

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

November 2014

Lake/Sumter Edition - Monthly

www.healthandwellnessFL.com



Not Ready for SURGERY?

New Non-Surgical Options to
Permanently ALLEVIATE PAIN

STRESS The ELEPHANT IN THE ROOM

Cornerstone Hospice

We're in Your Corner

FOREVER YOUNG

5 Ways Treating Hearing Loss
Can REVITALIZE Your Life

LUNG CANCER
Awareness Month



EYE CARE THAT PUTS YOU FIRST.

From helping to pioneer innovations in small-incision, no-stitch cataract surgery and implant technology to being the area's first accredited outpatient surgery center for eyes, Mid Florida Eye Center is consistently at the forefront of eye care. Our physicians—who are all fellowship-trained—are known for many firsts of their own. For this reason, they're regularly sought after to lead training and research.

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



Ray D. Maizel, MD

Gregory J. Panzo, MD

Jeffrey D. Baumann, MD

Stacia H. Goldey, MD, FACS

Keith C. Charles, MD

Shawn C. Wilker, MD



CATARACT, LASER & RETINA INSTITUTE

Board-Certified | Fellowship-Trained | Participating Medicare Provider | Two Surgical Locations

Find out more information online at MidFloridaEye.com

Call 888.820.7878 or 352.735.2020 to schedule your appointment!

THE VILLAGES/STONECREST • THE VILLAGES/SANTA FE • MOUNT DORA • LEESBURG • APOPKA



NEW LOCATION!
Mid Florida Eye Center
The Villages/Santa Fe Crossing
8030 E. CH 466, Suite A

Wish you could easily get rid of your Leg Swelling, Leg Pain and Varicose Veins?



COMPREHENSIVE VEIN CENTER

AT THE VILLAGES

Call Today for your FREE Consultation*

Most Insurances accepted | Golf Cart Accessible

(352) 259-5960 | www.TheCVC.net

1050 Old Camp Road Suite 202, The Villages, FL 32162
2754 Dora Avenue, Tavares, FL 32278

The treatment for varicose veins is a covered procedure if medical necessity is met.

We also specialize in spider veins



Before

After

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

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

Anthony Alatraste MD, Medical Director
Board Certified- ABFM

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

For people who want to hear better.



Time together
is more special with
better hearing.

For over 27 years, millions of Americans have trusted HearUSA for the **best hearing care** in America and the only organization providing **TotalCare**.



TotalCare Experience

Most complete and accurate hearing check-up.

TotalCare Selection

HearUSA offers a broad selection of advanced hearing aids from trusted brands.

TotalCare Technology

Video Otoscope examination – a look inside your ear to determine if you have ear wax.

50% OFF *Hearing Aid Repairs*
Valid on most makes and models. Please call to inquire. Offer valid on hearing aids 4 years old or less. Includes 6 month warranty.

FREE Demonstration
of Brand New Technology!

Call for details.

Call **Toll Free** today for a **FREE Hearing Check-up!**

Now open
in our new
location!

**HearUSA**
America's Most Trusted Name in Hearing Care.

Brownwood Town Center
3618 Kiessel Road, The Villages
Call Toll Free: 855.270.1587



Danielle Rosier, Au.D., F-AAA
Doctor of Audiology

www.hearusa.com

© 2014 HearUSA, All Rights Reserved.

InterCommunity Cancer Centers' 4th Annual



Cancer Survivors' REUNION

Family & Friends Welcome

Friday November 14, 2014
5 pm to 7 pm

Location
American Legion Post
699 W Lady Lake Blvd.
Lady Lake, FL
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.



InterCommunity
Cancer Centers

Vantage Oncology

Lady Lake • Leesburg



Our "people first" policy means that we see people as more than just their health challenges: our residents are people first.



North Campus Rehabilitation and Nursing Center is a member of mid-central Florida's most progressive family of rehab and skilled nursing centers: Arbor Village Rehab and Nursing Center south of The Villages, South Campus Rehabilitation and Nursing Center in Leesburg, and the new Villages Rehab and Nursing Center in Lady Lake.

In accordance with Federal law, the above facilities offer admission and services without regard to race, color, national origin, disability or age.



NORTH CAMPUS
Rehabilitation and Nursing Center

352-323-2400
700 North Palmetto St
Leesburg, FL 34748



SOUTH CAMPUS
Rehabilitation and Nursing Center

352-728-3020
715 East Dixie Ave.
Leesburg FL, 34748

Contents November 2014

- 7 Stop Suffering from Pain
Gulfcoast Spine Institute
- 9 Cornerstone Hospice
We're in Your Corner
- 10 Forever Young:
5 Ways Treating Hearing Loss Can
Revitalize Your Life
- 12 Why All Baby Boomers
Should be Tested for Hepatitis C
- 14 Not Ready for Surgery?
New Non-Surgical Options to
Permanently Alleviate Pain
- 16 Risk Factors, Prevention
and High-Tech Radiation
Treatment for Lung Cancer
- 18 No Surgery, No Downtime,
No Stitches. It is Possible.
- 19 Advancements in Eye Care
- 20 Chronic Leg Swelling
- 21 Stress: The Elephant in the Room
- 22 What is Ablative
Skin Resurfacing?
- 23 National Lung Cancer
Awareness Month
- 24 Urgent Care When You
Need It Most
- 26 Full Spectrum Endoscopy
Procedure for Improved Early
Detection of Colon Cancer
- 27 Our Goal:
Person-Directed Care
- 28 Suffering from Neuropathy?
Shooting Down the Leg?
- 30 Nutri Maqui

CONTACT US

REGIONAL SALES MANAGER
Michelle VanOstran
michelle@healthandwellnessfl.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR - Lisa Minic EDITOR - Lorrie Ritchie



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

To get your article published and for ad rates, call 352-210-5270
michelle@healthandwellnessfl.com

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2014. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

Craig Chappell, DO

Sports Medicine
Non-Surgical Orthopedics



Our mission is to provide personalized, high-quality care on an as-needed or preventative basis. No matter your age or activity level, we can assist you in optimizing your life.

Common Treatments and Procedures

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



Call for an Appointment Today!
(352) 512-0907 | www.fhmlc.net

Learn how to
TAKE YOUR BACK BACK
**FREE SPINE
SEMINAR**

FEATURING DR. FRANK BONO
TUESDAY DECEMBER 9TH AT 4:30PM
Comfort Suites
1202 Avenida Central,
Lady Lake

Seating limited! Reserve today!
RSVP: 352.205.7923 x400
Bring your x-rays & MRI's
for a complimentary consult

**I DIDN'T HAVE TO LIVE
WITH BACK PAIN!
IF I WOULD
HAVE KNOWN!**

- I WALKED AN HOUR AFTER SURGERY... PAIN FREE!
- JUST A 45-MINUTE PROCEDURE
- ONLY A 3/4" INCISION



"I was walking a mile
by the end of the week
and by week three I was
riding my bike. Now I'm
living my life again!"



MEDICARE & OTHER INSURANCES ACCEPTED!

**Over 30,000 patients treated &
13,000 surgeries performed.**

DR. FRANK BONO + DR. JAMES RONZO
BOARD CERTIFIED, FELLOWSHIP TRAINED

Gulfcoastspine  **Institute**
*Minimally Invasive
Spine Surgery*

NATIONALLY FEATURED IN

**Consumer
Reports**
September 2013 issue

Newsweek
LEADERS IN SHOWCASE
SPINE SURGERY

Locations THE VILLAGES, INVERNESS, SPRING HILL AND TAMPA
Learn more at TAKEYOURBACKBACK.COM // 855.485.3262



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

THE VILLAGES // 785 COUNTY ROAD 466 // SUMMIT PLAZA
CALL TOLL FREE // 1-855-GULFCOAST (1-855-485-3262)
GULFCOASTSPINE.COM
TAMPA // HERNANDO // BROOKSVILLE



The numbers to BACK IT UP

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

95%

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

1%

OUR INFECTION RATE IS LESS THAN 1%.

100%

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

92%

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

12,432

MORE THAN 12,432 SURGERIES & PROCEDURES PERFORMED.

30,000

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

10%

LESS THAN 10% OF SPINE SURGEONS PERFORM “TRUE” MINIMALLY INVASIVE SURGERY.

3/4" INCISION

THIS IS THE ACTUAL SIZE OF THE INCISION IN MINIMALLY INVASIVE SPINE SURGERY.



The surgical process begins with a 3/4" incision, to be followed with the use of dilators to gently separate the muscle. This important step eliminates the cutting of muscle fibers and leaves little scarring, fast recovery times, and excellent outcomes.

