

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

January 2015

Lake/Sumter Edition - Monthly

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FREE  

**What is Ablative
Skin Resurfacing?**

**Happiness and
Hearing Aids:
Is There a Connection?**

Vein Ulcers

**Thyroid
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Weight Loss Puzzle**



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Danielle Rosier, Au.D., F-AAA
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* Studies conducted at University of Northern Colorado (2014) and Oldenburg Horzentrum (2013) showed that Speech Reception Thresholds (SRT) in cocktail-party situations improved up to 2.9dB for wearers with mild to moderate hearing loss using the latest BestSound™ Technology with Narrow Directionality, compared to people with normal hearing. This corresponds to over 25% improvement in speech understanding.

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Central Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals', health and wellness centers', shopping plazas', grocery stores and many other locations.

The screenshot shows the website interface for Health & Wellness Magazine. At the top, there's a search bar and navigation links for Charlotte Edition, Collier Edition, Lee Edition, Advertise with Us, H&W Archives, and Contact Us. The main content area features a large article titled "Skincancer" with a sub-headline "By Janet Henry, MD, Board Certified Radiation Oncologist". Below this, there are three smaller article thumbnails for "Read Our Flip Book Version" in Charlotte County, Collier County, and Lee County. A "Featured Article" section highlights "The Other Side of Parkinson's Disease" by Dr. Ramon A. Gil, MD. On the right side, there's a "In This Issue" sidebar with links to various articles like "Living with Diabetes?", "Why Wellness Works", and "Is It My MEMORY... or Is It My HEART?". At the bottom right, there's a "SIGN UP FOR OUR NEWSLETTER" form with fields for Name and Email.

Contents January 2015

- | | |
|---|---|
| 7 Stop Suffering from Pain
Gulfcoast Spine Institute | 18 The Villages Facelift Specialist
You Can Trust |
| 9 What is Ablative
Skin Resurfacing? | 20 Be Clot Aware: Spotlight on
Deep Vein Thrombosis (DVT) |
| 10 Happiness and Hearing
Aids: Is There a Connection? | 22 Urgent Care When You
Need It Most |
| 12 Breast Cancer, What You
Need to Know About Early
Detection and Testing | 24 Full Spectrum Endoscopy
Procedure for Improved Early
Detection of Colon Cancer |
| 14 Vein Ulcers | 26 The Right Food May
Be Wrong For You |
| 15 Thyroid Awareness Month | 28 Solving the Weight Loss Puzzle |
| 16 InterCommunity Cancer
Centers Host Fourth Annual
Cancer Survivors' Reunion | 30 Marathon Runners Over 30:
The Unheard of Advantages |
| 17 Department of Veterans
Affairs: The Villages VA Clinic | 31 Spiritual Wellness:
The Scariest Thing I Have Ever Done |

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January 27th	Seminar at the Waterfront Inn, The Villages: 1p.m.
February 10th	Filler Luncheon at The Villages ImageLift office: 1p.m.
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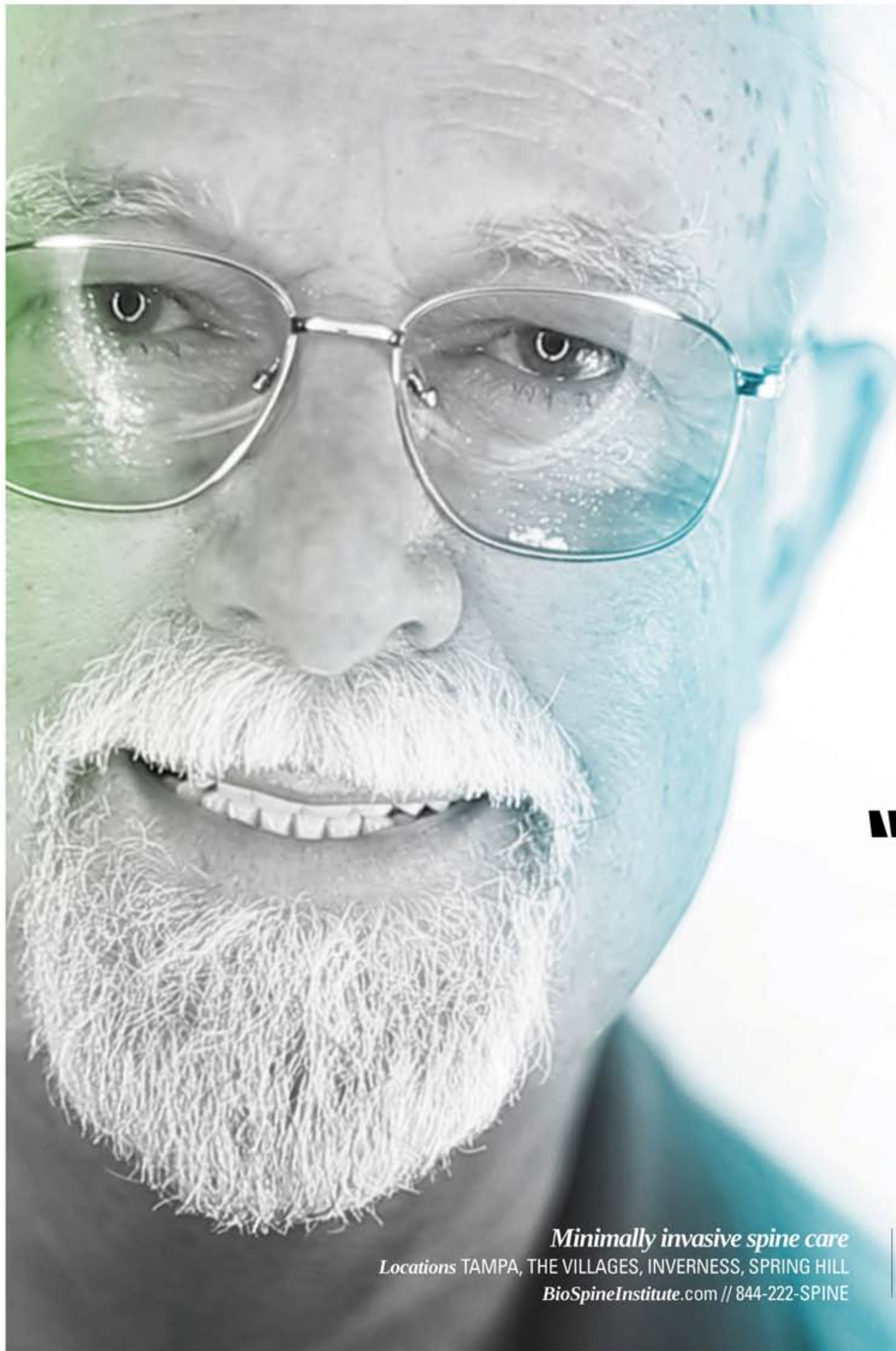
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— Darrell (Actual patient)

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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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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.

