

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

September 2014

Marion Edition - Monthly

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Member of the American College of Phlebology

### Mike Richards

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# Early detection can open the window to a lifetime of optimal health.

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*I'm Dr. Lance P. Trigg and  
I'm driven to protect and  
promote women's health.*



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# September is Ovarian Cancer Awareness Month

**O**varian cancer is a disease in which malignant or cancerous cells are found in the ovaries. An ovary is one of two small, almond-shaped organs located on each side of the uterus that store eggs or germ cells and produce female hormones estrogen and progesterone.

There are many types of tumors that can start in the ovaries. Some are benign, or noncancerous, and the patient can be cured by surgically removing one ovary or the part of the ovary containing the tumor. Some are malignant or cancerous. The treatment options and the outcome for the patient depend on the type of ovarian cancer and how far it has spread before it is diagnosed.

## Prognosis of Ovarian Cancer

In women age 35-74, ovarian cancer is the fifth leading cause of cancer-related deaths. An estimated one woman in 71 will develop ovarian cancer during her lifetime. The American Cancer Society estimates that there will be over 22,000 new cases of ovarian cancer diagnosed this year and that more than 15,000 women will die from ovarian cancer this year.

When one is diagnosed and treated in the earliest stages, the 5-year survival rate is over 90%. Due to ovarian cancer's non-specific symptoms and lack of early detection tests, only 19% of all cases are found at this early stage. If caught in stage III or higher, the survival rate can be as low as 30.6%. Due to the nature of the disease, each woman diagnosed with ovarian cancer has a different profile and it is impossible to provide a general prognosis.

## Symptoms of Ovarian Cancer

Ovarian cancer is difficult to detect, especially, in the early stages. This is partly due to the fact that these two small, almond shaped organs are deep within the abdominal cavity, one on each side of the uterus. These are some of the potential signs and symptoms of ovarian cancer:

- Bloating
- Pelvic or abdominal pain
- Trouble eating or feeling full quickly
- Feeling the need to urinate urgently or often

Other symptoms of ovarian cancer can include:

- Fatigue
- Upset stomach or heartburn
- Back pain
- Pain during sex
- Constipation or menstrual changes

*If symptoms persist for more than two weeks, see your physician.*



*In women age 35-74, ovarian cancer is the fifth leading cause of cancer-related deaths.*

## Persistence of Symptoms

When the symptoms are persistent, when they do not resolve with normal interventions (like diet change, exercise, laxatives, rest), it is imperative for a woman to see her doctor. Persistence of symptoms is key. Because these signs and symptoms of ovarian cancer have been described as vague or silent, only around 19% of ovarian cancer is found in the early stages. Symptoms typically occur in advanced stages when tumor growth creates pressure on the bladder and rectum, and fluid begins to form.

Every woman should undergo a regular rectal and vaginal pelvic examination. If an irregularity of the ovary is found, alternatives to evaluation include transvaginal sonography and/or tumor markers. The most common tumor marker is a blood test called the CA-125.

## Can Ovarian Cancer be Prevented?

At present, there is no known method to prevent ovarian cancer, but some things appear to reduce a woman's risk of developing the disease. They include:

- Oral contraception
- Breast feeding and pregnancy
- Tubal ligation
- Hysterectomy
- Prophylactic oophorectomy.

According to the American Cancer Society, eating right, being active, and maintaining a healthy weight are important ways to reduce your risk of cancer as well as other diseases. For the American Cancer Society's for diet and fitness, please visit [www.cancer.org](http://www.cancer.org).

Source: [www.ovarian.org](http://www.ovarian.org)

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#### Common Treatments and Procedures

- \*Ultrasound Guided Injections
- \*Regenerative Injections
- \*Platelet-Rich Plasma Therapy (PRP)
- \*Prolotherapy
- \*Osteopathic Manipulations
- \*Peripheral Nerve Blocks

## INJURED ATHLETE CLINIC

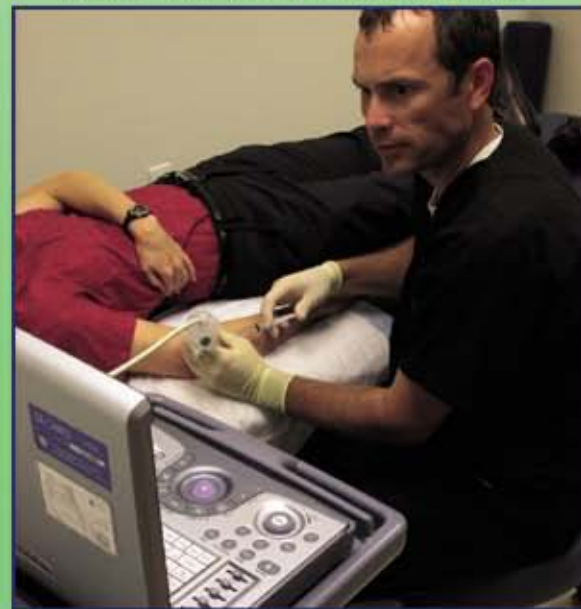
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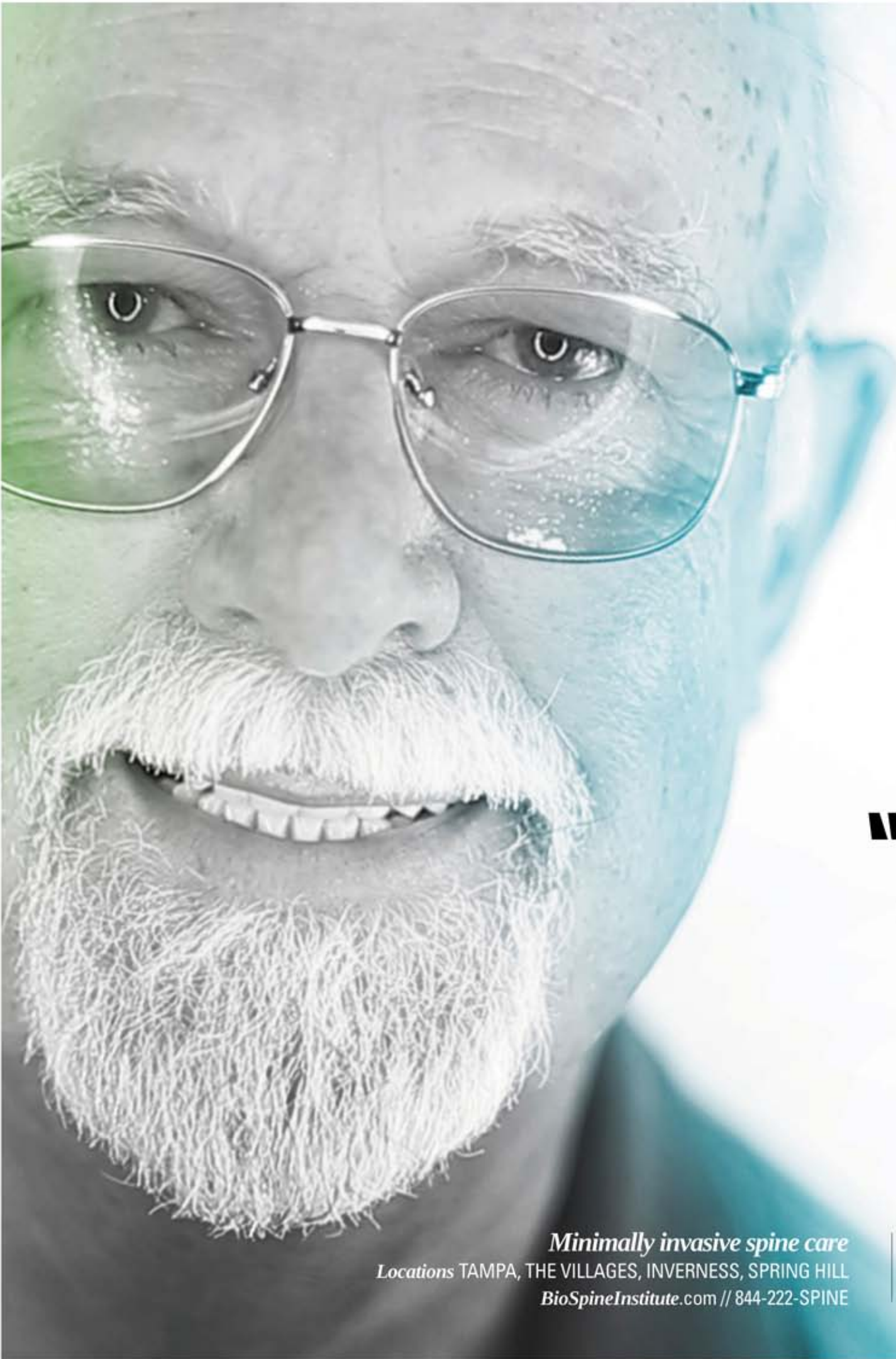
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"I DIDN'T HAVE ANY OPTIONS IT WAS EITHER THIS OR NOTHING AND I WASN'T GOING INTO ANY WHEELCHAIR.

