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Health & Wellness[®] MAGAZINE

July 2014

Marion Edition - Monthly

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**VACATION
& A FRESH LOOK!**

**NATURE'S
ANSWER TO
DEMENTIA**

**BLADDER CANCER
& WOMEN**

**HOT WEATHER
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**WHAT DOES
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MEAN TO YOU?**

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MONTH**



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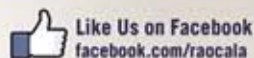
As an interventional and diagnostic radiologist, I provide a host of services – but all begin with a speedy and accurate diagnosis. I utilize the most effective procedures to unlock the mysteries behind disease, dysfunction and discomfort, and use my many years of experience working with both patients and doctors to help facilitate treatment. In many cases, I can treat disorders myself, safely and non-surgically using proven outpatient procedures.

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The screenshot shows the website's header with the magazine title and search bar. Below the header are navigation links for different editions (Charlotte, Collier, Lee) and options to advertise or contact. The main content area features a large image of a woman in a sun hat, with a 'Skincancer' article snippet below it. To the right is a 'In This Issue' sidebar with article teasers. Below the main image is a 'Read Our Flip Book Version' section with three thumbnails for different editions. At the bottom, there is a 'Featured Article' section titled 'The Other Side of Parkinson's Disease' with a photo of an elderly couple.

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DR. SCHUYLER GROVE

Dr. Schuyler Grove is an Ocala native who has returned to his hometown to bring optimal health and wellness to the community. Dr. Grove takes a "whole person" approach in chiropractic care, looking for the underlying causes of disease, discomfort, and pain, as opposed to just treating the symptoms. Dr. Grove also has training in the use of supplementation and nutrition to better assist his patients in their pursuit of health.

"THE PAIN
WAS SO SEVERE,
I COULDN'T WALK.
I COULDN'T
EVEN DRIVE.

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WHEN I
TOOK
MY
BACK
BACK."**

— Lorraine (Actual patient)

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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.

Less than 10% of existing spine surgeons actually perform surgery using minimally invasive techniques.

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!

Consumer Reports
September 2013 issue

Newsweek 2012
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100%

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12,432

MORE THAN 12,432 SURGERIES & PROCEDURES PERFORMED.

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UV Safety Month

Everyone needs some vitamin D from the sun, it gives us light and heat to survive but not everyone knows that skin cancer caused by the sun is the most common type of cancer in the United States, especially melanoma (the deadliest form) Ultraviolet rays from the sun are the main cause of skin cancer. UV radiation can have harmful effects on the skin. There are two types of UV radiation, they are UVA and UVB. UVA rays are not absorbed by the ozone layer and are penetrated deep into the skin causing blotches, wrinkles and leathery looking skin that just makes you look older. Ocular melanoma and cataracts are eye problems caused by the sun. Powerful UVB rays, which are partially absorbed by the ozone layer, mostly affect the surface of the skin and are the primary cause of sunburn (also known as “first-degree burn”).

Everyone cannot avoid the sun but we can protect our self. Sunscreens should be applied before and during outings in the sun. Sunscreens should have an SPF of at least 30 – 50. Lip protection should also be worn with a SPF of 30. Reapply sunscreen every hour to two hours especially after swimming or sweating.

Reduce exposure to the sun during peak hours of the day between 10am – 4 pm. Wear protective clothing, some now have SPF protection in the material. Wear a hat. Always wear sunglasses with UV protection. Your eyes are very sensitive and can be damaged very quickly.

Remember even in cloudy days, 80 percent of the sun’s rays can penetrate through the clouds. So don’t be fooled protect yourself. Remember prevention is the key. Spread the word.



UV INDEX 1 2		UV INDEX 3 4 5			UV INDEX 6 7		UV INDEX 8 9 10			UV INDEX 11+
Low (0-2)		Medium (3-5)			High (6-7)		Very High (8-10)			Extremely High (11+)
Sunscreen, SPF 30+ Sunglasses		Sunscreen, SPF 30+ Sunglasses Hat & SummerSkin™			Sunscreen, SPF 30+ Sunglasses Hat & SummerSkin™ Seek Shade		Sunscreen, SPF 30+ Sunglasses Hat & SummerSkin™ Seek Shade Limit time outside between 10am-4pm			Sunscreen, SPF 30+ Sunglasses Hat & SummerSkin™ Seek Shade Stay inside between 10am-4pm

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MRA is a special type of magnetic resonance imaging test designed to evaluate arteries, veins and the flow of blood within them. It utilizes MRI technology to detect, diagnose and aid in the treatment of heart disorders, strokes and blood vessel diseases. It is an excellent diagnostic tool for evaluating the arteries serving the brain, neck, abdomen, kidney, pelvis and legs for stenosis (narrowing), plaque build-up, blockage, weakening, and ballooning before they cause a more serious medical condition. By conducting an MRA, surgical procedures may be avoided. "MRA can catch problems before they have a chance to result in a heart attack, stroke or other serious condition," says RAO interventional radiologist Dr. Rolando Prieto. "When a problem is found, MRA is also useful in helping us deliver treatment directly to the affected area without the invasiveness, risks or recovery times associated with surgery."





No x-ray or radiation of any kind is used during an MRA exam, making it a safe choice for patients requiring repeated or follow-up testing. MRA is performed without the need for catheters, so there is no risk of damaging an artery. Contrast medium may be needed in certain cases. "MRA is an exceptionally safe and pain-free diagnostic and treatment tool," says RAO interventional radiologist Dr. Kareem Bohsali. "It is useful in not only discovering vascular disease, but also planning treatment and providing follow-up detail of a treatment's efficacy."

RAO offers MRA at three locations: Medical Imaging Center, Medical Imaging Center at Windsor Oaks and TimberRidge Imaging Center.

