

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

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FINANCIAL GROUP, INC.

FEATURING PARADY FINANCIAL GROUP

"When you chose The Villages for retirement, you chose the lifestyle. The income strategies we offer are for people who want to focus more on lifestyle and worry less about money. Our clients want to focus on their golf game, the next trip, relax and spend time with the grand-kids and make sure they aren't going to outlive their money. When the only products that can guarantee income for life are annuities - and people are living so much longer and healthier in retirement than people ever have before - we think it's time to take another look."

— Greg Parady, CEO & Founder

Feature on page 2



“THIS IS NOT YOUR PARENTS’ RETIREMENT”

With a passion for on-going education, community service and creating a family culture, this industry leader and his team help retirees achieve “Your Life, Your Way.”

In his first book, ***Not Your Parents’ Retirement: How Annuities and Life Insurance Can Help You Live Your Life Your Way***, Greg Parady, CEO and Founder of Parady Financial Group, explains how to use a wide array of financial instruments to maximize the living benefits of life insurance and annuities to establish guaranteed income for life and create a tax efficient retirement, while protecting principal from stock market volatility.

Parady’s book is scheduled to be released this summer and below is a sneak preview of the book’s “Forward” by renowned retirement expert Ed Slott:

If someone told you that they could guarantee you won’t ever lose money in retirement, you would rightly doubt that claim, or say “Where can I sign up for that?” Greg Parady has built a well-respected firm, Parady Financial Group, which offers a variety of financial services including financial planning, insurance services, investment advice and tax planning. They focus on conservative strategies for retirement income - that core principle – guaranteed retirement income, and their clients love it.*

Even more impressive are the wonderful relationships Parady Financial Group has built with their clients. This is not a blind endorsement. I have seen this first hand. When I visit with their clients, it seems like I am at family function, with food, music, entertainment and oh yes, great retirement income planning information. When was the last time you danced at an informational retirement income planning event?



ED SLOTT

GREG PARADY

Their clients are like their family and it shows. It is so nice to see retired people so financially confident, knowing they have reliable supplemental income during their retirement years. Parady Financial Group has cultivated these relationships over many years by creating customized retirement income strategies based only on what's best for their clients and their families. You can see that their clients are not concerned about outliving their money, which is a concern we see in a lot of retirees in the U.S. That's why they are so lively and cheerful, and it's fun to be around them. They make me feel young! You really have to see this for yourself, like I have.

But there's more. Another ingredient that makes this all work so well for Parady Financial Group is that they never stop educating themselves. Clients need to know that their financial and insurance professionals have the specialized knowledge of how to leverage their retirement assets to make them last throughout their retirement years.

Financial and insurance professionals generally help you grow your money during your working years, but that's only half of the game. Protecting your assets and making them last is often a missing ingredient during the accumulation years. At Parady, Greg created a strategic planning firm that focuses on two of the biggest financial challenges in retirement: protection of assets and minimization of taxes.

In retirement, it's what you keep after taxes that counts because that's the money you can actually spend and enjoy. More taxes means less for you, just when you need it most – in retirement.

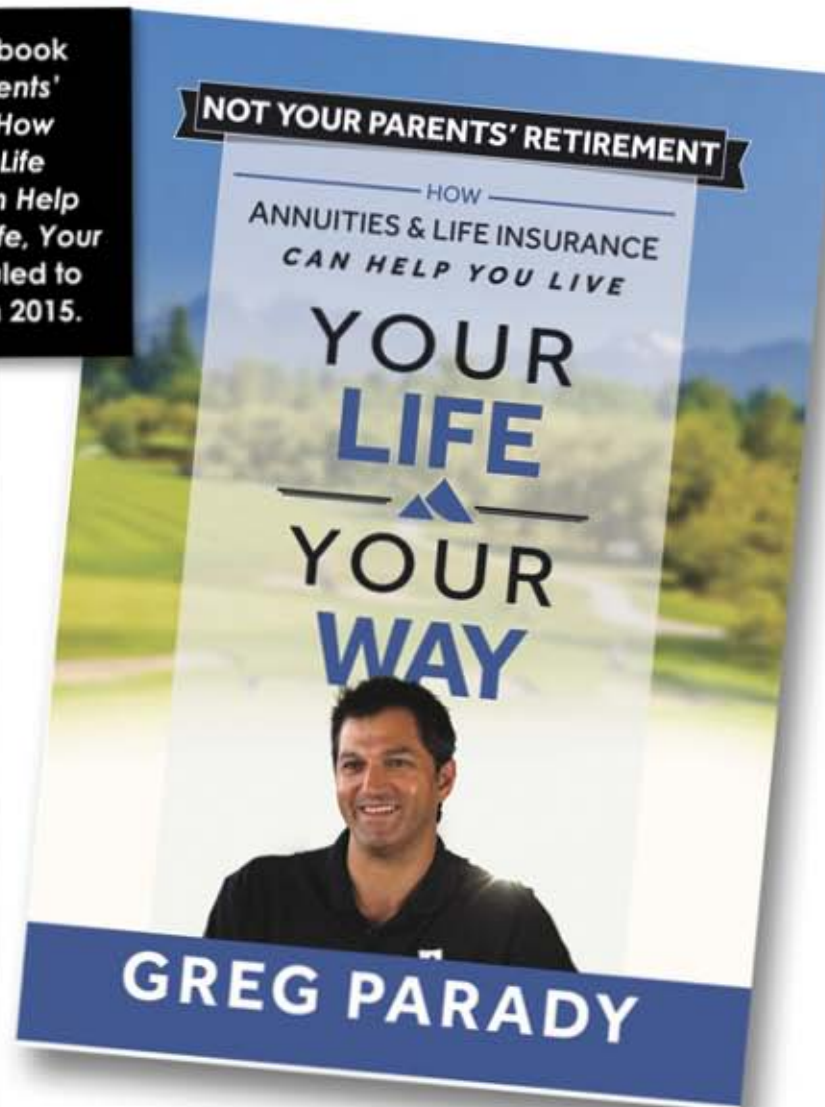
I believe taxes are the single biggest factor that separates people from their retirement dreams and money. But the problem is that most firms do not have the specialized tax planning knowledge, and that puts their clients' retirement savings in jeopardy.