DR. FRANK BONO
Board Certified
Fellowship Trained

DR. JAMES RONZO
Board Certified
Fellowship Trained



Locations
THE VILLAGES, TAMPA,
INVERNESS, SPRING HILL

Call toll free
1-855-GULFCOAST (485-3262)
GulfcoastSpine.com

MEDICARE
ACCEPTED



GulfcoastSpine
INSTITUTE

Cornerstone Hospice - We're in your corner

Every year, about 6,000 people facing difficult end-of-life decisions call Cornerstone Hospice.

The caring, compassionate professionals on staff are uniquely qualified and committed to providing help. Programs available range from grief support for patients and their families to community bereavement services.

There's Cornerstone SALUTES, which honors veterans. There's "Pet Peace of Mind," which keeps patients connected with their pets. There are many more programs, but it is the people administering them who truly make a difference in the quality of care Cornerstone delivers. The instant a call is received, Cornerstone has an interdisciplinary team at hand. Physicians, nurses, hospice aides, grief counselors, therapists, social workers, chaplains and our most valuable resource — trained hospice volunteers — spring into action. Once they do, this extraordinary group of professionals is assigned to one patient and his or her family. The care is all-encompassing and on call 24/7.

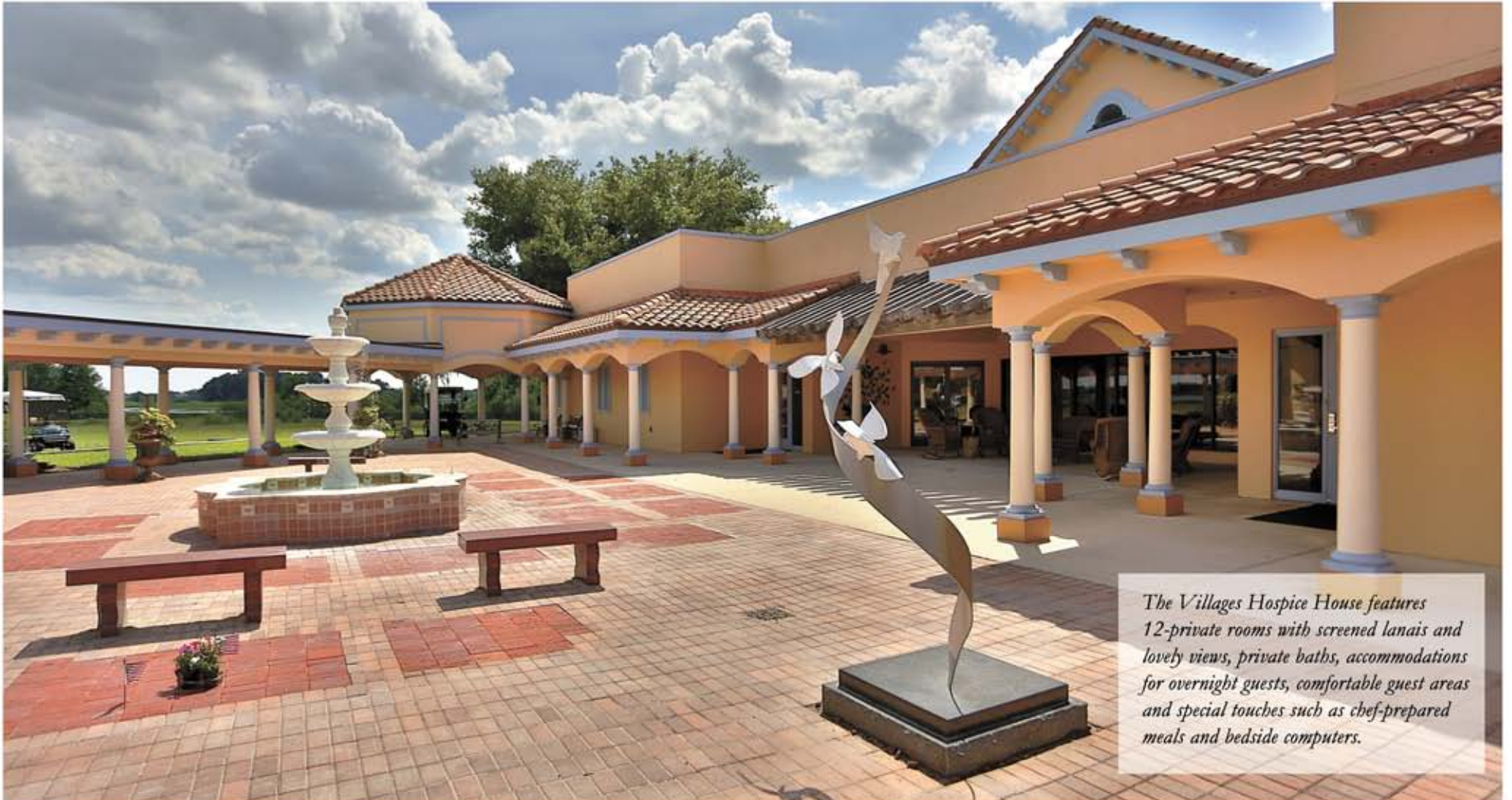


Located in Tavares, this house opened in 1991 and was the second hospice in Florida to have such a facility. It could not be more fitting that our flagship hospice house, built to provide compassionate and loving care for those most in need, bears the name of Helen and Frank DeScipio. Helping others was part of Frank's legacy. He helped lay the groundwork for what would become Cornerstone Hospice and its inaugural leader.

While most patients prefer to travel their final journey surrounded by the comforts of home, those who can't will find the same comfortable level of care at Cornerstone.

The word "hospice" derives from medieval times, when "hospitality shelters" provided a refuge for sick or weary travelers on long journeys. Yet today, the word sometimes conjures up myths and fears. Every one of them quickly is dispelled during the first conversation with a Cornerstone counselor. If you or a loved one is nearing a life-limited stage of life, do not hesitate to call. The most heartbreaking question we hear — and we hear it more than any other — is "why didn't I call sooner?"

Cornerstone Hospice has been serving Lake, Sumter, Orange, Osceola, Hardee, Highlands and Polk counties in Central Florida for 30 years. For information about hospice or Cornerstone in particular, call or visit 888-728-6234 or cshospice.org.



The Villages Hospice House features 12-private rooms with screened lanais and lovely views, private baths, accommodations for overnight guests, comfortable guest areas and special touches such as chef-prepared meals and bedside computers.

FOREVER YOUNG: 5 Ways Treating Hearing Loss Can Revitalize Your Life

Listen up, boomers: Do you want to stay active? Vibrant? Socially engaged? Professionally successful? Most of us do.

So maybe it's time to do something about your hearing.

Chances are, if you're like many baby boomers, you've rocked your way through your fair share of concerts, night clubs, and ear-blasting parties. And you've enjoyed years of other noisy recreational activities to boot. Simply: You've been enjoying life. You've spent decades doing it. And it's been loud.

So now, it's not always so easy to hear the conversation around the table at the restaurant or dinner party – maybe not even in the conference room at work or on those teleconference calls.

Face it. All that enthusiastic living has been hard on your ears. And now they're screaming for your attention.

You should give it to them.

In fact, addressing hearing loss is one of the best things you can do to improve your quality of life and keep up a youthful pace.

Fortunately, for most people with hearing loss, today's state-of-the-art hearing aids can help. In fact, eight out of 10 hearing aid users say they're satisfied with the changes that have occurred in their lives due to their hearing aids.

Many boomers are surprised to learn that dramatic new technological advances have revolutionized hearing aids in recent years. Many hearing aids are virtually invisible, sitting discreetly and comfortably inside the ear canal. And they adjust to all kinds of noise environments, picking up sound from all directions. Some are even waterproof.



www.hearusa.com



Perhaps best of all, seamless connectivity is now the norm. Today's hearing aids are wireless and stream sound from your smartphone, home entertainment system, and other electronics directly into your hearing aid(s) at volumes just right for you.

Here's what getting a hearing test and using professionally fitted hearing aids, if recommended by a hearing care professional, may do for you:

1. Unlock your earning potential. Hearing your best at work helps you do your best. One study found that using hearing aids reduced the risk of income loss by 90 to 100 percent for those with milder hearing loss, and from 65 to 77 percent for those with severe to moderate hearing loss. And people with hearing loss who use hearing aids are more likely to be employed than their peers who don't.

2. Open the door to greater intimacy. Don't let those sweet nothings go unheard. Feeling emotionally close to your partner is one of the most satisfying aspects of any intimate relationship. But it rests on good communication. When hearing loss goes unaddressed, it can make even the most loving partner seem remote or unresponsive. Luckily, research shows that using hearing aids can help improve interpersonal relationships – including greater intimacy.

