

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

April 2014

Marion Edition - Monthly

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Facial Plastic Surgery
Can Build
Confidence

What Makes RAO a
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Imaging**
Center of Excellence?

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Your State-of-the-Heart
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*I'm Dr. Mark R. V. Willard and
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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



Minimally Invasive:

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

95%

PATIENTS GO HOME THE SAME DAY OR VERY NEXT DAY.

LESS THAN

10%

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

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

92%

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

LESS THAN
60
MINUTES

THE AVERAGE SURGERY TIME
BY DRS. RONZO & BONO

LESS THAN

1%

INFECTION RATE

12,432

SURGERIES AND PROCEDURES
PERFORMED

100%

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



NOT ALL PHYSICIANS ARE CREATED EQUAL

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Smart Sugar Substitutes

We all know sugar is not the healthiest food. Sugar can increase your risk of obesity, diabetes, and heart disease. Many health conscious people are turning to natural sweeteners to keep their food and beverages sweet. The most popular forms of natural sweeteners are:

Stevia – This sweetener comes from a South American plant and is a zero-calorie sugar substitute that's 100 percent natural. While it's 200 to 300 times sweeter than sugar, stevia doesn't cause a spike in blood glucose levels—sparing you the crash that follows a spoonful of the white stuff. It also has other benefits such as treating diabetes, hypertension, dermatitis, digestive problems and flu.

Agave Nectar – Agave Nectar is taken from the sap of the blue agave plant and converted into syrup. This sweetener is 33 percent sweeter than sugar and tastes similar to honey. Agave nectar is high in fructose, so use in moderation. It is approved by the FDA as a natural sugar substitute and can be found in the baking aisle of most grocery stores.

Honey – Raw honey is a natural sweetener that is readily available. This yummy stuff packs a powerful antioxidant punch and can protect your body from a variety of illnesses. It's low on the glycemic index and ideal for those that want to lose weight. It can also treat insomnia, help wounds heal, and promote digestion.

Maple Syrup – Maple syrup can be used for more than just pancakes! It comes directly from a plant's sap and is rich in antioxidants. Real maple syrup also promotes the health of the heart, boosts the immune system and lowers the risk of prostate cancers. It can be used for making cookies, cakes or homemade granola.

Date Sugar – This sweetener is an extract taken from dehydrated dates. Dates have a low glycemic index and add a subtle sweetness. Date sugar contains essential minerals such as iron, calcium and magnesium. It is effective in improving cognitive functions, maintaining healthy blood pressure and relieving migraines, asthma and sore muscles.

Brown Rice Syrup – When brown rice is cooked with barley, the result is a liquid. With a lower glycemic index than high-fructose corn syrup, this nutty-tasting syrup is perfect for baking breads and homemade granola. It is not as sweet as sugar, but has fewer calories per teaspoon, making it a great substitute for anyone watching their weight.



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

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

The screenshot displays the homepage of the Health & Wellness Magazine website. At the top, there's a navigation bar with links for 'Charlotte Edition', 'Collier Edition', 'Lee Edition', 'Advertise with Us', 'H&W Archives', and 'Contact Us'. The main content area features a large article titled 'Skincancer' with a photo of a woman wearing a sun hat. To the right, a sidebar lists 'In This Issue' with topics like 'Living with Diabetes?', 'Why Wellness Works', and 'Is it My MEMORY... or is it My HEARING?'. Below the main article, there's a section for 'Read Our Flip Book Version' showing three magazine covers. At the bottom, a 'Featured Article' titled 'The Other Side of Parkinson's Disease' is highlighted, featuring a photo of an elderly couple. The right sidebar also includes a 'SIGN UP FOR OUR NEWSLETTER' form and a list of recent articles.



What Makes RAO a **Breast Imaging** Center of Excellence?

It starts with the quality, expertise & accuracy of full service imaging

The chance of a woman having invasive breast cancer during her lifetime is about one in eight. Breast cancer is the most common cancer among women in the United States, making annual screening mammograms more important than ever. For many women, there is some confusion about when and where they should get a mammogram.

The doctors at Radiology Associates of Ocala (RAO) agree with the American Cancer Society and the American College of Radiology that women have their first mammogram between the ages of 35 and 40 to establish a healthy baseline, then continue to have them every year from age 40 to catch changes early when they're smaller and easier to conquer.



RAO's digital mammography creates sharper, faster images, enhanced viewing angles, immediate storage and transfer to your doctor, easy comparison with previous exams, shorter exam times and the potential for less exposure to radiation.

Sometimes your self-exam, doctor's exam or mammogram may indicate a change in your breast tissue, requiring more extensive testing. Of course you want answers that are quick, accurate and in the hands of doctors with exceptional experience. RAO has 40+ years serving the Marion County area and a team of 17 Board Certified radiologists, including specialists in the most sophisticated and extensive breast imaging technologies available, including:

- **Breast MRI** – When used in conjunction with mammography, a breast MRI can provide valuable information for the detection and characterization of breast disease.
- **Breast Ultrasound** – Breast ultrasound uses painless, non-invasive high-frequency sound waves to capture pictures of internal structures of the breast.
- **Stereotactic biopsy** – When a tumor or nodule is captured by mammogram or ultrasound but is too small to be felt, stereotactic biopsy (using x-ray guidance) is used to find its exact location so your RAO doctor can carefully guide a biopsy needle to obtain tissue for testing.
- **Ultrasound-guided biopsy** – When a breast ultrasound or mammogram shows an abnormality, ultrasound guidance is used to direct the doctor's instruments to the site of the abnormal growth so that a tissue sample can be taken.

In addition to providing comprehensive breast imaging services, RAO uses Picture Archiving and Communication Systems (PACS), giving your doctor immediate access to your imaging results. We are the only centers with hospital privileges at Munroe Regional Medical Center, Ocala Regional Medical Center, and West Marion Community Hospital.

These are among the reasons that RAO's Women's Imaging Center and TimberRidge Imaging Center have been named among Florida's elite 5% of Breast Imaging Centers of Excellence by the American College of Radiology. We think our caring and understanding play a big role, too.

RAO offers digital mammography without a doctor's referral and hours designed to fit your schedule. Call us any time for an appointment and discover the difference a Breast Imaging Center of Excellence can make.



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Don't Forget Your Test - New Technology Reminds Patients to Get Important Diagnostics

By Dr. Harvey Kaufman, Senior Medical Director, Quest Diagnostics, the world's leading provider of diagnostic information services.



Three quarters of healthcare costs in the U.S. are attributed to management of chronic diseases. To a large extent, this is because chronic diseases, like cardiovascular disease, diabetes and cancer, are prevalent. For example, 1.9 million adults were diagnosed with diabetes in 2010 alone.

Following your doctor's orders in terms of diet, exercise, taking your medicine and getting follow-up laboratory tests is often the key to control or prevent a chronic disease from developing further.

Reminder calls from pharmacies to patients alerting them that it is time to refill their prescription are quite common. These calls can help to keep patients from not running out of their medications.

