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

March 2014

Lake/Sumter Edition - Monthly

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Cancer  
Awareness**

**Spotlight on  
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to meet your needs.

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**Consumer Reports**  
September 2013 issue

**Newsweek** 2012  
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Gulfcoast Spine Institute

# by the numbers



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LESS THAN

# 10%

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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**  
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PERFORMED

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# Colorectal Cancer Awareness Month

**T**he month of March is normally known as the beginning of spring time with people stating the saying March comes in like a lion and goes out like a lamb. Many people don't know that March is also known a Colorectal Cancer Awareness Month. Colorectal Cancer affects both men and women and is the second leading cause of death in the United States. Each year about 140,000 Americans are diagnosed with colorectal cancer and more than 50,000 people die from this disease each year. Colorectal Cancer increases with age. More than 90% of cases occur in people who are 50 years and older. You should begin your screening at age 50 and keep getting regular screening till age 75. One concern is that Precancerous Polyps and Colorectal Cancer do not always present symptoms at first. That is why a screening test is so important.

#### What are the Symptoms of Colorectal Cancer?

These symptoms include blood in or on the stool (your bowel movement), stomach pain, aches and cramps that don't go away and unexplained weight loss are just a few. Some people are at a higher risk than others especially if you have anyone of these: inflammatory bowel disease, personal or family history of colorectal cancer or polyps and genetic syndromes which include hereditary non-polyposis colorectal cancer (Lynch Syndrome) and/ or familial adenomatous polyposis. If you have experienced any of the symptoms it is best to talk to your doctor.

There are several tests available to screen for colorectal cancer. Some tests can be used alone and some in a combination form. First and for most is a Colonoscopy. (Every 10 years starting at age 50) This is a procedure that uses a thin flexible camera through the anus to check for abnormalities or disease in your lower intestine or colon. Your doctor may take tissue samples for a biopsy and remove abnormal tissues such as polyps.

A high sensitivity fecal occult blood test (FOBT), stool test, or fecal immunochemical test (FIT) (every year). FOBT is when stool is put on a special card or cloth and sent to a lab. The lab uses chemicals to find blood that the naked eye cannot see. FIT test is very similar and can be done at home. You take a stool sample, place in a tube and bring to the lab. This test too detects signs of blood in the stool.



Sigmoidoscopy (every 5 years) is a medical procedure that involves the doctor to look into the rectum as well as the sigmoid colon or the descending colon using a Sigmoidoscope. This is similar to a colonoscopy but less invasive.



Studies suggest that people can reduce the risk of developing colorectal cancer by increasing physical activities, eating fruits and vegetables, limiting alcohol consumption and of course avoiding tobacco.

Prevention can be the best medicine of all. If you have turned 50 make sure you make an appointment for your colonoscopy. Remember if you take care of your body, your body will take care of you.

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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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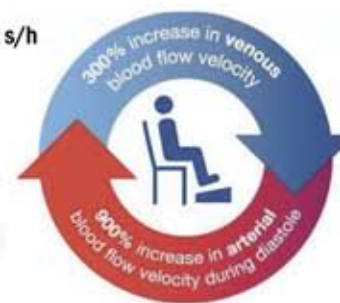


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### Bio

*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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Before

After

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

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# WHY ALL BABY BOOMERS SHOULD BE TESTED FOR HEPATITIS C

By Rick L. Pesano, M.D., Ph.D., Medical Director, Infectious Diseases, Quest Diagnostics

**H**epatitis is an inflammation of the liver, caused by the hepatitis virus. Of the five different types of hepatitis virus (A, B, C, D and E), hepatitis C is the most common in the United States, affecting more than three million people. Hepatitis C is a serious condition that requires treatment, but because infected individuals often show no symptoms until serious liver damage has already occurred, many people are unaware that they are infected.

Recently, the Centers for Disease Control and Prevention added all “baby boomers” to the list of people who should be tested for hepatitis C. Individuals born between the years 1945 through 1965 should ask their physicians for the one-time test for hepatitis C at their next medical visit.

Chronic hepatitis C infections can last a lifetime, and can lead to liver damage, cirrhosis, liver failure, and liver cancer. In fact, liver damage occurs in an estimated 60-70% of people with chronic hepatitis C infection, and hepatitis C is the leading cause of liver cancer, liver transplants, and death from liver disease. Unlike hepatitis A and B, there is no vaccine for hepatitis C, which is spread by contact with infected body fluids such as blood or semen.

However, if asymptomatic individuals were aware that they were infected, they could be treated and possibly avoid liver damage. The Centers for Disease Control and Prevention’s recommendation that all baby boomers be tested for hepatitis C was made because over 75% of adult Americans with hepatitis C are baby boomers, and about 73% of people who die from HCV complications are baby boomers. Hepatitis C-caused deaths are on the rise, with 7,000 to 15,000 deaths per year from HCV.



Rick L. Pesano, M.D., Ph.D.

In making their recommendation, the CDC noted that testing is cost-effective and saves lives, and new hepatitis C treatments can cure up to 75% of those infected. Only the blood tests can determine whether or not you have hepatitis, and which type of the virus you have.

Since symptoms are not always evident, testing is critical to confirm whether you are infected. However, some individuals who have hepatitis might have these symptoms:

- Fever
- Fatigue (feeling tired)
- Loss of appetite
- Nausea, vomiting
- Stomach pain
- Dark-colored urine
- Diarrhea
- Gray-colored stools or pale stools
- Joint pain
- Jaundice (yellowing of eyes and skin)

Usually, there are no signs of chronic hepatitis until serious liver damage has developed.

The test for hepatitis C is very convenient and no preparation is required. Your doctor will probably order an antibody test (sometimes called an anti-HCV test), which is done through a blood draw from your vein. The blood sample will be analyzed for the presence of antibodies to the virus, which indicates exposure to the virus. If the antibody test is “nonreactive” (negative), hepatitis infection is not likely. If the test is “reactive” or positive, the person has been infected with hepatitis C. If your test is positive, your doctor will probably order an additional test to confirm the results of the antibody test.

In order to decide on the appropriate treatment plan, your doctor will also order tests to pinpoint the exact kind of hepatitis C virus that is present and to provide additional information that helps him/her develop a monitoring and treatment plan. These tests, which detect, analyze, and measure viral particles in the blood, also involve a simple blood test.

Quest Diagnostics, the world’s leading provider of diagnostic testing, information and services, offers a broad hepatitis C and B virus testing menu, including tests to help determine hepatitis C exposure and identify abnormal liver function; viral RNA testing to monitor viral load during therapy; and hepatitis C genotyping to aid in predicting treatment duration and success.

