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Health & Wellness[®] MAGAZINE

December 2014

Lake/Sumter Edition - Monthly

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and Those with
Hearing Loss**

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

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Stop Suffering from Pain

OUR STORY

OFFERING ADVANCED TREATMENT OPTIONS AND MAINTAINING A COMMITMENT TO EXEMPLARY SERVICE. OUR DOCTORS FOCUS ON THE SPECIFIC NEEDS OF EACH PATIENT WITH THE GOAL OF RETURNING THEM TO A HEALTHY, ACTIVE LIFESTYLE AS SOON AS POSSIBLE.

Less than 10% of existing spine surgeons actually perform surgery using minimally invasive techniques.

We all know how debilitating back pain can be. It can adversely affect our quality of life and sideline us from participating in our favorite activities.

Gulfcoast Spine boasts two physicians who are nationally renowned for their success in performing minimally invasive spine surgery. Those physicians are Dr. Frank Bono and Dr. James Ronzo. They offer the most advanced diagnostics and treatments for relief of back and spine problems.

The central focus of Gulfcoast Spine is an unrelenting commitment to explore every

possibility of improving patients' lives and helping them return to their prior level of functioning. Providing total patient-centered care in a compassionate, competent manner has and always will be of utmost importance to the entire GSI team.

When you visit Gulfcoast Spine, their medical providers make sure to listen to your questions and concerns, making a thorough list of symptoms before proceeding with a detailed physical exam. These nationally recognized leaders in spine surgery work with you to develop a plan of individualized treatment

to meet your needs.

With their state-of-the-art technology and personable staff, Drs. Bono and Ronzo are dedicated to building a sincere relationship with each patient they treat and doing whatever it takes to ensure your overall health and well-being.

Life doesn't have to stop when pain strikes. We understand how important it is to return to normal, fun-filled activities like hitting the golf course with friends or swimming with the grandchildren on the weekend. Everyone deserves to live a happy, healthy, and pain-free life!

Consumer Reports
September 2013 issue

Newsweek 2012
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1%

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100%

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12,432

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30,000

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10%

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Holiday Season and Those With Hearing Loss

“For many of the millions of hearing impaired Americans, but especially the 27 million living with untreated hearing loss, the holidays may not be all that happy,” says Audiologist Cindy Beyer.

Dr. Beyer, Senior Vice President of HearUSA, said studies have linked hearing loss to stress, frustration, and social isolation, “which can easily be intensified at holiday gatherings with families and friends, when many of those with hearing impairment may find conversations both difficult and isolating.”

While almost all hearing loss can be successfully treated with hearing aids, only 25% of the 36 million Americans with hearing loss have them, according to the Better Hearing Institute, which notes that most hearing aid users report significant improvement in their interpersonal relationships and social lives.

Hearing loss is often labeled ‘the invisible handicap’ because there are no outward signs of limitations. As a result, we may not be aware that a hearing evaluation and the recommendation of hearing aids may be necessary to avoid the breakdown in communications that inevitably comes with untreated hearing loss.

“Today’s digital hearing aids are smaller, smarter and more comfortable than ever before,” said Dr. Beyer. “I can think of no greater gift during the holiday season than encouraging a loved one or a friend with untreated hearing loss to consider the positive impact they could have on their lives.”



Tips for Addressing Family Members with Hearing Loss

- Speak clearly, distinctly, and not too fast. Never shout.
- If you must repeat something, try not to appear frustrated or annoyed.
- If your comment or question is still not being understood, re-word it. Some words are easier to understand than others.
- In a group situation, try to include that person in the conversation.
- Look directly at the person when speaking and place yourself no more than five feet apart.
- Conversation is greatly enhanced when there is no distracting background noise, for example, from a radio or TV.
- When dining out, choose a quiet restaurant. Noisy conversations or the clatter of dishes and tableware are barriers to effective understanding.
- Conversation is much easier in a room with carpeting and upholstered furniture than in a room with tiled floors, high ceilings or wooden furniture.
- Your facial expressions, gestures, and overall body language are important aids in communicating; make sure you have the listener’s attention and that the room is well lit.



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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."

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

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



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

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

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

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



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

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

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

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

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



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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.