When more detailed pictures of the arteries are needed, CTA is the diagnostic tool of choice. What makes CTA a common follow-up test to MRA is its ability to capture tiny details and produce exceptionally crisp 360-degree views of arteries to help spot disease in its earliest

stages and most intricate hiding places. CTA requires contrast medium to capture detailed pictures of blood vessels and tissues. Because it uses x-rays to help create computerized 3-D images, CTA involves some exposure to radiation. "When MRA shows possible disease, CTA provides the details needed to help pinpoint what, where and how extensive it is," says RAO interventional radiologist Dr. Caleb Rivera.

RAO offers CTA at two locations: Medical Imaging Center at Windsor Oaks and Timber Ridge Imaging Center.

For scheduling, please call RAO at 352-671-4300.



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

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



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

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

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

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



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

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

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

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

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



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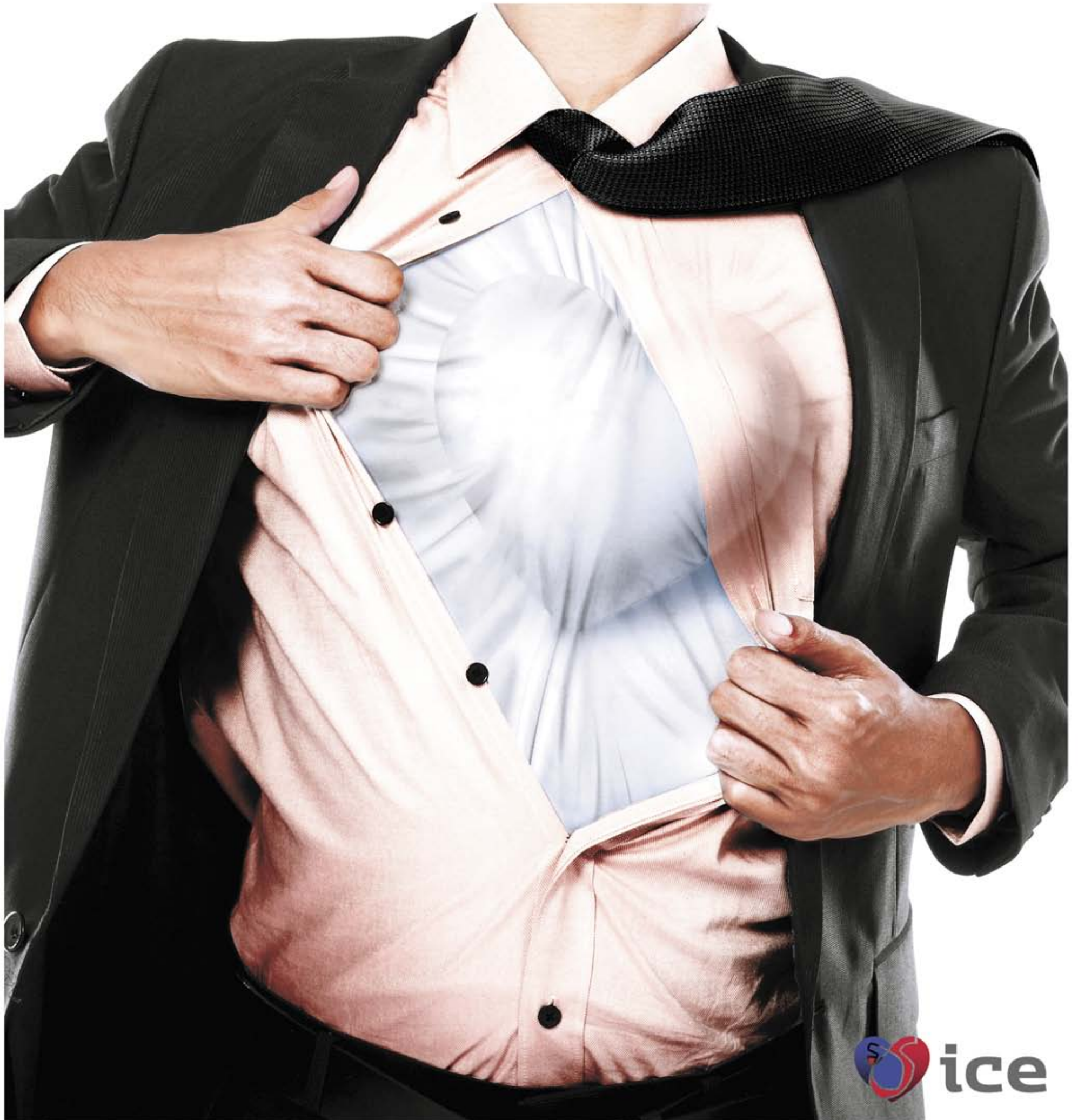
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QuestDiagnostics.com/patient-results-by-state

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DOC TALK

We know all too well that heart disease is the leading cause of death for all Americans - men and women - claiming the lives of more than 616,000 annually, according to the most recent data.

“Recognizing and preventing men’s health problems is not just a man’s issue. Because of its impact on wives, mothers, daughters, and sisters, men’s health is truly a family issue.”

Congressman Bill Richardson

*** Credits: CDC.gov/heart and Heartbeat - A Blueprint for Men’s Health.*

But fewer people are aware that men are more likely than women to develop the disease earlier and die at younger ages. Fewer still know that close to 90% of sudden cardiac events occur in men and that for half of the men who die, the first symptom of heart disease is death.

Let’s repeat that. For more than half of the men when die from heart disease, the *first* symptom is *death*.

One of the keys to improving the odds is simply awareness; for men to become better informed about managing risk and treating underlying conditions that lead such high death rates. And there’s no better time to start than National Men’s Health Week, June 9-15, 2014, celebrated each year the week leading up to and including Father’s Day.

Think you or a man that you love might be at risk?? Look at the list of statements below, published in *Heartbeat - A Blueprint for Men’s Health*. If any of them are true about you or your father, brother, son, cousin, husband or even friend, take note. Just one “Yes” answer means you are at risk. Two “Yes” answers doesn’t just double your risk — it actually quadruples it! Three “Yes” answers, 10 times the risk.

