

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

May 2014

Marion Edition - Monthly

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FREE  



National Mental Health Month

**Don't Delay...
Get Your Skin
Checked Today!**

DEXA Bone Scan
Discovering Osteoporosis
Before it Causes Fracture

**Stop Suffering
from Pain**

Breast Cancer
What You Need to
Know About Early
Detection and Testing

Q:

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A:

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Stop Suffering from Pain OUR STORY

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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!



September 2013 issue



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30,000

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Don't Delay...

get your skin checked today!!

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

**FREE
SKIN CANCER SCREENING**

EXPIRES: 6/30/14

Q: How common is skin cancer?

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

Q: Why is May best time to get checked for skin cancer??

A: Since May is Melanoma and Skin Cancer Awareness Month, Dr. Powell is offering a FREE SKIN CANCER SCREENING

Q: Are all skin cancers caused by sun exposure?

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

Q: How do moles relate to skin cancer?

A: When looking at a mole, we consider its size, shape and color and then whether these characteristics

are changing. If moles are abnormally dark, irregularly colored, or increasing in size, or if you have many large or irregular-looking moles, you should come in for an exam.

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

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

Q: How often should I get checked for skin cancer?

A: It doesn't matter where you live. If you are concerned about something, get it checked out. And if you fall into one of these two categories, you should get screened for skin cancer at least once a year:

1. You have first-degree relatives who've had melanoma.
2. You've had a history of precancers like actinic keratosis, or skin cancers yourself.

**Dr. Steven Powell, M.D., P.A.
Biography**

- Dr. Powell is a Board Certified Dermatologist who has been in medical practice for 29 years.
- Dr. Powell received his Medical Degree from Tulane University in New Orleans.
- Dr. Powell received his specialized Dermatology training at the Mayo Clinic in Rochester, Minnesota

Areas of Expertise Include:

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A Asymmetry - If you draw a line through this mole, the two halves will not match.



Symmetrical

Asymmetrical

B Border - The borders of an early melanoma tend to be uneven. The edges may be scalloped or notched.



Borders are even

Borders are uneven

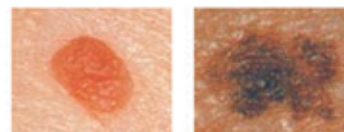
C Color - Having a variety of colors is another warning signal. A melanoma may also become red, blue or some other color.



One Color

Multiple Colors

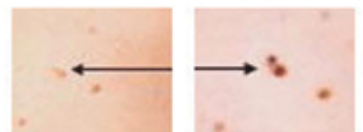
D Diameter - Melanomas usually are larger in diameter than the size of the eraser on your pencil (1/4 inch or 6 mm)



Smaller than 1/4 Inch

Larger than 1/4 Inch

E Evolving - Any change - in size, shape, color, elevation, or another trait, or any new symptom such as bleeding, itching or crusting



Ordinary Mole

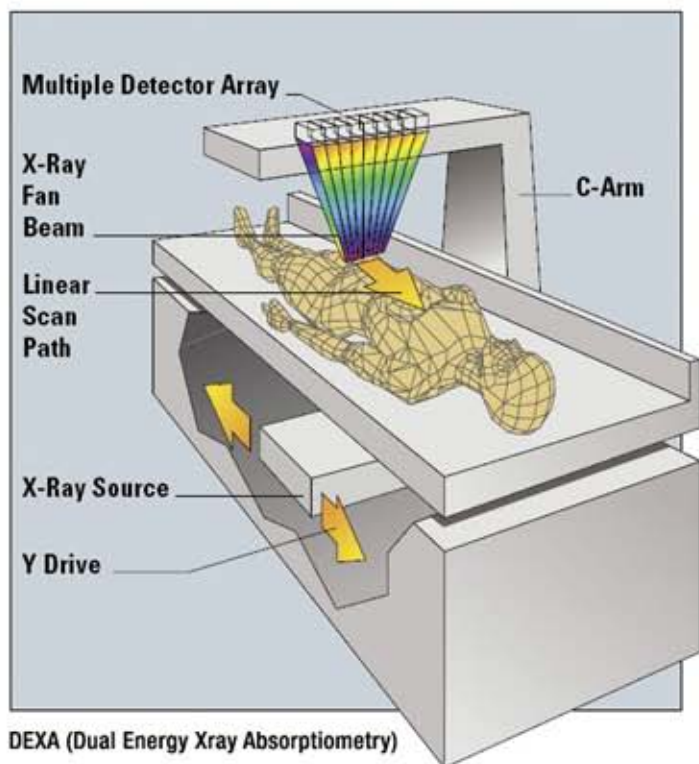
Change in size, shape and color

DEXA Bone Scan

Discovering Osteoporosis Before It Causes Fracture

About 40% of postmenopausal women in the U.S. have osteopenia (low bone density). An additional 7% have osteoporosis, a condition that is characterized by bones that are less dense, and thus weaker, than normal bone. Osteoporosis increases the risk of bone fracture with even minor trauma, such as a fall from standing height, or even from a cough or sneeze. “Once a person has low bone density, even normal activities can pose a serious risk of fracture,” says RAO radiologist Dr. Ryan Tompkins. “Therefore, the DEXA bone scan is important in helping to prevent injury among high-risk individuals.”





A DEXA bone scan is a simple, quick, completely painless examination that uses computer imaging to measure bone mineral density and help determine bone status and fracture risk. DEXA can help predict fracture risk in the same manner that measuring blood pressure can help predict the risk of stroke. Once diagnosed, osteoporosis has many available prescription and nonprescription treatment options to help strengthen bones and reduce the risk of fracture.

DEXA is recommended for all women over the age of 65, and for women between ages 50 and 65 with elevated risk factors for osteoporosis. In addition, men and women with sedentary lives, taking certain medications or having certain diseases should discuss testing with their doctor.

The test involves an extremely small dose of radiation (one-tenth that of a chest x-ray) and takes about 2-5 minutes for a single area measurement and 10-15 minutes for a whole body scan. Your doctor will determine the examination that is best for you.