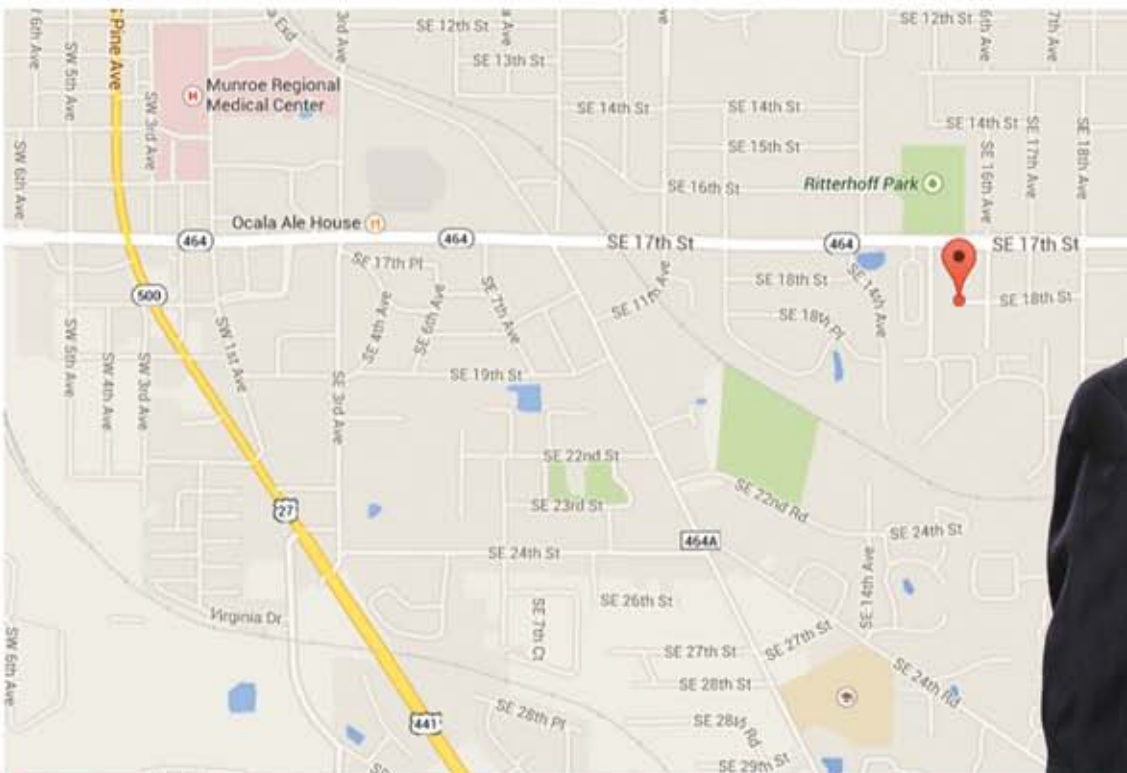
Dr. Chappell has been performing regenerative injections with the use of ultrasound guidance for the past 5 years and has taught regenerative injection technique nationally and internationally.

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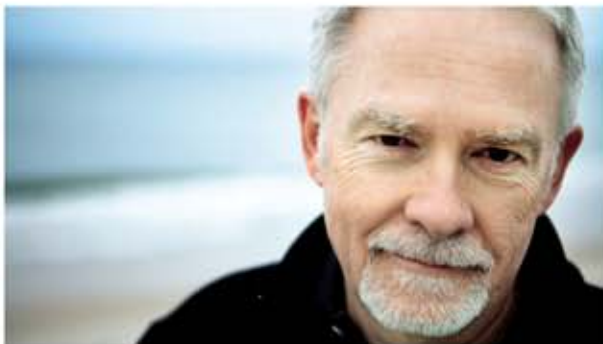
Craig Chappell, DO
Board Certified Sports Medicine,
Neuromusculoskeletal Medicine,
Osteopathic Manipulative Medicine,
and Family Medicine

Low Testosterone

Hormones are chemicals made in your body that act on another part of the body after traveling through the bloodstream. Testosterone is a hormone which is naturally produced in both men and women but is found in much higher levels in men. The majority of testosterone is made in the testicles in men with a small portion of it being made in the adrenal glands. In women it is made in the adrenal glands and ovaries.

Testosterone has been thought to be predominantly a "sex" hormone with the function of improving sex drive and helping maintain erections in men. Recent research has now shown testosterone to also have many other functions, including effects on metabolism, maintenance of bone strength, muscle integrity, cardiovascular health and support of the brain and cognition and mood, in both men and women. Additionally, evidence suggests testosterone deficiencies can lead to other hormonal changes, which may then contribute to the development of type 2 diabetes. Lack of testosterone is also associated with decreased bone density and contributes to osteoporosis and osteopenia. Anemia, muscle weakness; impaired cognitive function, decreased motivational drive, fatigue, lethargy, and an overall decreased sense of well being can also be seen in testosterone deficiencies. Low testosterone levels are associated with increased mortality.

Circulating testosterone levels do fall with age; however, the rate of decline can be quite variable amongst different individuals. A large number of men won't have their testosterone levels fall until the 70th decade, whereas other men's levels will decline at a much younger age. For example, 20% of men older than 55 years of age will have low levels of testosterone. Bioavailable testosterone is the active form that has actual activity on the body's organs, which is only about 2% of a person's total testosterone. When bioavailable testosterone is measured, however, 50% of men above 50 years are defined as having low testosterone. This is why it is important to measure bioavailable testosterone when making clinical decisions about testosterone replacement.



Men May Experience the Following Secondary to Low Testosterone:

- Decreased Sex Drive
- Impotence
- Decreased Muscle Mass and Strength
- Increased Body Fat
- Memory Dysfunction
- Decreased Appetite
- Decreased Hair Growth
- Bone Weakness
- Decreased Red Blood Cells

Once the diagnosis of low testosterone (hypogonadism) is made, further testing should be pursued to help to determine the cause of the deficiency. Some causes can be:

- Aging
- Chronic Medical Conditions
- Acute Illness
- Alcohol Abuse
- Birth Defect
- Testicular Infection
- Testicular Trauma
- Head Trauma
- Medications
- Problems with the Pituitary Gland
- Environmental Toxins
- Chemotherapy
- Type 2 Diabetes
- Sleep Apnea

There is even evidence that nutritional deficiencies can contribute to low testosterone.

The medical history for evaluating low testosterone includes questioning about sexual desire, reduced nocturnal and morning erections, loss of drive, decreased physical energy, fatigue, depressed mood and irritability and even alterations in memory. One must realize that these symptoms as well as others reported by men with low testosterone, such as depression, difficulty concentrating, irritability, and insomnia are non-specific and may be related to other medical conditions as well.

