

CENTRAL FLORIDA'S

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

October 2014

Marion Edition - Monthly

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**FREE**  

## Breast Cancer

WHAT YOU NEED  
TO KNOW ABOUT  
EARLY DETECTION  
AND TESTING

## CARING FOR OTHERS Starts with Caring for Yourself

## IMAGELIFT

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NO DOWNTIME,  
NO STITCHES.  
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## Have You Been Prescribed a STATIN?

**TIPS** for  
**CHECKING  
YOUR  
BREASTS!**



 National Breast Cancer  
Awareness Month





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**Tom Tran**  
PA-C, MPAS • Phlebologist  
Member of the American College of Phlebology

**Mike Richards**  
PA-C, MPAS • Phlebologist  
Member of the American College of Phlebology  
Fellow Member American Academy of  
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RAO's Women's Imaging Center offers the latest diagnostic procedures like breast MRI, ultrasound and more, plus screening mammogram appointments you can make just by calling.

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# Stop Suffering from Pain **OUR STORY**

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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  
LEADERS IN SPINE SURGERY



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## How to Check Your Breasts

At the same time each month, check for any change in the normal look or feel of your breasts. Look for lump, hard knot, or skin that thickens or dimples. Report any changes to your doctor or nurse. Go for regular breast exams and pap tests. Ask about a mammogram.

### To examine your breasts, follow these steps:

#### Lying Down

Place a pillow under your right shoulder. Put your right hand under your head. Check your entire breast area with the finger pads of your left hand. Use small circles and follow an up and down pattern. Use light, medium and firm pressure over each area of your breast. Repeat these steps over your left breast.

#### Before a Mirror

Check for any changes in the shape or look of your breast. Note any skin or nipple changes such as dimpling or nipple discharge. Inspect your breast in four steps: arms at side, arms overhead, hands on hips pressing firmly to flex chest muscles, and bending forward.

#### In The Shower

Raise your right arm. With soapy hands and fingers flat, check your right breast. Use the method described in the 'Lying Down' step. Repeat on your left breast.



Courtesy The Susan G. Komen Breast Cancer Foundation



# BREAST CANCER, WHAT YOU NEED TO KNOW ABOUT EARLY DETECTION AND TESTING

**E**ach October, a diversity of organizations, businesses and individuals take part in National Breast Cancer Awareness Month to heighten public knowledge about the symptoms and treatment of this disease.

Why the focus on breast cancer, and why does it have its own awareness month? One reason is because breast cancer is the most common form of cancer among women in the United States (other than skin cancer) and the second leading cause of cancer-related deaths among women. But, women aren't the only ones affected – for men the lifetime risk of getting breast cancer is about 1 in 1,000.

The National Cancer Institute at the National Institutes of Health estimated that this year the number of new cases and deaths from breast cancer in the United States will be:

**New cases of breast cancer in 2014**  
**232,670 female; 2,360 male**

**Deaths from breast cancer in 2014**  
**40,000 female; 430 male**

The numbers may seem formidable, but with decades of research behind us, survival rates are getting better all the time and your best chance of beating breast cancer is to find and treat it early before it has a chance to grow and spread.

## Breast Cancer Screening Guidelines

According to information from the American Cancer Society, the following screening guidelines aid in the early detection of breast cancer:

- Women 20-39 should have a clinical breast exam from a physician at least every three years.
- Woman 40 or older (the demographic most at risk of breast cancer) should have a mammogram and clinical breast exam every year.
- Women at increased risk due to family history or a past breast cancer diagnosis should consult their doctor about the possibility of more frequent screenings.
- And women and men of any age should report breast changes to a doctor right away. (A list of common breast cancer warning signs follows.)



## Know the Warning Signs

Different people have different warning signs for breast cancer but some people do not have any signs or symptoms at all. This is why yearly mammograms for women 40 and older (the demographic most at risk of breast cancer) are so important. Symptoms that may occur prior to a breast cancer diagnosis include:

- Lump or mass in the breast or underarm/armpit.
- Swelling or density of part of the breast.
- Irritation or dimpling/pitting of breast skin.
- Scaly or flaky skin in the nipple area or the breast.
- Retraction of the nipple.
- Nipple discharge, other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain or persistent tenderness in the nipple or any area of the breast.

If you see or feel any of these symptoms, even if a recent mammogram was normal, see your doctor immediately for testing. In addition to an initial diagnosis, testing helps to determine the patient's type of breast cancer, which is key when assessing the prognosis and selecting therapy. Medical testing is also crucial in measuring the progress of the disease and in the ultimate goal of declaring a patient shows no signs of breast cancer.

