

CENTRAL FLORIDA'S

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

October 2014

Lake/Sumter Edition - Monthly

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**Is Hearing Loss  
SCARING YOU?**

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AND TESTING

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# Dr. V

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# InterCommunity Cancer Centers' 4th Annual



## Cancer Survivors' REUNION

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5 pm to 7 pm

#### Location

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352-435-4470

Be part of our family of cancer survivors and join us in celebration. Food and entertainment will be provided. For additional information, call InterCommunity Cancer Centers at **352-435-4470**. Preregister at [www.icccvantage.com](http://www.icccvantage.com).



InterCommunity Cancer Centers

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

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Anand Kesari, MD  
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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



**Gulfcoast Spine**  
INSTITUTE

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1%

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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

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

10%

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# Pacemakers and Defibrillators

## Are You a Candidate?

**M**y name is Dr. Vallabhan. I am a Board Certified Interventional Cardiologist. I am going to discuss the various aspects of pacemakers and defibrillators in a concise fashion. I am going to give three examples of when patients are candidates for the same.

A pacemaker is meant to treat slow heart rates and rhythms. A defibrillator is designed to shock people out of rapid heart rates and rhythms that could be fatal.

These systems may be a single lead device, two lead device or three lead device. Leads are insulated metal coils that are threaded through veins to reach the heart. Typically this vein is located under the clavicle and is called subclavian vein. A device is a battery that generates the impulse to stimulate the heart.

Our first example is an 88 year old lady with black out episodes and falls. She is found to have a very slow heart rhythm and periods where her heart stops for up to 10 seconds at a time. She is a candidate for a pacemaker to improve her symptoms and also prolong life. Her heart as a pump is normal. She will typically receive a single lead or two lead device for this purpose.

The second example is a 72 year old active man who suffers a large heart attack. He is found to have a low pump function. His heart as a pump is working at around 30% (normal being 60%). This value is also said to be the ejection fraction. He however does not have any symptoms. He is a candidate for a defibrillator and will receive one if he is willing. This is done to treat fast heart rates, which may cause sudden death. His low heart function puts him at risk too. This has been shown to improve longevity.

The third example is a 55 year old man with a weak heart. He is found to have a weak heart muscle and he does not have any other coexistent that could be causing this. His ejection fraction is 28%. He has a lot of shortness of breath with minimal exertion. His ECG is also abnormal. He meets criteria for a special type of pace maker that will coordinate his heart to function better and pump better. He is a candidate for cardiac resynchronization therapy. An extra lead is placed in a specific site in the heart and this helps in making it function better. Also given his weak heart he is at risk for the fast heart rates and it's consequences and he will also have a defibrillator incorporated in the device. This is designed to improve quality of life and also improve longevity. Some older patients with this condition may refuse the defibrillator to avoid the shocks.

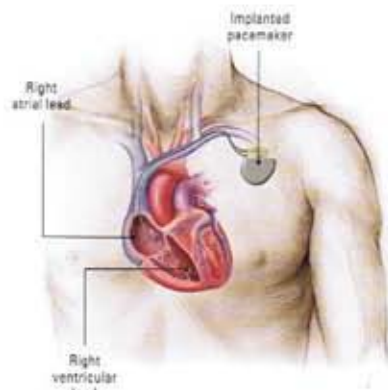
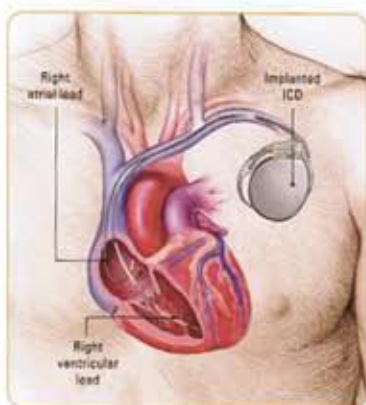
All the procedures clearly have benefits. There are risks involved with implantation of these devices. I believe that tailoring therapy to individual needs is most important.



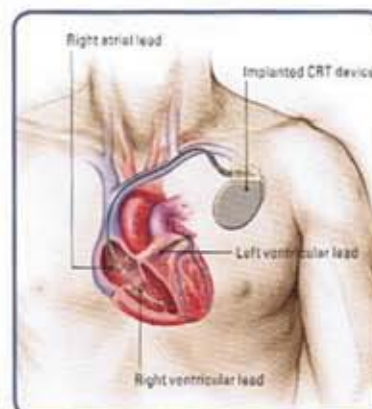
**Dr. Vallabhan**  
**352.750.2040**

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Lady Lake, FL 32159

### Arrhythmias: Pacemakers and Defibrillators



Courtesy Boston Scientific



**Dr. V**

**T.E. VALLABHAN, MD, FACC**  
**BOARD CERTIFIED CARDIOLOGIST**  
**SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS**