Parady Financial Group make it a priority to help you minimize taxes in retirement. I know that for a fact because I see Greg and the Parady team of professionals at our advanced training programs on retirement tax planning as members of "Ed Slott's Master Elite IRA Advisor Group." Less than one percent of professionals in the country have this level of training. If you are heading into retirement or already there, wouldn't you want to be working with a firm that values both education and client relationships above all else? Of course you would.

Parady Financial Group's story is a model for all others. When I see their clients, I know you want your trusted financial and insurance professionals to operate like this. Don't you?

-Ed Slott, CPA
Retirement Expert and Founder of www.ira-help.com
Ed Slott's Elite IRA Advisor Group

**Parady's first book
Not Your Parents'
Retirement: How
Annuities & Life
Insurance Can Help
You Live Your Life, Your
Way is scheduled to
be released in 2015.**



Slott was named "The Best Source for IRA Advice" by The Wall Street Journal and called "America's IRA Expert" by Mutual Funds Magazine. He is a nationally recognized IRA-distribution expert, professional speaker, and the creator of several public television specials.

He and Parady have become well acquainted in recent years as Parady Financial Group expands its national reputation for helping retirees, and those approaching retirement achieve piece of mind and financial confidence.

Slott has been a regular guest speaker at Parady Financial's Retirement Learning Lounge – a one of a kind clubhouse style education center dedicated to on-going learning for people that have chosen the Villages lifestyle for their retirement years.

The Retirement Learning Lounge, located at Brownwood in the Villages, is a comfortable and beautiful space but also a concept that builds the foundation for a long-term relationship between Parady and its members. The Learning Lounge program allows Parady and its staff to get to know people before discussing specific retirement needs.

The education model is designed to allow people to learn at their own pace and get information through a process of osmosis. The gradual absorption of complicated retirement issues and insurance-related strategies is a more effective approach than a single sales pitch. The Learning Lounge is where people get to know what Parady Financial Group does as well as learn about a variety of retirement topics, from annuity strategies to understanding IRAs and navigating the complexities of the tax code.

Greg's signature presentation on retirement planning is at the core of the new film documentary entitled "The Greg Parady Story." Directed by three-time Emmy Award winner Nick Nanton, the film's first and second segments played at the Barnstorm Theatre in The Villages twice in January and also aired on Fox Business News and Bloomberg Television. The film is screened weekly at the Parady Learning Lounge at Brownwood. It has now also

been converted into an easy to use video book that is part of a multi-media brochure; the user can open it up, press "play" and watch.

Parady Financial's open house events mix business with pleasure, and are a great opportunity to meet other clients, ask them how they feel about the firm and find out how the strategies Parady Financial developed for them have positively impacted their lifestyle. "The first thing you will notice when you attend one of our Learning Lounge sessions is that we are not the norm when it comes to financial services," says Greg. "We believe our signature strategies speak for themselves, and are a good fit for many people."

Parady and his growing staff of high-level financial industry professionals provide their retirees individualized, conservative retirement strategies. "Our goal is to create a plan about you - your life, your way," says Parady. "We focus on exit strategies, helping people transition from the accumulation phase of saving for retirement to the preservation phase of living in retirement – so people can focus on making memories and living the retirement they dreamed of."

(Continued on Page 4)

GIVING BACK AND PAYING FORWARD

Having achieved success as an entrepreneur from humble circumstances, Greg has long believed in giving back to the community of The Villages, where he has lived, built and grown his firm since 2001. Some of his more notable giving has made national news. He became something of a media sensation during the Christmas rush of 2013 as the "Layaway Santa." In a spontaneous burst of holiday spirit, Greg paid off \$21,000 in customer layaways for 76 families, all complete strangers, at The Villages Wal-Mart. The story was reported on all local major network affiliates, and then picked up on national and international wire services, including the Huffington Post, CNN, MSNBC, "The Today Show" and "Good Morning America." Time Magazine featured Greg as one of the "Five Times People Actually Saved Christmas."

