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August 2014

Marion Edition - Monthly

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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.

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Central Florida's Health & Wellness Magazine can be found in over 900 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

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"I DIDN'T HAVE ANY OPTIONS IT WAS EITHER THIS OR NOTHING AND I WASN'T GOING INTO ANY WHEELCHAIR.

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— Darrell (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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Radiology Practice Welcomes Two New Doctors to Its Team

Dr. Amanda Aulls

Radiology Associates of Ocala, a diagnostic and interventional treatment facility with five specialized offices in Ocala, is proud to welcome Board Certified radiologist, Dr. Amanda Aulls, to its staff. Born and raised in Eustis, Florida, Dr. Aulls graduated with honors from the University of Florida with a B.S. in zoology. She earned her medical degree from the University of Florida College of Medicine and completed her radiology residency at Shands at UF, where she also garnered a fellowship in neuroradiology.



Immediately after completing her residency, she moved with her family to St. Petersburg, where she served as a general radiologist and as the lead radiologist at the Bayfront Medical Center Breast Health Center. She has spent the past three years with a special interest in Women's Imaging.

Dr. Aulls has relocated from St. Petersburg with her husband and their three-year-old son. She will provide radiology services at RAO's

Women's Imaging Center (at 1901 SE 18th Avenue, Building 200) in Ocala. Says Dr. Aulls, "I am excited about the opportunity to work with the wonderful people and radiologists at Radiology Associates of Ocala, and my family and I are excited to be back in Central Florida."

Dr. John Socrates Scales

Marion County native, Dr. John Socrates Scales, has joined the interventional radiology staff of Radiology Associates of Ocala. The inclusion of Dr. Scales boosts the number of RAO's board-certified radiologists to 19.

Dr. Scales completed his undergraduate degree at the University of Florida and earned a B.S. in exercise physiology. He attended Tulane University School of Medicine and completed his radiology residency and interventional radiology fellowship at the University of Florida. Dr. Scales has also been deeply involved in various data capture and research studies related to topics as varied as biomechanics and physical and behavioral disabilities. Of his middle name, Dr. Scales muses, "I think my parents are relieved that having the great philosopher as a namesake didn't propel me into majoring in philosophy. Medicine has always been my calling."



Of his move back to Ocala with his wife Sarah and son Reid, Dr. Scales says, "I am excited to return to my hometown and begin working with the great team of radiologists at Radiology Associates of Ocala serving the people of Central Florida."



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Help for Hips:

Making Sense of Your (Not So) Random Pain

By Craig Chappell, DO, Functional Health and Sports Medicine of Ocala

Having a hard time describing the location or source of your hip pain? Dealing with low back pain, suffering with pain in your groin area – or maybe your feeling soreness in the outside or upper thigh region? The real culprit may not be as obvious as you think and could send you down the rabbit hole to identify the source, costing you time and money.

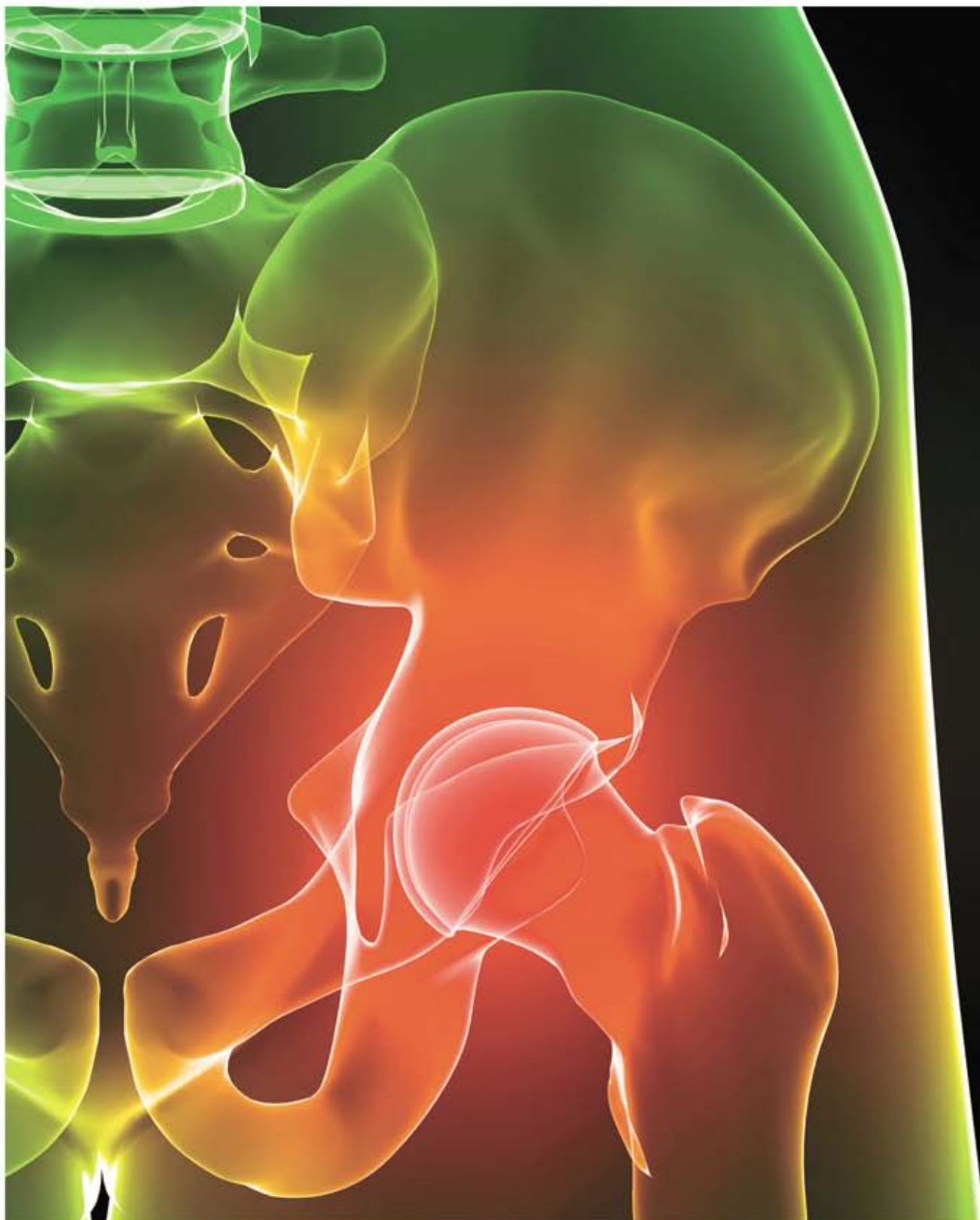
Hip pain isn't always the obvious answer, and even when it is – properly diagnosing the hip injury or condition can be tricky.