# 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.)

## 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.



## 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/)

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## Visit our Florida Patient Service Centers

### Eustis - North Grove

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### Eustis - Prevatt

2130 Prevatt Street, Suite B, Eustis, FL 32726  
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Drug Screen: M-F 7:00am - 4:00pm

### Leesburg - 11th Street

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### Leesburg - Dixie

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### Mount Dora

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### The Villages

*The Villages*  
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M-F: 6:30am - 12:00pm, 1:00pm - 3:30pm

### The Villages II

*The Villages*  
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Tel: 352-391-1189 • Fax: 352-391-1203  
M-F: 7:00am - 1:00pm, 2:00 pm - 4:00 pm

### The Villages III

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# IS HEARING LOSS Scaring You?

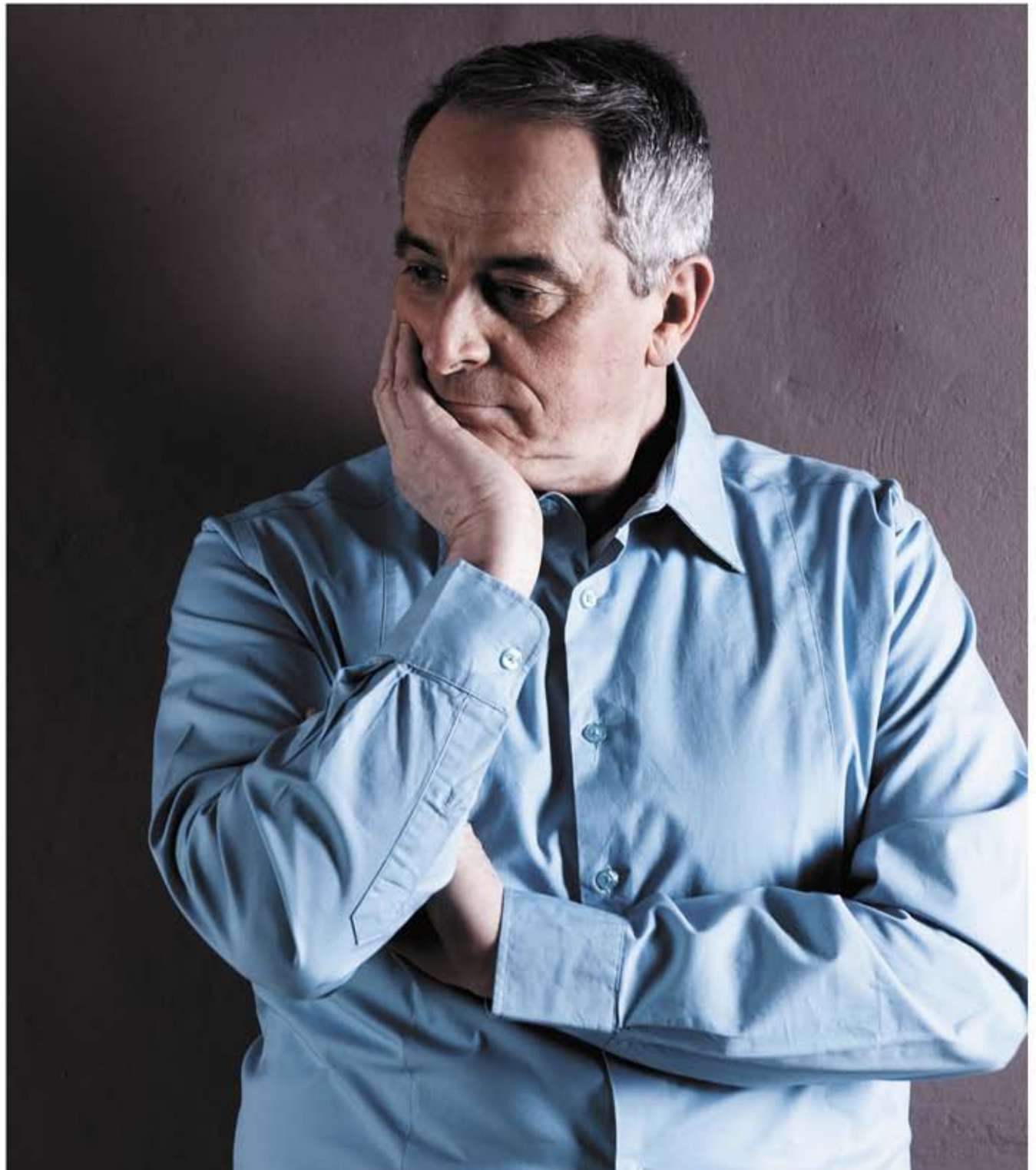
**H**ave you noticed that your hearing may be limiting your activities and social interactions? Many people that take the next step in hearing healthcare see an improvement in all areas of their lives. The solutions to hearing problems have been improved over the years. For example, hearing aids are no longer the clunky, large devices and are more discreet, and technologically advanced.