Physical examination for this evaluation may or may not be helpful in making the diagnosis, as findings of low testosterone such as muscle weakness, reduced body hair, and abdominal obesity may also be seen in men with a number of other medical conditions. Additional findings may be small testicular size or poor consistency, abnormal hair distribution, and enlarged breasts.

After history and physical examination is done, the next step in the evaluation would be laboratory testing. Historically, two early morning blood samples drawn prior to 10AM when blood levels are highest, are used to confirm the diagnosis of low testosterone.

Testosterone measurements can also be checked via saliva and urinary levels. The total testosterone can be used to calculate the free or bioavailable testosterone that is thought to be the active form of testosterone. Low levels can prompt the need for additional lab testing to check for potential causes of the low testosterone that may be correctable without testosterone replacement.





Testosterone can be converted to other hormones by different tissues in the body. These major hormones of interest are estradiol and dihydrotestosterone.

Estradiol

In peripheral fatty tissues testosterone can be converted by the enzyme aromatase to estradiol which is a primary form of estrogen. This is one of the reasons overweight men may have enlarged breasts. Significantly elevated estradiol levels in men has been linked to increased mortality and to diabetes.

DHT

Another hormone converted from testosterone is dihydrotestosterone (DHT). In adult males the two actions of DHT are on the prostate where it causes the growth enlargement and sometimes obstruction as is noted in the disease benign prostatic hypertrophy (BPH). DHT also effects the scalp where it causes hair loss as is seen in male pattern baldness. The enzyme that converts testosterone to DHT is called 5 alpha reductase and it has been targeted by medications like Proscar and Avodart to reverse prostate growth. On average, Proscar and Avodart reduce prostate size by 20 – 30 % and can greatly reduce urinary frequency and urgency in many men.

DHT levels are checked after starting testosterone replacement and if they are markedly elevated drugs like these that inhibit the formation of DHT can be utilized to prevent urinary symptoms that are associated with BPH and an enlarged prostate.

DHEA is another hormone that has some similar effects as testosterone. The majority of this hormone is made in the adrenal glands and it also diminishes with aging and can be depleted by chronic stress. DHEA has been shown to protect against heart disease, osteoporosis, diabetes, cancer, memory loss, lupus, and rheumatoid arthritis. It can increase energy levels, libido, memory and immunity.

Replacement

Once the diagnosis of low testosterone has been made, replacement options can be reviewed and a decision made about how to raise testosterone levels. Unfortunately oral testosterone replacement is not an option due to the breakdown by the liver when it is swallowed and can cause liver toxicity. Other options include IM injections, patches, pharmaceutical gels, compounded creams, and implanted Testosterone pellets. Although they all will deliver testosterone to the body, they each have their own pros and cons that can be reviewed by your doctor.

In younger patients a potential “kick start” may be needed to restart the bodies own natural testosterone production and this can be done with injections of the popular weight loss medication which is also a natural hormone HCG or the medication clomiphene.

After Testosterone replacement has been started it is very important to follow up and monitor testosterone levels as well as check other bloodwork to assure no possible complications arise. One such lab is PSA which is used as a screening test for prostate cancer.

Although there is an association between prostate cancer and testosterone, it is an old belief that testosterone administration could increase the risk of developing prostate cancer. In reality there is no evidence to support this and in fact now the medical community is investigating an association between low testosterone levels and prostate cancer.

It is still believed that if there is active cancer of the prostate whether localized or metastatic testosterone can promote cancer growth. Therefore the presence of active prostate cancer is a reason not to use supplemental testosterone.

PSA still needs to be monitored closely during testosterone replacement therapy especially in someone with a family history of prostate cancer. In cases of localized prostate cancer years after successful treatment, with no evidence of active disease as noted by PSA and examination it is very reasonable to initiate testosterone therapy as long as very close follow up is maintained.

Testosterone is a naturally occurring hormone and replacement with its bioidentical form to restore physiologic levels can support a normal and happy sex life as well as improve well being, quality of life and enhancing longevity.

Article by Dr. Mitch Yadven, Urology Partners



Dr. V

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

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Dr. Vallabhan

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Achieve a positive self-image

Dr. Rich Castellano of ImageLift has spent his entire career helping clients obtain a younger, more vibrant look. Throughout the years, this double board-certified facial plastic surgeon has achieved stellar results because he genuinely cares about each patient who walks through his door.

Why does he genuinely care about each patient? The answer is simple. Dr. Castellano takes great pride in enhancing his patients' self-confidence. He understands that beauty is about being self-assured, and when you are confident it is incredibly attractive. Conversely, when your reflection in the mirror returns results you do not recognize ("Is that really me?"), then he is happy to discuss what options are available to help you look your best.

Of course, Dr. Castellano would like to offer some tips on how you can make improvements yourself. Yes, this is actually possible — you just need a little attitude.

"Your body language conveys a great deal about how you feel regarding your appearance," says Dr. Castellano. "Fortunately, there is a whole lot of appeal you can turn on with your smile, your stride, and your silhouette."

Wear it

There are endless benefits to a good smile. A brilliant smile will change our mood, keep us positive, relieve stress, and, perhaps most importantly, make us feel much more attractive. A smile is our first and best facial transformation.

