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February 2014

Lake/Sumter Edition - Monthly

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the nation's first outpatient partial knee replacement program to help hundreds of patients get back to their active lifestyle without a hospital stay.

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Contents

February 2014

- | | |
|---|---|
| 7 Stop Suffering from Pain
Gulfcoast Spine Institute | 20 New Radiation Therapy
Applicator Helps Skin Cancer
Patients Avoid Surgery |
| 10 New Revolutionary Medical
Device to Improve Leg Circulation | 22 Dealing with Sciatica
Shooting Down the Leg? |
| 12 American Heart Awareness
Know Your Risk and Prevent
Heart Disease | 24 The Freedom of
Independent Living |
| 14 Are You Avoiding Intimacy
Due to Painful Intercourse? | 25 Heart Healthy Foods |
| 16 Look Your Best for
Valentine's Day | 26 This Valentine's Day, Get a
Room... Not the Emergency Room |
| 18 Rejuvenate. Restore. Renew.
Surgical and Non-Surgical Cosmetic
Procedures Improve Vision and
Quality of Life | 28 Heel Pain |
| | 29 Bad Breath (Halitosis) |
| | 30 Your Big Red Heart |
| | 31 Spiritual Wellness
Valentine's Day Bible Verses |

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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.

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!



Gulfcoast Spine Institute

by the numbers



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DR. RONZO AND DR. BONO IN
THE PAST 12 YEARS

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OF OUR BUSINESS IS
REFERRED BY A PHYSICIAN
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LESS THAN
60
MINUTES
THE AVERAGE SURGERY TIME
BY DRs. RONZO & BONO

LESS THAN
1%
INFECTION RATE

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SURGERIES AND PROCEDURES
PERFORMED

100%
OF OUR PRACTICE HAS BEEN AND
WILL CONTINUE TO BE EXCLUSIVELY
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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.

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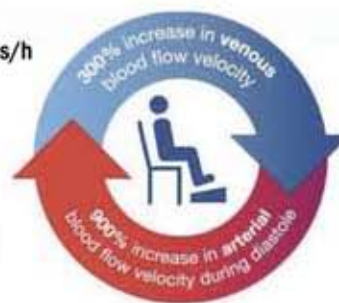


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Bio

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.

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American Heart Awareness Month

Know Your Risk and Prevent Heart Disease

By T.E. Vallabhan, MD, FACC



The list of the biggest health threats for men is surprisingly short: heart disease, cancer, accidents, chronic lower respiratory disease, stroke, type 2 diabetes, and suicide. One thing each of these threats have in common in that prevention pays off. It is no surprise that heart disease tops this list of men's health threats, compiled from statistics provided by the Centers for Disease Control and Prevention (CDC). It is time for all men to get serious about reducing your risks for heart disease. The biggest threat to men's health can often be prevented. Here's what you need to know to live a longer with a healthy heart.

In the United States, heart disease is the number one killer of both men and women. Often, though, people don't know they are at risk for heart problems.

Heart disease includes a number of conditions affecting the heart and the blood vessels in the heart. The most common type of heart disease is coronary artery disease, which is the narrowing or blockage of the blood vessels that supply blood to the heart itself. This happens slowly over time and is a major reason people have heart attacks.

Dr. V

Don't smoke. If you smoke or use other tobacco products, ask your doctor to help you quit. It's also important to avoid exposure to secondhand smoke.

Eat a heart-healthy diet. Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated fat, cholesterol, trans fat, and sodium.

Get your blood pressure checked at least every two years. If you have high blood pressure, follow your doctor's advice on how to lower it and keep it under control.

Manage chronic conditions. If you have high cholesterol or high blood pressure, follow your doctor's treatment recommendations. If you have diabetes, keep your blood sugar under control.

Include physical activity in your daily routine. Choose sports or other activities you enjoy, from basketball, golf, walking, to bowling. Anything that gets you up and moving every day is better than doing nothing.

Maintain a healthy weight. Extra pounds increase the risk of heart disease. Learn about your body mass index, or BMI, and how important it is to keep it within a healthy range.

Limit alcohol. If you choose to drink alcohol, do so only in moderation. Too much alcohol can raise your blood pressure.

Manage stress. If you feel constantly on edge or under assault, your lifestyle habits may suffer. Take steps to reduce stress — or learn to deal with stress in healthy ways.

Talk to your doctor about taking aspirin. The U.S. Preventive Services Task Force recommends that men ages 45 to 79 take aspirin to lower their risk of heart attack when the benefit outweighs the possible harm of gastrointestinal bleeding. Discuss your personal risk of both heart disease and gastrointestinal bleeding with your doctor.

The bottom line: understanding health risks is one thing, taking action to reduce your risks is another. Start with healthy lifestyle choices — eating a healthy diet, staying physically active, quitting smoking, getting regular checkups and taking precautions in your daily activities. The impact of taking these steps to be preventive may be greater than you'll ever know.

Dr. Vallabhan

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NEW LOCATION

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

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February is American Heart Month

According to the American Heart Association, more women die of cardiovascular disease than from the next four causes of death combined, including all forms of cancer.

Know the Signs of a Heart Attack:

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath
4. Breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, the most common symptom in women is chest pain or discomfort. However, women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.



If you have any of these signs, don't wait more than five minutes before calling for help.

Call 9-1-1 immediately.