Much like taking your car to the mechanic and elusively trying to describe where that weird sound is coming from, describing hip pain can be difficult when talking with your doctor. But the location and description of your hip pain can provide valuable clues to your physician about the underlying cause.

“The location and description of your hip pain can provide valuable clues to your physician about the underlying cause.”



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For example:

- Problems within the hip joint itself tend to result in pain on the *inside of the thigh or groin region*. Common problems in the joint include osteoarthritis, labral tears, cartilage damage, femoral acetabular impingement and capsular sprains.
- Hip pain on the *outside and upper thigh* can represent tendon, muscle or bursa problems.
- While *posterior hip or low back pain* is usually caused by problems with muscles, ligaments, tendons, sacroiliac joint dysfunction (instability) and other soft tissues that surround your hip joint.

Sometimes hip pain can be caused by diseases and conditions in other areas of your body, such as your lower back or your knees and sometimes problems in and around the hip can cause pain in other locations. This type of pain is called *referred pain*. Pain can be referred by irritated nerves, muscles, ligaments and tendons.

The unfortunate reality for patients plagued by these strange referral pain patterns is that they are frequently overlooked because the symptoms may show up some distance from the source - the hip. What's worse, unfamiliarity with referral pain patterns, even amongst physicians, can lead to misdiagnoses and inappropriate treatments. For example, pain traveling down the back of the leg and foot is usually from ligament weakness in the sacroiliac joint, not from a pinched sciatic nerve. Pain over the outside of the hip is generally from a sick gluteus medius tendon and often misdiagnosed as bursitis.

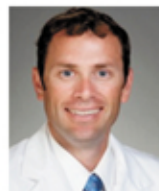
How can you be sure you're isolating the correct source of pain, finding the right relief, and not wasting valuable time and money on unnecessary treatment?

- 1. Be aware.** Pain may be referred in another area of your body even if it's actually stemming from your hip. Don't be fooled if you are experiencing what may seem to be random pain – the source could be your hip.
- 2. Don't be afraid to speak up.** Advocate for yourself -- be sure to talk to your physician about all your aches and pains, and don't hesitate to share your hunch that the perpetrator could be your hip.
- 3. Analyze your coping behavior and take action.** Do you find yourself continuously shifting your weight to find a more comfortable position – often called “theater-cocktail party” syndrome? Have it checked out. This may point to hip problems, which when accurately identified and treated, could present permanent relief.

Don't continue to suffer – your symptoms may worsen, leading to more complex treatment as time passes, amounting to misused time and resources. Armed with these helpful tips, take action to identify the correct culprit and (finally) get help for your hip pain!

Conditions most likely to cause hip pain:

- **Tendonitis:** inflammation or irritation of the tendons usually caused by overuse.
- **Muscle or tendon strain:** repeated activities put strain on the muscles, tendons, and ligaments that support the hips, causing pain or preventing normal functionality.
- **Arthritis:** osteoarthritis and rheumatoid arthritis are among the most common causes of hip pain, due to inflammation of the hip joint and the breakdown of the cartilage that normally cushions your hip bones.
- **Bursitis:** inflammation of the small, fluid-filled sacs (bursae) that protect muscles and tendons, irritating the hip joint.



Dr. Craig Chappell, DO, is board certified in Family Practice and Osteopathic Manipulative Medicine, Neuromuscular-skeletal Medicine and board certified in Sports Medicine. To schedule an appointment with Dr. Chappell, please call: 352-512-0907, or visit www.fhmlc.net for more information.



WHY ALL BABY BOOMERS SHOULD BE TESTED FOR HEPATITIS C

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

FOR MORE INFORMATION:

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



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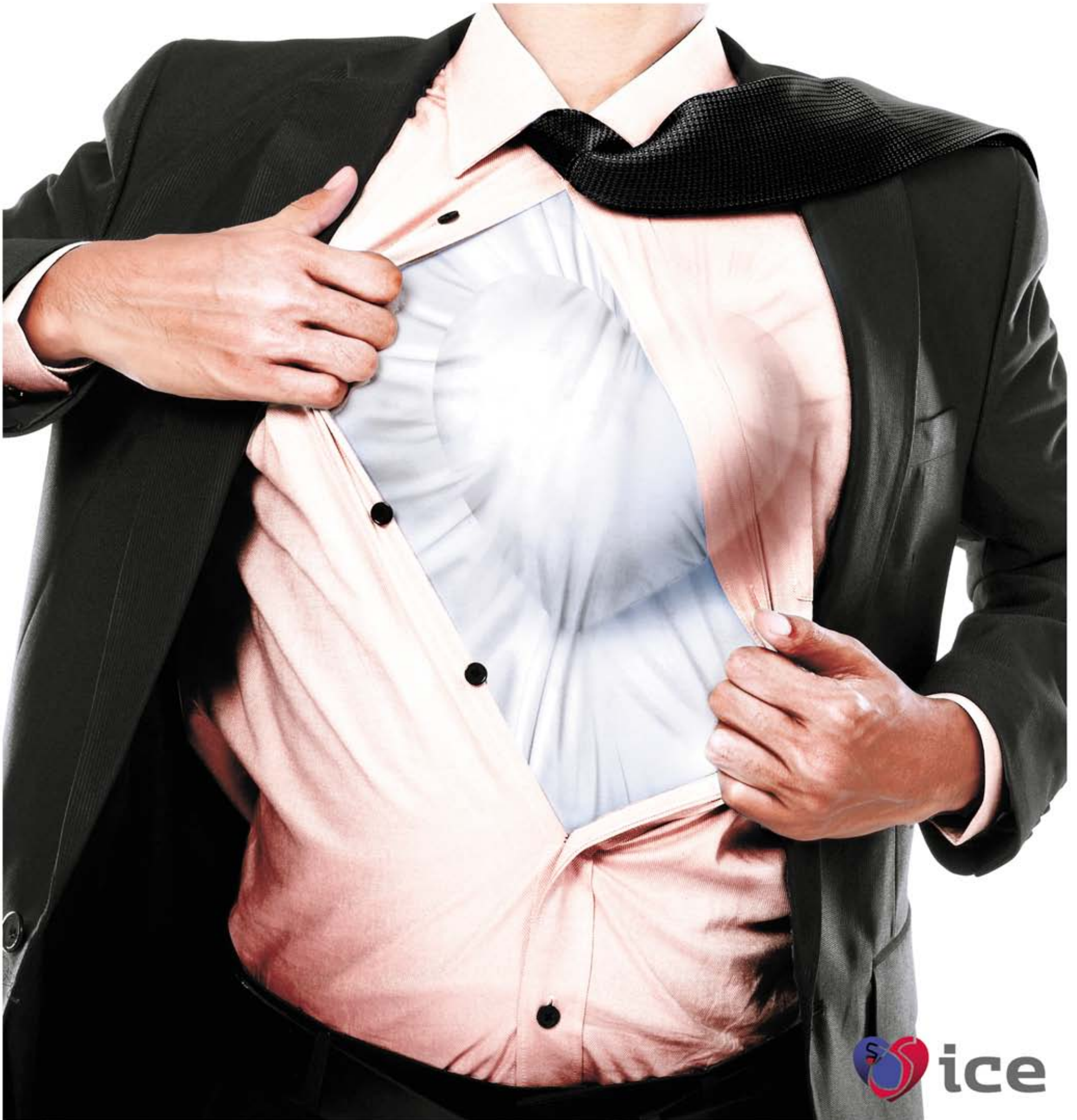
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// INSTITUTE OF CARDIOVASCULAR EXCELLENCE //