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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.



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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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Happiness and hearing aids: Is there a connection?



PERHAPS.

In fact, a recent Italian study published in *Geriatrics & Gerontology International* concluded that the benefits of digital hearing aids in relation to depressive symptoms, general health and social interactivity, but also in the caregiver-patient relationship, were clearly shown. In fact, reduction in depressive symptoms and improved quality of life at statistically significant levels were observed early on with the use of hearing aids.

This Italian study, in fact, echoes the general findings of research conducted more than two decades ago. A 1990 study—published by Cynthia D. Mulrow, MD, MSc, and co-investigators in the *Annals of Internal Medicine*—concluded that hearing loss is associated with important adverse effects on the quality of life of elderly persons—effects which are reversible with hearing aids.

About Hearing Aids

Research shows that hearing loss is frequently associated with other physical, mental, and emotional health conditions, and that people who address their hearing loss often experience better quality of life. Eight out of 10 hearing aid users, in fact, say they're satisfied with the changes that have occurred in their lives specifically due to their hearing aids—from how they feel about themselves to the positive changes they see in their relationships, social interactions, and work lives.

When people with even mild hearing loss use hearing aids, they often improve their job performance; enhance their communication skills; increase their earnings potential; improve their professional and interpersonal relationships; stave off depression; gain an enhanced sense of control over their lives; and better their quality of life.

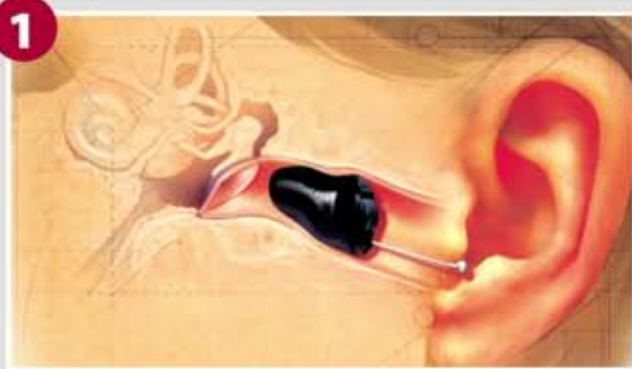


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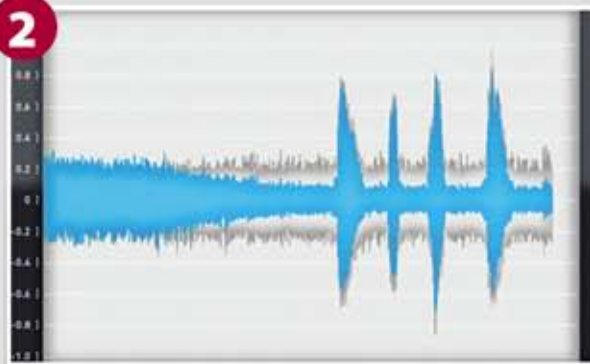
Here are five little-known facts about today's hearing aids:



1 They're virtually invisible. Many of today's hearing aids sit discreetly and comfortably inside the ear canal, providing both natural sound quality, and discreet and easy use.



3 You can enjoy water sports and sweat while wearing them. Waterproof digital hearing aids have arrived. This feature is built into some newly designed hearing aids for those concerned about water, humidity, and dust. This feature suits the active lifestyles of swimmers, skiers, snowboarders, intensive sports enthusiasts and anyone working in dusty, demanding environments.



2 They automatically adjust to all kinds of soundscapes. Recent technological advances with directional microphones have made hearing aids far more versatile than ever before—and in a broad range of sound environments.



4 They work with smartphones, home entertainment systems and other electronics. Wireless, digital hearing aids are now the norm. That means seamless connectivity—directly into your hearing aid(s) at volumes that are just right for you—from your smartphone, MP3 player, television and other high-tech gadgets.



5 They're always at the ready. A new rechargeable feature on some newly designed hearing aids allows you to recharge your hearing aids every night, so they're ready in the morning. It's super convenient—and there's no more fumbling with small batteries.



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

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

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

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



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

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

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

Breast Cancer Screening Guidelines

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

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

Improving Your Odds

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

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



Know the Warning Signs

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

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

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

FOR MORE INFORMATION:

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

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VEIN ULCERS

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

Venous ulcers affect more than 6 to 7 million people in the United States. They account for more than 70% of all limb ulcers, affect women more than men, and increase with age. Venous ulcers are primarily in the lower legs and most people have them as long as 10 years. It is a chronic, debilitating disease that costs millions of dollars to treat and care for yearly.

Correct Diagnosis is Crucial

Recognizing venous ulcers is the first step in the diagnosis. There are many causes of ulcers in the legs and being able to identify the correct kind is crucial in having the right treatment. Many primary care physicians are not trained in chronic wound care management and advanced treatment. There are many causes of wounds in the legs such as venous, arterial, diabetic, infectious, cancerous, and traumatic wounds. Therefore, recognition is the most important aspect in wound care management.

What are Vein Ulcers?

Vein ulcers are wounds that are caused by an underlying venous pathology called Venous Insufficiency. Venous insufficiency is caused by genetics, standing a lot, sitting a lot, obesity, trauma to the legs, pregnancy, and history of blood clots. It damages the underlying vein and causes a back up of blood flow back to the heart and thus, builds up with proteins in the legs and later develops swelling, skin color changes, and eventually ulcers.