Research demonstrates the considerable effects of hearing loss on development as well as negative social, psychological, cognitive and health effects of untreated hearing loss. Each can have far-reaching implications that go well beyond hearing alone. In fact, those who have difficulty hearing can experience such distorted and incomplete communication that it seriously impacts their professional and personal lives, at times leading to isolation and withdrawal.

**Studies have linked untreated hearing loss effects to:**

- irritability, negativism and anger
- fatigue, tension, stress and depression
- avoidance or withdrawal from social situations
- social rejection and loneliness
- reduced alertness and increased risk to personal safety
- impaired memory and ability to learn new tasks
- reduced job performance and earning power
- diminished psychological and overall health

*"Loss of hearing is a medical condition that is associated with physical, emotional, mental and social well-being. Depression, anxiety, emotional instability, phobias, withdrawal, isolation, lessened health status and lessened self-esteem have all been linked to uncorrected hearing loss." (National Council on Aging: Untreated Hearing Loss Linked to Depression, Anxiety, Isolation in Seniors)*



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



A major reason why millions of Americans living with untreated hearing loss should take action is safety. Studies have linked untreated hearing loss to reduced alertness. Unheard and, therefore, unheeded traffic sounds, doorbells, telephones, alarms, and cries for help compromise the safety of those with hearing loss and everyone around them. The failure to hear smoke detectors and take quick action is the major reason adults 65 or older are more than twice as likely as any other age group to die in a home fire.

At HearUSA, we take the time to educate patients about hearing loss and promote the importance of prevention and treatment. Visit [www.HearUSA.com](http://www.HearUSA.com) to find basic information about hearing loss, including advances in diagnosis and treatment, hearing aid options, and resources for financial assistance.

If you think you or a loved one suffers from hearing loss, don't delay another day. Visit a HearUSA Center near you and take the first step toward a world of better hearing.



**Brownwood Town Center • The Villages**  
**Call Toll Free: 855.270.1587**

## Why Seeking Help Is So Important

- Those living with untreated hearing loss may not be aware that failure to take corrective action could result in the brain actually “forgetting” how to hear and understand speech. This condition is called auditory deprivation, and the longer the period before treatment, the more likely it is that the brain will forget how to process speech, even after treatment is implemented.
- Almost all (95 percent) of Americans with hearing loss can be treated with hearing aids.
- Nine out of ten hearing aid users report improvements in quality of life.
- The use of hearing aids is associated with reductions in anger, frustration, paranoia, anxiety and overall improvements in quality of life and emotional stability.
- In November 2010, The Better Hearing Institute reported studies have shown that the use of hearing aids can help the Alzheimer’s patients. Because there is a strong link between hearing loss and cognitive function, they, in partnership with The Alzheimer’s Association, are encouraging hearing health professionals to raise awareness of Alzheimer’s, its early warning signs, and the related implications of unaddressed hearing loss.
- Treatment of hearing loss will improve interpersonal relationships and social activity.
- Successful treatment of hearing loss with hearing aids is associated with greater earning power.
- Use of hearing aids will allow those with hearing loss to live more safely, securely, and independently.



### Meet our Audiologist: Danielle Rosier, Au.D., F-AAA

Audiologists complete, at minimum, an undergraduate and master’s level degree in audiology and a supervised clinical fellowship program prior to obtaining state licensure and national certification.

Originally from Ocala, Dr. Rosier became interested in hearing health after observing an audiologist work with a hearing impaired patient. She was amazed at how the patient’s life transformed and decided she wanted to help people and make positive changes in their lives.

Dr. Rosier graduated Summa Cum Laude with a Bachelor of Arts degree in Communication Sciences and Disorders from the University of Florida in 2008 and stayed in Gainesville to earn her Audiology Doctorate in 2012. She is a recipient of the Thomas B. Abbot Excellence in Audiology Award in 2012. Dr. Rosier is also on the Board of the Hearing Loss Association in the area.

Currently a fellow of the American Academy of Audiology and the Florida Academy of Audiology, Dr. Rosier focuses on adult and pediatric diagnostic audiometry, tinnitus evaluation and management, amplification, auditory electrophysiology, and aural rehabilitation counseling.

“Being an audiologist is my passion. Improving the quality of life for my patients and their families by offering one-on-one personalized care is so rewarding. My goal is to empower patients to manage their hearing loss and improve their quality of life by providing patient-centered care that incorporates evidence-based practice, compassion and expertise.”



## Could You Benefit from a Little Lift?

Fillers and injectables are designed to enhance your facial features by lessening the appearance of wrinkles with a subtle, youthful lift—no surgery required. Here's a look at different types and the results you can expect with each.