"An unsurpassed smile makes you feel better inside and shines that wattage out into the world," Dr. Castellano says. "You'll more easily win friends and influence clients when you can convince yourself and others how good it feels to smile. Try it!"

Walk it

We convey quite a lot about ourselves by the way we walk. For instance, stooped shoulders express a non-verbal message that translates into a reluctance to socialize. In addition, your stance and stride may express shyness or insecurity. On the other hand, walking with your head high and accompanied by a self-assured saunter will make you stand out in a crowd.

"You'll exude assurance and poise; both traits that beckon success," Dr. Castellano says. "Yet, have you ever seen Superman walking with slumped shoulders? Don't treat yourself any less than

the best; hold your shoulders back and head high and celebrate who you are."

Work it

Many of us have body concerns; we may dislike certain physical features or are unhappy with our dress size. Taking a shortcut, you may opt to wear oversized clothing to cover yourself up. The downside of that fashion choice is you are likely hiding some glorious curves! Be smart and find the styles that fit you. Plus-size clothing lines have come a long way and can help you boldly style your silhouette instead of hiding your body in a shapeless garment.

"Mindset over matter is transformative," Dr. Castellano says. "You can liberate your inner beauty simply by celebrating and emphasizing your unique qualities. Today's women and men are real and powerful. They also embrace alternatives offered by surgical and non-surgical enhancements and they look to themselves for that extra oomph that makes each endlessly beautiful."

Lift your image

For those of you who take these steps and still do not feel like your signs of aging match your lifestyle or how you feel, you can rest assured knowing ImageLift offers numerous innovative office-based cosmetic treatments to help you look your best.

You will talk to Dr. Castellano during your first scheduled consultation visit. And you will be in very capable hands, as the doctor utilizes the latest technologies in facial plastic surgery and also has a proven track record for providing clients with natural-looking results.

Want to learn more about this unique, cutting-edge practice? Then consider attending one of ImageLift's seminars, which are informative, educational, and fun. Below is a list of dates and times where seminars are being held during April.

Call now to receive a free pre-publication copy of ImageLift's new book, **"We Guarantee We Can Make You Look Younger,"** available while supplies last.



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- December 2nd** Luncheon at The Villages ImageLift office: **11a.m. to 1p.m.**
- December 11th** The Waterfront Inn, The Villages: **1p.m.**
- December 16th** Holiday Appreciation Party at The Villages ImageLift office: **2p.m. to 6p.m.**

Dr. Castellano



THE VILLAGES // 8630 East County Road 466
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UNDERSTANDING CHRONIC VENOUS INSUFFICIENCY

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

Do your legs often feel heavy, restless, or painful; or are they covered with varicose or spider veins? If so, you may be one of the many people walking around with venous insufficiency and not even know it. Unfortunately, venous insufficiency is often under diagnosed and under treated. Continue reading to learn more about chronic venous insufficiency, a condition that may be affecting you or someone you know.

When your leg veins cannot pump enough blood back to your heart, you have chronic venous insufficiency (CVI). CVI is also sometimes called chronic venous disease, or CVD. You have three kinds of veins: superficial veins, which lie close to the skin, deep veins, which lie in groups of muscles, and perforating veins, which connect the superficial to the deep veins. Deep veins lead to the vena cava, your body's largest vein, which runs directly to your heart.

When you are in the upright position, the blood in your leg veins must go against gravity to return to your heart. To accomplish this, your leg muscles squeeze the deep veins of your legs and feet to help move blood back to your heart. One-way flaps, called valves, in your veins keep blood flowing in the right direction. When your leg muscles relax, the valves inside your veins close. This prevents blood from flowing in reverse, back down the legs. The entire process of sending blood back to the heart is called the venous pump.

When you walk and your leg muscles squeeze, the venous pump works well. But when you sit or stand, especially for a long time, the blood in your leg veins can pool and increase the venous blood pressure. Deep veins and perforating veins are usually able to withstand short periods of increased pressures. However, sitting or standing for a long time can stretch vein walls because they are flexible. Over time, in susceptible individuals, this can weaken the walls of the veins and damage the vein valves, causing CVI.

What causes Chronic Venous Insufficiency?

Over the long-term, blood pressure that is higher than normal inside your leg veins causes CVI. This can lead to damage to the valves, which can further worsen the problem. In some instances, the valves that prevent blood from flowing "backwards," can be congenitally defective. Other causes of CVI include deep vein thrombosis (DVT) and phlebitis, both of which cause elevated pressure in your veins by obstructing the free flow of blood through the veins.

DVT occurs when a blood clot (properly called a thrombus) blocks blood from flowing toward the heart, out of a deep or perforating vein. The blood trying to pass through the blocked veins can increase the blood pressure in the vein, which, in turn, overloads your valves. Vein valves that do not work properly are called incompetent because they stretch and no longer work efficiently, and incompetent valves contribute to CVI. DVT is a potentially serious condition that causes leg swelling and requires immediate medical attention because sometimes the blood clots in the veins can break off and travel to the lungs. This condition is called a pulmonary embolus.

Phlebitis occurs when a superficial or deep vein becomes swollen and inflamed. This inflammation causes a blood clot to form, which can also lead to DVT.

Factors that can increase your risk for CVI include a family history of varicose veins, being overweight, being pregnant, not exercising enough, smoking, and standing or sitting for long periods of time. Although CVI can affect anyone, your age and sex can also be factors that may increase your tendency to develop CVI; women older than 50 most often get CVI.