What's relatively new is that now patients can also be reminded when it is time to get a follow up lab test. Lab testing is very important to quality, effective health care. Physicians use lab tests, along with medical history, symptoms, and other factors, to help catch disease in its early phases, adjust prescription medication dosages and monitor disease. Lab testing is important for caring for people with certain chronic diseases, like diabetes and heart disease, that require ongoing monitoring.



Although lab tests are often vital to healthcare, many patients don't get the tests they need or delay getting the tests. A study found that physicians who write orders for recurrent lab testing estimate that patients only go for the prescribed follow up tests about 80% of the time.

If your doctor determines that frequent testing is necessary, receiving reminders can help you stay on schedule, whether it's to monitor a condition or a drug that you're taking. Keeping your lab testing up to date and on time is important and will help you and your doctor to better manage your healthcare.

Quest Diagnostics, the leading provider of diagnostic information services, provides a free service called TestMinder(r) that helps to remind patients to be tested. A person can sign up at a local Quest Diagnostics Patient Service Center or through doctors who use the Quest Diagnostics electronic system for ordering and receiving lab tests. Reminders can be provided as emails (English or Spanish), text messages or phone calls. If preferred, reminders can be sent to a caregiver.

Quest Diagnostics serves half of the physicians and hospitals in the United States. The company has more than 100 Patient Service Centers across Florida. For additional information regarding TestMinder visit www.QuestDiagnostics.com/Patient.

Remember, lab testing is vital to healthcare, and can be especially important for those patients with a chronic condition. A reminder system, like TestMinder, can help you stay on track of your healthcare.



The lab you trust is now
in your neighborhood.



Visit our Florida Patient Service Centers

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Most Insurance Plans Accepted
Pediatric Testing

Ocala - 3rd Court

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Tel: 866-697-8378 • Fax: 352-732-9511
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Glucose Tolerance Testing

Ocala - Churchill

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Ocala - West

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Tel: 866-697-8378 • Fax: 352-861-4329
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M-F: 6:30am - 12:00am & 1:00pm - 3:30pm • Sat 8:00am - 12:00pm
Drug Screen: **M-F:** 10:00am - 12:00pm & 1:00pm - 3:00pm
Most Insurances Accepted
Pediatric Testing

Summerfield

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// INSTITUTE OF CARDIOVASCULAR EXCELLENCE //

Be your best

Your **state-of-the-heart** health starts with you.

Learn what you can. Do what you can.

Every day, heart patients suffer the consequences of choices they make in their lives and the damaging effects our modern day lifestyle can have on their health. We'd like to do all we can to interrupt the harmful cycle of cause and effect to either avoid cardiac problems before they get started or help reverse some of the damage if heart disease has already gained a foothold in one's life.

Be on the lookout

Heart disease is sneaky. Its symptoms can look like a hundred other things. Still, we want you to call or come to ICE if you exhibit any of the following. Pain in the chest is the easy one. Sometimes it is described as burning, fullness, pressure, or like "an elephant sitting on my chest." Medically, the condition is called angina and it can range from mild discomfort—no dramatics—to a severe squeezing pain or ache. Don't try to self-diagnose. Don't chalk it up to heartburn or "the fish I had last night." We know you don't want it to be a heart attack. We don't either. But don't wait, hoping against hope. Call 9-1-1 or the Institute immediately. The first hour after a cardiac event is optimum for us to administer medical intervention—clot buster drugs or angioplasty—that can head off permanent heart damage.

Many women patients thought only men suffered heart attacks until they experienced a pain in their arm or shoulder, abdomen or anywhere but their chest. Truth is, women have heart attacks, too. However, their symptoms are often more subtle. Women are more likely to feel faint, dizzy, and experience nausea or shortness of breath. They may have a persistent headache or backache. A radiating ache in the jaw is very common—and often self-diagnosed as a bad tooth. Be on the lookout for these. Over half of the deaths from heart disease occur in women—six times the number that will succumb to breast cancer.

We want to help

Don't wait for symptoms to appear. No symptoms is no guarantee of a healthy heart. Half of the people who will experience a "heart event" this year will have no prior symptoms. That's why the American Heart Association recommends that regular cardiovascular screening tests begin at age 20! It's better to know where you stand before symptoms begin. After that, your physicians can determine the frequency of follow-up exams based upon what risk factors—cholesterol, family history, etc.

Want to take a more active role in your heart health?

Exercise is a great place to start. Your physician can tailor an exercise plan designed to your exact fitness level and capabilities. They'll monitor your progress and celebrate with you when you reach your fitness milestones.

Eat right. Rather than accept the oft-repeated advice to simply eat a low-fat, low-carb diet with lots of fruits and vegetables, let your physician advise you. They will help create a diet you can actually live with that accounts for your own tastes and your own weight loss expectations. Sleep well. There is ample evidence that poor sleep patterns can result in a host of heart ailments. Between seven or eight hours is about right. Below five is harmful. So is sleeping too much. Reduce your stress levels. That is easier said than done sometimes, especially in today's world. But your physician can help you find active ways to keep stress under control, from medication to meditation and other stress control techniques. By the way, exercise is a powerful stress reliever—with a two-for-one benefit! Eat fish—at least two servings a week. Fatty fish—like salmon—are high in



omega-3 fatty acids, which have been shown to lower triglycerides, reduce plaque in arteries, and even reduce heart arrhythmias. Floss! Many patients' hearts have been compromised by bacteria—the same kind that causes gingivitis. Healthy gums will reduce the incidence of harmful bacteria that can cause inflammation, which can harm your heart.

Take aspirin. Consult with your physician first before beginning any aspirin regimen. But usually, one regular or two baby aspirin a day is the amount prescribed to our patients to realize the maximum benefit. A healthy heart is a product of what you can do for yourself. So, take your heart in your hands. Take an active role in the process. You'll feel better, look better, and live a more enjoyable life.



**innovation
compassion
excellence**

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Limbstitute
Comprehensive vein care
and limb salvage

Be “AWAARE” of Autism

The National Autism Association is getting the word out and saving lives with their Big Red Safety Toolkit! The goal of their AWAARE (Autism Wandering Awareness Alerts Response Education) website is to help prevent wandering incidents and deaths within the Autism community.

Similar to wandering behaviors in seniors with dementia or Alzheimer’s, children with Autism are prone to wandering away from a safe environment. Unfortunately, many cases end in tragedy.

Wandering is the tendency for an individual to try to leave the safety of a responsible person's care or a safe area, which can result in potential harm or injury. This might include running off from adults at school or in the community, leaving the classroom without permission, or leaving the house when the family is not looking. This behavior is considered common and short-lived in toddlers, but it may persist or re-emerge in children and adults with autism. Children with autism have challenges with social and communication skills and safety awareness. This makes wandering a potentially dangerous behavior. Wandering may also be referred to as Elopement; Bolting; Fleeing; or Running.