  
V O L U M A™ X C

**W**hen it comes to facial features, Father Time is not always kind. Each passing year brings another wrinkle or two, and crow's feet never go down in size. Our cheeks hollow, our foreheads crease; it's simply an unavoidable fact of life.

Or, is it?

"While we can't reverse signs of aging, we can diminish wrinkles, smoker's lines and the like with the help of facial fillers and injectables," says Stacia H. Goldey, MD, FACS, of Mid Florida Eye Center.

And Dr. Goldey should know: she's performed thousands of successful cosmetic surgeries and procedures since she first began practicing in Lake County more than 20 years ago. In fact, she holds the distinction as the county's first oculoplastic surgeon. (An oculoplastic plastic surgeon completes plastic surgery training in addition to rigorous ophthalmologist schooling.)

For those interested restoring some of their youthful appearance, Dr. Goldey recommends getting familiar with the different types of available treatments. "It's important to know which filler or injectable will achieve the best possible outcome for you," she explains.

Here, Dr. Goldey discusses Juvéderm® fillers and Botox®, as well as the results you can expect with each.

### Defy lines and gravity with the JUVÉDERM® family of fillers

Fillers are made of hyaluronic acid, a polysaccharide that occurs naturally in our skin to maintain its hydration and structure. As we age, our hyaluronic acid levels decrease, causing our skin to sag and even fold. "Fillers can help replenish the skin and smooth out wrinkles and facial folds," Dr. Goldey says. "Results are typically instant and, best of all, natural."

### Give a youthful lift to your profile with VOLUMA™ XC

Voluma™ XC is an injectable hyaluronic acid gel for patients over the age of 21 that instantly adds volume to the cheek area—the first and only FDA-approved filler to do so. "Patients whose cheeks appear hollowed due to age can often benefit from Voluma," Dr. Goldey says. "When injected into the patient's skin it provides a subtle lift, helping to restore facial contours." The results—a more youthful profile—typically last up to two years.

### Smooth away facial wrinkles and folds with JUVÉDERM® XC

Juvéderm® XC is an injectable hyaluronic acid gel that helps to smooth out moderate to severe folds and creases (also known as "parentheses") around the nose and mouth. Juvéderm® XC is injected directly into the folds of a patient's skin, which, as Dr. Goldey explains, adds volume to the tissue, resulting in a shapelier, more youthful visage. "Generally speaking, results are visible immediately after the first injection and tend to last up to one year," she says.

### Soften the appearance of crow's feet and forehead lines with BOTOX®

Botox® is a natural, purified protein that's injected directly into facial muscles between the eyebrows and around the eyes. As the first physician in Central Florida designated by the manufacturer of Botox® to provide training to other physicians on Botox® techniques, Dr. Goldey is very familiar with the benefits of this treatment. In addition to cosmetic enhancements, Dr. Goldey and her Mid Florida Eye Center team use Botox® to mitigate contractions and spasms of eyelid muscles.

"Botox is beneficial because it causes facial muscles to relax, which naturally smoothes out age-related lines and wrinkles," Dr. Goldey explains, adding that most patients notice results after a few days (results usually peak within three to four weeks). Dr. Goldey also notes that while the cost of Botox® is substantially lower than surgery, treatments are not permanent and may need to be repeated after three to six months.

### Expect a comfortable, quick procedure

Both fillers and injectables involve a relatively quick procedure with little to no patient discomfort. In fact, most treatments do not even require anesthesia. Dr. Goldey and members of her team administer fillers and injectables in the office at Mid Florida Eye Center. "We try to make these treatments convenient for our patients, too," Dr. Goldey says. "Plus, since fillers and injectables are non-surgical, most patients are able to return to their normal activities immediately after leaving our office."

### Find out which filler or injectable is right for you

Each skin type and condition has unique characteristics and challenges, which is why Dr. Goldey stresses the importance of choosing the right cosmetic option. At Mid Florida Eye Center, Dr. Goldey is available to discuss the treatment—or combination of treatments—that will result in the best possible outcome for you. After all, it's not only about giving your facial features a lift; it's about lifting your spirits, too.

*To schedule your Cosmetic Consultation, please call 888.820.7878 or 352.735.2020. Find out more information online at MidFloridaEye.com.*

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BREAST CANCER AWARENESS MONTH

# DISPELLING MAMMOGRAM MYTHS

## InterCommunity Cancer Centers and Institute Celebrates National Breast Cancer Awareness Month by Educating Women about the Benefits of Mammograms

**A**ccording to the American Cancer Society, breast cancer is one of the most common cancers affecting women today. In 2014, an estimated 262,270 new cases of invasive breast cancer will be diagnosed in American women and approximately 40,000 women will die from it. The good news is that with regular breast cancer screenings, most women can significantly increase their chances of beating the disease.

In celebrating October as “National Breast Cancer Awareness Month,” InterCommunity Cancer Centers and Institute is educating women about the benefits of mammograms and dispelling the most common myths about them.