**If you do test positive for hepatitis C, do not panic.** Individuals who are aware that they have hepatitis C can be treated and possibly avoid liver damage, which is why testing is so critical. Hepatitis C treatments are effective in the majority of the patients with the virus, and new antiviral drugs are being introduced that show great promise for individuals with specific types of hepatitis C. Treatment for hepatitis C usually lasts about 6 to 9 months. If you have hepatitis C, you and your doctor can discuss treatment options that will help prevent further liver damage and disease and allow you to live a long, healthy life.

Successful treatment for hepatitis C does not necessarily protect a person for life. It is possible to be infected and get sick from hepatitis C again. So, it is important to follow these general steps for prevention of hepatitis:

- Wash your hands after going to the bathroom and before touching food.
- Use condoms during sexual relations.
- Avoid tap water when traveling in countries that may have water sanitation issues.
- Don’t share toothbrushes, razors, or nail clippers with an infected person.

If you are experiencing symptoms or you are a baby boomer in the target years, remember the recommendations of the CDC and ask your physician for a one-time hepatitis C test. If you have not been previously vaccinated or are unclear on your vaccination history, ask if you should be vaccinated against Hepatitis A and B. These life-saving tests and vaccines are convenient, widely available, and effective.

#### FOR MORE INFORMATION:

- CDC website: [www.cdc.gov/knowmorehepatitis](http://www.cdc.gov/knowmorehepatitis)
- National toll-free hepatitis C helpline: 877-435-7443 Sponsored by HELP-4-HEP, a partnership among several well-known and nationally recognized non-profits with a combined 90+ years’ experience in hepatitis C education, support and patient advocacy.



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M-F 7:00am - 12:00pm, 1:00pm - 4:00pm

### Summerfield

17820 SE 109 Avenue, Suite 106A, Summerfield, FL 34491  
Tel: 352-307-5813 • Fax: 352-307-7926  
M-F: 7:00am - 12:00pm, 1:00pm-4:00pm, Sat: 8:00am -  
12:00pm

### The Villages

*The Villages*  
11962 County Road-101, Suite 402, Lady Lake, FL 32162  
Tel: 352-205-7144 • Fax: 352-205-7324  
M-F: 6:30am - 12:00pm, 1:00pm - 3:30pm

### The Villages II

*The Villages*  
1580 Santa Barbara Boulevard, Suite E, Lady Lake, FL 32159  
Tel: 352-391-1189 • Fax: 352-391-1203  
M-F: 7:00am - 1:00pm, 2:00 pm - 4:00 pm

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[QuestDiagnostics.com/patient-results-by-state](http://QuestDiagnostics.com/patient-results-by-state)

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# MID FLORIDA EYE CENTER WELCOMES NEW RETINA SPECIALIST

**M**id Florida Eye Center is pleased to announce the addition of Dr. Shawn C. Wilker, a nationally renowned board-certified, fellowship-trained ophthalmologist and retina specialist.

Dr. Wilker joins Dr. Ray D. Maizel, Lake County's first retina specialist and a leader in the science and technology of retinal care. Together, the two doctors constitute the center's Retina Institute, a practice focused on the diagnosis and treatment of vitreo-retinal and macular diseases.

Like Dr. Maizel, Dr. Wilker has dedicated a significant amount of his practice to research. His participation in numerous high-profile clinical research trials has led to advances in the field—and new treatments for his patients. "With the partnership of Dr. Wilker and Dr. Maizel, two renowned researchers, our Retina Institute is poised to do amazing things," said Dr. Jeffrey D. Baumann, Mid Florida Eye Center's co-founder and one of the practice's cataract specialists. "Best of all, it translates to new treatment options—and new possibilities—for our patients."

Dr. Wilker completed his undergraduate training at Stetson University and received his medical degree from Case Western Reserve University. He completed an internship in internal medicine at University of Florida and went on to serve his residency at Case Western Reserve University. His varied accomplishments include a Fellowship in Medical and Surgical Retina at The Wilmer Ophthalmologic Institute at Johns Hopkins University. He has served as an Assistant Professor of Ophthalmology at Case Western Reserve University since 2009.

Both Dr. Maizel and Dr. Wilker will be available to perform advanced vitreo-retinal surgery at Mid Florida Eye Center's Surgery Center of the Villages, giving their patients the opportunity to undergo this procedure in a convenient, comfortable outpatient setting. The two doctors are also available to administer leading-edge treatments for macular degeneration.



Visit [MidFloridaEye.com](http://MidFloridaEye.com) to learn more about exciting things happening at Mid Florida Eye Center's Retina Institute. Patients requesting an appointment should call Mid Florida Eye Center at 1-888-820-7878 (toll free) or 352-735-2020.

## About Mid Florida Eye Center

Mid Florida Eye Center is a full-service eye care practice that has served the Central Florida community for over 25 years. With six board-certified ophthalmologists, five optometrists, five office locations, two state-of-the-art surgery centers, and a dedicated research team, Mid Florida Eye Center is recognized as one of the nation's leading eye care centers.

Mid Florida Eye Center believes that being a "leader in eye care" means staying ahead of the curve in research and technology advancements. As a result, patients have trusted Mid Florida Eye Center to perform more than 140,000 cataract and laser procedures.

Board-Certified | Fellowship-Trained | Participating Medicare Provider  
Two Surgical Locations | Five Office Locations

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



EXCELLENCE IN RETINA SURGERY

Call us toll-free at 1-888-820-7878 or at 352-735-2020 to Schedule Your Appointment.



SECOND ANNUAL  
**ALZHEIMER'S FAMILY  
SUPPORT WALK**

Saturday, April 5, 2014

*Funds stay in the communities we serve*



**REGISTRATION FEES:**

- Adult \$20.00
- I Want to Walk & Volunteer \$15.00
- Junior (6 - 12 yrs.) \$10.00 (under 6, free admission)
- Team \$15.00/person (minimum 6 people)
- We Walk for You \$20.00 In Memory of /In Honor of



**EVENTS:**

- 1/4-Mile Walk
- 1-1/2 Mile Walk
- Golf Cart Rally



**REGISTER:**

- By phone, call 888-496-8004
- To download mail in registration or sponsor forms, go to <https://alzheimersfamily.org/special-events/the-villages-support-walk/>

Please make checks payable & mail to:  
Alzheimer's Family Organization  
PO Box 1939, New Port Richey, FL 34656

Pay by credit card:   
Call 727-848-8888 or 888-496-8004  
Fax form to 727-849-7707

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Leading – Edge Treatments  
Of Macular Degeneration  
& Diabetic Retinopathy

Mid Florida Eye Center  
is giving patients new opportunities  
for restored sight.