Stage 6 CEAP vein disease causing Vein ulcer



Compression wrapping



Venous Ulcer Patient

Vein ulcers do Heal



Severely infected vein Ulcer

Early Vein Ulcers with skin color changes

Advanced Treatment Techniques

The traditional and current primary care provider wound care management of these vein ulcers is wet to dry dressings. However, this makes it worse because vein ulcers weep and are a very wet wound. Today, we use advanced techniques to include silver dressings, collagenous dressings, super absorbent sponges, and compression therapy. Compression therapy such as the Unna Boot is the key to healing vein ulcers along with infection control, frequent dressing changes, and super absorbent materials. Combined with vein treatment of lasers and injections to close off the dysfunctional veins with patient compliance to wearing compression and dressing changes, there is a high success rate of healing these debilitating chronic ulcers. Thus, preventing amputations and the formation of new ulcers.

Treating the wrong wound with the wrong materials is a cause for further progression of the ulcer and can lead to increased time for the ulcers to not heal, high costs, and even amputations. It is crucial to go early to a Vein specialist who specializes in veins and especially vein ulcers utilizing advanced wound care techniques and state of the art vein treatment.

Bio

Tom Tran PA-C, MPAS
Credentials:

- NCCPA Surgical Physician Assistant
- American College of Phlebology
- Fellow American Academy of Physician Assistants
- Fellow Florida Academy of Physicians Assistants



Awards and Accolations:

- Inventor of the Transcatheter Extractor[®]
- Florida PA of the year award in 2007
- Former Treasurer of the National Physician Assistant Foundation
- Former President of the Florida Physician Assistant Foundation
- Current Lake County Board Seats
 - Appointed Board of Director for Well Florida Council
 - Board of Director of Healthy Star Coalition
- Founding Member of the NP/PA Section of the American College of Phlebology

Tom Tran has also appeared in the AAPA Paper, Endovascular Today Magazine, Orlando Medical News, Orlando Doctor Magazine, Orlando Business Magazine, The Villages Daily Sun Newspaper and Lake Magazine.


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VEIN CENTER
AT THE VILLAGES

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

January is Thyroid Awareness Month.

Are you feeling sluggish, tired or depressed? Have you noticed your nails are brittle and your hair feels like straw? Sleepless nights and fatigue overcome you. Last but not least those extra 10 pounds you have been trying to lose will not leave, instead you see the numbers on the scale keep rising. It may be time to have your thyroid checked.

Many people do not know about the thyroid and what its main function is in the body. The thyroid is a small butterfly gland located in the lower part of your neck. The function of the thyroid is to secrete hormones throughout your body. You may hear these hormones called T3 (triiodothyronine) and T4 (thyroxine). These hormones are responsible for delivering energy to your cells.

Thyroid conditions are classified under categories. These categories are:

Hypothyroidism is when your thyroid is under-active. Symptoms of an under active thyroid include a slowed down metabolism which can include weight gain, fatigue, depression, thinning hair and brittle nails are just some. One of the most common causes of hypothyroidism is the autoimmune condition called Hashimoto's disease. This happens when the antibodies attack the thyroid and destroy the ability for the thyroid to produce hormones.

Hyperthyroidism is when the thyroid gland becomes overactive. The most common cause associated with hyperthyroidism is the autoimmune condition called graves disease. This is the opposite of hypothyroidism. Antibodies target the thyroid, which in turn causes the speeding up of releasing hormones. Symptoms include weight loss, fatigue, rapid heart rate, increased bowel movements, nervousness are just a few.



Another cause of hyperthyroidism is called thyroiditis. This is known as inflammation of the thyroid. Any type of viral or bacterial infection can cause thyroiditis.

When a thyroid becomes enlarged it is known as a Goiter. These thyroid nodules can be cancerous and non cancerous. Nodules can be solid or liquid filled cysts, lumps and tumors. A small percent of these can be cancerous causing the removal of the thyroid.

If you feel you have any of these symptoms you should speak to your doctor. Your doctor will send you for blood work to determine your TSH levels. A TSH under 0.5 indicates hyperthyroidism and a TSH level over 0.5 indicate hypothyroidism. Whether low or high medication will be given to regulate your thyroid.

For an under active thyroid a person will be given a synthetic thyroid hormone called Synthroid or Levothyroid. Propylthiouracil and Pethimazole (Tapazole) are used on a person who has an over-active thyroid. It can take anywhere from six to twelve weeks to start seeing some improvement. Blood tests will be taken again to see if the medication is the right dosage or should be adjusted.

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Interim Healthcare of Ocala, LLC.
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Along with medication, a healthy diet and exercise regimen is essential. Some foods will counteract with your medication and your thyroid. Some of these foods are raw cruciferous vegetables like brussel sprouts, broccoli, cauliflower, collard greens and kale, rutabaga, turnips, and bok choy. Soy products like soymilk, tofu, soybeans and soy sauce should be avoided. A brisk walk twenty minutes a day, at least three times a week will help you to build up a strong mind and body.

Remember January is thyroid awareness month. If you think you may be experiencing a thyroid condition don't wait speak to your doctor about your symptoms so you can get your thyroid under control.



INTERCOMMUNITY CANCER CENTERS HOST FOURTH ANNUAL CANCER SURVIVORS' REUNION

In honoring the indomitable spirit and courage of local cancer survivors, Inter-Community Cancer Centers (ICCC) of Leesburg and Lady Lake hosted its Fourth Annual Cancer Survivors' Reunion on Friday, November 14th. The free event took place at the American Legion Post in Lady Lake. ICCC is part of Vantage Oncology which includes more than 60 cancer treatment centers in 14 states providing quality, personalized care in a community setting.

A total of 234 attendees enjoyed music, food, light refreshments and the opportunity to share their stories with fellow survivors.