- I’m 45 or older. (your risk of developing cardiovascular disease doubles each decade)
- An immediate family member was diagnosed with high blood pressure or some other kind of heart conditions before age 55.
- I’m African American

- I get little or no exercise
- I’m overweight or obese
- I eat a lot of salty foods and/ or I add to whatever I’m eating
- My cholesterol is high
- I smoke (if you do you are two to four times more likely to develop heart disease than a non-smoker)
- I have high blood pressure
- I use recreational drugs, such as marijuana or cocaine
- I drink more than two alcoholic drinks per day
- I’m under a lot of stress, at work and/or at home
- I have diabetes (more than 80 percent of people with diabetes die of some kind of CVD)
- I’m taking prescription medications that affect blood pressure. This included Ritalin (drugs for Attentional Definite Disorder), steroids, migraine medications, any over-the-counter drugs than contain pseudoephedrine, and any medication that contains stimulants such as caffeine.



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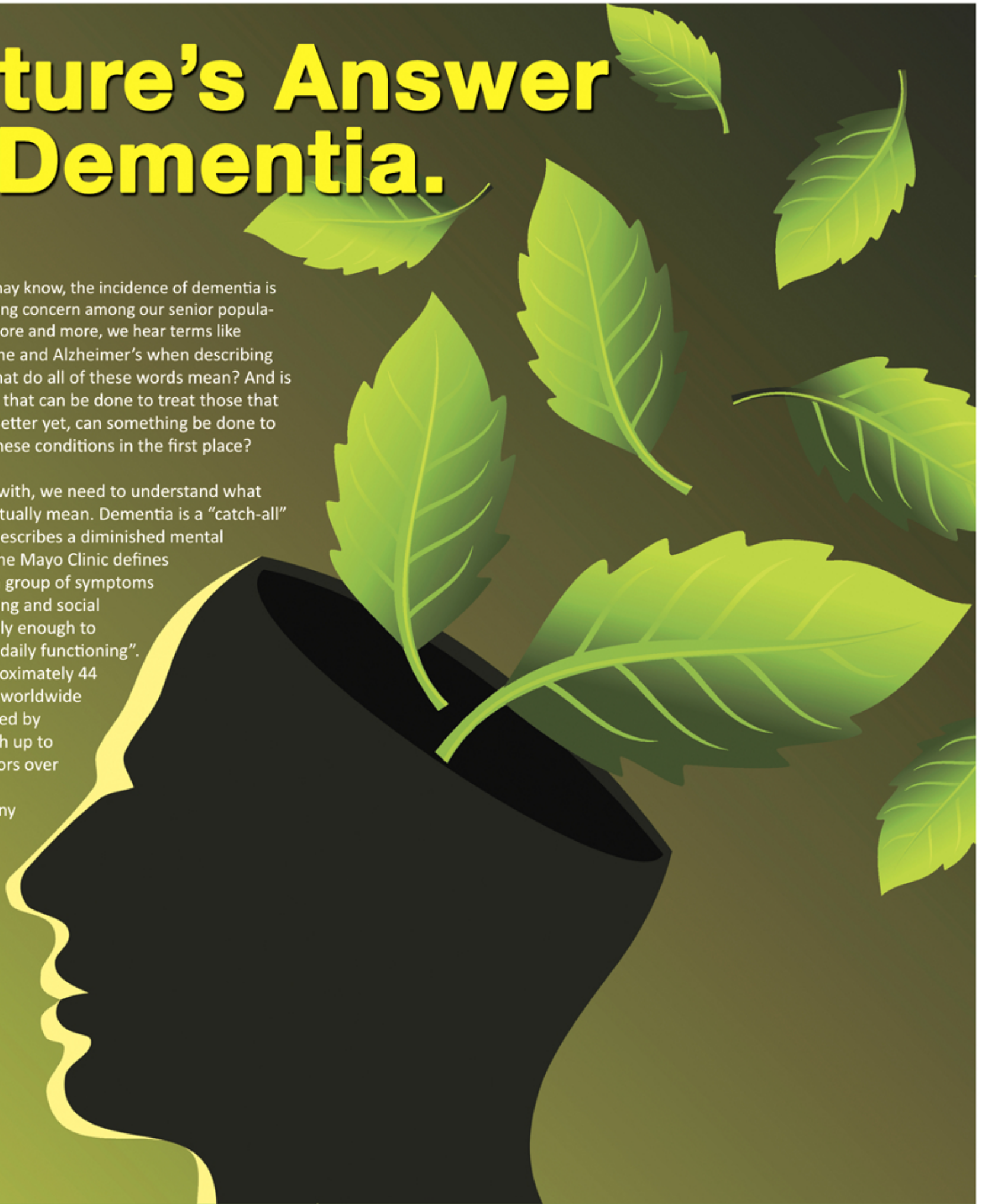
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Nature's Answer to Dementia.

As you may know, the incidence of dementia is a growing concern among our senior population. More and more, we hear terms like cognitive decline and Alzheimer's when describing the elderly. What do all of these words mean? And is there anything that can be done to treat those that are afflicted? Better yet, can something be done to help prevent these conditions in the first place?

Well, to begin with, we need to understand what these terms actually mean. Dementia is a "catch-all" disorder that describes a diminished mental state. In fact, the Mayo Clinic defines dementia as "a group of symptoms affecting thinking and social abilities severely enough to interfere with daily functioning". There are approximately 44 million people worldwide that are affected by dementia;¹ with up to 50% of all seniors over the age of 85 experiencing any number of these symptoms.