IMPORTANT FACTS

- Nearly half of children with autism engage in wandering behavior.
- Wandering occurs across all settings, under every type of adult supervision.
- Increased risks are associated with autism severity.
- Half of families report they have never received advice or guidance about wandering from a professional.
- Accidental drowning accounts for approximately 90% of lethal outcomes.



WANDERING DANGERS

Drowning; Exposure; Dehydration; Hypothermia; Traffic Injuries; Falls; Physical Restraint; Encounters with strangers; Encounters with law enforcement.

A study published in *Pediatrics* showed that 49% of children with an ASD attempt to elope from a safe environment.

Like dementia, persons with autism gravitate towards items of interest. This could be anything from a road sign they once saw to a neighbor’s pool to a merry-go-round in the park. Other times, they may want to escape an environment if certain sounds or other sensory input becomes bothersome. Outdoor gatherings present an especially large problem because it is assumed that there are more eyes on the child or adult with autism. However, heavy distractions coupled with an over-stimulating setting can lead to a child or adult wandering off without notice. School settings are also an issue, especially those that have un-fenced or un-gated playgrounds. A new, unfamiliar, or unsecured environment, such as a relative’s home, may also trigger wandering, as well as episodes of distress, meltdowns, or times when a child or adult with autism has certain fears or anxiety.

AUTISM
WANDERING
AWARENESS
ALERTS
RESPONSE
EDUCATION

WHAT IS BEING DONE TO COUNTER WANDERING INCIDENTS AND DEATHS WITHIN THE AUTISM COMMUNITY?

Awareness alone is a great tool. Prevention materials have been developed to educate parents and caregivers, and efforts on a federal level are underway to address the issue.

There are many preventative measures parents and caregivers can take to keep their child from wandering. It's VERY IMPORTANT that any parents, caregivers, and guardians put the proper measures in place to prevent wandering. This includes anyone who may be caring for a child or adult with autism. It only takes one time for a person with autism to wander, and the risks associated with wandering are far too great to be taken lightly. Anyone with a known cognitive impairment may be at risk for wandering and the first time is often the worst time. Those with communication impairments are especially vulnerable since they may not verbalize a desire to go to a neighbor's house or visit the pond they saw on the way to visit a relative. Because of these communication barriers, wandering can be very dangerous. Some children and adults may not be able to seek help if lost, or respond to their names when called.

Many autism-related wandering incidents and deaths have occurred at schools, day camps, and day care facilities where common supervision patterns are in place; therefore, similar to dementia-related wandering, autism-related wandering cannot be solved by supervision alone. It's important to understand that autism elopement is a medical condition, and that those with autism may take any opportunity to wander towards something or away from something whenever and however possible. Individuals prone to wandering often are reported as being keenly aware of when focus is shifted away from them, and will plan wandering attempts accordingly. It's also important to understand that caregivers must cook, take showers, sleep, etc., and may have other children to tend to as well. Close adult supervision differs from around-the-clock contact, and it's simply unrealistic for any human being to maintain complete focus on any one person or thing 24 hours a day. Close adult supervision is critical and any child or adult with autism should be closely supervised at all times. Accompanying measures should also be in place to secure the home, and ensure the child's safety while preventing opportunities to wander.

The National Autism Association is committed to those with an Autism Spectrum Disorder (ASD) who may be prone to wandering off or eloping from a safe environment, and may be unable to recognize danger and/or stay safe. Wandering, elopement, "running" or fleeing behaviors among those within our community not only present unique safety risks, but also create extraordinary worry and stress among caregivers. Drowning fatalities following wandering incidents remain a leading cause of death among those with ASD.

As such, the NAA provides direct assistance to law enforcement agencies and caregivers through its FOUND and Big Red Safety Box Programs. FOUND supplies funding to search-and-rescue agencies in need of tracking technology and training, and the Big Red Safety Box is a free-of-charge toolkit given to autism families in need as a means to educate, raise awareness and share simple tools that may assist them in preventing, and responding to, wandering-related emergencies.

NAA's Big Red Safety Box includes the following resources:

- 1) Our Get REDy booklet containing the following educational materials and tools:
 - A caregiver checklist
 - A Family Wandering Emergency Plan
 - A first-responder profile form
 - A wandering-prevention brochure
 - A sample IEP Letter
 - A Student Profile Form
- 2) Two (2) Door/Window Alarms with batteries
- 3) One (1) RoadID Personalized, Engraved Shoe ID Tag*
- 4) Five (5) Laminated Adhesive Stop Sign Visual Prompts for doors and windows
- 5) Two (2) Safety Alert Window Clings for car or home windows
- 6) One (1) Red Safety Alert Wristband

*You will receive instructions to submit a custom personalization order online at roadid.com. Your tag will be quickly engraved with your emergency information and mailed to you at no charge.

Regardless of any tools caregivers may have in place, if a loved one's medical condition interferes with their ability to recognize danger or stay safe, it is critical that caregivers maintain close supervision and security in all settings. For more information and ways to prevent wandering-related incidents, please visit <http://awaare.org>

Those diagnosed with an Autism Spectrum Disorder and who are at risk of wandering/bolting from a safe environment, qualify to receive a free Big Red Safety Box when grant funding and inventory are available. NAA's Big Red Safety Boxes are packaged and shipped with care by a company employing adults with autism and other developmental disabilities. Visit <http://nationalautismassociation.org> for full details.

To learn more or for additional information, please email: naa@nationalautism.org.



Facial Plastic Surgery Can Build **CONFIDENCE!**

George is a singer, performer, and a family man. And he did not feel confident about his appearance on stage. Cosmetic surgery has evolved and both men and women alike are taking advantage of new technology and less invasive techniques! For George Shelton, his experience at ImageLift was **AMAZING!**

At first, George was unsure about getting the ImageLift Facelift saying "that the cost would prohibit" him from getting this procedure, but after meeting with Dr. Rich Castellano, he took the plunge and "realized that it wasn't nearly as much as he thought it would be." At his follow up

appointment from the ImageLift Medium Facelift, George and his wife think "it turned out great - couldn't be happier with it!" "My friends and family ask if I have lost weight," George says, smiling. "But they've definitely noticed a difference and are impressed with it [the results]." As a singer and performer, George said his "confidence level is completely different... I no longer worry about how I look onstage." George encourages people who are on the fence about facial plastic surgery to, "come see Dr. Castellano, get the book, and that they'll make the right decision."

The ImageLift Facelift consistently delivers the "WOW!" results while still maintaining a natural appearance. 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.

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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 extended recovery times.

If you need even just a little perk-up, we also offer little to no-downtime treatments. You deserve to look and feel your best, what are you waiting for?

"The book had a lot of my questions answered that I didn't even have to ask. I think a lot of people need to read your book, because when they read it, they will lose this fear that they have about it [facial plastic surgery]!"