Symptoms of Chronic Venous Insufficiency

If you have CVI, your ankles may swell and your calves may feel tight. Your legs may also feel heavy, tired, restless, or achy. You may feel pain while walking or shortly after stopping.

CVI is also associated with varicose veins. Varicose veins are swollen veins that you can see through the skin. They often look blue, bulging, and twisted. Large varicose veins can lead to skin changes like rashes, redness, and sores.

CVI can also cause problems with leg swelling because of the pressure of the blood pooling in the veins. Your lymphatic system may also produce fluid, called lymph, to compensate for CVI. Your leg tissues may then absorb some of this fluid, which can increase the tendency for your legs to swell. In severe cases, CVI and the leg swelling can cause ulcers to form on the lower parts of the leg.

CVI is one of the oldest ailments known to mankind. Recent discoveries in medicine have shown that in some cases of CVI, there is a major contribution to the condition from superficial veins, which are most often varicose. Patients whose condition is due primarily to incompetence of the perforating veins can be treated by foam sclerotherapy, laser, and radio frequency ablation of such veins.

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Bio

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



If you are walking around with painful, restless, swollen legs or have unsightly and bothersome varicose veins, call the Comprehensive Vein Center at 352-259-5960 to learn more about the non-medication treatments that are available. Don't let your venous insufficiency problem go undiagnosed and untreated any longer!

Source: Society of Vascular Surgery

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. 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.

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- 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 are pregnant or 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.



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BEAT THE HOLIDAY BLUES

The holidays are supposed to be a joyful time of good cheer, parties and family gatherings, but it is not unusual for many of us to feel sad, lonely or even anxious during the holidays. This condition, which has come to be called "holiday blues," can occur with any holiday or vacation time. It commonly happens at the end of the year when it can seem that just about everyone is celebrating in some way. High expectations, loneliness and stress can lead to holiday blues during the season from Thanksgiving to New Year's. In most cases symptoms are temporary, but they can be serious if they last for more than two weeks, leading to clinical anxiety and/or depression.

Why are seniors susceptible?

Many factors can contribute to feelings of sadness that seniors may feel around the holidays. The holidays can heighten feelings of grief and loss for seniors adjusting to changes related to the process of aging, such as life without a loved one or close friends, ill health, or a move from a lifelong family home into a retirement home or senior community. They may feel guilty about having feelings of sadness which may in turn intensify those feelings of sadness.

How to manage the holiday blues?

The holiday blues can be a normal response to a stress-filled time of the year, but seniors don't have to suffer unnecessarily. Mental Health America, a non-profit dedicated to helping Americans lead mentally healthier lives, offers the following tips for coping with stress:

- Keep expectations for the holiday season manageable. Try to set realistic goals. Make a list and prioritize the important activities.
- Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.
- Leave yesteryear in the past and look toward to the future. Life brings changes. Don't set yourself up in comparing today with the "good ol' days."
- Do something for someone else. Try volunteering some of your time to help others.
- Enjoy activities that are free, such as taking a drive to look at holiday decorations.



- Be aware that excessive drinking will only increase your feelings of depression.
- Try something new. Celebrate the holidays in a new way.
- Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven't heard from in a while.
- Find a family member, friend, member of the clergy, or a physician or professional counselor you can talk with who can help you through this difficult time.



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When is it more serious than just the holiday blues?

While they may be intense and unsettling, holiday blues are usually short-lived, lasting for a few days to a few weeks prior to or just after the holiday. However, it is important for family members, physicians and other caregivers to be alert to signs of something more serious than just seasonal sadness. Many elderly individuals may feel that depression is a natural part of aging and may not seek treatment on their own.

Depression is a very real and serious disease that can be treated and managed, but can be life-threatening if left untreated. The signs of depression include: sadness that won't lift; loss of interest or pleasure; changes in appetite and weight; thoughts of death or suicide. If you notice that a loved one seems depressed, encourage them to talk to their healthcare provider.

How can Visiting Angels help?

The friendly, experienced, and knowledgeable Visiting Angels team members can help reduce your stress during the holidays by assisting with any home care services needed. During this time of year, we are often busy and having someone to help manage daily health activities can prevent stress and allow you to enjoy the festivities to the fullest.

If health issues prevent you from participating in social events, or if you are lonely and missing loved ones during this time of year, a Visiting Angel can keep you company and make ensure you are properly taking care of yourself to prevent holiday blues and worsening health conditions.

If diagnosed with depression, elderly patients may respond more readily when receiving care in the comfort of home, surrounded by their family and possessions. Interim Healthcare offers an in-home care program to assist patients, families and caregivers affected by depression and other behavioral health disorders to journey towards wholeness. Services include stabilization, medication management, family interventions and long-term management.

If you have any questions about the various home care services provided by Interim Healthcare, please call 352-326-0400 today. We are here to help in any way that we can.



INTERCOMMUNITY CANCER CENTERS AND INSTITUTE WISHES YOU A HAPPY AND HEALTHY HOLIDAY SEASON

Dear Readers,

Every month we try to educate you about the latest trends and treatments in cancer care. This month, InterCommunity Cancer Centers and Institute of Leesburg, Lady Lake and Clermont want to step out of the classroom and welcome you all into our homes as we take this moment to wish you a happy and healthy holiday season.