The American Association for Cancer Research's second Annual Report on Cancer Survivorship in the United States shows that as of January 2012, there were approximately 13.7 million cancer survivors in the United States, a number that is expected to rise by 31 percent to 18 million by 2022.

Nearly 14 million Americans are now living with and beyond a diagnosis of cancer. In the United States, men have a slightly less than 1 in 2 lifetime risk of developing cancer; for women, the risk is a little more than 1 in 3. Learning about this disease is crucial, because many forms of cancer can be prevented and most cured if detected early.

"As cancer specialists, we continue to work diligently to find new radiation and drug therapies to improve survival rates. However, we must not forget the emotional impact cancer has on patients and their families. By hosting events such as these, we are providing a nurturing environment that enables survivors to share their experiences and hopefully lend support to those patients recently diagnosed," said Alison Calkins, M.D., radiation oncologist at ICCC.

Major advances in cancer prevention, early detection, and treatment have resulted in longer survival, and therefore, a growing number of cancer survivors. However, a cancer diagnosis can leave a host of problems in its wake. Physical, financial, and emotional hardships often persist after diagnosis and treatment. Survivors may face many



challenges, such as limited access to cancer specialists and promising new treatments, inadequate or no insurance, financial hardships, difficulty finding employment, psychosocial struggles, and a lack of understanding from family and friends. In light of these difficulties, our community needs to focus on improving the quality of life for cancer survivors.

"This event was an incredible experience and it felt like we received an early holiday gift by seeing so many of our patients happy and healthy," added Dr. Calkins. "We are inspired both personally and professionally by our amazing patients who simply refuse to back down from cancer. Their incredible courage is why we dedicate our lives to saving theirs."

THE EXPERIENCE OF INTERCOMMUNITY CANCER CENTERS

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

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

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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Oncology

InterCommunity Cancer
Centers and Institute

A Vantage Oncology Affiliate

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Leesburg, FL 32478

Lady Lake
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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

DEPARTMENT OF VETERANS AFFAIRS

The Villages VA Outpatient Clinic

Date: Saturday, February 7, 2015
Subject: The 8th Annual Tri-County Veterans Health Fair
Health Fair: Vendor/Speaker Information
“Celebrating the Courage and Commitment of Those Who Served”

To: Participants and Vendors
 The 8th Annual Tri-County Veterans Health Fair will be held on *Saturday February 7, 2015* from 10 a.m. to 2 p.m. at The Villages VA Outpatient Clinic in The Villages, FL. In keeping with the VA’s mission to provide exceptional healthcare to those who served, the 8th Annual Health Fair is expected to promote health by providing education relevant to Veteran’s issues and foster communication between the VA and the local veteran community.

VA Community Based Outpatient Clinics (CBOCs) from Ocala and Lecanto will also be participating in this health fair.

We look forward to having you participate in this event. Attached is a Registration Form. Please fax or scan and email the form back as soon as possible. The event will begin at 10 a.m. but we ask that you set up your display between 8 a.m. and 9:30 a.m. Due to limited resources, we also ask that you please bring your own display tables. Thank you.

More information regarding the health fair will be sent as we get closer to the event. We look forward to hearing from you and hope that you will be a part of this annual Veterans’ Health Fair.

Please send back the attached registration form to reserve your service area.

Please feel free to call me at (C) 352-728-3508 or (W) 352-674-5000 ext. 1937

Thank you to all exhibitors for providing this important service, so together, we can build a healthier Veteran Community!

Mary Ellen Pelkey, BSN, RN-BC
 Chair Person for the Veterans Health Fair
 Mary.Pelkey2@va.gov

REGISTRATION FORM
 The 8th Annual Tri-County Veterans Health Fair
 Saturday, February 7, 2015

NAME OF SERVICE: _____

CONTACT PERSON: _____

PHONE #: _____ EMAIL: _____

PLEASE CHECK THE APPROPRIATE RESPONSE:

Yes, My Service/Organization will be able to participate in next year's health fair.

Names (s) of person(s) representing your service organization:

No, my Service/Organization will not be able to participate in next year's health fair.






Please provide the following information: Type of Display/Topic of Information and any special needs to requests:

Yes, I will require an electrical outlet (minimum # of outlets available)

No, I will not require an electrical outlet.

If you have questions, please contact Mary Ellen Pelkey 675-5000 EXT. 1937

RETURN FORM TO: FAX 352-674-5030 attention: Mary Ellen Pelkey



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- January 13th *Filler Luncheon at The Villages ImageLift office: 1p.m.*
- January 22nd *Seminar at Gabby's Banquet Hall, Clermont: 1p.m.*
- January 27th *Seminar at the Waterfront Inn, The Villages: 1p.m.*
- February 10th *Filler Luncheon at The Villages ImageLift office: 1p.m.*
- February 17th *Seminar at the Waterfront Inn, The Villages: 1p.m.*

Dr. Castellano



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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.

Be Clot Aware: Spotlight on Deep Vein Thrombosis (DVT)

For more than a decade, the month of March has been dedicated to spreading awareness of deep vein thrombosis (DVT). It is important for you to learn how DVT affects the body, the risk factors of developing the condition, and how to prevent it.

Since 2003, more than 25 major health care organizations have collaborated to make the public more aware of deep vein thrombosis. Many people are surprised to learn that hundreds of thousands of Americans die from DVT and its complications each year. Even more surprising, to many, is that DVT is initially preventable, and subsequently treatable as the impact of the morbidity progresses.

The more educated the general public becomes about DVT causes, symptoms, and preventative measures, the more likely they are to get a venous health screening to avoid becoming a DVT statistic.

What do I need to know about DVT?

DVT is an important public health problem, yet surprisingly; nearly three-quarters of Americans are unaware of DVT. And of those who are aware, more than half are unable to identify common risk factors or pre-existing conditions that can lead to the development of this condition.