**DEDICATED RETINA INSTITUTE**

Mid Florida Eye Center's Retina Institute has been selected for high-profile clinical trials.

**TWO RETINA SPECIALISTS**

Dr. Shawn C. Wilker has joined Lake County's first retina specialist, Dr. Ray D. Maizel, to bring additional breakthroughs in retinal eye care to Central Florida.

**ADVANCED OUTPATIENT VITREORETINAL SURGERY IN A CONVENIENT, COMFORTABLE OUTPATIENT SETTING**

Mid Florida Eye Center's Surgery Center of The Villages offers advanced vitreoretinal surgery, a revolutionary procedure that allows patients a faster recovery and improved comfort.

**MACULAR DEGENERATION SPECIALISTS**

The two Doctors are also available to provide leading-edge treatments to patients with retinal diseases such as macular degeneration, retinal detachments, and diabetic retinopathy.

Visit Mid Florida Eye Center's Retina Institute to learn how these and other recent breakthroughs could change your life.



Ray D. Maizel, M.D.

Shawn C. Wilker, M.D.



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**NEW LOCATION:**  
Mid Florida Eye Center  
The Villages/Santa Fe Crossing  
8630 E. CR 466, Suite A

# INTERCOMMUNITY CANCER CENTERS AND INSTITUTE USE INTENSITY MODULATED RADIATION THERAPY TO SPARE HEALTHY TISSUE IN COLON CANCER PATIENTS

## IMRT Uses Thousands of Tiny Beams to Increase Radiation Accuracy

In celebrating National Colorectal Cancer Awareness Month this March, InterCommunity Cancer Centers (ICCC) and Institute (ICCI) of Leesburg and Lady Lake are educating its served communities about the importance of early detection and advanced treatments that are helping to save countless lives.

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 96,830 new cases of colon cancer and 40,290 new cases of rectal cancer in 2014. As a result, it is expected to have caused about 50,310 deaths.

As part of your digestive system, the colon helps eliminate waste from your body. Sometimes, irregular growths (called polyps) can develop in the lining of your colon and, left untreated, can become cancerous. Colon cancer is often treated by surgically removing the affected part of the colon, followed by radiation treatments and/or chemotherapy to help prevent the cancer from spreading or returning.

ICCC/ICCI offers colon cancer patients Intensity Modulated Radiation Therapy (IMRT), which is an effective tool used by physicians to administer conformal radiation therapy. IMRT treats the patient with thousands of small laser beams rather than a few large, uniform beams. The crossfire of these beams – much like radiosurgery – allows physicians to deliver a uniform dose of radiation to the tumor while protecting the healthy and sensitive surrounding tissue from high-dose radiation. Patients undergoing IMRT may need fewer treatments, thus saving time and money—as well as unnecessary radiation exposure.

“This technology allows physicians to deliver high doses of radiation to a very precise location. It controls the disease while sparing surrounding tissues and organs,” explains Dr. Alison Calkins, radiation oncologist at ICCC/ICCI. “IMRT uses sophisticated computer technology along with specialized equipment in treatment planning to deliver targeted radiation therapy to colorectal cancer patients.”





Because of the precision involved with IMRT, physicians can use higher doses of radiation to more effectively treat the cancer. At the same time, other organs and tissues are not affected by the radiation, reducing the side effects and improving patients' quality of life.

"Previously, it was difficult to treat colon cancer with radiation therapy because after surgery, part of the small bowel sometimes collapses into the pelvic area," says Dr. Maureen Holasek, radiation oncologist at ICCC/ICCI. "Using IMRT, we can program the system to send the radiation to specific areas in the pelvis and to avoid areas (like the small bowel) we don't want exposed to radiation."

In addition to these treatment advancements, Hal Jacobson, M.D., medical director of ICCC/ICCI, also offers patients the following tips to help prevent colorectal cancers:

- Know your family history. If colorectal cancer runs in your family, you may need to be tested earlier and more often.
- Avoid cigarettes and other tobacco products.
- Get plenty of exercise. Even small amounts of exercise on a regular basis can be helpful.
- Eat plenty of fruits, vegetables, and whole grain foods.

Beginning at age 50, both men and women should follow one of the ACS' recommended testing schedules and scheduled screenings will vary based on personal or family history:

#### 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)



"Colorectal cancer-related deaths continue to decline, but patients still must make a concerted effort to get tested," explains Dr. Jacobson. "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."

*For more information, please visit  
[www.ICCCVantage.com](http://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](http://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](http://www.VantageOncology.com).

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



Hal Jacobson, MD  
Herman Flink, MD  
Alison Calkins, MD  
Maureen Holasek, MD

# Be Clot Aware: Spotlight on Deep Vein Thrombosis (DVT)

**For more than a decade, the month of March has been dedicated to spreading awareness of deep vein thrombosis (DVT). It is important for you to learn how DVT affects the body, the risk factors of developing the condition, and how to prevent it.**

**S**ince 2003, more than 25 major health care organizations have collaborated to make the public more aware of deep vein thrombosis. Many people are surprised to learn that hundreds of thousands of Americans die from DVT and its complications each year. Even more surprising, to many, is that DVT is initially preventable, and subsequently treatable as the impact of the morbidity progresses.

The more educated the general public becomes about DVT causes, symptoms, and preventative measures, the more likely they are to get a venous health screening to avoid becoming a DVT statistic.

### **What do I need to know about DVT?**

DVT is an important public health problem, yet surprisingly; nearly three-quarters of Americans are unaware of DVT. And of those who are aware, more than half are unable to identify common risk factors or pre-existing conditions that can lead to the development of this condition.

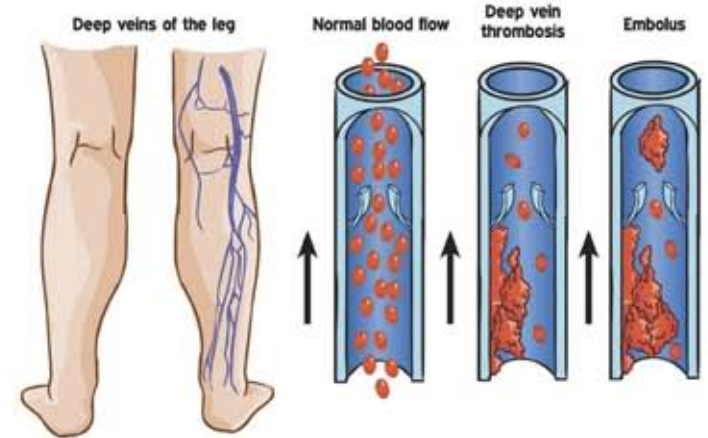
Most people think of varicose or spider veins when they think of vein disease. While these swollen, discolored veins are the most well-known form of vein disease, DVT represents a far larger threat to those affected by it. Deep vein thrombosis, as its name implies, occurs in the larger, deeper veins of the legs, where it cannot be seen the way we can see the surface varicose veins. DVT occurs when a blood clot forms in one of the large veins, usually in the lower limbs, partially or completely blocking circulation. Pulmonary embolism, a serious complication from DVT, can occur when a fragment of a blood clot migrates to the lungs, where it blocks a pulmonary artery. DVT and pulmonary embolism may be responsible for as many as 200,000 deaths annually in the United States. Up to 10-30% of these deaths occur within a month of being diagnosed with DVT.