American Heart Association®
Learn and Live

Are You Avoiding Intimacy Due to Painful Intercourse?

By Vicki Spangler, RN, MSN, WHNP-BC

Painful sex (dyspareunia) is a medical condition that countless women face. It may lead them to quietly suffer or avoid sexual activity or intimacy with their partners. Fortunately, there are relatively simple solutions to obtain relief of sexual pain. The goal of diagnosis and treatment is to treat the underlying cause of the pain. As a woman ages and there is a decrease or absence of Estrogen, the tissue of the vaginal walls begins to thin, become dry, and lack the suppleness that is inherent while she is menstruating. While lubricants are useful and encouraged for sexual pain, they do not provide a more permanent solution to the problem.

There are many medical treatment modalities that can remedy or at least reduce sexual pain and it does not involve surgical intervention. The first step is obtaining a proper diagnosis for the particular type of pain you are experiencing. Typically, treatment plans consist of application of prescriptive creams to using in-home medical devices to provide relief. Most women can expect a great improvement in symptoms within one or two months of treatment.

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While hormone replacement therapies (HRT) come with many risk factors when used for long periods, using low dose, topical vaginal HRT actually begins to rejuvenate the vaginal tissues long term which allows a woman to obtain relief from painful sex symptoms. In addition, there is a device, called Intensity, which is used in the privacy of your home. Intensity exercises and stimulates the pelvic floor muscles. The stimulation provided by the device assists in toning the vaginal walls which may have become weakened due to age, childbirth, lack of female hormones, or various other reasons. With regular use, women generally feel improved vaginal tone, more intense orgasms, and a decrease in vaginal pain from atrophied vaginal tissue. Depending on the cause of your pain, Intensity may be used alone or in conjunction with various HRT vaginal creams, depending on each woman's particular diagnosis.

Overall, women should not feel alone if they are experiencing sexual pain. There are relatively simple solutions for women to have a full sex life that is enjoyable and healthy. If you have any questions or would like to be evaluated for your sexual pain, please feel free to make an appointment with Vicki Spangler, RN, MSN, WHNP-BC or Dr. Uzoma Nwaubani at the Continence and Pelvic surgery Center with two convenient locations to serve you at 1050 Old Camp Road, The Villages, FL 32162 or Leesburg.



Uzoma Nwaubani MD

Dr. Nwaubani is a Nigerian born medical doctor. She obtained her medical degree (MD) from the University of Nigeria and completed an OB/GYN residency at New York University, followed by a Fellowship in Urogynecology/ Pelvic Reconstructive Surgery at Mt. Sinai College of Medicine. Prior to starting her residency training, she worked as an Obstetrician and Gynecologist in the Caribbean Island of Trinidad and Tobago, and also as a Clinical Instructor in Histology/Pathology at St. Georges' University School of Medicine.

Dr. Nwaubani's professional interest include Urogynecological surgery, minimally invasive pelvic surgery, prolapse and incontinence management, Gynecological evaluations and surgery, female pelvic medicine and wellness, menopausal medicine and urogynecological research and education.



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The active, vibrant life M.C. had grown accustomed to came to a screeching halt in 2004 when she began having painful bladder issues.

"If I had to go to the bathroom, I had to go immediately and it was painful," says the Wildwood resident. "I also had to go more frequently, which affected my life. If I went out to eat with friends and went out dancing, I always had to make sure I was close to a restroom. Plus, my husband and I loved hiking and going for walks and that stopped."

When M.C. started going to Dr. Uzoma Nwaubani in 2011, she says everything changed for the better. Not only was Dr. Nwaubani able to treat her bladder problem, she gave M.C. back her life. "She knew exactly what to do to help me, and now I can do all the things I used to do," she says. "Dr. Nwaubani was always so caring and compassionate, and she answered all of my questions. Because of her, I finally have control, and I'm feeling better all the time."



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Uzoma Nwaubani, M.D.
Urogynecologist and Pediatric Gynecologic Surgeon



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?

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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.

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"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



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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!"

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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

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Find out more information online at

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“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



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NEW RADIATION THERAPY APPLICATOR HELPS SKIN CANCER PATIENTS AVOID SURGERY

InterCommunity Cancer Centers and Institute Educates Patients and Dermatologists about Valencia Applicator as a Non-Surgical Treatment of Skin Cancer

When we think about skin cancer treatment, most of us still assume that surgery is the only viable option. However, this can't be further from the truth. While surgery still remains a valuable and clinically proven treatment when performed by a highly-skilled dermatologist or surgical oncologist, experts at InterCommunity Cancer Centers (ICCC) and Institute (ICCI) of Leesburg and Lady Lake want to take this opportunity to educate patients and their physicians about a new non-surgical treatment option called the Valencia Applicator.

"Recently, we have had a numerous patients tell us that their dermatologist informed them that surgery is their only option. It's not. And it is our responsibility as clinicians to educate our patients and esteemed colleagues that a viable non-surgical option does exist," says said Hal M. Jacobson, M.D., medical director of ICCC/ICCI.

In 2009, ICCC became the first cancer-care program in Lake, Sumter and Marion Counties to provide the Valencia Applicator as a non-surgical treatment for skin cancer. The Valencia Applicator, used during High Dose Rate (HDR) brachytherapy, offers a convenient and non-surgical option for patients with small and large superficial skin cancers.