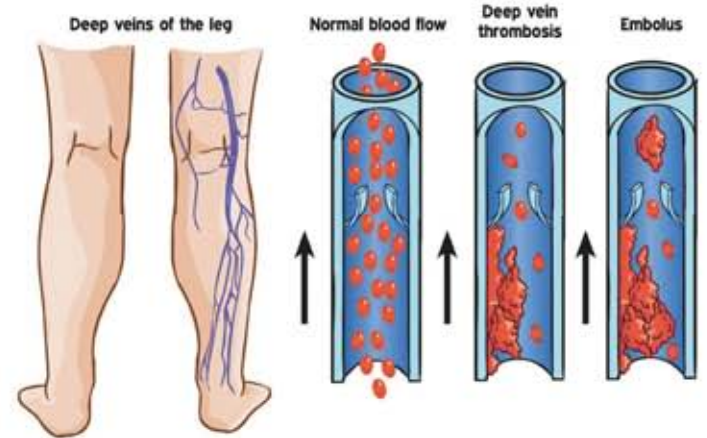
Most people think of varicose or spider veins when they think of vein disease. While these swollen, discolored veins are the most well-known form of vein disease, DVT represents a far larger threat to those affected by it. Deep vein thrombosis, as its name implies, occurs in the larger, deeper veins of the legs, where it cannot be seen the way we can see the surface varicose veins. DVT occurs when a blood clot forms in one of the large veins, usually in the lower limbs, partially or completely blocking circulation. Pulmonary embolism, a serious complication from DVT, can occur when a fragment of a blood clot migrates to the lungs, where it blocks a pulmonary artery. DVT and pulmonary embolism may be responsible for as many as 200,000 deaths annually in the United States. Up to 10-30% of these deaths occur within a month of being diagnosed with DVT.

What causes DVT and how can I prevent it?

These are the questions that we hope everyone who reads this article asks themselves. You are at increased risk of developing DVT if you have a family history of blood clots or other vein diseases (including varicose veins). DVT may be caused by a variety of risk factors and triggering events, including increasing age, obesity or restricted mobility due to acute medical illness, stroke, major surgery or prolonged travel in cramped spaces. Not getting regular exercise, sitting for long periods of time, giving birth within the past six months, smoking cigarettes, and taking birth control medications can also increase the risk for developing DVT. Symptoms of DVT include pain, swelling, tenderness, discoloration of the affected area and skin that is warm to the touch.

The first step of preventing DVT is to evaluate your personal risk for developing the condition with a physician. If you experience any signs or symptoms, a complete evaluation should be performed, including an ultrasound look beneath the surface of your skin and check to see whether your blood is flowing properly, or whether there are obstructions to it. If the ultrasound helps determine that you are not affected by DVT, there are many things that you can do to reduce your risk of getting it in the future. A vascular specialist can tell you the best ways to lower your chances of developing DVT.

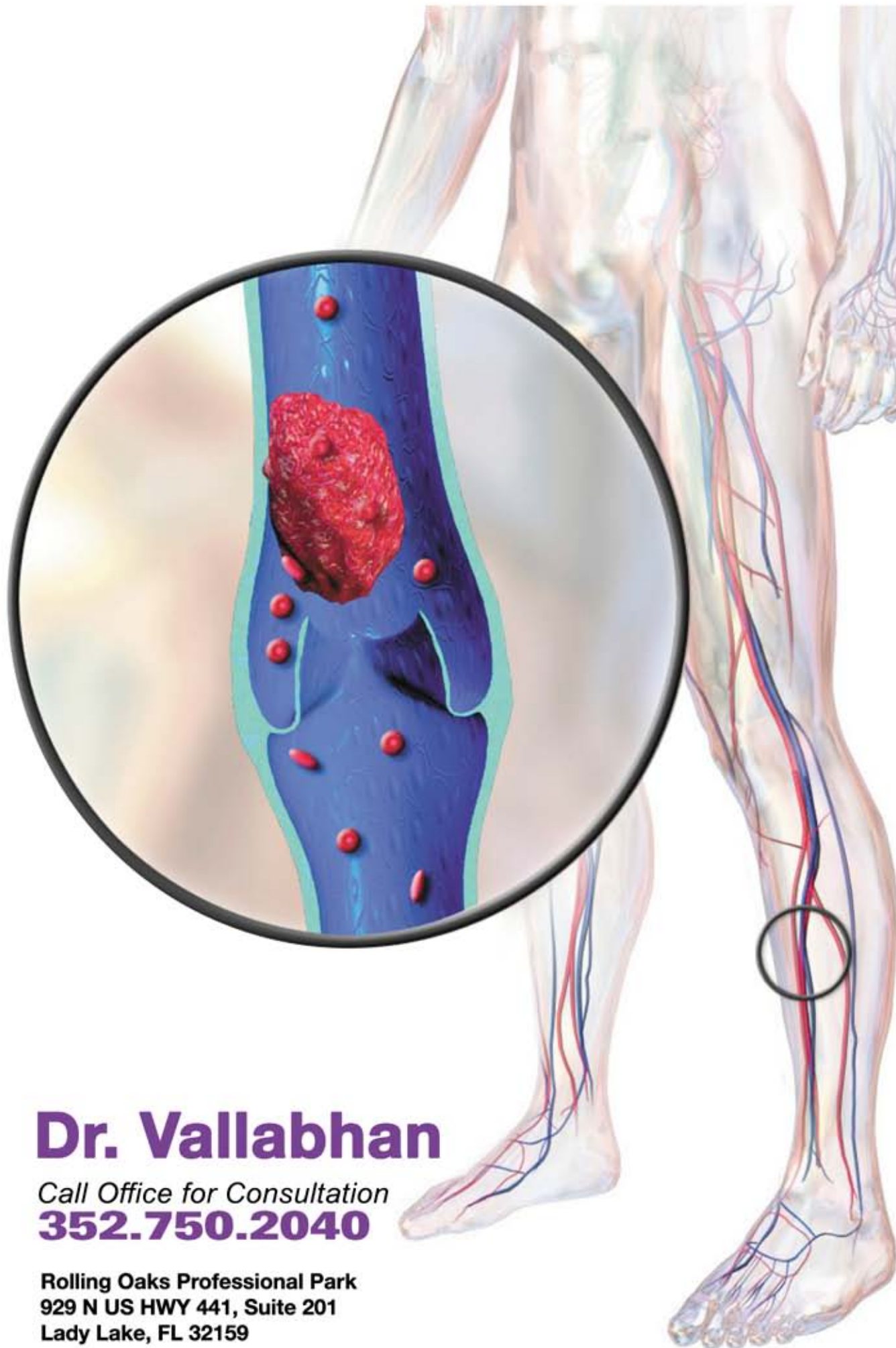
If you have DVT, or the symptoms of DVT, it is always important to schedule regular appointments with a physician, take all medications as prescribed, get up and get moving on a daily basis, use compression stockings if needed to prevent leg swelling.