For more than 25 years, we have had the incredible honor and privilege of meeting and treating some of you or your loved ones. We are humbled by your amazing courage and grateful for your illuminating smiles and indomitable spirits that inspire us every day to continue the fight against cancer. And while we hope that you will be surrounded by the love of family and friends this holiday season, we want to assure you that you will certainly always hold a special place in our hearts and minds.

Thank you for entrusting us with your health and reaffirming why we wanted to become cancer care specialists. Thank you for showing us that surviving cancer isn't good enough and that life is meant to be lived to its fullest. May your holiday season and New Year be your happiest and most fulfilling yet.

THE EXPERIENCE OF INTERCOMMUNITY CANCER CENTERS

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

ABOUT VANTAGE ONCOLOGY

Vantage Oncology offers a complete development, implementation and management solution for radiation oncology practices. It provides ownership

opportunities that empower physicians to maintain control of their practice while leveraging the strength of the company's network and clinical resources. A multi-disciplinary team is committed to continuously raising the standards of cancer care. Vantage provides patients and their families with ultimate peace of mind through its commitment to clinical excellence and superior outcomes. For more information, please visit www.VantageOncology.com.



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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 detection 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 opened its door on 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 for their patients.

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 is 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



Golf Cart Access

3602 Wedgwood Lane, Buffalo Ridge Shopping Plaza,
2 Doors Down From Bonefish 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

Golf Cart Access



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 offers 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 their 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 come 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

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." Ameliese 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

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



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

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



Is Your Swing Hurting Your Back or is Your Back Hurting Your Swing?

By Daniel Taylor DC

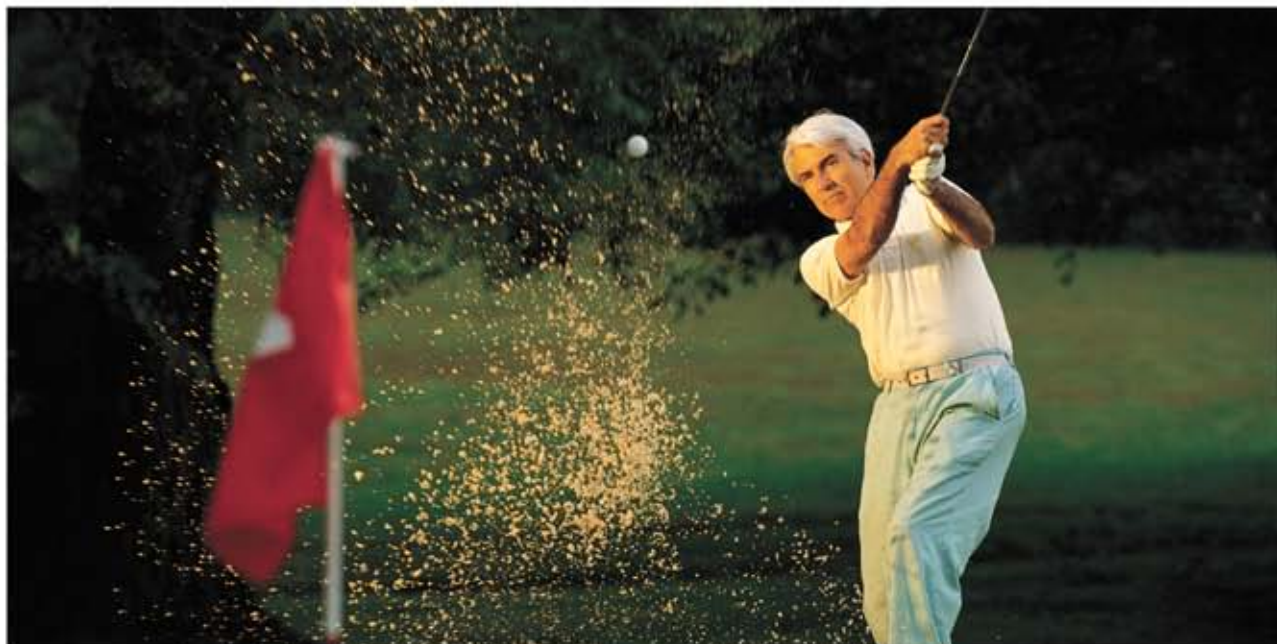
It's a beautiful Sunday afternoon on the golf course; the greens are freshly cut and the sun shining. You drive up to the tee box for the first shot of the day. You bend over to put the tee in the ground and out of nowhere the stabbing, knife-like low back pain hits you hard.

If the above scenario sounds familiar, know that you are not alone; studies reported that 50 percent of those who golf regularly suffer from chronic low back problems. Whether this pain is caused from placing the tee into the ground, riding in the golf cart or hitting the golf ball, know that there are options to eliminate this pain.

There are three fundamental causes of golf injuries: poor posture, lack of flexibility and lack of balanced functioning muscles. Golf is a game of repetitive motion that places torque on one side of the body. This is hard on the body and worse for amateurs because of improper swing mechanics that cause a greater load of stress on the low back. Imagine going to the gym and only working out one side of your body for years while neglecting the opposite side. Now picture yourself bent over in your golfing stance while hitting the ball a hundred times during a period of three to four hours. It's easy to see how golfers set themselves up for injuries.

