lipoprotein (a) Foundation dedicated to informing the public of the risk associated with elevated Lp(a).

In **2010**, the European Atherosclerosis Society reviewed the scientific data and published their recommendations on who should have Lp(a) testing. They recommend five groups of people which clearly should have Lp(a) determined.

1. Patients with premature cardiovascular disease
2. Patients with very high blood cholesterol known as Familial Hypercholesterolemia
3. Patients with a family history of premature cardiovascular disease and/or elevated Lp(a)
4. Patients with recurrent cardiovascular disease despite statin treatment
5. Patients with elevated cardiovascular disease risk by standard risk assessment.

In **2016**, the Canadian Guidelines concluded that a continuous increase in cardiovascular risk is evident in 30% of the population with Lp(a) levels > 30 mg/dl.

In **2018**, the National Heart Lung and Blood Institute concluded that Lp(a) is a highly prevalent genetic risk factor for cardiovascular disease (CVD) and also calcific aortic valve disease. They recommended several areas for future research.

In **2018**, the American Heart Association, the American College of Cardiology, and 10 other medical organizations updated the cholesterol

guidelines and agreed that an elevation of Lp(a) is considered to be a risk-enhancing factor and contributor to premature coronary disease.

In **2019**, the National Lipid Association concluded that there is overwhelming support of elevated Lp(a) levels as an independent risk factor for cardiovascular disease.

In the past 10 years the pendulum has swung in the direction of accepting elevated Lp(a) as an independent risk factor for heart disease as well as aortic valve disease. It is now acknowledged as a major contributor to coronary heart disease by all the major medical organizations that work in the heart disease field. Specific types of people who should be tested are now defined. Treatment of elevated Lp(a) has been a difficult problem in the past and was restricted to high doses of niacin and sometimes apheresis of the blood. There is now much excitement about a new genetic treatment that may lower Lp(a) by as much as 80% with an injection every 2-4 weeks. This new treatment is an antisense oligonucleotide (ASO) that has been championed by Dr. Sam Tsimikas, a cardiologist at the University of California, San Diego. If successful, this new treatment offers a whole new approach to Lp(a) reduction and reduced heart attack risk.

**Know your risk.** The key to preventing heart attacks is accurately knowing your complete risk so you can make lifestyle changes before a more serious condition develops. The standard testing performed as a part of your annual physical isn't enough. The Prevé membership now includes Lp(a) as a part of the Ultimate Health Check, which all members receive annually.

**A Prevé membership also includes tools to assist with your personal health management:**

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# Physical Therapy: Your Key to Wellness!

**G**etting people moving and keeping them active is the key to health care. But there are so many illnesses and injuries that can prevent people from being active; from simple sprains and strains of ligaments and muscles, to arthritis and back pain, and to medical problems such as neurologic conditions, heart, or lung disease. Physical therapy can be the key that can unlock your health!

Physical Therapists are professionals that offer cost effective care that can reduce pain, increase function and mobility, and hopefully decrease or eliminate the need for medications, injections, and at times, even surgery.

Movement is essential for all of us. It helps to reduce obesity and improve metabolism. It is also essential for focus and attention; movement helps decrease depression and improve mood and energy.

Movement also plays a role in maintaining your balance system and independence. By simply walking every day you can reduce your chance of a stroke or heart attack. Physical therapy can also play an integral role in treating many common conditions such as low back pain, neck pain, knee and shoulder joint dysfunction. For example, in many cases surgery can be avoided and medication usage can be significantly reduced with the role of focused physical therapy. This can lower the cost of health care, as well as the side effects of narcotic and anti inflammatory medications (nausea, constipation, lethargy, confusion to name a few!).

Possibly one of the most important aspects of physical therapy is that it lets the patient play a key role in their health and recovery. Having a patient centered plan that is designed and created just for you can be empowering and can be essential in eliminating any roadblocks to recovery.