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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August Is Children's Eye Health and Safety Month!

It's almost back-to-school time and you're prepared with your child's enrollment forms, orientation schedules, and immunizations—but what about their eyes?

August is Children's Eye Health and Safety Month—a great signal for you to get your child's eyes checked before school starts.

Most children have healthy eyes. But there are conditions that can threaten good vision. Because you can't always "look" into your child's eyes to tell if they have eye health problems, set up some time today for an eye exam:

- Your child's eyes should be examined during regular pediatric appointments and vision testing should be conducted around age three.
- Parents should be aware of signs that may indicate their child has vision problems, including:
 - Wandering or crossed eyes
 - A family history of childhood vision problems
 - Disinterest in reading or viewing distant objects
 - Squinting or turning the head in an unusual manner while watching television

Talk to your child's pediatrician if you suspect your child has any of the eye diseases below:

- Amblyopia (lazy eye)
- Strabismus (crossed eyes)
- Ptosis (drooping of the eyelid)
- Color deficiency (color blindness)
- Refractive errors (nearsightedness, farsightedness and astigmatism)

Let's Talk Eye Safety:

Use this month to discuss the importance of eye safety with your children. More than 12 million children suffer from vision impairment, and eye injuries are one of the leading causes of vision loss in children. There are an estimated 42,000 sports-related eye injuries each year and the majority of them happen to children.



Children should:

- Wear protective eyewear while participating in sports or recreational activities
- Play with age-appropriate toys. Avoid toys with sharp or protruding parts

One of the best ways to ensure your child keeps his/her good vision throughout life is to set a good health example.

To find more information about Children's Eye Health and Safety, visit www.preventblindness.org.

PUCKER UP:

Beauty Benefits of the Lemon

Lemons. We see them everywhere, but what you might not know is that this highly acidic fruit is used all over the planet by various beauty experts, and for good reason. Lemons are a fabulous source of vitamin C, calcium, magnesium and potassium—all antioxidants that improve the look and feel of our hair, nails and skin.

So we present nine awesome uses for lemons you should know. **Tip:** Keep in mind that lemon juice should not be left on the body for extended periods of time and may have severe reactions when exposed to the sun. Always consult with your doctor if you have any concerns.

Teeth Whitener - Professional teeth whitening treatments can cost a fortune. Save yourself a lot of money and time using baking soda and lemon juice. Mix the two ingredients into a bubbly solution and put onto your teeth with a Q-tip. Leave on for no more than one minute (the acid is strong enough to break down tooth enamel) and gently scrub off with a toothbrush.

Chapped lips - It is as easy as massaging lemon wedges onto your lips before you go to sleep. Leave it on overnight and wash off the next morning. Lemon juice works as an exfoliant and removes any dead skin cells resulting in softer, smoother lips.

Remove Blackheads - Take a lemon and slice it in half, rub the juice all over your face and wait five minutes before rinsing it off with cold water. Lemons have antibacterial properties, making it a perfect blackhead remedy. Blackheads are caused by clogged pores, and the acid called alpha hydroxyl from the lemons help to exfoliate the skin.

Dandruff - It is as simple as rubbing lemon slices onto your scalp and leaving the juice on for an hour or so. You can magnify the effect by adding 4 tablespoons of vinegar. Follow it by washing your hair with lukewarm water.

Lighten Your Hair - Skip the dye. This is a perfect and gradual remedy for sunny days. Mix the juice from four lemons with ¼ cup of warm water, put it in a spray bottle, and spray it in your hair until it's damp. Make sure you only expose your hair to the sun for about 30-60 minutes, depending on how light you want to make it. After you're done, take a shower and use conditioner, as lemon juice can sometimes dry out your hair.

Remove Calluses, Corns, And Warts - Using the inside of a lemon (the white part) and placing it against any of these skin imperfections will help to dry out the callus, corn, or wart. Leave it on overnight and in about week they should fall off.

Foot Scrub - For your next home pedicure, combine the juice of half a lemon, 2 tablespoons of olive oil and 2 tablespoons of brown sugar. Massage the mix on your feet thoroughly and leave for 15 minutes, then rinse off and pat dry. This mixture scrubs and moisturizes your feet and helps in eliminating the dryness.



Strengthen Nails - There are tons of nail hardeners on the shelves at your local drugstore, but you can get the same results -- and naturally -- using olive oil and lemon juice. The solution will not only condition weak and brittle nails, but it will also whiten yellowing nails.

Lighten Old Acne Scars - Take a cotton ball and soak it with a little freshly squeezed lemon juice, and rub it all over your face. The lemon juice when applied daily will gradually help to lighten up the scars as it works as a chemical peel.



Get the Latest Look With the Best Technology Around

Have you reminisced over old stories or looked at pictures of when you were younger lately? Have you started to notice how different you look now? Does your appearance not match how you feel? Now might be a great time to invest in YOU again this summer!

Facial cosmetic surgery is not what is once was! If you are looking for more improvement to bring back the smile you love, then ImageLift offers the latest technologies and techniques available to help you look and feel young again! From general advances in the medical field to new technology and materials, facial plastic surgery is much more refined and patient oriented than it was years ago.



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RICHARD CASTELLANO, M.D.