DEXA is offered at two convenient RAO locations: Women's Imaging Center and TimberRidge Imaging Center. For scheduling, please call RAO at 352-671-4300.



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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.



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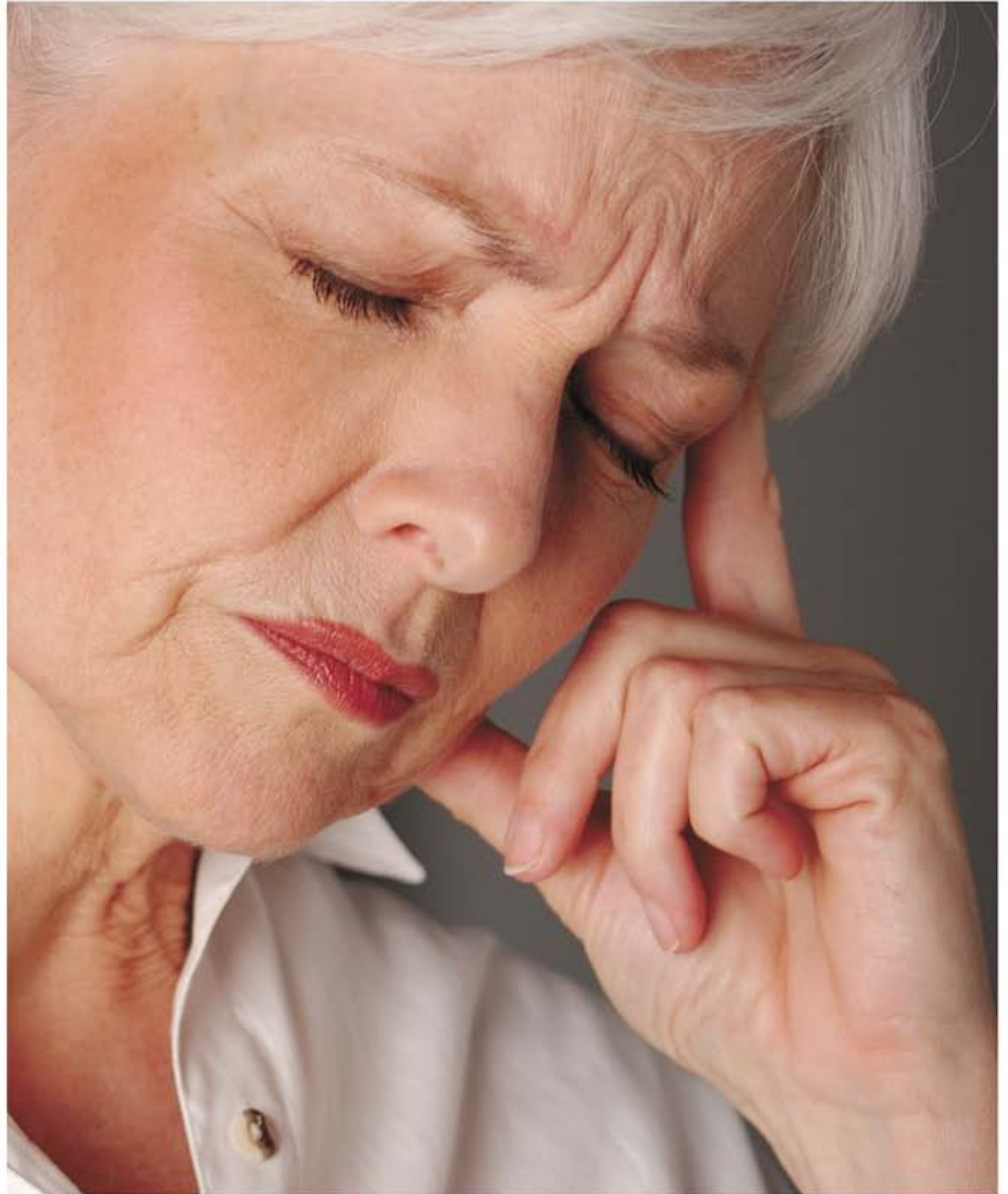
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May Is National Mental Health Month

Mental health is a serious illness that many people seem to shun away from someone that is suffering with this illness. Mainly, this is because they do not understand what is wrong.

In recent years attitudes have been changing towards mental illness due to this amazing event that is held the whole month of May. This event is a month long campaign that educates the general public about mental health, mental wellness and ways to keep your mind healthy. Anxiety disorders are among the most common illness in America. 40 million people are affected by this debilitating illness. There are 5 types of anxiety disorders they are:

- **Panic disorder** which brings on sudden feelings of terror that strikes repeatedly and without any warning.
- **Obsessive-Compulsive disorder** which brings on repeated intrusive and unwanted thoughts over and over again.
- **Post Traumatic-Stress disorder** are persistent symptoms that occur after some tragic incident has occurred. Nightmares, flashbacks, depression, no emotions, feeling angry, irritable, distracted and easily startled are just a few.
- **Phobia** a disabling irrational fear of something that actually cause little or no harm to them. This type of illness can lead to avoidance in someone's life and can cause people to limit their lives.
- **Generalized Anxiety disorder** is a chronic exaggerated worry of everyday life events and activities that can last at least six months always expecting the worst even though there is no reason to. Physical symptoms of this are fatigue, trembling, muscle tension, headache and nausea.



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Treatments for anxiety disorders include medications and/or some type of psychotherapy.

Medications that are most effective are antidepressants or benzodiazepines.

The most effective type of psychotherapy used to treat anxiety disorders is cognitive-behavior therapy. This therapy teaches patients to understand their thinking pattern so they can control their anxiety level.

Anxiety disorders can also coexist with another anxiety disorder such as an illness or drug abuse. Anxiety disorder can also coexist with a physical disorder. Before going on any type of treatment a full physical health evaluation needs to be done.