The Valencia Applicator is specifically designed for superficial treatments of lesions up to 3 cm in diameter and 4 mm in depth. Valencia is one of the three most common applicators used in the HDR brachytherapy treatment for skin and surface cancers. HDR brachytherapy enables physicians to deliver a higher dose of radiation directly to the tumor, while sparing healthy tissue and surrounding organs.

The use of the Valencia Applicator can also be used to effectively treat lesions located around the eyelids, ear and nose where electron applicator treatment is not suitable do to the potentially damaging radiation exposure to the targeted treatment areas. In addition, the applicator also treats tumors of small size and shallow depth. These cup-shaped applicator limits the amount of radiation to the required area using tungsten shielding and are designed to treat to the correct depth without overexposing the skin, yielding excellent cosmetic and functional results.



"New applicators such as Valencia help us deliver higher doses of radiation with fewer complications and side effects. With the multi-disciplinary approach to treating malignancies today, our new applicator is helping to provide optimal results for the patient," explains Dr. Jacobson

According to the ACS, more than two million cases of basal and squamous cell skin cancer are found in the U.S. each year. Melanoma, the most serious type of skin cancer, accounted for approximately 76,600 cases of skin cancer and more than 9,000 of the 12,000-plus skin cancer deaths estimated for 2013.

The ACS' website identifies numerous risk factors, signs and symptoms and important prevention tips regarding skin cancer and they include the following:

WHAT ARE THE RISK FACTORS FOR SKIN CANCER?

Risk factors for non-melanoma and melanoma skin cancers include:

- Unprotected and/or excessive exposure to ultra-violet (UV) radiation (sunlight or tanning booths)
- Pale complexion (difficulty tanning, easily sunburned, natural red or blond hair color)
- Occupational exposures to coal tar, pitch, creosote, arsenic compounds, or radium
- You or other members of your family have had skin cancers
- Multiple or unusual moles
- Severe sunburns in the past

WHAT ARE THE SIGNS AND SYMPTOMS OF SKIN CANCER?

Skin cancer can be found early, and both doctors and patients play important roles in finding skin cancer. If you have any of the following symptoms, tell your doctor.

- Any change on your skin, especially in the size or color of a mole, growth, or spot, or a new growth (even if it has no color)
- Scaliness, oozing, bleeding, or change in the appearance of a bump or nodule
- The spread of pigmentation (color) beyond its border, such as dark coloring that spreads past the edge of a mole or mark
- A change in sensation, such as itchiness, tenderness, or pain



CAN SKIN CANCER BE PREVENTED?

The best ways to lower the risk of non-melanoma skin cancer are to avoid long exposure to intense sunlight and practice sun safety. You can still exercise and enjoy the outdoors while using sun safety at the same time. Here are some ways to be sun safe:

- Avoid the sun between 10 a.m. and 4 p.m.
- Seek shade: Look for shade, especially in the middle of the day when the sun's rays are strongest. Practice the shadow rule and teach it to children. If your shadow is shorter than you, the sun's rays are at their strongest.
- Slip on a shirt: Cover up with protective clothing to guard as much skin as possible when you are out in the sun. Choose comfortable clothes made of tightly woven fabrics that you cannot see through when held up to a light.
- Slop on sunscreen: Use sunscreen and lip balm with a sun protection factor (SPF) of 15 or higher. Apply a generous amount of sunscreen (about a palmful) and reapply every 2 hours and after swimming, toweling dry, or sweating. Use sunscreen even on hazy or overcast days.
- Slap on a hat: Cover your head with a wide-brimmed hat, shading your face, ears, and neck. If you choose a baseball cap, remember to protect your ears and neck with sunscreen.
- Wrap on sunglasses: Wear sunglasses with 99% to 100% UV absorption to provide optimal protection for the eyes and the surrounding skin.
- Follow these practices to protect your skin even on cloudy or overcast days. UV rays travel through clouds.
- Avoid other sources of UV light. Tanning beds and sun lamps are dangerous. They also damage your skin in other ways.

"Self-examination and regular skin cancer screenings can save so many lives and they require a minimum amount of time and effort," said Dr. Jacobson. "We must all remain vigilant about these examinations and contact your physician immediately if you detect any of the warning signs."

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.



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Dealing with Sciatica Shooting Down the Leg?

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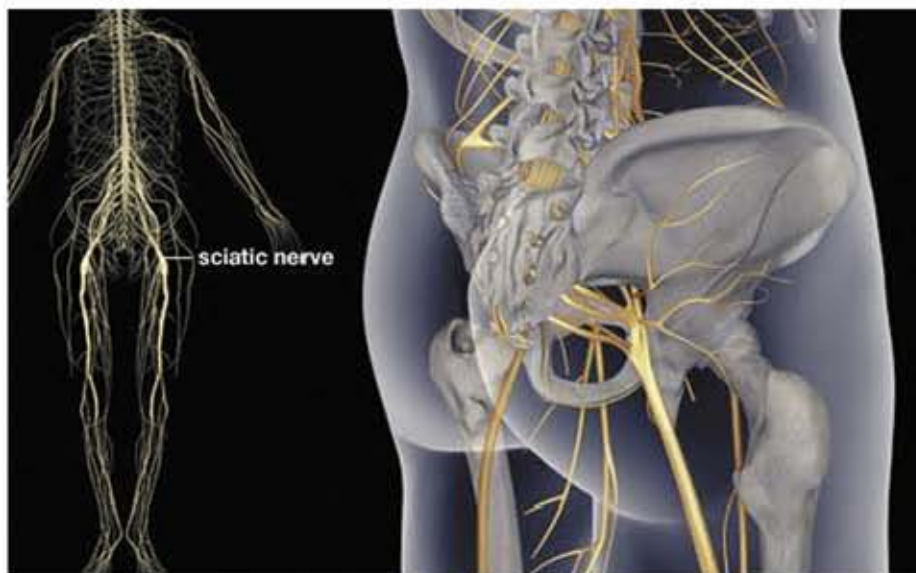
Sciatica is a pain that you would not want to wish on your worst enemy. It is described as a sharp and shooting pain travels down the leg, but most people experiencing the symptoms will describe it as a numbness, tingling or burning sensation.