## FOR MORE INFORMATION:

- Visit the National Cancer Institute website: [www.cancer.gov/cancertopics/types/breast](http://www.cancer.gov/cancertopics/types/breast)
- Call the American Cancer Society 24 hour helpline at 800-227-2345, or visit their website: [www.cancer.org/cancer/breastcancer/](http://www.cancer.org/cancer/breastcancer/)

## Improving Your Odds

And while there is no way to prevent breast cancer, you can improve your odds against the disease. The American Cancer Society further recommends that the following steps can help you stay well and lower your chances of developing breast cancer:

- Maintain a healthy weight. Being overweight or obese increases breast cancer risk – this is especially true for women after menopause.
- Be physically active on a regular basis. Aim for least 150 minutes of moderate intensity or 75 minutes of vigorous activity each week. But don't pack it all into a one workout; be sure to spread it out over the week.
- Limit alcohol intake to 1 drink a day for women and 2 drinks for men.





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# “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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**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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# INTRODUCING Dr. Craig Chappell, DO to Central Florida

**W**hether you are a professional athlete, a sports minded student, a tri-athlete or an active adult, Dr. Chappell specializes in activity related injuries and nonsurgical orthopedics. Dr. Chappell is a board certified family practice, neuromusculoskeletal medicine and sports medicine physician.

Dr. Chappell provides treatment for the following conditions:

- Sports Injuries
- Chronic Pain
- Overuse injuries (tendonitis, plantar fasciitis, tendonosis and stress fractures)
- Acute injuries (sprains, muscle strains, joint injuries, and fractures)
- Trigger point injections for pain control
- Arthritis treatment and bracing
- Nerve blocks for pain control
- Unstable and loose joints
- Headache treatments
- Back and Neck pain
- Concussion care

**Have you or someone you know ever heard these words?**

***"Come Back When You're Ready for Surgery..."***

***"My massage treatments or adjustments help initially but are short lived.."***

***Did you know that there are non-surgical options to permanently alleviate pain, improve movement, function and quality of life? There's a good chance that surgery is not your only option. Have you ever heard the old saying, "don't judge a book by its cover"? The same could be said when looking at imaging studies. Lets take a simple Pop Quiz:***

**By looking at the x-rays below, can you tell which patient has more pain and dysfunction?**



Give yourself a point if you determined that the x-ray is of a knee and the knee on the right has a significant amount of degeneration, as seen by narrowing of the joint space. Logically you may assume that the bad looking knee is also the one with more pain.

In recent studies the conclusion is that knee pain, stiffness, and duration of disease are more predictive of dysfunction than x-ray. Therefore, it is better to consider a person's functional status in addition to radiological findings while planning the treatment of knee pain.

This same process is also carried over to all other joints in the body. The trick is in determining the Main Pain Generator. So if the bony changes seen on x-ray are not the cause of pain, what is? Theoretically, if I were to make a small incision on the inside of your knee there are several structures that I would pass through on the way to the bone. These may include, skin, subcutaneous tissue (fat), muscle, tendon ligament, capsule, cartilage and finally bone. So when one points to the inside of their knee to describe their pain, it could be a number of anatomical structures that they are pointing at and only one or two of them possibly could be helped by surgery. This is why determining the main pain generator is key. ***Using this as an example there are several non-surgical options we offer to locate and address the pain.***



**Non-surgical options offered by Dr. Chappell include the following treatments:**

### **Regenerative Injections**

Regenerative injections are a rapidly emerging technique and are showing exciting potential where surgery was once the only option. Painful conditions frequently treated with regenerative injections include osteoarthritis, knee, shoulder, hip and spine, rotator cuff tears, plantar fasciitis, anterior cruciate ligament (ACL) injuries, hip/pelvic pain and instability, back and neck injuries, tennis elbow, golfers elbow, ankle sprains, tendonitis, and ligament sprains/laxity.

The basic intent of Regenerative Injections is to intentionally create a small injury to initiate a healing response. This can be accomplished in several ways, from aggressive physical therapy techniques to injections. Substances used in injections can include Prolotherapy (hypertonic dextrose), Platelet Rich Plasma (PRP) and Stem Cells.



