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Health & Wellness[®] MAGAZINE

May 2014

Lake/Sumter Edition - Monthly

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Laser Cataract
Surgery**

**May is Skin Cancer
Awareness Month**

**Brace
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Contents

May 2014

- | | |
|--|---|
| 7 Stop Suffering from Pain
Gulfcoast Spine Institute | 18 Are You Treated Differently? |
| 9 Introducing Laser Cataract
Surgery: The Latest Technology
Meets Proven Expertise | 20 Dr. Anand Kesari Offers
Innovative Full Spectrum Endoscopy
Procedure for Improved Early
Detection of Colon Cancer |
| 10 New Revolutionary Medical
Device to Improve Leg Circulation | 22 National Mental Health Month |
| 11 Skin Cancer Awareness | 24 Brace Yourself |
| 12 Breast Cancer, What You
Need to Know About Early
Detection and Testing | 25 Urgent Care When You
Need it the Most |
| 14 Pacemakers and Defibrillators
Are You A Candidate? | 29 Implant Dentistry |
| 16 Avoiding Buyer's Remorse | 31 Spiritual Wellness
Don't Give Up |

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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!



The numbers to BACK IT UP

Results are arguably the most important “numbers” a patient may be interested in and Drs. Bono and Ronzo have some of the best numbers in the country for successful minimally invasive spinal surgery.

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95% OF PATIENTS GO HOME THE SAME OR THE VERY NEXT DAY.

1%

OUR INFECTION RATE IS LESS THAN 1%.

100%

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92%

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12,432

MORE THAN 12,432 SURGERIES & PROCEDURES PERFORMED.

30,000

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

10%

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New Revolutionary Medical Device to Improve Leg Circulation

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

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

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

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

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

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

Indicated for People with:

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2. Leg Swelling
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4. Bad Arteries (PAD)
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6. Athletic Injury or Recovery
7. Leg Ulcers/Wounds
8. Sedentary Lifestyle
9. Sedentary Job



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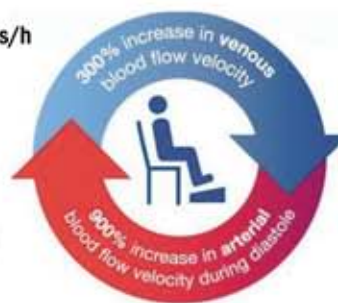


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Bio

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



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

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MAY IS SKIN CANCER AWARENESS MONTH!

By Mary Barber MD, The Skin Cancer Center of Central Florida

One in 5 Americans will develop skin cancer over their lifetime. Of the 7 most common cancers **ONLY** skin cancer rates are going up. The chance of you getting the other types of cancer, like colon cancer, is decreasing. That is the bad news. The good news is that this is a "lifestyle disease". There are several measures you can take to prevent skin cancer. It was commonly thought that 80% of your sun damage occurred before you were 18 years old. We now know that number is only 23%.

So every year that you can protect your skin from this known carcinogen – UV light (from tanning booths and sunlight), you can decrease your chances of developing skin cancer. And you will look better! When you look in the mirror, note that your aging skin comes from the sun and smoking. Wrinkles, age spots, broken blood vessels, saggy skin, the sun is not exactly the fountain of youth!

To reduce your risk of skin cancer and improve your appearance, the following steps are suggested:

1) Stay in the Shade – Park your golf cart in the shade, move your conversations to the shade, cover your head and ears with a hat – you do not have as much hair as you think!

2) Do Not Tan or Use Tanning Booths – Any tan is a body's response to injury. There is no such thing as a good tan. Sunburn is even worse.

3) Use Sunscreen Every Day – and lots of it! Put it on places that you don't think of getting sun. Every day I operate on skin cancers in the ear, behind the ear, on hands/fingers and toes. Wear sunglasses. I see and operate on many skin cancers on the eyelids.