3. Pull the plug on stress and boost your mood. People with untreated hearing loss often feel angry, frustrated, anxious, isolated, and depressed. But research shows that when they use hearing aids, their mental health often rallies. Many regain emotional stability, become more socially engaged, feel a greater sense of safety and independence, and see a general improvement in their overall quality of life.

4. Bolster your self-confidence. An important perk of using hearing aids can be enhanced emotional well-being. Research shows that when people with hearing loss use hearing aids, many feel more in control of their lives and less self-critical. One Better Hearing Institute (BHI) study found that the majority of people with mild and severe hearing loss felt better about themselves and life overall as a result of using hearing aids.

5. Improve cognitive functioning. Studies out of Johns Hopkins linked hearing loss with accelerated cognitive decline in older adults and found that seniors with hearing loss are significantly more likely to develop dementia over time. BHI studies found that many people with hearing loss report improvements in their cognitive skills with the use of hearing aids.

So go ahead. Revitalize your life. Do something about your hearing. It just may help you feel forever young.

For more information – and to take a free, quick and confidential online hearing check to determine if you need a comprehensive hearing test by a hearing care professional – visit www.HearUSA.com.



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."



Brownwood Town Center • The Villages
Call Toll Free: 855.270.1587

www.hearusa.com

WHY ALL BABY BOOMERS SHOULD BE TESTED FOR HEPATITIS C

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

FOR MORE INFORMATION:

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



www.questdiagnostics.com

The lab you trust is now
in your neighborhood.



Visit our Florida Patient Service Centers

Eustis - North Grove

601 North Grove Street, Eustis, FL 32726
Tel: 352-483-8115 • Fax: 352-483-8125
M-F: 6:30am - 12:00pm, 1:00pm - 3:30pm

Eustis - Prevatt

2130 Prevatt Street, Suite B, Eustis, FL 32726
Tel: 352-357-5725 • Fax: 352-357-6178
M-F: 7:00am - 4:00pm
Drug Screen: M-F 7:00am - 4:00pm

Leesburg - 11th Street

101 South 11th Street, Suite 2, Leesburg, FL 34748
Tel: 352-787-5721 • Fax: 352-787-6837
M-F: 7:00am - 12:00pm, 1:00pm - 4:00pm
Drug Screen: M-F 7:00am - 12:00pm, 1:00pm - 4:00pm

Leesburg - Dixie

801 East Dixie Avenue, Suite 105A, Leesburg, FL 34748
Tel: 352-787-9006 • Fax: 352-787-9113
M-F: 7:30am - 4:30pm
Drug Screen: M-F 7:30am - 4:30pm

Mount Dora

18989 Highway 441, Mount Dora, FL 32757
Tel: 352-383-3474 • Fax: 352-383-8298
M-F 7:00am - 12:00pm, 1:00pm - 4:00pm

The Villages

The Villages
11962 County Road-101, Suite 402, Lady Lake, FL 32162
Tel: 352-205-7144 • Fax: 352-205-7324
M-F: 6:30am - 12:00pm, 1:00pm - 3:30pm

The Villages II

The Villages
1580 Santa Barbara Boulevard, Suite E, Lady Lake, FL 32159
Tel: 352-391-1189 • Fax: 352-391-1203
M-F: 7:00am - 1:00pm, 2:00 pm - 4:00 pm

The Villages III

The Villages
13940 N. US Hwy. 441, Lady Lake, FL 32159
Tel: 352-391-1189 • Fax: 352-391-1203
M-F: 7:00am - 1:00pm, 2:00 pm - 4:00 pm

Appointment scheduling from Quest Diagnostics turns your wait time into free time. Simply schedule an appointment in one of three convenient ways:

- Visit [QuestDiagnostics.com/EZ Appointment](http://QuestDiagnostics.com/EZAppointment)
- Call 1-888-277-8722
- Download our mobile app at QuestDiagnostics.com/GoMobile

*Patient lab results available in select states. See website below for full listing.
QuestDiagnostics.com/patient-results-by-state

QuestDiagnostics.com

Quest, Quest Diagnostics, any associated logos, and all associated Quest Diagnostics registered or unregistered trademarks are the property of Quest Diagnostics. All third party marks - ® and ™ - are the property of their respective owners. © 2013 Quest Diagnostics Incorporated. All rights reserved.



NOT READY FOR SURGERY?

New Non-Surgical Options to Permanently Alleviate Pain and Improve Movement!

By Craig Chappell, DO

Whether 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 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

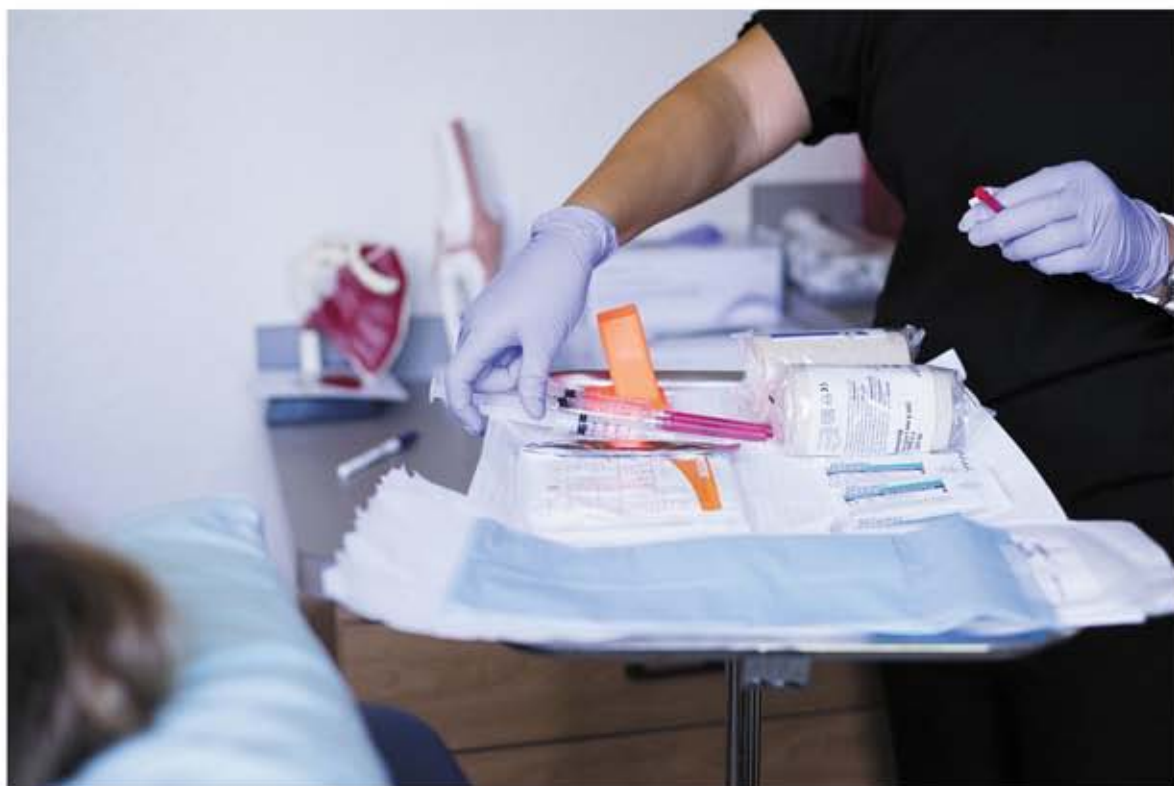
Regenerative injections are a rapidly emerging technique and are showing exciting potential where surgery was once the only option. Painful conditions frequently treated with regenerative injections include osteoarthritis, knee, shoulder, hip and spine, rotator cuff tears, plantar fasciitis, anterior 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
- Back, Neck & Hip Pain

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.