**THAT'S WHEN I TOOK MY BACK BACK."**

— 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  
LEADERS IN SPINE SURGERY



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# The numbers to BACK IT UP

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

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1%

OUR INFECTION RATE IS LESS THAN 1%.

100%

OUR ENTIRE CAREERS HAVE BEEN DEVOTED TO DISORDERS OF THE SPINE—NOTHING ELSE.

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

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# DOC TALK

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

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

**Congressman  
Bill Richardson**

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

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

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

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

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

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

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



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# THE LATEST IN PAIN RELIEF AND INJURY REPAIR IS FINALLY IN OCALA... PROLOTHERAPY (PRP)

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

## Prolotherapy

Prolotherapy is an innovative injection technique whose primary intent is to repair connective tissue (ligament, tendon or cartilage) and promote growth of normal cells. Prolotherapy relieves pain by directly impacting the underlying condition causing that pain. In contrast to many medical treatments that may provide only temporary benefits, this safe, proven treatment offers lasting relief.

Performed in a medical office, prolotherapy relieves pain without the risks of surgery, without general anesthesia or hospital stays, and without a prolonged recovery period. In fact, most people return to their jobs or usual activities right after the procedure.

## How Does Prolotherapy Work?

Prolotherapy works by stimulating a brief period of inflammation to produce growth factors. Prolotherapy solutions often include dextrose for a growth factor stimulation effect, but the inflammatory signal that result cause a more vigorous growth response. The same type of inflammation that the body uses to repair itself following an injury. However with prolotherapy there is no significant injury, because there is no actual stretching or tearing of fibers. The body then begins a repair process, which allows the structure to become stronger and tighter rather than first becoming weaker and looser.

Effective treatment usually takes between 3 and 6 treatments. Treatments are given approximately once a month. If there is marked improvement after only 1-2 treatments, then no further treatments may be necessary. There is no limit to the number of treatments that may be given, as long as improvement continues to be seen. There is also no increase in risk factors with subsequent treatments.

Prolotherapy is extremely safe, and while there are risks to any injection procedure, the risks are minimal.

## How long does it take?

The total appointment time takes approximately 30-60 minutes, including preparation, treatment and recovery time.

## What are the expected results?

Initially, mild but temporary swelling and stiffness may occur. Some patients see noticeable improvement after the first sessions are completed, while others realize increasing improvement on each successive visit. Research studies show that over 80 percent of people treated with prolotherapy report a good or excellent result. Many of them are permanently cured. Not only do they enjoy simple pleasures again – a good night's sleep, sitting through a movie, taking a walk – but many also return to aggressive physical activities.



## Common problems treated

- Joint instability, including the knee, shoulder, wrist, ankle, hip and other joints
- Chronic sports injuries
- Osteoarthritis
- Chronic or recurrent tendinitis, such as Tennis elbow, partial rotator cuff tears, Achilles tendinitis or patellar tendinitis.
- Chronic or recurrent sprains & strains of the ligaments and tendons
- Whiplash injuries
- Chronic back pain

## Musculoskeletal Ultrasound (MSKUS)

Over the last few years the use of ultrasound in sports and orthopedic medicine has grown rapidly. Now sports medicine physicians are using ultrasound to diagnose injuries and to guide injections making them accurate and effective.

## Advantages of Diagnostic

MSKUS MSKUS has many advantages over x-rays, MRI, and CT scans. These include:

- better resolution of soft tissue than MRI
- convenient in-office service; no need to go to another facility
- no exposure to ionizing radiation
- no claustrophobia
- the ability to perform a dynamic or "live" study
- cost-effective
- ability to see inflammation
- ability to guide injections

## Ultrasound-Guided Injections

One great advantage of MSKUS is the ability to guide the needle when performing injections. Injections under ultrasound guidance helps ensure accurate needle placement and medication delivery. This improves both patient comfort and treatment efficacy. It also helps avoid placing the needle in nearby dangerous structures such as nerves, blood vessels, or other organs.

## Platelet-Rich Plasma Therapy (PRP)

PRP is a rapidly emerging technique and is showing exciting potential with osteoarthritis of the knee, shoulder, hip and spine, rotator cuff tears, chronic plantar fasciitis, anterior cruciate ligament (ACL) injuries, pelvic pain and instability, back and neck injuries, tennis elbow, ankle sprains, tendonitis, and ligament sprains. Most people associate platelets with clot formation. While that certainly is an important function of platelets, they are also very much involved in injury healing. Human platelets are extremely rich in connective tissue growth factors. Injecting these growth factors into damaged ligaments, tendons, and joints stimulates a natural repair process. But in order to benefit from these natural healing proteins, the platelets must first be concentrated. In other words, PRP recreates and stimulates the body's natural healing process.

## How Does PRP Work?

Platelets are a specialized type of blood cell. Blood is made up of 93% red cells (RBCs), 6% platelets, 1% white blood cells (WBCs), and plasma. The goal of PRP is to maximize the number or concentration of platelets while minimizing the number of RBCs. Generally speaking, the higher the concentration of platelets, the better. Packed with growth and healing factors, platelets initiate repair and attract the critical assistance of stem cells. Because your own blood is used, there is no risk of a transmissible infection and a very low risk of allergic reaction.

## How Often are Injections Given?

After the initial treatment, a follow up visit is scheduled 4-6 weeks later to check on healing progress. Some patients respond very well to just one treatment. However, typically 2-3 treatments are necessary. Injections are given every 4-8 weeks on average.

## What Conditions Benefit From PRP?

- Rotator cuff injuries, including partial-thickness and full-thickness tears
- Shoulder pain and instability
- Tennis & golfer's elbow
- Hamstring and hip strains
- Knee sprains and instability
- Patellofemoral syndrome and patellar tendinosis
- Ankle sprains
- Achilles tendinosis & plantar fasciitis
- Knee, hip, and other joint osteoarthritis
- Sports hernias & athletic pubalgia
- Other chronic tendon and ligament problems

In addition, PRP can be very helpful for many cases of osteoarthritis (the "wear & tear" kind).

- Knee arthritis
- Hip joint arthritis
- And other joint arthritis

## Is PRP Covered by Insurance?

Most insurance plans, including Medicare, do NOT pay for PRP injections.

**Do PRP Injections Hurt?**

The level of discomfort of the treatment depends in part on the area being treated. For example, injections given into a joint often are minimally uncomfortable and in some cases painless. Injections given into tendons tend to be more uncomfortable. There is usually moderate pain for the next few days.

Anti-inflammatory medications (including Advil, Motrin, ibuprofen, Aleve, Celebrex, and Mobic) should be avoided five days prior to and 5 days after the injections. These will interfere with the healing response. Tylenol is OK.

**When Can I Expect to See Improvement?**

On average, most patients start to see signs of improvement anywhere from 4-8 weeks after treatment. This can be less overall pain, an ability to do more activity before pain sets in, and/or faster recovery from pain. Because the goal of PRP therapy is to resolve pain through healing, lasting results are expected. Both ultrasound and MRI images have shown definitive tissue repair after PRP therapy, confirming the healing process. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

**How long does it take?**

The procedure takes approximately one to two hours, including preparation and recovery time. PRP is an in-office procedure which does not require general anesthesia, or hospital stays and without a prolonged recovery.

**Are There Risks With PRP?**

Anytime a needle is placed anywhere in the body, even getting blood drawn, there is a risk of infection, bleeding, and nerve damage. However, these are very rare. Other complications, though rare, can occur depending on the area being treated, and will be discussed by your doctor before starting treatment. Because PRP uses your own blood, you cannot be allergic to it.