New procedures and products have been created over the years to give patients the look that they desire, without the hassle of needed surgery. Facial fillers, such as Voluma®, Sculptra®, and Artefill® are helping patients look younger without surgery. Certain laser treatments allow for instant facial rejuvenation and new medical products like Pro+TherapyMD® or Obagi® have been designed to improve skin care as well. Google Glass is also being utilized to offer patients a unique insight into how a doctor can perform any procedure. And all of this technology and treatments can be found at ImageLift.

We take pride in providing our patients with the best of care, right here in The Villages. ImageLift offers a wide range of procedures to help you improve your confidence and quality of life, 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, 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?

At ImageLift, we are a National Center of Excellence for our long-term fillers, and we can even train other doctors in the ImageLift techniques. The experience of Double Board-Certified Facial Plastic Surgeon, Dr. Rich Castellano, is sought across the country and internationally. We will absolutely provide you with a customized treatment that works for you and your individual needs right here in The Villages, no travel required.



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

Our book is an easy read and an excellent resource. Here is a comment from ImageLift patient Leah, “I read the book and loved it! It really helped prepare me.” Call now to learn more, 877.346.2435.

Diane Jens Nostalgia had the Medium ImageLift.



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INTERCOMMUNITY CANCER CENTERS AND INSTITUTE AND THE AMERICAN CANCER SOCIETY PROVIDE ENERGIZING TIPS TO HELP PATIENTS OVERCOME CANCER FATIGUE

According to the American Cancer Society (ACS), cancer-related fatigue is the most common side effect of cancer and cancer treatment. Research suggests that anywhere between 70% and 100% of cancer patients getting treatment have fatigue. And about 30% of cancer survivors have said that their fatigue lasts for months or even years after they finish treatment.

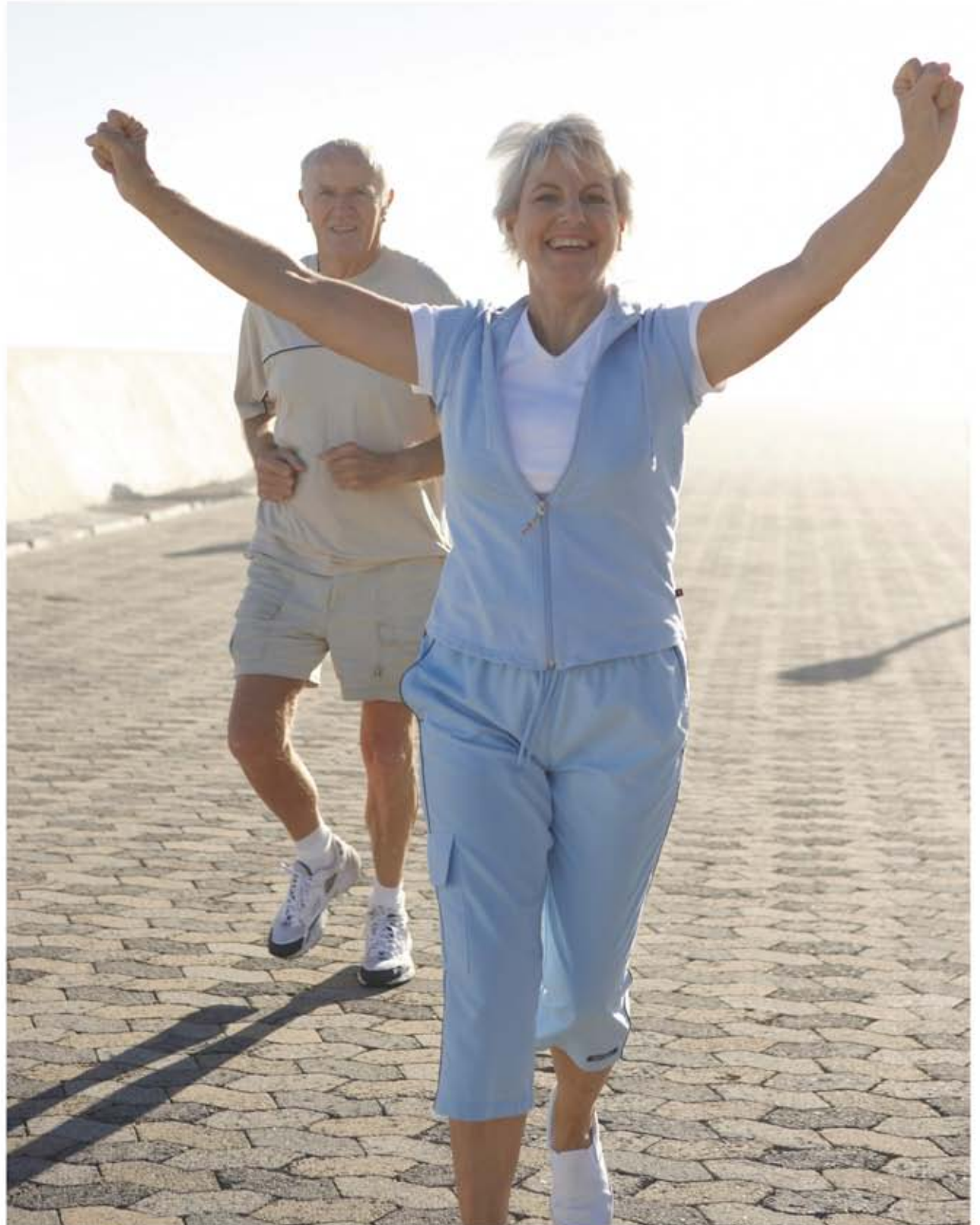
In its continued efforts to educate the community about cancer treatments and its effects, InterCommunity Cancer Centers (ICCC) and Institute (ICCI) of Leesburg, Lady Lake and Clermont and the ACS are teaming up to provide important tips on how to overcome cancer-related fatigue.

What Causes Fatigue in People with Cancer?

The ACS describes fatigue as a common side effect of many cancer treatments like chemotherapy, radiation, stem cell transplant, and immunotherapy. These treatments often kill fast growing healthy cells, especially the cells in the bone marrow that make blood. As a result, this causes fatigue because red blood cells carry oxygen to fuel all the cells in the body. Too few red blood cells (anemia) mean too little energy to meet the body's needs.