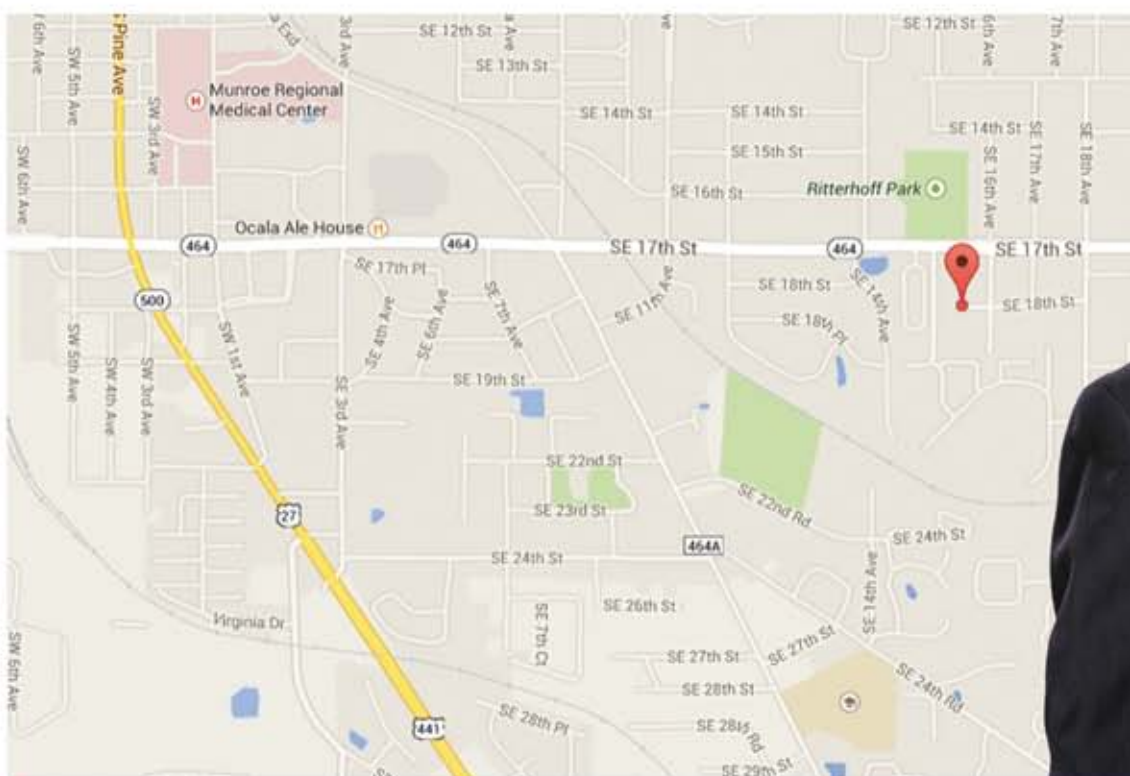
Dr. Chappell has been performing regenerative injections with the use of ultrasound guidance for the past 5 years and has taught regenerative injection technique nationally and internationally.

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 at:
1720 SE 16th Ave Suite 303 Ocala, FL 34471

352-512-0907 • www.fhmlc.net



Craig Chappell, DO
Board Certified Sports Medicine,
Neuromusculoskeletal Medicine,
Osteopathic Manipulative Medicine,
and Family Medicine

NOVEMBER IS NATIONAL LUNG CANCER AWARENESS MONTH

InterCommunity Cancer Centers and Institute Spotlights Risk Factors, Prevention and High-Tech Radiation Treatments for Lung Cancer

The American Cancer Society (ACS) estimates that in 2014 there will be 224,210 new cases of lung cancer and 159,260 deaths, accounting for over 25 percent of all cancer deaths. Lung cancer continues to be the leading cause of cancer death in American men and women. Although tobacco smoking is the main preventable cause of lung cancer, the incidence of lung cancer in non-smoking individuals is on the rise.

In recognizing November as "National Lung Cancer Awareness Month," experts at InterCommunity Cancer Centers and Institute (ICCC/ICCI) are continuing to educate patients about risk factors, preventative tips and advanced radiation treatments to help fight this deadly disease. ICCC/ICCI are part of Vantage Oncology which includes more than 60 cancer treatment centers in 14 states providing quality, personalized care in a community setting.

WHAT ARE THE SIGNS AND SYMPTOMS OF LUNG CANCER?

The ACS' website identifies numerous risk factors, signs and symptoms and important prevention tips regarding lung cancer and they include the following:

- Constant chest pain
- Coughing up blood
- Shortness of breath, wheezing or hoarseness
- Chronic problems with pneumonia or bronchitis
- Swelling of the neck and face
- Fatigue

"Doctors divide lung cancer into two types: non-small cell and small cell, based upon how they look under the microscope. This division is important because the behavior of small cell and non-small cell lung cancers are different. In general, non-small cell tumors tend to grow a bit more slowly than small cell tumors, but both can spread throughout the body, and small cell cancer in particular tends to spread to the brain. Both types are generally treated with a combination of chemotherapy and radiation therapy," said Alison Calkins, M.D., radiation oncologist at ICCC/ICCI.

HOW TO REDUCE THE RISK OF LUNG CANCER

You can reduce your risk of developing lung cancer in several ways including:

- Don't smoke. If you do smoke, quit now.
- Avoid secondhand smoke. There is no risk-free level of secondhand smoke exposure.
- Have your home tested for radon and take corrective actions if high levels are found.
- Avoid unnecessary medical tests that involve X-ray images of the chest.
- Follow health and safety guidelines in the workplace.

"The U.S. Preventative Task Force's report provides us evidence-based medicine to support our longstanding belief that early detection is paramount in detecting lung cancer at its earliest stage and it is absolutely critical for 'high-risk' patients to remain vigilant about their screenings," said Hal M. Jacobson, M.D., Medical Director of ICCC/ICCI. "Early detection is paramount to beating lung cancer and it is absolutely critical for 'high-risk' patients to remain vigilant about their lifestyle choices and screenings."

Vantage
Oncology

 InterCommunity Cancer
Centers and Institute
A Vantage Oncology Affiliate

Leesburg
301 S. Lake Street
Leesburg, FL 32478

Lady Lake
922 Rolling Acres Road
Lady Lake, FL 34748

Clermont
1920 Don Wickham Drive #130
Clermont, FL 34711

(352) 326-2224
www.ICCCVantage.com



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

FIGHTING LUNG CANCER WITH ADVANCED RADIATION THERAPIES

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

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

Because of the precision involved with IMRT and IGRT, ICCC/ICCI radiation oncologists can use higher doses of radiation to more effectively treat the cancer. These external radiation therapy treatments are performed on an outpatient basis and provide excellent survival rates. They are non-invasive and relatively painless treatments that help maintain a patient's high quality of life during the treatment process.

The type of treatment a patient receives depends on several different factors: the type of lung cancer, the size, location, extent of the tumor and general health of the patient. "Finding the right type of treatment is imperative when dealing with any cancer," said Herman Flink, M.D., radiation oncologist at ICCC/ICCI. "With each type of advanced treatment, there is the possibility that the patient will experience minimal side effects so we educate our patients and encourage them to educate themselves about treatments so that they can make an informed decision about what option will be best for them."



THE EXPERIENCE OF INTERCOMMUNITY CANCER CENTERS

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

As part of a larger, nation-wide oncology group of physicians and specialists under Vantage Oncology, the oncologists at ICCC have access to aggregated clinical information and best practices from the treatment of more than 1,000 patients per day, enabling them to develop highly-effective and peer-collaborated treatments. This gives many of the centers that work with Vantage, including ICCC, the ability to offer university-quality treatment services in smaller and more rural areas.

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



It gives local communities exceptional services closer to home and in a non-hospital setting. To learn more, please visit www.ICCCVantage.com.

ABOUT VANTAGE ONCOLOGY

Vantage Oncology offers a complete development, implementation and management solution for radiation oncology practices. It provides ownership opportunities that empower physicians to maintain control of their practice while leveraging the strength of the company's network and clinical resources. A multi-disciplinary team is committed to continuously raising the standards of cancer care. For more information, please visit www.VantageOncology.com.



On this **National Hospice and Palliative Care month,**
we remind you that every month

we're in your corner.



Information **866.742.6655**



www.cornerstonehospice.org

Cornerstone is committed to caring for all hospice patients regardless of payer source or ability to pay. 100% Covered by Medicare & Medicaid

5019096



Results are typical and do vary.

This woman is a busy practice manager, and she wanted a no downtime treatment to help her look more refreshed. One session was all it took for her to get amazing results!



Our book is an easy read and an excellent resource. Here is a comment from ImageLift patient Leah, "I read the book and loved it! It really helped prepare me."

Call now to learn more!
877.346.2435



Results are typical and do vary.

This gentleman was travelling the country and downloaded our book from Amazon.com. He liked our philosophy and visited our clinic. In less than 30 days, he did 2 sessions of long-term fillers. No surgery, no downtime, no stitches, and he had a tiny bruise on his cheek to show for it. He looks younger and healthier, and none of his friends can figure out what he has done!



IMAGELIFT®

**No Surgery, No Downtime,
No Stitches. It is possible.**

Did you realize this is possible in today's world? There are many treatments available to help us look younger that do not involve surgery, Nothing ever replaces what a facelift can do, though are you sure you really need one? What if you are scheduled for a facelift, and you realize that there is something better than can help you AVOID a facelift?