So during the month of May let us all be understanding to someone that may have any type of mental illness and try to learn what that person is going through. This can affect anyone at any time. No one is immune from this horrible illness.

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AVOIDING BUYER'S REMORSE

InterCommunity Cancer Centers and Institute Warns Patients about Skin Cancer Treatments Sold Online

If you turn on your computer and search for "skin cancer treatments," chances are you will find countless ads for purported "natural" remedies for this disease. And while the ads may be appealing because of their unsubstantiated claims of helping you avoid "unsightly surgery," experts at InterCommunity Cancer Centers (ICCC) and Institute (ICCI) of Leesburg and Lady Lake are advising you to proceed with caution before purchasing and using these products because they may be detrimental to you or your loved one's health.

A recent study presented at the American Academy of Dermatology's annual meeting in Denver analyzed past cases in which patients searched the Internet for unsupervised do-it-yourself cures and found that many of these patients experienced scarring or extensive tissue damage. And for those afflicted with skin cancer, the unproven treatments led to worse results in terms of cancer recurrence or cure than routinely seen in standard medical practice.

"We are neck deep in the age of Internet-based medicine and unregulated medications," said Hal M. Jacobson, M.D., medical director of ICCC/ICCI. "As physicians, it is our ethical responsibility to educate our patients about the potential health hazards associated with purchasing these clinically unproven elixirs online."

According to the study's authors, the rapid rise of the Internet as a source for self-help medical information points to data suggesting the percentage of American adults who search the Web for health-related topics rose from between 40 percent and 50 percent at the turn of the century to 72 percent by 2012. In fact, more than 40 percent of people search on sites that discuss complementary and alternative medicine for mole removal and skin cancer concerns.



The risk is a dangerous one because the alternative-medicine sources found online often heavily promote questionable but commercially available treatments such as black salves, which contain potentially inflammatory ingredients like blood-root and zinc chloride that burn the skin. If used inappropriately and without proper medical supervision, such products raise the risk for patients of developing significant pain and scarring, the researchers added.

The study found that these treatments provided poor cosmetic results in nearly 89 percent of cases and mild to moderate scarring occurred among almost 57 percent of the patients. The other 43 percent – mostly skin cancer patients – experienced major tissue damage and over 56 percent of the skin cancer patients still had cancer following self-treatment or saw their disease reappear.

Approximately 39 percent of those with basal cell carcinoma were fully cured by self-treatment as compared to the nearly 95 percent cure rate seen when patients are treated with standard medical practice and guidance, the researchers said.

And while more research is needed, ICCC/ICCI still believes that an ounce of prevention is worth a pound of cure.

"Unfortunately, these ads often prey on patients who are frightened by their skin cancer diagnosis. However, before deciding on self-treating your disease, ask your physician about these products as well as your treatment options. You will be happy to find that your physician's solution is a safer and more effective one," explained Dr. Jacobson.

The ACS' website identifies numerous signs and symptoms and important prevention tips regarding skin cancer including the following:

WHAT ARE THE SIGNS AND SYMPTOMS OF SKIN CANCER?

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

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

CAN SKIN CANCER BE PREVENTED?

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

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

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

BREAST CANCER, WHAT YOU NEED TO KNOW ABOUT EARLY DETECTION AND TESTING

Each October, a diversity of organizations, businesses and individuals take part in National Breast Cancer Awareness Month to heighten public knowledge about the symptoms and treatment of this disease.

Why the focus on breast cancer, and why does it have its own awareness month? One reason is because breast cancer is the most common form of cancer among women in the United States (other than skin cancer) and the second leading cause of cancer-related deaths among women. But, women aren't the only ones affected – for men the lifetime risk of getting breast cancer is about 1 in 1,000.

The National Cancer Institute at the National Institutes of Health estimated that this year the number of new cases and deaths from breast cancer in the United States will be:



New cases of breast cancer in 2013
232,340 female; 2,240 male

Deaths from breast cancer in 2013
39,620 female; 410 male

The numbers may seem formidable, but with decades of research behind us, survival rates are getting better all the time and your best chance of beating breast cancer is to find and treat it early before it has a chance to grow and spread.

Breast Cancer Screening Guidelines

According to information from the American Cancer Society, the following screening guidelines aid in the early detection of breast cancer:

- Women 20-39 should have a clinical breast exam from a physician at least every three years.
- Woman 40 or older (the demographic most at risk of breast cancer) should have a mammogram and clinical breast exam every year.
- Women at increased risk due to family history or a past breast cancer diagnosis should consult their doctor about the possibility of more frequent screenings.
- And women and men of any age should report breast changes to a doctor right away. (A list of common breast cancer warning signs follows.)

Improving Your Odds

And while there is no way to prevent breast cancer, you can improve your odds against the disease. The American Cancer Society further recommends that the following steps can help you stay well and lower your chances of developing breast cancer:

- Maintain a healthy weight. Being overweight or obese increases breast cancer risk – this is especially true for women after menopause.
- Be physically active on a regular basis. Aim for least 150 minutes of moderate intensity or 75 minutes of vigorous activity each week. But don't pack it all into a one workout; be sure to spread it out over the week.
- Limit alcohol intake to 1 drink a day for women and 2 drinks for men.



Know the Warning Signs

Different people have different warning signs for breast cancer but some people do not have any signs or symptoms at all. This is why yearly mammograms for women 40 and older (the demographic most at risk of breast cancer) are so important. Symptoms that may occur prior to a breast cancer diagnosis include:

- Lump or mass in the breast or underarm/armpit.
- Swelling or density of part of the breast.
- Irritation or dimpling/pitting of breast skin.
- Scaly or flaky skin in the nipple area or the breast.
- Retraction of the nipple.
- Nipple discharge, other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain or persistent tenderness in the nipple or any area of the breast.

