

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

February 2014

Marion Edition - Monthly

www.healthandwellnessFL.com

FREE  



HEART HEALTHY FOODS

**THE HEART BEHIND
THE GIVING**

**Q&A
SKIN CANCER**

**LOOK YOUR BEST
FOR VALENTINE'S DAY**

YOUR BIG RED HEART

THE SAVVY SENIOR

**WHAT'S YOUR
NEXT MOVE?**

Assisted Living At It's Finest!



Have you ever noticed mom sitting at home alone reminiscing about years gone by? What would it mean to you if mom could interact with other seniors, sharing her stories every day?

Because Hampton Manor has been serving seniors in Central Florida for over 30 years, we can help mom or dad create a new lifestyle where they can enjoy life every day. Your loved ones will be able to age in place knowing that we hold the highest level of license allowed for assisted living communities.

We would like to invite you to come visit any of our lovely communities and join us for a delicious meal.



HAMPTON MANOR
Assisted Living
A Virtue Senior Living Community

*Where Your Family
is Our Family*

VALENTINE'S DAY SPECIAL!

Come see what makes us the leader in the Industry!

Bring this Ad and receive

♥ **\$500** ♥

off first month's rent!

www.HamptonManor.net

For a private tour please contact us at
(877) 530-3520

Hampton Manor Belleview
License AL8503

10590 SE 62nd Ave. Rd.
Belleview, FL 34420

Hampton Manor at Deerwood
License AL10647

1810 SE 16th Ave.
Ocala, FL 34471

Hampton Manor 24th Road
License AL8927

1500 SE 24th Rd.
Ocala, FL 34471

DRIVEN TO DISCOVER

Technology provides the portals. My experience generates the discovery.

As a specialist in diagnostic radiology and a subspecialist in identifying illness and injury of the brain, spinal cord and related areas, I utilize technologically advanced procedures, such as MRI and CT scanning, to pinpoint disease and dysfunction at their source and immediately relay my discoveries to your doctor.

My primary objective is always accuracy, but another is your physical and emotional comfort. That's why we provide information about every test beforehand, so you know what to expect from start to finish. I place your well being above all else, and I'll work with your doctor to help ensure that you receive exceptional care.



*I'm Dr. Ralf R. Barckhausen
and I'm driven to support your
health and your spirit.*



(352) 671-4300 ▪ www.RA0cala.com

COMPREHENSIVE IMAGING SERVICES:

MRI ▪ CT ▪ PET/CT ▪ DEXA ▪ Nuclear Medicine
X-ray ▪ Angiography ▪ Interventional Radiology
Fluoroscopy ▪ Ultrasound ▪ Mammography

We contract with a wide range of networks, including Medicare, Medicaid, and file all claims with the exception of non-contracted HMOs.

The lab you trust is now
in your neighborhood.



Visit our Florida Patient Service Centers

Dunnellon

11371 N Williams Street, Suite 2, Dunnellon, FL 34432
Tel: 866-697-8378 • Fax: 352-465-2787
Appointment Scheduling Number - **888-277-8772**
M-F: 6:30am - 12:00pm, 1:00pm - 3:30pm
Most Insurance Plans Accepted
Pediatric Testing

Ocala - 3rd Court

2910 SE 3rd Ct, Suite 8, Ocala, FL 34471
Tel: 866-697-8378 • Fax: 352-732-9511
Appointment Scheduling Number - **888-277-8772**
M-F: 7:30am - 4:30pm
Most Insurance Plans Accepted
Glucose Tolerance Testing

Ocala - Churchill

303 SE 17th Street, Suite 101a, Ocala, FL 34471
Tel: 866-697-8378 • Fax: 352-732-0837
Appointment Scheduling Number - **888-277-8772**
M-F: 6:30am - 3:30pm
Most Insurance Plans Accepted
Glucose Tolerance Testing

Ocala - State Road 200

8602 SW State Road 200, 103rd Street Plaza, Suite J, Ocala, FL 34481
Tel: 866-697-8378 • Fax: 352-873-0069
Appointment Scheduling Number - **888-277-8772**
M-F: 7:00am - 4:00pm • Drug Screen: **M-F:** 7:00 - 4:00pm
Most Insurances Accepted
Glucose Tolerance Testing

Ocala - West

2685 SW 32nd Place, Ocala, FL 34471
Tel: 866-697-8378 • Fax: 352-861-4329
Appointment Scheduling Number - **888-277-8772**
M-F: 6:30am - 12:00am & 1:00pm - 3:30pm • Sat 8:00am - 12:00pm
Drug Screen: **M-F:** 10:00am - 12:00pm & 1:00pm - 3:00pm
Most Insurances Accepted
Pediatric Testing

Summerfield

17820 SE 109th Avenue, Suite 106A, Summerfield, FL 34491
M-F: 7:00am - 4:00pm • Drug Screen: **M-F:** 7:00am - 4:00pm
Appointment Scheduling Number - **888-277-8772**
Ample Parking Available
Most Insurance Plans Accepted

Appointment scheduling from Quest Diagnostics turns your wait time into free time. Simply schedule an appointment in one of three convenient ways:

- Visit [QuestDiagnostics.com/EZ Appointment](http://QuestDiagnostics.com/EZAppointment)
- Call **1-888-277-8722**
- Download our mobile app at QuestDiagnostics.com/GoMobile

*Patient lab results available in select states. See website below for full listing.
QuestDiagnostics.com/patient-results-by-state

QuestDiagnostics.com

Quest, Quest Diagnostics, any associated logos, and all associated Quest Diagnostics registered or unregistered trademarks are the property of Quest Diagnostics. All third party marks - ® and ™ - are the property of their respective owners. © 2013 Quest Diagnostics Incorporated. All rights reserved.

Contents

February 2014

- | | |
|---|--|
| 6 Look Your Best for Valentine's Day | 20 The First Line of Defense Against Cancer |
| 8 The Q&A on MRI | 22 Hearing Loss - Health Risk The Invisible Handicap |
| 11 Stop Suffering from Pain | 23 Heart Healthy Foods |
| 14 The Savvy Senior | 24 New Revolutionary Medical Device to Improve Leg Circulation |
| 16 The Heart Behind the Giving | 26 Crossfit Vs Weight Training |
| 18 What's Your Next Move? | 28 Skin Cancer Q&A |
| 19 Rejuvenate. Restore. Renew. Surgical and Non-Surgical Cosmetic Procedures Improve Vision and Quality of Life | 30 Your Big Red Heart |
| | 31 Spiritual Wellness Valentine's Day Bible Verses |

CONTACT US

REGIONAL SALES MANAGER
Michelle VanOstran
michelle@healthandwellnessfl.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR - Lisa Minic EDITOR - Lorrie Ritchie



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

To get your article published and for ad rates, call 352-210-5270
michelle@healthandwellnessfl.com

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2014. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



**Senior Living
Placement, Referral, & Advisory Services
Assisted Transition North Central FL**

Choosing the best option for senior care can be confusing. We understand how difficult this decision is, so we will assist you every step of the way.

Our Elder Care Advisors serve our community by offering senior resource and service information, and **PERSONALIZED GUIDED TOURS** of local senior living facilities. We will assist you in determining your needs and quickly offer various options that meet your personal, financial, and geographic preferences.

ALL of our services are at NO COST. For assistance call Jerry at 352-537-8766

 **Assisted Transition**
Senior Living & Care Finders
www.AssistedTransition.com



Look Your Best for Valentine's Day!

What do people really want on Valentine's Day? Love, Connection, Smiling, Happiness? Are you looking to rekindle your relationship, or start a new one altogether? Looking and feeling your best can give you the confidence you need! The best place to start this Valentine's Day is with YOU!

The experts at ImageLift are here to help you look and feel your best, just in time for Valentine's Day! Let your confidence shine through and fall in love all over again with that special someone or experience the thrill of dating again! Now is the perfect time to experience all of the joys and excitement with the one you love.

Don't let your age or appearance hold you back! With so many surgical and nonsurgical treatment options using the latest techniques, there has never been a better time to look and feel your best. We can help prevent aging from controlling how you feel on the inside!

Would you say that we live in a visual society? And does aging or appearance make a difference in the workplace or in our relationships? The answer is clear, and who is the most important person you will visually influence? Yourself! Make a great impression on yourself by taking care of you! Dress yourself up, pamper you – it feels good, doesn't it?

And nothing replaces what a lift can do for you. Find out from ImageLift which suits you the best:

Small – You like what you see when you pull on your neck and jawline in the mirror, pulling the skin in the direction towards your ears.

Medium – You need the MOST improvement right under your chin, the best result on profile.

Large – You need the most improvement you can have with one procedure, you want general anesthesia (though it can be performed under local anesthesia by some doctors), and you are comfortable with more extended recovery times.

Remember, other treatments can be good in the interim, but the ImageLift Facelift gets the "Wow" results. If you need even a little perk-up, we can handle that with little to no-downtime treatments for you. You deserve to look and feel your best!

"I am very grateful to have read Dr. Castellano's book before I had my treatment. I felt more comfortable about my decision, and I knew what to expect ahead of time!"*
– Pat, ImageLift patient



DOUBLE BOARD CERTIFIED
FACIAL PLASTIC SURGEONS,
RANDALL WEYRICH, M.D. AND
RICHARD CASTELLANO, M.D.



*Available for a limited time at our Villages location at no charge to you.

LIZ CHOSE THE LASER IMAGELIFT AND FACIAL FILLERS.

At ImageLift, we are a National Center of Excellence for our long-term fillers, and we even train other doctors in the ImageLift techniques. The combined experience of two Double Board Certified Facial Plastic Surgeons, Dr. Rich Castellano and Dr. Randall Weyrich, is sought after across the country and internationally. They will absolutely provide you with a customized treatment plan that works for you and your individual needs, right here in The Villages, no travel required.