**Will PRP Help Me Avoid A Joint Replacement?**

This is a frequently asked question. In the case of mild arthritis, PRP treatment may halt the development of further arthritic decay. However, in advanced arthritis, the goal of treatment is to reduce pain and improve function. In some cases the arthritis is so severe that PRP is not a viable option. In severe or advanced osteoarthritis PRP treatments may help delay the eventual need for a joint replacement, but it is rarely a treatment that eliminates the need for it. Some patients are not surgical candidates because of other medical conditions. Other patients simply do not want joint replacement surgery under any circumstance. In these cases PRP may be a viable treatment option, but it is not a permanent solution in these specific situations--treatments will need to be repeated periodically.

**Additional Therapies****Fat Grafting**

In the case of moderate to severe osteoarthritis and large tendon and muscle tears, such as rotator cuff, tennis elbow, and Achilles, simple PRP may be less effective because the liquid PRP has less tendency to stay in the tear; it leaks out. In order to combat this we often will combine PRP with fat to create a gel that fills the defect and promotes more effective healing. The fat is harvested from the patient's belly, buttocks, or hips using a gentle liposuction technique. (The amount harvested generally is NOT enough to have a cosmetic effect.) The fat is concentrated via centrifuge, and the resulting fat concentrate is subsequently mixed with the PRP to create a gel. The gel fills the tear in the case of tendons/muscles, and helps maintain more constant contact with the joint surfaces in the case of arthritis.

**Rehabilitation**

To get maximum benefit from the treatment, and to help prevent re-injury, a specially-designed rehabilitation and exercise program is incorporated into your treatment. This helps the newly developing connective tissue mature into healthy and strong tendon or ligament fibers. In addition, nutritional support, such as glucosamine, MSM, and increased protein intake can help the healing process.

**Stem Cell Injection Therapy**

An exciting development in the treatment of chronic musculoskeletal conditions is the use of adult mesenchymal stem cells (MSCs).

**What are Adult Mesenchymal Stem Cells?**

Mesenchymal stem cells, or MSCs, are multipotent stem cells that can differentiate into a variety of cell types, including: osteoblasts (bone cells), chondrocytes (cartilage cells) and adipocytes (fat cells). MSCs are obtained from the bone marrow, most commonly the back of the iliac crest (the "hip bone").

**What Conditions Might Benefit From Stem Cell Injections?**

Stem cell injections are most commonly used for the treatment of conditions that have failed or responded incompletely to other more conservative treatments such as PRP and prolotherapy. Conditions include, but are not limited to:

- Osteoarthritis of the joints
- Chronic partial Rotator Cuff tears
- Persistent partial tendon tears, such as tennis elbow, plantar fasciitis, quadriceps and patellar tendon tears.
- Partial muscle tears
- Meniscal (cartilage) tears in the knee
- Chondromalacia patella (patellofemoral syndrome)

**Are There Risks Associated With Stem Cell Treatment?**

Any injection is potentially at-risk for causing infection, bleeding or nerve damage. Risks will also vary depending on the structure(s) being injected. However, because we are using your own cells, you cannot be allergic. Also, because the injections are done under ultrasound guidance, the risks of damaging surrounding structures, or of injecting the wrong location, are almost completely eliminated.

**How are MSCs Obtained?**

Harvesting MSCs for injection therapy is done right in the office. The skin and the hip bone are numbed with lidocaine. A special needle is then passed through the cortex of the bone into the marrow cavity. This is a minimally painful procedure in most cases. The liquid marrow is then very slowly drawn into a syringe. Once an adequate amount of liquid marrow is obtained, the needle is removed and a bandage applied. The syringe containing the liquid marrow

is placed in a special centrifuge. The marrow is spun and the stem cells are highly concentrated and passed into a new syringe from which the injection(s) are given. The entire procedure takes about an hour and is minimally uncomfortable.

**Osteopathic Medicine**

Osteopathy, or osteopathic medicine, is a system of health care based on viewing the patient as a whole, rather than as a collection of various parts. One of the distinguishing features of osteopathic medicine is the use of osteopathic manipulation (also known as osteopathic manipulative medicine (OMM) or osteopathic manipulative treatment (OMT)). Osteopathic physicians, or D.O.s, are fully licensed medical doctors, like M.D's. They can specialize in all medical specialties, including family practice, cardiology, surgery, pediatrics, and so on. Osteopathic theory focuses on the body's ability to heal itself. A.T. Still, M.D., the founder of osteopathy, claimed that the role of the physician was to "find health." He viewed the body as a self-regulating, self-healing organism that only needed to be given an optimum environment in which to thrive. The goal of the osteopathic physician is to promote such an optimum environment. We refer to this as "Osteopathic Optimization".

For more information go to [www.osteopathic.org](http://www.osteopathic.org) or [www.academyofosteopathy.org](http://www.academyofosteopathy.org).

**Osteopathic Manipulative Medicine**

Osteopathic manipulation is a medical procedure whereby the physician uses various types of manual or manipulative techniques to enhance the body's self-healing capabilities. OMM encompasses the role of the bones, joints, muscles and ligaments, blood vessels, posture and biomechanics, and nerves in promoting health and treating disease.

The cornerstone of OMM is creating an ideal structure-function relationship in the body. If the body's structure is optimized, then optimum function should follow. Before performing any osteopathic manipulative technique, the osteopathic physician takes an appropriate history and performs a physical exam to determine where problems may exist that could be interfering with the body's self-healing ability.



**352-512-0907 • [www.fhmlc.net](http://www.fhmlc.net)**



*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](http://www.fhmlc.net) for more information.*



# The Q&A on MRI

## What is MRI?

Magnetic Resonance Imaging (MRI) is a non-invasive imaging test that uses a powerful magnet and radio frequency to process data and send it to a computer, which in turn creates high-quality images of interior views of the body. MRI's detailed views have allowed it to replace exploratory surgery in countless cases and save innumerable lives. MRA (Magnetic Resonance Angiography), a type of MRI, is used to examine blood vessels in key areas of the body.

## What is it used for?

Although MRI was first introduced in the late 1970s, it has evolved considerably, being perfected over time and becoming one of the most widely-used technologies to help diagnose everything from cancer and strokes to torn ligaments and tendonitis. The images it creates allow RAO's experienced doctors to spot even tiny abnormalities practically anywhere in the body, head and extremities, including the spine and vascular system. Among its full line of the latest diagnostic tools, RAO features High Field MRI scanners and a High Performance Open MRI.



## What is an Open MRI?

The introduction of the Open MRI scanner has been an advantage to both patients and doctors for multiple reasons. Unlike the high field construction of a traditional MRI scanner which has a narrow opening, an Open MRI contains a spacious, open design to eliminate patients' feeling cramped or isolated, making it especially helpful when imaging children, heavier individuals and those who tend to feel claustrophobic. Open MRI is more comfortable for the patient and helpful to doctors when they require specific patient positioning. At RAO, they offer High Performance Open MRI which benefits include higher resolution images, offering the ideal combination of quality and patient comfort. Other features offered by RAO include same-day appointments and 24-hour report turnaround.

## How long does an MRI take?

The scan itself takes only minutes, but some cases require preparation before the exam. Depending on your case, you may be given contrast material to assist in imaging and/or you may be required to

fast 8-12 hours beforehand. You will always be required to remove any metal objects you may be wearing, including glasses, jewelry, watches, removable dental work, etc. In most cases, an MRI appointment will take approximately 30-60 minutes from start to finish.

## Which RAO location is right for me?

RAO offers MRI services at 3 locations. Which one is right for you will depend on the type of MRI ordered by your doctor and which site is most convenient for you. Each RAO location utilizes the expertise of our team of 17 Board Certified radiologists with specialized training in breast imaging, musculoskeletal radiology, nuclear medicine, neuroradiology and vascular and interventional radiology.

### Medical Imaging Center

- High Field MRI

### Medical Imaging Center at Windsor Oaks

- High Field MRI

### TimberRidge Imaging Center

- High Performance Open MRI

Whichever center is right for you, RAO is committed to both your physical health and emotional well-being. We vow to do our utmost to guide you through the process quickly and comfortably.

For the very best in MRI services, discover the difference at RAO.



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

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



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

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

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

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



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

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

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

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

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



The lab you trust is now  
in your neighborhood.



