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August 2014

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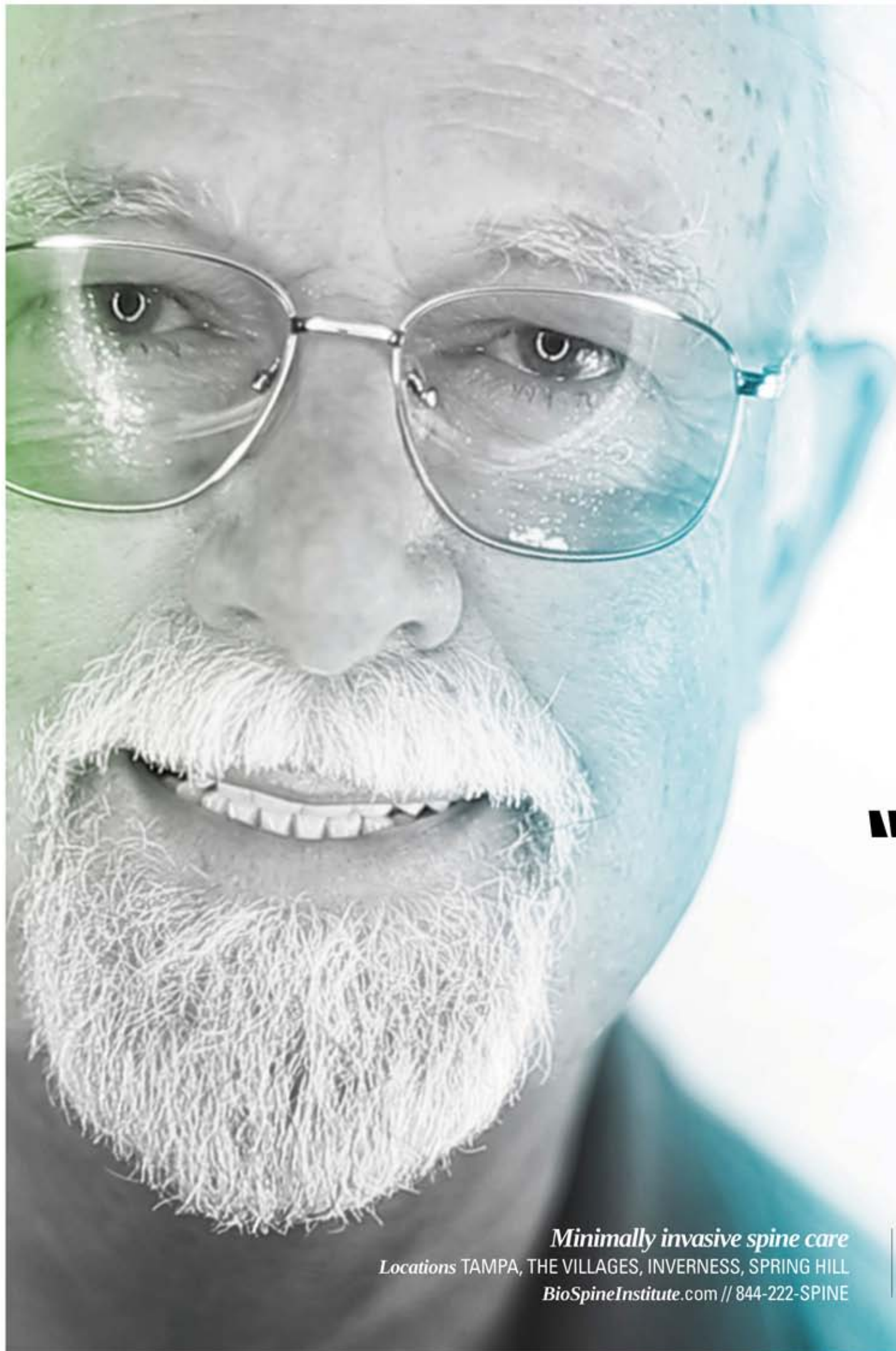
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— Darrell (Actual patient)

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Stop Suffering from Pain

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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.