For some women, the thought of having to schedule their annual mammogram is as painful as getting their wisdom teeth pulled. However, despite the millions of excuses they may have for wanting to cancel their appointment, there are many more important reasons why they should keep it. Maureen Holasek, M.D., medical director of ICCI in Clermont, is no stranger to the countless excuses and myths women have about mammograms and she has decided to respond to a list of the 10 she most commonly hears from patients.

### 1. I am too young to have breast cancer?

Breast cancer does not discriminate by age, race or religion. While it is most common in women who are 55 years of age or older, it can still afflict younger women too. There are different guidelines about when to begin undergoing mammograms so ask your doctor what's right for you.

### 2. I have no family history so why do I need to be screened?

There is a greater risk of you getting breast cancer if it runs in your family, especially if your sister or mom had it. However, approximately 85% of women who are diagnosed have no family history of the disease. Why take the risk?

### 3. I am extremely healthy and exercise everyday.

Outstanding! You're on the right track, but why not go that extra mile to ensure that you're as healthy as you think? While diet and exercise will reduce your risk, it does not eliminate your chances completely.

### 4. I'm way too busy.

On average, mammograms only take 15-30 minutes and those minutes may turn into additional years on your life if the breast cancer is detected and treated in its earliest stages.

### 5. I can't afford a mammogram?

Mammograms are now free under the health care reform law (the Affordable Care Act) and with no deductibles and copays. Medicare also covers mammograms.

### 6. The radiation is too risky.

We may be exposed to more radiation from our cell phones than we are from mammograms. So if you refuse to give up your cell phone, why not use it to schedule your next appointment. It could be a lifesaver.

### 7. I do regular self-exams and never feel any lumps.

I'm proud that you're being so proactive about your breast health, but mammograms can find even the smallest tumors up to three years before you can feel them. The earlier we can find the tumor the greater the chance we have at successfully treating them.

### 8. Mammograms will not help because my breasts are too dense.

Mammograms are far from useless. While they are not as effective in detecting breast tumors in dense breasts, the addition of an ultrasound or MRI helps to detect nearly 100% of cancers.

### 9. It's uncomfortable and painful.

A mammogram is quick and the pain, if any, is brief. However, you can further reduce your level of discomfort by scheduling it when your breasts are less sensitive, taking an aspirin or over-the-counter pain reliever before your screening, and most importantly, Let the radiologist know that you might be sensitive. He or she might be able to make the mammogram a more positive experience.

### 10. I am too afraid of what my screening may find.

Having to face a potential breast cancer diagnosis is frightening to us all. But let's not jump to conclusions because you may never receive the bad news you fear. And if you do, by getting your annual mammogram you will have significantly increased your chances of beating the disease.

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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).

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Dr. Castellano

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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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### Bio

Tom Tran PA-C, MPAs is one of the few Physician Assistants in the US that is NCCPA Surgery Boarded. He has extensive training, which includes 10 years experience in Trauma, General, and Vascular Surgery. He invented the Transcatheter Extractor®. He was awarded Florida PA of the year in 2007, and is the current Treasurer of the National PA Foundation. He is the Clinical Director at Comprehensive Vein Center in The Villages, which has been a state of the art Vein Center designated to vein treatment for over four years. He has performed over 2,500 Laser and VNUS Closure procedures, and over 10,000 combined Ultrasound Guided foam and Visual Cosmetic Sclerotherapy procedures.



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

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

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

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

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## URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM

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

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

### A TEAM EFFORT

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



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

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

### SIMPLY THE BEST

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

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



Adam Santos, PA-C

*"Your care means more to us than your wallet"*



John Santos, ARNP

## MISSION STATEMENT

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

## MOTTO

Hard work pays off and honesty will prevail

## 441 URGENT CARE GOALS

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

## OUR PHILOSOPHY

*See you at your convenience*

*Provide top level care without top level pricing*

*Be ever mindful that your time is valuable*

*Create a warm and relaxed environment*

*Include you in the medical decision process*

*Treat you as we would treat our own*

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

### ILLNESSES:

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

### INJURIES:

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

# 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."

The Fuse system recently received FDA 510(k) clearance for marketing in the U.S. "As an early adopter of the innovative Fuse system, Gastro-Colon Clinic is at the forefront of U.S. healthcare providers offering the best technology and procedures for detecting colorectal cancers," said Dr. Kesari. "Our team is proud to be using the new system in our ongoing effort to reduce cancer and provide the highest quality care to our patients."

In a multi-center trial conducted in the U.S., Europe and Israel, researchers performed a series of colonoscopies comparing standard, forward-viewing endoscopes and the new Fuse system.