## Visit our Florida Patient Service Centers

### Dunnellon

11371 N Williams Street, Suite 2, Dunnellon, FL 34432  
Tel: 866-697-8378 • Fax: 352-465-2787  
Appointment Scheduling Number - **888-277-8772**  
**M-F:** 6:30am - 12:00pm, 1:00pm - 3:30pm  
Most Insurance Plans Accepted  
Pediatric Testing

### Ocala - 3rd Court

2910 SE 3rd Ct, Suite 8, Ocala, FL 34471  
Tel: 866-697-8378 • Fax: 352-732-9511  
Appointment Scheduling Number - **888-277-8772**  
**M-F:** 7:30am - 4:30pm  
Most Insurance Plans Accepted  
Glucose Tolerance Testing

### Ocala - Churchill

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

### Ocala - State Road 200

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

### Ocala - West

2685 SW 32nd Place, Ocala, FL 34471  
Tel: 866-697-8378 • Fax: 352-861-4329  
Appointment Scheduling Number - **888-277-8772**  
**M-F:** 6:30am - 12:00am & 1:00pm - 3:30pm • Sat 8:00am - 12:00pm  
Drug Screen: **M-F:** 10:00am - 12:00pm & 1:00pm - 3:00pm  
Most Insurances Accepted  
Pediatric Testing

### Summerfield

17820 SE 109th Avenue, Suite 106A, Summerfield, FL 34491  
**M-F:** 7:00am - 4:00pm • Drug Screen: **M-F:** 7:00am - 4:00pm  
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[QuestDiagnostics.com/patient-results-by-state](http://QuestDiagnostics.com/patient-results-by-state)

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## SEPTEMBER IS NATIONAL PROSTATE CANCER AWARENESS MONTH

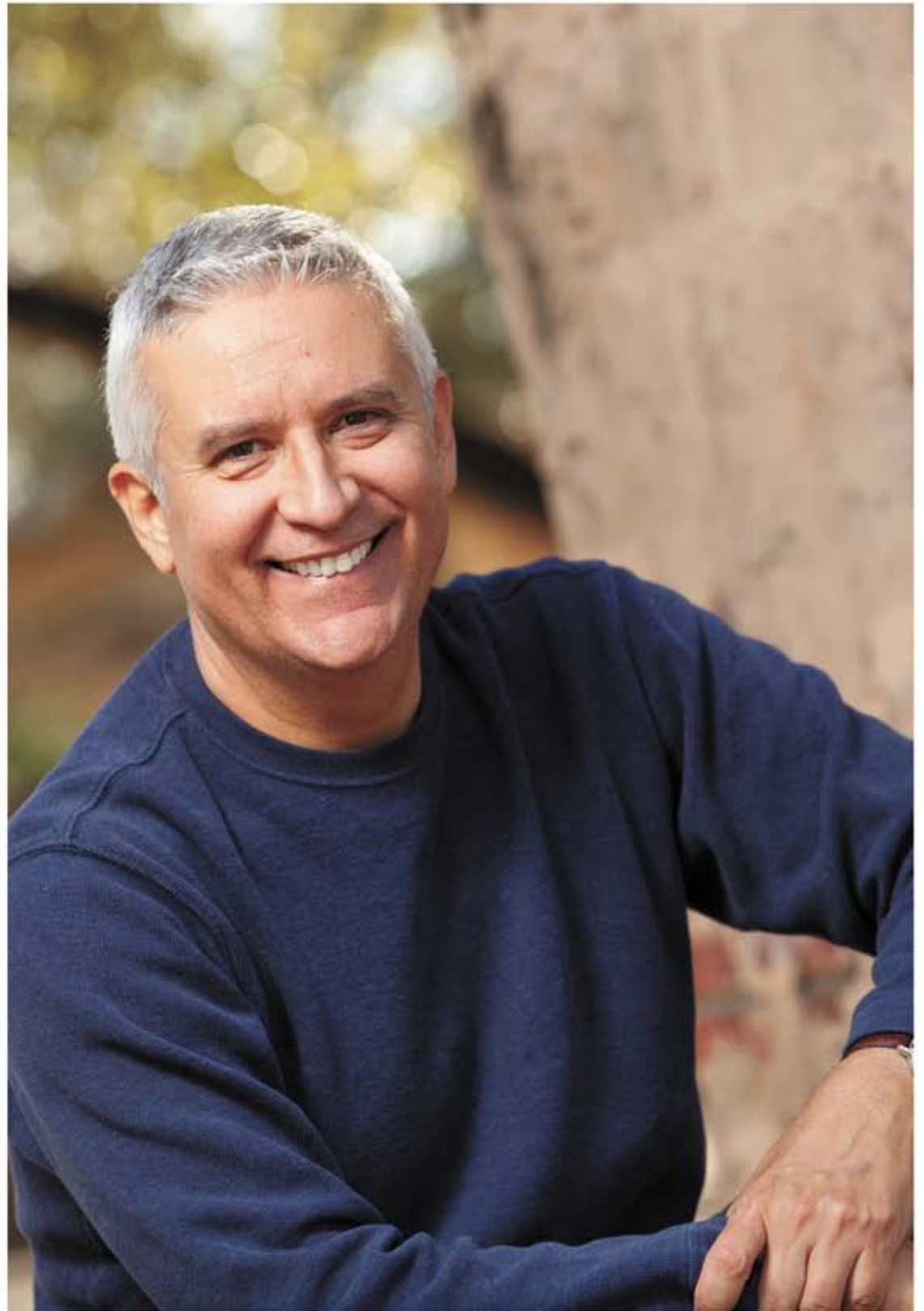
# InterCommunity Cancer Centers and Institute Spotlights New Prostate Screening Guidelines and High-Tech Radiation Treatments for Prostate Cancer

**W**ith the advent of sophisticated technologies, the fight against prostate cancer has become highly advanced with its technological capabilities and precise delivery of radiation to tumor sites. However, even the most advanced technologies are rendered obsolete if your prostate cancer is not detected early. September is “National Prostate Cancer Awareness Month” and experts at InterCommunity Cancer Centers and Institute (ICCC/ICCI) are educating men about the latest prostate screening guidelines and about how radiation therapies are redefining the way this disease is now treated.

The American Cancer Society estimates that in 2013, 238,590 men will be diagnosed with prostate cancer and 29,720 will lose their lives to it. Prostate cancer is the second leading cause of cancer death in American men, behind only lung cancer. Prostate cancer can be a serious disease, but most men diagnosed with prostate cancer do not die from it. In fact, more than 2.5 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today.

Prostate cancer is often diagnosed at such an early stage that there are no outward symptoms of disease, which is why many patients are initially alerted to it after having a routine physical or examination for an unrelated concern. Diagnosis usually occurs following an initial screening through a digital rectal examination (DRE) and a Prostate Specific Antigen (PSA) blood test. An elevated PSA level in the blood stream may indicate prostate cancer, but not always. Therefore, if either the DRE or PSA is abnormal, additional tests including ultrasound or urinalysis are conducted before a prostate biopsy is performed.

The information about if, when and how old men should be when they get screened can be confusing and has recently been a focus of national debate. New guidelines recommended by the American Urological Association (AUA), which are more in line with the ACS’ recommendations, say men 55 to 69 with average risk of getting prostate cancer should discuss the pros and cons of screening with their doctors. If they choose to undergo screening, they should do so every two years instead of annually. According to the AUA, routine screening is no longer recommended for men of average risk who are younger than 55 or older than 70. Of course, every man is different and age shouldn’t be his only consideration. We strongly advise men to talk about risk factors, family history, and personal health with their doctor to determine the best prostate health recommendations for them.





And while the new screening guidelines are still being scrutinized by medical professionals and patients alike, ICCC/ICCI is reminding patients that early detection is the one thing that we can all agree on as being a key factor to significantly improving treatment outcomes for those diagnosed. "For men over 40 and who have a family history of prostate cancer, they should initiate a conversation with their physician so that they can create a plan of attack about when and how often they should be screened," said Hal M. Jacobson, M.D., medical director of ICCC/ICCI.

### FIGHTING PROSTATE CANCER ONE "EXTERNAL BEAM" AT A TIME

Alone or in combination with other treatment modalities, external beam radiation therapy is used to treat more than half of the men diagnosed with prostate cancer. The most state-of-the-art external beam radiation therapy techniques utilizing Intensity-Modulated Radiation Therapy (IMRT), Image-Guided Radiation Therapy (IGRT) and the Calypso® 4D Localization System™ are available right here in your own backyard at ICCC.