The most common form of dementia among older people is Alzheimer's disease (AD). It is a diagnosis that applies to a group of degenerative brain disorders that are symptomized by memory loss, a general cognitive decline, and even personality changes. While it can affect anyone, Alzheimer's disease is mostly found among the elderly and is a rare occurrence for people under the age of 60. Alzheimer's can progress to physical problems that include difficulty speaking, walking, and simple functions like swallowing. In fact, it has grown to become the sixth leading cause of death among seniors.²

The cause of Alzheimer's disease is still being debated among the world's experts, but there are a few things that we have learned. Studies have shown that there may be direct links with our diet and overall health to our risk of being diagnosed with Alzheimer's. Scientists have thought for years that the intake of antioxidants may have preventive benefits regarding this disease. It has been shown that an increase in certain vitamins can help delay or reduce the effects of, not only this debilitating affliction, but dementia as a whole.

Doctor Schuyler Grove, of Ocala Chiropractic and Wellness, explains that Vitamin C is believed to reduce the scope of an event called Oxidative Stress.³ Oxidative Stress occurs when there is a breakdown between the balance of "free radicals" and antioxidants. In a nutshell, the brain becomes less capable of receiving the oxygen that it requires to work properly. An increase in antioxidants may help improve this balance and result in better cognitive abilities. Another vitamin in this class would be Vitamin E (alpha-tocopherol). Slowing the progression of Alzheimer's and dementia through the greater intake of antioxidants has been very promising.

With its anti-inflammatory and immune-boosting properties, another vitamin may also help battle against Alzheimer's and dementia. Vitamin D is thought to improve the body's defenses against these degenerative effects.

Increasing Omega 3 intake has been linked to better comprehension for years. It is a fatty acid that is used in the brain, nerves, and even eye tissue. Mostly derived from plants and fish oil, Omega 3 now shows the added promise in the fight against oxidative stress, as well.³ Your mother always said to take you vitamins... it turns out that she was wiser than she knew.



One medical doctor has even used coconut oil to treat her husband who was diagnosed with Alzheimer's disease. She states that there was noticeable improvement of his symptoms after a continued regimen.⁴ Coconut oil is edible and is extracted from the kernel, or meat, of matured coconuts that are harvested from the coconut palm. It has various applications in food, medicine, and industry; this is because coconut oil contains ketone bodies which can be used as a substitute for glucose in the supply of energy to our body's cells. Brain cells need a steady flow of energy to function properly. Patients that are insulin intolerant can use the coconut oil instead of glucose, because without one of these forms of energy their brain cells can eventually die.

For years, Ocala Chiropractic and Wellness has been seeing the positive changes in patients with the addition of natural supplements to their diet. Now, through exhaustive research, more scientific studies are coming to the same conclusion.

As technology advances, we all seem to look to the pharmaceutical companies to give us a miracle drug that will fix our ailments. It is good to know that sometimes we don't need to look past the nature that surrounds us to find some of the answers.

References:

- 1 (Kate Kelland, Dementia epidemic looms with 135 million sufferers seen by 2050, Reuters, Dec 4, 2013)
- 2 (Alzheimer's Disease Facts and Figures, Alzheimer's Association, 2013)
- 3 (Bayani Uttara and Ajay V. Singh and Paolo Zamboni and R.T Mahajan, Curr Neuropharmacol. Mar 2009; 7(1): 65-74.)
- 4 (Dr. Mary Newport, What if there was a Cure for Alzheimer's Disease and No One Knew?, A Case Study , 2008)

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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.



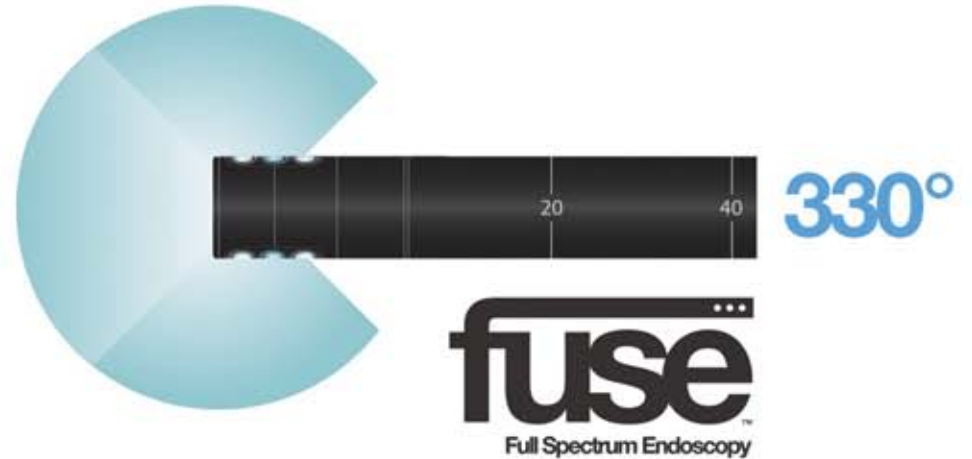
Dr. Anand Kesari



**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**

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Summer vacations mean various destinations to different kinds of travelers, whether you're looking to stick an umbrella in the sand, sip drinks by the pool, or hike some hills. Vacations are a great time to meet up with family and friends and for escaping our daily routines. One thing we often leave behind when we are traveling is actually the most important part of our whole trip - our SMILE!

Did you ever notice the number of people walking around with a blank expression on their face? Sometimes we get so caught up in planning and traveling, too often we forget our primary focus - to smile and be happy.

Your Smile is a FREE FACELIFT which we should wear every day! It plumps your cheeks and tightens the neck and jawline. Nothing says "Confidence" like a great smile. Let your confidence shine through this summer and experience all of the joys of vacation with a fresh look!

Do you want to enjoy quality time with your family or grandchildren? This begins and ends with a smile. Then why not invest in yourself this summer! When you look and feel your best, it will invigorate your relationships! Surprise people you haven't seen in a long time by how young and good your smile looks!

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The ImageLift Facelift consistently delivers the "WOW!" results while still maintaining a natural appearance. Our most popular facelift is split into three categories: small, medium, and large. Your ImageLift physician will help you determine which ImageLift Facelift is right for you! Results are typical and do vary for each type of facelift. You deserve to look and feel your best, so what are you waiting for?