You may have considered local newspaper advertisements advertising decompression, but don't want to pay thousands up front for long treatment plans. Well at Compton Chiropractic there is a more affordable decompression therapy called Cox Flexion distraction technique that can relieve your sciatic symptoms.

What makes Cox flexion distraction different from other decompression machines is the doctor is with you at all times. The doctor will use his hands and the machine to make corrections as he is administering treatment. Ask yourself this question: Do you want a machine taking care of you or do you want a top rated experienced doctor there with you at all times that can make adjustments and provide you with better results with fewer visits?

Having the doctors at Compton Chiropractic control the decompression from start to finish guarantees that the patients will receive more effective care and much shorter treatment plans. The typical treatment is 8-12 visits where as other decompression therapies require a patient to undergo over 26 visits. Our doctors also works with your primary care physicians, neurologists, and neurosurgeons in order to provide effective conservative care first. The truth is not every patient is a candidate for major surgery or prescription medication. This conservative treatment has been shown to decrease disc pressure by approximately 75% thus allowing relief of the signs and symptoms of disc related pain (Sciatica). The average treatment time last about 15 minutes and most patients report feeling better in just a few visits.

The Cox Flexion distraction was developed by Dr. James M. Cox For 50 years Dr. Cox has designed this decompression treatment; documenting the science of



this non-surgical alternative to back surgery approach to back pain relief in the hands of well-trained back specialists.

Evidence-based protocols are tested in laboratory trials and clinical trials supported by privately funded, clinician-volunteer, and federally funded research grants. Their objectives are to document the effect decompression has on the spine and its nerves to relieve pain (drops pressure) as well as the amount of time in days (29 average) and visits (12 average) it takes to relieve pain.

These protocols are well-defined in medically-published textbooks and peer-reviewed journal articles. Their proper application, even the amount of force, is taught in recognized postgraduate and graduate training programs. Patients seeking relief of their lower back pain and neck pain can rest easy knowing that Cox Technic flexion distraction protocols are safe, gentle, and well-documented to help them.

.....
Compton Chiropractic Care
352-391-1126

Doctor Compton shares that, "some patients are candidates for surgery in order to correct their sciatic symptoms; however in most cases I able to postpone or prevent surgery for my patients."

The Doctors at Compton Chiropractic are graduates from Palmer College of Chiropractic and have been serving The Villages since 2006. The Doctors are integrated with several local

primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively.

Dr. Compton shares how many residents have become his patient's:

First:

- Most patients come directly to our office as referrals are not necessary.

- Others tend to start at their Primary care Physicians office (PCP). The PCP will evaluate and treat with medication. Then the patient presents to our office.

Second:

- We evaluate and treat the patient while working with the PCP if indicated.

- We treat as needed based on the patient's presentation (3-12 visits). Should we fail to see results quickly we recognize the need to progress the case. This means advanced imaging and orthopedic consultation.

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TESTIMONIALS

"I suffered from sciatica for 25 years until a friend told me about Doc. After 4 treatments I was back on the golf course and out of pain."
- K.R.

"I thought I would live with this pain for the rest of my life, But thankfully I was wrong and Doc was right." - M.M.

"Dr. C is an amazing Doctor who actually cares for his patients like they were family."
- A.O.

"My back feels twenty years younger."
- C.C.

"Although the Doctor was only able to give me temporary relief, he was responsible for getting me to great surgeon who helped me. I will continue to see and trust Dr. Compton."
- T.A

Doctor Compton's office is located in The Palm Ridge Plaza off CR 466 and they accept all major insurances. Office hours are M-F from 9am to 5 pm and Saturdays 9-2.

Compton Chiropractic added on another physician, Dr. Daniel Taylor to their practice. With three physicians on staff, Compton Chiropractic can now more effectively serve it's increasing patient base.

Feel free to set up a free consultation to meet with one our doctors in order to determine what treatment plan may be right for you!
(352) 391-1126.

**About****Dr. Brent Compton**

Dr. Brent was raised here in Central Florida and graduated From Lees-burg High School in 2005. While growing up he spent much of his time fishing, playing baseball, and soccer. In high school he learned to scuba dive which along with fishing continues to be one of his favorite hobbies still today. After high school Dr. Brent attended The University of Central Florida where he graduated with his bachelors degree in pre-professional biology in 2009. While attending UCF he spent spare time competing in nationwide bass tournaments for the school's fishing team. Upon graduation Dr. Brent moved to the east coast where he immediately began medical school at Palmer College of Chiropractic. While attending the year around program at Palmer, Dr. Brent became very interested in sports related medicine and nutrition. After completing the four year curriculum Dr. Brent graduated from Palmer in 2012. He decided to move back home in order to join his father's practice located off 466 in The Villages. Together they now deliver a small town family approach to healthcare which has become rare these days. Within the next year Dr. Brent plans on volunteering at local athletic events along with coaching youth sports.