And our book is an easy read and an excellent resource. Here is a comment from Pat, an actual ImageLift patient:

“I am very grateful to have read Dr. Castellano’s book before I had my treatment. I felt more comfortable about my decision, and I knew what to expect ahead of time!”

Let us help you get that younger look back! Call now to learn what treatment is best for you at 855-968-8480 or visit our website at Imagelift.com.



RESULTS ARE TYPICAL AND DO VARY.

Meet The Docs At An Upcoming Seminar!

Thursday, February 6th @ 11:00 AM
Artefill® Luncheon at the Villages Office

Tuesday, February 18th @ 1:00 PM
Seminar at the Top of the World

Thursday, February 20th @ 1:00 PM
Seminar at the Waterfront Inn

Learn More At An Upcoming Webinar!

Wednesday, February 5th @ 6:00 PM
Call to RSVP

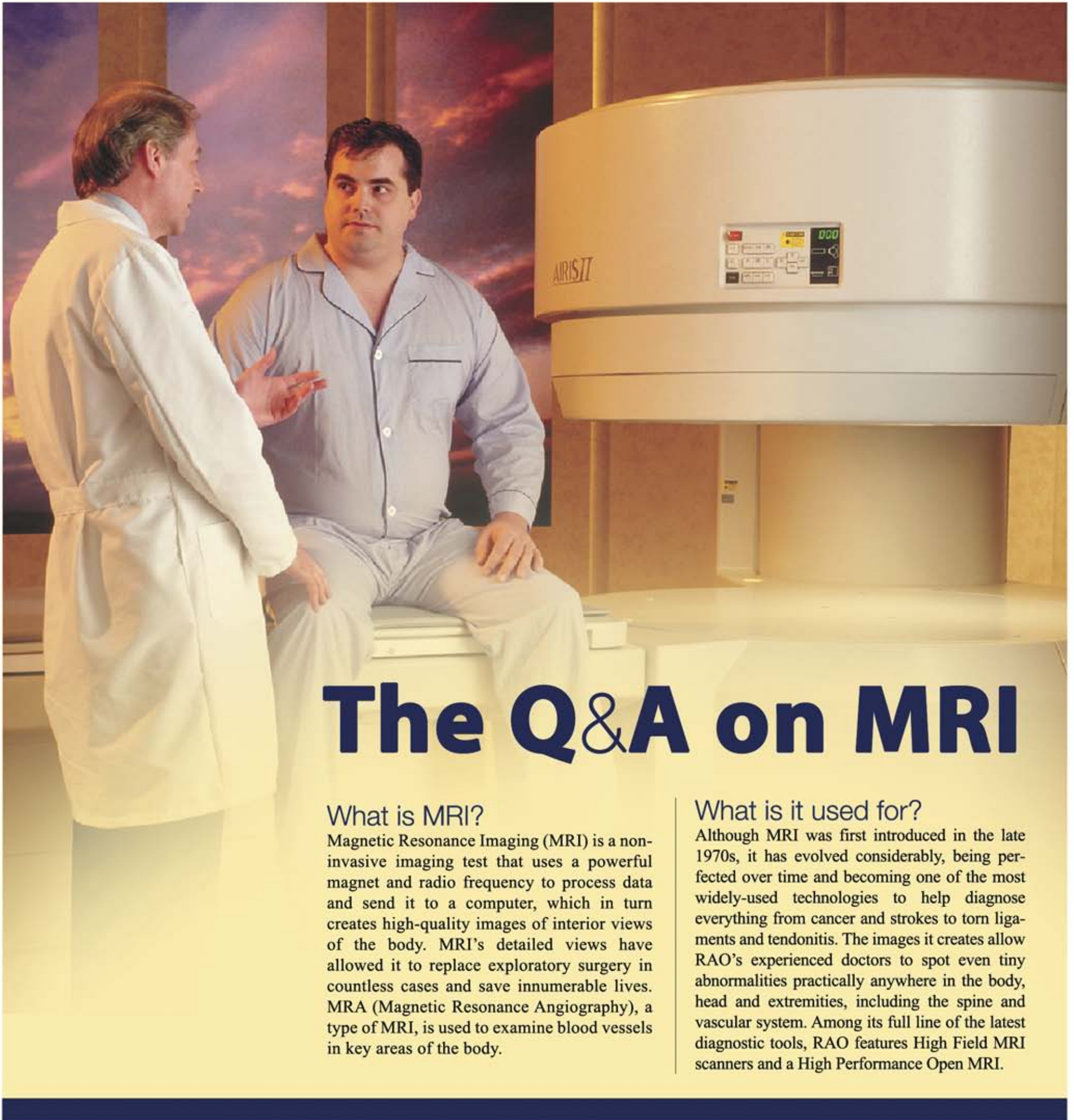
Wednesday, February 19th @ 6:00 PM
Call to RSVP

Call **855.968.8480** Or Visit ImageLift.com For More Information.

“Let us help you get that younger look back! Call now to learn what treatment is best for you at 855-968-8480 or visit our website at ImageLift.com”

The Villages | 8630 East County Road 466 | 855.968.8480 | ImageLift.com





The Q&A on MRI

What is MRI?

Magnetic Resonance Imaging (MRI) is a non-invasive imaging test that uses a powerful magnet and radio frequency to process data and send it to a computer, which in turn creates high-quality images of interior views of the body. MRI's detailed views have allowed it to replace exploratory surgery in countless cases and save innumerable lives. MRA (Magnetic Resonance Angiography), a type of MRI, is used to examine blood vessels in key areas of the body.

What is it used for?

Although MRI was first introduced in the late 1970s, it has evolved considerably, being perfected over time and becoming one of the most widely-used technologies to help diagnose everything from cancer and strokes to torn ligaments and tendonitis. The images it creates allow RAO's experienced doctors to spot even tiny abnormalities practically anywhere in the body, head and extremities, including the spine and vascular system. Among its full line of the latest diagnostic tools, RAO features High Field MRI scanners and a High Performance Open MRI.



What is an Open MRI?

The introduction of the Open MRI scanner has been an advantage to both patients and doctors for multiple reasons. Unlike the high field construction of a traditional MRI scanner which has a narrow opening, an Open MRI contains a spacious, open design to eliminate patients' feeling cramped or isolated, making it especially helpful when imaging children, heavier individuals and those who tend to feel claustrophobic. Open MRI is more comfortable for the patient and helpful to doctors when they require specific patient positioning. At RAO, they offer High Performance Open MRI which benefits include higher resolution images, offering the ideal combination of quality and patient comfort. Other features offered by RAO include same-day appointments and 24-hour report turnaround.

How long does an MRI take?

The scan itself takes only minutes, but some cases require preparation before the exam. Depending on your case, you may be given contrast material to assist in imaging and/or you may be required to

fast 8-12 hours beforehand. You will always be required to remove any metal objects you may be wearing, including glasses, jewelry, watches, removable dental work, etc. In most cases, an MRI appointment will take approximately 30-60 minutes from start to finish.

Which RAO location is right for me?

RAO offers MRI services at 3 locations. Which one is right for you will depend on the type of MRI ordered by your doctor and which site is most convenient for you. Each RAO location utilizes the expertise of our team of 17 Board Certified radiologists with specialized training in breast imaging, musculoskeletal radiology, nuclear medicine, neuroradiology and vascular and interventional radiology.

Medical Imaging Center

- High Field MRI

Medical Imaging Center at Windsor Oaks

- High Field MRI

TimberRidge Imaging Center

- High Performance Open MRI

Whichever center is right for you, RAO is committed to both your physical health and emotional well-being. We vow to do our utmost to guide you through the process quickly and comfortably.

For the very best in MRI services, discover the difference at RAO.



(352) 671-4300 • www.RAOcala.com

MEDICARE
APPROVED

SCAN TO LEARN MORE
ABOUT DR. BONO



SCAN TO LEARN MORE
ABOUT DR. RONZO



ARE YOU LIVING WITH BACK PAIN?

"OUR MEDICAL PRACTICE IS 100% DEVOTED TO THE HIGHEST LEVEL OF SPINE CARE!"

DR. FRANK BONO

BOARD CERTIFIED // FELLOWSHIP TRAINED



DR. JAMES RONZO

BOARD CERTIFIED // FELLOWSHIP TRAINED

Gulfcoastpine
INSTITUTE

THE VILLAGES // 785 HWY. 466 SUMMIT PLAZA

CALL TOLL FREE // 1-855-GULFCOAST (1-855-485-3262)

GULFCOASTSPINE.COM

TAMPA // HERNANDO // BROOKSVILLE



Stop Suffering from Pain **OUR STORY**

OFFERING ADVANCED TREATMENT OPTIONS AND MAINTAINING A COMMITMENT TO EXEMPLARY SERVICE. OUR DOCTORS FOCUS ON THE SPECIFIC NEEDS OF EACH PATIENT WITH THE GOAL OF RETURNING THEM TO A HEALTHY, ACTIVE LIFESTYLE AS SOON AS POSSIBLE.

Less than 10% of existing spine surgeons actually perform surgery using minimally invasive techniques.

We all know how debilitating back pain can be. It can adversely affect our quality of life and sideline us from participating in our favorite activities.

Gulfcoast Spine boasts two physicians who are nationally renowned for their success in performing minimally invasive spine surgery. Those physicians are Dr. Frank Bono and Dr. James Ronzo. They offer the most advanced diagnostics and treatments for relief of back and spine problems.

The central focus of Gulfcoast Spine is an unrelenting commitment to explore every

possibility of improving patients' lives and helping them return to their prior level of functioning. Providing total patient-centered care in a compassionate, competent manner has and always will be of utmost importance to the entire GSI team.

When you visit Gulfcoast Spine, their medical providers make sure to listen to your questions and concerns, making a thorough list of symptoms before proceeding with a detailed physical exam. These nationally recognized leaders in spine surgery work with you to develop a plan of individualized treatment

to meet your needs.

With their state-of-the-art technology and personable staff, Drs. Bono and Ronzo are dedicated to building a sincere relationship with each patient they treat and doing whatever it takes to ensure your overall health and well-being.