### **What causes DVT and how can I prevent it?**

These are the questions that we hope everyone who reads this article asks themselves. You are at increased risk of developing DVT if you have a family history of blood clots or other vein diseases (including varicose veins). DVT may be caused by a variety of risk factors and triggering events, including increasing age, obesity or restricted mobility due to acute medical illness, stroke, major surgery or prolonged travel in cramped spaces. Not getting regular exercise, sitting for long periods of time, giving birth within the past six months, smoking cigarettes, and taking birth control medications can also increase the risk for developing DVT. Symptoms of DVT include pain, swelling, tenderness, discoloration of the affected area and skin that is warm to the touch.

The first step of preventing DVT is to evaluate your personal risk for developing the condition with a physician. If you experience any signs or symptoms, a complete evaluation should be performed, including an ultrasound look beneath the surface of your skin and check to see whether your blood is flowing properly, or whether there are obstructions to it. If the ultrasound helps determine that you are not affected by DVT, there are many things that you can do to reduce your risk of getting it in the future. A vascular specialist can tell you the best ways to lower your chances of developing DVT.

If you have DVT, or the symptoms of DVT, it is always important to schedule regular appointments with a physician, take all medications as prescribed, get up and get moving on a daily basis, use compression stockings if needed to prevent leg swelling.



DVT is an unknown threat to many unsuspecting Americans, educating the public of the causes, symptoms, risk factors, and preventative measures is important. There are clear identifiable risks for DVT, and things that you can proactively do to prevent this potentially fatal condition. If you have any questions, or would like to simply learn more about DVT and your chances of developing clots, please call **352-750-2040** today! We are happy to address any concerns you might have.

### **Did you know?**

- Blood clots affect upwards of 600,000 Americans each year and cause more deaths each year than the more well-publicized conditions of breast cancer, AIDS, and motor vehicle accidents.
- Blood clots are a leading cause of preventable hospital deaths in the United States.
- Blood clots are the leading cause of maternal death in the United States.
- One-half of clot patients will have long-term complications and one-third will have a recurrence within 10 years.
- An estimated \$10 billion in medical costs in the US each year can be attributed to treating patients with blood clots.



# Dr. V

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

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

*And that's how I treat it.*

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

## **Dr. Vallabhan**

Call Office for Consultation  
**352.750.2040**

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

# URGENT CARE WHEN YOU NEED IT THE MOST

**T**hey 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 detention of Upper Respiratory Infection (URI) can prevent an elderly patient from going to acute 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 diagnosis 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 are encouraged to follow up with their primary care provider or they have the option to return to 441 at any time.

## SUMMERFIELD

**OPEN DAILY**  
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**365 days a year**

**Office:**  
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**Fax: 352-693-2345**



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**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 Bonfish 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 they 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 Associations 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



## Blossom This Spring – by Rejuvenating Yourself!

The Polar Vortex has caused one of the coldest winters on record this season and we feel very fortunate to enjoy our “Florida Winters.” But spring is almost here! For many, wintertime is a trade-off that’s been happening for years: as soon as the cold weather hits, snowbirds from the north travel down south to enjoy the warmth and comforts of the Florida sunshine! But why not look and feel young again before going back up north?

Now is the perfect time to have facial plastic surgery done before you head back up north - no one will know what you’ve done!

Surprise your family and friends with a more rejuvenated appearance, just in time for spring, and take time to enjoy the little things again! Make your return trip in style, by letting the doctors at ImageLift blossom your inner youthfulness.

The ImageLift Facelift is your best guarantee to getting the ultimate look that you want! Our most popular facelift is split into three categories:

**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 “Wow” results. If you need even just a little perk-up, we offer little to no-downtime treatments for you. You deserve to look and feel your best.

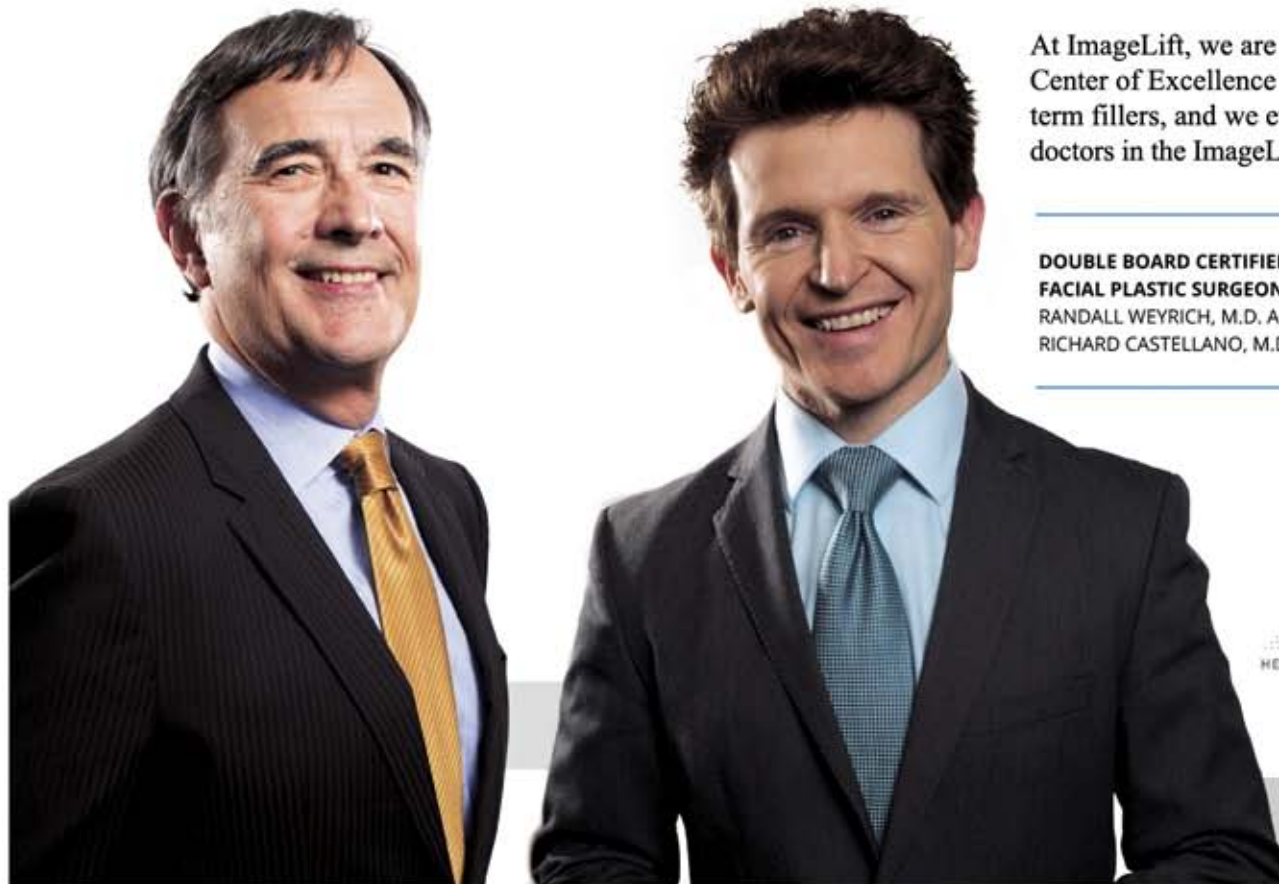
At ImageLift, we are a National Center of Excellence for our long-term fillers, and we even train other doctors in the ImageLift techniques.