DVT is an unknown threat to many unsuspecting Americans, educating the public of the causes, symptoms, risk factors, and preventative measures is important. There are clear identifiable risks for DVT, and things that you can proactively do to prevent this potentially fatal condition. If you have any questions, or would like to simply learn more about DVT and your chances of developing clots, please call **352-750-2040** today! We are happy to address any concerns you might have.

Did you know?

- Blood clots affect upwards of 600,000 Americans each year and cause more deaths each year than the more well-publicized conditions of breast cancer, AIDS, and motor vehicle accidents.
- Blood clots are a leading cause of preventable hospital deaths in the United States.
- Blood clots are the leading cause of maternal death in the United States.
- One-half of clot patients will have long-term complications and one-third will have a recurrence within 10 years.
- An estimated \$10 billion in medical costs in the US each year can be attributed to treating patients with blood clots.



Dr. V

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Dr. Vallabhan

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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 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 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.

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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

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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

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- Migraines and chronic / acute LBP

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

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



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."

1 Zauber AG, Winawer SJ, Waye JD, et al. Colonoscopic Polypectomy and Long-Term Prevention of Colorectal-Cancer Deaths. *N Engl J Med* 2012; 366:687-696

2 Rockey DC, Paulson E, Niedzwiecki D, et al. Analysis of air contrast barium enema, computed tomographic colonography, and colonoscopy: prospective comparison. *Lancet*. Jan 22-28 2005;365(9456):305-311

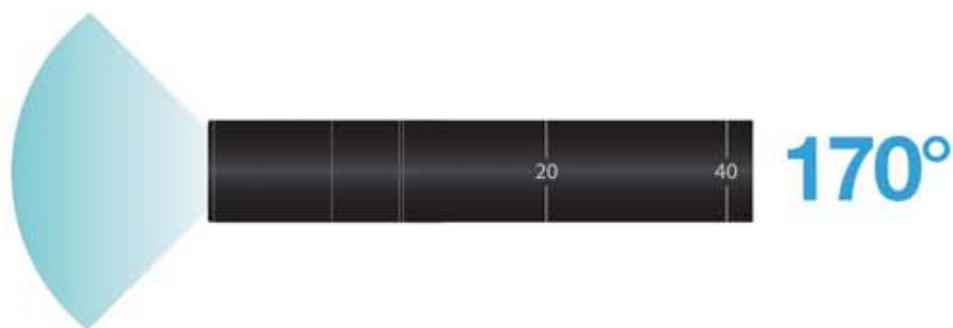
3 Brenner H, Chang-Claude J, Seiler CM, Sturmer T, Hoffmeister M. Potential for colorectal cancer prevention of sigmoidoscopy versus colonoscopy: population-based case control study. *Cancer Epidemiol Biomarkers Prev*. Mar 2007;16(3):494-499.



Dr. Anand Kesari



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



**Fuse™ Colonoscope
Panoramic 330° Field of View**



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

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

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



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

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

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

**Gastro-Colon Clinic
Dr. Anand Kesari**

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Ocala, Fl. 34476

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1389 S. US 301,
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Ask your Doctor to refer you to Dr. Anand Kesari of Gastro-Colon Clinic for all your GI and Colonoscopy needs. Get the best possible endoscopic evaluation around.

The Right Food May be Wrong For You

By Compton Chiropractic Care

You've seen your doctor, but nothing seems to explain the cause of these symptoms. Well get ready to change everything you ever thought you knew about your diet, nutrition and how to be healthy! Compton Chiropractic is now offering a new test that pinpoints exactly what foods are toxic to your body so you can stop feeling lousy, tired moody, or bloated.

Years ago scientists discovered your body has an internal chemical balance that is as unique to you as your fingerprint. Likewise, every food you eat has its own "chemical imbalance"; a unique set of natural or man-made chemicals. As your body reacts differently to each and every food, the food you eat each day will enhance proper body chemistry, or disrupt the correct balance. In fact, 95% of the patients that are tested show that one or more foods they regularly eat cause a toxic reaction in the body. You might not even notice these inflammatory reactions. Most of them work at a cellular level, and may cause symptoms that you will not notice right away. Nutritious foods you eat (like corn, soy, egg whites, green pepper or chicken for example) may actually act like an invader to your body. When you eat foods that form inflammation in your system, those foods can cause harmful, chronic problems with your health.

What can I do?

Compton Chiropractic is now partnering with Immunolabs in order to determine how your body reacts to the foods you eat is through a test called a Bloodprint. This simple blood test pinpoints the foods that support healthy body chemistry and those that are toxic to you.

This is not a standard blood test nor is it a regular food allergy test that most doctors order. While most doctors test life-threatening types of allergic reaction, this bloodprint tests for foods that are slowly causing inflammatory responses in your body. This could explain why you are experiencing chronic pain or flare ups of autoimmune reactions (such as rheumatoid arthritis psoriatic arthritis, multiple sclerosis etc).

What makes immunolabs different to other diet problems?

It is simple, we help you find foods that your body does not want you to ingest. Then, Immunolabs offers a customized meal plan for your exact body chemistry including special reporting available on 154+ foods. Your custom meal plan will include "good" foods and eliminate any toxic foods. This nutritional plan will also work to remove cravings, eliminate binge eating and line up your food intake with your unique body chemistry in order to achieve and maintain your ideal weight as well as

decreasing inflammation in your body. Immunolabs will continue to work with you in order to improve your diet by offering personalized coaching phone sessions with trained health ad-visers and a free online forum.