If you see or feel any of these symptoms, even if a recent mammogram was normal, see your doctor immediately for testing. In addition to an initial diagnosis, testing helps to determine the patient's type of breast cancer, which is key when assessing the prognosis and selecting therapy. Medical testing is also crucial in measuring the progress of the disease and in the ultimate goal of declaring a patient shows no signs of breast cancer.

FOR MORE INFORMATION:

- Visit the National Cancer Institute website: www.cancer.gov/cancertopics/types/breast
- Call the American Cancer Society 24 hour helpline at 800-227-2345, or visit their website: www.cancer.org/cancer/breastcancer/

The lab you trust is now
in your neighborhood.



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M-F: 6:30am - 12:00pm, 1:00pm - 3:30pm
Most Insurance Plans Accepted
Pediatric Testing

Ocala - 3rd Court

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

Ocala - Churchill

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

Ocala - State Road 200

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

Ocala - West

2685 SW 32nd Place, Ocala, FL 34471
Tel: 866-697-8378 • Fax: 352-861-4329
Appointment Scheduling Number - **888-277-8772**
M-F: 6:30am - 12:00am & 1:00pm - 3:30pm • Sat 8:00am - 12:00pm
Drug Screen: **M-F:** 10:00am - 12:00pm & 1:00pm - 3:00pm
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Dr. Anand Kesari Offers Innovative Full Spectrum Endoscopy Procedure for Improved Early Detection of Colon Cancer

Gastro-Colon Clinic is one of the first in the nation to use EndoChoice's Fuse™ endoscope system to reduce the 'miss rate' of lesions during colonoscopy



Although colonoscopy exams prevent many colon cancer deaths¹ and are the gold standard, for detecting colorectal cancers,² the procedure is not completely effective in preventing cancer cases.³ For this reason, Gastro-Colon Clinic has invested in an innovative technology that significantly improves the accuracy of colonoscopy exams and can greatly reduce the number of potentially pre-cancerous lesions missed by standard, forward-viewing endoscopes.

The Fuse™ endoscope system from EndoChoice®, Inc. uses three small cameras at the tip of a flexible GI endoscope. "Unlike standard, forward-viewing endoscopes that use a single camera, the Fuse system lets doctors see nearly twice as much surface area," said Dr. Kesari.

"The Fuse endoscope is all about seeing more of the GI tract. It projects the expanded view on three screens to give physicians previously unseen views, such as behind colonic folds and difficult anatomy. We are pleased to offer this important new technology to our community."

1 Zauber AG, Winawer SJ, Waye JD, et al. Colonoscopic Polypectomy and Long-Term Prevention of Colorectal-Cancer Deaths. *N Engl J Med* 2012; 366:687-696

2 Rockey DC, Paulson E, Niedzwiecki D, et al. Analysis of air contrast barium enema, computed tomographic colonography, and colonoscopy: prospective comparison. *Lancet*. Jan 22-28 2005;365(9456):305-311

3 Brenner H, Chang-Claude J, Seiler CM, Sturmer T, Hoffmeister M. Potential for colorectal cancer prevention of sigmoidoscopy versus colonoscopy: population-based case control study. *Cancer Epidemiol Biomarkers Prev*. Mar 2007;16(3):494-499.



Dr. Anand Kesari



**Standard Colonoscope
Limited 170° Field of View**



**Fuse™ Colonoscope
Panoramic 330° Field of View**



The Fuse system recently received FDA 510(k) clearance for marketing in the U.S. “As an early adopter of the innovative Fuse system, Gastro-Colon Clinic is at the forefront of U.S. healthcare providers offering the best technology and procedures for detecting colorectal cancers,” said Dr. Kesari. “Our team is proud to be using the new system in our ongoing effort to reduce cancer and provide the highest quality care to our patients.”

In a multi-center trial conducted in the U.S., Europe and Israel, researchers performed a series of colonoscopies comparing standard, forward-viewing endoscopes and the new Fuse system.

The endoscope used in the first examination was selected randomly. After the first inspection, each patient immediately underwent a second colonoscopy performed by the same doctor, but with the competing endoscope. The 185 patient trial showed standard, forward-viewing endoscopes missed 41% of potentially pre-cancerous lesions,

or adenomas, while the Fuse system missed just 7%. Additionally, Fuse found 69% more adenomas when compared to standard, forward-viewing endoscopes. The results of this clinical study were presented at a major medical society meeting earlier this year and recently published in *The Lancet Oncology*.

“Standard, forward-viewing endoscopes provide up to 170 degrees of forward vision. The advantage of Fuse is that it allows endoscopists to examine twice the anatomy with a wide 330 degree view. This is especially advantageous because adenomas can be missed in difficult to find areas of the anatomy,” said Dr. Kesari. “The findings are compelling and support the data from previous studies showing the limitations of standard, forward-viewing endoscopes. EndoChoice’s innovative Fuse technology dramatically improves the effectiveness of this life-saving procedure. And improving the effectiveness of every procedure we perform here at Gastro-Colon Clinic is what we’re all about.”

Patient scheduling with the new Fuse system is now underway at Gastro-Colon Clinic. More than 15 million colonoscopies are performed across the United States each year and most insurance companies cover the costs for those patients over age 50.



**Gastro-Colon Clinic
Dr. Anand Kesari**

7535 SW 62nd Court,
Ocala, Fl. 34476

1400 US 441 N. Bldg. 930,
The Villages, Fl. 32159

1389 S. US 301,
Sumterville, Fl. 33585

7578 SE Maricamp Rd. #102,
Ocala (Shores), Fl. 34472

10435 SE 170th Pl.,
Summerfield, Fl. 34491



(352) 237-1253
www.gastro-colon.com

Ask your Doctor to refer you to Dr. Anand Kesari of Gastro-Colon Clinic for all your GI and Colonoscopy needs. Get the best possible endoscopic evaluation around.



Are You Treated Differently?

People treat us differently based on how young or old they think we are. We don't make the rules up, that is simply how our world works. As facial plastic surgeons, our job is to help people understand the latest technologies and the least invasive techniques, to look and feel their best, and to regain or maintain their confidence and their future.