## **So what is a physical therapist, and what can they do?**

Physical therapists are smart folks; they have completed a college education program and have a graduate degree, either a Master's or clinical doctorate. They must graduate from an



accredited program, and then must pass a national licensure examination. With their extensive knowledge they are an integral component in the health care team, helping to diagnose and examine patients and outlining a treatment plan to limit or eliminate conditions that effect a patient's ability to move and function.

A physical therapist often works in tandem with a physical therapy assistant (PTA), another licensed and experienced specialist who works directly under the supervision of the physical therapist. This team approach is extremely effective. Working together, they will devise and outline a treatment plan. This may include modalities such as heat, ice, ultrasound, electric stimulation, and massage. Also, components of care may be therapeutic exercise, functional training, gait and balance intervention, and proper body mechanics. They may create a home exercise program and in many cases may provide a spinal reconditioning and rehabilitation program.

## **Common Myths about Physical Therapy**

**1. Physical Therapy is going to hurt. A study shows that 71% of people that have not had therapy believe this.**

FACT: The reality is that if you are seeing a therapist you already hurt. Or have a joint that isn't working well. Or have spine pain. Or have some bodily limitation. The goal of the therapist is to limit pain and improve function.

**2. You should only have physical therapy if you have had an accident or are injured.**

FACT: Therapists are expertly trained to evaluate and correct problems before they become serious. They can diagnose and manage disorders including carpal tunnel syndrome, neck and low back pain, headaches, and shoulder problems, just to name a few. AND, they can also treat and strengthen muscles and tendons and ligaments after an injury or trauma.

**3. Physical Therapy is not covered by insurance.**

FACT: Therapy is almost always covered by insurance. Sometimes there are insurance limits and this has to be in checked with each policy. However, therapy can often be extremely cost-effective; it can reduce the need for medications, it can reduce the need for imaging and surgery. It may also be effective in reducing falls, thereby reducing additional injuries.

**4. Surgery is necessary, and it is my only option.**

FACT: Physical Therapy can often be as effective as surgery when treating a number of specific conditions. This can include spinal conditions and degenerative disc disease, rotator cuff shoulder injuries, and even meniscal tears in the knee.

**5. I can do physical therapy myself, I don't need a licensed therapist.**

FACT: While it is true that the patient has to do the exercises, it is only possible to reach your maximum potential for recovery with an expert, individualized treatment plan.

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



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# Heart Disease, the Sister Ailment of Type 2 Diabetes

By Denise A. Pancyrz  
Diabetes Reversal & Holistic Lifestyle Coach, Speaker, Author

**P**eople with type 2 diabetes are two to four times more likely to die of heart disease than people without diabetes. People with type 2 diabetes have a tendency to be diagnosed with heart disease at a younger age than those without diabetes.

The concern grows as we age. Sixty-eight percent or more of people aged 65 or older that have diabetes die from heart disease, and 16% die of stroke.

A high-sugar diet can decrease HDL cholesterol (your good cholesterol) and increase triglycerides. In turn, high cholesterol and blood pressure effect your arteries by plaque buildup causing your arteries to harden over time.

Type 2 diabetes is a systemic issue. It is a part of metabolic syndrome which is a cluster of conditions. In the U.S., approximately one-third of adults have metabolic syndrome.

## How do I know if I have metabolic syndrome?

Having three or more of the following conditions is metabolic syndrome.

- High glucose levels
- High blood pressure
- Abnormal cholesterol levels (high LDL/low HDL)
- High triglycerides
- Excess body fat around the waist

## How did I get metabolic syndrome?

Over the years, we turned to convenience foods; foods that are highly processed. Tasty, but unhealthy beverages have also emerged as a norm in the American diet and should be considered as a "processed" product.

The addition of super-sized meals is marketed as a better buy and tend to lead to over consumption. They contain empty calories which create cravings and hunger causing the need for frequent snacking and larger meals.

Frequent dining out minimizes the control of how your food is prepared and the quality of ingredients used. Dining out can tempt you to change your mind to order a meal you want versus what you should have.