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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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The numbers to BACK IT UP

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

1%

OUR INFECTION RATE IS LESS THAN 1%.

100%

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92%

92% OF OUR BUSINESS IS REFERRED BY A PHYSICIAN OR WORD-OF-MOUTH.

12,432

MORE THAN 12,432 SURGERIES & PROCEDURES PERFORMED.

30,000

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

10%

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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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KEEPING YOUR HEART STRONG AND HEALTHY IS EASIER THAN YOU THINK



Controlling your weight with regular exercise is imperative for a healthy heart, but it is also important to eat right. By adopting heart healthy diet and physical activity routine, you can prevent or manage heart disease.

Importance of heart-healthy food choices

The food you eat can affect the way blood flows through your heart and arteries. A diet high in “bad” fats (saturated and trans fats) and cholesterol can gradually cause buildup (called plaque) in your arteries. That buildup slows down blood flow and can eventually block your arteries. If the blockage happens in an artery that carries blood to the heart muscle, a heart attack can occur. If the blockage happens in an artery that carries blood to the brain, a stroke can occur. The right diet can help keep your arteries clear and will reduce the risk of heart disease and stroke.

Keeping your heart healthy by making healthier food choices isn't as hard as it sounds!

Tips for a heart-healthy diet

- Eat less saturated and trans fats. These fats are found in foods such as butter, coconut and palm oil, saturated or hydrogenated vegetable fats such as Crisco, animal fats in meats and fats in whole milk dairy products.

- Whole-grain breads are high in fiber and complex carbohydrates, so choose these breads instead of white breads for sandwiches and as additions to meals.

- Eat fruits and vegetables, which are naturally low in fat. Not only do they add flavor and variety to your diet, but they also contain fiber, vitamins and minerals.

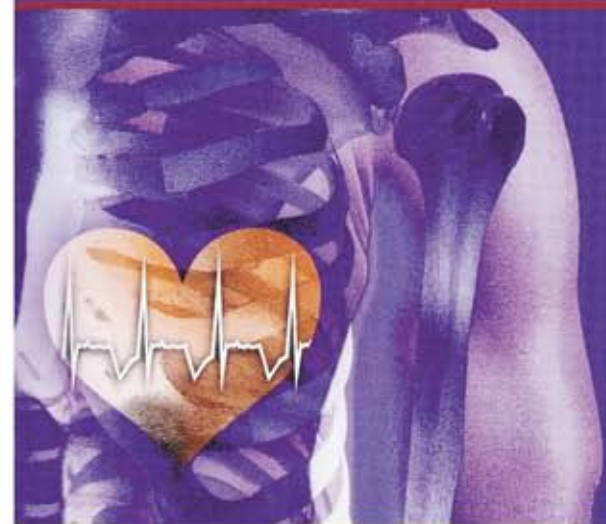
- Baking, broiling and roasting are the healthiest ways to prepare meat and poultry. Trim any outside fat or skin before cooking. Lean cuts can be pan-broiled or stir-fried. Use either a nonstick pan or nonstick cooking spray instead of butter or margarine.

- Dry beans, peas and lentils offer protein and fiber without the cholesterol and fat that meats have. Once in a while, try substituting beans for meat in a favorite recipe, such as lasagna or chili.

- Choose low- or nonfat versions of milk, yogurt and cheese products. Eat no more than 4 egg yolks a week (use egg whites or egg substitutes).

Thiruvallur Vallabhan, MD, PA

Specialist in Diseases of Heart, Arteries & Veins - Clinical Cardiology, Interventional Cardiology, Pacemakers, Vascular Medicine.



Dr. Vallabhan's Clinical Training

Interventional Cardiology:
Thomas Jefferson University,
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Louisiana State University,
New Orleans, LA.

Internal Medicine:
State University of New York,
Buffalo, NY.

General Surgery & Anesthesiology:
University of Florida,
Gainesville, FL.