Have you ever been questioned about your age or appearance? Do people tell you that you are older or say this to you without words? Have you ever considered that the most important person that treats you differently based on your appearance is YOU!

There are ways to help you look on the outside as young as you feel on the inside. At ImageLift, we start with a FREE FACELIFT – which you can do every day! It is called a SMILE. It plumps your cheeks and tightens the neck and jawline. Nothing says “Confidence” like a great smile.

We take pride in providing our patients the best treatments possible to get the appearance they want, bringing that smile back to life! We offer a wide range of procedures to help you improve your confidence and quality of life; especially including the ImageLift FaceLift.

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.

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 extended recovery times.

There is no need for a complete overhaul! If you need even just a little perk-up, we also offer little to no-downtime treatments. We can even create long-term plans for you! You deserve to look and feel your best, so 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



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



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

GEORGE HAD THE IMAGELIFT MEDIUM FACELIFT.

At ImageLift, we are a National Center of Excellence for our long-term fillers, and we even train other doctors in the ImageLift techniques. The combined experience of two Double Board Certified Facial Plastic Surgeons, Dr. Rich Castellano and Dr. Randall Weyrich, is sought 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.

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]!”

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



RESULTS ARE TYPICAL AND DO VARY.

Visit our website to see George’s video.

Meet The Docs At An Upcoming Seminar!

Tuesday, May 6th @ 11:00 AM
Voluma Luncheon at the Villages Office

Thursday, May 15th @ 1:00 PM
Seminar at the Waterfront Inn

Thursday, June 5th @ 1:00 PM
Seminar at the Waterfront Inn

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





You Can Achieve & Maintain Optimal Health,... *Naturally!*

Natural Approaches to Better Health from Plexus Worldwide!

Written by, Carolyn Waygood, Certified Natural Health Professional & Plexus Ambassador

Plexus products are formulated to help improve your health in *so many ways*,...it's difficult to know where to begin when discussing the many benefits Plexus products offer! So maybe it's best to start at the beginning when Plexus was founded with the primary purpose of reducing one's risk of breast cancer. Read on and learn how natural health approaches can improve your well-being!

Plexus Worldwide, based in Scottsdale, Arizona, began with a simple message that "Early detection of breast cancer saves lives". By encouraging men and women to become more aware of subtle changes in breast tissue through regular breast self-exams, and distributing the **Breast Chek™ Aid**, an FDA-Approved Class II medical device proven to enhance one's sense of touch, Plexus representatives helped educate the community about breast health and natural ways to prevent breast disease. Building upon the Plexus message of prevention, the company joined forces with Dr. Gregory Spencer, world-renowned researcher on the healing benefits of spirulina algae, and formulated a topical cream clinically proven through thermography to reduce inflammation and acidic cystic breast conditions which may lead to malignancy. Originally distributed as Dr. Spencer's Breast Cream, this spirulina super-power was renamed and re-packaged as the **Plexus Body Cream**, and was used topically to improve cellular health all over the body. The Plexus Body Cream has helped many people reduce/eliminate skin disorders, break down scar tissue, and improve the health of the skin.

Expanding on the importance of disease prevention, Plexus now addresses the single-most threatening health challenge today; excess weight and obesity. While healthy weight is, in itself, an important and worthy cause, Plexus seamlessly expanded into the weight loss industry based on research that confirms excess weight, along with high glucose and insulin

levels, are directly related to high risks of breast. Breast health does not stop at healthy breast tissue. According to the *Oncology Times* (10 January 2011 - Volume 33 - Issue 1 - p 25), a molecular mechanism has been discovered that explains why excess calories are associated with increased breast cancer risk. Once just a Breast Health Company, Plexus launched **Plexus Slim and Plexus Accelerator** known as the most natural and complete approach to weight loss and healthy weight management on the market today.



Understanding the association of excess weight and disease, Plexus Worldwide has now helped thousands of people achieve greater health, and reduce their risk of weight-related illnesses. Originally formulated to help diabetics better management blood sugar levels, Plexus Slim and Accelerator are safe for diabetics and others who struggle with insulin resistance and glucose-related challenges - both known to be directly linked to many chronic diseases. Like all other Plexus products, Plexus Slim and Accelerator contain natural ingredients, and work synergistically to balance blood glucose, increase insulin sensitivity, control the appetite, metabolize fat cells, and improve energy and metabolism.

While the world becomes more aware of the increasing threat of excess weight, losing weight is still a difficult challenge for most. Many people are misled to believe excess weight is due entirely to eating too much and exercising too little, but that's not always the case. Certainly reducing caloric intake, making healthy food choices, and increasing physical activity all lead to greater health, and healthier weight levels. However, excess weight is not always lost by eating less and exercising more. In situations where people say they have tried every diet and still can't lose weight - an unknown issue may be causing weight gain or preventing weight

loss. Looking beyond the typical weight-loss activities such as curbing the appetite and boosting a sluggish metabolism, Plexus addresses issues related to digestion and metabolism that are often unaddressed in other weight loss products and programs. By addressing weight-related issues such as insulin resistance and glucose metabolism, and dissolving fat cells that may lead to unwanted estrogen, Plexus Slim & Accelerator provide an effective component in the fight against breast and other cancers, as well as other weight-related diseases.

The epidemiology has been clear for decades - overweight and obese men and women have a greater risk of breast and other cancers - but molecular biologists have been unable to explain how the link works until now. Dr. Gardner explains the link like this; "fat cells, which have aromatase enzymes, increase the amount of circulating estrogen. The hormone, in turn, stimulates cell proliferation in estrogen responsive tissues, such as the breast and ovary. That means that as cells are undergoing the error-prone process of replication, their ability to repair those errors drops, and cancer risk jumps in hormone sensitive tissue." Simply put, reduce the number and size of fat cells, and you reduce the amount of estrogen produced by these cells. Decrease the "bad estrogen" in the body, and you can decrease the risk of cancer.