In a December 23, 2014 article called "Layaway Angels Soar to New Heights, Buying Strangers Over \$50,000 in Gifts" published on NBC News' Today.com, writer Ben Popkin described Greg's more recent community contributions. "This year he paid off over \$16,000 in layaway plans. This is his second year of being a surprise layaway angel. Parady didn't stop there, giving away over \$101,000 this holiday season. To spread the cheer, he gave students and clients pre-loaded \$100 and \$25 gift cards with instructions to spend it on someone else, preferably a stranger. Greg also donated over 200 laptops to local lower-income schools to help the students prepare for the new Florida state assessment tests, which this year have a typed essay component."

As it says on the Parady Financial website, "Layaway Santa is at it again...But this year, he's encouraging his entire community to get in on the act. (Greg) may soon be known as the guy who convinced his entire community to Pay It Forward."

Greg and his team also created Parady Cares, a non-profit dedicated to helping several local schools with reading and study materials and food and clothing for needy children. Other 2014 endeavors included Breast Cancer Awareness Fashion Shows, We Bike for Kids, an Alzheimer Family Organization Walk and a



Toys for Tots Drive. The charitable, family and community atmosphere has helped Parady Financial grow from 18 to 37 full time employees in the past year.

The Parady Financial team deeply respects Greg's many accomplishments and vision for the future. They recently nominated him for two high profile awards - one for Entrepreneur of the Year (EOY) and the second for a leader in charitable contributions. The first award is given to entrepreneurs in different regional markets in the U.S. by Ernst Young, a globally integrated professional services company. The other nomination is from the Invest in Others Charitable Foundation, a public charity organization devoted to recognizing talented and successful people who are making a profound difference in the lives of people in their communities.

As you can imagine, Parady's clients think he's pretty special too - not just because Parady Financial helps them live financially confident in retirement but because Greg has helped foster a dynamic and expanding social circle, which offered numerous ways for them to give back.

Cory Greico says, "We just took an epic family cruise with 24 of us, our kids, our grandkids, the spouses, everything, and it was amazing! And we wouldn't have been able to do that if it weren't for the plan Greg put in place for us." Joanne Castigliero adds, "As we got older and we got towards the end of our working life and towards our retirement life, the market became so much more unstable. Instead of a two-point market trend the market was 30 points up, 20 points down, 30 points, 10 points up, 40 points down. I don't miss that one bit. The market can go up 100 points or down 200 points and I'm good. I can sleep at night now!"

Client Bill Walter taps into the heart of Parady Financial's mission when he says, "Greg has a different approach. He recognizes that no two families, no two individuals are the same and he does a lot of learning about the clients before he event suggests what products might be useful. Greg spends a lot of time educating folks so they

know what it is that they might be investing in, and know that it's something they will be comfortable with. Where others may do a pretty good job, I think Greg does a better job from the educational standpoint."

Another client, Mac Selvidge says, "I remember the night we sat here and Greg was talking about seeds and trees and whatever and how you get from here to there," he says. "We had been with a financial planner in West Palm Beach for 20 years... Greg's here talking about getting out of the acquisition mentality and getting more into the distribution mentality. (My wife) Charlotte leaned over in the middle of the conversation and said to me, "Why isn't our guy talking about this stuff?"

When people walk into Parady Financial offices they spot a phrase on the wall above the aquarium: "We Are Family." Greg credits his Managing Partner, Cindy Nazzaro, with fostering their family environment. "Cindy's in charge of overseeing the team that takes care of clients and loves on them constantly, which helps build a different kind of relationship and continues long after people start to work with us," Greg says. "We take the position that if you've trusted us with your retirement future, then you deserve outstanding service."

Clients Ruth and Dick Steeves attest to that. "It is a family, absolutely is a family," they say. "I don't know how to explain it any different than that, because they are concerned about you, like if you're sick they will call you. You're not going to get a better firm to invest with. With Parady Financial and what they have done for us, we can go to bed and not have to worry about tomorrow. Sounds almost too good to be true, but since we found out that it is true we're constantly recommending Parady to our friends and associates."

Parady Financial Group, Inc. works closely with Parady Tax Solutions, LLC and Parady Investments, LLC to provide various services to our clients. This testimonial is provided to support the sales of annuities and life insurance. The Parady Annuity and Life Insurance division of Parady Financial Group provides retirement income planning strategies and sells fixed indexed annuities and life insurance products. *Annuity guarantees are backed by the financial strength and claims-paying ability of the issuing carrier. Parady Tax Solutions is an accounting and tax firm that helps provides tax planning and tax preparation for our Parady Financial Group clients. Parady Investments is a Registered Investment Advisory offering financial planning services; not all Parady employees are registered, including Greg Parady. A full list of Parady team members and their licenses and certifications is available on our website at: <http://www.paradyfinancial.com/parady-financial-staff-licenses-certifications/>.

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

* 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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Spring Training for Your Hearing

Ahhh – spring. Who doesn't love the sights, sounds and promise the season brings? And, if you're an American baseball aficionado, you know that spring also heralds the beginning of spring training.