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THE FREEDOM OF INDEPENDENT

Living

As seniors consider retirement living, a rapidly growing segment appreciates the FREEDOM of Independent Living. The quality of life comes from the simplicity of a community environment with independence and privacy. As one recent client stated "Richard and I can no longer provide all the maintenance this house requires and everything keeps going up". The safety and security allows gracious living with one all-inclusive rent, so seniors can focus on enjoying life.

Imagine no more property tax bills, no homeowner insurance bills, no utilities to pay, or lawn care work or payments. All meals are prepared by trained chefs; housekeeping is included in the rent, and usually transportation is provided to places you want to go locally. The security of knowing a management person is available 24/7 provides peace of mind to seniors and their families. Independent living is far more than senior housing, it includes social as well as the health and fitness activities seniors need.

The spacious apartments typical of independent living often includes kitchenettes for those times one wants to cook and can be decorated to the style that makes it feel like home. The shared areas are full of amenities that promote wellness, group activities, shared spiritual experiences, and continuing education. Usually an in-house third party home health company is available as needed, and many health care professionals make regular visits to the community. Most are pet friendly and equipped.



Most retirees are retiring from work and engaging in more recreational, leisure, or volunteer activities. That makes the freedom of independent living appealing, as so many parts of daily maintenance are covered by the all-inclusive rent, giving more time for what the senior retired to do in the first place. Assisted Transition has visited all the independent living communities in the area and noted the specialties that each offers. At no cost to you, a Certified Senior Advisor will narrow down your search and introduce you to your new home. Call our local Leesburg office at 352-356-8127.

The freedom of independent living is available to new retirees, and those that have exhausted the active adult lifestyle Central Florida offers. Assisted Transition is a free senior advocacy business, specializing in senior care and housing solutions. With the aging of residents in The Villages and nearby towns of Lady Lake, Leesburg, Tavares, Eustis, Summerfield, Belleview, as well as Inverness, Lecanto and Brooksville, independent living is a great option. Assisted Transition provides a free tour guide through the maze of senior services in Lake, Sumter, Marion, Citrus, and Hernando Counties. Call 352-356-8127.



David and Angela Wilkins serve the Central Florida living and care placement needs of seniors. They focus on the growing retirement communities of The Villages and the surrounding towns and cities stretching to the Gulf of Mexico. Their office is in Leesburg, Florida and they can be reached at 352-356-8127.

Both are Certified Senior Advisors® with a passion for compassionate education of the life stages seniors go through, a term we call transitions. David has his MBA and came from a corporate marketing background. Angela was previously a certified elementary school teacher. Both have lost their parents and lived through the health concerns that have taken the lives of one of David's sisters and his only brother. Those experiences and serving as an ordained Deacon responsible for multiple widows has shaped their worldview.



Assisted Transition
Senior Living & Care Finders

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.



This Valentine's Day, Get a Room... Not the **EMERGENCY** Room

Hearth Health Awareness and the month for love can be a busy time to go to the hospital emergency room. Instead of wasting your precious family time, when you have an urgent need go to 441 Urgent Care instead. They are the "after hours" of health care – the weekends and evenings when your regular doctor's office is closed and a trip to the emergency room isn't necessary. Perhaps you suffered a minor cut or injury from a fall and you don't want to wait all night or all weekend without medical attention. The most common illness especially during the COLD season is Sinus Pressure, Congestion and Post Nasal Drip (PND). The question is: do you wait until your symptoms could potentially get worse? No, says William Goellner, M.D., medical director of 441 Urgent Care Center. Physician Assistant, Adam Santos, add: "It is better to prepare and prevent than to repair and repent." It is 441 UCC goal to keep patients out of the Hospital. Early detection of Upper Respiratory Infection (URI) can prevent an elderly patient from progressing from bronchitis to pneumonia. "For most non-emergency medical ailments, 441 UCC is a convenient and cost-effective alternative to emergency room care," Adam Santos explains.

441 Urgent Care Center open its door in June 1, 2009 at Summerfield Location. The original idea was to provide excellent care to local retiring communities mainly Spruce Creek South, Spruce Creek North at Del Webb and Stone Crest. In response to Villages resident, we extended our services to The Villages in March 2011 by opening our Buffalo Ridge Location on CR - 466. With the exponential growth in The Villages and the increase need for more urgent cares, our third location was open in March 2013 at Lake Sumter Landing. "We are excited about having three locations to meet the urgent care needs of our patient," PA

Santos says. "The three locations are open late because we realize not everyone can fit healthcare needs into an 8a.m. To 5p.m., Monday through Friday schedule. We want people to know we are there for them so they can receive passionate, quality healthcare whenever they need it. They really like our services because they see results quicker and do not have to go through bureaucratic layers to accomplish their goals."

In addition to urgent care, all three locations offer travel medicine, shingles vaccine, allergy testing, laboratory testing, school and sports physical, pre-employment exams, and DOT physicals because their genuine care for their patients, they even have a shuttle service offered to residents who live within 20 miles of each facility. For a small nominal fee of \$10, a 441 van picks up patients and returns them to their home. The van will also transport patient from and to their doctors' appointments. This service has been greatly appreciated by our communities.