### **Prolotherapy**

Prolotherapy is a regenerative injection treatment used to stimulate the healing mechanism to repair damaged or injured areas by injection of a hypertonic dextrose solution which in turn stimulates an inflammatory response and leads to healing. Prolotherapy is a viable alternative to surgery and an alternative option to pain medications and anti-inflammatory injections such as cortisone. Prolotherapy is a safe and affordable option that allows the patient to keep working and/or training during treatment.



**Platelet-Rich Plasma Therapy (PRP)**

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. 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. PRP works by recreating and stimulating the body's natural healing process. Several conditions that benefit from PRP include:

- Shoulder pain and instability, including rotator cuff injuries
- Tennis and golfer's elbow
- Quadricep/Hamstring strains
- Knee sprains and instability
- Patellofemoral syndrome and patellar tendinosis
- Ankle sprains



**Stem Cell Injections**

An exciting addition in the field of regenerative medicine is the introduction of Stem Cell Therapy. This is the use of a person's own cells from bone marrow, fat, and blood (alone or in various combinations) which is then injected into the area which has a cellular deficiency. These immature cells have the ability to become tissues like cartilage, bone, and ligaments. Like Prolotherapy and PRP, the goal of stem cell injections are the same: to stimulate the repair of injured tissues.

Dr. Chappell has been performing regenerative injections with the use of ultrasound guidance for the past 5 years and has taught regenerative injection technique nationally and internationally.

Dr. Chappell specializes in understanding and identifying your pain generator. This is accomplished by performing a thorough history and physical exam. Frequently diagnostic ultrasound is used to pinpoint the dysfunctional or injured area. Ultrasound allows for dynamic visualization and comparison without the side effect of ionizing radiation or uncomfortable positions. Ultrasound is also used to guide injections which allows absolute accuracy with the first stick and virtually eliminates the need to reposition the needle which happens with other forms of guidance. Less needle sticks and repositioning also results in less pain.

Please feel free to call our office and we will be happy to review your medical problems and assist you in making a decision for an appointment.

Dr. Chappell's office is located in Ocala Florida.

1720 SE 16th Ave Suite 303, Ocala, Florida 34471



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# Caring For Others Starts with Caring For *yourself*







**N**othing says love like a caring hug – and there’s one quick squeeze that could actually save your life. It’s easy to focus attention on the people who matter most in your life and forget to include yourself, but your health impacts everyone who cares about you. One of the easiest and quickest ways to show your love for others and yourself is to get a screening mammogram.

In addition to healthy lifestyle habits, such as maintaining a healthy weight, getting regular exercise and limiting alcohol consumption to one drink a day or less, the American Cancer Society and the Board Certified doctors of Radiology Associates of Ocala recommend that women get a baseline mammogram at age 40 (and sooner for women with significant risk factors, such as family history) to establish a record of what their healthy breast tissue looks like for future comparison. After that, women should have a mammogram every year and see a doctor sooner if problems or symptoms arise, to catch changes early, when breast cancer is easiest to cure. Since the widespread implementation of mammography in

1990, there has been a 30% reduction in breast cancer mortality rates. In fact, screening mammograms saves thousands of lives each year.

There are six board certified radiologists at RAO that are breast imaging and diagnostic experts who specialize in implementing and interpreting all types of breast scans, which the doctors review in-office to ensure faster, more reliable service and treatment. Because every RAO doctor lives and works in Ocala, each has a strong relationship with the local medical community and its doctors, and a genuine commitment to patients living in the area. “We are on a first-name basis with many local doctors,” says RAO radiologist and breast health specialist, Dr. Amanda Aulls. “Having both your radiologist and primary care doctor living and working locally helps promote synergistic care.”



**RADIOLOGY  
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To make getting a screening mammogram easy, RAO’s Women’s Imaging Center and Timber-Ridge Imaging Center accept appointments without a doctor’s referral. Both of these centers have been designated a Breast Imaging Center of Excellence by the American College of Radiology, an honor given to only a select few women’s healthcare providers in Florida. For more information, please call (352) 671-4300.

There’s no better way to support your loved ones than by taking steps to ensure you’ll be part of their lives for a long time to come.

**Walk for the Cure** As a Silver Sponsor of the Making Strides Against Breast Cancer event, Radiology Associates of Ocala will have a team participating in the walk on Saturday, October 25th at 8:30am at the College of Central Florida. The event is open to all, so come out and show your support.