Life doesn't have to stop when pain strikes. We understand how important it is to return to normal, fun-filled activities like hitting the golf course with friends or swimming with the grandchildren on the weekend. Everyone deserves to live a happy, healthy, and pain-free life!

Consumer Reports
September 2013 issue

Newsweek 2012
LEADERS IN SPINE SURGERY



Gulfcoast Spine
INSTITUTE

THE VILLAGES // 785 HWY. 466 SUMMIT PLAZA
CALL TOLL FREE // 1-855-GULFCAST (1-855-485-3262)
GULFCASTSPINE.COM

TAMPA // HERNANDO // BROOKSVILLE



Gulfcoast Spine Institute

by the numbers



Minimally Invasive:

Dr. Ronzo and Dr. Bono's surgical process begins with a 3/4" incision, to be followed with the use of dilators to gently separate the muscle. This important step eliminates the cutting of muscle fibers. This process leaves little scarring, fast recovery times, and excellent outcomes.

95%

PATIENTS GO HOME THE SAME DAY OR VERY NEXT DAY.

LESS THAN

10%

OF EXISTING SPINE SURGEONS ACTUALLY PERFORM SURGERY USING MINIMALLY INVASIVE TECHNIQUES.

MORE THAN
30,000
PATIENTS TREATED BY
DR. RONZO AND DR. BONO IN
THE PAST 12 YEARS

92%
OF OUR BUSINESS IS
REFERRED BY A PHYSICIAN
OR WORD-OF-MOUTH

LESS THAN
60
MINUTES
THE AVERAGE SURGERY TIME
BY DRs. RONZO & BONO

LESS THAN
1%
INFECTION RATE

12,432
SURGERIES AND PROCEDURES
PERFORMED

100%
OF OUR PRACTICE HAS BEEN AND
WILL CONTINUE TO BE EXCLUSIVELY
DEDICATED TO SPINE CARE



NOT ALL PHYSICIANS ARE CREATED EQUAL

DR. FRANK BONO

BOARD CERTIFIED // FELLOWSHIP TRAINED



DR. JAMES RONZO

BOARD CERTIFIED // FELLOWSHIP TRAINED

Gulfcoast spine INSTITUTE

THE VILLAGES // 785 HWY. 466 SUMMIT PLAZA
CALL TOLL FREE // 1-855-GULFCOAST (1-855-485-3262)
GULFCOASTSPINE.COM

TAMPA // HERNANDO // BROOKSVILLE





Sometimes the most powerful medicine in the world is the simple comfort of home.

At Interim HealthCare®, we're experts in helping people stay in their homes.



We offer a wide range of home care services that keep you right where you want to be – safe and comfortable in your familiar environment. Because of our experience, we understand the challenges you – or your loved ones – face, and we know how to help you find the answers you need. And provide the kind of care you can count on. We offer a variety of services, including:

- Private Duty • Nursing • Personal Care • Homemaking
- Senior Care • Companion • Respite Care • Therapy

Interim Healthcare of Leesburg, LLC.
9738 US Hwy 441, Suite 103
Leesburg, FL 34788
352-326-0400

www.interimhealthcare.com/leesburg
License #: 20578096

Interim Healthcare of Ocala, LLC.
2010 NE 14th Street, Bldg. 100
Ocala, FL 34470
352-351-5040

www.interimhealthcare.com/ocala
License #: 20576096

Facial Rejuvenation.

Refresh. Renew. Reveal... The New You.

Get a **FREE** consultation at an upcoming event!

Double Board Certified Facial Plastic Surgeons

Thursday, February 6th @ 11:00 am | Artefill® Luncheon
The Villages Office, 8630 E. County Rd. 466, The Villages, FL 32162

Tuesday, February 18th @ 1:00 pm | Seminar
8139 SW 90th Terrace Rd, Top of the World, FL 34481

Call **855.968.8480** to reserve your seat **TODAY!**

All seminars are 100% complimentary



IMAGELIFT®
www.ImageLift.com

INNOVATION & EXCELLENCE IN EYE CARE

A leader IN COSMETIC & EYELID PROCEDURES:

Sometimes a simple procedure, such as eyelid surgery, can help you to see better and even reduce fatigue. As the first oculoplastic surgeon in Lake County, Dr. Goldey has spent years helping her patients improve their facial functionality and appearance. She can also help you restore your youthful appearance. In fact, she was the first physician in Central Florida designated by the manufacturer of BOTOX® to provide training to other physicians on BOTOX® techniques. Today there are more non-surgical options than ever for minimizing the effects of aging. With Dr. Goldey's guidance, you'll be able to choose the one that's best for you.

“Whether it's minimizing signs of aging or correcting sagging eyelids, I love being able to help my patients feel better about the way they see and look.”

— Stacia H. Goldey, MD, FACS



Cosmetic LASER INSTITUTE

EXCELLENCE IN COSMETIC SURGERY

Jeffrey D. Baumann, MD • Gregory J. Panzo, MD
Ray D. Maizel, MD • Stacia H. Goldey, MD, FACS
Keith C. Charles, MD • Shawn C. Wilker, MD

Board Certified • Fellowship Trained • Participating Medicare Provider • Two Surgical Locations

Call **888.820.7878** or **352.735.2020** to schedule your appointment!
Find out more information online at

MidFloridaEye.com

THE VILLAGES/STONECREST • THE VILLAGES/SANTA FE • MOUNT DORA • LEESBURG • APOPKA





THE SAVVY SENIOR

By Crystal Johnsen

When living on your own is no longer your best option, fear of the unknown can get the best of you. So take a deep breath because I have four myths about assisted living that are sure to ease some of your anxiety.

Myth 1

I am going to lose my independence.

Truth: Assisted living communities encourage residents to continue doing as much as possible on their own while offering “assistance” when needed. It may come as a surprise but most residents are happier and hold on to their independence longer than those living alone. In most assisted living communities residents live in their own apartment with their own furniture, pictures, and any other belongings that are important to them.

Myth 2

I will not be able to continue doing the things I love.

Truth: Assisted living communities have evolved tremendously over the years. They cater to their residents and aim to help them maintain a healthy active lifestyle. Activities are a big part of what makes assisted living so special. Take a look at the activity calendars available at each community you tour. I think you will be quite impressed with the array of activities most communities offer. You may even pick up a new hobby!

Myth 3

Medicare pays for assisted living.

Truth: Unfortunately Medicare does not offer financial assistance for assisted living. However, I would recommend looking at the Department of Elder Affairs State of Florida website. Here you will find information on qualification requirements for the ALE Waiver program. Also if you or your spouse served in the military you may qualify for V.A. assistance. This process may take several months so if you have the luxury of time it is wise to prepare early.

Myth 4

It will never be home.

Truth: Assisted living communities are far from the “nursing home” stereotype they have undeservingly received. Once you start your search you will see that they offer comfortable apartments, home cooked meals, laundry service, and housekeeping. This gives you time to enjoy doing the things you love such as visiting with family, making new friends, and participating in life enriching activities.

When you begin shopping for the perfect assisted living community go in with an open mind, take a tour of as many communities as



you can, talk to the residents who live there, and don't be afraid to ask questions. It is also a very good idea to ask the administrator for the most recent ACHA survey, this is public information and will allow you the opportunity to see any citations the community has received from the organization that regulates all of Florida's assisted living communities. If you are anxious about this new chapter in life you are not alone. However, if you just give it a chance I bet you will see that it can be a really good option.



(877) 530-3520

www.HamptonManor.net



INNOVATION • COMPASSION • EXCELLENCE

“Women and men face similar risks yet their disease processes present differently, and the diagnostics and treatment they receive is specific to not just their medical history but to their gender.”

— Dr. Asad Qamar



The hearts behind the giving

Valentine's Day is a celebration of love and the exchange of the universal symbol of the emotion—the heart. On this day, hearts are given to others in every imaginable way. Hearts are on cards, balloons, made out of flowers and chocolate, drawn, painted, and etched. The universal symbol crosses borders and oceans, all the while maintaining its meaning. Although the symbol of the heart is not reflective of the anatomical heart, it, too, varies in size, shape and color.

The sentiment behind Valentine's Day is to show others they are loved, appreciated and admired. As I imagine the differences between how men and women celebrate the day, more often than not, women are the recipients of these expressions of love. I may not be able to explain the motive behind these differences but will stick to the physiological differences in the hearts behind the giving.

By nature of size, a woman's arteries and vessels are smaller and their heartbeat is 8-10 beats faster than a man's at rest with the female hormone, estrogen being the main factor behind these biological differences. Women and men face similar risks yet their disease processes present differently, and the diagnostics and treatment they receive is specific to not just their medical history but to their gender.

As we pay special attention to those we love this month on Valentine's Day, especially the women in our lives, let us be reminded it is not just the emotional heart we care about, but the health of their hearts and bodies that mean the most.

Yours,

Asad U. Qamar, MD
FACC, FCCP, FSGC, FACP, FSCAI
Cardiologist

// INSTITUTE OF CARDIOVASCULAR EXCELLENCE //

Women and heart disease Gender makes a difference

Q: Heart Disease is the No. 1 killer in women. What factors contribute to this?

Whenever you think of cardiovascular disease you think of men as the flawed, but on any given day in the ICE cardiac catheterization labs there are more woman than men. Risk factors are the same in both males and females regarding smoking, hyperlipidemia (too many lipids—or fats—in the blood), diabetes and high blood pressure.

Women face an increased plaque burden, diffuse nature of arterial disease and smaller caliber of the peripheral and coronary arteries. Additionally, there is more of an atypical presentation in woman than in men, whereas men typically present with angina. Peripheral arterial disease is also atypical in woman and can present as discomfort in the legs or in the heel that is present at rest or during exercise or may not be confined to the muscle.¹

Q: Are there disorders that women are more susceptible to? If so, which ones and why?