The 441 Urgent Care team prides itself on offering affordable, fast and friendly services. They have vast medical expertise and years of experience. By combining their medical experiences they have more than 50 years in the field of caring for local communities. Their diagnoses are fast and accurate so that they can get you on the road to recovery. Follow up also is an integral part of their care. Every patient is encouraged to follow up with their primary care provider or they have the option to return to 441 at any time.

SUMMERFIELD

OPEN DAILY
8am to 10pm

365 days a year

Office:
352-693-2340
Fax: 352-693-2345



Spruce Creek Medical Plaza • 17820 SE 109 Ave, Ste 108
Summerfield • Across from Wal-Mart on Hwy 441

THE VILLAGES - BUFFALO RIDGE - CR466



Golf Cart Access

OPEN M-F
8am to 8pm
SAT & SUN
8am to 5pm

Office:
352-350-1526

3602 Wedgwood Lane, Buffalo Ridge Shopping Plaza.
2 Doors Down From Bonafish Grill, Inside The Villages Lab, Hwy 466

THE VILLAGES - LAKE SUMTER LANDING

OPEN M-F
7am to 8pm
SAT & SUN
8am to 5pm

Office:
352-350-1525

Golf Cart Access



910 Old Camp Road, Suite 182, Across from Too Jay's in between Citrus
Cardiology and the Medicine Chest (yellow building with blue trim)

URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM

441 Urgent Care Centers offer a number of benefits, according to Adam Santos, PA-C, before you head to the ER, you need to consider several things:

- First, urgent care offer better value because patients receive the same quality of care at a more affordable cost and friendly staff members are there to greet them and answer their questions. The majority of insurance companies have lower co-pays for urgent care than they do for the emergency room. In addition, when you go to the ER, you will pay additional facility fees and doctors' fees. Patients who go to 441 Urgent Care receive only one bill, that is it. Simple and easy.
- Second, Emergency rooms prioritize everyone who walks in with a triage process. This results in someone with a nonlife-threatening illness spending hours in the waiting room with other sick and contagious patients before they ever see a physician or mid-level provider. At 441 Urgent Care, the door-to-door time is less than one hour.
- Another advantage that 441 Urgent Care provides is prompt follow-up care. If you go to the ER, you are told to follow up with your primary care physician, this process may take weeks. Instead at 441 Urgent Care is open seven days a week, 365 days a year; you can simply walk back in for your follow up appointment or if your condition worsens, providing you the adequate follow up you deserve. For example: Patients that comes in with dehydration, they can be brought back in have IV fluid hydration or serial antibiotic shots. No appointment necessary. This is truly concierge medicine.

A TEAM EFFORT

The physicians at 441 Urgent Care are board certified in both emergency medicine and family practice. In addition, their Physician Assistants (PA) and Nurse practitioners (ARNP) are also board certified and experienced in multiple specialties including: emergency medicine, internal medicine, pediatrics, surgery, oncology, occupational medicine and family practice. In alliance with The Villages Regional Hospital and Lake Medical Imaging (LMI) 441 Urgent Care utilized laboratory and imaging services to allow the physicians and mid-level providers to treat higher and acute problems. We plan to complement the emergency department by providing healthcare to patients who may be too acutely ill for a primary care office, but not critical enough to warrant an emergency department visit. And the extended hours of operation allows them to provide services after hours, weekends and holidays.



William Goellner, MD, Medical Director
Duke University Medical School (1974)
Surgical Internship, Dallas, TX (1974-1975)
Surgical Residency, Miami, FL (1975-1977)
Board Certified in Emergency Medicine
American College of ER Physicians, former president
American Heart Association, Emergency Care Committee
American Medical Association, member
Florida Association of EMS Physicians, Charter member

Our medical director Dr. William E. Goellner is a graduate of Duke University Medical School and is board certified in emergency medicine and tropical medicine. He completed his residency training in general surgery in Dallas, Texas and Jackson Memorial in Miami, Florida. 441 Urgent care is primarily staffed by board-certified emergency medicine physicians, Dr. William Goellner and Dr. Mark Sbarro. Together our physicians have over 50 years of emergency and urgent care experience. To complement our physicians we also are blessed with experienced physician assistants (PA) and nurse practitioners (ARNP)

SIMPLY THE BEST

The after hours team is here to care for your immediate and urgent care needs. "There was a big need for an urgent care center because people were typically going to emergency rooms and discovering that the wait time is long, tedious, and stressful," PA, Adam Santos says. "They are grateful we are here and truly appreciate that we can see them anytime, day or night, weekend or holiday." "The emergency room is an over-utilized, expensive and stressful place to seek healthcare for those who do not have a true emergency," PA, Adam Santos states. "We believe urgent care is a solution for this complex healthcare system and bridges the gap between primary physicians and emergency rooms." One local physician, Dr. Hammersfahr, a neurologist agrees when he stated that "When I need results fast for my patients and my family, I send them to 441 Urgent Care." After all, your health is important and you deserve the best care possible, regardless of whether you are facing an unexpected illness or emergency.

When you come to 441 Urgent Care Centers you experience the best of all medical worlds: you are treated with respect and compassion by our friendly staff members. "It is my personal and professional opinion that patients should consider urgent care before going to the emergency room," says PA Santos.