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BLADDER CANCER AND WOMEN

WHY DIAGNOSIS COMES AT LATER STAGES FOR SOME

InterCommunity Cancer Centers and Institute Encourages Women to Remain Vigilant and Seek Specialist if Experiencing Symptoms

A new study recently discussed at the American Urological Association annual meeting highlights a potentially frightening finding about bladder cancer that experts at InterCommunity Cancer Centers (ICCC) and Institute (ICCI) of Leesburg, Clermont and Lady Lake want all women to be aware of. As far as this disease's most recognizable symptoms, noticing blood in the urine is frequently a first indicator of the disease for both men and women. But for women specifically, the new research has indicated that women with blood in their urine are only half as likely as men to be referred beyond their primary care provider to a urologist for further investigation.

These new findings are concerning because women with bladder cancer are historically known to be diagnosed at a later stage and as a result, die more often from the disease than men do. So why is there a gap between bladder cancer evaluation for men and women? According to the study's researchers, who conducted a medical chart review of nearly 10,000 patients, the diagnostic result of blood in the urine for women is often assumed by the primary care provider to simply be a urinary tract infection (UTI).

While UTIs are more frequently suffered by women, the research found that some of the diagnostic gap may also be attributed to primary care providers' understanding that women are statistically less likely to be diagnosed with bladder cancer than men. But the general dismissal of symptoms as something "not serious" is dangerous and one that unnecessarily prevents or delays doctors from catching bladder cancer earlier in women. Doing so not only increases health care treatment costs, more importantly, it increases a woman's chance of dying from the disease.



So what should you do if you or someone you know has blood in her urine? Be your own health care advocate and talk to your doctor about your symptoms. While proponents of this recent research are hopeful in helping primary care physicians better assess bladder cancer risk in women who present with such symptoms, you'll still need to be the one to fight for your health.

The ACS' website identifies numerous signs and symptoms regarding bladder cancer including the following:

WHAT ARE THE SIGNS AND SYMPTOMS OF BLADDER CANCER?

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

Blood in the Urine

In most cases, blood in the urine is the first warning sign of bladder cancer. Depending on the amount of blood, the urine may be orange, pink, or, less often, darker red. Sometimes, the color of the urine is normal but small amounts of blood are found when a urine test (urinalysis) is done because of other symptoms or as part of a general medical checkup. Keep in mind that blood may be present one day and absent the next, with the urine remaining clear for weeks or even months. If a person has bladder cancer, the blood eventually reappears.

However, blood in the urine or changes in bladder habits does not always confirm a bladder cancer diagnosis. It is often caused by other things like an infection, benign (non-cancerous) tumors, stones in the kidney or bladder, or other benign kidney diseases.

Changes in bladder habits or symptoms of irritation Bladder cancer can sometimes cause changes in urination, such as:

- Having to urinate more often than usual
- Pain or burning during urination
- Feeling as if you need to go right away, even when the bladder is not full

Symptoms of advanced bladder cancer

Bladder cancers that have grown large enough or have spread to other parts of the body can sometimes cause other symptoms, such as:

- Being unable to urinate
- Lower back pain on one side
- Loss of appetite and weight loss
- Swelling in the feet
- Bone pain



"If you believe a UTI diagnosis is incorrect or just "feel" that something more should be done, speak up. Ask your doctor for a referral to a urologist for further evaluation. If you're wrong, you'll have peace of mind. But if you're right, it could save your life," says Alison Calkins, M.D., radiation oncologist at ICCC/ICCI.

Sources:
<http://news.vanderbilt.edu/2014/05/urologic-cancer-studies-point-to-need-for-referral-education/>
<http://www.cancer.org/cancer/bladdercancer/detailedguide/bladder-cancer-signs-and-symptoms>

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.

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 Alison Calkins, MD
 Maureen Holasek, MD

What Does **FREEDOM** Mean to You?

Being Thankful for the Many Forms of Freedom in our Lives.

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

July is a month in America when we pause and give thanks for the many freedoms our nation provides us, such as the freedom of speech, freedom to practice a religion of choice, and the freedom of assembly. While these articles helped make up the Bill of Rights, and have become an integral part of American life, there are still many other aspects of life most Americans are still constrained by, including health challenges, financial restrictions, and time constraints.



Freedom from Health Challenges

When you are someone plagued with health concerns, you appreciate those days when you are free from pain, free from illnesses, and free from the limitations ill-health places on your everyday life. Unfortunately, most people have begun to accept those constraints as if they were a "life-sentence" of disease. Nothing could be further from the truth - or your potential reality. "Too many people are simply living with ill-health, not by choice", explains Carolyn Waygood, Certified Natural Health Professional, "but because they haven't been educated or empowered to change their situation." Good health is something everyone is capable of achieving, they just need a little direction. Recently, Plexus Worldwide, a natural health company based in Scottsdale, Arizona, hosted their annual convention in Dallas, Texas, and the theme of the gathering was "FREEDOM". During the 3-day event, thousands of Plexus customers and representatives shared their experiences, detailing the many health benefits they achieved through the Plexus products. "I think it's so important to let everyone know", noted Sabra McCraw as she addressed the over 8,000 attendees, "that [Plexus] is not just about weight loss...while the weight loss is great, that's just a tiny benefit to what Plexus does!"



Figure 1: Sabra McCraw Before & After Plexus!

doctors weren't finding. After deciding to take Plexus to hopefully aid in my weight loss, I learned about candida overgrowth and the havoc it can cause to your entire body, so I decided to do the candida spit test and was it ever present! I immediately started taking the recommended Plexus products to get rid of it. The first few weeks I'll admit were really rough, I learned I was going through what's called candida die off symptoms that included nausea, diarrhea, stomach cramps, severe headaches and body aches. I was determined to stick it out and see if this Candida Overgrowth had been the root of my problems. When the die off symptoms subsided, I started feeling really good! Three months later... I am now convinced that this was indeed my problem and with Plexus Slim, Accelerator, Probio5, Bio Cleanse and X Factor I have won the battle against the Candida! I feel amazing and have more energy than I ever remember having, my mood even seems to be elevated. I want to call my husband most days and tell him how incredibly happy I feel. I know to some that may seem silly but when you get as down as I was it's a HUGE thing! I'm no longer on my thyroid meds, my hormones or my GERD/Acid Reflux meds, the insomnia is gone as well and now I fall asleep with ease and no longer need sleep aids or antidepressants. I also don't remember the last Hot Flash I had! These Plexus products have given me my life back and I will never stop taking them, they really do work! They are changing the lives of my family and friends and for this I am so grateful!"