Microvascaular angina (chest pain caused by the small resistance coronary artery vessels that are not visible in a coronary angiography²) is more common in woman than men. Basically, the small arteries have the inability to dilate themselves and it is atypical angina but in the absence of any significant blockage in coronary arteries. Although incidence of diabetes is the same in women and men, women with diabetes do more poorly with CAD and PAD than men.

Q: What symptoms should women be aware of when recognizing and identifying heart disease?

More important than symptoms, first of all woman should be aware of the fact that incidence of coronary and



vascular disease is similar in woman and in men. Controlling lipids (cholesterol), diabetes, hypertension and smoking is important.

The symptoms to be aware of include shortness of breath on activity, indigestion, any back discomfort with activity (woman present more commonly with interscapular pain than men), numbness or tingling, and fatigue in the legs upon ambulation. Also, symptoms of palpitations, lightheadedness and dizziness are important for coronary artery disease and vascular disease in women.

Q: How can ICE help women to manage/prevent heart disease?

We can do comprehensive cardiovascular evaluation focusing on risk factors and appropriate non-invasive imaging for early detection and treatment of coronary and vascular disease.

The onset of heart disease tends to appear in women later in life than males, and this can also be complicated or go undiagnosed due to the fact of other comorbidities that have developed. Women should begin educating themselves early and address the risk factors to help prevent and identify the risks related to cardiovascular disease.



Institute of
**Cardiovascular
Excellence**
ocalaice.com

Institute of
**Medical
Excellence**
ocalaice.com

Limbstitute
Comprehensive vein care
and limb salvage
limbstitute.com

Ocala 4730 SW 49th Rd. // 352.854.0681
Summerfield 10435 SE 170th Place // 352.233.4393
Tavares 2754 Dora Ave. // 352.259.5960
The Villages 1950 Laurel Manor Dr., Bldg 240 // 352.509.9295
The Villages 1050 Old Camp Road // 352.259.5960
Williston 412 W. Noble Ave. // 352.528.0790

WHAT'S YOUR NEXT MOVE?

The holidays are over and it's back to work for most of us. You and the family were fortunate and spent the holidays with mom and dad. The kids were so happy to spend the holidays with your parents and it warmed your heart, but there is still one concern bothering you. You noticed mom's memory has become worse and dad is not doing as well taking care of her. You are worried neither is eating right and mom was picked up by the police two weeks before Christmas for wandering off. When they picked her up, she was confused, scared and not sure where she was. Your father on the other hand had not even noticed she left the house. Now you are back home, 500 miles away and realize you must do something to help...but what? Where do you turn? Who can help? How much is this going to cost mom and dad or do they even have enough income? What will happen to dad if mom moves to a place where they can help her?

These are questions facing more and more adult children every day. Baby boomers are coming of age and over the next 20 years these boomers are going to need more help. Most of us have heard of "nursing homes" and for some of us, this is the extent of our knowledge when it comes to alternate senior living arrangements. I can remember as a kid going to see my grandmother in her nursing home. It terrified me and reminded me of a hospital. Wow, things have changed over the years! Today, assisted living communities strive to make residents feel comfortable, safe, and at home.

There are different types of senior living arrangements that range from independent living to skilled nursing. An independent living community provides the accommodations and assistance needed and residents have the freedoms to live as they choose. Most offer three meals a day which is included in the monthly rent as well as utilities and sometimes even laundry.

The next "level" up from independent living is assisted living. An assisted living facility (ALF) is for seniors who need some assistance with their activities of daily living or ADLs. ADLs include eating, bathing, dressing, laundry, etc. If a senior is having trouble with any of these, assisted living would probably be the best choice because they provide trained staff 24/7 to assist and monitor the residents. While ALFs do not provide medical assistance, the facility will regularly transport their residents to medical appointments. Additionally, these communities often provide a monthly social calendar, shopping trips, games, crafts, and many other fun and social activities.



If a patient needs more care than an assisted living facility can provide, they may need a skilled nursing facility or SNF. A SNF will offer all services provided by that of an ALF along with medical needs and rehabilitation. If a senior requires injections, is recovering from surgery, or needs special rehab on a daily basis, then a skilled nursing facility may be appropriate.

In the above example, mom would be a great fit for an assisted living facility with memory care. The fact that dad can't take care of mom anymore and may not be eating right may drive you to more action. Dad may be fine with an outside agency coming in and cleaning and preparing meals for your dad, but he may also need assisted living.

Transitioning from home to an ALF or a SNF can be a confusing process. Simplify the process and let us do the research for you. There are many assisted, independent and skilled nursing communities in Ocala and the surrounding areas, and each community offers something a little different. Call Jerry today at Assisted Transition at 352-537-8766 and as always there is NEVER a cost to you for this service.



Rejuvenate. Restore. Renew.

Surgical and Non-Surgical Cosmetic Procedures Improve Vision and Quality of Life

Under the guidance of Dr. Stacia Goldey, Mid Florida Eye Center has earned national recognition for its expertise in rejuvenating facial features, diminishing signs of aging, and reconstructing facial defects.

Although these types of procedures may be categorized as cosmetic, in many instances they also serve to enhance vision and/or facial functionality.

Take, for instance, Beatrice, a 66-year-old Leesburg resident who suffered from impaired vision, despite cataract surgery and a subsequent scar tissue removal operation. "My droopy eyelids were so bad it was like my eyes were closed," she says. "I could not see—even though my earlier surgeries had completely cleared up my vision."

Upon the recommendation of her primary eye care physician, Mid Florida Eye Center's Dr. Jeffrey Baumann, Beatrice visited Dr. Goldey for eyelid lift surgery. Her reaction to the results: "My eyes have never felt this open before!" Along with her restored sight, Beatrice is delighting in her new look. "I ran into a friend at church and she said, 'Beatrice! Your eyes look wonderful!' Another friend asked me where I got my eyes done. I always say, 'Go see Dr. Goldey!'"



Dr. Goldey is an oculoplastic surgeon, which means that in addition to rigorous ophthalmologist training, she has also completed plastic surgery training. Having in-depth knowledge of the eyelids, eyes, and their functions makes her an ideal choice for any cosmetic procedure or surgery. Dr. Goldey has practiced in Lake County for nearly 20 years and was the county's first oculoplastic surgeon.

Along with eyelid lift surgery, Dr. Goldey routinely performs several non-surgical cosmetic procedures, including BOTOX®. BOTOX is an

FDA-approved natural, purified protein that is injected directly into the muscle. The protein causes the muscle to relax, naturally smoothing facial

lines and wrinkles. Dr. Goldey was the first physician in Central Florida designated by the manufacturer of BOTOX to provide training to other physicians on BOTOX techniques. Along with cosmetic enhancements, BOTOX is often used to mitigate contractions and spasms of the eyelid muscles.

Dr. Goldey also focuses her practice on laser procedures such as Thermage®, skin resurfacing, and hair removal. Thermage is the only non-invasive procedure that tightens and contours skin in a single treatment, requiring no surgery, no injections, and little to no recovery time. The procedure uses unique radio-frequency technology to safely warm the deep layers of the skin, stimulating the body's natural renewal of collagen and creating subtle, natural-looking results. Thermage tightens loose jowls and sagging skin, reduces fine lines, and enhances definition of the lips.

Fractional Laser (for wrinkles) and Photo Rejuvenation are revolutionary treatments for sun-damaged and wrinkled skin that stimulate the skin's natural collagen to promote tissue repair while resurfacing the skin's outer layer. These non-surgical laser procedures gently remove fine lines, reduce unwanted pigmentation, and tighten loose skin.

Intense Pulsed Light (IPL) Hair Removal offers a fast, comfortable, and permanent alternative to shaving, tweezing, waxing, depilatories, and electrolysis. During the procedure, pulses of concentrated light are directed onto the skin and absorbed by pigment in the hair follicles. Dr. Goldey uses a state-of-the-art IPL system that removes unwanted hair in minutes.

Sometimes even a simple procedure, such as eyelid lift surgery, can make a dramatic difference in one's vision and quality of life. Today there are more options than ever for minimizing the effects of aging and improving facial functionality. With Dr. Goldey's guidance, you'll be able to choose the one that's right for you.

Call 888.820.7878 or 352.735.2020

to schedule your appointment!

Find out more information online at

MidFloridaEye.com



THE VILLAGES/STONECREST • THE VILLAGES/SANTA FE • MOUNT DORA • LEESBURG • APOPKA



EXCELLENCE IN COSMETIC SURGERY

Jeffrey D. Baumann, MD • Gregory J. Panzo, MD • Ray D. Maizel, MD

Stacia H. Goldey, MD, FACS • Keith C. Charles, MD

Board-Certified • Fellowship-Trained • Participating Medicare Provider • Two Surgical Locations

THE FIRST LINE OF DEFENSE AGAINST CANCER

InterCommunity Cancer Centers and Institute Celebrates
“National Cancer Prevention Month” by Spotlighting Early Detection

When it comes to beating cancer, early detection may be the single most powerful weapon physicians have in their arsenal. With regular screenings, a physician can more rapidly detect and treat cancer at its earliest stages, giving patients the best opportunity to beat their disease. In celebrating National Cancer Prevention Month this February, InterCommunity Cancer Centers (ICCC) and Institute (ICCI) of Leesburg, Lady Lake and Clermont is highlighting the American Cancer Society’s most recent guidelines and screenings for a few of today’s most common forms of cancer.

BREAST CANCER

According to the American Cancer Society (ACS), breast cancer is one of the most common cancers affecting women today. It is the second leading cause of cancer death in women, after lung cancer. In 2012, an estimated 226,870 new cases of invasive breast cancer were diagnosed among women and approximately 39,510 women were expected to die from breast cancer.

The good news is that the disease can be prevented or detected early by routine self-exams, yearly doctor visits and mammograms, magnetic resonance imaging (MRI) and incorporating healthy diet and lifestyle changes.