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

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.

*“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*



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

THIS PATIENT HAD THE IMAGELIFT AND A LONG-TERM FILLER.



RESULTS ARE TYPICAL AND DO VARY.

**Meet The Docs At An Upcoming Seminar!**

**Tuesday, March 4th @ 11:00 AM**  
Laser Luncheon at the Villages Office

**Thursday, March 13th @ 1:00 PM**  
Seminar at the Waterfront Inn

**Tuesday, March 18th @ 11:00 AM**  
Artefill® Luncheon at the Villages Office

**Thursday, March 27 @ 1:00 PM**  
Seminar at Zachary's in Leesburg

**All Events are 100% Complimentary**



IMAGELIFT®

**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**



# Resolve to Maintain a Healthy Smile



**W**ith 2013 in full swing, you may have already begun to think about your resolutions. You may be considering resolving to spend less money, lose weight, or exercise more. Many people set new goals about having a healthier lifestyle in the new year. Why not make one of your resolutions improving your oral health?

Keep your teeth and whole mouth healthy; any of the following strategies will go a long way toward giving you a brighter, healthier smile this year:

#### ■ Eat Fruits and Vegetables

Eating well is important for your oral health. Poor nutrition can affect the entire immune system, increasing susceptibility to many common oral disorders, including gum (periodontal) disease. Antioxidants and other nutrients found in fruits, vegetables, legumes and nuts improve your body's ability to fight bacteria and inflammation, helping to protect your teeth and gums. In addition, crisp fruits and raw vegetables like apples, carrots and celery help clean plaque from teeth and freshen breath.

#### ■ Quit Using Tobacco Products

Using tobacco can harm your mouth in a number of ways, increasing your risk for tooth discoloration, cavities, gum recession, gum disease and throat, lung and oral cancer. Smokers are about twice as likely to lose their teeth as non-smokers. It's not just smoking tobacco that has negative effects on your oral health: use of smokeless tobacco can be just as harmful to your oral health. The good news is that the risk of tooth loss decreases after you quit smoking or using smokeless tobacco.

#### ■ Limit Alcohol Consumption

You may already know that excessive alcohol intake can have an effect on your overall health, but did you know that it may also affect your oral health? According to the Academy of General Dentistry, those who smoke, eat poorly and consume excessive alcohol also have increased gum recession (periodontal pocketing). Their studies show that smokers who regularly consume alcohol are less likely to brush their teeth on a regular basis and are less concerned about their basic health than nonsmokers.

#### ■ Brush & Floss

Brushing and flossing protect your teeth from decay and gum disease, which is caused by your teeth's most persistent enemy, plaque – a sticky, colorless, invisible film of harmful bacteria that builds up on your teeth every day. Both brushing and flossing are equally important for good oral health: according to the Academy of General Dentistry, only flossing can remove plaque from between teeth and below the gums, where decay and gum disease often begins.

Without proper brushing and flossing, you may develop bleeding gums, which may worsen to severely swollen, red, bleeding gums (gingivitis) and, eventually, gum disease. Because diseases of the mouth can affect the rest of your body, it is especially important to maintain good oral health.

#### ■ Visit the Dentist Regularly

By seeing your dentist at least twice a year, you can help prevent any dental health problems before they cause discomfort or require more comprehensive or expensive treatment. Regular visits allow your dentist to monitor your oral health and recommend a dental health regimen to address areas of concern.

For this new year, resolve to treat your mouth right: improve your diet, quit smoking and improve your oral hygiene habits – your teeth and your body will thank you for it!

**VILLAGE  
DENTAL**  
Because We Care

*Celebrating 15 Years*

**Village Dental**  
352-205-7667 or 352-753-7507



# HEARING LOSS?

## HEARING COMPANY OFFERS RISK FREE TRIAL

### 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, Audible 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.

**Offer good through March 31st**

*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.

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2400 SW College Rd.  
**352-533-4981**

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

**Lake Sumter**  
910 Old Camp Road, Suite 180  
**352-342-1642**

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.**

# Eliminate Your Low Back Pain at Little to No Cost!

**Compton Chiropractic is now offering Insurance Approved Braces including Medicare!**

By Daniel Taylor, DC, Compton Chiropractic Care

**A**re you suffering from low back pain? Are you tired of taking pain medication and muscle relaxers that only provides temporary relief? Looking for other ways to relieve back pain without invasive surgery? If you answered yes to these questions, then we can help. Compton Chiropractic is now offering back and knee braces as a non-invasive alternative to relieve back pain and facilitate healing and rehabilitation at little to no cost to our patients.

### How does it work?

Back and Knee pain without support causes constant pressure on the joints and muscles. If left untreated, the pain will progressively get worse and quality of life suffers. Our braces are designed to fit any body type and deliver localized compression directly to those overworked muscles and joints while relieving spasms and reducing pain. Current clinical research has shown that supporting these regions can reduce pain, improve functional status and postpone or prevent the need for medication and surgeries. The self-adjusting braces contour precisely to your body for maximum support and pain relief. The lightweight design allows users to wear the braces comfortably while providing maximum support.