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.



Rounding out an already comprehensive weight management protocol, Plexus offers *ProBio5* and *BioCleanse* to help address excess weight due to inadequate digestion and/or unhealthy elimination. Plexus BioCleanse was designed to aid in digestion and elimination, as well as contains natural ingredients formulated to help detoxify and cleanse the gastro-intestinal tract and arteries, and neutralize acidic conditions that may promote the growth and proliferation of pathogens. Since magnesium is utilized in over 300 metabolic reactions, BioCleanse becomes an important nutrient in any weight loss program that increases one's metabolic rate. The oxygenating compounds in the BioCleanse formula also help neutralize acidic conditions, helping the body raise the pH level, which may help release stored fat that is no longer necessary to buffer delicate organs from acidic conditions. The added oxygen is also important when raising metabolism since cells utilize oxygen to convert glucose into energy. Simply put, the BioCleanse oxygenating magnesium complex plays a critical role in any weight loss endeavor.

Plexus ProBio5 was specifically formulated to improve digestion and kill candida overgrowth. Ingredients in ProBio5 include digestive enzymes such as Proteases, Peptizyme, Cellulase, Chitosinase, along with probiotics (such as Lactobacillus Sporogenes, L. Acidophilus, and more), and antioxidants (such as Vitamin C, B6, and Grape Seed Extract) which work together to help break down food for maximum nutrient absorption. Natural health professionals agree optimal health begins and ends in the gut, in part by maintaining balanced intestinal flora. While other probiotics help infuse good bacteria in the gut, they fall short in helping the body rid itself of the resident bad, such as candida albicans. This special blend of natural ingredients is known to be the strongest defense against candida overgrowth, which relieves stress placed on the immune system and strengthens overall health. By helping the body better digest food into usable nutrients, absorb those nutrients to feed and nourish cells, and kill harmful candida organisms that trigger cravings for sugar and carbohydrates - ProBio5 helps to support healthy weight management, as well as improve immunity and well-being. ProBio5 is a person's first step toward health and vitality!



In 2012, Plexus expanded their scope of disease prevention with their *Fast-Relief Pain System* including the Fast-Relief Capsules, Fast-Relief Cream, and the Nerve Health Support supplement. These natural products work together to reduce inflammation (often considered the precursor to most diseases) by blocking the COX-2 enzyme linked to the body's natural inflammatory response. When chronic inflammation gets out-of-control, and the immune system begins to attack healthy cells, the Plexus Fast-Relief products can reduce inflammation and associated pain naturally, without the harmful side-effects of NSAIDs. Capitalizing on the healing benefits of ETARol™, a patented, highly purified extract of the New Zealand green lipped mussel, the Fast-Relief products provide anti-inflammatory support, pain relief, and aids in tissue regeneration. The cream combines known anti-inflammatory ingredients such as aloe, MSM, chondroitin, glucosamine, hyaluronic acid, and capsicum, which work together to provide relief from the outside-in. The capsules contain proven ingredients known to help block chronic inflammation, such as turmeric, serrapeptase, and bromelain, and help relieve

THE HEALTH BENEFITS OF MAGNESIUM

With 380 mg of magnesium, BioCleanse is used to aid in the digestion process and to help regulate copper, potassium, zinc, vitamin D, and calcium levels. Magnesium also helps muscles work smoothly and properly (thus assisting in the timely elimination of waste, and provide relief from constipation), and activates enzymes needed to assist in the absorption and use of fats, proteins and carbohydrates. BioCleanse helps strengthen the immune system by supporting the health of the GI tract, but also plays a critical role in healthy metabolism (which also aids in weight loss efforts).

Learn more about natural health and how the Plexus products can help you achieve greater wellness at a FREE 1-hour presentation!

Saturday, May 3rd, 10th, and 17th from 10-11 AM
in the Meeting Room of Ancient Way Martial Arts Academy,
3405 Cortez Road West,
Bradenton, Florida!

r.s.v.p. to Carolyn at
(941) 713-3767



My Plexus journey started after battling thyroid cancer and having my thyroid removed in 2003. A year later I was diagnosed with Fibromyalgia and Osteoarthritis. In 2005, my gallbladder stopped functioning and had to be removed. In 2006, I was diagnosed with Interstitial Cystitis (Inflammation of the bladder) and I seemed to be on a downward spiral of health issues!!



In July, 2011, my best friend introduced me to Plexus Slim and their digestive products. I not only lost 2 dress sizes in 60 days, but in ONLY 30 days I was free from the symptoms of Fibromyalgia and Osteoarthritis! I'm now in the best health and shape of my adult life, and able to keep up with all 6 of my Precious Grandchildren... PLEXUS IS LIFE CHANGING!

- Angela Alexander

chronic inflammation from the inside-out. Both pro-ducts contain ETARol™ which has been used throughout Europe for decades to help relieve arthritic conditions. By relieving chronic inflammation, the Plexus Fast-Relief System pro-ducts help reduce one's risk of diseases linked to long-term inflammation.

When prioritizing health and wellness, look beyond the average scope of fad diets, common illnesses, and pharmaceutical medications. By becoming more aware of how the body works, and what natural substances positively impact certain physical symptoms,





people will be better able to make educated decisions about their health and lifestyle. We hope this information has helped you in your pursuit of greater health and wellness, and you will consider adding one or more Plexus natural products to your health regime in the future! For more information about Plexus products and their associated health benefits, please visit www.Waygood.MyPlexusProducts.com today, or contact Carolyn for your FREE health consultation at (941) 713-3767. Your local Plexus representatives are ready to help you achieve greater health... naturally!

STROKE STOPS BLOOD FROM GETTING TO THE BRAIN. IT CAN BE DISASTROUS.