What does baseball and spring training have to do with your hearing health? Ironically, many New Year's exercise-related resolutions only last six weeks, just about the time it takes to get from the first of January to the beginning of spring training. Since we all know that exercise is beneficial to good hearing health, why not take a page from baseball's play book and renew your resolve to lead a healthier lifestyle this year.

THE WARM UP

What kid (or kid at heart) doesn't like to get to the ballpark early enough to watch their favorite players warm up? News reels are full of eager kids hanging over the wall by the dugout, trying to get a player or two to sign their mitt or throw them a practice ball.

Even though you may not be signing autographs any time soon, a little seventh inning stretch is a good habit to adopt. With the advent of computers, more of us find ourselves hunched over a keyboard for work and pleasure. That can cause stiffness in our neck and shoulders muscles, which can reduce the amount of blood flow to the inner ear. Not only is this damaging to the delicate auditory hair cells responsible for translating the noises our ears collect into electrical impulses for the brain to interpret as sound, it can also aggravate tinnitus.

Tips before you begin your warm up:

- See the doctor before you begin any exercise program. He or she will help you determine the most appropriate fitness program for your age and overall health.
- Make exercise a part of your daily routine. With your doctor's permission, find something you like to do that gets your body moving for 20-30 minutes every day.



Spring training is right around the corner! Whether or not you're a baseball fan, take a tip from the diamond to ensure you maintain your exercise regime while heeding attention to your hearing health.

• Listen to your body. Even some of the best athletes in the world end up on the injured reserve list every once in a while. If you're not feeling well, take a break from your daily routine. If symptoms persist, see your doctor.

Now that you are cleared to play, here are a few stretching exercises to keep your neck and shoulders limber and the blood flowing effectively throughout the blood vessels of your ears and brain:

Shoulder stretch: Cross your left arm over your chest so your fingers point away from your right shoulder. Hold your left elbow with your right hand and pull it close to your body. Hold for 15 to 30 seconds and repeat on the right side.

Neck rotations: Looking straight ahead, drop your chin to your chest and relax. With your head still down, turn your chin slowly toward your left shoulder, back to the center, then to your right shoulder and back to center. Repeat on the other side.



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Shoulder rotation: Hold your arms at your sides at shoulder height. Slowly, begin moving your arms in small circles forward. Increase the size of the circle as you are able until you've made ten circles in the air. Repeat the exercise in reverse.

GET IN THE GAME

Another exciting aspect of spring training is the opportunity to see new talent try out for the roster. The same principles these players use to get game-ready can also be applied to your hearing health.

- Don't sit on the sidelines wondering why you aren't hearing as well as you used to – make an appointment now to see a hearing healthcare professional for a thorough audiometry. If you don't have a hearing healthcare professional, visit our directory.

- If you're diagnosed with hearing loss, take steps immediately to treat the issue. If your hearing loss can be treated with hearing aids or cochlear implants, discuss the options with your hearing health professional and your family. Don't let vanity get in your way of better hearing. Hearing aid users report a higher quality of life than those with untreated hearing loss.

- Create good listening environments for yourself whenever possible by asking friends, family and co-workers to face you when they speak, turn down the volume on televisions and radios when having conversations, and speak slower and louder.

STAY IN THE GAME

During spring training, existing team players get the chance to practice before the season begins. To translate that into terms of hearing health, do some fine tuning if you're already a hearing aid user. At your next checkup, tell your hearing health professional if your lifestyle has changed in any way. The more your hearing healthcare professional knows about your lifestyle, the better she can help you maximize the hearing you have left.

Here are some good topics to discuss:

- Are your hearing aids working for you in every listening environment?
- Is there any new technology that might help you participate more fully in your lifestyle?
- Are you taking advantage of all the features your hearing aids provide?

PLAY BALL!

Spring training exhibition games are a great way for all players to get tuned up for the season and any player worth his salt knows he needs to protect himself from injury by wearing the right gear. The same is true with your hearing health. No matter your degree of hearing loss,

it's important to do what you can to protect the natural hearing you have left.

Noise-induced hearing loss is one of the most common forms of hearing loss – and the most preventable. Whether you play baseball or participate in other sporting activities, it's a good idea to know the noise level and protect your hearing if necessary.

Baseball has been an American institution since the early 1800s, so whether you're a player, a spectator or just like the taste of hot dogs at the ballpark, get ready to enjoy the season. When you take your hearing health as seriously as you do your favorite player's batting average, you'll be able to hear your best on and off the field all year long.



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."

Challenging the Status Quo with Stem Cells

By Cara Tompot, Staff Writer

Looking back on history, we remember a time when women didn't have the rights that they do now. Prior to 1919, women didn't have any way to express their thoughts and desires through public policy. Thanks to first-wave feminists questioning the status quo, 1920 marked the first year that women could vote. This social change marked a moment in history when women finally had the right to take control of their own life. In many ways, the history of women's suffrage is similar to the road to regenerative medicine advancements.