Seek the expert opinion of Dr. Rich Castellano at ImageLift. We are a National Center of Excellence with our longterm fillers, and we train other doctors and medical personnel from out of town and out of the country, Featured on ABC, CBS, FOX, and NBC, Dr. Castellano is sought out from across the country and internationally,



Mention this ad to receive a complimentary facial mask/treatment valued at \$150 with any consultation

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

CALL NOW TO RSVP - LIMITED SEATING

PROMO CODE: "HEALTH"

- Nov 4 11:00am - ImageLift Villages Office: Luncheon
- Nov 6 1:00pm - Holiday Inn Ocala - 3600 SW Avenue - Seminar
- Nov 11 1:00pm - Waterfront Inn - 1105 Lakeshore Drive - Seminar

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.

THE VILLAGES // 8630 East County Road 466
877.346.2435 // www.IMAGELIFT.com

Dr. Castellano

Mid Florida Eye Center Looks Ahead to Advancements in Eye Care

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

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

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

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

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



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

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

Board-Certified | Fellowship-Trained | Participating Medicare Provider
Two Surgical Locations | Five Office Locations
 • THE VILLAGES/STONECREST • THE VILLAGES/SANTA FE
 • MOUNT DORA • LEESBURG • APOPKA



CATARACT, LASER & RETINA INSTITUTE

Call us toll-free at 1-888-820-7878 or at 352-735-2020 to Schedule Your Appointment.

CHRONIC LEG SWELLING

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

In the US, over 13% of the population is affected by leg swelling. It costs over 200 million dollars a year to treat and manage this debilitating condition. It can affect your lifestyle, cause pain, infections, skin color changes, blisters, cramping and tired, achy legs.



Common Causes of Leg Swelling

There are many causes of leg swelling. Some of the more common ones include:

- Congestive Heart Failure
- Venous Insufficiency or Varicose Veins
- Medications
- Obesity
- Trauma
- Blood Clots
- Electrolyte Imbalance
- Kidney Problems
- Infections
- Skin Diseases

Tests to Determine Cause

In order to treat and manage your leg swelling, the causative factor needs to be determined. It starts with going to your primary care provider or a leg

swelling specialist to first identify what initially caused your leg swelling. From then, the appropriate tests need to be done to rule out certain causes. One example is a specific test of your veins called a reflux study done at a dedicated vein center. This test is highly specific because it gives information about how much blood is pooling in your veins, if you ever had a blood clot, and what your deep and superficial veins look like. Ultrasounds done at hospitals or a non-dedicated vein center will only show if you have a blood clot or not. There are many other tests, including: labs, xrays, CT scans, MRI, and other invasive dye studies. However, ultrasound is non-invasive and cost effective to rule out an easily correctable underlying vein disease. To avoid costly expenses to the patient, these tests need to be properly ordered by your provider or specialist in leg swelling.



COMPREHENSIVE
VEIN CENTER
AT THE VILLAGES

**Call Today for your
FREE Consultation***

Most Insurances accepted | Golf Cart Accessible

(352) 259-5960

www.TheCVC.net

1050 Old Camp Road Suite 202, The Villages, FL 32162
2754 Dora Avenue, Tavares, FL 32278

The treatment for varicose veins is a covered procedure if medical necessity is met.

Treatment Options

Once a cause is identified, treating your swelling has many factors. One common practice from many practitioners is to prescribe a diuretic for leg swelling. For some conditions such as Congestive Heart Failure, diuretics work well. For others, it will not work at all and will be more problematic than helpful. The usual leg elevation, swimming pool exercises, compression stockings, and appropriate skin care helps and prevents complications. Whatever the treatment options are, the appropriate diagnosis needs to first be made.

Vein Disease May Cause Leg Swelling

One of the most missed evaluations of leg swelling is being able to recognize that an underlying vein disease is causing the problem. Veins bring blood back to the heart. If your veins are damaged from genetics, obesity, pregnancy, standing or sitting a lot for work, wearing high heels, and blood clots, then you will have blood pooling in your legs.

Start with contacting your Primary Care Provider or visiting Comprehensive Vein Center at the Villages where they treat vein disease and consult on many patients with leg swelling to rule out an underlying vein cause. They offer a detailed ultrasound examination of your veins in the legs, educate you about your anatomy and go over the specific results to corroborate care for your condition. If you do not have an underlying vein disease that is causing your leg swelling, they are able to refer you to their vast specialist network that they work closely with to help treat and manage your condition.

Contact Comprehensive Vein Center at the Villages at 352-259-5960, or visit us online at www.thecvc.net.

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.



To learn more, call Comprehensive Vein Center in The Villages at 352-259-5960, or visit our website at www.thecvc.net.

STRESS

The Elephant in the Room



In my day to day life as a cardiologist, I spend a great deal of my time meeting with patients, discussing with them their symptoms, examining the physical body, running tests, and digesting a great deal of information, all for the purpose of coming to an accurate diagnosis, and moving forward with appropriate recommendations for management of the cardio-vascular needs of the patient at hand. In each interview with a new patient, we establish the basics—you know, those questions you've heard your doctor ask over and over—what are your symptoms, which diseases and surgeries make up your medical history, do you smoke, what are your allergies and medications. One question doctors often never ask is, "How is your stress?" Your doctor will ask you about whether you are having chest pain or shortness of breath, but will rarely stop to ask you if you are happy, whether you are at peace in your heart, or whether you've been anxious or worried about things.

In actuality, these questions are often the proverbial "elephant in the room"—the unacknowledged huge deal. Most people are unaware that the emotional state of a person plays a considerable contributory role in the health and wellbeing of the physical body. In my work as a cardiologist, I do my best to help my patients understand the role their own personal emotional health plays in the overall health of their bodies. Unless a person understands that their stress levels are directly affecting their health, they often do not feel motivated about doing something to improve the quality of their emotional wellbeing.

What most patients don't realize is this—your stress and your emotional health contributes significantly to your overall cardiovascular health. In actuality, studies show that there are countless ways in which emotional stressors affect the cardiovascular system. For example, it has been long known that the "Type A," hard-driving personality is often a risk factor for heart attacks. Recent studies have shown that long-standing anger may make a person more likely to have a stroke. Stress has been shown to increase rates of heart attacks, strokes, arrhythmias, and elevate blood pressure. Chronic stress is known to be related to increased markers of inflammation in the body and slow down wound healing. Depressed patients, not only seem to have heart disease at higher rates than their counterparts, but they also appear to respond less to treatments than others who may not be depressed.

More and more, doctors and patients are coming to learn how important a role that managing stress is as a means to managing overall health. When talking with patients, I often find that they believe that as long as the unpleasant things are occurring in their daily life, they have no choice but to be stressed about them. But, the reality is that stress is not about what is happening to you—it is about how you are responding to what is happening to you. It is a rare person who has no unpleasant or upsetting things in their day-to-day life, so, to wait for life to be free of stressors is not realistic. The solution is to find ways to minimize your response to the stressors, to find ways to be happy anyway. on the beach? Play with your grand kids? Find out what it is in your life that makes your heart sing and find the time to do it!

- **Make time for gratitude.** Make an effort to focus on the positive aspects of your life experience. Keep a journal of what you are thankful for and of the great things that make your life happy. Focusing on the good somehow always makes more good stuff appear.

- **Get a good night's sleep.** It will surprise you how important a good night's sleep is to your overall physical and emotional health. Getting a good night's rest can help lower blood pressure and improve your mental focus.

- **Stay physically active.** Exercise has long been shown to improve mood and mental focus. A daily dose of exercise will go a long way in to helping quiet a restless mind and improve mental focus.

- **Take up yoga.** Yoga is an excellent practice for quieting the mind while having the added benefit of improving the physical health of the body. Yoga practitioners often find that, following a yoga session, they have a sense of improved relaxation and a calmer and quieter mind.

- **Learn to meditate.** Meditation is a practice where one learns to purposefully still and quiet the mind. Regular meditators can tell you that meditation instills a sense of mental clarity and wellbeing, significantly reducing symptoms of anxiety or worry. As an added benefit, meditation has been shown to lower blood pressure in regular practitioners.

The benefits of managing your stress are numerous. As a cardiologist, I can tell you that stress plays a huge role in the diseases I manage in my practice, including heart attacks, heart failure, high blood pressure, and arrhythmias. I encourage you to seek out ways that you can lower your stress, live a happier life, and reduce your cardiovascular risk as well!



Dr. Vallabhan

352.750.2040

Rolling Oaks Professional Park
929 N. Highway 441, Suite 201
Lady Lake, FL 32159

Dr. V

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

What is Ablative Skin Resurfacing?