 <p>Stroke kills twice as many women each year than breast cancer.</p>	 <p>Strokes in children are increasing at an alarming rate—up 50% among young boys over 12 years.</p>	 <p>The average stroke patient pays more than \$140,000 in lifetime medical bills.</p>	 <p>Every 40 seconds someone in the U.S. has a stroke—nearly 800,000 in 2012.</p>
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GOOD NEWS

UP TO 80% OF STROKES CAN BE PREVENTED BY CONTROLLING RISK FACTORS LIKE:

 <p>80%</p>	 <p>HIGH BLOOD PRESSURE</p>	 <p>ATRIAL FIBRILLATION (A TYPE OF IRREGULAR HEARTBEAT)</p>	 <p>HIGH CHOLESTEROL</p>
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TAKE THE FAST TEST TO IDENTIFY COMMON STROKE WARNING SIGNS.

WHEN STROKE HITS, LONG-TERM DISABILITY CAN BE SIGNIFICANTLY CUT IF YOU GET MEDICAL CARE **FAST**.

 <p>Face droops on one side.</p>	 <p>Arms drift downward when raised.</p>	 <p>Speech is slurred.</p>	 <p>Time is critical. Call 9-1-1 IMMEDIATELY.</p>
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 A severe headache with no known cause is another key warning sign of a stroke.

Learn about more sudden signs of stroke @ www.stroke.org

..... HOW TO SELECT A SUNSCREEN

Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

SUNSCREEN IS AN IMPORTANT TOOL

in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5

Americans will be diagnosed with skin cancer in their lifetime.



The American Academy of Dermatology recommends consumers choose a sunscreen which states on the label:

• **SPF 30 OR HIGHER**

• **BROAD SPECTRUM**

Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.

• **WATER RESISTANT**

For up to 40 or 80 minutes. Sunscreen can no longer claim to be waterproof or sweatproof.



ONE OUNCE OF SUNSCREEN, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.



To learn more visit SpotSkinCancer.org

Underlying Causes for Limb Swelling

By Alyssa Parker

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 it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quickly 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. Sometimes a discoloration of the skin occurs, referred to as hemosiderin staining, identified by a reddish staining of the lower limb. At times poor circulation results in shallow wounds due to the stagnant blood that would normally return to the heart.



Symptoms vary but may include swelling, aching, sharp pains, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

Treatment

Pneumatic compression devices are one of the most highly recommended treatments for limb swelling and are a Medicare approved treatment option. 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.

Discover a life more fulfilling ACUTE WOUND CARE

For more information, you can speak with an expert at Acute Wound Care today by calling **239-949-4412**. Or visit us on the web at www.AcuteWoundCare.com.

The Secret to Healing Wounds Fast

As we age our body's ability to heal itself becomes less efficient. This is natural. Many people attempt to treat their own wounds with home remedies and end up with a bigger problem than what they started with.

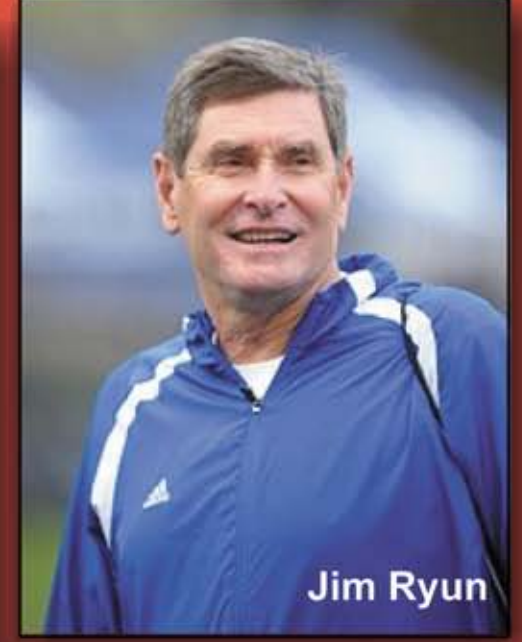
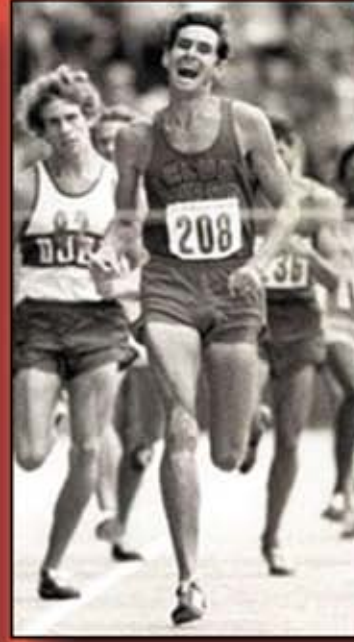
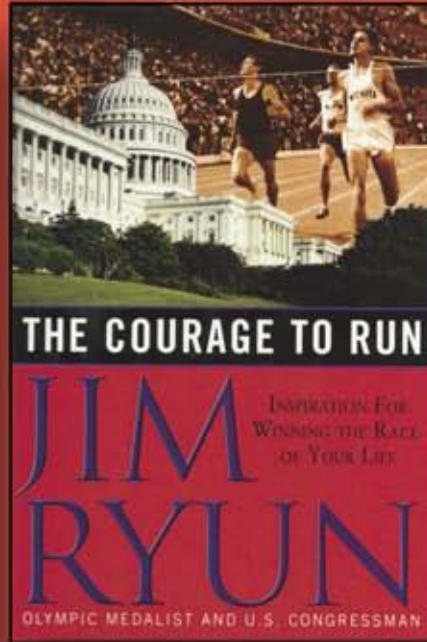
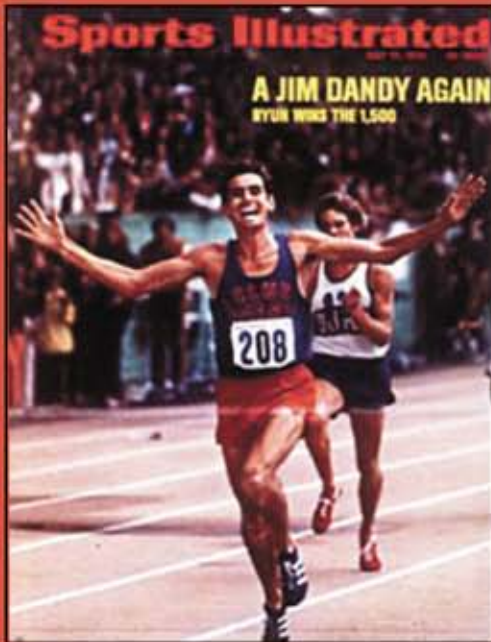
How do I heal my wound?