4) Use A Sunscreen That Works! – You need a SPF of 30 and one that is broad spectrum and water resistant. I like Coppertone Sport. But there are many other excellent ones out there.

5) Use Enough Sunscreen – apply double what you are now applying and you will be close to what is recommended. If you still have a bottle of sunscreen for a few months, then you are not using enough. We live in Florida – the Sunshine State!

6) Wear Sun Protective Clothing – these are available through catalogs like Coolibar and Solumbra. Columbia clothing can be found in stores. They have a SPF of 50.

7) Examine your skin every month and remember for the ABCDE's for melanoma

A – Asymmetry – the top does not look like the bottom and the right does not look like the left

B – Border – it should be nice and regular

C – Color – look for black, red, blue. Anything but a nice even brown should be examined

D – Diameter greater than a pencil eraser

E – Evolving – this is a new or growing lesion

Map any suspicious lesions and bring the map to your skin care professional. A good map is found at www.skincancer.org

8) Get A Yearly Skin Exam. Your skin is the most accessible organ of the body and should be examined by a trained professional once a year from head to toe. At the Skin Cancer Center of Central Florida we are experts in the detection and treatment of skin cancer. Our Providers are trained to use a dermoscope which greatly assists us in determining which lesion to biopsy and which is benign. 70% of our biopsies are cancerous. This excellent statistic eliminates unnecessary biopsies. This saves our patients the trauma and cost of a biopsy.

Skin Cancer Center of Central Florida

352-259-6553

www.skincancersurgery.net

If you do get a Basal Cell Carcinoma or a Squamous Cell Carcinoma, get the facts on treatment options. You are a unique individual and your skin cancer treatment plan should reflect that. Get a second opinion. Work with your skin cancer professional to decrease your chances of getting another cancer.

May is Skin Cancer Awareness Month! Treat yourself to a complete skin exam. You will be glad you did.



About Dr Barber

Dr. Mary F. Barber has performed over 15,000 Mohs procedures. She limits her practice to the treatment of proven skin cancer patients. New patients who need skin checks are welcomed at the Skin Cancer Center and should make an appointment to see Dr. Corwin, Nurse Practitioner Mary Jane Oates, or Physician Assistant Theresa Saleh. No referral is needed.

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)

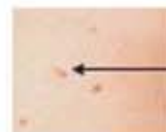


Smaller than 1/4 Inch

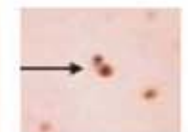


Larger than 1/4 Inch

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

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/

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Pacemakers and Defibrillators

Are You a Candidate?

My name is Dr. Vallabhan. I am a Board Certified Interventional Cardiologist. I am going to discuss the various aspects of pacemakers and defibrillators in a concise fashion. I am going to give three examples of when patients are candidates for the same.

A pacemaker is meant to treat slow heart rates and rhythms. A defibrillator is designed to shock people out of rapid heart rates and rhythms that could be fatal.

These systems may be a single lead device, two lead device or three lead device. Leads are insulated metal coils that are threaded through veins to reach the heart. Typically this vein is located under the clavicle and is called subclavian vein. A device is a battery that generates the impulse to stimulate the heart.

Our first example is an 88 year old lady with black out episodes and falls. She is found to have a very slow heart rhythm and periods where her heart stops for up to 10 seconds at a time. She is a candidate for a pacemaker to improve her symptoms and also prolong life. Her heart as a pump is normal. She will typically receive a single lead or two lead device for this purpose.

The second example is a 72 year old active man who suffers a large heart attack. He is found to have a low pump function. His heart as a pump is working at around 30% (normal being 60%). This value is also said to be the ejection fraction. He however does not have any symptoms. He is a candidate for a defibrillator and will receive one if he is willing. This is done to treat fast heart rates, which may cause sudden death. His low heart function puts him at risk too. This has been shown to improve longevity.