Much like women fighting for equality, patients have been fighting for a new way to treat their chronic lung disease. Now, with the advancement of stem cell therapy, sufferers of chronic lung disease are no longer limited to the confines of traditional medicine—which involve managing symptoms rather than the disease. Stem cell therapy, like women's voting rights, helps people take control of their life by giving them a voice.

For years, people accepted the status quo, and for people suffering from chronic lung diseases like COPD, the status quo meant a constant struggle for oxygen. As an incurable disease, most sufferers felt that they didn't have any options. But now, everything has changed.

One state-of-the-art clinic, the Lung Institute, developed an alternative. Stem cell therapy helps sufferers finally breathe easier. People are no longer forced to accept the fate of continual disease progression or an invasive lung procedure. Stem cell therapy harnesses the healing power of a patient's own stem cells to help regenerate damaged lung tissue.

Today, lung disease can be treated with adult stem cells harvested from the patient's own fat, blood or bone marrow to replace damaged lung cells with healthy ones. According to the clinic's website, www.lunginstitute.com, this innovative procedure slows the progression of the disease, in addition to, restoring lung function and reducing inflammation. The result is the ability to breathe easier.

Similar to the fight for women's rights, doctors and patients have been diligently looking for a new way to treat lung disease. Now, with the advancement of stem cell therapy, patients can finally combat disease progression. As with any change, some physicians and patients may be slower to adopt new ideas while clinging to traditional approaches; however, just as social change made it possible for women to have a voice in the government, clinical advancements like stem cell therapy make it possible for patients to have a voice in their healthcare. If the fight for equality is any sign of the future of stem cell therapy, there is no doubt that stem cells will become the status quo for treating lung disease.

If you or a loved one suffers from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at (855) 914-3212 or visit lunginstitute.com/health to find out if these new treatments are right for you.





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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.

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

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Bio

Tom Tran PA-C, MPAs is one of the few Physician Assistants in the US that is NCCPA Surgery Boarded. He has extensive training, which includes 10 years experience in Trauma, General, and Vascular Surgery. He invented the Transcatheter Extractor®.



He was awarded Florida PA of the year in 2007, and is the current Treasurer of the National PA Foundation. He is the Clinical Director at Comprehensive Vein Center in The Villages, which has been a state of the art Vein Center designated to vein treatment for over four years. He has performed over 2,500 Laser and VNUS Closure procedures, and over 10,000 combined Ultrasound Guided foam and Visual Cosmetic Sclerotherapy procedures.

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

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High Blood Pressure is Dangerous to the Heart

Do You Know Your Numbers?

Chances are that you know someone with high blood pressure; maybe you have the condition as well. If you haven't checked your blood pressure recently, you should make it priority to do so at your next doctor visit. Long term, uncontrolled or untreated high blood pressure can cause wide range of changes in the anatomy of the heart and kidneys. Cardiovascular diseases triggered by the direct or indirect effects of high blood pressure, is known as hypertensive heart disease. These heart diseases include angina and coronary artery disease; heart failure; and hypertrophy of the heart muscle (heart muscle thickening).

Causes of Hypertensive Heart Disease

High blood pressure is the major triggering factor of hypertensive heart disease and is the subsequent cause of death. In general, high blood pressure is a serious condition associated with high pressure within the arterial blood vessels. As a result, the workload of the heart is increased and it pumps harder in order to keep pace with this pressure. Due to the excessive pressure within the blood vessels, the major vessels of the heart (coronary arteries) tend to rupture and damage over time. This promotes the development of arterial plaque due to the deposition of collagen and subsequent clot formation inside the blood vessels. Subsequently, the heart muscle thickens and the patient tends to develop serious life threatening complications.

Signs and Symptoms of Hypertensive Heart Disease

The symptoms of hypertensive heart disease vary from patient to patient. A combination of symptoms including shortness of breath, chest pain with following mild physical activity or at rest, sweating, nausea, dizziness, light-headedness, rapid or irregular pulse, cough with bloody mucus, feet and ankle swelling, and palpitations may be present. Not everyone with hypertensive heart disease experiences symptoms, after all, high blood pressure is often called "the silent killer."

Treating Hypertensive Heart Disease

The treatment of the hypertensive heart disease depends on diagnosis and root cause of the condition. Treatment is generally aimed at controlling the high blood pressure. Effectively lowering the high blood pressure can significantly minimize the

symptoms of heart disease. Medications, life-style alterations, and surgery are the most common ways to control and prevent hypertensive heart disease.

Recommended Foods to Control and Prevent Hypertensive Heart Disease

Appropriate intake of right foods is critical to control hypertensive heart disease. The main goal of food intake is to deliver high fiber, lean protein, natural foods such as whole grains, fruits and vegetables to the body. Increasing intake of calcium, healthy fats (olive oil, flax seed oil, mustard oil), omega 3 fatty acids (obtained from sea foods, kelp, salmon, sun flower seeds, flax seeds, nuts, olives, tuna), whole grains (barley, wheat, oats, and rye) and soy can aid in lowering and managing blood pressure.

In contrast, if you have high blood pressure, you should avoid oily foods, foods containing trans fats, fried foods and salty foods. Intake of sodium (salt) should be limited as it increases the salt and water retention in the body and predisposes you to kidney disease. High cholesterol containing foods such as red meat, egg yolk, oily foods, sweets and fatty animal products should be avoided as well.