IMRT is arguably the most widely used radiation therapy for prostate cancer. It provides highly sophisticated radiotherapy utilizing computer-controlled x-ray linear accelerators to deliver radiation doses with high precision. IMRT is used in combination with IGRT which localizes the treatment tumor site daily before each treatment for pinpoint accuracy and effectiveness.

The Calypso, or GPS for the Body®, is a form of IGRT that allows precision-guided radiation therapy delivery to the prostate with continuous, prostate-motion detection and monitoring. Essentially, Calypso tells the physician where the tumor location is at all times during daily radiation treatments.

Because of the precision involved with IMRT, IGRT, and now Calypso, ICCC radiation oncologists can use higher doses of radiation to more effectively treat the cancer. These external radiation therapy treatments are performed on an outpatient basis and provides excellent survival rates equivalent to radical surgery for prostate cancer patients. It is a non-invasive and relatively painless treatment that helps maintain a patient's high quality of life during the treatment process.

"The combination of IGRT and Calypso System deliver higher doses of radiation with fewer complications and side effects than patients typically experience when treated with conventional radiation therapy," said Alison Calkins, M.D., radiation oncologist at ICCC. "With the multi-disciplinary approach to treating malignancies today, our new technology is helping to provide optimal results for the patient."



ICCC also offers a variety of other treatments for prostate cancer including Low Dose Radiation seed implants and High Dose Radiation Brachytherapy. To learn more, please visit [www.ICCCVantage.com](http://www.ICCCVantage.com).

### THE EXPERIENCE OF INTERCOMMUNITY CANCER CENTERS

ICCC has 25 years of cancer-fighting experience having treated over 10,000 patients. They are dedicated to empowering patients to have the confidence they need to change their lives. Radiation Oncologists Drs. Hal Jacobson, Herman Flink, Maureen Holasek and Alison Calkins bring exceptional expertise in treating breast, lung, prostate, gynecologic, skin and other cancers.

As part of a larger, nation-wide oncology group of physicians and specialists under Vantage Oncology, the oncologists at ICCC have access to aggregated clinical information and best practices from the treatment of more than 1,000 patients per day, enabling them to develop highly-effective and peer-collaborated treatments. This gives many of the centers that work with Vantage, including ICCC, the ability to offer university-quality treatment services in smaller and more rural areas. It gives local communities exceptional services closer to home and in a non-hospital setting. To learn more, please visit [www.ICCCVantage.com](http://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](http://www.VantageOncology.com).

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[www.ICCCVantage.com](http://www.ICCCVantage.com)



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



## *A 7-Step Process For Choosing The Right Facial Cosmetic Procedure*

Are you confused by all of the options out there that claim to make you look younger? Would you like to look your best, but are too afraid to experiment with something too new or too old-fashioned? Keep reading, we will discuss Dr. Rich Castellano's 7 basic steps you should consider for any Facial Cosmetic Treatment:

**1. Tighten the Sagging Skin:** This is the primary focus to create the "Wow!" result. The best look usually comes from tightening. If you like what you see when you pull in the mirror, that is a pretty good idea of what can be achieved. The experts can tell you where non-surgical options are effective.

**2. Restoring Lost Volume:** Look at your pictures when you were in your 20's and 30's and you will see how the volume in our face has changed. Restoring the lost volume doesn't replace tightening loose skin, but it does provide a little or no downtime option to look more youthful!

**3. Repairing and Polishing Damaged Skin:** Whether it is sun damage or acne scarring, it is never too late to take care of your skin. Start out with sunscreen, steamed and raw vegetables to nourish your skin, quit smoking, and drink 2-3 liters of water a day for optimum skin health. Laser treatments are effective maintenance and prevention.

**4. Understand your face is like a "Tent" or a "Hand in a Glove":** The tent posts of the face are the chin, back of the jaw, cheek, and brow. Look at your shoes, and the facial tent falls down around the mouth. Look up and the facial tent tightens. Or, think of how a hand fills in the glove when we put it on. As we get older, the hand gets smaller and doesn't fill in the "Facial Glove."

**5. Maintenance and Prevention** are better than **6. Renovation**, though Renovation is sometimes needed. Always best to know both smaller and bigger treatment options.

**7. The most attractive thing we do to our face is SMILE!** This tightens our skin, plumps the cheeks, and build's the tent posts at the cheeks to make us look (and feel) our best!

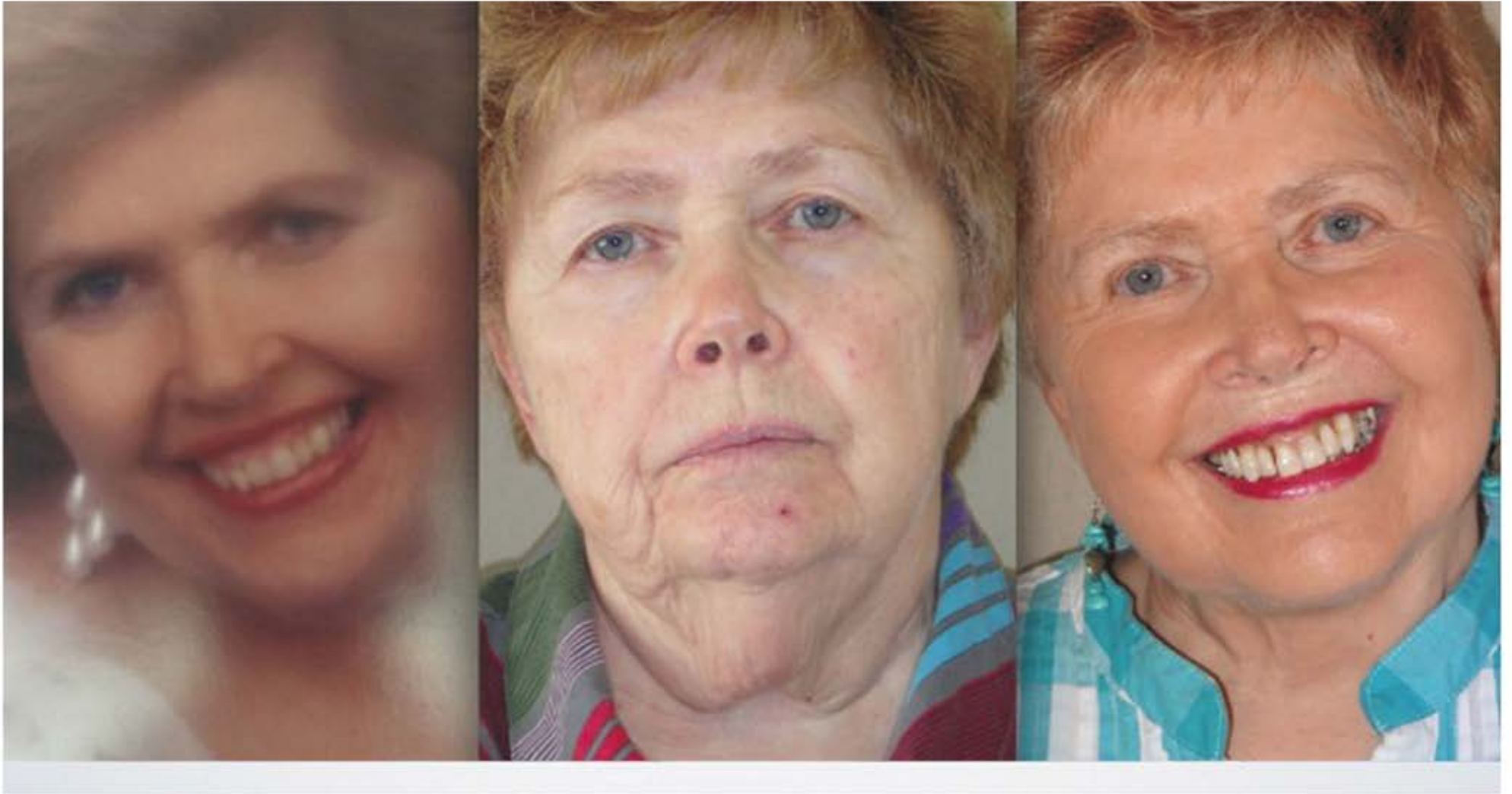
When choosing any cosmetic treatment, please consider how it relates to all 7 of these steps to best predict your outcome and choose correctly!

At ImageLift, we are a National Center of Excellence for our long-term fillers, and we 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.