Adam Santos, PA-C

"Your care means more to us than your wallet"



John Santos, ARNP

MISSION STATEMENT

It is our mission statement to provide the highest level of healthcare by utilizing medical experience and technology equivalent to what one would find in an emergency department.

MOTTO

Hard work pays off and honesty will prevail

441 URGENT CARE GOALS

- We will take care of our patients in a timely fashion
- We will explain the patient's condition in layman's term, so that they will fully understand their diagnosis and treatment plan
- We will allow ample time to answer any patient's questions regarding treatment
- We will assure that their care is continued by their primary care provider (PCP) or referral source, or a combination of both
- We will assure that every patient that leaves 441 Urgent Care will know that someone has cared about his or hers health and well-being in a holistic way.

OUR PHILOSOPHY

See you at your convenience

Provide top level care without top level pricing

Be ever mindful that your time is valuable

Create a warm and relaxed environment

Include you in the medical decision process

Treat you as we would treat our own

ADULT AND PEDIATRIC CARE ON SITE LAB, X-RAY AND EKG

ILLNESSES:

- Colds, flu, and other viral illnesses
- Bronchitis, pneumonia, asthma attacks
- Ear, throat and sinus infections
- Rashes and Poison Ivy / Oak
- Nausea, vomiting and dehydration
- Urinary Tract Infections / STD's
- Migraines and chronic / acute LBP

INJURIES:

- Fractures, sprain, strains and dislocations
- Lacerations (cuts) abrasions (scrapes)
- Splinters and foreign body removal
- Wound care / repair and abscess drainage
- Work related injuries w / authorization

Heel Pain

By Richard S. Benjamin, DPM

The heel bone is the largest of the 26 bones in the human foot, which also has 33 joints and a network of more than 100 tendons, muscles, and ligaments. Like all bones, it is subject to outside influences that can affect its integrity and its ability to keep us on our feet. Heel pain, sometimes disabling, can occur in the front, back, or bottom of the heel.

Heel pain has many causes. Heel pain is generally the result of faulty biomechanics (walking gait abnormalities) that place too much stress on the heel bone and the soft tissues that attach to it. The stress may also result from a bruise or injury incurred while walking, running, or jumping on hard surfaces; wearing poorly constructed footwear (such as flimsy flip-flops); or being overweight.

Common causes of heel pain include:

Heel Spurs: A bony growth on the underside of the heel bone. The spur, visible by X-ray, appears as a protrusion that can extend forward as much as half an inch. When there is no indication of bone enlargement, the condition is sometimes referred to as "heel spur syndrome." Heel spurs result from strain on the muscles and ligaments of the foot, by stretching of the long band of tissue that connects the heel and the ball of the foot, and by repeated tearing away of the lining or membrane that covers the heel bone. These conditions may result from biomechanical imbalance, running or jogging, improperly fitted or excessively worn shoes, or obesity.



Plantar Fasciitis: Both heel pain and heel spurs are frequently associated with plantar fasciitis, an inflammation of the band of fibrous connective tissue (fascia) running along the bottom (plantar surface) of the foot, from the heel to the ball of the foot. It is common among athletes who run and jump a lot, and it can be quite painful.

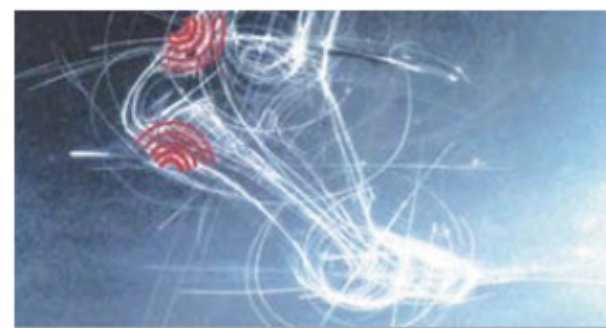
The condition occurs when the plantar fascia is strained over time beyond its normal extension, causing the soft tissue fibers of the fascia to tear or stretch at points along its length; this leads to inflammation, pain, and possibly the growth of a bone spur where the plantar fascia attaches to the heel bone. The inflammation may be aggravated by shoes that lack appropriate support, especially in the arch area, and by the chronic irritation that sometimes accompanies an athletic lifestyle.

Resting provides only temporary relief. When you resume walking, particularly after a night's sleep, you may experience a sudden elongation of the fascia band, which stretches and pulls on the heel. As you walk, the heel pain may lessen or even disappear, but that may be just a false sense of relief. The pain often returns after prolonged rest or extensive walking.

Excessive Pronation: Heel pain sometimes results from excessive pronation. Pronation is the normal flexible motion and flattening of the arch of the foot that allows it to adapt to ground surfaces and absorb shock in the normal walking pattern.

As you walk, the heel contacts the ground first; the weight shifts first to the outside of the foot, then moves toward the big toe. The arch rises, the foot generally rolls upward and outward, becoming rigid and stable in order to lift the body and move it forward. Excessive pronation can create an abnormal amount of stretching and pulling on the ligaments and tendons attaching to the bottom back of the heel bone. Excessive pronation may also contribute to hip, knee, and lower back injuries as well.