The third example is a 55 year old man with a weak heart. He is found to have a weak heart muscle and he does not have any other coexistent that could be causing this. His ejection fraction is 28%. He has a lot of shortness of breath with minimal exertion. His ECG is also abnormal. He meets criteria for a special type of pace maker that will coordinate his heart to function better and pump better. He is a candidate for cardiac resynchronization therapy. An extra lead is placed in a specific site in the heart and this helps in making it function better. Also given his weak heart he is at risk for the fast heart rates and it's consequences and he will also have a defibrillator incorporated in the device. This is designed to improve quality of life and also improve longevity. Some older patients with this condition may refuse the defibrillator to avoid the shocks.

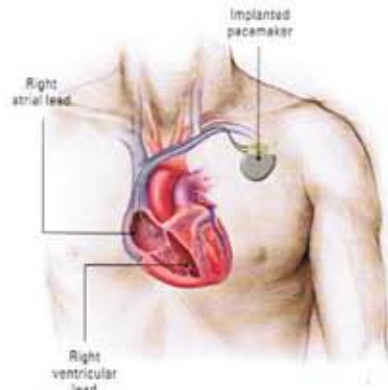
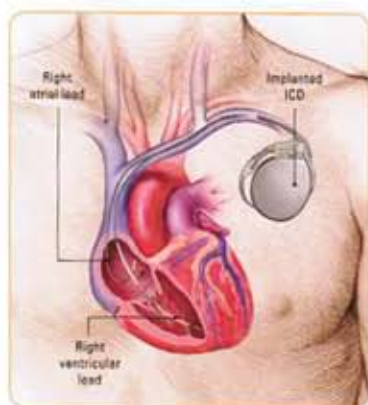
All the procedures clearly have benefits. There are risks involved with implantation of these devices. I believe that tailoring therapy to individual needs is most important.



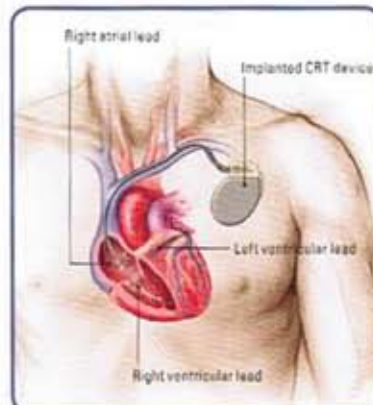
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Arrhythmias: Pacemakers and Defibrillators



Courtesy Boston Scientific



Dr. V

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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.

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



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



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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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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, Stürmer 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