Fatigue presents itself differently for every cancer patient. While many treatment-related and disease-related factors are linked to fatigue, you should be also checked by your physician for other emotional and physical factors that can enhance its effects including:

- Anemia
- Pain
- Emotional distress (including depression and anxiety)
- Sleep problems
- Medicines you are taking
- Other medical problems (such as infection; low thyroid function or other gland problems; or heart, lung, liver, kidney, or nervous system disease)
- Nutrition problems
- Low level of physical activity
- Use of alcohol and other non-prescribed drugs





“Cancer can take an incredible emotional and physical toll on patients and their caregivers. It is extremely important that medical professionals regularly screen and measure fatigue in patients so that we can prescribe an action plan to help them remain strong in both body and mind,” said Maureen Holasek, M.D., medical director of ICCI in Clermont. “We also want patients to feel comfortable with speaking to their physician or nurse should they begin to feel even the mildest signs of fatigue.”

Tips for Managing Fatigue

Doctors, nurses, social workers, physical therapists, nutritionists, and a number of other medical providers might all be involved in treating your fatigue and their help should be welcomed. In addition, we encourage you to take advantage of local support groups and counseling to help further educate yourself about how to save energy, reduce stress, and distract yourself from the fatigue.

Sometimes it’s challenging even for a doctor to figure out exactly what’s causing your fatigue. However, a program of regular exercise, stress management, and finding ways to deal with anxiety and depression helps most patients overcome their fatigue. Keep in mind that it may take up to eight weeks of treatment before you notice your fatigue getting better, but for some people it happens faster.

- Save your energy
- Use distractions like listening to music, visiting with friends or reading a book
- Use attention-restoring activities like walking in a park, sitting in a peaceful setting, and gardening

- Reduce stress by talking about it in support groups and learning relaxation exercises
- Exercise your body by participating in aerobic and strength-building exercise programs (discuss with doctor prior to beginning any exercise program)
- Get nutrition counseling
- Improve sleep

“Following their cancer treatments, we encourage our patients to participate in and maintain a moderate exercise program that includes activities such as walking and yoga. These activities will help reduce stress and reenergize the body,” added Alison Calkins, M.D., radiation oncologist at ICCI/ICCI.

For more information, please visit ACS’ “Fatigue in People with Cancer” web page located at <http://www.cancer.org/treatment/treatmentsandsideeffects/physicalsideeffects/fatigue/fatigueinpeoplewithcancer/fatigue-in-people-with-cancer-causes-of-fatigue-in-cancer>

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 ICCI 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 ICCI, the ability to offer university-quality treatment services in smaller and more rural areas. It gives local communities exceptional services closer to home and in a non-hospital setting. To learn more, please visit www.ICCCVantage.com.

ABOUT VANTAGE ONCOLOGY

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

For more information, please visit www.VantageOncology.com.

Source: Fatigue in People with Cancer - American Cancer Society, Inc.

Vantage Oncology

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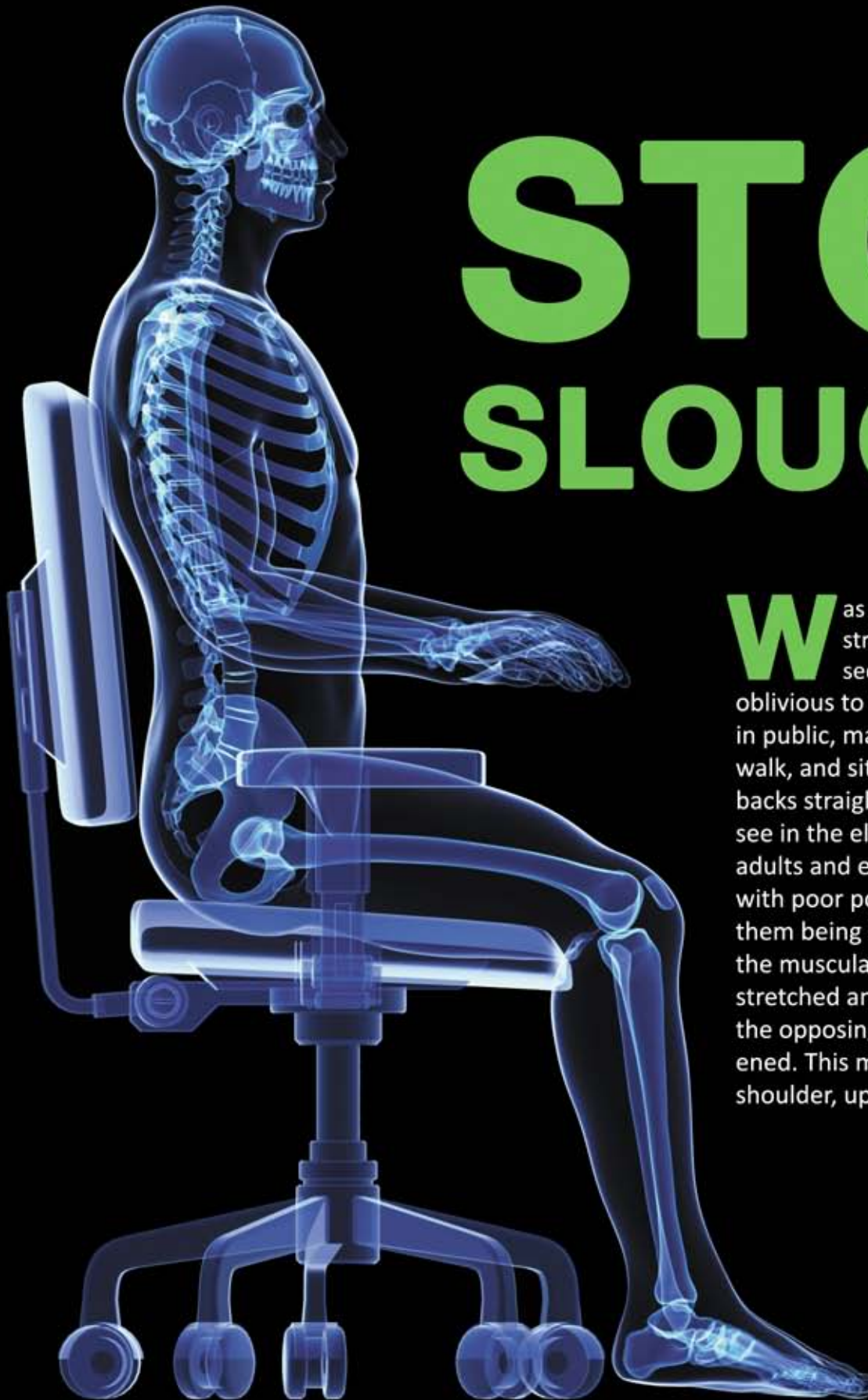
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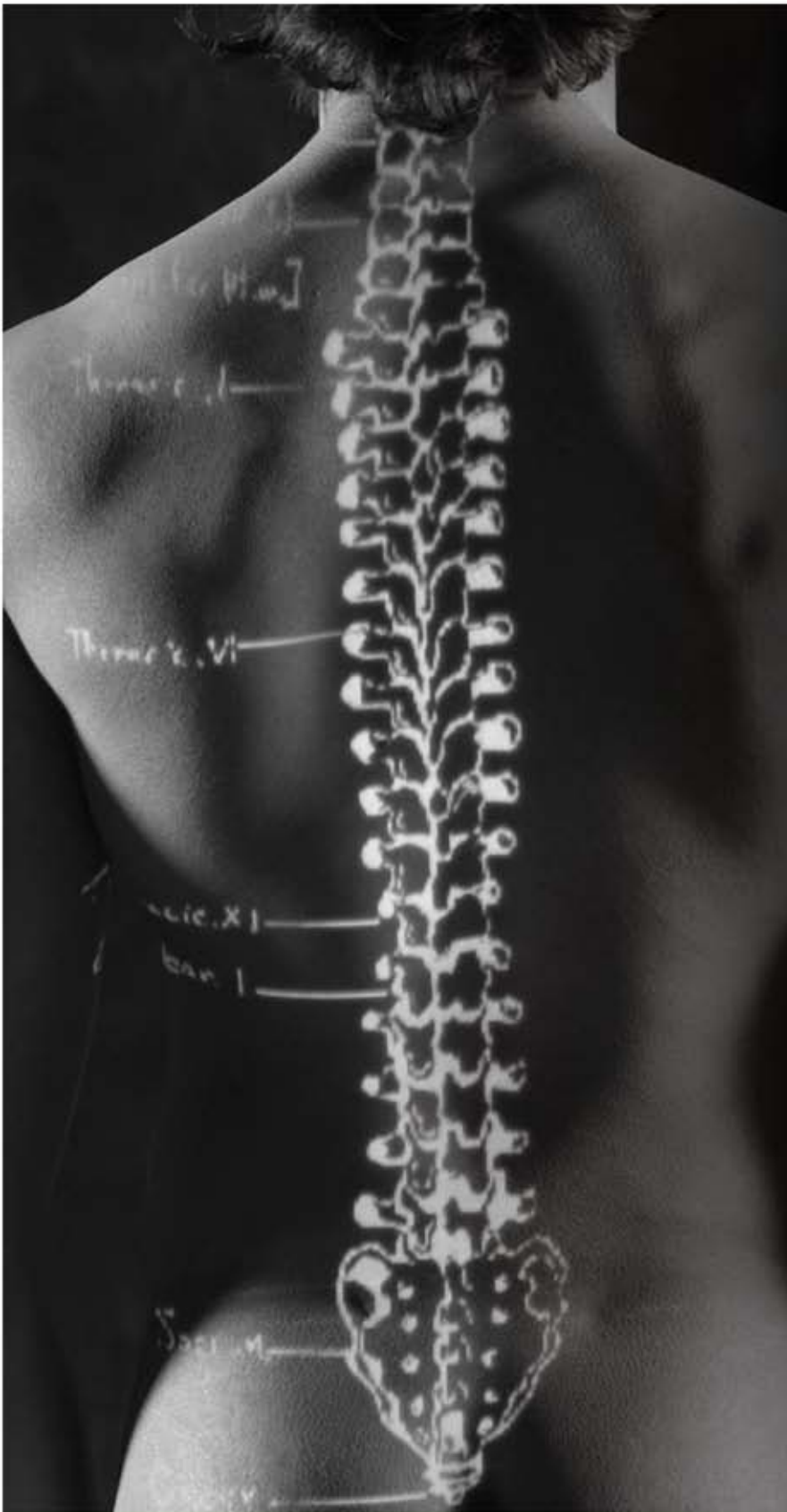