Medical School:
Gandhi Medical College,
Secunderabad, India.
Andhra Pradesh University of Health
Sciences, India.



heart. Losing weight can help your heart stay healthy. If you need to lose weight, remember that losing just 10% of your body weight will reduce your risks for diabetes and heart disease.

Get up and get moving to prevent heart disease

Exercise makes your heart stronger, which helps it pump more blood with each heartbeat. This delivers more oxygen to your body, which helps it function more efficiently.

Exercise can also lower blood pressure, reduce your risk of heart disease and reduce levels of LDL (“bad” cholesterol), which can clog the arteries and can cause a heart attack. At the same time, exercise can raise levels of HDL (“good” cholesterol), which helps protect against a heart attack by carrying fatty deposits out of the arteries.

When combined with a healthy diet, exercise can speed up weight loss. Regular exercise also helps you burn calories faster, even when you’re sitting still, because exercise builds lean muscle (which burns more calories than fat).

It is as easy as taking a walk

Aerobic exercise causes you to breathe more deeply and makes your heart work harder to pump blood. Aerobic exercise also raises your heart rate (which

also burns calories). Examples of aerobic exercise include walking, jogging, running, dancing, swimming and bicycling. If you are intimidated by exercising, the best thing you can do is take those first few steps. Start out by walking slowly increasing the pace and distance as you get stronger. It doesn’t matter how fast or how long you walk, the important thing is that you get moving.

In general, if you haven’t been exercising, try to work up to 30 minutes, 4 to 6 times a week. Your doctor may recommend a different exercise regimen based on your health.

Fitting exercise into your daily routine is easy

There are lots of ways to raise your heart rate during your regular day. Some examples include:

- Take the stairs instead of the elevator.
- Walk during a coffee break or lunch.
- Walk to work, or park at the end of the parking lot so you have to walk farther.
- Walk more briskly.
- Do housework at a quicker pace and more often (for example, vacuuming every day).
- Do yard work.

There are some heart disease risk factors you can’t control, such as your age or health problems of your parents. However, some risk factors are related to your lifestyle, such as smoking, being overweight, and having an unhealthy diet. These lifestyle factors may increase your risk of developing heart disease. And these same risk factors will cause heart disease to get worse if you already have it.

Luckily, the opposite is true as well. Adopting a heart-healthy diet and a healthier lifestyle can improve your health, even if you already have high blood pressure or other forms of heart disease. Don’t become victim to a disease that is preventable. There’s no better time than today to start making healthy lifestyle changes.

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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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Mid Florida Eye Center Looks Ahead to Advancements in Eye Care

For those of us with 20/20 vision, it's easy to take noticing a friendly smile from across the room or reading a handwritten note for granted. But for those who have lost the ability to see clearly, it's often the little moments in life that are missed most. "Losing vision or being totally dependent upon glasses can greatly diminish a person's quality of life," says Dr. Jeffrey D. Baumann, co-founder of Mid Florida Eye Center. "This is why we are always looking for new ways to help our patients regain sight and be independent of glasses."

Mid Florida Eye Center has helped Central Florida residents restore their vision and quality of life for over 25 years. Since the start of the practice in 1987, Dr. Baumann and co-founder Dr. Gregory J. Panzo have taken it upon themselves to seek out the latest in eye care for their patients. Both helped pioneer no-needle, no-stitch cataract surgery, and, with the addition of four ophthalmologists and five optometrists, five office locations, and two state-of-the-art surgery centers, they've grown their practice into one of the leading eye care centers in the nation.

Although they could sit back and reflect on their accomplishments, which include opening the area's first accredited outpatient eye surgery center, the doctors at Mid Florida Eye Center continue to push ahead. Each ophthalmologist has their own area of specialty, and each is relentless in their pursuit of the latest technologies and treatments.

With the caliber of its staff and status as a world-class facility, Mid Florida Eye Center is consistently chosen to participate in clinical research studies. "The best thing about being able to participate in these studies is that we're able to offer new and highly advanced treatments to our patients," explains Dr. Panzo. "Often these are available at a reduced cost—or at no cost—to the patient."