Hypertensive heart disease symptoms are present in 7 out of 100 people and are the leading cause of death throughout the world. Don't become another statistic simply because you don't know what your blood pressure is. It is recommended that adults have their blood pressure checked regularly at least every two year.

Seeing a heart doctor can help determine if you need to change your lifestyle to prevent heart problems down the road. Knowing your family's medical history can help you better understand your own risk for having issues with your heart as well.

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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.



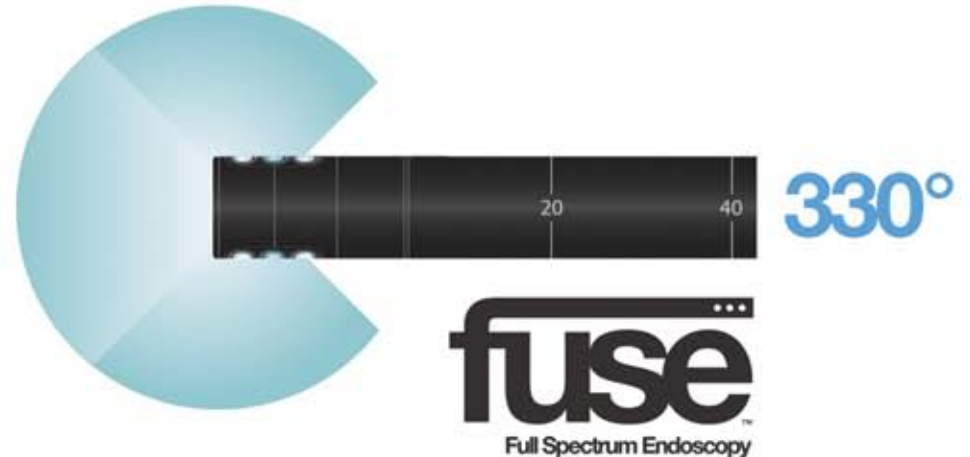
Dr. Anand Kesari



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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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Microcurrent treatment at that time had been used to treat patients with Bell's Palsy, a facial paralysis, and stroke. This non-invasive treatment is beneficial for the cure and lifting of uneven and sagging facial muscles.

What is Facial Microcurrent?

Facial Microcurrent is a safe, painless, non-surgical, non-invasive cosmetic procedure that helps tone, lift and firm sagging facial muscles back to its original position and shape.

What are the benefits of Facial Microcurrent?

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- It helps tone the muscles on the face and neck.
- It also helps lift sagging eyebrows and jowls.
- It helps heal scars and blemishes giving a healthy glow to the skin.
- It helps reduce and eliminate fine lines and wrinkles.
- It stimulates the production of collagen on the skin.

How does Facial Microcurrent work?

Facial Microcurrent uses electric current that recharges the facial tissues. The conductive gel is initially applied on the face; a dual-tipped cotton-probed device is then rubbed on the skin's surface to stimulate the muscles that needed treatment.

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Treatment sessions last for about 30 minutes to an hour. A complete treatment course has an average of 10-15 treatments within the first 6 weeks with a recommended once a month maintenance treatment. However, the number of treatment varies depending on each client's skin condition and muscle tone.

Who are the best candidates for a Microcurrent Facial Treatment?