Another aspect of your golf game that chiropractic can improve is your swing. Every golfer can agree that it is essential that the body is balanced from head to toe in order to have the perfect golf swing. In order to perform your best, you need to have unrestricted, fluid motion throughout the spine and pelvis. An improper stance will have a profound effect on your golf swing. Think of the body as a machine that stores and uses energy. Angular momentum only exists through fixed axis rotation (your spine). Your arms, hands and golf club all rotate around the spine. When the spine turns, the body creates a centrifugal motion for the club to follow. In order for there to be a fluid motion there must be a healthy, freely moveable spine and proper balanced muscles. Still unsure if chiropractic could help your game? Ask one of golf's greatest about chiropractic. *"I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing"*

- Tiger Woods.



Common golf related diagnosis include:

- **Sacro-iliac (SI) joint dysfunction:** This basically means that the SI joint has lost its normal fluid motion due to a fixation. Typically 2-4 visits can solve this complaint.

- **Facet Syndrome:** Facets are the name for the joints in the spine. At times these joints can experience abnormal motion (commonly from a golf swing) and become fixated. Very similar to SI joint dysfunction and often the two conditions exist concurrently. Again 2-4 visits usually.

- **Sprain/Strain injuries:** Very common with any athletic event. Typically minor conditions can self-resolve. However proper stretching, support and in office rehabilitation are always recommended.

- **Sciatica:** Often the most misdiagnosed disorder on the golf course. Everyone thinks pain down the leg is sciatica. However, there are actually many causes for pain down the leg and a proper diagnosis is essential in order to properly treat the symptoms. This complaint is a large part of our practice. Call today to learn more.

The next time you are on the golf course focus on these things:

1. Are your feet balanced and comfortable at address?
2. Do your feet have to flare out in order to turn on the backswing?
3. Do you find yourself walking slightly crooked the day after a round of golf?
4. Do you find it difficult to get out of bed for a few days?
5. Is it painful to play the game?

If you answered yes to any of these questions, then contact us so we can address these issues. As avid golfers ourselves, we understand how easy it is to hurt yourself trying to hit that 300-yard drive.

At Compton Chiropractic, we offer spinal adjustments, decompression, preventive swing advice, rehabilitation exercises, physical therapy and nutrition in order to reduce pain and improve spinal posture and mobility. We treat a wide variety of village athletes including those who participate in pickle ball, tennis, softball and swimming.

So the next time you are on the greens ask yourself, 'is your swing hurting your back or is your back hurting your swing'?

Compton Chiropractic

(352) 391-1126

www.comptonchiropractic.com

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 12/31/14.

COMPTON CHIROPRACTIC CARE



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

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

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

TESTIMONIALS

• *I suffered from 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 • PCP
• United Health
• and more

Central Florida's
Health & Wellness
Magazine

On the Web: healthandwellnessfl.com
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On Twitter: twitter.com
In Your Inbox: Receive our monthly newsletter. Sign up online.

Providing information that will promote living a healthy, well-balanced lifestyle.

www.healthandwellnessfl.com

Marathon Runners Over 30: The Unheard of Advantages

By Curt Davies - curt.davies@marathondriven.com

When you're over the age of 30, running marathons can bring many benefits that are often not the case when you're younger. Whether you're aware of the advantages or not, they do exist, and is exactly what I'm going to be going through in this article. Sit back, relax, and enjoy reading some of the many benefits you get when running and training for marathons.

1. Healthy body and mind

The first and often considered the most evident point is that when you run marathons, you become more physically and mentally healthy. You've also probably heard that the key to a good race is a healthy mind, correct? Nonetheless, running changes you for the better. When you first begin to run marathons, you'll find it to be particularly hard as you don't have much experience. As you become more qualified and experienced as a marathon runner, you'll notice how much easier it is to run a marathon in comparison to when you just started. You'll also begin to notice how much better you feel for doing so. Your mind will be clear, and your body will be capable of doing things you never thought were possible! Not to mention you'll look and feel younger the more fit and healthy you are.

2. More energy for important things

When you're over 30, you begin to cherish the more important things in life you never really appreciated. This includes your siblings, family, friends, spouse, and other significant others. When you have children, it can be draining to spend a lot of time with them. They can be high-maintenance and a handful at times, but that's the joys of being a parent (you'll be more appreciative of this when they grow up and won't want to spend as much time with you, trust me!). When you run and train for marathons, you begin to feel more motivated and energized to playing and spending time with those who you consider to be important. This isn't restricted to children: it can be pets, hobbies, travelling, and whatever else you sometimes don't have the energy to do.

3. Meet awesome people

If there's one thing I love about marathon running, it's all the awesome people I get to meet. From

all ages, races, sexes, heights, personalities (you get the point) it really allows you to open your mind which helps you become a better person. Marathon running is a community event – everyone is there for one another, supporting each other from start to finish. I have known strangers helping strangers push through the race, with encouragement, whether it is through words or actions. I find that some of the most positive people are marathon runners, and we're all in it together!

4. Rewarded with a medal at the end

This may not seem like a big deal to many people, but to me, it is – for psychological reasons. Receiving a medal at the end of a long, exhausting marathon is a huge moment, and one you should remember for the rest of your life. The weeks of training put into the marathon, and you're rewarded with sentimental value at the end (it's shiny and looks cool, also). It is proof you finished a marathon. When your friends and family are over, you can wear that medal around your neck with pride – after all, you earned it!