For Mid Florida Eye Center, keeping eye care convenient—and comfortable—for patients remains a top priority. Along with continuously analyzing and testing new equipment, the practice is renovating its lobbies and waiting



areas to provide patients with a serene, relaxing environment from the moment they walk in. Clinics are located in Mount Dora, Leesburg, The Villages, and Apopka. The practice's outpatient surgery centers are conveniently located at the Mount Dora and The Villages locations.

No matter what your eye care needs may be, you can be confident in the care you'll receive at Mid Florida Eye Center. Schedule your consultation by calling 1-888-820-7878 (toll-free) or 352-735-2020. Visit MidFloridaEye.com to learn more.

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We're proud of these accomplishments, but we're most proud of what we do to put our patients first. We continue to participate in numerous clinical trials so we can provide our patients with the latest in eye care. Our doctors and staff are committed to providing the best possible care for our patients. And although we've performed over 150,000 cataract and laser procedures, we still get excited over each patient's success as if it were our first.



Ray D. Maizel, MD

Gregory J. Panzo, MD

Jeffrey D. Baumann, MD

Stacia H. Goldey, MD, FACS

Keith C. Charles, MD

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Before

After

Tom Tran, PA-C, MPAs
American College of Phlebology

Mike Richards, PA-C, MPAs
American College of Phlebology

Anthony Alatraste MD, Medical Director
Board Certified- ABFM

*THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.

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

InterCommunity Cancer Centers and Institute
A Vantage Oncology Affiliate

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Leesburg, FL 32478

Lady Lake
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Lady Lake, FL 34748

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



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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?

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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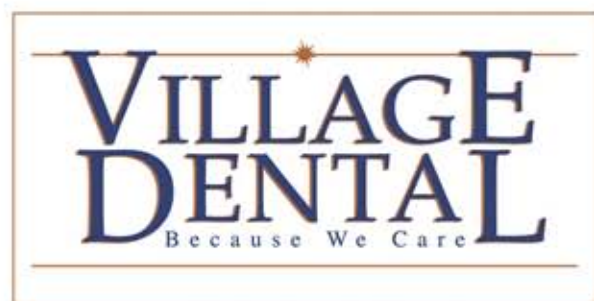
Local Office Awarded for Excellence in Patient Safety Village Dental Presented With Sunshine State Safety Recognition Award

Village Dental, a full-service dental practice, has received a Sunshine State Safety Recognition Award from USF SafetyFlorida. Developed by the State of Florida's OSHA consultation program, USF SafetyFlorida presents the award to businesses whose efforts and practices demonstrate successful workplace safety protocols.

The award was designed to distinguish employers utilizing effective safety and health management systems and encouraging their managers and employees to continually implement and improve workplace safety-related performance.

Considered businesses must be able to exhibit specific safety commitments during a USF SafetyFlorida on-site consultation. Stated Program Manager, Charlene D. Vespi, "Village Dental has been recognized by USF SafetyFlorida for its effort in implementing and maintaining an effective injury and illness prevention program/process...and for setting high standards...in the occupational safety and health of its workplace."

"Village Dental and its dentists and staff are honored by the Sunshine State Safety Award," says Dr. Edward J. Farrell. "We pride ourselves on creating a safe, sanitary environment for both our workers and our patients, and consider the recognition a genuine mark of distinction."



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



Below are just a few of the patient safety practices and precautions, which patients may not be aware of, in place at Village Dental office:

- All dentists and staff members make it priority to use appropriate barrier precautions to prevent skin and mucous-membrane exposure when in contact with patients.
- Gloves are worn at all times and changed after contact with each patient.
- Masks and protective eyewear are also worn during procedures that expose any type of bodily fluid.
- Hands and other skin surfaces are washed immediately and thoroughly after contact with each patient and each time gloves are removed.
- Precautions to prevent injuries caused by needles, scalpels, and other sharp instruments or devices during procedures; when handling, cleaning and disposing instruments.
- All equipment and surfaces that have the chance of being contaminated with bodily fluids are disinfected after each use.
- Equipment pieces that are difficult to disinfect are covered. The covering is removed and replaced with a clean covering after use with each patient.