*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**



*Marie chose Laser ImageLift and long-term facial fillers.*

*Results are typical and do vary:*



Free ImageLift seminars are being held at the following locations in September.  
Meet the doctor and enjoy free food, free books, drawings, and door prizes.

**CALL NOW TO RSVP - LIMITED SEATING**

- Sept. 4** | The Waterfront Inn, The Villages: **1p.m.**
- Sept. 9** | ImageLift Villages Office: 11a.m. **Free Filler Party**
- Sept. 23** | The Waterfront Inn, The Villages: **1p.m.**
- Sept. 30** | Gabby's Banquet Hall, Clermont: **1p.m.**

Disclaimer: One volunteer will be chose at the filler party to receive a free syringe of filler! 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 ad for the free, discounted fee, or reduced fee service, examination, or treatment.

*Dr. Castellano*



**THE VILLAGES** // 8630 East County Road 466  
**877.346.2435** // [www.IMAGELIFT.com](http://www.IMAGELIFT.com)

# Varicose Veins Can be More than a Cosmetic Problem

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

**S**ince varicose veins seemingly only create an unsightly appearance, many people often think that there is no real medical problem, and that they are merely a cosmetic problem. This is a common misconception of varicose veins, and it results from a lack of knowledge about the condition.

Although they pose only a cosmetic problem for many patients, some people experience varicose veins that cause physical discomfort and in some cases are quite painful. When varicose veins cause discomfort or pain, the legs may ache, swell or feel heavy or tired.

Varicose veins develop when surface blood vessels become weak. The pressure of blood pushing against the vein's wall can cause it to bulge or twist. They have a rope-like appearance and commonly develop on the thighs, calves, feet and back of knees.

If left untreated varicose veins can continue to enlarge and the pain and discomfort will worsen over time. The Comprehensive Vein Center offers Endovenous Laser Ablation and three types of Sclerotherapy treatments for varicose veins.

**Visual Sclerotherapy** can be used to treat smaller varicose veins through the injection of a chemical solution, which causes the veins to collapse and form adhesive clots which the body will absorb. This procedure normally involves minimal discomfort. Compression hoses are also advised following the treatment, to be worn for two days to two weeks, depending on the size of the veins treated.

**Ultrasound Sclerotherapy** involves using a duplex scanner at the bedside, placing a needle into the vein involved, followed by injection of sclerosing agent.

**Foam Sclerotherapy** involves injecting a foamed solution of Sotradecol into the veins. This approach can be used with both traditional and ultrasound guided sclerotherapy, and is more effective and more convenient, requiring fewer needle injections with minimal skin effects.



**Endovenous Laser Ablation** is an in-office procedure and takes less than an hour to achieve the same results as a major surgical vein stripping. Using ultrasound guidance and local anesthesia, the procedure is performed with a laser fiber inserted through a small puncture into the vein. As the fiber is slowly advanced to the desired area, it is gradually withdrawn. As the fiber is withdrawn, the vein shrinks and seals. In most cases, these veins are the root cause of smaller varicose veins, and there is very minimal pain or any associated scarring. This procedure has a 98% success rate in most cases, and the entire process involves minimal pain. Recovery is faster and most daily activities can be resumed the following day.

Regardless of which procedure is chosen, the appearance of the affected vein will improve and the pain will be minimized and oftentimes eliminated.

Although existing varicose veins can be treated, these treatments will not prevent the development of additional varicose veins. To prevent varicose veins patients can begin by maintaining a healthy weight and exercising regularly. Wearing compression stockings and/or elevating the legs can help to improve blood flow in the legs and relieve pressure. If you are suffering with varicose veins, call the Comprehensive Vein Center today for more information on treatments that are available for you, 352.259.5960. Visit [www.TheCVC.net](http://www.TheCVC.net)



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o-(352) 259-6359 | 1-844-786-7282  
f-(352)750-1854  
email: [info@cvcMedicalDevices.com](mailto:info@cvcMedicalDevices.com)

### 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.



# TIRED? OVERWEIGHT? HEADACHES OR PAIN? THERE IS A NEW SOLUTION IN TOWN.

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Ocala Chiropractic and Wellness is different from any practice you have been before. When you walk in you are warmly welcomed personally by Dr. Grove or his wife, Lauren. Ocala Chiropractic and Wellness, we take great pride in providing the finest chiropractic care to each and every patient. The Grove's mission is your best health... what they call *"The Wellness Approach"*.

### The Wellness Approach

The wellness approach is to look for underlying causes of any disturbance or disruption and make whatever interventions and lifestyle adjustments that would optimize the conditions for normal function.

The main difference between wellness care and standard medical care is that wellness care seeks to turn on the natural healing ability. Wellness care does not add something to the system, instead it removes anything that might interfere with normal function. Wellness care trusts that the body would know what to do if nothing were interfering with it. Standard medical care, on the other hand, seeks to treat a symptom by adding something from the outside - a medication, a surgery or procedure.

### Inside Out vs. Outside In

If a patient has high blood pressure, a standard medical approach would be to choose a drug that lowers blood pressure, and ask the patient to take the drug. This may serve to lower the blood pressure, but ignores the underlying cause that is making the blood pressure high, and runs the risk of side effects complicating the person's recovery. Whether it's a nutritional issue, faulty control by the nerve system or a manifestation of stress, the medication could decrease the blood pressure, leaving the problem causing the symptom of high blood pressure unaddressed.



### The Wellness Approach

Wellness is a state of optimal conditions for normal function... and then some. The wellness approach is to look for underlying causes of any disturbance or disruption (which may or may not be causing symptoms at the time) and make whatever interventions and lifestyle adjustments would optimize the conditions for normal function. That environment encourages natural healing, and minimizes the need for invasive treatment, which should be administered only when absolutely necessary. When the body is working properly, it tends to heal effectively, no matter what the condition. When the body heals well and maintains itself well, then there is another level of health that goes beyond "asymptomatic" or "pain-free" which reveals an open-ended opportunity for vitality, vibrant health, and an enhanced experience of life. This is true for

mental and emotional health as well as physical health. While some people may suffer psychological disorders, creating an atmosphere of mental and emotional wellness will address all but the most serious problems

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We provide advanced spinal correction and chiropractic adjustments utilizing "state of the art" chiropractic techniques. Never in the history of chiropractic care have chiropractors been able to provide the level of help and expertise that is available today. Many of the newest chiropractic techniques are actually safer, more comfortable and more effective than ever before. As a chiropractor who cares about utilizing the most advanced chiropractic techniques, Doctor Schuyler Grove has years of training, expertise and experience in helping patients get pain relief for back pain, neck pain, headaches, and other related conditions originating from the spine. Chiropractic care under a trained professional can even be used to prevent injuries and help you achieve total health or wellness

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## DR. SCHUYLER GROVE

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

# “Save a limb. Save a life.”

## **Limbststitute** **Comprehensive Vein Care and Limb Salvage**

**T**he statistics are staggering: Almost one of every 200 Americans has suffered an amputation — about 97 percent of those to a lower limb.

The real tragedy? Many of those losses could have been avoided with swift and adequate intervention. Simply put, the Limbststitute Comprehensive Vein Care and Limb Salvage with offices located in The Villages, Summerfield and Tavares, was created to do just that.

The newest addition to the Institute of Cardiovascular Excellence family, the Limbststitute provides comprehensive vein care and incorporates the latest technologies — closing off veins with radio waves for example — to get the best results. The staff members there are also wound care specialists and experts in artificial skin grafts. Their mission is to do whatever it takes to save a limb and give a patient their life back.

Indeed, the key to the success of the Limbststitute is that all of the many specialties involved with reversing the declining health of an arm or leg have been gathered together under one roof. Inside its 4,000 square feet of designated examination rooms, labs, testing and treatment facilities, medical professionals and physicians have been hand-selected from various specialties to form a collective team dedicated to a singular goal: the treatment and management of peripheral vascular diagnoses.

In the past, patients in danger of losing a limb traditionally would have had to shuttle between various doctors in separate facilities: a cardiologist, medical internist, phlebologist, podiatrist and specialists in infectious disease and wound care to name just a few. Not only was it inconvenient, chances are that those specialists were not committed to a total focus on limb salvage.

The Limbststitute provides a better way, with all of the tests and treatments and physicians necessary to intervene and reverse the effects of critical limb ischemia on the same page — and under the same roof.