Busy lifestyles, a lack of a work-life balance, put people in the path for continued high stress. High stress and poor nutrition can lead to poor sleeping habits that can contribute to higher glucose levels.

A sedentary lifestyle at work and home contributes to the risk of diabetes and heart disease. All of these add to unhealthy weight gain, especially body fat around the waist.

Genetics can play a small part in the development of type 2 diabetes. Multiple family members with this diagnosis can increase one's risk. Consider that similar lifestyles within families a factor in the increased risk as opposed to only genetics.

## What can I do?

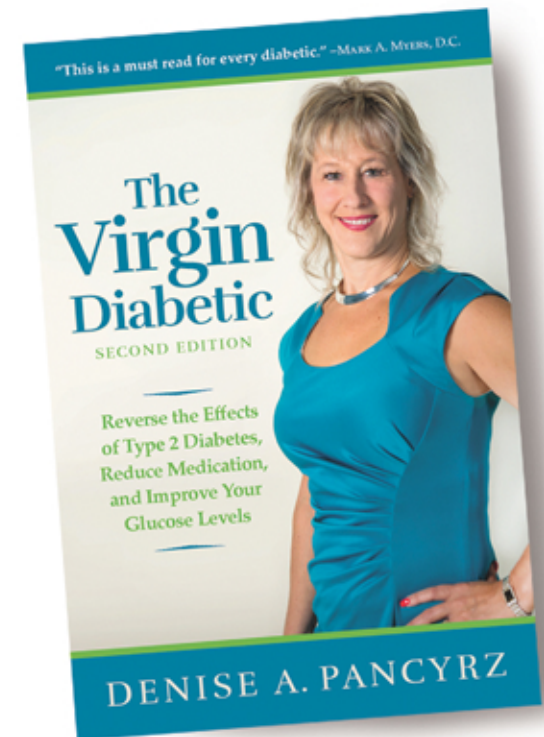
The following points will help you to get started in improving your health:

- Reduce glucose levels by consuming whole fresh foods at home and dining out. Begin with foods you like.
- Reduce and eliminate after dinner snacking.
- Drink plenty of water. Avoid high calorie and sugary beverages.
- Exercise regularly. If you dislike exercise, try walking for 20-30 minutes after a meal.
- Get plenty of rest. Turn off your phone, iPad and other electronics. Move your bedtime 30 minutes earlier. Breathe slow and deep to relax.
- Know your glucose levels.
- Learn about various lab testing to help keep you moving forward and understand what your results mean to you.
- If family members are diagnosed with type 2 diabetes, evaluate their lifestyle and yours....

The lifestyle that brings on diabetes and heart disease can be improved, and the unhealthy effects can be reversed. Holistic lifestyle changes play an important role in the choices you make.

The term "holistic" indicates we look at more than diet and exercise to successfully make long-term improvements; we look at your overall lifestyle which has a direct correlation to your health. Depression can take hold when multiple medications and insulin are prescribed, diet and exercise efforts become overwhelming, progress has stopped, and you revert back to the food and lifestyle that brought on high glucose levels.

Holistic lifestyle coaching addresses the root cause. Keep practices that are good and healthy and adjust those that impede your progress. The key is to be armed with the tools to keep you healthy and moving forward long-term.



## About Denise A. Pancyrz

Denise Pancyrz is a national diabetes reversal and holistic lifestyle coach, and author of *The Virgin Diabetic: Reverse the Effects of Type 2 Diabetes, Reduce Medication, and Improve Your Glucose Levels*. Denise offers the patient perspective having been diagnosed in her forties. Her doctor remarked that she tipped the scale toward a type 1.5 diabetic having the need for oral medication and four daily insulin shots.

This bleak diagnosis was her wake up call with a goal to eliminate the need for medication and insulin. Denise set a plan to rest her pancreas to improve efficiency, just as if you would let a broken bone heal. Her protocol allowed her to eliminate all medication and insulin.