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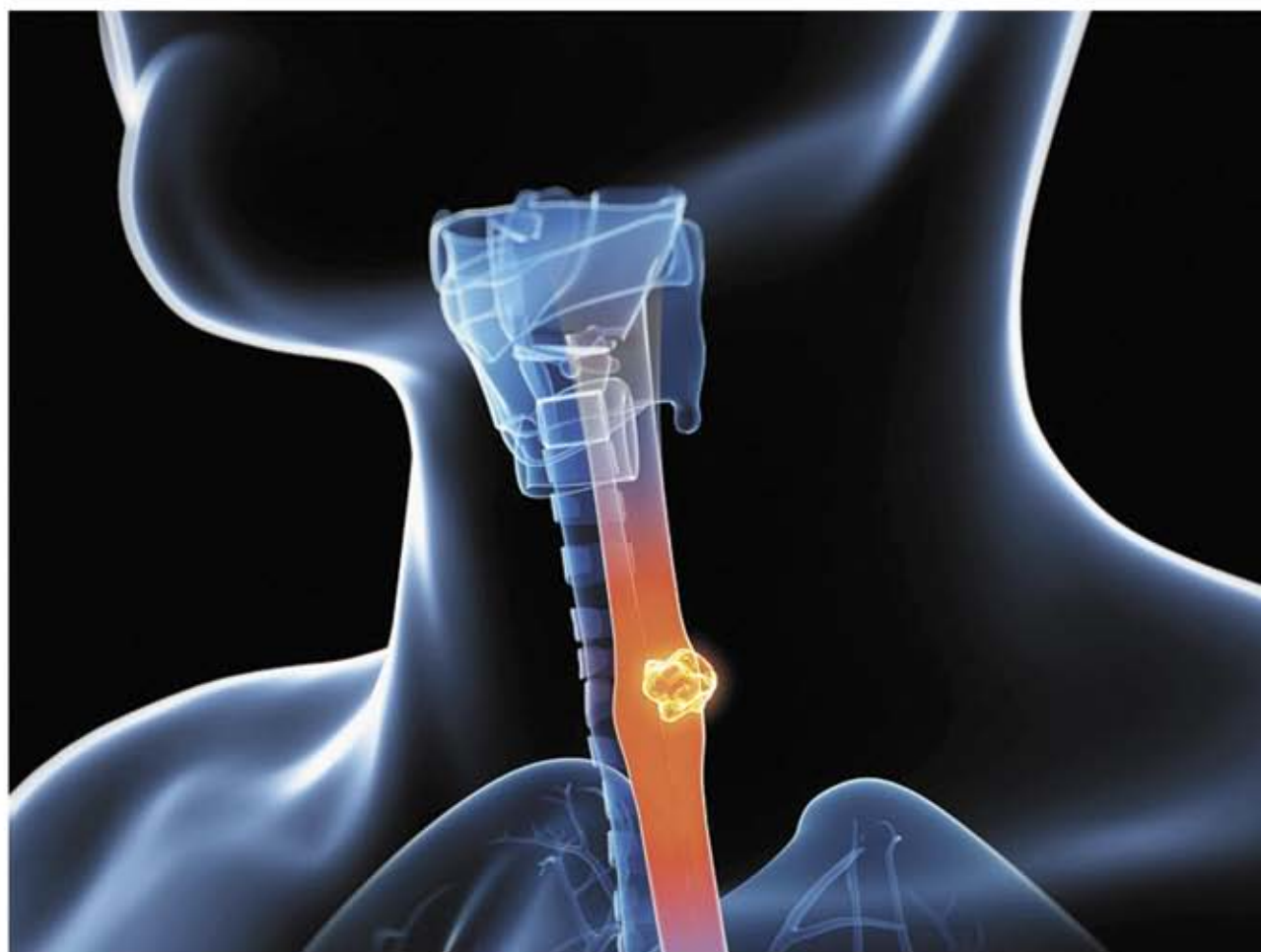
INTERCOMMUNITY CANCER CENTERS AND INSTITUTE SPOTLIGHTS ESOPHAGEAL CANCER

With so much news surrounding the prevention, detection and treatment of breast, prostate, colon and skin cancer, it can be easy to forget that other deadly forms of cancer do exist and are on the rise. According to the American Cancer Society (ACS), there will be approximately 16,980 newly diagnosed esophageal cancer cases in 2015. As a result, the ACS also estimates that this cancer will take 15,590 lives. This disease is 3 to 4 times more common among men than among women. In its continued efforts to educate local residents about all forms of cancer, this month InterCommunity Cancer Centers (ICCC) and Institute (ICCI) of Lady Lake is spotlighting esophageal cancer.

The esophagus is the muscular tube through which food passes from the throat to the stomach. The majority of esophageal cancers are either adenocarcinoma or squamous cell carcinoma. Both cancers are found in the tissue that lines the inside of the esophagus.

Many researchers believe that some risk factors, such as tobacco or alcohol use, may cause esophageal cancer by damaging the DNA of cells that line the inside of the esophagus. In addition, long-term irritation of the lining of the esophagus caused by reflux (heartburn), Barrett's esophagus, and esophageal webs, may also lead to DNA damage and increased esophageal cancer risk. While we don't know the exact cause of esophageal cancer, we do know some of the key risk factors that make this cancer more likely, including the following provided by the ACS:

- Age: The chance of getting esophageal cancer is relatively low in youth but increases with age.
- Gender: This disease is three to four times more common among men than among women.
- Gastroesophageal Reflux Disease (GERD): In some people, acid can escape from the stomach into the esophagus causing symptoms such as heartburn or



chest pain. People with GERD have a higher risk of getting adenocarcinoma of the esophagus based on how long someone has had the disease and how severe the symptoms are.

- Barrett's Esophagus: If stomach acid continues to enter the lower esophagus over an extended period of time, it can damage the lining of the esophagus. The longer someone has reflux, the more likely it is that they will develop Barrett's esophagus.

- Tobacco and Alcohol: The increased and extended use of tobacco products, including cigarettes, cigars, pipes, and chewing tobacco, as well as drinking alcohol are known lifestyle risk factors for esophageal cancer

- Obesity: People who are overweight or obese (severely overweight) have a higher chance of getting adenocarcinoma of the esophagus. This is in part explained by the fact that people who are obese also tend to suffer from associated conditions, including esophageal reflux.

"While we cannot prevent all esophageal cancer cases, we can reduce our risk of getting this disease by maintaining a health diet comprised of fruits and vegetables, avoiding tobacco and limiting alcohol use. Also, staying active by engaging in daily exercise and keeping a healthy weight can also help our prevention efforts," explains Herman Flink, M.D., radiation oncologist at ICCC/ICCI.

According to the ACS, cancers of the esophagus are most often found because of the symptoms they cause. However, most esophageal cancers do not cause symptoms until they have reached an advanced stage, when they are harder to treat.