A patient should never worry about the cleanliness and safety of the office they are seeking care at. The entire staff at Village Dental takes pride and responsibility in ensuring the safety of every patient that presents to the office for dental care of any kind. Rest assured that you are in good hands when being treated at Village Dental.

About Village Dental

Village Dental is a full-service dental practice with three offices serving The Villages, Florida. The firm has 4 dentists on staff of 40 members dedicated to personal patient care. Village Dental has devoted over 13 years to all disciplines of general and advanced dentistry, including implantology, periodontology, TMJ treatment, cosmetic services and more.

About USF SafetyFlorida

USF SafetyFlorida is a workplace safety consultation program for Florida's small businesses. It is funded by OSHA and the State of Florida and is operated as a service of the University of South Florida's College of Public Health. The program helps employers develop a safer workplace, identifies workplace hazards, offers solutions for safety and health problems, provides training and education, and assists in creating safety and health management plans.

New Revolutionary Medical Device to Improve Leg Circulation

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

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

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

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

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

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

Indicated for People with:

1. Lymphedema
2. Leg Swelling
3. Bad Veins (Venous Insufficiency)
4. Bad Arteries (PAD)
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6. Athletic Injury or Recovery
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8. Sedentary Lifestyle
9. Sedentary Job



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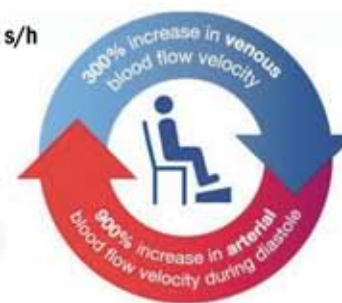


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Bio

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



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

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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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Ocala, Fl. 34476

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1389 S. US 301,
Sumterville, Fl. 33585

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URGENT CARE

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

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

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

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

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

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Cardiology and the Medicine Chest (yellow building with blue trim)

URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM

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

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

A TEAM EFFORT

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



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

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

SIMPLY THE BEST

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

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



Adam Santos, PA-C

"Your care means more to us than your wallet"



John Santos, ARNP

MISSION STATEMENT

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

MOTTO

Hard work pays off and honesty will prevail

441 URGENT CARE GOALS

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

OUR PHILOSOPHY

See you at your convenience

Provide top level care without top level pricing

Be ever mindful that your time is valuable

Create a warm and relaxed environment

Include you in the medical decision process

Treat you as we would treat our own

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

ILLNESSES:

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

INJURIES:

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

BRACE YOURSELF

By Dr. Brett Compton, DC - Compton Chiropractic Care

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

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

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



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

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



Indications for Back Brace

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

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

Indications for Knee Braces

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

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



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

What makes Compton Chiropractic different from other Chiropractors?

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

**FREE
consultation**

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to this advertisement. Expires 8/31/14

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

TESTIMONIALS

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

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

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

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

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



COMPTON CHIROPRACTIC CARE

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

Our Philosophy

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

Our Facility Offers

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

Accepting

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



Dr. Compton



Dr. Brent Compton

Compton Chiropractic Care

352-391-9467

Give Your Child a Fighting Chance

Help your child achieve greater health for a brighter future!

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.

**You are invited to attend a
FREE Health Seminar
on Saturday, August 23rd, from
10 AM - 11 AM in the meeting room
of Ancient Ways Martial Arts Academy
located at 3405 Cortez Road West,
Bradenton FL, 34210.**

**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!**

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

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!

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.

Compton Chiropractic
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PLEXUS
SLIM

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)

441 Urgent Care Center



THE VILLAGES - BUFFALO RIDGE
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OUR PHILOSOPHY:

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

WILLIAM GOELLNER, M.D.

ANNE BAYLIS, PA-C

JOHN SANTOS, ARNP

ADAM SANTOS, PA-C

DR. MARK SBARRO

FARIBA GHARAI, M.D.



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