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compassion  
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**Tavares** 2754 Dora Ave. // 352.259.5960  
**The Villages** 1050 Old Camp Road // 352.259.5960  
[limbststitute.com](http://limbststitute.com)

**Now Meet The Specialists**

**Tom Tran**  
PA-C, MPAS • Phlebologist



**Mike Richards**  
PA-C, MPAS • Phlebologist

### Member of the American College of Phlebology

The Limbstitute is fortunate to count Tom Tran among its staff of medical professionals. He brings a unique and lauded background to bear on the special challenges associated with venous disorders. He worked his way through college and went on to become a registered nurse in the ICU at Shands Hospital in Gainesville. Afterwards, he accepted positions with several emergency departments throughout Florida. Tom capitalized on his interest in venous health by inventing a medical device — the Transcatheter Extractor — and started his own company to sell his device throughout the U.S.

“I often removed a patient’s catheter through surgery,” Tran says. “This device allows for less down time for the patient and takes him out of the operating room and into the doctor’s office.”

He was named Physician Assistant of the Year in Florida in 2007 and appeared in numerous articles throughout the nation. He is actively involved as a Board of Trustees member of the Physician Assistant Foundation, and is an adjunct instructor for the NOVA University Physician Assistant Program.

### Member of the American College of Phlebology Fellow Member American Academy of Physician Assistants and Member Florida Academy Physician Assistants

Mike Richards sees patients every day whose problems could have been avoided or at least minimized with a little forethought.

“Certain things we do to ourselves on a daily basis can lead to long-term issues,” he says. “Something as simple as wearing high heels can cause damage over time to vein valves and lead to venous insufficiency, varicose veins and worse. The opposite is also true. Patients who are aware, who have proactive habits and recognize potential problems early almost always have better outcomes.”

Mike is proud to be a part of the Limbstitute family.

“What’s important with The Limbstitute is that we are able to assess and treat all of a patient’s limb issues at one location,” he says. “Arterial problems such as PAD, venous reflux that can lead to leg ulcers, wounds that just won’t heal. We have it all under one roof, along with specialties like cardiology, phlebology (vein care) and internal medicine. Even nutrition consultation, which can be critical to healing and a positive long term result.”

*Save a limb. Save a life.* It’s a prescription written daily at the Limbstitute. Certainly the statistics can be daunting. But for the professionals in limb salvage who take it one limb/one life at a time, every good outcome is a victory that spurs them on to the next challenge. The arms and legs of the people in Central Florida are all the healthier because of it.



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# ESTATE PLANNING

**E**state planning involves the process of accumulating, handling, conserving and distributing your assets while you are living as well as making provisions for disposition of your assets upon death. There are a variety of tools available to manage your estate and prepare for a smooth distribution of your assets with minimal tax consequences. If you own anything, regardless of value, you have an estate and should have an estate plan. Health care planning should be an element of your estate planning. Everyone should have a plan that helps control how they are medically cared for should they become incapacitated. Many people are under the incorrect assumption that their spouse or adult children will automatically manage their assets should they become incapacitated. The truth is that in order for others to manage your finances, they must petition the court, in what can be a lengthy, stressful, and expensive process. If you want your family to be able to immediately take control of your assets, you need to properly designate a person or persons through proper legal documents. These rules also apply to your medical care. Legal documents help you establish a plan to appoint others to make decisions on your behalf about medical treatment options should you lose the ability to decide for yourself.

Most people believe that estate planning is a one-time obligation. They implement a plan and then lock it away for the duration of their lifetime. Life is constantly changing, and your estate plan should change along with it. Your estate plan is a snapshot of you, your family, your assets, and the tax laws in effect at the time it was created. All of these things change over time and so should your estate plan. If you are moving to Florida and had estate planning documents prepared in the state where you previously lived, you should update these documents. Florida generally recognizes documents such as wills that were prepared and executed in other states; however, out-of-state documents can be subject to rules and taxes of the previous state. It is important to make sure these important documents are valid in the state where you reside. The worse-case scenario involves passing away without a valid will, known as dying intestate, with the state deciding how your assets are distributed. Florida intestacy laws control assets when a Florida resident does not have a properly drafted and enforceable will in place at the time of death. Often times, this distribution does not conform with the wishes of the decedent.



The purpose of estate planning is to lessen the burden on your family and loved ones by having a plan that conforms to your wishes and substantially or entirely avoids probate. Probate is the court-supervised, legal process that determines the validity of a will, settles all claims on the estate,

calculates tax liabilities, and distributes the remaining assets to any legitimate heirs. A personal representative is appointed to handle the estate administration. In most cases in Florida, probate lasts six to eight months. It is not unusual for the probate courts to freeze assets for weeks or even months while trying to determine the proper disposition of the estate. While probate may not be completely avoided in some cases, especially in large estates, there are ways to properly distribute your assets while living. Having a will does not avoid probate. The rule is generally stated as this: Avoidance of probate can only be assured by arranging your assets so that there is nothing in your name that does not automatically pass to someone else at your death.



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An example of a valuable estate planning tool is a revocable living trust. This tool can enable an individual to avoid the probate process while saving money and time upon the individual's death. As the name implies, revocable trusts may be modified and are fully revocable at the request of the trust creator, known as the grantor or settlor. A trust document is similar to a will and names a trustee after your death (this person is the successor if you elect to serve as initial trustee during your lifetime). The trustee is responsible for the management of the trust assets. A revocable trust avoids probate by effecting the transfer of assets during your lifetime to the trustee. At your death, all of your assets will have already been transferred into your trust ("funding the trust") or otherwise titled as non-probate assets. On paper, you will not own anything at your death, even though you had the same rights of ownership throughout your lifetime. Living trusts are effective upon creation and will remain in force throughout your lifetime, in the event you become mentally incapacitated, and after your death. Beyond avoiding probate, this powerful estate planning tool keeps your estate plan private because it keeps your final wishes outside of Florida's public probate court records.



Unfortunately, most people tend to procrastinate when it comes to estate planning. It can be difficult to think about deciding who gets your assets when you are gone or who will manage your assets if you become disabled, but taking the proper steps in establishing an estate plan can give you peace of mind. A smart estate plan can ensure your wishes are carried out. An attentive planner is sensitive to the personal nature of estate planning and will address your unique needs. Many people fear estate planning because of all the documents and confusing terminology. The estate planning process is much more than preparation of documents; it involves setting and defining goals, gathering necessary information, and ultimately designing and implementing a customized estate plan that achieves customized results. Family Wealth Guardians helps our clients become comfortable with estate planning by explaining each step of the process in a manner that is easy to understand. Our company helps organize the necessary documents and create a plan that matches a client's financial information. Many companies and firms stop their service when the documents are drafted and signed.

At Family Wealth Guardians, we offer personal service updates when your life changes and ensure that you are constantly prepared, organized, and protected from the dangers of estate planning.

We value personal connection and would prefer to speak with you directly. Please feel free to call us anytime.

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**Ryan King, Esq. - President & CEO**  
Ryan graduated from the University of Florida's Levin College of Law. He completed the Florida Bar Exam and was duly admitted by the Supreme Court of Florida to the Florida Bar in 2013. Prior to joining Family Wealth Guardians, Ryan worked as an attorney and legal advisor serving clients with Accountants and Business Advisors, Inc. in Gainesville, FL where he assisted clients with a variety of legal issues. Using his experience in estate planning and corporate law, he continues to further his legal education in an effort to better serve the needs of all clients of Family Wealth Guardians.

Ryan completed his undergraduate work at the University of Florida with a bachelor's degree in Sport Management and a minor in Business. While working on those degrees at Florida, Ryan was a member of the Florida men's basketball program. He spent nearly five years working under Coach Billy Donovan and his staff as a team manager and graduate intern. His time with the Gators included two national championship rings from the 2006 and 2007 season to go along with a lifetime of experiences. Outside of work, Ryan remains passionate about sports and spending time with his family. He devotes much of his free time to playing golf and visiting different stadiums and venues to watch his favorite teams.



**Tina Pratt - Accountant & Office Manager**

Tina recently completed her AA in Business Administration as well as an AS in Health Services Management, and is currently pursuing her bachelor's in Health Services Administration at Santa Fe College. Tina brings 25+ years of accounting and administration experience to the Family Wealth Guardians team. She particularly enjoys her time spent visiting with clients in their homes and making sure they remain informed about and secure with their personal finances.