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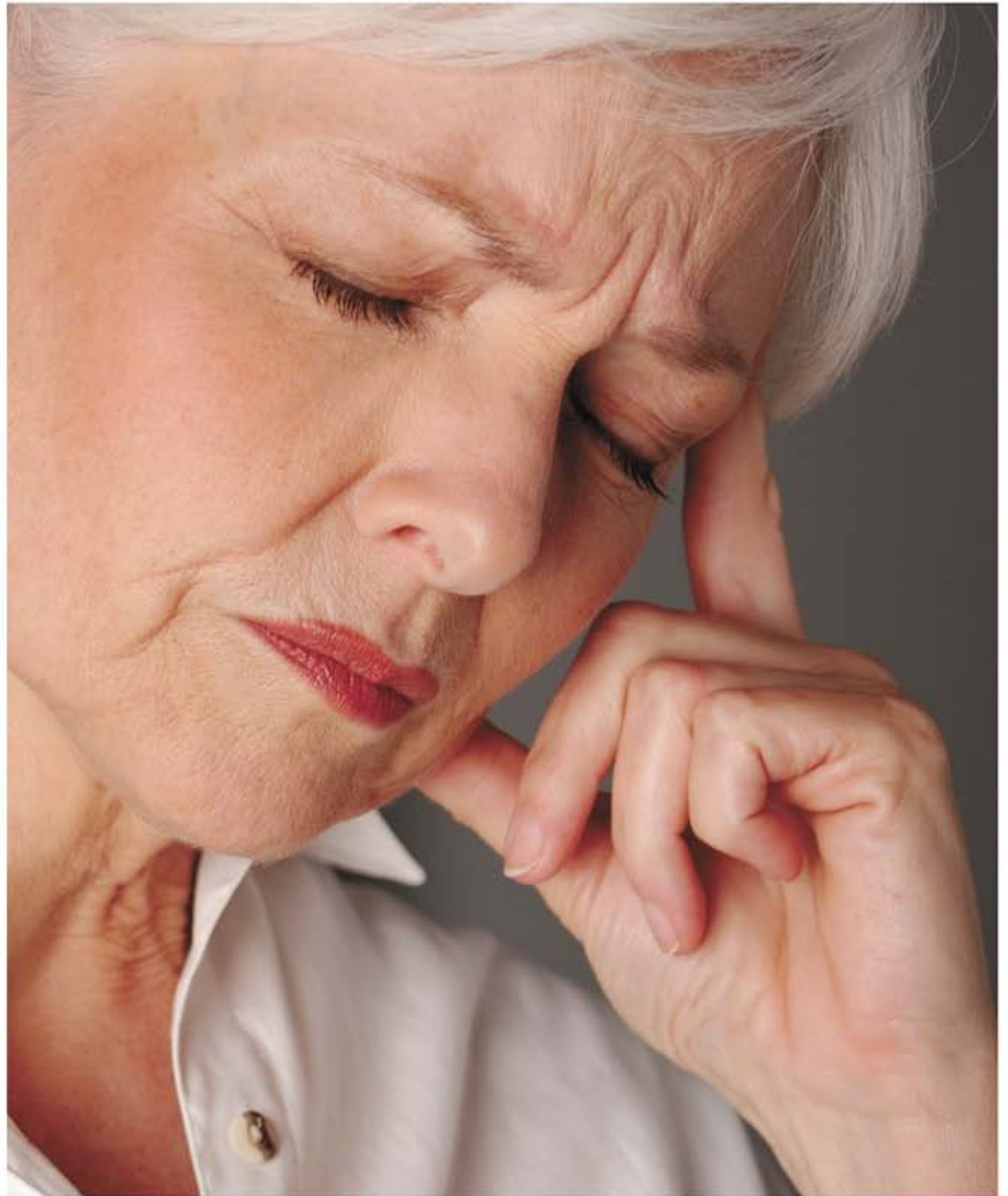
Ask your Doctor to refer you to Dr. Anand Kesari of Gastro-Colon Clinic for all your GI and Colonoscopy needs. Get the best possible endoscopic evaluation around.

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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BRACE YOURSELF

By Dr. Brett Compton, DC - Compton Chiropractic Care

Compton chiropractic is proud to announce that we are now an authorized dispensing location for Medicare approved braces. When it comes to joints in the body there are two main dysfunctions or causes of pain. As Chiropractic Physicians, our three Palmer trained doctors see a tremendous amount of bio mechanical fixations both in the spine and the extremities. The two common causes of joint dysfunction are decreased vs increased joint movement. Arthritis is largely the causative factor for reduced joint motion. As we age, our joints age and degenerate also. This degeneration is known as osteoarthritis and affects roughly 88% of individuals over the age of 50. For those patients with a lack of mobility and joint pain chiropractic care focuses on restoring mobility and range of motion thereby decreasing inflammation and discomfort from a dysfunctional joint. In severe cases we would recommend the use of a decompression brace to lessen the effects of flare-ups from overuse.

For example, some of our patients suffer from knee pain due to arthritis. We offer a slim brace specifically designed to offload the degenerated side of the knee. These off loader braces can effectively relieve knee pain for several months to years. This means having the ability to live pain free while also pushing knee replacements off as long as possible. It is truly amazing how a patient can walk in with chronic knee pain and walk out with little to no residual pain with a brace.