The ACS provides the following recommendations for early breast cancer detection in women:

- Yearly mammograms beginning at age 40 and continuing for as long as a woman is in good health
- Clinical breast exams (CBE) about every three years for women in their 20s and 30s and every year for women 40 and over
- Women should know how their breasts normally look and feel and report any breast changes promptly to their health care provider.
- Women with a family history, genetic tendency, or certain other risk factors – should be screened with MRI in addition to mammograms.

“Breast cancer does not have to be a death sentence,” explains Maureen Holasek, M.D., radiation oncologist at ICCC/ICCI. “By following these guidelines and consulting your physician about what screenings are best for you, and how often you should receive them, you will be giving yourself the best chance of beating this disease.”

CERVICAL CANCER

Each year, millions of women make their annual trip to the gynecologist for their Pap test. Life continues as usual once they receive a postcard that checks off their results as “normal.” But for some women, they receive a phone call from the doctor’s office indicating that their normal cervical cells have changed and now show precancerous cells or cancer. This scenario is not uncommon. According to the ACS, in 2012, there were an estimated 12,170 new cases of invasive cervical cancer in the United States and 4,220 deaths. Cervical cancer was once one of the most common causes of cancer death among

American women, according to the ACS. But thanks to education and the increased use of the Pap test – a screening procedure that permits diagnosis of pre-invasive and early invasive cancer – the number of cervical cancer deaths in the U.S. continues to drop.

Though deaths from cervical cancer have decreased over the past several years, this disease is still a great cause for concern. Women who have not had regular Pap tests represent the vast majority of clinically diagnosed invasive cervical cancers, reports the ACS. The following guidelines are from the ACS regarding cervical screenings:

- Cervical cancer screening (testing) should begin at age 21. Women under 21 should not be tested.
- Women between ages 21 and 29 should have a Pap test every three years. Human Papillomavirus (HPV) testing should only be prescribed after an abnormal Pap test result.
- Women between the ages of 30 and 65 should have a Pap test plus an HPV test every five years. The Pap test alone can also be performed every 3 years.
- Women over age 65 who have had regular cervical cancer testing with normal results should not be tested for cervical cancer. Once testing is stopped, it should not be restarted. Women with a history of a serious cervical pre-cancer should continue to be tested for at least 20 years after that diagnosis, even if past age 65.
- A woman who has been vaccinated against HPV should still follow the screening recommendations for her age group.

It’s also important to note that women with a history of this disease may need to have a different screening schedule for cervical cancer.



“Though deaths from cervical cancer have decreased over the past several years, this disease is still a great cause for concern,” says Alison Calkins, M.D., radiation oncologist at ICCC/ICCI. “Detection and prevention are imperative to avoiding cervical cancer, and having a Pap test is thus far the most effective way to accomplish this.”

COLORECTAL CANCER AND POLYPS

Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed and the third leading cause of cancer-related deaths in both men and women in the United States. The ACS estimated 103,170 new cases of colon cancer and 40,290 new cases of rectal cancer in 2012. As a result, it is expected to have caused about 51,690 deaths.

“Colorectal cancer-related deaths continue to decline, but we still must make an asserted effort to get tested,” explains Hal Jacobson, M.D., medical director of ICCC/ICCI. “There is no excuse not to be tested because this is one form of cancer that we can prevent by undergoing a prescribed colonoscopy or stool test.”

Beginning at age 50, both men and women should follow one of the ACS’ recommended testing schedules:

Tests for Detecting Polyps and Cancer

- Flexible sigmoidoscopy every five years
- Colonoscopy every 10 years
- Double-contrast barium enema every five years
- CT colonography (virtual colonoscopy) every five years

Tests for Detecting Cancer

- Yearly fecal occult blood test (gFOBT), or
- Yearly fecal immunochemical test (FIT) every year, or
- Stool DNA test (sDNA)

Scheduled screenings will vary based on personal or family history.

Many people postpone cancer screenings because they are afraid of what their doctor may find. However, a few simple lifestyle changes will help alleviate those concerns by reducing your cancer risk. The ACS lists several ways for you to take control of your health:

- Stay at a healthy weight.
- Get moving with regular physical activity.
- Eat healthy with plenty of fruits and vegetables.
- Limit how much alcohol you drink (if you drink at all).
- Stay away from tobacco.
- Protect your skin.
- Know yourself, your family history, and your risks.
- Have regular check-ups and cancer screening tests.

While this may be a significant amount of information to absorb, there is also a tremendous amount of hope for all of us in knowing we can beat cancer by simply being more proactive about our health. If you haven’t already made a New Year’s Resolution, how about making one that will hold you and loved ones accountable for receiving regular cancer screenings? You will not only potentially save your own life, but also the lives of loved ones who may have neglected these screenings for far too long.

For more information, please visit www.ICCCVantage.com.

THE EXPERIENCE OF INTERCOMMUNITY CANCER CENTERS

ICCC has 25 years of cancer-fighting experience having treated over 10,000 patients. They are dedicated to empowering patients to have the confidence they need to change their lives. Radiation Oncologists Drs. Hal Jacobson, Herman Flink, Maureen Holasek and Alison Calkins bring exceptional expertise in treating breast, lung, prostate, gynecologic, skin and other cancers.

As part of a larger, nation-wide oncology group of physicians and specialists under Vantage Oncology, the oncologists at ICCC have access to aggregated clinical information and best practices from the treatment of more than 1,000 patients per day, enabling them to develop highly-effective and peer-collaborated treatments. This gives many of the centers that work with Vantage, including ICCC, the ability to offer university-quality treatment services in smaller and more rural areas. It gives local communities exceptional services closer to home and in a non-hospital setting. To learn more, please visit www.ICCCVantage.com.

ABOUT VANTAGE ONCOLOGY

Vantage Oncology offers a complete development, implementation and management solution for radiation oncology practices. It provides ownership opportunities that empower physicians to maintain control of their practice while leveraging the strength of the company’s network and clinical resources. A multi-disciplinary team is committed to continuously raising the standards of cancer care. Vantage provides patients and their families with ultimate peace of mind through its commitment to clinical excellence and superior outcomes. For more information, please visit www.VantageOncology.com.

REFERENCES

American Cancer Society. Cancer Facts & Figures 2012. Atlanta, Ga: American Cancer Society; 2012.

Levin B, Lieberman DA, McFarland, et al. Screening and Surveillance for the Early Detection of Colorectal Cancer and Adenomatous Polyps, 2008: A Joint Guideline from the American Cancer Society, the US Multi-Society Task Force on Colorectal Cancer, and the American College of Radiology. *CA Cancer J Clin.* 2008;58.

Saslow D, Boetes C, Burke W, et al for the American Cancer Society Breast Cancer Advisory Group. American Cancer Society guidelines for breast screening with MRI as an adjunct to mammography. *CA Cancer J Clin.* 2007;57:75-89.

Saslow D, Solomon D, Lawson H, et al. American Cancer Society, American Society for Colposcopy and Cervical Pathology, and American Society for Clinical Pathology Screening Guidelines for the Prevention and Early Detection of Cervical Cancer. [published online ahead of print March 14, 2012]. *CA Cancer J Clin.* 2012;62(3). doi:10.3322/caac.21139. .

Smith RA, Cokkinides V, Eyre HJ. American Cancer Society guidelines for the early detection of cancer, 2006. *CA Cancer J Clin.* 2006;56:11-25.

Smith, RA, Cokkinides V, Brawley OW. Cancer screening in the United States, 2008: A review of current American Cancer Society guidelines and cancer screening issues. 2008. *CA Cancer J Clin.* 2008;58:161-179.



Leesburg
301 S. Lake Street
Leesburg, FL 32478

Lady Lake
922 Rolling Acres Road
Lady Lake, FL 34748

Clermont
1920 Don Wickham Drive #130
Clermont, FL 34711

(352) 326-2224
www.ICCCVantage.com



Hal Jacobson, MD
Herman Flink, MD
Bobby Harrison, MD
Maureen Holasek, MD

Vantage
Oncology

Hearing Loss - Health Risk

The Invisible Handicap

HERE ARE SOME WARNING SIGNS OF HEARING LOSS:

1. You hear but have trouble understanding all the words in a conversation, especially in a crowd.
2. You often ask people to repeat themselves.
3. You find telephone conversation increasingly difficult.
4. Family complains you play the radio or TV too loud.
5. You experience ringing in your ears

THINGS YOU SHOULD KNOW...

1. Most hearing problems develop gradually.
2. Most people with hearing difficulties can benefit from hearing aids.
3. Hearing keeps us in contact with life.
4. There is a definite link between hearing loss and dementia.

THE SILENT ENEMY - HEARING LOSS

"There is strong evidence that hearing impairment contributes to the progression of cognitive dysfunction in older adults," says Sergei Kochkin, PhD, Better Hearing Institute's Executive Director. "Unmanaged hearing loss can interrupt the cognitive processing of spoken language and sound, exhaust cognitive reserve, and lead to social isolation - regardless of other coexisting conditions.

HEARING LOSS AND BRAIN FUNCTION

While the ear picks up and transmits the sounds around us, it is the brain that decodes and processes the signals and gives them meaning. When hearing loss is present, the presentation of sound to the brain receives less sound, it "forgets" what to do with the sound. A simple hearing test could preserve the ability of the brain to understand speech, limit exposure to possible depression and keep a patient actively and happily engaged in life.

FREE TEST & EVALUATION

We provide a comprehensive hearing evaluation to determine if your hearing loss is simply caused by wax build-up or if you require assistance from a hearing aid to improve the clarity of what you hear

AMAZING TECHNOLOGICAL FEATURES

- If you have been looking for a hearing aid designed to make conversation comfortable and TV, music and phone conversation sound like never before, Audibel A2 is it.
- Latest noise reduction and speech preservation system, which is designed to deliver incredible sound clarity even in the noisiest situation.
- It can also stream stereo sound from your TV, radio, computer and even your cell phone directly to your hearing aid.
- Enjoy hands free phone conversation and listen to TV or radio at the volume you want. Others can listen at a volume comfortable for them.