– George,
ImageLift patient



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Our book is an easy read and an excellent resource. Here is a comment from George, about our book:

“The book had a lot of my questions answered that I didn’t even have to ask. I think a lot of people need to read your book, because when they read it, they will lose this fear that they have about it [facial plastic surgery]!”

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Seminar at the Holiday Inn

Thursday, April 17th @ 11:00 AM

Sculptra Luncheon at the Villages Office

Thursday, April 24th @ 1:00 PM

Seminar at the Waterfront Inn

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ARE YOU A DISTRACTED DRIVER?

April is known as National Distracted Driving Awareness Month. Everyone loves the freedom of getting behind the wheel of their car and just go, but are you easily distracted behind the wheel? Over 3,328 people nationwide were killed and over 421,000 were injured in motor vehicles accidents by distracted drivers. Distracted driving has become a deadly trend as is on the up rise.

One of the most deadly causes of a distracted driver is cell phone usage. Over 28 percent of all crashes are caused by drivers using a cell phone. Drivers who use hand held devices are four times more likely to be distracted and be involved in a serious accident. Text messaging while driving is a heightened concern because it actually has three combined types of distractions. These distractions are manual, visual and cognitive. Manual involves your hands to be off the steering wheel. Visual- your eyes are not on the road and cognitive means your thinking is impaired and your thoughts are not on driving.

Hands free devices can decrease the number of serious injuries and deaths while driving but this will not prevent a distraction from occurring. Suggestions are to turn your phone on silence when driving. Resist temptations by putting your phone in the glove compartment or trunk. Many cell phone companies now have certain apps on the phone that states you are driving. If someone calls or texts you they will receive this message. Other distractions while driving are reading a map, putting on makeup, shaving (yes I have witnessed this) eating, drinking, pets and even disciplining the children.

During the month of April enforcement will be out looking for distracted drivers. Fines can be as much as \$100 dollars. Is talking on a cell phone or doing something else other than focusing on driving worth a fine or a life? Many people don't realize that a motor vehicle can be a deadly weapon. Let's all ban together and drive safely for another day.

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INTERCOMMUNITY CANCER CENTERS AND INSTITUTE SPOTLIGHTS ESOPHAGEAL CANCER

With so much news surrounding the prevention, detection and treatment of breast, prostate, colon and skin cancer, it can be easy to forget that other deadly forms of cancer do exist and are on the rise. According to the American Cancer Society (ACS), there will be approximately 18,170 newly diagnosed esophageal cancer cases in 2014. As a result, the ACS also estimates that this cancer will take 15,450 lives. In its continued efforts to educate local residents about all forms of cancer, this month InterCommunity Cancer Centers (ICCC) and Institute (ICCI) of Leesburg and Lady Lake are spotlighting esophageal cancer.

The esophagus is the muscular tube through which food passes from the throat to the stomach. The majority of esophageal cancers are either adenocarcinoma or squamous cell carcinoma. Both cancers are found in the tissue that lines the inside of the esophagus.

Many researchers believe that some risk factors, such as tobacco or alcohol use, may cause esophageal cancer by damaging the DNA of cells that line the inside of the esophagus. In addition, long-term irritation of the lining of the esophagus caused by reflux (heartburn), Barrett's esophagus, and esophageal webs, may also lead to DNA damage and increased esophageal cancer risk. While we don't know the exact cause of esophageal cancer, we do know some of the key risk factors that make this cancer more likely, including the following provided by the ACS:

- **Age:** The chance of getting esophageal cancer is relatively low in youth but increases with age.
- **Gender:** This disease is three to four times more common among men than among women.
- **Gastroesophageal Reflux Disease (GERD):** In some people, acid can escape from the stomach into the esophagus causing symptoms such as heartburn or chest pain. People with GERD have a higher risk of getting adenocarcinoma of the esophagus based on how long someone has had the disease and how severe the symptoms are.
- **Barrett's Esophagus:** If stomach acid continues to enter the lower esophagus over an extended period of time, it can damage the lining of the esophagus. The longer someone has reflux, the more likely it is that they will develop Barrett's esophagus.



- **Tobacco and Alcohol:** The increased and extended use of tobacco products, including cigarettes, cigars, pipes, and chewing tobacco, as well as drinking alcohol are known lifestyle risk factors for esophageal cancer

- **Obesity:** People who are overweight or obese (severely overweight) have a higher chance of getting adenocarcinoma of the esophagus. This is in part explained by the fact that people who are obese also tend to suffer from associated conditions, including esophageal reflux.

"While we cannot prevent all esophageal cancer cases, we can reduce our risk of getting this disease by maintaining a health diet comprised of fruits and vegetables, avoiding tobacco and limiting alcohol use. Also, staying active by engaging in daily exercise and keeping a healthy weight can also help our prevention efforts," explains Hal Jacobson, M.D., medical director of ICCC/ICCI.

Patients who are diagnosed with the esophageal cancer are often prescribed chemotherapy, surgery and/or radiation treatments. Radiation therapy, including external-beam and high- and low-dose brachytherapy, are most often used by cancer specialists to shrink the tumor prior to surgery, kill any cancer cells that may remain after chemotherapy and surgery, and with more advanced esophageal cancers – shrink tumors so a patient can swallow more easily.

"While external-beam radiation therapy and brachytherapy cannot cure the cancer, it can help shrink and terminate any remaining cancer cells. In addition, brachytherapy has proven to be an effective way to relieve painful swallowing and improve a patient's quality of life," says Dr. Maureen Holasek, radiation oncologist at ICCC/ICCI.

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

THE EXPERIENCE OF INTERCOMMUNITY CANCER CENTERS

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

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

ABOUT VANTAGE ONCOLOGY

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

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www.ICCCVantage.com



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

Youth Sports Safety Tips

Keeping Your Kids Safe While Playing Sports



Participation in sports offers tremendous social, emotional and physical benefits for children. We know that one of the worst things for kids is to be sidelined with an injury. As parents and coaches, there are simple things we can do to help reduce preventable injuries and keep our kids playing the sports they love.

Each year, 2.6 million children ages 19 and under receive medical treatment for sports and recreation injuries. Here are some tips to keep your kids active, healthy and injury-free:

Get a Pre-Participation Physical Exam. This can help rule out any medical conditions that may place your athlete at risk.

Warm Up and Stretch Before Games and Practices. Stretching can release muscle tension and help prevent sports-related injuries, such as muscle tears or sprains. Start with 10 minutes of jogging or light activity, and then stretch all major muscle groups, holding each stretch for 20 to 30 seconds.

Remember to Hydrate. One of the most important things that you can do for your body is to drink water. This can help your muscles stay loose and maintain a healthy fluid balance in your body. Encourage athletes to drink water 30 minutes before the activity begins and every 15-20 minutes during activity.

Wear Appropriate Sports Gear. Wearing properly fitted sports gear can help avoid minor and serious injuries. Make sure athletes have the right equipment and are wearing it for both practices and games.