Achilles tendinitis: Pain at the back of the heel is associated with Achilles tendinitis, which is inflammation of the Achilles tendon. It is common among people with tight tendons who frequently walk and/or run. The condition occurs when the tendon is strained over time, causing the fibers to tear or stretch along its length, or at its insertion on to the heel bone. This leads to inflammation, pain, and the possible growth of a bone spur on the back of the heel bone. The inflammation is aggravated by the chronic irritation that sometimes accompanies an active lifestyle and certain activities that strain an already tight tendon.



Other possible causes of heel pain include: rheumatoid arthritis and other forms of arthritis including gout, which usually manifests itself in the big toe joint; an inflamed bursa (bursitis), a small, irritated sac of fluid; a neuroma (a nerve growth); or other soft-tissue growth. Such heel pain may be associated with a heel spur or may mimic the pain of a heel spur.

Haglund's deformity, often referred to as "pump bump", is a bone enlargement at the back of the heel bone in the area where the Achilles tendon attaches to the bone. This sometimes painful deformity generally is the result of bursitis caused by pressure against the shoe and can be aggravated by the height or stitching of a heel counter of a particular shoe; a bone bruise or contusion, which is an inflammation of the tissues that cover the heel bone. A bone bruise is a sharply painful injury caused by the direct impact of a hard object or surface on the foot.

When to visit Dr. Benjamin:

If pain and other symptoms, such as inflammation, redness, swelling, or a sensation of heat persists, limit normal daily activities and contact a doctor of podiatric medicine.

Diagnosis and Treatment

The podiatric physician will examine the area and may perform diagnostic X-rays to rule out problems of the bone.

Early treatment might involve oral or injectable anti-inflammatory medication, exercise and shoe recommendations, taping or strapping, or use of shoe inserts or orthotic devices. Taping or strapping supports the foot, placing stressed muscles and tendons in a physiologically restful state. Physical therapy may be used in conjunction with such treatments.



Bad Breath (Halitosis)



Halitosis, also known as bad breath, can be caused by a variety of things including, diet, medication, poor oral hygiene, and diseases or conditions such as diabetes, GERD, lactose intolerance, gum disease, and more. Treatment for bad breath depends on the cause.

When a person does not brush or floss their teeth thoroughly, food particles may remain in the mouth. These particles are broken down by the bacteria in the mouth and cause foul odors. In addition, food particles over time can promote the growth of bacteria, which continue to cause foul odors. The bacteria can also lead to tooth decay and gum disease.

Bad breath can also be caused by decreased flow of saliva, which is a vital part of the digestive process and removes odor-causing particles in the mouth. Also called, xerostomia, dry mouth may be caused by medications, breathing through the mouth, or salivary gland problems.

Certain medical disorders may cause bad breath, for example:

- Gum or periodontal infection
- Throat infection (pharyngitis or tonsillitis)
- Local infection in the respiratory tract
- Chronic sinusitis and/or post-nasal drip
- Chronic bronchitis
- Diabetes
- Gastroesophageal reflux disease (GERD)
- Liver or kidney disease
- Sjogren's syndrome (causes xerostomia)
- Lactose intolerance

Dentures or dental appliances, such as braces, can also contribute to bad breath. Most often it is due to food particles that are not properly cleansed from the appliances. Loose-fitting dentures can contribute to sores and localized infections in the mouth, which can cause bad breath.

Overnight, bacteria accumulate in the mouth, causing bad breath that is commonly referred to as 'morning breath.' Some people breathe through their mouth at night, which can cause dry mouth and worsen morning breath.



Some common signs of bad breath include: smell, bad taste or taste changes, dry mouth, and a coating on the tongue.

When to Seek Medical Care

An individual should consult their physician if they have: persistent dry mouth, sores in the mouth, pain with chewing or swallowing, white spots on the tonsils, fever, just started a new medication, or any other symptoms that are of concern.

A dentist will examine the patient's mouth. X-rays may be taken, and periodontal charting may be done to determine if the odor is due to gum disease.

If the odor is due to gum disease, the dentist may prescribe periodontal treatment. Scaling and root planing is a careful cleaning of the root surfaces to remove plaque and calculus (tartar) from deep periodontal pockets and to smooth the tooth root to remove bacterial toxins. Scaling and root planing is often followed by adjunctive therapy such as local delivery antimicrobials. The majority of patients will require ongoing maintenance therapy to sustain health.

In patients who suffer from dry mouth, a dentist may prescribe artificial saliva. Keep your mouth moist by: drinking water, chewing sugarless gum, and sugarless mints.

Dentists can also prescribe special toothpaste and mouthwash that can improve the symptoms of bad breath. Mouthwash provides a temporary way to mask bad breath odors, but it may not treat the underlying cause.

Good oral hygiene self-care at home include:

- Brush at least twice a day with fluoride toothpaste
- Brush the teeth after meals
- Brush the tongue
- Replace your toothbrush every two to three months
- Use dental floss regularly
- Dentures should be removed at night and cleaned thoroughly before being placed in your mouth
- See your dentist at least twice a year

If good oral hygiene practices do not eliminate the bad breath, see a dental professional. In most cases, a dentist can treat the cause of bad breath.

Village Dental

352-205-7667 or 352-753-7507



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/>.

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.



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

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>



VILLAGE VIEW

COMMUNITY CHURCH

SERVICE TIMES

SAT: 4:00PM, 5:30PM

SUN: 8:00AM*, 9:30AM, 11:15AM

*TRADITIONAL SERVICE

"REACHING SEEKERS • BUILDING BELIEVERS
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