The other main cause for joint dysfunction and pain is related to increased motion in the joint. These hypermobile joints, as we refer to them, are similar to ankle sprains and whiplash. These injuries, and others like them, are extremely common. If not properly treated patients can expect chronic joint dysfunction until the

area is re-educated. The dysfunction which causes a hypermobile joint is related to the muscles and ligaments that attach to the bones. These ligaments become stretched out like a rubber band when injured but then lose the ability to retract fully back to the original shape. Therefore the joint becomes loose or unstable and the increased motion will lead to rapid degeneration of that joint. Treating a hypermobile joint is a little different, chiropractic manipulations by themselves are not always sufficient and the patient must be braced to achieve stability and pain relief. We typically start by using kinesiology tape to temporally stabilize certain joints; (similar to athletic tape although it has elastic qualities of an ace bandage). When kinesiology taping is not sufficient we then turn to a specialized brace. These insurance approved braces are extremely effective in stabilizing regions of the body prior to the re-education process.

For example, a recent patient had been seen by three specialists prior to entering our office for sacroiliac joint pain. After her fourth treatment it became apparent that her sacroiliac joint was unstable. Bracing along with manipulations of the joint relieved her pain rapidly. Within a few short weeks her muscles had been reeducated and the brace became useful for working in the yard.



Indications for Back Brace

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

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

Indications for Knee Braces

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

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



Compton Chiropractic provides high quality braces at little or no cost to our patients. Medicare and other insurance companies routinely cover the cost of these items because they provide support, relieve pain, and decrease the need for expensive surgeries and pain medications. So no matter if you are looking for extra support while playing golf and pickle ball or just want to avoid surgery; with the proper brace we can get you back to the greens in no time. If you or a loved one could benefit from one of these braces, please call us today (352-391-9467) to setup a free consultation with one of our Doctors.

What makes Compton Chiropractic different from other Chiropractors?

The Doctors at Compton Chiropractic are graduates from Palmer College of Chiropractic and have been serving The Villages since 2006. The Doctors are integrated with several local primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively. The physicians at Compton Chiropractic treat patients as an extension of their own family. Every patient gets a detailed initial evaluation including a complete history, orthopedic and neurological testing. With a proper diagnosis, our patients will receive a proper treatment plan. With a proper treatment plan, patient's pain is decreased in shorter periods of time.

FREE consultation

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to this advertisement. Expires 5/31/14

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

TESTIMONIALS

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

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

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

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

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



COMPTON CHIROPRACTIC CARE

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

Our Philosophy

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

Our Facility Offers

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

Accepting

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



Dr. Compton



Dr. Brent Compton

Compton Chiropractic Care

352-391-9467

URGENT CARE

WHEN YOU NEED IT THE MOST

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

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

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

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

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

SUMMERFIELD

OPEN DAILY
8am to 10pm
365 days a year

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



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

THE VILLAGES - BUFFALO RIDGE - CR466

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

Office:
352-350-1526



Golf Cart Access

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

THE VILLAGES - LAKE SUMTER LANDING

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

Office:
352-350-1525



Golf Cart Access

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

URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM

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

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

A TEAM EFFORT

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



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

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

SIMPLY THE BEST

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

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



Adam Santos, PA-C

"Your care means more to us than your wallet"