Ablative laser skin resurfacing removes the outer layers of skin to a predetermined depth to reduce or eliminate fine lines and wrinkles, improve skin tone and texture, correct uneven pigmentation, reduce pore size, and generate new collagen to provide firmer, more youthful skin. It is effective at reducing acne scars, other types of scars, and stretch marks (striae).

Traditional ablative laser skin resurfacing uses a CO2 laser to remove the entire surface of the skin. The results are tremendous but it is expensive, painful, carries a higher risk of infection, requires up to a month of downtime to heal, and the skin may remain bright red for up to four months.

Fractional laser skin resurfacing divides the laser beam into a grid of columns (pixels) that only remove 20% of the surface of the skin and leave each vaporized pixel on the skin surrounded by living, unaffected skin. Since only a portion of the skin is injured, the surrounding tissue is stimulated and heals the injured sites in one to three days. There is little or no discomfort or residual redness and very little risk of infection. Because each treatment affects only a portion of the skin, multiple treatments are required but the total down time and expense is a fraction of that for traditional ablative skin resurfacing.

What is eMatrix Sublative Rejuvenation?

Diagram of differences between sublative and fractional ablative treatments.

Sublative rejuvenation with eMatrix is a unique procedure that uses radio frequency (RF) energy to deliver an effective but controlled fractionally ablative treatment. Each pulse delivers the RF energy in a grid pattern of points that are barely visible at the surface of the skin, but which spread out in a cone shape to treat the skin below the surface (see the illustration at right). Skin structures called fibroblasts are activated to regenerate and remodel collagen, yielding improved skin tone and texture. Each affected point on the skin is surrounded by living, unaffected skin that supports the healing process in the treated area. Like traditional and fractional laser resurfacing, sublative rejuvenation is effective at reducing acne scars, other types of scars, and stretch marks (striae). There is little or no discomfort or residual redness and very little risk of infection.



Before



Immediately post treatment



11 days post treatment

Unlike fractional laser resurfacing, there is virtually no downtime because the surface of the skin is almost undamaged. RF energy is not affected by contrasting color (i.e., a dark skin surface with lighter skin tissue beneath), so the eMatrix is able to treat all skin types and colors. This allows the eMatrix to deposit a greater amount of heat deeper in the skin, which produces a stronger stimulation of new collagen growth. The tradeoff is that the eMatrix is better at treating scars while partially ablative skin resurfacing is better at treating uneven pigmentation. We offer both eMatrix sublative rejuvenation and partially ablative skin resurfacing, which means you will get the treatment that works best for your unique skin.



We offer Glytone products, Avene products, Tzo SPF products, Bare Minerals & Latisse.

SERVICES OFFERED

- VI peel
- Hydra Facial
- Beta Hydroxy Peels
- Face Waxing
- Juvederm ultra
- Radiesse
- Sculptra
- Botox
- Restylane
- Sclerotherapy



The skin is cleansed and a topical numbing cream may be applied (only needed for the highest setting). The RF handpiece is placed against the skin and a short pulse of energy is released. The handpiece is moved to the neighboring area and the process is repeated until the entire area has been treated. During the treatment there is little or no discomfort.

Things you should know.

Minor discomfort, swelling, and redness at the treatment sites may occur. eMatrix treatments should not be performed if you have taken Accutane within the past twelve months.

Clients with a history of frequent herpes outbreaks (cold sores, fever blisters) at or near the site of the procedure should consult a physician to determine if a systemic anti-viral medication should be taken in advance of the procedure.

Exposure to UV light (sun, tanning booths, etc) or excessive heat (hot tubs, saunas, etc) within 24 hours after the treatment may cause or increase discomfort. You will receive detailed, printed post-treatment instructions to ensure the best possible results.



The Dermatology Center

We offer eMatrix at any 3 of our Locations!

931 US Hwy. 41 S. Inverness, FL
(352)-637-1310

836 Cr. 466 Lady lake, FL
(352)-750-4614

6020 Park Blvd. Pinellas Park, FL
(727)-548-9196

NOVEMBER IS LUNG CANCER AWARENESS MONTH

With the changing of the seasons and the holidays approaching, November has another significant meaning. It is Lung Cancer Awareness Month.

Many people don't know but Lung cancer is the second most commonly diagnosed cancer in both men and women. However it is still the most common cause of cancer death next to the three most common cancers combined (colon, breast and prostate). Lung cancer is a complex disease to treat and understand. Understanding the basics of lung cancer is an important step in preventing lung cancer deaths. If you know the facts about lung cancer it will be easier to understand and talk to your doctor.

When a person has lung cancer, they have abnormal cells that cluster together to form a tumor. Unlike normal cells, cancer cells grow without order or control and destroy the healthy lung tissue around them. Many people with lung cancer don't experience symptoms until the disease is in its later stages. There are very few nerve endings in the lungs, which mean a tumor could be present without causing pain or discomfort. When symptoms are present, they are different in each person.

These symptoms can include:

- A cough that doesn't go away and gets worse over time
- A chronic cough or "smoker's cough"
- Hoarseness
- Constant chest pain
- Shortness of breath, or wheezing
- Frequent lung infections, such as bronchitis or pneumonia
- Coughing up blood

Interim
HEALTHCARE INC.

Leesburg

352-326-0400

www.interimhealthcare.com/leesburg

Ocala

352-351-5040

www.interimhealthcare.com/ocala



Some symptoms of lung cancer may not seem related to the lungs or breathing. These symptoms can still be a sign of lung cancer because lung cancer usually does not cause symptoms in the earlier stages of the disease. This means some symptoms do not appear until the cancer has spread to other parts of the body.

These symptoms may include:

- Loss of weight
- Loss of appetite
- Headaches
- Bone pain or fractures
- Blood clots

If you are experiencing any of these symptoms, see your doctor immediately.

To help protect yourself against lung cancer, there are certain precautions you should take.

1 If you are a smoker. STOP! If you don't smoke, don't start. Avoid second hand smoke.

2 Test your home for Radon (a colorless, odorless gas)

3 If you have been exposed to dust or fumes at work or home make sure all air ducts and vents are properly cleaned. If you have a water leak make sure it is cleaned up promptly so that no mold forms. Be careful when using cleaning chemicals that have a strong odors or fumes.

4-Help fight pollution

There are several different treatment options for lung cancer. The type and length of treatment time is chosen by you and your doctors. These treatments are based on:

- the type and stage of lung cancer you have
- other existing health issues
- your own preferences

These treatments options include Radiation, chemo therapy, surgery, therapies, palliative care, clinical trials and last end of life care.

Cancer is not an easy disease to grasp but with proper nutrition and preventative care this can make a difference in your life and the loved ones around you. Let's all ban together and fight this horrible disease.

URGENT CARE

WHEN YOU NEED IT THE MOST

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

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

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

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

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

SUMMERFIELD

OPEN DAILY
8am to 10pm
365 days a year

Office:
352-693-2340
Fax: 352-693-2345



Spruce Creek Medical Plaza • 17820 SE 109 Ave, Ste 108
Summerfield • Across from Wal-Mart on Hwy 441

THE VILLAGES - BUFFALO RIDGE - CR466



OPEN M-F
8am to 6pm
SAT & SUN
8am to 6pm

Office:
352-350-1526

3602 Wedgwood Lane, Buffalo Ridge Shopping Plaza,
2 Doors Down From Bonfish Grill, Inside The Villages Lab, Hwy 466

THE VILLAGES - LAKE SUMTER LANDING

OPEN M-F
7am to 5pm
SAT & SUN
8am to 5pm

Office:
352-350-1525



910 Old Camp Road, Suite 182, Across from Too Jay’s in between Citrus
Cardiology and the Medicine Chest (yellow building with blue trim)

URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM

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

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

A TEAM EFFORT

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



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

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

SIMPLY THE BEST

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

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



Adam Santos, PA-C

"Your care means more to us than your wallet"



John Santos, ARNP

MISSION STATEMENT

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

MOTTO

Hard work pays off and honesty will prevail

441 URGENT CARE GOALS

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

OUR PHILOSOPHY

See you at your convenience

Provide top level care without top level pricing

Be ever mindful that your time is valuable

Create a warm and relaxed environment

Include you in the medical decision process

Treat you as we would treat our own

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

ILLNESSES:

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

INJURIES:

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

Dr. Anand Kesari Offers Innovative Full Spectrum Endoscopy Procedure for Improved Early Detection of Colon Cancer



Gastro-Colon Clinic is one of the first in the nation to use EndoChoice's Fuse™ endoscope system to reduce the 'miss rate' of lesions during colonoscopy

Although colonoscopy exams prevent many colon cancer deaths¹ and are the gold standard, for detecting colorectal cancers,² the procedure is not completely effective in preventing cancer cases.³ For this reason, Gastro-Colon Clinic has invested in an innovative technology that significantly improves the accuracy of colonoscopy exams and can greatly reduce the number of potentially pre-cancerous lesions missed by standard, forward-viewing endoscopes.