Tina remains very active in her community by volunteering with the Florida Chapter of The ALS Association. Over the past year, she served as the volunteer walk coordinator for Ocala's first Walk to Defeat ALS, the signature fund raising event for The ALS Association. She is hoping to develop another fundraising walk in Ocala in the near future, as well as one in The Villages. When not at work or volunteering, she spends a great amount of time with her three beautiful grandchildren.

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# We Are CarePatrol

**T**oday'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.

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**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.

# Tips for Healthy Aging!

**H**ave you ever met someone and assumed they were 10-20 years younger than their actual age due to their great energy and wit? Sure, there are the “chosen” ones that are blessed with graceful aging genes. But there are also people who decide to make daily lifestyle changes which help to make them healthier and happier, as well. In the past couple of decades, we have come a long way regarding staying in shape. Here are some ways that we can all help ourselves.

## Eating Right.

Everyone knows that eating junk food is bad. A healthy immune system will keep our weight in check, along with eliminating unwanted toxins from our body. To keep your body healthy, distance yourself from artificial sweeteners and foods. Chemical preservatives and salt can be avoided by simplifying your diet. According to Dr. William and Martha Sears, foods for ideal health are seafood, dairy, spinach, nuts, olive oil, broccoli, oatmeal, flaxseed meal, avocados, pomegranate juice, tomatoes, tofu, yogurt, red onions, garlic, beans and lentils. People who live long and healthy usually give credit to eating fruits and vegetables. As well as replacing red meat with fish. The omega-3 fatty acids found in seafood can also help keep the body running more efficiently.

The traditional three meals a day is no longer considered the standard in terms of eating healthy. When we eat larger amounts of food with fewer meals, our body does not absorb all of the foods nutrients. Instead, it stores the food in fat cells. The same amount of food spread out over six meals instead of the usual three will achieve a higher absorption rate. Obviously, this is important in maintaining a healthy weight.

## Exercise.

Getting in shape does not always mean being able to bench press twice your weight. Just getting up and



moving everyday can be enough to keep the blood flowing. The more often your blood circulates through the body, the more time it has to filter toxins. Blood also disperses natural medicines your body creates to keep everything working properly. Exercising your brain is another important aspect of staying in shape. An article from Huffington Post articulates that regularly practicing recall games, such as word puzzles, will help keep the neurons stimulated in your brain. Dementia, from Alzheimer's disease, is defined as the decreased activity between neurons. Using them more often can help prevent dementia. Routine can also limit your brain stimulation. Driving different routes to places, or something as simple as trying new foods, can help keep your brain active.

## Stress Free Living.

Stressors are not healthy on the body, physically or mentally. Whether it is a job, person, or situation, try to limit exposure to anything that stresses you out. Think more on the solution than the problem itself. If it cannot be changed there is no reason to worry about it. A quick fix

to anxiety is humor. Being social and hanging around people who make you laugh does a lot more good than you may realize; like meditation, it clears your mind. The largest variable for having a happy and stress-free life is just having fun.

In the end...Healthy Aging is up to you. Watching what you eat is important. The saying, “you are what you eat” is very true. Give your body the nutrients it needs to keep a healthy immune system. Try to eat smaller portions spread out throughout the day for maximum absorption. When in doubt, get up and do something. Sitting or lounging does not do the body any good. Walking or even dancing can be fun.

This encourages the blood flow to increase, which will disperse anti-oxidants and relieve the body of toxins. Do not forget to make small changes in your daily activities to keep the mind from getting complacent. If you want to feel young, act young. Do what you can to have fun with these guidelines and you won't be disappointed with the results.

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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



**A**lthough colonoscopy exams prevent many colon cancer deaths<sup>1</sup> and are the gold standard, for detecting colorectal cancers,<sup>2</sup> the procedure is not completely effective in preventing cancer cases.<sup>3</sup> 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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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  
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# ONE ANOTHER

By Brent Myers, Pastor of Community Life

It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

## So what are some of these great reminders of how to treat one another?

Love one another (John 13:34, others)

Accept one another (Romans 15:7)

Forgive one another (Colossians 3:13)

Don't complain against one another (James 4:11)

Be at peace with one another (Mark 9:50)

Serve one another (Galatians 5:13)

Regard one another as more important than yourself (Philippians 2:3)

Don't judge one another (Romans 14:13)

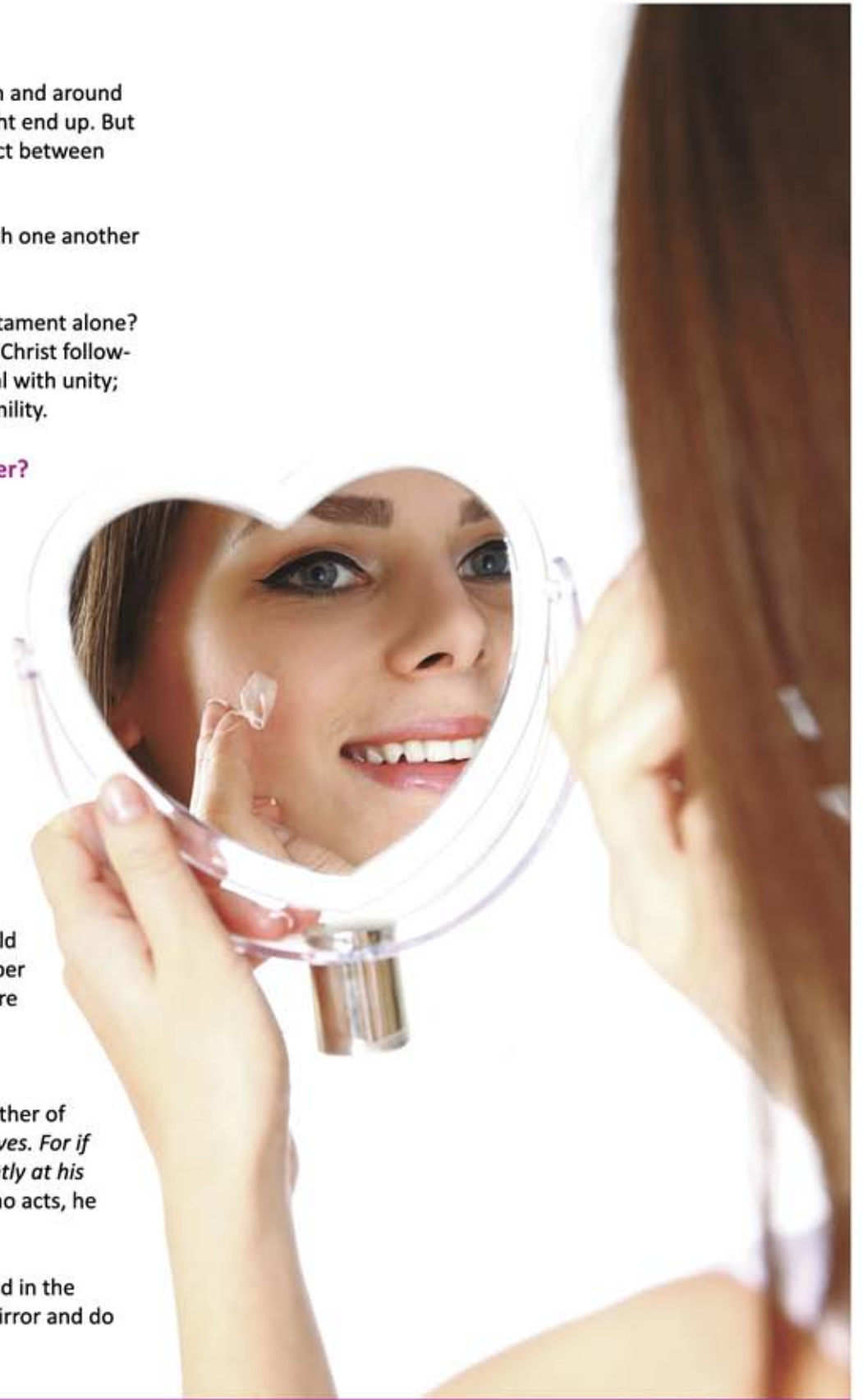
Encourage one another (1 Thessalonians 5:11)

Pray for one another (James 5:16)

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.”* James 1:22-25, ESV

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.



**Q: What's worse than a colonoscopy?**

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

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

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**Anand Kesari, MD**  
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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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