Make Rest a Priority. Encourage players to communicate any pain, injury or illness they may have during or after any practices or games. Make sure they know it's important to tell coaches or parents if they're hurt or not feeling well. Kids should have at least one or two days off from any particular sport each week. An off-season is important too!



Compression Devices: Effective Treatment for Limb Swelling

By Alyssa Parker

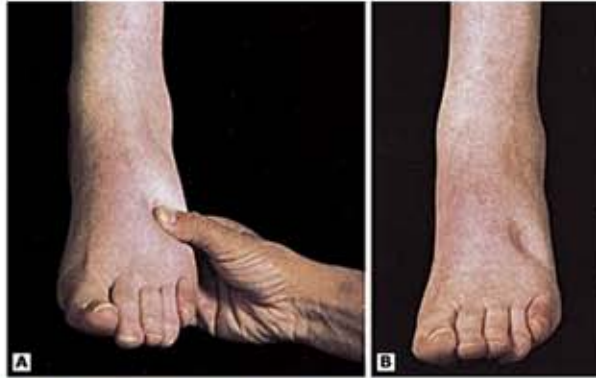
Pneumatic compression devices are one of the most highly recommended treatments for limb swelling and are a Medicare approved treatment option. Dating back to the 1960's pneumatic compression pumps have been used for the treatment of limb swelling due to acute and chronic conditions. In most cases compression pumps are used for swelling associated with lymphedema as well as venous insufficiency. Limb swelling left untreated without a clinical diagnosis and lack of proper treatment may lead to a variety of problems.

Patient's with Venous Insufficiency who experience severe and persistent edema overtime can lead to trapped protein-rich fluid also referred to as secondary lymphedema. The lower region of the leg becomes permanently swollen and may start to harden. Due to poor circulation and protein-rich fluid buildup wounds may become chronic and appear more frequently. Common signs and symptoms that occur are fluid accumulation in a limb, a feeling of heaviness or tightness, thickening of the skin, pain or redness, or chronic ulcers in the affected limb.

How does compression therapy work?

A compression device is used for both acute care (short term in the hospital) as well as chronic care (long term in the home). The compression pump increases blood flow and lymphatic flow. By increasing the circulation in the affected limb many painful symptoms will be alleviated. When compression treatment is used on a limb the excess fluid is removed and worked back into the lymphatic system the natural way. For patients with chronic ulcers using a compression device will help heal the wound from the inside out, by increasing the circulation in the return of the blood from the heart. The heart delivers oxygen rich blood back to the legs and the tissue.

The pneumatic sequential compression relieves the pain and pressure in the swollen area and reduces the size of the limb. The sequential inflation of the chambers, of the sleeve around the affected limb, begins distal (lower region of the limb furthest from attachment) to proximal (area of attachment to the body) naturally mimicking your bodies lymph return while stimulating the blood flow in the legs.



What causes limb swelling?

There can be many different causes for limb swelling, however, two of the most common diseases for chronic limb swelling are Lymphedema and Venous insufficiency. After having a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities.

Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb. Poor circulation may cause shallow wounds to develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

Is a Compression Device the right treatment for me?
Using a compression device is a great treatment option for patients who have tried compression stocking, elevation, diuretics, and massage with little or no relief. It's also a treatment option for individuals who have chronic venous ulcers. When compression stockings get worn out or stretched over time; many patients aren't receiving the needed compression. When using a compression pump the pressure is locked in, ensuring that you're getting the appropriate amount of pressure each treatment.

Diuretics may be useless and harmful over time if your edema (swelling) is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial fluid is not present because you are taking a diuretic, this will only aggravate your lymphatic system which may lead to additional fluid retention and additional swelling. Also, using a pneumatic compression device may help the prevention of blood clotting along with deep vein thrombosis or those individuals who are at risk for it.

If you or someone you love suffers from limb swelling it is important to keep a few things in mind. If any of the following apply, seeking medical advice is recommended.

- Family history of edema, venous insufficiency, or lymphedema
- Pitting or skin hardening: push your finger into your skin and count how long it takes to return
- Hemosiderin staining: "red socks" appear from the ankles down
- Traumatic injury or surgery potentially damaging your circulatory system (knee replacement etc)
- Radiation exposure

For patients who many have Chronic venous insufficiency a test called a vascular or duplex ultrasound may be used to examine the blood circulation in your legs.

The compression pump is approved by Medicare and covered by many commercial insurers; Actual coverage varies with individual commercial insurance policies. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition.



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Why Is My Face So Red?

By Steven T. Powell, MD and Dori Hite, MPAS, PA-C

We've all been there: an embarrassed moment, an extra hard work out, a brief loss of temper. It happens to the best of us, and even the best of us have suffered from the occasional red face. But what about those who find themselves experiencing persistent, progressive and often embarrassing facial redness? When is a red face more than just a red face?

Rosacea (pronounced "roh-ZAY-sha") is a common cause of facial redness. It is a chronic skin condition that results in inflammation of the cheeks, nose, forehead and chin. Many times rosacea begins as facial redness (called erythema) that initially comes and goes. Over time, however, the redness becomes more persistent. Visible blood vessels on the cheeks and nose may appear and become permanent. Red bumps and pimples may develop, and in severe cases the skin can become thickened and bumpy. Rosacea patients will often report their skin feels warm or that

is stings and becomes easily irritated. In some rosacea patients, the eyes may even be affected, causing irritation, redness, and a "foreign body sensation" in the eye.

Rosacea is most common in fair skinned individuals, but it can develop in people with any skin color. This condition is diagnosed more frequently in women, but men often have more severe symptoms. Rosacea patients will often have periodic flares when the disease becomes much more symptomatic. There are many different triggers that might contribute to these flares, but some of the more common ones include sun exposure, hot or spicy foods and drinks, alcohol consumption, heat (including hot baths), and menopause.



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Although there is not a cure for rosacea, there are a variety of treatments currently available. Various oral and topical medications have been shown to be particularly effective at treating the papular (or pimple like) component of rosacea. Facial redness and dilated blood vessels on the face are often addressed with light based treatments such as Intense Pulsed Light. A new and unique cream designed specifically to target facial redness has recently been approved by the FDA and is now available with a prescription. Professional skin care products containing antioxidants and natural anti-inflammatories such as feverfew and green tea are often beneficial. Finally, a thorough skin care regimen for rosacea will also include regular use of sunscreen and gentle cleansers to avoid further skin irritation.

Rosacea and facial erythema is more than just a cosmetic issue. Left untreated, it is possible that the redness associated with rosacea may progress to bumps and eventually swelling and even thickening of the skin. Treatment is simple and safe, so if you think your red face might be more than just a case of embarrassment, contact your dermatologist. A dermatology professional can tailor your therapy based on individual symptoms and keep you looking your very best!



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Don't Be Fooled into "Combo-Pilling"!