With foods that support healthy digestion and proper functions you can unleash your physical, emotional, and mental energy. Set up a consultation today so you can start a pathway to experiencing better health and a positive outlook to a new glow in health!



Ask yourself if you experience any of the following:

- **Musculoskeletal:** osteoarthritis, rheumatoid arthritis, multiple sclerosis, gout, neuropathy, thyroid dysfunction, Addison's Disease, diabetes, lupus erythematosus?
- **Digestive Tract issues:** belching, bloated feeling, constipation, diarrhea, nausea, passing gas, stomach pains, vomiting, Irritable Bowel Syndrome, Diverticulitis, Celiac's Disease?
- **Ears:** Drainage from ear, ear aches, ear infections, hearing loss, itchy ears, ringing in ears?
- **Emotions:** Aggressiveness, anxiety/fear, depression, irritability/anger, mood swings nervousness?
- **Energy and activity:** Apathy, fatigue, hyperactivity, lethargy, restlessness, sluggishness?
- **Eyes:** Blurred vision, dark circles, itchy eyes, sticky or swollen eyelids, watery eyes?
- **Dizziness:** Faintness, headaches, insomnia, light-headedness?
- **Joint and Muscles:** aches in muscles, arthritis, feeling of weakness, limited movement, pain in joints, stiffness?

- **Lungs:** Asthma, bronchitis, chest congestion, difficulty breathing, shortness of breath, wheezing?
- **Mind:** Confusion, learning disabilities, poor concentration, poor memory?
- **Mouth and Throat:** Canker sores, chronic coughing, gagging, sore throat, swollen tongue, lips, or gums?
- **Nose:** excessive mucous, hay fever, sinus problems, sneezing attacks, stuffy nose?
- **Skin:** acne, dermatitis, eczema, excessive sweating, flushing/hot flashes, hair loss, hives, rashes itching?
- **Weight:** binge eating, compulsive eating, cravings excessive weight, underweight, water retention?
- **Other:** anaphylactic reactions, chest pains, frequent illness, genital itch, irregular or rapid heartbeat, urgent urination?



Dr. Compton



Dr. Brent Compton

Compton Chiropractic Care

352-391-9467

If you experience any of these symptoms, then consider the blood print challenge today! The bloodprint study is considered an elective test by insurance companies and is not a covered service. Compton Chiropractic has worked with Immunolabs to bring introductory pricing to The Villages. The first 100 participants will qualify up to 50% in discounts and rebates.

And remember: every participant receives a money back guarantee: if you do not see any clinical change in your condition, Immunolabs will refund the lab portion of the test.

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

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- State-of-the-art treatment tables
- On-site digital x-ray
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- Clinical Nutrition
- Quality care without the wait

Accepting

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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!
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Solving the Weight Loss Puzzle

Frustrated with excess weight? Find out why your body holds on to excess fat!

Written by Carolyn Waygood, Certified Natural Health Professional

Let's shed some light on the misconception that excess weight is simply caused by too many calories and too little exercise. Most "diets" focus on calorie deprivation, while most "diet programs" are focused on restricting calorie consumption and increasing physical exercise. While improving your food choices and participating in 20 minutes of exercise each day can benefit all of us, in most cases there's other factors which lead to excess weight than diet and exercise alone. If you're one of those people who "have tried everything", and still don't see weight loss results – you're not alone.

With statistics indicating that 2 out of 3 Americans face excess weight issues, the topic of healthy eating – and everything else related to excess weight – has to be addressed. "In my opinion", notes Carolyn Waygood, Certified Natural Health Professional and Diabetes Educator, "the health and medical industries aren't doing a good job educating the public on the many causes of weight gain, and more importantly, how to solve the excess weight puzzle." There are many factors that contribute to excess body weight. While one of the main culprits is our diet, it's not the complete picture.

"Before you embark on a weight-loss program, understand that everybody's weight challenges are different" suggests Ms. Waygood. "Just because your friend lost 50 pounds following one diet program, doesn't mean you will be as successful. Your excess weight could be caused by something completely different, and your body will respond to health alterations at a different rate." No one has a crystal ball, or a tool to look inside you and determine the cause (or causes) of your weight problem. Solving your personal weight loss puzzle takes awareness, patience, and commitment. Changing the body, repairing faulty processes, and building healthy habits doesn't happen overnight.



"It usually takes at least 3 months to experience a positive health change", explains Carolyn, "and may take as long as 6 or 9 months before a person notices their health is improving". So if someone tries to tell you "it's easy", well, it's not. The weight loss puzzle is a complicated one with many facets. Finding out which piece (or pieces) you need to solve your weight challenge takes time and consideration. Take a look at some of the pieces below, and determine if any may be impacting your ability to achieve optimal weight levels.



If you, or someone you know, battles with one or more of the health concerns listed below, it could be affecting your overall health and impacting your ability to achieve optimal weight levels. Contact Carolyn Waygood, CNHP today to schedule a FREE 30-minute phone consultation to help you understand these categories better by calling (941) 713-3767 today. Carolyn is an Independent Representative of Plexus Worldwide, a U.S.-based manufacturer of natural wellness products formulated to help people address a variety of different health concerns. Ms. Waygood has helped many people achieve healthy weight loss, blood sugar control, improved energy, appetite control, improved digestive health, relief from muscle and joint soreness, and improved nutrition. Read more about the positive health benefits individuals have achieved using Plexus products.

POOR NUTRITION	SLOW METABOLISM
IRREGULAR ELIMINATION	IMBALANCED DIET
ACIDIC BODY PH	ENDOCRINE HEALTH
MUSCLE & JOINT SORENESS	LACK OF SLEEP
LACK OF EXERCISE	INCOMPLETE DIGESTION
POOR HYDRATION	LACK OF OXYGEN
IMBALANCED HORMONES	PRESCRIPTION MEDICATIONS
TOO MUCH STRESS	INTESTINAL HEALTH

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"I started taking Plexus Slim with Accelerator 4 months ago and I have lost 26 pounds. I went from a size 12 to a size 8. Even during the Holidays when the food craving was at its worst, I was able to enjoy and eat what I wanted without gaining a pound!" – Hope S.