### Indications for Back Brace

Post-operative Lumbar immobilization  
Herniated Discs  
Degenerative Disc Disease  
Spinal Stenosis  
Postural support  
Instability

Lumbar Muscle weakness  
Chronic low back pain  
Arthritis  
Trauma  
Spondylolisthesis  
Compression Fractures

### Indications for Knee Braces

Osteoarthritis of the Knee  
Post-Operative Knee  
Ligament Tear/instability  
Painful Range of Motion

Patello-Femoral Syndrome  
Chronic Knee Pain  
Meniscal tear/instability  
Locking Disorders

Compton Chiropractic provides high quality braces at little or no cost to our patients. Medicare and other insurance companies routinely cover the cost of these items because they provide support, relieve pain, and decrease the need for expensive surgeries and pain medications. So no matter if you are looking for extra support while playing golf and pickle ball or just want to avoid surgery; with the proper brace we can get you back to the greens in no time. If you or a loved one could benefit from one of these braces, please call us today (352-391-1126) to setup a free consultation with one of our Doctors.

**What makes Compton Chiropractic different from other Chiropractors?**

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. The physicians at Compton Chiropractic treat patients as an extension of their own family. Every patient gets a detailed initial evaluation including a complete history, orthopedic and neurological testing. With a proper diagnosis, our patients will receive a proper treatment plan. With a proper treatment plan, patient's pain is decreased in shorter periods of time.

**FREE  
consultation**

The patient and any other person responsible for payment has the 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 this advertisement. Expires 3/31/14

Compton Chiropractic is also proud to announce that it's Office is Medicare accredited by The Healthcare Quality Association on Accreditation (HQAA). Only a small percentage of Offices in the country hold this unique accreditation which allows us to be a dispensing location for approved Medicare braces.



**TESTIMONIALS**

*"I suffered from sciatica for 10 years until a friend told me about Dr. Compton. After 8 treatments and a brace, I was back on the golf course and out of pain." - L.R.*

*"My knee pain was debilitating until Dr. Compton introduced me to a brace that literally takes the pain away. My knee feels young again and I couldn't be happier." A.A*

*"The Doctors are all amazing and actually care for patients like they were family." - A.O.*

*"I was referred to Dr. Compton by Medicare after an operation. I needed a brace to help me recover and Compton Chiropractic treated me wonderfully." - C.S.*

*"The Doctors and staff at Compton Chiropractic are knowledgeable and efficient. They are always highly recommended." -Local Family Physician*

**COMPTON CHIROPRACTIC CARE**

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

**Our Philosophy**

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

**Our Facility Offers**

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

**Accepting**

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

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COMPTON CHIROPRACTIC

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 • Cigna • Aetna  
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 • United Health  
 • and more

**VILLAGE VIEW**  
 COMMUNITY CHURCH

SERVICE TIMES  
 SAT: 4:00PM, 5:30PM  
 SUN: 8:00AM\*, 9:30AM, 11:15AM  
\*TRADITIONAL SERVICE

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# Natural Health is Within Your Reach!

## Natural Health Treatments are a Viable Alternative to Traditional Medicine

By Carolyn Waygood, Certified Natural Health Professional, Diabetes Educator and Weight Loss Coach

**N**atural Health origins date back to the Greek physician Hippocrates, known to many as the Father of Modern Medicine. Naturopathic approaches to health focus on supporting the body's own ability to heal, and uses an integrated and holistic approach to disease analysis, treatment, and prevention. It considers the whole body when addressing dis-ease, and uses natural substances rather than synthetic pharmaceuticals to re-balance the body and restore optimal health. For those who may be frustrated with chronic health issues that have been unresolved by traditional medicine, such as long-term digestive issues, chronic constipation or IBS, weight gain or the inability to lose weight, chronic pain and inflammation, high blood sugar and insulin resistance, or nerve damage and associated pain, natural health alternatives provide a viable and effective solution.



\$11.95 for a 3-Day Trial, \$29.95 for a 7-Day Trial, or \$114.95 for a 30-Day Supply!

Plexus Worldwide, based in Scottsdale, Arizona, is a manufacturer and distributor of natural health products formulated to address some of today's most prevalent health concerns. Their flagship products, Plexus Slim & Accelerator, are designed to improve glucose metabolism, and increase the body's insulin sensi-

tivity. "Many health professionals understand the link between insulin resistance and pre-diabetic symptoms", explains Carolyn Waygood, CNHP. "Current medical studies are identifying insulin resistance in children as young as 5 years old. This is a major reason for America's growing weight problem, and by improving the body's ability to metabolize glucose and restore insulin sensitivity, we can help fight many blood sugar disorders." Blood sugar isn't the only health concern Plexus natural products have focused on, but it seems to be the most popular to consumers. "Simply put, most of

America's health concerns are related to excess weight", notes Ms. Waygood. "When a person can lose excess weight and restore healthy metabolism, risk of cardiovascular disease, stroke, diabetes, and even gout and gallstones can be diminished." If you're carrying around extra pounds, you face a higher-than-average risk of over 50 different health problems!

### Natural Weight Loss

Plexus Slim & Accelerator were originally formulated to help Type 2 Diabetics better manage blood glucose, and therefore are designed to fight excess weight at the core of the problem: how sugar is processed and how fat gets stored! A natural formula, Plexus Slim & Accelerator help breakdown fat cells, and inhibit fat storage utilizing plant-based extracts (phytonutrients) proven safe and effective at addressing the most common causes of excess weight. Plexus Slim & Accelerator help you lose weight & maintain long-term healthy weight management by;

**1. Controls the Appetite:** Plexus Slim & Accelerator contains powerful phytonutrients proven to help control the appetite! As a result, food portions are naturally reduced making a reduction in calories easy, and weight loss more successful.

**2. Increases Basal Metabolic Rate:** Plexus Slim & Accelerator increases the resting metabolic rate so you burn more calories throughout the day! Plexus contains ingredients that naturally raise the metabolism, even in the absence of thyroid hormones, enabling the body to burn more calories even at rest!

**3. Increases Fat Metabolism:** Plexus Slim & Accelerator contains plant extracts that target fat cells, and metabolizes/dissolves them! This makes drinking more water an important component of the Plexus weight loss program in order to help the body eliminate resulting by-products, and inhibiting the re-absorption of fat contents.

**4. Balances Blood Sugar (preventing peaks & drops in glucose) Levels:** Plexus Slim & Accelerator supports healthy glucose metabolism, and helps

balance blood sugar throughout the day! The formula contains low-glycemic natural sugars (such as stevia) that maintain long-term glucose levels which results in less spikes in insulin production. As a result, food cravings are reduced, and energy levels are increased!