Satisfaction Guaranteed with Audibel Hearing Centers' years of customer service & hearing health guaranteed program.

HEAR EVERY WORD THAT WAS SAID

TINNITUS? **Thinking of hearing aids?** **HEARING LOSS?**

FREE
Four Week Trial

(includes Tinnitus Relief Therapy Device)

Experience at no cost the latest in the most advanced hearing technology

Try the latest in Wireless Hearing Technology **FREE** for 30 days!

We are looking for individuals who are experiencing difficulties in hearing, especially in noisy situations, to evaluate the latest in wireless hearing technology from Audibel. We will perform thorough hearing tests or Tinnitus Evaluation **FREE** of charge to all callers. Call to participate in this factory authorized program.

From Now Until February 28, 2014

Call us immediately to take advantage of this special program.

Experience Crisp, Natural Hearing with Open Ear Technology.



Open Ear Hearing Instruments - where industry-leading technology and design meet real life to create an unparalleled listening experience. More powerful and precise than ever before, these hearing instruments are proven to deliver maximum everything. Unmatched sound clarity and award-winning design coverage to produce tomorrow's technology today, revolutionizing the hearing journey.

- Natural Sound • Cosmetically Appealing • Comfortable
- Non-Occluding • Directional Microphone
- Digital Sound Processing



Audibel Hearing Aid Center

AUDIBEL
American. Hearing. Excellence.



Dunnellon
20170 E. Pennsylvania Ave.
352-502-4337

Ocala
2400 SW College Rd.
352-533-4981

The Villages
1578 Bella Cruz Dr.
352-432-1241

Audibel offices are chosen by the Manufacturer based on demonstrated standards of ethics, integrity and service.

The Hearing Test or Tinnitus Evaluation is FREE! 0% Financing is Available.

Heart Healthy Foods

Your heart is a pretty important piece of equipment, so it's in your best interest to take good care of it. February is American Heart Month, and though most of us know the basics—eat whole grains, focus on whole fruits and veggies, exercise regularly—you might be unsure which foods are the best for your heart.

Eating for a healthy heart means filling your plate with fruits and vegetables, paying attention to fiber, eating fish a couple times a week and limiting unhealthy fats like saturated and trans fats, as well as salt. And although no single food is a cure-all, certain foods have been shown to improve your heart health. Find out how these foods may help lower your risk of heart disease.

Salmon

Salmon doesn't just taste good; it helps increase your levels of high-density lipoprotein (HDL), otherwise known as "good cholesterol," which can help lower your risk for heart disease. This fish, packed with omega-3 fatty acids and plenty of protein, is highly recommended by the American Heart Association. Shoot for two servings a week.

Soy

Soy packs an impressive nutritional punch. High in fiber and low in saturated fats, soy has been proven to lower "bad cholesterol" levels and triglycerides, helping prevent heart disease. Not sure how to incorporate it into your diet? Don't worry, you don't have to swap your steak for a block of tofu. Try pouring soy milk over your morning cereal.

Oatmeal

Start your day with a steaming bowl of oats, which are full of omega-3 fatty acids, folate, and potassium. This fiber-rich superfood can lower levels of LDL (or bad) cholesterol and help keep arteries clear. Opt for coarse or steel-cut oats over instant varieties—which contain more fiber—and top your bowl off with a banana for another 4 grams of fiber.



Spinach

If it's good enough for Popeye, it's good enough for you. This superfood is packed with potassium, calcium, fiber, B-complex vitamins—a combo that not only defends your heart, but also helps fight disease and protects your eyesight.

Beans

Beans, beans, the powerful fruit. The more you eat...the healthier you are. Beans, including garbanzo, white, black, red, and navy, are naturally low in fat and contain no saturated fat, trans fats, or cholesterol. They are high in protein, fiber, iron, folic acid, and potassium. While all beans have benefits, the more colorful beans, such as red and black, may have an added bonus: eight types of flavonoids. Scientists say these plant chemicals act as antioxidants, which give you protection against heart disease and certain cancers. Studies also suggest eating beans may help manage diabetes and reduce the risk of high blood pressure and stroke.

Nuts

Walnuts are full of omega-3 fatty acids and, along with almonds and macadamia nuts, are loaded with mono- and polyunsaturated fat. Plus, nuts increase fiber in the diet and are a great source of healthy fat.

Dark chocolate

Need an excuse to break off a piece of that tempting chocolate bar? Researchers have found that eating moderate amounts of dark chocolate has a blood-thinning effect, which can help your heart health and reduce inflammation. But this doesn't mean you should give in to every chocolate urge. For maximum health benefits, just limit yourself to one ounce a day, and remember to look for labels with 70 percent or more cocoa content.

Olive oil

This heart-healthy oil is full of "good" monounsaturated fats, helping you lower "bad" LDL cholesterol levels. But remember moderation, because all types of fat are high in calories. At the grocery store, make sure to pick out extra-virgin or virgin olive oil since they're less processed and contain more polyphenols, antioxidants that can help reduce inflammation.

Green tea

Turns out one of the best "foods" for your heart is actually a drink. A steaming cup of green tea is chock-full of good-for-you catechins and flavonols. Some studies have shown that people who drink 12 or more ounces of tea a day are half as likely to have a heart attack as non-tea drinkers.

New Revolutionary Medical Device to Improve Leg Circulation

By Tom Tran PA-C, MPAs, NCCPA Surgery Board Certified

Leg circulation problems affect more than 20 million Americans and over 20% of those are over the age of 65. Circulation problems in the legs can arise from smoking, poor diet and exercise, obesity, high cholesterol, and genetics. There are two components of circulation disease. One is arterial disease also called PAD (Peripheral Arterial Disease), which is a lack of proper circulation to the legs. Another is vein disease (also called Venous Insufficiency), which is a lack of proper circulation back to the heart from the legs.

These circulation problems can cause Intermittent Claudication (not being able to walk without stopping to rest), heaviness and achiness legs, swelling (ankles, lower legs), pain, muscle tension, tired legs, restless legs, brownish skin color changes in the legs, wounds or ulcers in the legs, and enlarged varicose and spider veins.

Current treatment options for both Arterial and Venous disease include stenting, ballooning, Atherectomy (cleaning out the artery) and Radiofrequency Ablations of the veins. These procedures require minimally invasive techniques and surgical interventions.

Today, a new medical device called the CV2® (named for if we had a second heart in the legs) is the new forefront of medical breakthrough. Published studies from leading Orthopedic Physician Jim Hundley Sr. MD with affiliations through the New Hanover Medical Center Surgical Department shows an improvement of Arterial flow to the legs by over 900% and Venous flow of 300%. The device simulates leg calf pumps without any strain to the heart, surrounding muscles, ligaments, and does not affect the heart rate or blood pressure, thus, allowing the user to use the device for hours without being tired. The device is an assistive device utilizing no power and implementing a treadling design (simulating an old sewing machine) to generate centripetal force to allow the user to pump the legs without fatigue. The CV2® is not only used to improve circulation in the legs, it is also used as a recovery machine for athletes and runners as a cool down device after a long exercise regimen to reduce the amount of build-up lactic acid in the muscles. With its' compact and lightweight design,

the CV2® can be used while sitting in the comfort of your home and is easily transportable. An airplane version will soon be following to bring onboard airplanes to prevent blood clots. The CV2® is offered through Comprehensive Vein Center in the Villages at Sumter Landing and can be purchased for an introductory launching price for \$269.99 +tax s/h.

Indicated for People with:

1. Lymphedema
2. Leg Swelling
3. Bad Veins (Venous Insufficiency)
4. Bad Arteries (PAD)
5. Restless Leg Syndrome
6. Athletic Injury or Recovery
7. Leg Ulcers/Wounds
8. Sedentary Lifestyle
9. Sedentary Job



Ordering Information:

Call, Fax, Email or In Person
Comprehensive Vein Center in the Villages
Sumter Landing Creekside Medical Plaza
1050 Old Camp Road, Suite 202
The Villages, FL 32162
o-(352) 259-6359
f-(352)750-1854
email: info@thevc.net

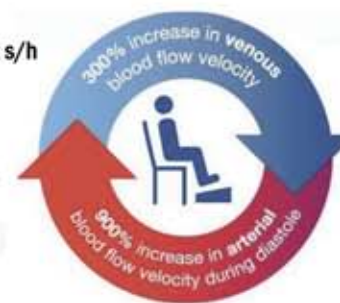


COMPREHENSIVE
VEIN CENTER
AT THE VILLAGES

(352) 259-5960 | www.TheCBC.net

*MSRP: \$299.99 + Tax s/h

3 month special **\$269.99** + Tax s/h
Offer ends May 1, 2014



Bio

Tom Tran PA-C, MPAs is one of the few Physician Assistants in the US that is NCCPA Surgery Boarded. He has extensive training, which includes 10 years experience in Trauma, General, and Vascular Surgery. He invented the Transcatheter Extractor®.



He was awarded Florida PA of the year in 2007, and is the current Treasurer of the National PA Foundation. He is the Clinical Director at Comprehensive Vein Center in The Villages, which has been a state of the art Vein Center designated to vein treatment for over four years. He has performed over 2,500 Laser and VNUS Closure procedures, and over 10,000 combined Ultrasound Guided foam and Visual Cosmetic Sclerotherapy procedures.

Returns and Exchanges

Please call our Service Center at 1.855.TREADLE, if you wish to return or cancel an order placed online. Please note: Our retail stores cannot accept returns by mail or courier. Customers who do not want an exchange for their returned item will be charged a re-stocking fee of \$25.00.

Returning by mail

• Within the US: Returned items must be sent via insured, prepaid Regular US Mail. Ensuring your return allows you to track your parcel with the US Postal Service.

Please Note: We cannot accept CODs or courier deliveries.

• Outside the US: Ship goods prepaid, by insured ground shipping. To avoid unnecessary delays, please write "U.S. Goods returning" on the outside of the package.