The Fuse™ endoscope system from EndoChoice®, Inc. uses three small cameras at the tip of a flexible GI endoscope. "Unlike standard, forward-viewing endoscopes that use a single camera, the Fuse system lets doctors see nearly twice as much surface area," said Dr. Kesari.

"The Fuse endoscope is all about seeing more of the GI tract. It projects the expanded view on three screens to give physicians previously unseen views, such as behind colonic folds and difficult anatomy. We are pleased to offer this important new technology to our community."

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

1400 US 441 N. Bldg. 930,
The Villages, FL 32159

1389 S. US 301,
Sumterville, FL 33585

7578 SE Maricamp Rd. #102,
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.



Standard Colonoscope
Limited 170° Field of View



Fuse™ Colonoscope
Panoramic 330° Field of View



(352) 237-1253
www.gastro-colon.com

NORTH CAMPUS REHABILITATION AND NURSING CENTER

Our Goal: Person-Directed Care

At North Campus Rehabilitation and Nursing Center, we know that each person who comes to us for rehab and nursing care is a unique individual whose needs extend beyond treatment for medical conditions.

We know that regaining strength and health depends on an environment that addresses the whole person – body and mind, heart and soul. We want to keep you surrounded with friendly staff who get to know you and your particular needs and preferences and can make your stay comfortable and productive.

We encourage your active participation in making healthcare decisions as well as your exercise of personal choice in matters related to dining, bathing and personal care, and hours for rest and activity. We know that healthcare goals are best met by putting people first.

The support of family and friends can make a real difference in reaching and maintaining your health goals.

North Campus Rehabilitation and Nursing Center is a member of mid-central Florida's most progressive family of rehab and skilled nursing centers: Arbor Village Rehab and Nursing Center south of The Villages, South Campus Rehabilitation and Nursing Center in Leesburg, and the new Villages Rehab and Nursing Center in Lady Lake.



We accept Medicare, Medicaid and most private insurances.

In accordance with Federal law, the above facilities offer admission and services without regard to race, color, national origin, disability or age.



Our Services Include

- Intensive rehabilitation and therapy for conditions related to surgery, stroke and neurological impairment, pulmonary, cardiac and orthopedic events, and for general strengthening.
- Treatment for stroke and other neurological impairments; post-cardiac care; post-surgical care (including hip and knee replacement and other surgical procedures); respiratory and trach care; wound care; treatment for infectious and non-infectious disease; TPN and IV therapies.
- Private and semi-private rooms.
- Newly renovated therapy gyms.
- In-house dental, hearing and optical services.
- Free transportation to and from medical appointments.
- Beauty and barber services available weekly.
- Non-denominational chapel; regular religious services and chaplain visitations.
- Regularly scheduled activities.
- "Quiet Room" indoors for visits or special events with family and friends.
- Outdoor gardens with paved walkways, plentiful seating and a large gazebo.

Our Team

- Physicians, surgeons and specialists in orthopedics, cardiology, neurology, infectious diseases, gastroenterology, pulmonology and wound care who make bedside visits
- Physical, occupational and speech therapists who are using the latest innovations
- A team of nurses and nursing assistants assigned to get to know you as an individual
- Dietician
- Psychologist and psychiatrist; social worker

In addition to meeting your healthcare needs, staff members and service providers at North Campus Campus Rehab work together to assist you in being as happy, safe, active, independent and comfortable as possible.



We know that a good state of mind is essential for meeting health care goals.


NORTH CAMPUS
Rehabilitation and Nursing Center

352-323-2400
700 North Palmetto St
Leesburg, FL 34748

Folks who have recently come to us for rehab have this to say:

"They have the best therapists here. It's a well-known fact. My neighbors and friends agree." Anneliese Happe

"Even though the building is older than some, it's the best place for rehab. There's a good atmosphere to the place." Fred Happe

"No matter who it is, the staff here help you out. They're here to help me out.

They help everybody, and they're very courteous." Stan Loerzel

SUFFERING FROM NEUROPATHY? OUR DOCTORS CAN HELP!

By Compton Chiropractic Care

Neuropathy, otherwise known by its symptoms of numbness, pins and needles, or even a burning sensation in the extremities, has several causes and is slowly becoming an epidemic in our society.

DID YOU KNOW:

In 1976, hundreds of otherwise healthy teenagers, reported to emergency rooms across the country with muscle aches, joint pains, fatigue, and symptoms of neuropathy. The government, particularly the CDC, began to investigate these strange occurrences. They initially believed it was possibly related to a tainted supplement or steroid. Yet, it was eventually determined that the neuropathies these teenagers were experiencing, were due to one common cause. The movie "Rocky", which came out in 1976, depicted a character played by Sylvester Stallone, who was training to be a fighter. Part of Rocky's training included drinking several raw eggs each morning before working out. Many young healthy teenagers began copying this portion of the movie and started ingesting raw eggs each morning. Raw eggs contain a protein called Avidin, and when eggs are eaten raw; this protein binds to biotin in the body and makes this vitamin unavailable to function normally. However, when eggs are cooked this protein becomes denatured and is not harmful. As you can see, there can be many causes of neuropathy in this case it was due to a vitamin being unable to function properly. While the lack of some vitamins may cause neuropathy, excess of other vitamins may increase the risk. This is why you need to see a physician that has experience in helping those with this condition, a physician like the ones available at Dr. Compton's office here in The Villages.

Many of the patients we see here in The Villages have signs and symptoms of neuropathy. Depending on the cause of the neuropathy, treatment may be available. Only a thorough examination and laboratory analysis can determine if an individual is a candidate for care. For example; Neuropathies that start after taking chemotherapy or certain antibiotics, may not be reversible, as they may have caused irreparable damage to the central nervous system. Fortunately, those cases



of neuropathy do not fall into the majority but rather the minority of the causes for this condition. Also, as stated above, a lack of essential nutrients and vitamins may be another cause of neuropathy; however, by far the leading cause of neuropathy is metabolic in nature usually due to type II diabetes.

Many of the patients we see on a daily basis, whom have neuropathy symptoms, have them due to type II diabetes. Even if you have never been diagnosed as a type II diabetic, this still may be the cause of your neuropathy. Unfortunately, medications given for diabetes, may compound the symptoms of neuropathy, as these medications force every cell in the body to intake more glucose than they need, in order to lower overall blood sugar. This causes dysfunction on a cellular level, as our nerve cells are more sensitive to the excess glucose than other cells. Our bodies are made up of millions of cells. Each cell having its own specific function and too much glucose in the blood causes many of the cells not to function normally. There are only two natural methods to get glucose out of the blood; one is to burn excess glucose through activity and exercise, and the second is for the body to store it as fat. Regulating one's blood sugar is simply no different than balancing a checkbook. If we intake more glucose than our body can burn, we will store the excess as fat; just as putting more money into our bank account than we spend will result in stored savings. Unfortunately, many people are still in search of the magic pill, which will allow them to eat whatever they want and not gain weight or develop type II diabetes. This pill simply does not exist.

At Compton chiropractic, we target the cause of neuropathy, and have seen great success at relieving many of our patient's symptoms. We also work with a tremendous amount of patients who seek a natural means of controlling blood sugar. Some are surprised to learn that not all of our patients require manipulations. For example a long time patient was having trouble managing his diabetes. We worked with his family doctor to design a supple-

mental program that worked with his prescriptions to help drop his sugar levels. Within 6 months his doctor was decreasing his metformin and within a year he no longer needed prescription drugs to manage his condition.

Our success is based on the simple premise of making sure we first deliver an accurate diagnosis first then we utilize nutraceuticals and other conservative treatment options to achieve results.

Our doctors pride themselves in using good ole fashion examinations along with high-tech testing and by working with some of the best neurologists in the area. By delivering an accurate diagnosis initially, we can drastically cut down on wasted time. One very important aspect of all neuropathy, but especially diabetic neuropathy, is to remember that patients who seek care quickly tend to see symptoms resolve faster and with less long term deficits.

Some may ask, why would I go see a chiropractor for diabetes or for neuropathy? The answer is that Doctors of chiropractic are trained in diagnosing more than just back pain and the profession has been utilizing functional medicine for many decades to treat patients. We treat our patients on a cellular basis with our specialized nutritional protocols and optimize the body's immune system by removing spinal and extra spinal dysfunction.