*Together, we can help stop breast cancer in its tracks. For more information, please call (352) 671-4300.*

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- Oct. 14** | The Waterfront Inn, The Villages
- Oct. 28** | Citrus Hills Golf and Country Club, Hernando

*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*

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# HAVE YOU BEEN PRESCRIBED A STATIN?

LEARN WHAT THE FDA HAS TO SAY ABOUT THESE MEDICATIONS.

If you're one of the millions of Americans who take statins to prevent heart disease, the Food and Drug Administration (FDA) released important new safety information earlier this summer on these cholesterol-lowering medications.

The FDA has advised consumers and health care professionals that:

- Routine monitoring of liver enzymes in the blood, once considered standard procedure for statin users, is no longer needed. Such monitoring has not been found to be effective in predicting or preventing the rare occurrences of serious liver injury associated with statin use.

- Cognitive (brain-related) impairment, such as memory loss, forgetfulness and confusion, has been reported by some statin users.

- People being treated with statins may have an increased risk of raised blood sugar levels and the development of Type 2 diabetes.

- Some medications interact with lovastatin (brand names include Mevacor) and can increase the risk of muscle damage.

This information should not scare people off statins, says Amy G. Egan, M.D., M.P.H., deputy director for safety in FDA's Division of Metabolism and Endocrinology Products (DMEP). "The value of statins in preventing heart disease has been clearly established," she says. "Their benefit is indisputable, but they need to be taken with care and knowledge of their side effects."

FDA will be changing the drug labels of popular statin products to reflect these new concerns. These labels are not the sticker attached to a prescription drug bottle, but the package insert with details about a prescription medication, including side effects.



#### The statins affected include:

- Altoprev (lovastatin extended-release)
- Crestor (rosuvastatin)
- Lescol (fluvastatin)
- Lipitor (atorvastatin)
- Livalo (pitavastatin)
- Mevacor (lovastatin)
- Pravachol (pravastatin)
- Zocor (simvastatin).

Products containing statins in combination with other drugs include:

- Advicor (lovastatin/niacin extended-release)
- Simcor (simvastatin/niacin extended-release)
- Vytorin (simvastatin/ezetimibe).

#### Liver Injury Called Rare

FDA has found that liver injury associated with statin use is rare but can occur. Patients are advised to consult their health care professional if they have symptoms that include unusual fatigue, loss of appetite, right upper abdominal discomfort, dark urine or yellowing of the skin or whites of the eyes.

Statins work in the liver to reduce the production of cholesterol, a waxy substance that can form plaque on the walls of the arteries and keep the heart from getting the blood it needs.

Egan explains that there had been signals in early clinical trials of possible liver damage tied to statin use, so health care professionals were advised to regularly test their patients' liver enzyme levels. However, she says, such damage is rare, and the tests are not effective at predicting or preventing who will develop this rare side effect.

So, the FDA is now recommending that liver enzyme tests be performed before statin treatment begins and then as needed if there are symptoms of liver damage.

#### Reports of Memory Loss

FDA has been investigating reports of cognitive impairment from statin use for several years. The agency has reviewed databases that record reports of bad reactions to drugs and statin clinical trials that included assessments of cognitive function.



The reports about memory loss, forgetfulness and confusion span all statin products and all age groups. Egan says these experiences are rare but that those affected often report feeling “fuzzy” or unfocused in their thinking.

In general, the symptoms were not serious and were reversible within a few weeks after the patient stopped using the statin. Some people affected in this way had been taking the medicine for a day; others had been taking it for years.

What should patients do if they fear that statin use could be clouding their thinking? “Talk to your health care professional,” Egan says. “Don’t stop taking the medication; the consequences to your heart could be far greater.”

#### The Risk of Diabetes

Diabetes occurs because of defects in the body’s ability to produce or use insulin—a hormone needed to convert food into energy. If the pancreas doesn’t make enough insulin or if cells do not respond appropriately to insulin, blood sugar levels in the blood get too high, which can lead to serious health problems.

A small increased risk of raised blood sugar levels and the development of Type 2 diabetes have been reported with the use of statins.

“Clearly we think that the heart benefit of statins outweighs this small increased risk,” says Egan. But what this means for patients taking statins and the health care professionals prescribing them is that blood-sugar levels may need to be assessed after instituting statin therapy,” she says.

#### The Potential for Muscle Damage

Some drugs interact with statins in a way that increases the risk of muscle injury called myopathy, characterized by unexplained muscle weakness or pain. Egan explains that some new drugs are broken down (metabolized) through the same pathways in the body that statins follow. This increases both the amount of statin in the blood and the risk of muscle injury.