The endoscope used in the first examination was selected randomly. After the first inspection, each patient immediately underwent a second colonoscopy performed by the same doctor, but with the competing endoscope. The 185 patient trial showed standard, forward-viewing endoscopes missed 41% of potentially pre-cancerous lesions,

or adenomas, while the Fuse system missed just 7%. Additionally, Fuse found 69% more adenomas when compared to standard, forward-viewing endoscopes. The results of this clinical study were presented at a major medical society meeting earlier this year and recently published in The Lancet Oncology.

"Standard, forward-viewing endoscopes provide up to 170 degrees of forward vision. The advantage of Fuse is that it allows endoscopists to examine twice the anatomy with a wide 330 degree view. This is especially advantageous because adenomas can be missed in difficult to find areas of the anatomy," said Dr. Kesari. "The findings are compelling and support the data from previous studies showing the limitations of standard, forward-viewing endoscopes. EndoChoice's innovative Fuse technology dramatically improves the effectiveness of this life-saving procedure. And improving the effectiveness of every procedure we perform here at Gastro-Colon Clinic is what we're all about."

Patient scheduling with the new Fuse system is now underway at Gastro-Colon Clinic. More than 15 million colonoscopies are performed across the United States each year and most insurance companies cover the costs for those patients over age 50.

## Gastro-Colon Clinic Dr. Anand Kesari

7535 SW 62nd Court,  
Ocala, FL 34476

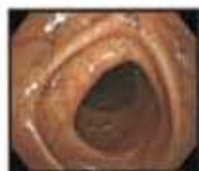
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Sumterville, FL 33585

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Ocala (Shores), FL 34472

10435 SE 170th Pl.,  
Summerfield, FL 34491

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.



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www.gastro-colon.com



# 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%.

# Dealing with Sciatica Shooting Down the Leg?

## DON'T PAY THOUSANDS FOR SPINAL DECOMPRESSION!

By Compton Chiropractic Care

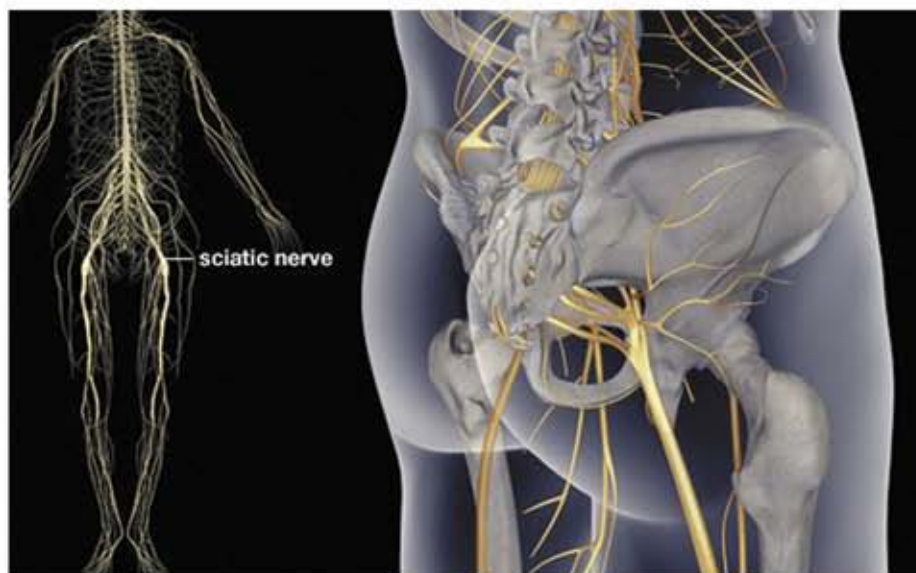
**S**ciatica is a pain that you would not want to wish on your worst enemy. It is described as a sharp and shooting pain travels down the leg, but most people experiencing the symptoms will describe it as a numbness, tingling or burning sensation.

You may have considered local newspaper advertisements advertising decompression, but don't want to pay thousands up front for long treatment plans. Well at Compton Chiropractic there is a more affordable decompression therapy called Cox Flexion distraction technique that can relieve your sciatic symptoms.

What makes Cox flexion distraction different from other decompression machines is the doctor is with you at all times. The doctor will use his hands and the machine to make corrections as he is administering treatment. Ask yourself this question: Do you want a machine taking care of you or do you want a top rated experienced doctor there with you at all times that can make adjustments and provide you with better results with fewer visits?

Having the doctors at Compton Chiropractic control the decompression from start to finish guarantees that the patients will receive more effective care and much shorter treatment plans. The typical treatment is 8-12 visits where as other decompression therapies require a patient to undergo over 26 visits. Our doctors also works with your primary care physicians, neurologists, and neurosurgeons in order to provide effective conservative care first. The truth is not every patient is a candidate for major surgery or prescription medication. This conservative treatment has been shown to decrease disc pressure by approximately 75% thus allowing relief of the signs and symptoms of disc related pain (Sciatica). The average treatment time last about 15 minutes and most patients report feeling better in just a few visits.