So if you, a friend or loved one has been diagnosed with type 2 diabetes or suffers from neuropathy, help is only a phone call away.

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 11/30/14

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 numb feet for 2 years before I decided to see the doctors at Compton Chiropractic. Within 6 visits my feet were back to normal and so was my golf game.*
-Male Patient
- *Dr. Compton, Thank you for being extremely knowledgeable in multiple areas of medicine. The doctor you referred me to solved my problem that had been ongoing for 15 years. Seems like you were the only one who diagnosed it correctly.*
-Female Patient
- *Your group really puts patients first and that is becoming a rare quality these days.*
-Local Physician

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
352-633-0888
www.ComptonChiropractic.com

COMPTON CHIROPRACTIC

Accepting:
• Medicare
• Blue Cross Blue Shield
• Cigna • Aetna
• Humana • PDP
• United Health
• and more

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.

Nutri LifeScience™

For enquiries or order, email to orders@nutrilifescience.com or fax to (941)240-2138.

Benefits of Maqui Berry ...

- Extraordinary Antioxidant Protection
- Natural COX-2 Inhibitor
- Neutralizes Toxic Free Radicals and Protects Cell Against Oxidation
- Supports Healthy Inflammatory Response
- Supports Healthy Immune Response
- Promotes Healthy Aging
- Promotes Healthy Cholesterol
- Promotes Eye Health
- Supports Healthy Glucose Balance

Take charge of your longevity. Drink Nutri Maqui Today!

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.

nutrilifescience.com



Nutri Maqui

Superfruits blend offers numerous health benefits packed into one fluid ounce serving.

Fresh on the heels of its successful debut product launch, Bergamonte, Nutri Lifescience launched Nutri Maqui, a delicious superfruits blend, featuring the benefits of maqui berry blended with several other key high-antioxidant fruits. The supplement, available in an eye-catching bottle, is formulated to support healthy immune response, healthy cholesterol management and healthy blood sugar management.

"American health-conscious consumers really love to drink their nutraceuticals," says Jessica Eng, Nutri Lifescience founder and president. "When formulating this product, we wanted to provide consumers with solutions to their most common health goals—to address healthy immunity, and to support healthy management of blood sugar and cholesterol in tandem with a nutritious diet and healthy lifestyle. Consumers also are very aware that antioxidants help maintain vitality, well-being and health, and they are known to favor any product that enhances their overall daily antioxidant intake. Thus, we formulated Nutri Maqui to help fulfill those goals."

The ingredients in this tasty blend are:

Maqui berry: Maqui berry is the key botanical ingredient in Nutri Maqui for cellular rejuvenation, healthy immune response and healthy aging. Maqui berry is an excellent source of vitamins A and C, and minerals calcium, iron and potassium. Maqui contains very high levels of bioflavonoid antioxidants such as anthocyanins and polyphenols--the anthocyanins and polyphenols in maqui is among the highest of all fruits and vegetables. Anthocyanins can protect cells from free radical damage, which benefits heart health.

Acai: This antioxidant-rich berry is extremely high in anthocyanins, which research has shown to have a healthy protective effect on cardiovascular health. Acai berries are excellent amounts of iron, calcium, fiber and vitamin A.



Elderberry: For centuries Europeans have relied on the immune-strengthening properties of elderberry, and research has found that elderberries to have more potent effect than echinacea.

Elderberry is an excellent source of vitamins A, B and C, as well as bioflavonoids and anthocyanins, which positively influence cell function. Research has shown that anthocyanins in black elderberry boost the production of cytokines, the proteins that act as messengers within the immune system, promoting healthy immune response. Elderberries contains nearly five times the level of anthocyanins than blueberry.

Blackberry: Blackberry is known to contain anthocyanins and polyphenol antioxidants, which have been shown to up-regulate certain beneficial metabolic processes in mammals. Blackberries are high in vitamins C, gallic and ellagic acids and rutin. Blackberries have one of the highest antioxidant levels of fruits regularly tested.

Raspberry: Raspberries are jam-packed with polyphenols and anthocyanins, and are a rich source of vitamin C, dietary fiber, B vitamins, folic acid, magnesium, copper and iron. Raspberries rank near the top of all fruits for antioxidant strength, particularly due to their dense contents of ellagic acid, quercetin, gallic acid, anthocyanins, cyanidins, pelargonidins, catechins, kaempferol and salicylic acid. All these are polyphenolic antioxidants are contributing to the antioxidant capacity.

Pomegranate: Pomegranate contains a variety of antioxidants, vitamins and minerals that help to support healthy immunity and cardiovascular function. It also contains high amounts of vitamin K that helps to support bone health and vitamin B5 that helps the body metabolize protein, carbohydrates and fats. Pomegranate also contains a significant amount of calcium, vitamin C, niacin, thiamin and riboflavin. A compound found only in pomegranates—punicalagin—is shown to benefit the heart and blood vessels. Punicalagin is the major component responsible for pomegranate's antioxidant and health benefits.

Each bottle of Nutri Maqui provides 32 one-ounce servings; consumers may take one to two doses daily. Eng adds that Nutri Lifescience welcomes retailers, wellness centers and health care practitioners to carry Nutri Maqui. For more information and to order, visit nutrilifescience.com or email orders@nutrilifescience.com.



For enquiries or order, email to orders@nutrilifescience.com or fax to (941)240-2138. nutrilifescience.com

Testimonials

Here are some unsolicited testimonials we've gotten from our consumers of Nutri Maqui and/or Bergamonte:

Previously, my immune system is always low until my friend recommended me "Nutri Maqui"

~ Liz, USA

When I read the study I remember thinking "Wow, it would be great if I could lower my cholesterol like that, but does it really work?". After using this product for three months, on and off, my cholesterol readings was down by 16.4%, and more important, my triglycerides and LDL levels dropped 20%. All this with no other lifestyle or diet change. Just taking the capsules each day produced these results.

~ Joe, USA



Skin treatments

THE LATEST ADVANCE
IN NON-LASER
SKIN RESURFACING

HydraFacial MD[®]
Detoxify | Rejuvenate | Protect

The Dermatology Center

**A GENTLE EFFICIENT
TREATMENT FOR
YOUR SKIN: \$120**

Step 1: Cleansing and Exfoliation
Step 2: Glycolic Peel
Step 3: Extractions
Step 4: Serum Application

Schedule your appointment with Jennifer
our Licensed Aesthetician!

836 CR 466
Lady Lake, FL 32159
352-750-4614

931 US Hwy. 41 S.
Inverness, FL 34450
352-637-1310

6020 Park Blvd.
Pinellas Park, FL 34450
727-548-9196



At Interim HealthCare[®], we're
experts in helping people
stay in their homes.

Interim
HEALTHCARE

We offer a wide range of home care services that keep you right where you want to be – safe and comfortable in your familiar environment. Because of our experience, we understand the challenges you – or your loved ones – face, and we know how to help you find the answers you need. And provide the kind of care you can count on. We offer a variety of services, including:

- Private Duty • Nursing • Personal Care • Homemaking
- Senior Care • Companion • Respite Care • Therapy

Interim Healthcare of Leesburg, LLC.
9738 US Hwy 441, Suite 103
Leesburg, FL 34788
352-326-0400

www.interimhealthcare.com/leesburg
License #: 20578096

Interim Healthcare of Ocala, LLC.
2010 NE 14th Street, Bldg. 100
Ocala, FL 34470
352-351-5040

www.interimhealthcare.com/ocala
License #: 20576096

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

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

Colonoscopy saves lives. The fact remains, however, that standard colonoscopes miss many pre-cancerous polyps.

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

Insist on Fuse[®] Colonoscopy.



Anand Kesari, MD
Gastro-Colon Clinic

To schedule a Fuse colonoscopy, call
(352) 237-1253 or visit www.gastro-colon.com



Life Changing.

Look your best, feel your best, without
anyone knowing what you've done.

Find the Valuable Information
You Need!
Free Book, Free Food!

Double
Board Certified
Facial Plastic
Surgeon

Nov 4 11:00am - ImageLift Villages Office: Luncheon
Nov 6 1:00pm - Holiday Inn Ocala - 3600 SW Avenue - Seminar
Nov 11 1:00pm - Waterfront Inn - 1105 Lakeshore Drive - Seminar

Call **855.968.8480**
to reserve your seat **TODAY!**

All seminars are 100% complimentary



IMAGELIFT[™]
www.ImageLift.com

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. *One volunteer will be chosen for a free filler demonstration.

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.