Hal Jacobson, MD
Herman Flink, MD
Alison Calkins, MD
Maureen Holasek, MD



STOP SLOUCHING

Was your mom correct in saying, "Sit up straight!"? Did any of us actually listen? It seems the majority of people are quite oblivious to harmful posture. The next time you are in public, make a point to observe how people stand, walk, and sit. It will soon be clear why keeping our backs straight is so important. It is most obvious to see in the elderly, but it can also be found in younger adults and even our youth. Years sitting behind a desk with poor posture can cause serious issues; one of them being Upper Cross Syndrome. This occurs when the musculature of the upper back and neck are stretched and weakened; while, at the same time, the opposing musculature is tightened and shortened. This mainly affects muscles around the shoulder, upper back, chest, and neck.



This "hunched over" posture may not seem like an immediate health threat at first, but some painful symptoms can develop over time. According to Ocala Chiropractic and Wellness, Upper Cross Syndrome (UCS) may bring shoulder pain, headaches, neck aches, and overall back pain. People that sit at a desk for long hours reading or using a computer might show signs of this syndrome. Even avid readers need to beware. It can easily be spotted by the forward head carriage, internally rotated shoulders, and an upper body that is bent forward. It is difficult not to notice once you know what to look for. All this can even be seen while the individual is standing or sitting straight.

Self-examination is the first step in determining if UCS is present. Stand sideways while looking in a mirror to see if your ears are positioned behind your shoulders. Then check to see if your shoulder blades rise higher than the center of your back. Since this syndrome puts a lot of strain on the spine, numbness and tingling in the muscles or joints are common. If left untreated for too long, one might experience permanent damage that cannot be undone. So, if you show any signs of UCS, it is crucial to correct your "slouch" and realign your posture.

In order to reverse UCS, the weak muscles need to be strengthened or stretched; also, the spine will require manipulation. Corrective exercises that work the entire shoulder and upper body will most likely be prescribed. Another step is to avoid prolonged periods of holding the same posture. Some examples of this include long sessions of sitting, standing, or biking without much movement or stretching. Stay active and pay attention to your posture throughout the day.

Chiropractors are specifically trained on how to reverse Upper Cross Syndrome (UCS) symptoms. They use spinal manipulation to adjust the curvature and location of your vertebrae. Another treatment that is used in conjunction with manipulation is a soft tissue massage. It can be difficult to loosen tight muscles when their exact location is unknown. That is why a professionally trained Chiropractor is able to determine best what treatments are needed. They use methods that assist the body to heal itself. In the case of Upper Cross Syndrome, only a Chiropractor deals with its symptoms and treatment on a daily basis.

If you have any questions about Upper Cross Syndrome or think you might be experiencing UCS, please contact Ocala Chiropractic and Wellness for more information at **352-671-3100**. They are located at 1701 NE 42nd Ave, Suite 403 in Ocala. You may also find answers by visiting their website: www.ocalachiropracticandwellness.com.