Please note: Our Processing Center cannot accept returns in person. Mail returns to:

GO2, LLC
Attn: Returns
306 Old Dairy Rd.
Wilmington, NC 28411 - USA

Refund/Cancellation Policy

Customers wishing to cancel their order must do so prior to the item being sent from the distribution center. Customers cancelling orders after item has shipped will be charged freight and a re-stocking fee of \$25.00.

Refunds will be issued within 30 days of the original order date. Customer will be responsible for return freight and will be charged a re-stocking fee of \$25.00.

CV2 Guarantee

GO2, LLC provides a one-year replacement warranty for the CV2. Replacement of such item will occur upon receipt of defective unit and inspection by GO2, LLC. GO2, LLC does not guarantee replacement for units that have been treated negligently.

Privacy Statement

GO2, LLC will not share your information with third parties. Information obtained herein will remain confidential with respect to GO2, LLC. By submitting your email address, you authorize GO2, LLC to send information related to new product offerings.

Central Florida's Health & Wellness Magazine



On the Web

HealthAndWellnessFL.com



On Facebook

facebook.com



On Twitter

twitter.com



In Your Inbox

Receive our monthly newsletter. Sign up online

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



Central Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals*, health and wellness centers*, shopping plazas*, grocery stores and many other locations.

Wish you could easily get rid of your Leg Swelling, Leg Pain and Varicose Veins?



We also specialize in spider veins



Before

After

Tom Tran, PA-C, MPAs
American College of Phlebology

Mike Richards, PA-C, MPAs
American College of Phlebology

Anthony Alatraste MD, Medical Director
Board Certified- ABFM



COMPREHENSIVE
VEIN CENTER

AT THE VILLAGES

**Call Today for your
FREE Consultation***

Most Insurances accepted | Golf Cart Accessible

(352) 259-5960 | www.TheCVC.net

1050 Old Camp Road Suite 202, The Villages, FL 32162
2754 Dora Avenue, Tavares, FL 32278

The treatment for varicose veins is a covered procedure if medical necessity is met.

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



CROSSFIT VS WEIGHT TRAINING

By Michelle VanOstran

You have finally decided to get in shape, lose weight, and improve overall fitness level, but now the debate between the popular CrossFit and regular old weight training is giving you a headache. Let's have a look at the pros and cons of each and help you make a decision that will help you achieve your short and long-term goals, while enjoying your workout. Let's get into that comparison of crossfit vs weight training!

So what exactly is Crossfit? CrossFit is an intense strength and conditioning exercise program that is a cross between functional exercises, cardiovascular, resistance training, and geared to fit everyone's fitness levels.

CrossFit has a "Workout of the Day" (or WOD) that can include any number of exercises including running, squats, push-ups, sit-ups, etc. The workouts are geared to help participants gain lean muscle mass, decrease body fat, and increase endurance.



THE BENEFITS OF CROSSFIT ARE:

- 1. Variety.** With CrossFit Pinnacle classes, you will never be bored because the WOD changes each day and can vary from a "light" day to a "heavy" day. You will never have to plan or change your workouts because the coaches at CrossFit take care of that for you.
- 2. Group setting.** Each class has 5-20 participants depending on the time of the day. Studies have proven that exercising in a group setting helps improve motivation and effort.
- 3. Exposure to new exercises.** Snatch and Clean, Good Mornings, and Jerk are just a few of the Olympic lifts that you will learn in a CrossFit class. These exercises require proper technique and form to prevent injury and the coaches at CrossFit will help each individual execute these difficult exercises in proper form. Most of us would never even try a Snatch and Clean in our lifetime, but with CrossFit, you are exposed to new and exciting lifts.



IT SEEMS OBVIOUS THAT CROSSFIT PINNACLE IS AN EXCELLENT CHOICE FOR BEGINNERS AND PROFESSIONAL ATHELETES

Weight Training

1. Boring. Many people, mostly beginners, tend to find weight training boring. They state that they do not see results fast enough. While this may be true, the results will manifest gradually if you are consistent.

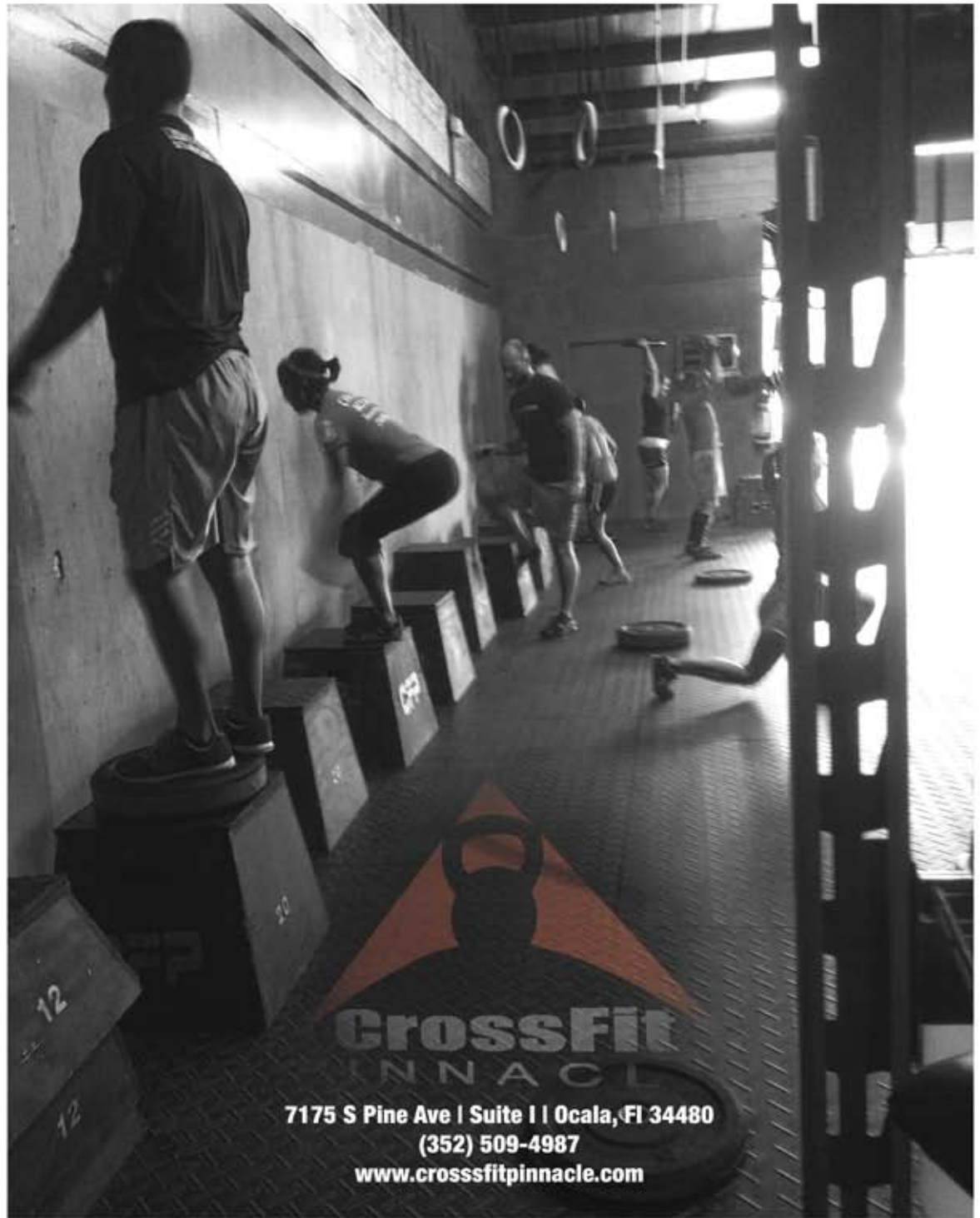
2. Basic knowledge. If you decide to weight train instead of CrossFit, it would be wise to do your homework and learn the proper form and technique for every exercise to prevent injuries. Weight training requires a basic understanding of muscles, movements that will strengthen certain muscles, and an understanding of sets and repetitions. It may be helpful to work with a personal trainer for a few sessions to learn the basics.

**CROSSFIT PINNACLE'S MANTRA:
FITNESS ALLOWS YOU TO LIVE YOUR BEST.**

The Crossfit Pinnacle believes physical fitness is more than how it is technically defined rather fitness is a state of mind, a way of being. It shows up in the way you walk, talk, eat, sleep, work, play, dress and relax. Physical Fitness embodies of the characteristics of honor, courage, confidence, discipline, integrity, responsibility, dedication, and joy. It is has a healing effect in reducing the immediate and cumulative effects of stress and anxiety.

The Crossfit Pinnacle has found that the fitter a person is, the more he/she has a clearer and optimistic view of life and is physically able to do the things that bring joy and fun into their life. Physical fitness affects everything in your life, from feeling strong, confident and energetic throughout your normal work day, to running around with your kids, playing sports, or even traveling to remote corners of the earth.

Ultimately, Crossfit Pinnacle believes that being physically fit is inspiring; it makes you feel good, it enriches your life, and adds both years to your life, and life to your years!



7175 S Pine Ave | Suite I | Ocala, FL 34480
(352) 509-4987
www.crossfitpinnacle.com

**2 Weeks
FREE**
Expires 2/28/14



**CrossFit
PINNACLE**

7175 S Pine Ave, Suite I
Ocala, FL 34480
(352) 509-4987

**\$100
OFF**
Expires 2/28/14

**FREE Hearing
Test & TINNITUS
Evaluation From Audibel®**

Industry Leading Technology
Hearing Aid Repair
and Service

Ocala Dunnellon Bella Cruz
(352) 873-0034 (352) 789-1559 (352) 750-2005

AudibelNorthCentralFlorida.com

**WE HAVE
SOLUTIONS!**



AUDIBEL®
HEARING CENTERS

Skin Cancer Q&A

By Steven T. Powell, MD

Q: How common is skin cancer?