Collagen is a key component of a healing wound. It is unique in the wound healing process because it acts as a structural support in the connective tissues. A chronic wound burden among elderly has shown elevated levels of MMPs and TIMP levels in the skin leading to imbalances in collagen turnover. Collagen binds to and neutralizes the destructive proteases in the wound fluid. This eliminates the destructive process that occurs in the tissue. This results in the protection of growth factors and an overall increase in wound granulation and repair. In wound management collagen dressings are ideal to heal out the wound in thirty days.

Are Collagen dressings covered by my insurance?

Medicare and many commercial insurers cover all or some portion of collagen dressings along with wound care supplies for qualifying wounds with the prescription of a doctor. Getting the proper treatment for a chronic wound can eliminate out of pocket expenses towards future medical expenses. Acute wound care is a leading provider of high end wound products as well as insurance reimbursement. Call Acute wound care today to find out more information on available wound care supplies covered by Medicare and other commercial insurers.





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

ARTHRITIS AWARENESS MONTH THIS MAY – TAKE ACTION

Throughout May, the Arthritis Foundation urges taking action to change the course of arthritis. From participating in a nearby Walk to Cure Arthritis event, to improving your health through fitness and nutrition, to speaking out about the seriousness of arthritis – there's a lot you can do to raise awareness and reduce the impact of the nation's leading cause of disability.

Arthritis is a crippling disease that impacts more than 50 million adults and 300,000 children – or approximately 22 percent of the United States population. The disease costs the U.S. economy \$128 billion dollars a year, and is a more frequent cause of activity limitation than heart disease, cancer or diabetes.

Facts About Arthritis

Most people think arthritis is one disease, affects only old people and is due to “wear and tear” of the joints; however, arthritis affects all ages and is an umbrella term for more than 100 joint diseases that can affect the whole body, including organs.

It's important to recognize the symptoms of arthritis early as many forms of arthritis, such as rheumatoid arthritis, can cause irreversible joint damage, often within the first two years of the disease. Osteoarthritis, the most common form, can develop within 10 years of a major joint injury.

“Arthritis poses a serious threat to individuals, to businesses and to the economy as a whole,” says Arthritis Foundation president and CEO, Ann M. Palmer. “Our goal at the Arthritis Foundation is to remove the burden of arthritis entirely through a cure, but we understand that people need help to live better right now.”

The Arthritis Foundation has invested more than \$400 million on research to support more than 1,300 scientists, physicians and health professionals involved in cutting-edge arthritis research. Dr. Michelle Ormseth is a recipient of a research grant funded by the Arthritis Foundation.

“Our research group at Vanderbilt, under the leadership of Dr. Mike Stein, is interested in understanding why patients with RA have double the risk of heart disease. This increased heart disease risk in RA is a major contributor to the three to eighteen year shorter life expectancy seen in RA. The usual risk factors that predict risk of having a heart attack aren't as helpful in patients with RA. For example, HDL, the “good cholesterol” which helps remove cholesterol from the body, is not helpful in many patients who have RA. One of our goals is to determine how HDL changes so that it increases rather than decreases heart disease risk in some patients with RA. We will use this information to find ways to restore HDL's protective capabilities. This will help serve our ultimate goal to reduce heart disease risk and extend the lives of patients with RA,” explained Dr. Michelle Ormseth.



For more information about Arthritis Foundation programs, services and events in your local area, contact our office at 866-227-3850 toll free.

About the Arthritis Foundation

Striking one in every five adults and 300,000 children, arthritis is the nation's leading cause of disability. The Arthritis Foundation (www.arthritis.org) is committed to raising awareness and reducing the impact of this serious, painful and unacceptable disease, which can severely damage joints and rob people of living life to its fullest. The Foundation funds life-changing research that has restored mobility in patients for more than six decades; fights for health care policies that improve the lives of the millions who live with arthritis; and partners with families to provide empowering programs and information.

MAKE A DIFFERENCE

- **Walk to Cure Arthritis** – Formerly Arthritis Walk, Walk to Cure Arthritis is the Arthritis Foundation's signature event to raise funds to prevent, control and cure the nation's leading cause of disability. Funds raised through the event support Arthritis Foundation programs, research and advocacy initiatives to help people live better today while finding a cure for the number one cause of disability in the United States tomorrow. To sign up or to find an event in your area, visit www.arthritiswalk.org.

- **Take Action** – Sign up to be an Arthritis E-Advocate or Ambassador. Visit www.arthritis.org/advocacy to get plugged-in and start speaking out against arthritis to your Members of Congress.

- **Exercise** – Keep excess pounds at bay and take pressure off your joints with a healthy diet and regular exercise. Try to replace less nutritious food with fruits, vegetables, whole grains, low-fat dairy and lean protein. Track and React® is an arthritis wellness app to help you on your way.

- **Share Your Story** – Show that arthritis can affect anyone at any time by “placing your face” with the Faces of Arthritis interactive tool. Invite your community – constituents, family and friends – who care about arthritis to upload a picture of their face in the www.facesofarthritis.org photo gallery, along with a sharable 140-character message. To learn more about arthritis and the Faces of Arthritis campaign, visit www.facesofarthritis.org.

Spiritual Wellness

Don't Give Up!

By Brent Myers, Pastor of Community Life

OK. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves. Perseverance reveals our conviction. Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

Perseverance reveals our commitment. In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed. Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."

Perseverance reveals our character. Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character.



Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: "So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion." (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it! I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!



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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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