If you or someone you love has been prescribed a statin and you would like to learn more about the benefits and side effects of these medications, please speak with your physician or call **352-671-3100**. We are happy to answer your questions and address any of your concerns.



#### References:

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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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**At the Institute of Cardiovascular Excellence  
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# THE GREAT AMERICAN SMOKEOUT AND GOOD NEWS ABOUT QUITTING

*It's that time of year again — mid-November — when the American Cancer Society celebrates The Great American Smokeout. Always on the third Thursday of November, this year the date is Nov. 20. It's a day the media will make some mention of and smokers and their families may take some notice, especially if someone in the family has been trying to quit. And physicians and other cardiologists like myself will make a special point to tell their patients who still smoke how damaging the habit is to their bodies.*

The thing is we've all heard this before. I am sure smokers know the habit is not healthy. We doctors, more than any other, are certainly aware of the bad news. I sometimes wonder if we've heard all the "bad news" so often it gets tuned out. Therefore, maybe it is time for some good news instead.

The Great American Smokeout is one day. Some may wonder, "What good is quitting for a single day?" The Cancer Society has some answers — and that's the good news.

- Quit and in just twenty minutes, your heart rate and blood pressure begin to decrease.
- Quit for twelve hours and the carbon monoxide — a poison that displaces oxygen — in your blood goes back to normal.
- Quit for two to three months and your circulation and lung function will improve.
- Quit for one to nine months and that annoying cough and shortness of breath decreases; the cilia in your lungs get working again to keep your lungs clean and safer from infection.
- Quit for one year and your coronary heart disease risk — compared to a smoker's — is sliced in half.

- In two to five years, your stroke risk is the same as a non-smoker's risk. In five years, risk of mouth, throat, esophagus and bladder cancer is cut in half. Cervical cancer risk is identical to that of a non-smoker's.
- In 10 years, dying from lung cancer is 50 percent less likely than for someone who still smokes. The risk of pancreatic cancer and cancer of the larynx decreases.
- In 15 years, the risk of coronary heart disease becomes the same as for a non-smoker.

And perhaps the best news of all: ***It all began with a single day.*** Make this the year you decide to quit. Start planning now and discuss how to quit with your physician. There are all sorts of plans, medications and therapies to help you. Then look ahead to a time when you are smoke-free. When it's all good news, the bad news simply won't apply to you anymore.

**Dr. Asad Qamar**  
Chief cardiologist and founder of the Institute of Cardiovascular Excellence.



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# 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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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.





# Exotic Fruits Contain Natural Health Benefits

Imagine a superfood -- not a drug -- powerful enough to help you lower your cholesterol, reduce your risk of heart disease, boost your immune system and, for an added bonus, increase your energy. Did we mention that there are no side effects? You'd surely stock up on a lifetime supply. Guess what? After a lot of research and development, Nutri LifeScience™ has been able to extract the health-enhancing nutrients from two exotic superfoods, the maqui berry and the bergamot citrus plant.

At Nutri LifeScience™, we believe in using only the highest quality and naturally pure ingredients to help our customer achieve extraordinary health and maintain longevity.

We formulated our products mainly targeted to address healthy support of blood glucose management, metabolic syndrome, inflammatory response, oxidative stress, cholesterol ranges, weight loss, neutralizing free radicals and overall healthy aging.

## Nutri Maqui

Nutri Lifescience™ Nutri Maqui with other superfruits is jam-packed with antioxidant, delivers highest potency of anthocyanins and polyphenols to help prevent free radicals from doing their damage, and leading you to healthy living with the breakthrough antioxidants!

Maqui is a deeply colored purple berry that is indigenous to Chile and has been consumed for centuries by the Mapuche Indians for supporting energy and immune health.

Nutri Maqui Proprietary Blend, is a mix combining the stunning, dark purple maqui berry, with acai berry, pomegranate, elderberry, blackberry and raspberry to support antioxidant intake.

*Below are the results of a study on the effectiveness of Bergamonte increasing HDL (good cholesterol), decreasing LDL (bad cholesterol) and decreasing blood glucose.*

	Total-Chol	HDL-C	LDL-C	Triglycerides	Blood Glucose
Placebo	0.14%	+1.2%	-1.1%	+0.1%	+0.5%
Bergamonte (500mg/Day)	-20.69%	+22.9%	-24.1%	-29.9%	-18.8%
Bergamonte (1000mg/Day)	-26.53%	+40.1%	-36.00%	-38.8%	-22.3%



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Bergamot (Citrus Bergamia Risso) is a citrus plant that grows almost exclusively in the narrow coastal Calabria region in Southern Italy, due to sensitivity to the weather and soil conditions. Bergamot juice was traditionally recognized by the local population as a remedy for supporting healthy cholesterol level and cardiovascular health. The medicinal use of bergamot, forgotten for decades, is now being rediscovered.