America Continues to Search for the Miracle Pill

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

A highly controversial weight-loss practice called "Combo-Pilling", taking two or more diet products that together are supposed to be more effective than one, is an "underground" practice that's gaining momentum across the country. Is it safe? We asked Carolyn Waygood, Certified Natural Health Professional, Diabetes Educator, and a Weight Loss specialist, who simply says "No. Combo-pilling is when a lay-person (non-health professional) self-diagnoses the cause of their excess weight, possibly incorrectly, and starts taking a variety of pills to address specific weight concerns at doses that may not be entirely effective – or safe." While one pill may address nervous binge eating and stress-related belly fat, another may provide increased energy. "Together, this combination of diet pills may help an emotional eater with a sluggish metabolism lose weight, but it's not the right formula for someone with digestive or hormone issues", cautions Ms. Waygood.



In some situations, consumers will take multiple pills so that one diet pill will offset the negative side effects of another. For example, one diet pill that increases the metabolism might also cause jitters. So those effects are offset by a different diet pill that reduces stress. "The practice of combining medications not specifically formulated to be taken together, whether these are prescription medications, over-the-counter products, or natural supplements", warns Ms. Waygood, "can do more harm than good."

Every person is different, and their weight challenges are different. A personalized weight loss program should be approached with care and wisdom, and consumers should be very aware of what their body is telling them. "There are over a dozen different reasons why someone is holding on to excess weight", explains Ms. Waygood. "Issues with weight can be caused by a faulty metabolism, inadequate digestion, improper body pH levels, chronic inflammation, stress, thyroid and hormone issues, prescription medications, poor nutrition, and so much more." In other words, a diet pill that may have helped your friend shed 30 pounds, may not be effective for you. "This is how people become frustrated with the weight loss industry", notes Carolyn, "and products or programs are labeled as 'scams' when they may be perfectly legitimate."

People who advocate "Combo-Pilling" are, in their own way, calling attention to the complexities of weight loss and healthy weight management, and raising awareness that there's no "one magic pill". Combo-Pilling approaches, for example, acknowledge the role metabolism, stress, and digestion play in the war against weight. "To have effective and safe combo pilling", reports one online site dedicated to the practice, "you need several different kinds of products, including a;

1. Metabolism Booster

4. Appetite Suppressant

7. Colon Cleanser

2. Stress Reliever

5. Fat Binder

8. and an optional supplement to balance your thyroid

3. Carb Blocker

6. Thermogenic Activator



"Combining 5 or 6 different products that haven't been formulated to work together", explains Carolyn, "can result in higher doses of some ingredients that can cause other long-term health concerns." It can also be quite expensive. In a recent 2-page advertisement found in a popular Hollywood news magazine, 5 "top fat burners" were promoted as a viable approach to weight loss. One pill blocked the absorption of carbohydrates, another suppressed the appetite, a third blocked the production of the stress hormone cortisol, one claimed to boost the metabolism, and the fifth provided a detox and cleansing effect. Together, all five products, each manufactured by different companies, amounted to over \$300 for a 30-day supply! No wonder this is a practice common in Hollywood!

Plexus Worldwide, based in Scottsdale, Arizona and lead by Medical Director Dr. Dennis Harris, M.D., formulates one of the most effective and complete approaches to weight loss available in one product using natural ingredients. "The Plexus Slim and Accelerator weight loss products are successful", explains Ms. Waygood, "because they are easy to use, have been formulated to work synergistically (together), and attack weight issues form

Disclaimer: All information provided in this article, particularly any information relating to specific medical conditions, health care, preventive care, and healthy lifestyles, is presented for general informational purposes only. It should not be considered complete or exhaustive and does not cover all disorders or conditions or their treatment. The information provided is not intended as a substitute for the advice provided by your own physician or health care provider, and may not necessarily take your individual health situation into account. The author assumes no liability or responsibility for any errors or omissions in the content of this article. The statements regarding any products included in this article have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

multiple perspectives." The Plexus products are like combo-pilling because they address multiple causes of excess weight, but without the safety concerns. "Plexus Slim and Accelerator were originally formulated to help diabetics better control blood glucose and insulin", notes Carolyn, "and has been proven safe for diabetics, non-diabetics, and people of all ages. I work with some customers who are as young as 10 years old."

Plexus Slim, a powdered drink that is mixed with water and consumed in the morning, and Plexus Accelerator, an optional daily supplement, contain natural ingredients that address all the excess weight variables listed above, plus more. "The Plexus formula was designed to improve glucose metabolism, inhibit fat storage, improve mood, control the appetite, dissolve fat cells, balance blood sugar and prevent food cravings, increase energy, and improve insulin sensitivity – and so much more - all in one product, from one company, at doses that are safe, and effective," explains Ms. Waygood. While a 30-day supply of the 5 or 6 pills recommended in the combo-pilling advertisement could cost \$329, a 30-day supply of both Plexus Slim and Accelerator can be purchased for between \$89.95 and \$114.95!



"I enjoy explaining how the Plexus Slim and Accelerator formulas work", admits Carolyn, "because I like my customers to understand the complexities of excess weight and how their bodies are working. But if people are still skeptical, I tell them to simply read or watch the thousands of testimonials Plexus has received that document one success story after another." We've reprinted some of these testimonials here for our readers.

Interested in hearing more?

Listen in on a 30-minute weekly Plexus Information Call every **Wednesday at 9:00 EST** by dialing (218) 862-7200 and enter the access code 610844! If you have problems accessing that number, Plexus Support Representatives can help you by dialing (602) 734-2177! Hear product information and customer testimonials that could change your life forever! Your Plexus Representative is Carolyn Waygood, CNHP (#91719).

"This is my Plexus Story; Our family's life turned upside down on the morning of our youngest son's 5th birthday in January 2012. He was diagnosed with Type 1 Diabetes (the kind where he is insulin dependent for life). Life as we knew it completely changed. We were first in shock and then devastated. And the bills began piling up. The emotional and financial toll was enormous. Fast forward 18 months and many tears later, I was introduced to Plexus by a neighbor. While she didn't know it at the time, I was on prescription medications for horrible depression, was withdrawn and had become mostly inactive due to severe foot pain, which resulted in weight gain. A comment she made struck a chord with me - that this little pink drink called Plexus Slim, initially designed to help diabetics, was changing lives in so many ways. I was very skeptic - after all, this was another one of "those" network marketing business "schemes". I secretly decided to try the 3-day trial. By the end of the 3rd day, I called her and asked for another 3-day trial! This simple little pink drink was somehow working for me, and I paid the \$34.95 fee to become an Ambassador so I could get wholesale pricing. Little did I know at the time that this little investment would impact us so quickly and in so many ways. Today, I cannot imagine going another day without my Plexus Slim drink. My friends and people I've not seen in months are telling me I look very different, my clothes are fitting better, and I'm off all pain medications and antidepressants! I'm no longer dependent on coffee - I'm active again without feeling like I need a walker - I'm keeping up with two boys and a dog that LOVES going our daily walks again. My husband - who also happens to be an Aggie - has lost 18 lbs.! I see a happy light at the end of the once dark tunnel, and more important, there's a happy woman who's found the spring in her step looking back at me in the mirror once again. This is a new beginning. I sincerely hope my story helps others take that first step toward better health! All the best, Amy King Lowe"

"Plexus gave me my life back!"