"When I started taking the Plexus products I weighed 185 pounds and was wearing a size 14. I used Plexus for five months and lost a whopping 52 pounds. I am in a size 5 now. I feel great thanks to Plexus Slim. And the best part is that I haven't gained a single pound back. What an amazing product. I would recommend this to anyone." – Rochelle D.



"At first I was skeptical about the Plexus products. However, I went ahead and tried them and I am very blessed that I did. I have gone from a size 22 (211 pounds) to a size 14 (174 pounds). I have lost a total of 32 inches." – Brandi S.



"I decided to try Plexus on October 24, 2013. I really needed to lose a few pounds and only 10 weeks later my results far exceeded my expectations! Not only did I lose a lot of weight and inches, I am no longer sick! These Plexus products have given me my life back and I will never stop taking them, they really do work! They are changing the lives of my family and friends and for this I am so grateful!" – Sabra McCraw



"I started my Plexus journey on October 3rd, 2013. Since then, my blood pressure has gone down, I'm sleeping better, I have less weight on my bum knee, and have more energy! Within 4 months I was down 64 pounds. I went from a size 54 pants to a size 38!" –David Kempen

To read more customer testimonials, and learn more information about the health benefits associated with Plexus products, visit www.WAYGOOD.MyPlexusProducts.com.



Ms. Waygood provides FREE health education seminars to groups of all sizes. Contact her today to schedule a health seminar for your organization, church, or office!



"I prayed to God for three things: get healthy, lose weight, and find a better paying job. In two and a half months I had lost 43 pounds, 39 inches! I am now in a size 8! I'm getting healthy, I'm losing weight and have a great job that I love! Plexus was the answer for all three of my prayer requests." – Rhonda Langdon

Try a 3-Day Trial Pack of Plexus Slim & BOOST for only \$11.95 (with FREE shipping & handling!), and see for yourself how you can achieve more balanced blood sugars, improved energy, and better appetite control! Order yours today at www.WAYGOOD.MyPlexusProducts.com!

Want to kick off the New Year with healthy goals? Contact Carolyn today to register for a **FREE wellness seminar** in your area! "Natural Health in the New Year", an informative 55-minute health seminar, is scheduled in Tampa, Saint Petersburg, Bradenton, Sarasota, North Port, and Fort Myers throughout January, 2015! This is a great opportunity to learn more about natural health alternatives, and the Plexus products in a no-pressure sales, educationally-focused environment! Call Ms. Waygood today for more information at (941) 713-3767.



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 Scariest Thing I Have Ever Done

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

I want to share a recent email from a friend. I warn you it may cause some spiritual discomfort.

Hi Pastor Alex,

I was thinking today of how amazing it is that you just sent a *Dangerous Prayers* email lesson on this subject.

My husband and I have led a small group based on your book, *Dangerous Prayers* and it was awesome! I am excited for your new book, *Prayer Killers*, because it is so important that we look in our heart to see if we are holding on to anything that could be a prayer killer! I pray a lot for the people God places on my heart. I usually ask God to show me anything in my heart that is not pleasing to Him: Pride, Judgment, Bitterness, anything that is not right as King David did in Psalm 51:10.

Well, many months ago God placed someone I personally knew on my heart to pray for. Someone from back home, a former boss' husband; a police officer that had done things that landed him on the wrong side of the law and went to prison. He was released a few years later and his wife faithfully stuck by his side. So for some odd reason I got up that morning and I felt like I needed to Google his name, "weird," I thought, but proceeded to do it and his story was there. It was an amazing story of how God had helped him and I thanked God for the encouraging story.

Around two months later he was back on my heart, but this time as an urgent prayer for him. I didn't know why, so I Googled him again, and he had been arrested again for very similar charges as before. What he did was so wrong and I personally knew some of the people he hurt, including his family. This time I struggled, but I decided to pray for him and his family.

As I prayed, I felt something cold in my heart. Something foul was in my soul. I was unsure of what it was, but knew that holding on to something crummy would not be good. And it seemed like my prayer was being smothered. I wondered if it was something towards the man. I asked God, "What's wrong? Am



I just mad at this guy? I mean you asked me to pray for him, but something feels disconnected... I know he is your son and you love him no matter what." God was clear, "You are holding on to bitterness and judgment towards someone else." I was? Who? As I asked another person's face started materialize in my mind. And it was not one person, but two faces! Ugh! I realized then that I had started my prayer by asking God to cleanse my heart, and so He was.

Buried bitterness toward these two people was inside of me... so deep that I had even convinced myself that it was not there. "God forgive me for holding on to this foul selfishness for so long and help me forgive myself."

After that I thought, "Great, all is well, right?" NOT! God said, "You need to speak to these people and let them know that you have been judging them and ask them to forgive you." What? I can't do that. I knew God was stretching my love towards Him and others. But can I be honest Pastor, it was very scary.... probably the scariest thing I had ever done.

I decided to seek counsel and they said I really needed to confront this. So with some God-given courage, I was transparent with them about our past painful interactions that caused my buried hatred for them. I was afraid...but I experienced an amazing life-lesson.

I felt like a piece of me that was not good just left; like a dead branch of my life had been trimmed! I knew inside of my heart that now I had room...room for more life and more fruit!

You see Pastor, I have an issue and it's my mouth. I can be very direct, and though my words are honest, they can be biting and well... not very life-giving. God has been working on that. I am glad that I did follow through with the confrontation because I learned that I was bitter over something that I was partially responsible for with my own tongue. Now I am learning to speak life, and to confront things, with an "I am seeking to understand attitude." What an eye-opening experience!

I'm very sorry for the long email, but I wanted to share this after reading your last email lesson, *Prayer Killer*.

Thanks again Pastor, Kerri.

To your spiritual health,
Alex E. Anderson
 Author of the book, *Dangerous Prayers*
www.dangerous-prayers.com

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