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At Nutri LifeScience™, we are dedicated to offering our customers the premium nutritional products through our commitment in quality control and utilizing best in class natural ingredients. For more information about Nutri LifeScience™ products, or to carry them in your office or store, please call (941)757-9918 today!

*Source: Fitoterapia 82 (Nov 2011) 309-316 237 patients with hyperlipemia, hypercholesterolemic (HC, cLDL, low cHDL), mixed dyslipidemic (HC and TG), or metabolic syndrome (HC, HT, and HG) were taking either placebo, 500mg, 1000mg.*



**This is what Joe, a Nutri Lifescience™ customer has to say regarding the results from the study shown in the chart to the left:**

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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

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Dr. Anand Kesari

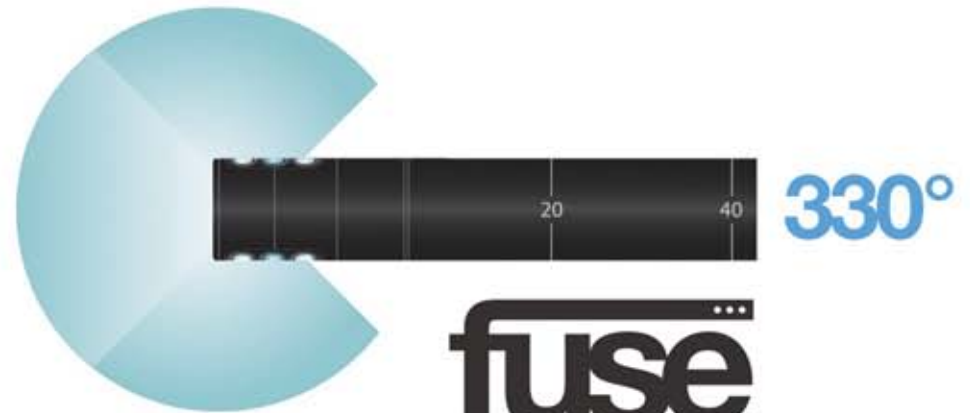




**Standard Colonoscope  
Limited 170° Field of View**



**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.



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# INTRODUCING FINANCIAL CAREGIVERS

## *Understanding the need for personal financial oversight*

**C**aregiving involves more than just providing assistance with medical problems. It also includes helping your loved ones manage his or her finances to ensure that he or she will be able to pay for needed care and live more comfortably. Often times, these duties fall to family members who lack the professional experience to act on someone else's behalf. You become what is known as a "fiduciary," which means you must act in the best interests of the person you are representing. Most people do not have experience acting in that capacity. The job can be especially tough if the appointed caregiver lives far away or has other demands on his or her time. There may be missed warnings signs: a slowly growing pile of unopened bills, several overdraft notices, or repeated calls from creditors. The stakes are high: bad decisions can deplete a loved one's assets and cause disputes between family members. Suddenly, a lifetime worth of assets hangs in the balance in need of comprehensive protection.

Enter a new resource designed to safeguard and monitor your personal finances: financial caregivers. Financial caregiving typically involves bill paying, deposits, tax preparation, and other financial duties. A financial caregiver will help you organize all of your important financial documents and materials so that it is easier for you to track your finances. This organization is also extremely valuable in the event that a family member or loved one needs to take over this role. The financial caregiver relationship is a partnership between you and your caregiver. The organization will ensure that all bills, including health and life insurance premiums, are paid on time. The goal is to remove the burden created by managing your personal finances.

A good financial caregiver keeps true and complete records of all money and property. They will keep a detailed list of everything you receive or spend, including the amount of checks written and deposited, dates, and other important information. Your financial caregiver will keep all receipts, even for small expenses. An example of a tool that is often utilized by a financial caregiver is setting up automatic deposit and bill-paying systems to simplify money management. The key element in the financial caregiver relationship is trust. Your caregiver should make you feel at ease with sharing control over your assets by including you in all decision making and providing frequent updates.