- Sabra McCraw

While Sabra's experience is a common one, Plexus Health Ambassadors still have an uphill battle when trying to encourage others to take the necessary steps to improve their health. "Unfortunately, most people are skeptical, and they become paralyzed by their doubt", explains Ms. Waygood. "To help encourage people to invest time and energy into their health, I simply let them know that Plexus has an effective line of natural wellness products that have proven time and time again that they can help improve even the most stubborn health challenge. The key is to work WITH your Plexus Ambassador as they help YOU overcome your personal health issues. It takes patience and perseverance, but everyone can break free from dis-ease."



Figure 2: Angel Fletcher Before & After Plexus!

Financial Freedom

When you have good health, you are free to live a life of joy,... and a little extra money helps too! Take it from Angel Fletcher, Plexus Ambassador, and a single mother

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of three. At one point in her life, she packed her car with 3 suitcases and headed back home to live with her mother. Her daughter was sick, she lived off food stamps, and weighed 300 pounds. Life seemed pretty dark, until she was introduced to Plexus. When her daughter's doctors approved the Plexus products and she began to witness an improvement in her health, Angel began to use them too. When Angel started her personal Plexus journey, she weighed 300 pounds and was a size 26. After she lost 97 pounds, and scaled down to a size 5, she knew she had to share the products with the world! Today, while the improvements in her family's health are recognized as the most important blessing, the income she earns through the Plexus business opportunity is beyond her (and ours!) imagination!

"One of the most amazing things about being affiliated with Plexus", notes Carolyn Waygood, Plexus Health Ambassador, "is it offers people a real opportunity to achieve better health, *as well as* a unique business model that empowers people to build financial independence. There's no other income opportunity that offers someone the ability to get healthier and TWELVE ways to earn money!" While some Plexus customers chose to participate in the Plexus business in order to earn extra income, it is not a requirement when purchasing Plexus products. However, if you're considering trying a Plexus product for yourself or a loved one, take the time to learn about the business opportunity because it's helped thousands of people all over the world achieve financial freedom.

Freedom to Live Your Life on Your Terms!

Freedom to dictate your own schedule, the hours you work, the time you spend with your family, when you want to take a vacation, and when you simply want to relax at home seems to be an unrealistic dream. Maybe it was based on historical business models, but not anymore!



"We are living through an important change in traditional business models", explains Ms. Waygood. "The influence of social media, the increased importance in personal testimonies and referrals, a consumer's desire for more education, and the need for increased wealth are driving the success of direct-sales and home-based businesses." The positive impact the direct selling channel of distribution has made, and continues to make, on the lives of people is both real and achievable. The fact that a single mother of 3, once bound by food stamps and ill-health, could obtain both health and wealth from products sold through direct-sales should encourage everyone.

You are invited to learn more about Plexus products and business opportunity by visiting:
www.Waygood.MyPlexusProducts.com
 Interested consumers can also listen in on a Weekly 30-minute Conference Call every Wednesday evening, 9:00 EST, by dialing (857) 232- 0155, and entering the access code: 610844.
 If you have trouble accessing this number, call (602) 734 - 2177.



Plexus Ambassadors are certainly encouraged, and feel blessed to be involved in a young company based on high-quality natural wellness products, and guided by a moral and ethical executive team. Talk to any Plexus Health Ambassador and they will tell you they are thankful for the freedom Plexus has brought them; freedom from sickness, freedom from debt, and freedom to spend their time doing what they love! "If you're frustrated with your job, and feel passionate about helping others be healthier", suggests Ms. Waygood, "than you owe it to yourself and others to learn more about Plexus!"

Looking for a Plexus Ambassador close to you? Contact one of our passionate and professional representatives today, and learn more about the many health benefits associated to the Plexus natural products, as well as the generous income program Plexus offers. Let them help you improve your health, and wealth, with Plexus!

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- Detoxification & Elimination of Waste
- Relief from Chronic Inflammation
- Improved Immune Function
- Healthy Body pH Levels
- Improved Nutrition

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We Are CarePatrol

Today's senior care options are expanding but not as fast as the population is growing. The oldest baby boomer turned 65 years old in 2011. So what? That means, after that occurrence, 10,000 boomers turn 65 every single day! In 1900, 1 in 25 Americans was a senior. In 2020, 1 in 6 Americans will be a senior, the under 50 population will grow by 5%, and the over 50 age group will grow by an astounding 74%!! (Census Bureau, 2000). The Senior Care industry is growing and with that so are the options for senior care. Where does one begin to decipher what is out there for our loved ones? Where do you turn? Who can help? How much is this going to cost? Is there additional funding available? (Veterans may qualify for additional financial support) Does Medicaid or Medicare cover any costs? What is the difference between an independent living facility and an assisted living facility? What is a skilled nursing facility?

These are questions facing more and more adult children every day and the confusion of where to turn can be overwhelming. At CarePatrol our mission is to "Provide the Safest Care Options for Seniors Across America". We help families find assisted living, independent living, memory care and in home care. How do we find the safest care options for your loved one? We review the care and violation history of every community we work with. That means before a family chooses a licensed community, we will review each and every care violation of that facility. How would we know what you are looking for? One of our Senior Care Consultants will sit down with the family and will complete a "Care Discovery" for your loved one where we learn as much as we possibly can about mom, dad, or other loved one. We learn about personal likes, dislikes, social preferences, religious preferences, geographical preferences, and most importantly, what type of care needs your loved one must receive in order to flourish in their new community.