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.



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.

Contact us today for more information. Call Jerry or Michelle at 352-537-8766 to get started.

Long Term Care? Why have it?

By George T. Leamon, CLTC - Lutgert Insurance

The baby boomer generation is becoming more aware that insurance plays a very important role in their lives. This could be one of the reasons why we are seeing an increase in the number of insurance agencies that are playing for our attention. Assisted living, rehabilitation, and life-altering illnesses are costly and can last for long periods of time. That is why it is just as important to plan for future health needs as it is for present ones.

We have all experienced the relief of using an automotive policy to repair a car. It seems that we only think of insurance as an asset when we need it. We live in a society that embraces the here and now! However, a future "here and now" can better be prepared for in advance. The main issue we have with spending money for something that hasn't happened yet is that it isn't tangible. We feel fine now, so why "waste" the money. It isn't happening now, so I would rather spend my money for an immediate gain. It is this thinking that gets so many of us into trouble. If we thought it through, paying for something in advance is the smartest thing we could do. The cost of an item in the future will undoubtedly cost much more than now. Think of inflation, alone.

Insurance makes even more sense. Take long term care, for example. Do you know what the true costs of an assisted living facility are for an extended

period of time? Probably not. It is actually one of the top expenses that citizens face in their senior years. Being unprepared for that can be crippling. Assisted living centers are commonplace today, but that wasn't always the case. In the early days of our republic, asylums began to make an appearance. These institutions held people who were mentally incompetent or deemed "too old" to take care of themselves. In those days, the life expectancy of our nation's population was much lower than it is today. People in their forties or fifties were considered "senior citizens". Society has definitely evolved.

Accident insurance was first offered in the United States by the Franklin Health Assurance Company of Massachusetts in 1850. This was to protect workers on the railroad, but it slowly grew to include a variety of coverages. One of the coverages offered today is Long Term Care. This refers to the ongoing medical and social services that support the needs of people living with chronic health problems. Chronic health problems are a great financial burden on families, but Long Term Care insurance can relieve the stress that accompanies these situations. It is good to know that we have options that assist us through our senior years. Long term care insurance is one of those cushions for us to utilize.

There are four types of People in this world. Those who have been caregivers. Those who are caregivers. Those who will need a caregiver. Those who will be a caregiver.

- Roslyn Carter



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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

fuse™
Full Spectrum Endoscopy

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



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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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Give Your Child a Fighting Chance

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

Most people are familiar with the quote “Health is the greatest gift”, but statistics have shown that America’s health is declining. This begs me to ask the question “Why are people who reside in one of the most socially and economically developed countries in the world not giving themselves ‘the greatest gift?’” According to a recent report published jointly between the United Health Foundation and the Partnership for Prevention, “the prevalence of obesity in the United States has climbed 132% over the past decade” which has contributed to an epidemic of diabetes in America. Type 2 diabetes used to be called adult-onset diabetes. But now it is becoming more common in children and teens, due in part by escalating rates of obesity in this age group.



Facts and statistics are alarming. The Center for Disease Control (CDC) reports that **overweight teens have an 80% chance of becoming overweight adults.** Obesity is now the 2nd most common cause of preventable death in the U.S., with

deaths linked to being overweight exceeding those from alcohol, drugs, firearms, and motor vehicles.... combined! As children grow fatter, their chance of developing heart disease, diabetes (and associated complications, like blindness, kidney failure, neuropathy, etc.), arthritis, gallstones, high blood pressure, stroke, and certain cancers (including breast and prostate cancer) also increases. Excess fat in children not only creates a self-esteem issue (*if that isn't enough reason to help your child make a change*), it often leads to a life of challenging, and possibly deadly, health issues.

Your choice here, as a parent, is to either shake your head and blame the growing waistline of our children on video games, TV, school lunches, or the internet, or you can realize **obesity is completely preventable** and help your child improve their health



by reaching healthy weight levels. If you’re relying on your pediatrician to solve your child’s weight problem, good luck. Most doctors only have time to record your child’s growing height and weight, chart it on a BMI graph, and caution you that the curve is going in the wrong direction. When you realize optimal health isn’t given to you by your doctor – but rather a choice you and your child make – you’ve made the first big step toward a healthier and happier future. *What a wonderful gift to give your child! The gift of a healthy future!*

When it comes to excess weight, we have to understand the cause before we can define our “personal cure”. Any weight loss program that addresses only the obvious, such as reducing caloric intake (“diet”) and increasing caloric output (“exercise”), will never truly solve the problem today. “Focusing on what your child eats or doesn’t eat, and becoming a drill sergeant emphasizing exercise may create an unhealthy aversion to food and fitness”, cautions Ms. Waygood, also a Certified Pilates Instructor. “America’s growing weight issue is no longer just linked to oversized food portions and under-activity, although they indeed play a role. Excess weight can be caused by a variety of different issues, such as a developing resistance to insulin.” America’s weight problem is not just about calories, carbs, or cholesterol. You or your child’s “personal cure” might also need to address a slow metabolism, insulin resistance, inadequate digestion, nutritional deficiencies, poor elimination, an imbalance of intestinal flora, an acidic body pH, or any combination of these. Believe it or not, when considered individually, each cause can be clearly and easily understood (even by children!), and may be resolved fairly quickly.

Is Your Child Insulin Resistant?

We can no longer assume, for example, that insulin resistance is an issue seen only in adults. We know years of elevated sugar levels triggering high insulin production lead to insulin resistance (when the body’s cells don’t respond as well to the hormone insulin and glucose is less able to enter the cells and be used for energy) , and thus the body’s inability to adequately utilize blood sugar and, instead, store it as fat. Previously diagnosed only in adults, most people mistakenly think children’s bodies can adequately process all the sugar it consumes and, therefore, a decrease in insulin sensitivity can’t be the issue behind their child’s weight challenges. According to a scientific statement issued by the American Heart Association (AHA) entitled *Obesity, Insulin Resistance, Diabetes, and Cardiovascular Risk in Children*, “There is an increasing amount of data showing that being overweight during childhood and adolescence is significantly associated with insulin resistance”. This same report cites recent studies in children clearly associating insulin resistance with obesity, hypertension (high blood pressure), and elevated triglycerides and LDL cholesterol in children as young as 5 years of age.