The most beneficial aspect of enlisting a financial caregiver to assist with your personal finances is the protection you receive from fraud or other financial exploitation. A financial caregiver monitors your money and property for any sudden changes or suspicious transactions, such as checks made out to unfamiliar companies. Because your financial caregiver develops a personal relation-

ship with you, they are aware of any inappropriate relationships where a relative or friend may be exerting undue influence. Undue influence is often a key element in financial abuse cases. Your financial caregiver can prevent this from occurring and help remove any oppressive influences. The caregiver also maintains a relationship with your relatives and other loved ones so that you are not cut off from those who care about you. Another form of protection offered by financial caregivers involves consumer scams. These scams are constantly changing, ranging from "too good to be true deals" and sweepstakes promotions to double billings and identity theft. Whether it is a clever scam artist or desperate family member, your financial caregiver acts as a buffer between you and those trying to take advantage of your savings.



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transparency is an important part of the financial caregiver process and helps provide a more accurate assessment to your family members or loved ones. Family Wealth Guardians produces monthly reports that present a very clear picture of your current financial situation and details all expenses. Our representatives meet with you in the comfort of your own home several times per month in order to review all of your financial information. At

The most valuable tool in establishing a financial caregiver is a power of attorney. A durable power of attorney is a legal document that designates another person (your "agent" or "attorney-in-fact") to make decisions on your behalf in the event that you become incapacitated and are unable to make decisions for yourself. This authority is strictly limited by what the power of attorney document allows. Your financial caregiver will ensure that your financials, as described in the power of attorney, are being handled according to your wishes. In some circumstances, your financial caregiver may also make sure that there is no improper use of existing powers of attorney. These powerful documents can become a license to steal if placed into the wrong hands.

Family Wealth Guardians brings a professional and personal approach to handling clients' financial and estate planning needs. Our financial caregiver services are designed to include loved ones and family members so that those important relationships do not become strained. This financial

these meetings, we help our clients sort their mail and pay all bills in a timely manner. Your caregiver will also help you dispose of all "junk" mail that is looking for personal information or false payments. Following their time with our financial caregivers, clients of Family Wealth Guardians will experience confidence with their financial situation and freedom from the burden of managing personal finances. It is never too early to start planning ahead and preparing for your future. Let Family Wealth Guardians help you find financial peace of mind.



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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 - Financial Caregiver & 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 degree 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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# October is National Breast Cancer Awareness Month

## Breast Cancer Facts

**O**ctober is National Breast Cancer Awareness Month. This is a very personal issue with me because I am a 7-year survivor of breast cancer.

October is also the month of my cancer diagnosis. Every anniversary of my diagnosis is a reason to celebrate. Each year that I am able to walk in the Survivors' Walk at Relay for Life is a fresh victory.

Many great strides have been made in the fight against breast cancer—in both the search for better treatment and more knowledge of how to have early diagnosis of the disease. Women and men alike have struggled with this dreaded diagnosis.

### Key Statistics

Breast cancer is the most common cancer among American women, except for skin cancers. About one in eight US women will develop invasive breast cancer.

The American Cancer Society estimates for breast cancer in the US for 2014:

- About 232,030 new cases of invasive breast cancer will be diagnosed in women
- About 64,640 new cases of carcinoma in situ (CIS) will be diagnosed (CIS is non-invasive & is the earliest form of breast cancer)
- About 39,620 women will die from breast cancer

After increasing for more than 20 years, female breast cancer incidence rates began decreasing in 2000, then dropped by about 7% from 2002 to 2003. This significant decrease was attributed to the decline in the use of hormone therapy after menopause that occurred after the results of the Women's Health Initiative—a study linking the use of hormone therapy to an increased risk of breast cancer and heart diseases—were published in 2002.

Breast cancer is the 2nd leading cause of cancer death in women, exceeded only by lung cancer. Through earlier detection and increased awareness, as well as improved treatment, death rates from breast cancer have been declining since about 1989.



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### Risk Factors

**Aging:** Risk of breast cancer increases as you get older. About one out of eight invasive breast cancers are found in women younger than 45, while about two of three invasive breast cancers are found in women age 55 or older.

**Genetic:** About 5-10% of cases are thought to be hereditary.

**Family history:** Having a mother, sister, or daughter with breast cancer doubles your risk. Having two relatives with breast cancer triples it.

**Personal history:** A woman with cancer in one breast has a 3-4-fold increased risk of developing a new cancer in the same or other breast.