Figure 2: Amy King Lowe



"I was skeptical but the results have been REAL!"

"I started taking plexus on October 24, 2013. I have spent the last year in and out of doctors' offices and hospitals and had just about every test you could think of trying to figure out what was wrong with me. I had been suffering for a couple of years with severe stomach and abdominal pain and discomfort, fatigue, and also debilitating headaches and zero sex drive. NO ONE could find anything wrong! After deciding to take Plexus Slim to hopefully aid in my weight loss I learned about candida overgrowth and the havoc it can cause to your entire body. So I decided to do the candida spit test and boy was it ever present! I immediately started taking the recommended Plexus products to get rid of it (ProBio5 and BioCleanse). The first few weeks I'll admit were really rough, I learned I was going through what's called die off symptoms, that included nausea, diarrhea, stomach cramps, severe headaches and body aches. I was determined to stick it out and see if this candida overgrowth had been the root of my problem all along and lo and behold when the die off symptoms subsided I started feeling really good! I was still a little skeptical that it could actually be what had been wrong with me all this time! But the longer I stuck with it - the better I felt! I feel amazing, have more energy, and my mood even seems to be elevated. These Plexus products have given me my life back and I will never stop taking them! I wanted to lose a few pounds, 10 weeks later my results have far exceeded my expectations! Not only have I lost a lot of weight and inches, I am no longer sick, I'm no longer on my thyroid meds, no longer on my hormones and no longer on my GERD/Acid Reflux meds! Plexus has been a Blessing to me and my family and I'll be forever grateful and will share my testimony and Plexus products wherever I go! Thank You Plexus!" -Sabra McCraw



Figure 1: David Kempen

"I started my Plexus health journey on October 3rd. Since then, my blood pressure has gone down, I sleep better, I carry less weight on my injured knee cap, and I have more energy! Within four months, I was **down 64 pounds**. I went from a size 54 pants to a 38! After experiencing how great the products work, I joined as a Plexus Ambassador, and within my first week have been blessed financially as well. Thank you to my friend, Erin, for introducing me to Plexus!" -David Kempen

"I lost 64 pounds!"

Contact Carolyn Waygood, CNHP at (941) 713-3767 or email: Carolyn@BeSmartGetHealthy.com

Visit www.Waygood.MyPlexusProducts.com Today!

NEW SLEEP Medication

Are you one of the lucky people that simply lie down at night and fall asleep right away and stay that way for the next 8 hours? Do you wake up feeling completely rested, refreshed and energized for the day without the need for caffeine to get you moving? If yes to all of the above, you are in the minority but keep reading as you will definitely want to share this medical article with your co-workers, friends and family!

Why is SLEEP so important?

Sleep, especially REM sleep, plays a vital role in good health and well-being. REM sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day; it is forming new pathways to help you learn and remember information.

If you're sleep deficient, you may have trouble learning, making decisions, solving problems, controlling your emotions and behavior and coping with change. Sleep deficiency has also been linked to depression, suicide and risk-taking behavior.

Additionally, your immune system relies on sleep to stay healthy. Ongoing sleep deficiency can change the way in which your immune system responds. For example, if you're sleep deficient, you may have trouble fighting common infections.

Why do people have TROUBLE sleeping?

33% of all people have trouble falling asleep or staying asleep

- STRESS
- ANXIETY
- DEPRESSION
- CIRCADIAN RHYTHM PROBLEMS
- GABA/NEURO-TRANSMITTER INSUFFICIENCY



REMTabz^{Rx} (Diazalclone)

Why REMTabz?

Doctors use two main types of medications to help their patients improve their sleep:

- **Anxiety/Stress Reducers** such as *Xanax* (BENZODIAZEPINES)
- **GABA/Neurotransmitter Regulators** such as *Ambien & Lunesta*

	REMTabz ^{Rx}	AMBIEN	Xanax ^{Rx}
Prescription Strength	✓	✓	✓
Non-Drug	✓		
Fall Asleep Faster	✓		
Relieves Stress	✓		✓
Relieves Anxiety	✓		✓
+ GABA Insufficiency	✓	✓	
+ Circadian Rhythm	✓		
Increase REM	✓		

Unfortunately, both types of those medications have massive side effects and often aren't helpful in both helping you get to sleep AND stay asleep. REMTabz (Diazalclone) is a true pharmacological sleep pill that safely combines the best attributes of Stress/Anxiety Relief and the most powerful sleep aid formula available. REMTabz is designed to safely produce the sleep aid effects of both types of prescription sleep medications without the side effects. In other words, REMTabz allows both your body and mind to rest!

The ingredients contained in this powerful sleep aid have been tested in clinical trials and have been proven to decrease the amount of time it takes to fall asleep and allow you to get more quality rest. REMTabz proprietary formulation (Diazalclone) directly stimulates the production of Alpha & Delta brain waves creating a state of deep relaxation for all stages of REM sleep (N1, N2 & N3). REMTabz is the non-prescription solution for your sleepless nights, specifically designed for effectiveness without the harmful side effects. Developed through years of research, REMTabz is the

perfect balance of science & nature that delivers night after night of consistent deep sleep. Formulated with the most powerful patented sleep aiding ingredients, REMTabz is designed to help you fall asleep and stay asleep without leaving you feeling drowsy the next day. REMTabz is the perfect balance of science & nature brought to you by the global leaders in non-prescription pharmaceuticals.



If you are among the many who suffer from insomnia and other sleep disorders, you owe it to yourself to try REMTabz today!

- Reduce Stress / Anxiety
- Fall Asleep Quickly
- Stay Asleep Longer
- No Side Effects
- Non-Addictive
- Wake Up Refreshed - Not Drowsy
- No Prescription Needed



www.gentechpharma.com

REM Tabz^{Rx}

(Diazacdone)