The Cox Flexion distraction was developed by Dr. James M. Cox For 50 years Dr. Cox has designed this decompression treatment; documenting the science of



this non-surgical alternative to back surgery approach to back pain relief in the hands of well-trained back specialists.

Evidence-based protocols are tested in laboratory trials and clinical trials supported by privately funded, clinician-volunteer, and federally funded research grants. Their objectives are to document the effect decompression has on the spine and its nerves to relieve pain (drops pressure) as well as the amount of time in days (29 average) and visits (12 average) it takes to relieve pain.

These protocols are well-defined in medically-published textbooks and peer-reviewed journal articles. Their proper application, even the amount of force, is taught in recognized postgraduate and graduate training programs. Patients seeking relief of their lower back pain and neck pain can rest easy knowing that Cox Technic flexion distraction protocols are safe, gentle, and well-documented to help them.



**Compton Chiropractic Care**  
**352-391-9467**

Doctor Compton shares that, "some patients are candidates for surgery in order to correct their sciatic symptoms; however in most cases I able to postpone or prevent surgery for my patients."

The Doctors at Compton Chiropractic are graduates from Palmer College of Chiropractic and have been serving The Villages since 2006. The Doctors are integrated with several local

primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively.

### Dr. Compton shares how many residents have become his patient's:

#### First:

- Most patients come directly to our office as referrals are not necessary.

- Others tend to start at their Primary care Physicians office (PCP). The PCP will evaluate and treat with medication. Then the patient presents to our office.

#### Second:

- We evaluate and treat the patient while working with the PCP if indicated.

- We treat as needed based on the patient's presentation (3-12 visits). Should we fail to see results quickly we recognize the need to progress the case. This means advanced imaging and orthopedic consultation.

**COMPTON CHIROPRACTIC CARE**

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

**Our Philosophy**

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

**Our Facility Offers**

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

**Accepting**

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

**FREE  
consultation**

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to this advertisement. Expires 10/31/14.

**COMPTON CHIROPRACTIC CARE**



**Dr. Brett Compton**  
Chiropractic Physician  
Palmer Graduate  
U.F. Graduate - B.S. Nutrition  
Military Veteran

**Dr. Brent Compton**  
Chiropractic Physician  
Palmer Graduate  
U.C.F. Graduate  
B.S. Biology Sciences

**Dr. Daniel Taylor**  
Chiropractic Physician  
Palmer Graduate  
U.C.F. Graduate  
B.S. Molecular & Microbiology Sciences

**TESTIMONIALS**

*"I suffered from sciatica for 25 years until a friend told me about Doc. After 4 treatments I was back on the golf course and out of pain." - K.R.*

*"I thought I would live with this pain for the rest of my life, But thankfully I was wrong and Doc was right." - M.M.*

*"Dr. C is an amazing Doctor who actually cares for his patients like they were family." - A.O.*

*"My back feels twenty years younger." - C.C.*

*"Although the Doctor was only able to give me temporary relief, he was responsible for getting me to great surgeon who helped me. I will continue to see and trust Dr. Compton." - T.A*

Doctor Compton's office is located in The Palm Ridge Plaza off CR 466 and they accept all major insurances. Office hours are M-F from 9am to 5 pm and Saturdays 9-2.

Compton Chiropractic added on another physician, Dr. Daniel Taylor to their practice. With three physicians on staff, Compton Chiropractic can now more effectively serve it's increasing patient base.

Feel free to set up a free consultation to meet with one our doctors in order to determine what treatment plan may be right for you! 352-391-9467.

**New Patients Welcome!**

**Compton Chiropractic**

11974 CR 101, Suite 101, The Villages, FL  
In the Palm Ridge Plaza / Golf cart accessible / Most Insurances Accepted  
HOURS: MON-FRI 9-5

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- Supports Healthy Glucose Balance

FDA statement: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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# Villages Rehab & Nursing Center

**A**t The Villages Rehab & Nursing Center, we are dedicated to helping our residents maximize their potential and live their lives to the fullest. We offer a modern, comfortable and secure facility staffed by caring professionals where each individual receives the finest sub-acute medical care, Rehabilitation services and 24 hour skilled nursing care. We understand this may be a difficult time for all concerned and we are here to provide the support your loved one and your family needs during this period of transition. We are committed to maintaining a facility where compassionate health care, nursing, and rehabilitation services are provided in an environment of respect, dignity and personal attention to the needs of the individual.