A Natural & Easy Weight Loss Solution

While most weight loss programs involve complicated activities, such as counting points or measuring food portions, that are difficult for children and adolescents to integrate into their lives, the Plexus approach to healthy weight management is easy-to-do, and effective. “I consider the Plexus approach to weight management

For more information about the health benefits associated with the Plexus products, visit www.WAYGOOD.MyPlexusProducts.com. Ms. Waygood provides FREE health education seminars to groups of all sizes. Contact her today to schedule a health seminar for your organization, church, or office!

the most complete approach to weight loss on the market today”, explains Ms. Waygood, “because it addresses the faulty body processes that contribute to excess weight such as metabolism, nutrition, insulin sensitivity, body pH, appetite control, and more!” Plexus Slim is a tasty powdered drink mix originally formulated to help Type 2 diabetics better manage blood sugar. Now available to the public, and still safe for diabetics, hundreds of thousands of people all over the world are not only balancing blood glucose and insulin levels naturally, but also losing weight and reducing their risk of weight-related diseases.

“Plexus Slim is a wonderful weight-loss solution for children because they love the taste”, explains Ms. Waygood, “and it’s easy! All you do is mix a powder packet into a bottle of water and drink it each morning, and take an optional daily vitamin.” Plexus Accelerator or Boost, a daily supplement that can be taken with Plexus Slim, contains important B-vitamins (a catalyst for energy metabolism in your body), calcium (proven to help the body’s cells burn fat), chromium (a trace mineral that enhances insulin’s action in the body), and a proprietary blend of phytonutrients, which all work together to improve energy and metabolism, and burn fat and calories to yield weight loss. While this powerful weight-loss product set is safe and effective for children, it’s also popular among adults and seniors. “Whether you are 10 years old or 80”, notes Ms. Waygood, “Plexus Slim may help you rebalance your body, and help it shed the excess fat it’s accumulated.”

Is Your Body pH Too Acidic?

Dr. Robert Young, author of *The pH Miracle for Weight Loss*, associates much of America’s excess weight problems to excess acid in the body. “The body retains fat as a protection against the overproduction of acids produced by the typical American diet”, writes Dr. Young. “Fat is actually saving your



life. Without fat protecting the cells, tissues, and organs of your body from acids, you would be dead.” Acidity and alkalinity are measured using a 14-point pH scale, with zero (0) being most acidic, 7 being neutral, and 14 being most basic (alkaline). Children eating the Standard American Diet (SAD) most likely have a body pH that’s too acidic (consistent pH readings below 7.0).

“In the same way body temperature is meant to be maintained at 98.6 degrees”, explains Dr. Young, “your body is programmed to maintain a pH balance within very narrow parameters. Just as with temperature, your pH can vary slightly without causing much concern, but a range too far away from ideal can result in serious consequences.”

The human body will do whatever it has to in order to maintain pH balance, including building cholesterol plaques, storing fat, and leaching calcium out of bones and/or magnesium out of the heart and other muscles to act as buffers. In an attempt to protect itself from high acid levels, a child’s body may start storing fat at a very young age. “People can’t avoid acid production in the body because acids are naturally formed as by-products of digestion, respiration, normal metabolism, and cellular breakdown”, explains Ms. Waygood. “However, there are ways we can reduce the intake of acids into our bodies, neutralize internal acid levels, as well as better eliminate acids in order to maintain healthy pH levels. A healthy body - at healthy pH levels - naturally maintains its own ideal weight.” Plexus addresses healthy pH levels naturally by addressing intestinal balance, regular elimination, and restoring alkalizing mineral reserves. “The pH levels of the fluid in our bodies is directly linked to our current state of health”, explains Ms. Waygood, “just as pH determines the health of a swimming pool. You wouldn’t want to go swimming in a pool filled with green, algae-ridden water, would you?” Rebalancing the body’s pH may be the first important step in healthy weight management.



Preventing Disease & Providing a Brighter Future

There’s no better time to teach your child about health, encourage them to take responsibility, and guide them to make healthy lifestyle choices than now, when they’re living at home and parents have some level of influence on daily routines and meals. However, most parents don’t have the health knowledge necessary to adequately address children’s weight issues alone. Because type 2 diabetes is a relatively recent problem in adolescents, society doesn’t have a well-known plan to address this growing threat. This is where medical professionals, as well as natural health and fitness professionals, can make a lasting impact. “Establishing optimal health at a young age”, notes Ms. Waygood, “is truly a gift that can last a child their lifetime.”

For FREE information on...

- € Common Causes of Excess Weight
- € Natural Weight Loss Tips
- € Excess Weight & Your pH
- € Excess Weight & Poor Digestion
- € Blood Sugar, Insulin, and Your Weight

...email Carolyn@BetterBreastCheck.com today! Or contact her for a FREE natural health consultation at (941) 713-3767.

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Please R.S.V.P. to Jamie Brown at (941) 720-7075,
or Carolyn Waygood at (941) 713-3767.

Win door prizes! Receive valuable health information!
Learn more about the Plexus natural health products!

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National Immunization Awareness Month

Can you remember back when you were a kid when mom said you had a doctor's appointment, your hair stood up on the back of your neck and all that flashed across your mind was Oh No A SHOT.

Well August is known as National Awareness Month. Immunizations help prevent against dangerous and deadly diseases. To stay protected against illnesses like the flu, measles and tuberculosis adults need to get their vaccines just like children do.

All adults should get vaccines to protect their health. Even healthy adults can become seriously ill, and can pass certain illnesses on to others. It is important for adults of 60 years of age and older, and for those who have chronic conditions such as asthma, COPD, diabetes or heart disease. It is also very important for older individuals who are in close contact with young children to be vaccinated and anyone with a weakened immune system.

All adults should be vaccinated each year with the influenza vaccine to help prevent the seasonal flu.

Every adult should get the TDAP vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough), and then a TG (tetanus, diphtheria) booster shot every 10 years. In addition, women are also recommended to get the TDAP vaccine each time they become pregnant, especially between 27 and 36 weeks of their pregnancy.

Other vaccines for shingles, hepatitis, HPV are given but this depends on the age, health statues, occupation and travel.

Vaccines are not just for kids. Stay healthy and get vaccinated in August.

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Breaking Through

By Brent Myers, Pastor of Community Life

One year ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

Looking back I've learned that there are four things we can do when needing a breakthrough.

1. Don't have all the answers. It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, “blessed are the poor in spirit, for theirs is the kingdom of heaven.” (Matthew 5:3) God can much better fill an empty vessel.

2. Listen. Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. “For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.” (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.



3. Write it down. When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

4. Do it. Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time a year ago. I'm grateful today because I can now see the good and the “better” that God had for us on the other side of the tough times.

No matter what you're going through remember this: “And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” (Romans 8:28, 38-39)



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