Redefining the Perfect Night's Sleep



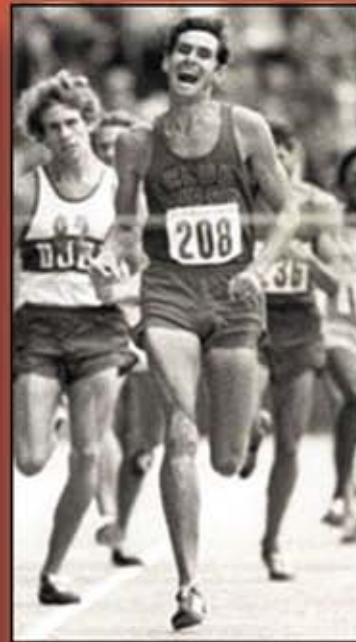
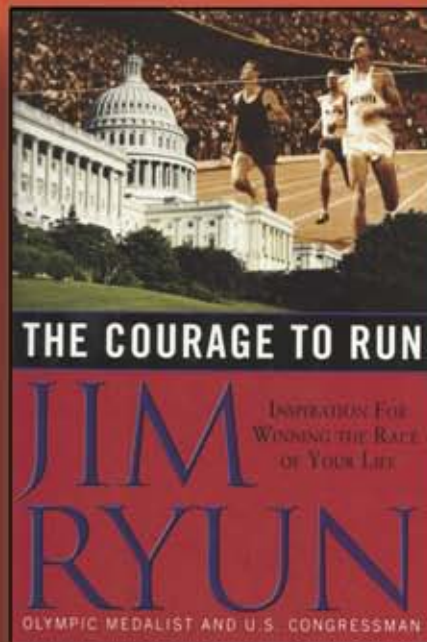
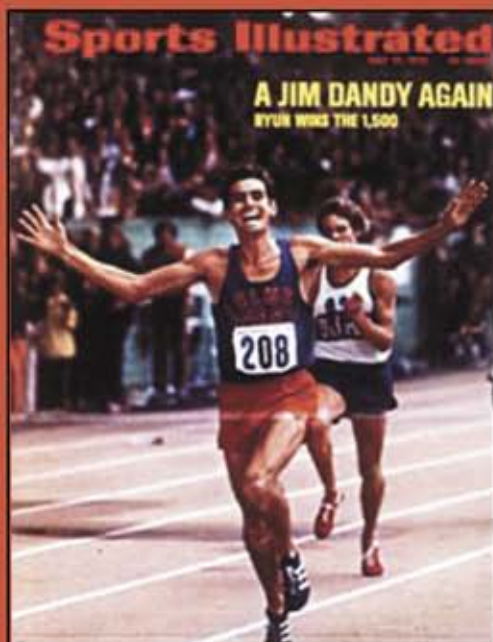
Fall Asleep Quickly

Stay Asleep Longer

Reduce Stress / Anxiety



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Jim Ryun

You're Invited - May 9th & 10th

Helping Hands Invitational

5K RUN & Dinner Banquet

Featuring
three-time Olympian
Jim Ryun

DINNER BANQUET • Ocala Hilton • May 9th (6:30 pm)

5K RUN • Ocala's Baseline Greenway Trailhead • May 10th (8:00 am)

Registration Forms
available online at
HelpingHandsOcala.org

- ESPN rates **Jim Ryun** as the #1 high school athlete of all time, #2 Tiger Woods, #3 LeBron James.
- **Jim Ryun** represented the USA in 3 Olympics ... running in 1964, 1968, and 1972.
- In 1964 **Jim Ryun** became the first high school student to break the four-minute mile, with a time of 3:59.

HH helping hands

Helping Hands is committed to help rebuild the lives of the homeless and disadvantaged men, women and children in Ocala/Marion County. We provide shelter and assist with food, clothing, medical, dental, transportation, counseling, education grants, jobs and placement. Our focus is to help people achieve an independent and successful life.



Helping Hands - 101 NE 16th Avenue - Ocala, FL 34470 352.732.4464 www.helpinghandsocala.org

www.HealthandWellnessFL.com

The Art of Sacrifice

By Alex Anderson
Senior Associate Pastor at Bayside Community Church

At a recent men's gathering, I was asked to share some of my journey in ministry – specifically on sacrifice. At first I thought about the decades of long hours and little sleep, extending a helping hand to the helpless, working with bread crumbs for resources, but then it hit me...nobody slammed me in a corner and forced me to do this. I'm the one who stood up and chose ministry for myself. I do believe ministry is a calling and not everyone is cut out for it, but I'm the one who went to the front door to answer the "call." So then I began to ask myself the real question.

"If I chose ministry for myself, then where is the real sacrifice?"

One of my brothers is a Rheumatologist. He put in nine years of cold coffee and threads of sleep in hospital residency, fellowships and training after medical school, not to mention a small fortune in educational loans. He sacrificed and was in his thirties before he became a partner in a practice in North Carolina. Now he is unquestionably successful. So did he sacrifice or did he invest? I believe the answer is yes... for both.

For me, sacrifice is when you pursue, with red-hot passion, something for the benefit of others, but with no thought of personal payoff. But, can we really, honest-to-God do that? I mean NOT get a payoff this side of Heaven.

My saintly grandmother

When I was very young my grandmother would cook a stunning breakfast. She would bake the biggest and fluffiest butter-dripping biscuits you have ever put in your mouth. Before the crack of dawn, while everyone else was turning their pillows over to the cool side, she had been in her kitchen meticulously measuring out all the ingredients to bake her biscuits to perfection. Everyone in the family called her a saint for her early morning sacrifice to create these heavenly delights.

But hold on a minute, I learned something very interesting about my saintly grandmother. I learned that she got a powerful payoff for her early morning ritual.

Satisfaction

One of her hearts greatest delights was when I would "hum" while eating her heavenly creations. My two year old humming delighted my grandmother to no end. And if I did not hum while eating her food she thought she had failed. Once my dad told my grandmother how wonderful the breakfast was, to which she gave a tongue in cheek reply, "If Alex doesn't hum, then you're full of baloney." I did not realize the weight of my culinary critique when I was two.

My grandmother, brother and I all get something for our sacrifices this side of Heaven. Something deep in our hearts cries out to be satisfied. It's that one thing that makes all the frustration and effort worth it. And that's okay because there is a reason that it's okay.

Your "10"

Like my grandmother, brother and many others, lifelong thriving people never pursue success. However, they do bird-dog their passion. Many of them had two undeniable realizations when they were knee-deep in their "10." They noticed that their passion could be a slamming contribution to someone else. It may be using their hands to make killer biscuits. It may be using their minds to learn medicine, but it is always with a zeal to serve others first.

Don't aim for success if you want it; just do what you love and believe in, and it will come naturally.
~David Frost

The second "aha" moment that pops up is, "it's easy". It seems to come naturally to who you are. Your brainwork and actions tend to shape your life



for that purpose. You find yourself day in and day out getting a kick out of what you're up to. So much so that even if no one ever paid you for it, you would still do it cause you're having a blast.

Vacation for life

If you do what you love, you'll never work a day in your life. ~Mark Anthony

So how about you? Are you living in your "10"? Are you having a blast? I know there could be a million reasons you are not, but why not jump ship and go for it? I mean do you really want to be sitting in your rocking chair on your front porch at 92 one day, thinking: "I really wished I had given 'that' a try."?

In the hearts of all, I have put skill, that they may accomplish my plans. ~Exodus 31:6

My hope is that you go to bed every night tired instead of bored...in the hot pursuit and use of your gifts and talents...putting it on the line for those you are crazy about, your community.

If not...why?

To your spiritual health,

Alex E. Anderson
Author of the book, *Dangerous Prayers*
www.dangerous-prayers.com

Remember when Mom used ice to make it all better?

As adults, our health issues
may be more complex,
but the answer is still
put ice on it.



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