**5. Works with the Liver to Inhibit Fat Storage:** Plexus Slim & Accelerator contains the power of gracinia cambogia, an extract from the melon of the same name, which has proven to work with the liver to better process glucose, and inhibit the storage of glucose as fat!

**6. Decreases/Eliminates Food Cravings (e.g., sugar or carb cravings):** The comprehensive Plexus product set reduces food cravings by supplying the body with the natural glucose (energy) it needs, providing longer-burning glucose to prevent dips which may initiate cravings, and adding effective appetite control nutrients.

**7. Increases Insulin Sensitivity:** Plexus Slim & Accelerator contains ingredients known to improve insulin sensitivity, such as stevia, which improves the cellular metabolism of glucose, and inhibits fat storage. As a result, energy levels are increased, and blood glucose decreases!

**8. Increases Energy Levels:** Plexus Slim & Accelerator helps increase energy, supporting more activity throughout the day! As energy levels increase, physical activity is naturally encouraged, and the body burns additional calories!

**9. Lowers Bad Cholesterol Levels:** Plexus contains chlorogenic acids, such as those found in certain fruits and green coffee beans, help reduce LDL cholesterol thus improving cholesterol ratios. The vanadium chelate (a plant extract) contained in Plexus Accelerator has been shown to be useful in lowering LDL cholesterol levels, and inhibiting fats from being stored along arterial walls.

**10. Helps Maintain Healthy Blood Pressure:** Ingredients in Slim and Accelerator that specifically address healthy blood pressure levels include

beet root and grape skin extracts, a rich source of potent antioxidants, along with healthy heart minerals such as magnesium, sodium, potassium and vitamin C. Beetroot juice has been shown to lower blood pressure and thus help prevent cardiovascular problems.

**11. Contains Natural Healthy Ingredients:** The Plexus product line contains only natural ingredients which are better utilized by the body and result in more rapid health improvements!

**12. VERY Effective at Maintaining Long-Term Weight Loss!** Because Plexus Slim and Accelerator work to change the way the body processes glucose, controls the appetite, and metabolizes fat, the Plexus approach to weight loss yields longer-term healthy weight loss that can be maintained even after you stop taking the products!

#### Natural Pain Relief

Looking for a natural approach to chronic pain? Plexus has an effective product set that addresses inflammation and associated pain, too! "The second most common health issue people battle today is inflammation and pain", says Ms. Waygood. "And since chronic inflammation is often the precursor to many diseases, it's important to reduce

inflammation and relieve pain before it causes more damage." Many scientists now believe that most - or perhaps all - chronic diseases may have the same trigger: inflammation. This fiery process has been linked to everything from heart attacks and strokes to type 2 diabetes, Alzheimer's and even cancer.

The Plexus Fast Relief Pain System, which includes a topical cream and a daily supplement, are formulated using a unique, proprietary blend of natural ingredients proven effective at promoting proper inflammatory mechanisms, soothe swollen and damaged joints and tissues, and protect the body's cells, tissues and joints from discomfort. Among other natural substances, both products contain ETARol™, a patented, highly purified extract of the New Zealand green lipped mussel, known to provide anti-inflammatory support, pain relief, and promote tissue regeneration.



\$39.95 for the cream,  
\$44.95 for the capsules,  
or \$79.95 for both!

**Don't take our word for it...** read what others have to say about the life-changing benefits of Plexus products and the power of natural health!



**Before Plexus Slim  
& Accelerator**



**After Plexus Slim  
& Accelerator**

*After the death of my mother in law and then my oldest son, food became an emotional resolution for me. As you can see from the pictures that has changed! I now control my food instead of it controlling me. I have lost 70 pounds. I am down 6 pants sizes! The most incredible change for me has been with the health results. I have rheumatoid arthritis with severe joint swelling, painful nodules, fluid retention and chronic fatigue. I was taking 13 medications for my RA and one for hypothyroidism. NOW... I no longer take ANY medications for rheumatoid arthritis! Not even an ibuprofen and I was on methotrexate (chemo type drug) and several other medications to counter those side effects. No joint swelling, no pain, no fluid retention! - Lisa Callahan*

*I started to gain weight in 2006. I also had noticed a small lump in my throat and had been having scratchy throats and trouble with my voice for 2 years. I was advised I had Hashimoto's disease, Hypothyroidism, and a thyroid tumor. I had surgery, then 3 months later 5 more tumors, radiation, and more surgeries! It all resulted in 70 lbs of added weight! I was told to accept the new me. Depression set in, and I couldn't sleep at night. I became a hermit. I went nowhere. No family gatherings, no community function, and even no church... nowhere! I was tired of looking past my size 6's hanging in the closet just to grab the size 18/20's. I also developed blood pressure problems,*

*and ended up in the ER this summer for a possible heart attack. My blood pressure was 191/122! At that point, I prayed to God for three things: to get healthy, to lose weight, and find a better paying job. After many prayers God sent me Plexus! In two and a half months I had lost 43 pounds, and 39 inches! I am now in a size 8! I became a Plexus Ambassador, and began to earn extra income sharing my success, and the amazing Plexus products, with others, and after only two months, I was able to pay both my mortgages! Plexus has changed my life! - Rhonda Langdon*



**Before Plexus Slim  
& Accelerator**



**After Plexus Slim  
& Accelerator**

#### Call Carolyn today and see what Plexus can do for you!

To purchase your Plexus natural health products, visit [www.Waygood.MyPlexusProducts.com](http://www.Waygood.MyPlexusProducts.com) today! For more information about Plexus products contact Carolyn Waygood, CNHP, at (941) 713-3767 or email her at [Carolyn@BeSmartGetHealthy.com](mailto:Carolyn@BeSmartGetHealthy.com). Ms. Waygood provides FREE health education seminars to groups of all sizes, and free weight-loss and diabetes coaching to Plexus customers. To schedule a FREE fun and informative natural health seminar for your office or community association, contact Carolyn today! Product tastings are provided, and free health education material is available at all events!