Diabetes diagnoses have been increasing year after year with more patients on diabetes medication and insulin; this chronic disease has not been solved, only managed. She realized it was futile to target food and exercise alone. People have been dieting for years without long-term success. At times, consuming low glycemic food is not enough.

Denise created Reverse My Diabetes, a protocol around resting the pancreas and learning to do so through holistic lifestyle coaching. The goal is to reverse the effects of type 2 diabetes long term.



Visit [www.ReverseMyDiabetes.net](http://www.ReverseMyDiabetes.net) for coaching and training information, to set a free 30-minute consultation, or to set up a speaking event  
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# Improve Your Workout with Omega-3 Fish Oil

By Anne-Marie Chalmers, MD

## Is there a relationship between taking fish oil and exercise performance?

**T**hat was our hypothesis when we started giving Wellpride® fish oil to Thoroughbred racehorses nearly two decades ago. The theory held water. Horse trainers reported back that their horses had better endurance and recovered faster after racing.

Today, we know a lot more about how omega-3 fatty acids support the body during exercise (both in animals and people). The growing body of research presents a compelling case for why athletes of all kinds should consider adding omega-3s to their workout program.

### Improved Muscle Mass

Omega-3 fish oil isn't going to land you on any doping drug list, yet there are numerous reasons why getting an effective dose of fish oil every day could significantly improve your workout. One of the most surprising benefits is the omega-3 fatty acids' impact on muscle mass and strength:

- A 2012 study from Brazil revealed that women in their 60s experienced greater improvements in muscle strength when they consumed 2000 mg of EPA/DHA and exercised each day. This was compared to women who completed the training without omega-3 supplements.
- A 2015 double-blind study focused on seniors (60-to 85-year-olds) found that consuming 3360 mg of EPA/DHA for 6 months helped increase muscle mass and muscle strength, independent of exercise.

While the above studies focused on older adults, there's reason to believe younger individuals may experience similar benefits, too.

One study conducted on healthy adults age 25-45 found that supplementing with 4000 mg of EPA/DHA increased muscle protein synthesis. Another studying the same age group discovered that – when they consumed 3000 mg of EPA/DHA every day – study participants improved the number of bicep curls they could perform.

*Note: Both of these studies were small and short-term. Therefore, more research is required in this area.*



### Reduced Muscle Soreness

Numerous studies have also looked at how omega-3s can impact muscle soreness after exercising, which is known as Delayed Onset of Muscle Soreness (DOMS). Omega-3s are well-known for their anti-inflammatory benefits, and when it comes to DOMS, omega-3s may also reduce the risk of muscle cell injury by improving cell flexibility and elasticity.

A fair amount of research has been done on this topic, so we have picked a few favorites:

- A 2014 study found that healthy college students with higher omega-3 index levels had a decreased incidence of DOMS compared to students with lower omega-3 index levels.
- A 2018 study from New Zealand looked at how omega-3s influenced a team of professional rugby players. The researchers compared how the rugby players self-assessed muscle soreness, fatigue and mood when taking 1500 mg of omega-3s compared to a protein-based placebo. The result? Compared to the protein placebo, fish oil had a greater effect on reducing muscle soreness and fatigue.
- A 2018 study from researchers at Harvard Medical School found similar results when exploring how omega-3s impacted patients with coronary artery disease. Patients who received 3360 of EPA/DHA daily for one year had better physical function, fewer joint replacements, less pain and stiffness, and exercised more per week (compared to the control group).

### What to Consider Before Taking Omega-3s

Before your rush out to buy fish oil capsules, it's important to understand that the benefits of omega-3s depend on dose and quality. In one review, researchers found that consuming supplements containing only EPA or DHA did not reduce several markers for DOMS. This is likely because these fatty acids have a synergistic effect in the cells and work together to produce the best results.

Secondly, getting an optimal omega-3 dose matters tremendously. In the studies referenced above, the researchers used between 1500 mg to 4000 mg of EPA/DHA daily to find positive effects. Unfortunately, many regular fish oil capsules contain only 300 mg of EPA/DHA. Depending on the brand and concentration, this means that you would have to swallow between 5 – 13 capsules daily to get the kind of dosages used in the studies cited above.