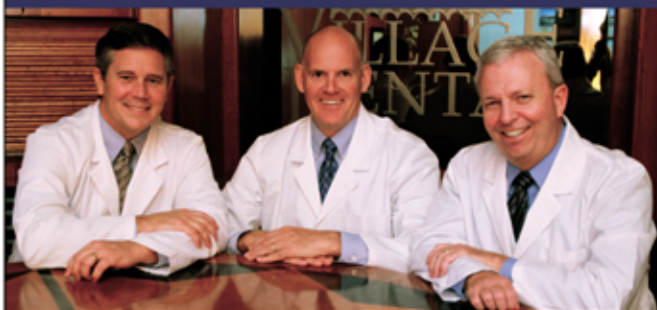
After the Care Discovery, we will tour the family to at least three facilities (or more) that best match the needs of your loved one based on those preferences mentioned above as well as, the place that best matches the financial situation of the family. If the family is still not satisfied, we will continue the search until they are.



Why would you want to use a company like us? The #1 reason is because we care! Our goal is to find the safest care option for your loved one. We never provide just a random list. A list is not going to tell you which community your loved one will thrive in. At Care Patrol, we are your advocate. We work WITH communities but we always work FOR you! There is never a cost to the families we work for as we are paid through the network of thousands of communities our company works with.

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This Month's American Heart Association Heart Healthy Recipe



Apple Walnut & Chicken Salad

4 servings
About \$3.42 per serving

Ingredients:

- ¼ cup plain nonfat yogurt
- 2 tablespoons light mayonnaise
- ¼ teaspoon salt-free dried Italian spice blend or dried thyme, dried basil or both combined
- 2 cups shredded chicken from skinless breast of a rotisserie-cooked chicken or 2 (10 oz.) cans salt-free white meat chicken, drained
- 3 tablespoons chopped, unsalted, unoiled walnuts (or whatever nuts are on sale)
- ½ cup halved seedless grapes or no sugar added dried fruit like prunes or cranberries
- 1 red (sweeter) or green (more tart) apple, finely chopped

Directions:

Combine yogurt, mayonnaise, and spice blend in a large bowl with a fork. Add chicken, nuts, grapes, and chopped apple. Stir to combine.

Green Salad:

- 1 head lettuce (green leaf, red leaf or romaine), chopped into small pieces
- ½ cucumber, chopped (optional to seed or peel)
- 1 large tomato, chopped
- 1 tablespoon extra-virgin olive oil or canola oil
- 1 tablespoon red vinegar, white vinegar, or lemon juice

In a bowl, combine chopped lettuce, cucumber, and tomato. Add oil and vinegar, stirring to combine with salad. Serve salad greens with chicken salad on top.

Cooking Tips: If you like sweetness, grab a red apple; if sour-tart is more your thing, pick a green one. Also, chopped apples will turn brown very quickly, but the yogurt in the chicken salad will stop this from happening.

Keep it Healthy: Combining a little light mayonnaise with no-fat yogurt is a great way for a delicious and still tasty salad.

Storage Tip: When nuts are on sale, buy more than needed and store in a sealable bag in the freezer to keep fresh.

Per serving:	
Calories:	272
Total Fat:	13.0 g
Saturated Fat:	2.0 g
Trans Fat:	0.0 g
Polyunsaturated Fat:	5.0 g
Monounsaturated Fat:	5.0 g
Cholesterol:	73 mg
Sodium:	334 mg
Carbohydrates:	18 g
Dietary Fiber:	5 g
Total Sugars:	11 g
Protein:	24 g

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CHILD OBESITY

"He's so chubby and cute."

"What I feed my child at this age, doesn't really matter."

"Do as I say, not as I do."

These are some of the common themes I hear when working with obese parents with overweight kids.



According to the CDC, over the past 30 years the prevalence of obesity has more than doubled in the children population and quadrupled in the adolescent population. In 2012, more than one third of children and adolescents were obese or overweight. Where does the problem lie? It's hard to blame a 6 year old child for their weight issues. It's easy to put all the blame on the parents, but the issue is bigger than that.

At Healthy Steps, we work with families to help fight childhood obesity one child at a time. There are many common trends that we see when talking with children and their parents. The most prevalent is that busy lifestyles lead to increased occasions of eating out and consumption of convenience foods. Children sit in front of the TV and are constantly being shown commercials with fattening foods loaded with sugar. All these "kid-friendly" foods are processed, loaded with sugar and sodium and highly addicting. Let's take a look at the typical child's breakfast: sugary cereal with milk, or a poptart. There are over 11 grams of sugar in the typical child's breakfast. The American Heart Association recommends children have 4 teaspoons of added sugar per day. Sugar has officially gone from a condiment to a staple in the typical American child's meal. Another big contributing factor to the epidemic is the fact that many children live a sedentary lifestyle. Here are some tips you can do with your children to help fight weight issues.



5 Ways to Help Your Child Maintain a Healthy Weight

1. Closet Cleanout

It is very hard to control your children's food intake out of the house but you can control what food is in the house. It's time to throw away all of the addicting sugary, processed foods. Take a look at the ingredients label: if you see sugar or fructose corn syrup in the top 3 or 4 names on the list, toss it.

2. Get Everyone on the Same Page

Everyone in the family should be eating the same thing. I have parents come to me wanting their child to lose weight but they don't want to change their eating habits. It is very hard for overweight children to stick to a healthy diet when their siblings are eating the foods they shouldn't have.

For our picky eaters: studies show that it takes 12-14 times of reintroducing foods to children before they actually accept them. Introduce ONE food at a time. I would recommend giving your child the "new" food first while they are hungry followed by the foods you know they like during the meal.