## Rehabilitation Programs

### Taking the team approach to treatment

Our rehabilitative neighborhoods are committed to helping people maximize their potential through our professional services. Our skilled staff specializes in rehabilitative therapy and other services including:

- Internal Case Management
- Home Safety Evaluations
- 24 hour Skilled Nursing Services
- Physical therapy
- Occupational therapy
- Speech / Language Pathology
- Respiratory therapy
- Patient Education
- State of the art pressure reduction beds

Drawing upon years of hands-on experience and utilizing a team approach, we provide a distinct expertise in proven, outcome-oriented treatment techniques. Additionally, our specialized therapies are designed to improve the impairment and lessen the symptoms from certain conditions such as:

### Orthopedic

- Fractures
- Total Knee Replacements
- Total Hip Replacements
- Joint Replacements
- Spinal Injury
- Neck surgeries

### Neurological

- (CVA) Cerebrovascular
- Accident
- Multiple Sclerosis
- Parkinson's Disease
- Communication Disorders
- Neuromuscular Diseases



## Skilled Nursing Care

Our staff is comprised of a dynamic and innovative multi-disciplinary team of licensed physical, occupational, and speech therapy professionals experienced in treating a wide variety of diagnoses, and registered and licensed nurses who have "Quality" nursing skills. They work together to set goals and produce measurable progress with all residents.



## Wound care Services

### Types of wounds treated include:



- Diabetic
- Venous Stasis
- Ischemic
- Pressure
- Post surgical

### Services Include:

- Medical Director
- Medicare and Medicaid Certified
- Physical, Occupational, and Speech Therapy
  - Audiology
  - Vision
  - Dental
  - Psychiatry
  - Dermatology
  - Laboratory
  - Pharmacy
  - Podiatry
- Psychological Counseling
  - Radiology

*and much more...*

## Testimonials

### Patient, Edith, 83

Edith came to Villages Rehab and Nursing Center after being in the hospital for heart failure and other complications. She chose Village Rehab because she had been there once before, after surgery for a broken ankle. She had enjoyed she stay so much then, that she had no trouble deciding where to go when asked where she wanted to be for rehabilitation. While staying at Villages Rehab it felt more like being on vacation at a nice resort than being in a medical facility. Between the amazing cuisine selections, beautiful independent and well furnished living accommodations, fun filled activities and five-star service. Edith almost forgot she was there for medical rehab at all. Her few weeks there went quickly and she makes sure to tell all her friends to go to her place... Villages Rehab and Nursing Center.



### Floor Supervisor, William

William is responsible to make sure that everyone on the floor has everything that they need from the cleaning staff to the wait staff. He's says working at Villages Rehab and Nursing for a year and a half has been a great experience because everyone he works with is a team that is dedicated to the overall resident experience. He believes it all comes down to attitude. When you work in a place that has a positive uplifting attitude, it shows. For example, just for fun, the staff put on a variety show where a few the male workers dressed in costumes and got up and sang songs for the guests during a party. The guests loved it!! Also, each neighborhood group has their own outdoor Bar-B-Q and patio area which they use as their own gathering and party space. This is very different from other facilities and the hospital which he had previously worked at. The guests that stay at Rehab can feel this difference and this is the reason the staff plans on working there for a long time.

**Villages**

Rehab & Nursing Center  
900 CR 466, Lady Lake, FL 32159  
**352-430-0017**

## 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.

Discover a life more fulfilling 

## ACUTE WOUND CARE

Are you suffering from lymphedema and chronic swelling of upper or lower extremities?

**We Can Help!**  
Whether you need short-term recovery assistance or a long-term treatment plan, we deliver the supplies you need to shorten recovery time in your own home!

*Specializing in Pneumatic Compression Systems, specialty dressing supplies for treatment of chronic and hard to heal wounds.*



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# 441 Urgent Care Center

**THE VILLAGES - BUFFALO RIDGE**  
 PH 352-350-1526  
 OPEN DAILY M-F 8am to 6pm  
 SAT & SUN 8am to 6pm  
 Located at 3602 Wedgwood Lane,  
 Buffalo Ridge Shopping Plaza,  
 2 Doors Down From Bonefish Grill,  
 Inside The Villages Lab, Hwy 466

**THE VILLAGES - LAKE SUMTER LANDING**  
 PH 352-350-1525  
 OPEN DAILY M-F 7am to 5pm  
 SAT & SUN 8am to 5pm  
 Located at 910 Old Camp Road, Suite 182  
 Across from Too Jay's in between Citrus  
 Cardiology and the Medicine Chest  
 (yellow building with blue trim)

**SUMMERFIELD**  
 PH 352-693-2340 FAX 352-693-2345  
 OPEN DAILY 8am to 10pm  
 365 Days a Year  
 Located at Spruce Creek Medical Plaza  
 17820 SE 109 Ave., Ste 108  
 Summerfield  
 Across from Wal-Mart on Hwy 441

## OUR PHILOSOPHY:

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

WILLIAM GOELLNER, M.D.

ANNE BAYLIS, PA-C

JOHN SANTOS, ARNP

ADAM SANTOS, PA-C

DR. MARK SBARRO

FARIBA GHARAI, M.D.



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