5. Travelling experiences

No matter where you live or what your background is, when you become enthusiastic about running marathons, it opens doors to many different travelling experiences. This gets you outside of your own country or state, and allows for you to experience the cultural differences of the location you're travelling to. Through this, it'll you'll inevitably meet people from all over the world who are there for the same reasons as yourself, and is an ideal way of making new friends with similar interests as you. And at the end of your travel, you'll have an abundance of memories, pictures and videos to share with others for the rest of your life. Just imagine travelling from America to, say... Buenos Aires Marathon in Argentina. What a story that'll be for the rest of your life! I can guarantee you your grandchildren would love to hear that one.



6. Running is an antidepressant

The main issue with medication antidepressants is it can be a risk when consuming the medication. Depending on your health status, age and many other factors, you could be putting your body in potential danger. For example, if you're over the age of 65, you're more likely to be prone to falls, fractures and loss of bones caused by an antidepressant. However, running is a natural, healthy antidepressant and can be done by almost anyone completely free. If you look back at point #1, you'll notice this point isn't exclusive to that point. However, on the topic of depression and antidepressants, running is a proven method of receiving a dose of natural antidepressants, and is recommended by all renowned, credible psychologists.

Conclusion

If you're over 30 running and training for marathons like never before, then I bow down to you, and congratulate you for bettering yourself and your life. It takes heroism to fight against the grain to change your life, and that needs to be acknowledged.

Author Bio

Curt Davies is a marathon enthusiast and has built his own website located at www.marathondriven.com. It's stacked with information and other goodies regarding marathon running and training for those over the age of 30. If you want to find out more about Curt and what he writes about, open the link mentioned earlier.

Marathon Driven
www.marathondriven.com

The Gift Of Joyful Thought

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

My Uncle Mutt always smiled. His real first name was Eugene, but everyone called him Mutt. Late at night, sitting around a pot of Maxwell House coffee, my Dad and Uncle Mutt would tell jokes and “side splitting” hunting and fishing stories until around 2:00 am. Glued to every word and facial expression these two giant storytellers would dish out, I would fight as long as a ten year old could, at the kitchen table to stay awake.

These men loved coffee and each other. For gifts, they would buy for each other the most ridiculous coffee cups they could find. Then when together, they would fill these goofy cups with boiling black coffee.

I remember one Friday night around 10:00 pm as my dad was pouring himself yet another cup he said, “Well Mutt, it looks like we have ran out of coffee.” I jumped to my feet to make a pot so they could keep the stories rolling. When the coffee was finished I poured some for Uncle Mutt and as he looked into the cup with a hairy wrinkled unibrow, he paused, then looked back at me and said, “Is this suppose to be coffee?” I said, “Yes sir” proudly and he said, “It can’t be.” I was deflated and asked, “Why not Uncle Mutt?” He said, “Cause I can see the bottom of the cup.” And he smiled his famous Cheshire Cat grin.

Back at the stove, and very determined, I dumped about ¼ lb. of Maxwell House Coffee grounds in the same pot while they turned back and continued laughing and chuckling. When the pot boiled I flooded my uncle’s cup again, held my breath and waited. He peered into the cup then poured a little of the scalding aromatic brew into a saucer. He gave it a fan with his hand then he raised the saucer to his lips and slowly sucked the coffee from the edge. Only after downing a couple of saucers did he then turn to me, cocked his head slightly, winked and said, “Now that my boy, is a cup of coffee.” I grinned from ear to ear. I loved my Uncle Mutt.

That memory is over 43 years old. I remember it like it was yesterday. I have many wonderful memories and many depressing ones. But I have



chosen to become the curator of this amazing library of my yester-years. I have learned to find the good and the cheerful. I have turned villains into heroes and monsters into saints.

Why would I do such a thing? Wouldn’t it make a lot of sense to be “real?” Well actually, I am being real. I have chosen to galvanize my mind to the thoughts that create true and admirable movies in my heart. Using my memories, I am the producer, the director and the screenwriter. Granted it’s been as tough as nails at times and I’ve wanted to send the heroes and saints back to the evil place I found them in my past. It also took a lot of hunting and pecking around my memories, but I found enough to create my version of *It’s A Wonderful Life*.

After I realized that I had the power, not the villains and monsters, to create my own blockbuster movies in my heart, I could choose to make a Jimmy Stewart, Oscar-Winner or a trashy “C” movie that’s a waste of time, with no life-giving value.

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable.
~Philippians 4:8 NLT

It’s also to my advantage to nose around my memories and find something, even if it is small, to “fix my thoughts on.” I’ve known some pretty mean rascals, and yet every one of them had something admirable that I could pull off the shelf of my heart and put into my basket to create my Oscar winner. See ‘I become’ like the movies I watch over and over in my heart. Over time they shape my actions and I become either bitter or better.

Guard your heart above all else, for it determines the course of your life. ~Proverbs 4:23 NLT

The movies I play in my mind affect how I feel. If I want to be depressed and unmotivated then I play the C movies of pain and shame. If I want to feel motivated and full of joy, I play my version of Jimmy Stewart’s, *It’s A Wonderful life*.

A cheerful heart is good medicine, but a broken spirit saps a person’s strength ~Proverbs 17:22 New Living Translation

This holiday season give yourself “*The Gift of Joyful Thought*.” If you do, you’ll feel awesome and will have a Merry Christmas.

To your spiritual health, Alex E. Anderson
Author, *Dangerous Prayers*

441 Urgent Care Center



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