3. Family activities outside

Children spend more time on the computers, ipads, phones, or in front of the TV than anything else. It is important to get them outside and have everyone doing sometime active. Go for walks outside, to the park, the pool or to the beach. Activities outside together as a family are a great for family bonding. According to the CDC, the recommended amount of exercise for children is at least 60 minutes per day.

4. Have healthy snacks in the house

Convenience is key! Have precut fruits and veggies for your children to snack on during the day. If you have followed step #1, there shouldn't be bad choices in the house for a child to gravitate towards.

5. Let your child be a part of the shopping, prepping and cooking process

Let your child pick out the fruits and veggies when going grocery shopping. Let them pick a new vegetable they would like to try or some healthy snacks. Studies show that if children are involved in the preparation and cooking of meals they are more likely to try and enjoy it.

HOT WEATHER RUNNING TIPS

The Road Runners Club of America wants to remind the running community about the importance of following our hot weather running tips. Running in the heat of summer can be dangerous if proper precautions and preparations are not followed.

- Avoid dehydration! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10–15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20–30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.

- Avoid running outside if the heat is above 98.6 degrees and the humidity is above 70-80%. While running, the body temperature is regulated by the process of sweat evaporating off of the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature. Check your local weather and humidity level.

- When running, if you become dizzy, nauseated, have the chills, or cease to sweat.... STOP RUNNING, find shade, and drink water or a fluid replacement drink. If you do not feel better, get help. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion, delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment.

- Run in the shade whenever possible and avoid direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the sun, apply at least 15 SPF sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to transfer off the top of your head.

- If you have heart or respiratory problems or you are on any medications, consult your doctor about running in the heat. In some cases it may be in your best interests to run indoors. If you have a history of heatstroke/illness, run with extreme caution.

- Children should run in the morning or late afternoon hours but should avoid the peak heat of the day to prevent heat related illnesses. It is especially important to keep children hydrated while running and playing outdoors in the heat.



- Do wear light colored breathable clothing. Do not wear long sleeves or long pants or sweat suits. Purposefully running in sweat suits on hot days to lose water weight is dangerous!

- Plan your route so you can refill water bottles or find drinking fountains. City parks, local merchants, and restaurants are all good points to incorporate on your route during hot weather running. Be sure to tell someone where you are running, how long you think you will gone, and carry identification.

- Stay hydrated, cool, and safe this summer!

Source: www.rca.org

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The Hidden Message

By Alex Anderson

Bizarre Stories

There are enough bizarre things about the Bible to give lots of reason to visit its pages regularly. Some of my crazy favorites are as follows: Peter, one of Jesus most noteworthy disciples, gets out of a perfectly good boat and walks to Jesus on the waters of the Sea of Galilee during the middle of a storm. Does that make much sense to you?

Another strange one is about a woman named Mary who crashes a dinner party where Jesus is the guest of honor. She is so grateful for something He had apparently done for her that she pours, not accidentally spills, a bottle of perfume over Jesus that cost in 2012 US money over \$36,000.00. That's a lot of money for any bottle of perfume much less to be poured over someone all at once.

One of my all-time favorites is when Saul, a well-meaning Jewish Rabbi, is on his way to Damascus and in the middle of the day is blinded by a piercing light which so disorients him that he loses his balance and falls off his noble steed, his donkey. But that's not Saul's entire bizarre road trip. As he is picking himself up off the ground he realizes that he cannot see anymore. Then it gets really bad.

He hears a voice talking to him. So Saul responds to the voice and asked who was speaking. The voice says that it is Jesus. At this point of time Jesus had risen from the grave during what we call Easter and was supposed to be in Heaven. What was He doing back on Earth, talking to Saul and why blind him with light? The rest of Saul's funky road trip evolves into some man praying for him to get his sight back and it happens in the most peculiar way, which makes for a lot of fun reading.



Odd Things

The Old Testament has 17 historical, 5 poetical and 17 prophetic books. As a matter of fact, it is one of the few documents to survive so many different wars, so many different regimes, and so many different centuries on the earth. That is pretty amazing. Seems like God may have had something to do with that. The New Testament has four gospels, the book of Acts, twenty-one epistles and the Revelation. Personal Revelation seems to really run all throughout the Bible. John got Revelation on the Isle of Patmos. He was too tough to die when they boiled him in oil. So they stuck him on an island by himself. Big mistake. They should have never done that because God was, to some degree, living inside of John or at least enough to write the book of Revelation. That's very odd indeed.

A Few Fun facts

Some facts about the Bible: there are 1189 chapters. The Old Testament has 260. The longest chapter in the Bible is Psalms 1:9. It is very long. The shortest verse, John 11:35, happened when Jesus was standing in front of

his best friend's tomb, Lazarus, and Jesus wept. The Bible was written over 1500 years, over 40 different generations and has over 40 authors. It was totally directed by the hand of God. To date, between printings and distributions, a recent survey says there are probably over 6 billion copies out there. It is the most widely published material ever.

Hidden Message

But the real reason we read the Bible is because it speaks to us. No I'm not suggesting you will hear audible voices like that guy Saul did on his strange road trip, but you will hear something. Something inside your soul will connect with the hidden, secret voice of the Bible. It's the voice of Holy Spirit. It is unlike any other set of written words you will ever read. According to the writer of the book of Hebrews, the Bible is literally alive!

Jesus said this, about His own words; "These words that I speak, they are spirit and life." They are unusual. They are different than anything you could ever read. When you read Plato, Socrates, or Shakespeare, you realize they were awesome thought-leaders, but their words are not quite like the words of the Bible. It is living and active and it kind of pokes around inside of you in a good sort of way. The Bible is literally God breathed, so when we read it, God helps us to understand its deeper meanings.

So grab a copy of the New Living Translation of the Bible, fill up your tea or coffee cup and spend a little time reading some surely bizarre and odd things. And who knows what you may "hear" along the way. It's a lot of fun.

To your spiritual health,

Alex E. Anderson

Author of the book, Dangerous Prayers

www.dangerous-prayers.com



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