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# March is National Nutrition Month

## 20 Ways to Enjoy More Fruits and Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

**1. Variety abounds when using vegetables as pizza topping.** Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.

**2. Mix up a breakfast smoothie** made with low-fat milk, frozen strawberries and a banana.

**3. Make a veggie wrap** with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.

**4. Try crunchy vegetables** instead of chips with your favorite low-fat salad dressing for dipping.

**5. Grill colorful vegetable kabobs** packed with tomatoes, green and red peppers, mushrooms and onions.

**6. Add color to salads** with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.\*

**7. Keep cut vegetables handy** for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.

**8. Place colorful fruit** where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.

**9. Get saucy with fruit.** Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.

**10. Stuff an omelet with vegetables.** Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.

**11. "Sandwich" in fruits and vegetables.** Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.

**12. Wake up to fruit.** Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.

**13. Top a baked potato** with beans and salsa or broccoli and low-fat cheese.

**14. Microwave a cup of vegetable soup** as a snack or with a sandwich for lunch.

**15. Add grated, shredded or chopped vegetables** such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.

**16. Make fruit your dessert:** Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.

**17. Stock your freezer with frozen vegetables** to steam or stir-fry for a quick side dish.

**18. Make your main dish a salad of dark, leafy greens** and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.\*

**19. Fruit on the grill:** Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.

**20. Dip:** Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.



\*See "Color Your Plate with Salad" at [www.eatright.org/nutritiontipsheets](http://www.eatright.org/nutritiontipsheets) for more tips on creating healthy salads  
Source: [eatright.org](http://eatright.org)

**eat right.** Academy of Nutrition and Dietetics  
The world's largest organization of food and nutrition professionals.

# Deal with the Fear First

By Alex Anderson  
Senior Associate Pastor at Bayside Community Church

**N**ot long ago I asked my wife a drilling question, "What would be the most important advice you could give to another person who 'just found out' that they had cancer?" She went completely silent for a few moments, then looked straight into my eyes and without a hint of hesitation said, "Deal with the fear first."

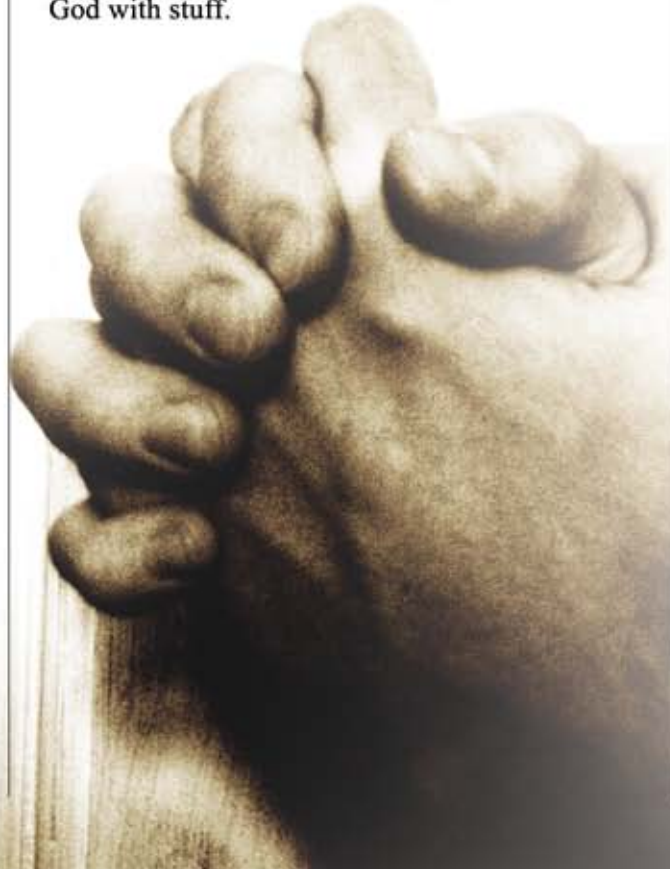
She is now 4 years 7 months cancer free herself. When she and I found out she had cancer, it was a crushing blow. For a short time, we both went into a state of shock. At the time we were in our forties and very healthy people for the most part. On the way home from the doctor's office we were just silent. We sat letting all of the questions run through our minds. What does this all mean? What were her chances of survival? How would it affect her daily life? On and on the mind-numbing thoughts just rolled...until it became obvious to us that we were letting ourselves be led down the primrose path of fear. Before we got home, somewhere on I-75, we prayed.

"Lord, we know we live in a 'fallen world' and that sickness and disease is prevalent, however we refuse to give in to the fear it can bring. We now stand against not only this disease but also the paralyzing emotions that are trying to take over our minds. Give us courage and clarity to follow the steps that we are trusting that you will set before us. Health is a divine blessing. Now use our good doctors as well as your miraculous hand to bring healing and restoration to my wife's body."

What we have learned during this almost five-year journey is: "faith, hope and love" gives us an unfair advantage over fear. Fear doesn't stand a snowballs chance in the face of great certainty or faith. When you know inside of your heart that you are going to win, then hope springs up. Not like a daisy in the cracks of your driveway but like an oak tree in the

backyard where the kid's swing hangs. All this is possible when you have a loving relationship with God. I mean come on. Think of how you feel when you know that "special someone" is always calling and wanting to hang out with you. You know that love is strong with that one. It brings confidence and puts a little spring in your step...a little "zippity" in your "dooda." Well, when trouble comes your way, you are going to call those who love you the most, right? And the bigger your loved ones the bigger the mountain you can move with them. Well if you cultivate that kind of relationship with God, then when you have a big mountain, you have big help.

In our case, not to brag, but we have been hanging out with God in a loving relationship, full of a lot of trust, for decades. The mountain-moving kind of trust and love didn't happen overnight, but it did grow year after year as we would go to our God with stuff.



The point here is that some people try to rely on their own knowledge, wealth, contacts, and influence and most of the time it's enough to navigate the rapids of life. But on rare occasions more is needed- a lot more- to handle the death dealing, dirty little secrets life can throw at us. Sometimes we need God's help and he loves to do his part.

God got quite busy with us. He lined up some of the finest physicians as well as a host of others to help us. But that's not all he did. The biggest miracle of all was his peace and guidance. I mean we could tell inside of our hearts when to say "yes" to that and "no" to something else even though logically it made all the sense in the scientific world. What all our doctors and our friends and loved ones could not do was to "hear" from God for us. Nor could they own the mountain of potential life and death decisions we had to make.

With God's loving help we were somehow able to see the end from the beginning and that made all the difference when it came to dealing with fear and the disease that had viciously attacked my wife's body. We held onto it with all the faith, courage and tears we could muster...and it worked. Not because we were magically directing our destiny, but because we trusted someone much bigger than us who, from His perspective, could see it finished in our favor. And we trusted Him with that. Our best interest is always His first interest.

We are no more special than you. If you just got "the news," then stop what you are doing right now...yes in the middle of all the fear and emotions screaming in your ears, and pray. Don't pray a nice little Sunday School prayer. Pray a dangerous prayer like we prayed. It doesn't mean you will instantly have all the answers, but by God it will put fear on notice that you will not give in to its trickery and you will not lay down and just let "this," whatever this is, win.

"With God, all things are possible to him that believes" ~Jesus Christ

And remember,  
Be Life Giving  
Alex Anderson

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