John Santos, ARNP

MISSION STATEMENT

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

MOTTO

Hard work pays off and honesty will prevail

441 URGENT CARE GOALS

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

OUR PHILOSOPHY

See you at your convenience

Provide top level care without top level pricing

Be ever mindful that your time is valuable

Create a warm and relaxed environment

Include you in the medical decision process

Treat you as we would treat our own

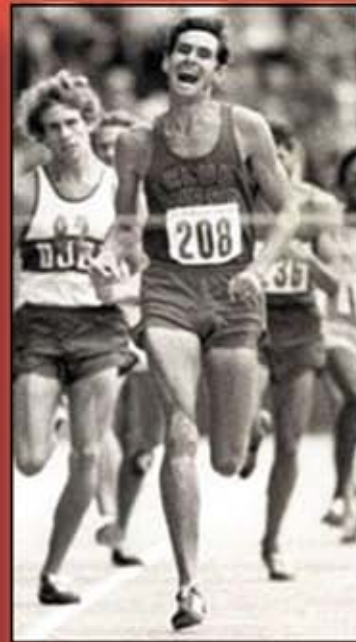
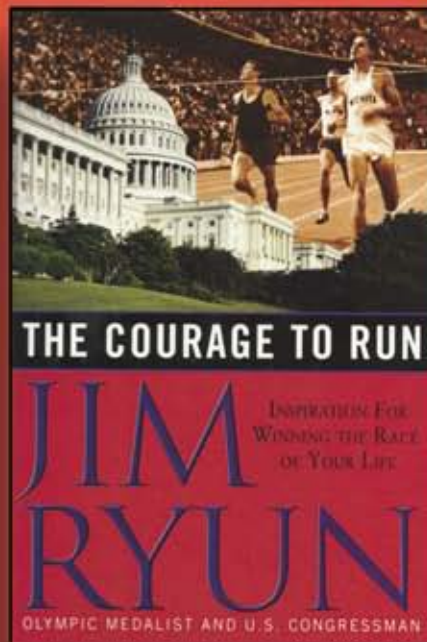
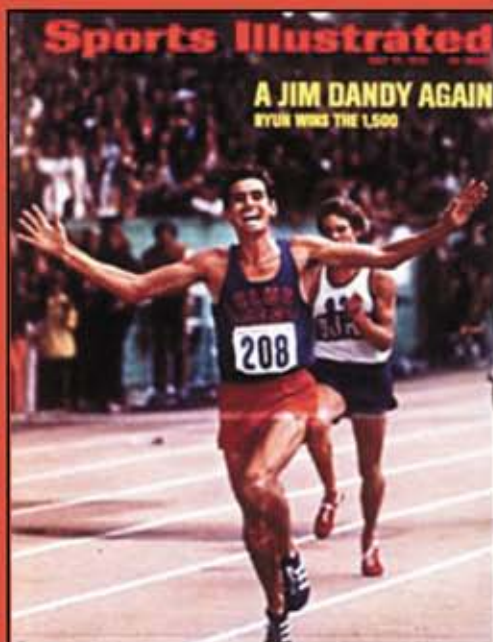
ADULT AND PEDIATRIC CARE ON SITE LAB, X-RAY AND EKG

ILLNESSES:

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

INJURIES:

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



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

IMPLANT DENTISTRY

How would you like to have permanent teeth placed in the same day? "Well now you can with Dental Implants," stated Dr. Farrell.

Dental Implants are small prosthetic posts that are placed into the bone of the upper or lower jaw. They act as replacements for the root portion of lost natural teeth and also serve as an anchor for replacement teeth. Dental implants look and feel exactly like natural teeth -- in fact, no-one will be able to tell the difference. Dental implants are appropriate for almost anyone who is currently missing teeth or is at risk of losing teeth.

In many situations, dental implants can give patients back their confident smile. The benefits are improved esthetics, the ability to eat comfortably and a clean, healthy oral environment for the patient.

There are numerous advantages of dental implant treatment over other treatment options. It is not necessary to grind down the adjacent teeth for a bridge, or secure a partial denture to adjacent teeth with clasps or hooks, which can cause tooth loosening. Implant-supported replacement teeth spare patients many of the disadvantages of traditional false teeth.

There are many different types of dental implants available, however the most common dental implants are called "root form implants." Our dentists have extensive experience in dental implants and would be pleased to discuss the benefits of implant prosthetics with you. Ask about implant restorative treatment at the time of your consultation.