Alternatively, fresh liquid cod liver oils and certain omega-3 breakfast bars can make it easier to get a higher omega-3 dose without having to swallow umpteen capsules. Just remember to read the nutrition facts first to ensure you get enough EPA/DHA per serving.

*This article was abbreviated from a longer version published on [omega3innovations.com](http://omega3innovations.com). For the full text and references, visit:*

<https://omega3innovations.com/blog/improve-your-workout-with-omega-3-fish-oil/>

### About Anne-Marie Chalmers, MD

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



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# WHOLEHEARTED

By Jodi Thomas

I love Valentine's Day. Not just the flowers and the chocolate and all that good stuff, but I have always loved the idea of celebrating *love* . . . and on a trivial note, seeing all the pink and red hearts just makes me happy for some reason.

Lately I've been thinking a lot about my own heart. When reflecting on 2019 and what I hope for this year, I really desire to live *wholeheartedly*. And the first step in doing this is learning to pay attention to my **heart**. I'm reading a great book right now called *Soulful Simplicity* by Courtney Carver. I highly recommend it. In the book, she discusses living wholeheartedly and that we have to learn to *listen* to our hearts. She has an exercise where in a quiet moment, you place both hands on your heart, one hand on top of the other, and just sit in the quiet for a moment or two, and ask yourself, "What is my heart saying? What is my heart feeling?"

Yet, most of us are terrified to do this. Why? Because, without a doubt, most of us are never taught to listen to our hearts. We are taught to "suck it up," to keep pushing forward, to fulfill our myriad responsibilities, regardless what our hearts might be saying, or trying to say. And there are many times where we have to do just that—it's part of being an adult. But there's an equal, if not more, need for us to listen to those precious hearts of ours, that have often long been covered up by obligation, fear of what other people think, busy-ness, and self-medication with our vices of choice.

The primary reason we need to learn to listen to our hearts are that our hearts are **very important to God**. Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." Think about what that says and the implication of it. Both good and bad flow from our heart, based upon the state of our heart. Ignore your heart for too long, and this is disastrous for living the kind of life that you once imagined for yourself.



In fact, our hearts are so valuable to God that they are the very place that Christ has decided to take up residence. Ephesians 3:17 says, "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ *may dwell in your hearts through faith*." Additionally, Romans 5:5 says that God pours out His love into our hearts. Now, I spend a lot of time nurturing my relationship with God. But to be completely honestly, many times I don't feel God's presence or love. These are things that I have to take *by faith*. But even this comes from the heart, for Romans 10:10 says "For it is *with your heart that you believe* and are justified, and it is with your mouth that you profess your faith and are saved."

When I truly believe these truths, which comes from my very heart, that Christ actually lives in my heart and God's love is poured into my heart, I am empowered to live in God's love and to express that love to others in my day to day life. And folks, there is just nothing in life more important than that.

Not only does God reside in our heart, he desires to protect it. Philippians 4:7 says "And the peace of God, which transcends all understanding, *will guard your hearts* and your minds in Christ Jesus." How does the peace of God guard our heart? It guards it against worry, against anxiety, against unforgiveness. . . all of the things that wreck havoc on our hearts and create stress in our lives.

Our hearts are so valuable to God, that He desires *all* of our hearts. In Luke 10:27, Jesus said the greatest commandment was to "*Love the Lord your God with all your heart* and with all your soul and with all your strength and with all your mind."

When you see those pretty pink and red hearts this Valentines Day, I hope you are reminded that your heart is a unique treasure to God. There is no other heart like yours. It is so valuable to Him that Jesus died on the cross so that He could live there and God's love be poured out into your heart. Because your heart is of the utmost value to God, you need to value it, too. Learn to listen to it. Learn to respect it. Don't ignore it. I hope you will join me in the quest of living *wholeheartedly* in 2020.



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