A: One in five Americans will develop some form of skin cancer. Most of these are basal-cell and squamous-cell carcinomas. Melanoma, while not the most common, is the most serious form of skin cancer and continues to show increasing rates. One American dies every hour from melanoma.

Q: Are all skin cancers caused by sun exposure?

A: Ninety to 95 percent of cases are caused by sun exposure, and most of these are basal-cell and squamous-cell carcinomas. Melanoma is a bit more complicated because there are other risk factors beyond sun exposure. Fortunately, sun exposure is a risk factor you can control.

Q: How do moles relate to skin cancer?

A: When looking at a mole, we consider its size, shape and color and then whether these characteristics are changing. If moles are abnormally dark, irregularly colored, or increasing in size, or if you have many large or irregular-looking moles, you should come in for an exam.

Q: How can I tell if I am at risk for skin cancer?

A: Risk factors for skin cancer include exposure to sun, greater than 50 pigmented moles and a personal or family history of skin cancer. Also, people with red or blond hair, light eyes, sun freckling and an inability to tan are at greater risk.



Q: What are some things I can do to prevent skin cancer?

A: We suggest staying out of the sun between the hours of 11am and 2 pm. Daily use of sunscreen is important. Use a broad-spectrum sunscreen with an SPF of 30 or higher. Wear protective clothing while outdoors. A wide-brimmed hat is also an excellent investment for your skin.

Q: How can I tell if I have skin cancer?

A: If during a self-exam you notice red or scaly spots, pigmented spots, spots that change shape or size over time, spots that bleed or have scabs that won't heal, or spots that remain tender beyond a few days, you should come in for an exam. The best way to determine whether a spot is skin cancer is to have it examined by a dermatologist. We can often tell within seconds whether something is wrong or not.

Q: What skin cancer treatments do you offer in your office?

A: We offer Mohs micrographic surgery for non-melanoma skin cancer of the head, neck and other high-risk areas, surgical excision for melanoma cases, Levulan phototherapy, laser surgery, cryosurgery and pharmaceutical treatment for certain types of skin cancer.

Q: What other procedures do you perform in your office?

A: We offer a wide array of cosmetic procedures, including Botox and other injectables, fillers such as Restylane and Juvederm, and IPL light therapy. We perform chemical peels, microdermabrasion and sclerotherapy for spider veins. We also have a successful weight-loss program called Releana.

Dr. Steven T. Powell
2910 SE 3rd Court, Ocala
(352) 732-0339



STEVEN T. POWELL, M.D., P.A.

**Dermatologic Surgery
MOHS Surgery**

(352) 732-0339

2910 SE 3rd Ct, Ocala, FL 34471

Now Offering:

- Skin Surgery, including Skin Cancer Removal and Mohs Micrographic Surgery
- IPL for Age and Sun Spots, Skin Tightening, Telangiectasias, and Hair Removal
- Skin Products and Skin Peels
- Sclerotherapy
- Botox®, Dysport and Juvéderm® Injections

Call us TODAY and speak to our friendly staff about our SERVICES!



7175 S Pine Ave, Suite I
Ocala, FL 34480

(352) 509-4987



FREE TWO WEEK MEMBERSHIP!



Interim Healthcare of Leesburg, LLC.
352-326-0400
www.interimhealthcare.com/leesburg

Interim Healthcare of Ocala, LLC.
352-351-5040
www.interimhealthcare.com/ocala



Your Big Red Heart

Love is in the air and cupid is flying around shooting his arrow into your big beautiful red heart to spread love. But wait, February is not only Valentine's Day but also American Heart Month.

Many Americans don't know that heart disease is the leading cause of death in the United States. One in every 3 deaths are either caused by stroke or heart disease. This can equal to 2,200 deaths per day. Everyone needs to be aware of the signs and symptoms of heart disease and stroke. The most common heart disease is CAD (Coronary Artery Disease). This is when the blood supply to the heart muscle is cut off and cells in your heart do not receive enough oxygen which causes cells to die. In turn this will cause a heart attack.

The **five symptoms of a heart attack** are shortness of breath, pain or discomfort in your jaw, neck or back, light headed, faint or feeling weak, chest pain or discomfort, tightness, pain in your arm and shoulders. People that have high blood pressure, high cholesterol, smoke, increased age, unhealthy diet, lack of physical activity, smoking, obesity, stress, previous heart attack or family history of heart conditions have a higher chance of having a heart condition or heart attack.

Many people think that heart disease is a man's disease but statistically the percentage of women being affected by heart disease is equal to men. Women are more likely to describe chest pain that is sharp, burning and have frequent pain in the jaw, abdomen, neck and back.

Everyone whether you're a male or a female should be aware of the signs of a heart condition and take some preventive measures to reduce your chance of getting a heart disease.

Know your blood pressure. If your doctor prescribes medication to control your pressure take it as prescribed, do not stop or skip a dose because you think you feel better.

- Choose a **healthy diet** low in fat, rich in whole grains, fruits and vegetables and lean protein (limited red meat)
- If you smoke, **QUIT!** Need I say anymore?
- **Limit alcohol.** (Studies show glass of red wine is good for the heart)

- Shed those extra **pounds.**
- Take control of your **stress.**
- **Exercise.** Light cardio goes a long way. 20 minute walk 3-4 times a week does wonders.
- Baby **aspirin** daily (speak to your doctor first)

If you have concerns that you have been experiencing these symptoms, speak to your doctor. If you have a heart condition continue what is recommended by your doctor.

Remember prevention is not a cure but it can get you on the right track to a healthy heart.

Valentine's Day Bible Verses: 20 Great Quotes

Valentine's Day is all about love. I remember it was something that we celebrated as young children. We would get "valentines" (little love note cards) and sign our name to the back and then distribute them to all of our classmates. It was at times special and awkward to receive a valentine from a secret admirer. As an adult, I no longer really observe the day, but many Christians and non-Christians do. Since it is about love, it is very easy to find Bible verses that relate.

What do you know about Valentine's Day?

Even today it is all about love notes, hearts, candy and even red roses. But did you know that originally it was about celebrating bird's mating season? It's true, mid-February is when the bird mating season happens in European countries and so they decided lovers should celebrate love along with the birds! I found a little history of Valentine's Day over at Christianity Today at <http://www.christianitytoday.com/ct/topics/v/valentines-day/>.



... so they decided lovers should celebrate love along with the birds!

Take a look at these Bible Quotes that you can meditate upon as Valentine's Day approaches.

God's Love is Steadfast, Unselfish & Enduring

2 Chronicles 1:8 *And Solomon said to God, "You have shown great and steadfast love to David my father, and have made me king in his place.*

Psalms 52:8 *But I am like a green olive tree in the house of God. I trust in the steadfast love of God forever and ever.*

Daniel 9:4 *I prayed to the LORD my God and made confession, saying, "O Lord, the great and awesome God, who keeps covenant and steadfast love with those who love Him and keep His commandments..."*

Micah 7:18 *Who is a God like you, pardoning iniquity and passing over transgression for the remnant of His inheritance? He does not retain His anger forever, because He delights in steadfast love.*

John 3:16-17 *For God so loved the world, that He gave His only Son, that whoever believes in Him should not perish but have eternal life. For God did not send His Son into the world to condemn the world, but in order that the world might be saved through Him.*

1 John 4:16 *So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him.*

1 John 4:19 *We love because He first loved us.*

Romans 5:7-8 *For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die—but God shows His love for us in that while we were still sinners, Christ died for us.*

Bible Characters Who Loved

Jacob loved

Genesis 29:20 *So Jacob served seven years for Rachel, and they seemed to him but a few days because of the love he had for her.*

Solomon loved

Song of Solomon 1:2 *Let him kiss me with the kisses of his mouth! For your love is better than wine.*

Jesus Encouraged the Disciples to love

Matthew 22:37-40 *And He said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets."*

Paul encouraged the Colossians to Love

Colossians 3:14 *And above all these put on love, which binds everything together in perfect harmony.*

Jesus loved

1 John 3:16 *By this we know love, that He laid down His life for us, and we ought to lay down our lives for the brothers.*

John encouraged the Church to Love

1 John 3:18 *Little children, let us not love in word or talk but in deed and in truth.*

Love: Better, Stronger, Greater & Perfect

Proverbs 10:12 (KJV) *Hatred stirreth up strifes: but love covereth all sins.*

Proverbs 13:24 *Whoever spares the rod hates his son, but he who loves him is diligent to discipline him.*

Proverbs 15:17 *Better is a dinner of herbs where love is than a fattened ox and hatred with it.*

Proverbs 17:17 *A friend loves at all times, and a brother is born for adversity.*

1 Corinthians 13:13 *So now faith, hope, and love abide, these three; but the greatest of these is love.*

1 John 4:18 *There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.*

Read more:

<http://www.whatchristianswanttoknow.com/valentines-day-bible-verses-20-great-quotes/#ixzz2qVE21bUw>



Put ice
on it.



ice

Our mom or dad would say,
"Put **ice** on it. You'll feel better — and it
actually worked on all our bumps and
bruises.

We're older now and health issues
just aren't that simple. But you know
what? Sometimes the answer is still
the same. Only this "**ice**" — is the
finest healthcare resource in Florida.

INNOVATION • COMPASSION • EXCELLENCE
ocalaice.com // limbstitute.com

SERVICES INCLUDE
Institute of
**Cardiovascular
Excellence**

Institute of
**Medical
Excellence**

Limbstitute
Comprehensive vein care
and limb salvage

LOCATIONS

Ocala 4730 SW 49th Rd. // 352.854.0681

Tavares 2754 Dora Ave. // 352.259.5960

Summerfield 10435 SE 170th Place // 352.233.4393

The Villages 1950 Laurel Manor Dr., Bldg 240 // 352.509.9295

The Villages 1050 Old Camp Road // 352.259.5960

Williston 412 W. Noble Ave. // 352.528.0790