Simplant

SimPlant is precise preoperative planning software that provides an increased level of confidence and an extra margin of safety for your patients. A plan is created for the ideal positioning of implants, in both 2D and 3D, while taking into account both clinical and esthetical considerations.

Dental Implants can offer solutions for:

1. The patient that cannot speak or chew comfortably with conventional dentures.
2. The patient who is missing teeth and wants to avoid a removable partial denture.
3. The patient who has an exaggerated gag reflex and cannot maintain dentures of any kind in the mouth.
4. The patient who is wearing dentures and wants a fixed appliance to increase function/ cosmetics/ hygiene/ and psychological acceptance of replacement of missing teeth.

The patient who needs to increase their ability to chew better to aid in the digestive process.

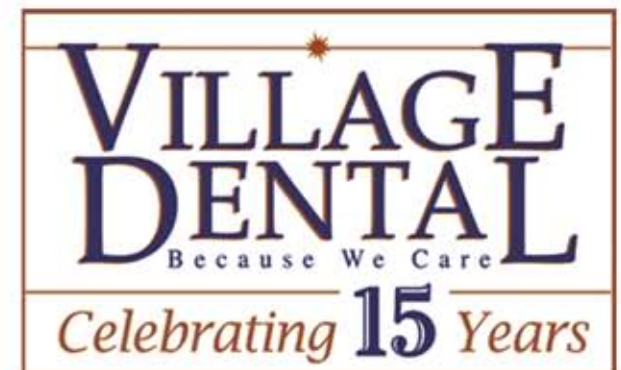
Highly trained

All four dentists have completed rigorous education programs in implant dentistry, enabling them to provide the comprehensive implant services available at Village Dental.

"I attended the University of Miami's implant training program," states Dr. Hards. "It was an intensive, year-long program covering all of the facets of implants. There are a number of implant systems available, and the training prepared me to work with different types."

"Dr. Farrell and I both did a mini residency at the Medical College of Georgia where, much like Dr. Hards' course, it explored all of the aspects of implants," contributes Dr. Hall. "We offer same day permanent teeth," states Dr. Farrell.

Village Dental offers a free consultation to determine if implants are a good option for you. We have three golf cart accessible locations to accommodate you for this appointment. Feel free to call 352-205-7667 and let us reserve time for you.



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

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11974 CR 101, Suite 101, The Villages, FL
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10973 SE 175th Place, Suite 100
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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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Providing information
that will promote living a healthy, well-balanced lifestyle.

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TRANSFORMING THE WORLD"

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Q:

What's worse than a colonoscopy?

A:

A colonoscopy that can miss 41% of pre-cancerous polyps.

Colonoscopy saves lives. The fact remains, however, that standard colonoscopes miss many pre-cancerous polyps.

Full Spectrum Endoscopy™ (Fuse™) is revolutionizing colonoscopy by providing a full 330° view of the colon, almost double the view of standard colonoscopes. A study recently published in *The Lancet Oncology* revealed that Fuse found 76% more polyps than standard colonoscopes.

Insist on Fuse™ Colonoscopy.

To schedule a Fuse colonoscopy, call (352) 237-1253 or visit www.gastro-colon.com



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441 Urgent Care Center

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 SAT & SUN 8am to 5pm
 Located at 3602 Wedgwood Lane,
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 2 Doors Down From Bonefish Grill,
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 Across from Wal-Mart on Hwy 441

OUR PHILOSOPHY:

See you at your convenience. Provide top-level care without top-level pricing. Be ever mindful that your time is valuable. Create a warm and relaxed environment. Include you in the medical decision process. Treat you as we would treat our own.

WILLIAM GOELLNER, M.D.

ANNE BAYLIS, PA-C

JOHN SANTOS, ARNP

ADAM SANTOS, PA-C

DR. MARK SBARRO

FARIBA GHARAI, M.D.



VAN TRANSPORTATION: \$5 each way to and from any doctor's office or urgent care of your choice.