**Race & ethnicity:** White women are slightly more likely to develop breast cancer than African-Americans, but African-Americans are more likely to die of this cancer.

**Having children:** Women with no children or who had their first child after age 30 have a slightly increased risk.

**Birth control:** Women using birth control pills have a slightly greater risk. This risk seems to go back to normal over time once the pills are stopped.

**Hormone therapy after menopause:** Hormone therapy with estrogen combined with progesterone increases the risk and also increases the chances of dying with breast cancer. The risk seems to return to that of the general population within five years of stopping hormone therapy.

**Use of alcohol:** Those who have two to five drinks daily have about 1 ½ times the risk of women who don't drink alcohol.

**Overweight/obese:** Being overweight or obese after menopause increases breast cancer risk.

**Physical activity:** Evidence is growing that physical activity in the form of exercise reduces breast cancer risk. In one study, as little as 1.25 to 2.5 hours per week of brisk walking reduced risk by 18%.



## Do Trials Shape You Or Break You?

**P**ain and suffering finds us regardless of who we are and is indeed a central part of the human experience. You may have everything this world has to offer like millions of dollars, cars, houses, and boats, yet when trials come, all the stuff of the world leaves you feeling empty. Riches and power were suppose to cause your life to be full of joy and happiness, but truth be known you are miserable. Others of you are on the other side of the fence with nothing. You are struggling just to get by everyday. The bills are piling up, the food is getting scarce, and you wonder if you will ever catch a break. You go to bed every night praying to God, and wonder if He is real because your situation remains the same. Still others of you are like myself where you are in between both of these worlds, but you have been going through some tough times. Possibly a loss of someone significant. This person knew you inside and out, and now they are gone. It feels like a part of you left when they died. Life is hard, and pain always finds us. We can't hide from it, nor can we run from it because we live in a world that is filled with it. Our world is broken, the people we encounter are broken, and we ourselves are broken. We all need help and hope from someone greater than ourselves.

### The Storm is coming

What is your response to problems? How are you handling the one you are in right now? In counseling I see a myriad of ways people approach problems. Most of them harmful. For example a person struggles with depression so he/she begins to drink to cope with the depression. In reality the person just added another



problem on top of a problem that only makes the depression worse. Other approaches that I see on a regular basis in counseling include an I can handle the problem myself, or ignore the problem, or run from the problem. All three lead to more problems.

### I can handle it MYSELF

The natural reaction for most of us is to fight and struggle. How well can you fight a tornado or a hurricane? Often we are shaking our fists and kicking at the wind exerting energy, not changing anything. We tell ourselves that we are making a difference when in reality the storm is still raging and getting worse.

### Out of Sight out of Mind

I play peek a boo with my son, and he loves it because he actually thinks my face disappears. Many of us handle problems that way. We ignore the proverbial elephant in the middle of the room and hope that it will just leave. Problems of life do not disappear. We exacerbate the problem when we ignore them because they begin to affect other areas of our life.

### The Runner

Running exerts energy, as does running from the battles that need to be dealt with. We internally begin to work harder because the pressures of yesterday's problems compound with today's. We finally crash, and feel overwhelmed. Avoidance complicates our life!

### God is Knocking on Your Door

The problems, the trials of life that we face happen for a reason. God's Word says, "He (God) determined the times set for them and the exact places where they should live. God did this so that men would seek him and perhaps reach out for him and find him, though he is not far from each one of us." (Acts 17:26b-27, NIV) God controls where we live, and He allows the problems of life we face.

Why? So that we will look for for Him, and find Him. God will allow our world to crash in around us for our good. We need help! God's Word says, "Cast all your anxiety on him because he cares for you." (1 Peter 5:7, NIV) God wants us to look to Him for help and support because He wants what is best for us because He does care.

### Do You know Christ as Lord and Savior?

Naturally we will depend on our own strength, ignore, or run from our troubles, but God says turn to ME. If you aren't a Christ follower than you are lost, an enemy of God. We all were living in rebellion to God, but because of His love God sent His Son Jesus Christ into the world to save sinner's like us. Christ took on the wrath of God in our place by dying on the cross. And a few days later Christ rose from the dead, and now we can because of Christ's sacrifice become a children of God through faith and repentance.

That means we believe that Christ is Lord and Savior and we turn to Him in obedience. We recognize that we have been our own god and we turn to Christ in submission, trusting Him as Lord and Savior.

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He gets tired  
just walking to  
the mailbox.  
— Melissa S.

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