THE MOST COMMON SYMPTOMS INCLUDE:

- Trouble swallowing: This is the most common symptom and leaves sufferers with the feeling like food is stuck in the throat or chest.
- Chest Pain: People sometimes complain of pain or discomfort in the middle part of their chest. Some people describe a feeling of pressure or burning in the chest (i.e., heartburn).
- Weight Loss: Approximately half of patients with esophageal cancer lose weight. The primary cause of this unintentional weight loss is their swallowing problems which keep them from eating enough to maintain their weight.

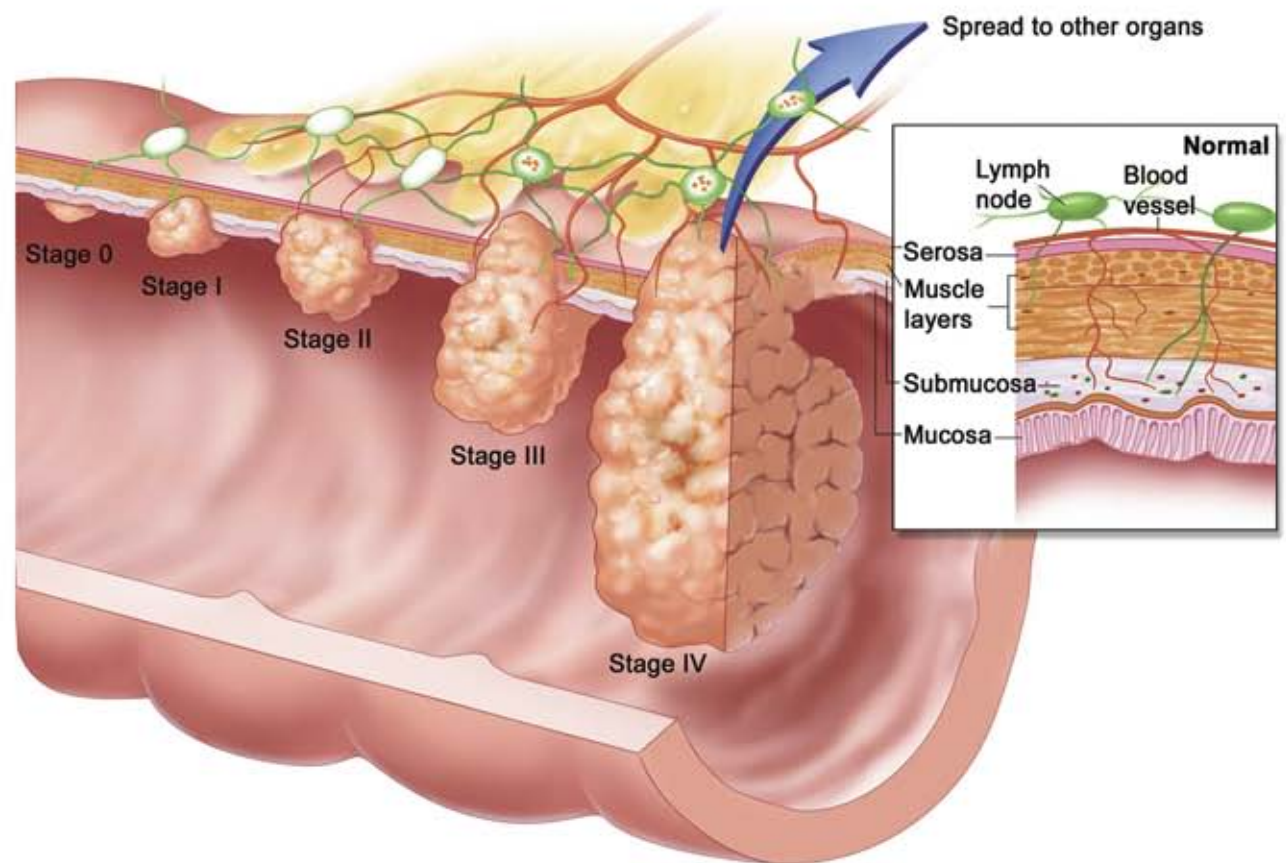
OTHER POSSIBLE SYMPTOMS WITH CANCER OF THE ESOPHAGUS CAN INCLUDE:

- Hoarseness
- Chronic Cough
- Hiccups
- Pneumonia
- Bone Pain
- Bleeding in Esophagus.

It is important to note that having one or more of these symptoms does not mean that you have esophageal cancer. Many of them are more likely to be caused by other conditions. If you have any of these symptoms, especially trouble swallowing, it is extremely important to have them checked by a doctor so that the cause can be found and treated, if needed.

Patients who are diagnosed with the esophageal cancer are often prescribed chemotherapy, surgery and/or radiation treatments. Radiation therapy, including external-beam and high- and low-dose brachytherapy, are most often used by cancer specialists to shrink the tumor prior to surgery, kill any cancer cells that may remain after chemotherapy and surgery, and with more advanced esophageal cancers – shrink tumors so a patient can swallow more easily.

“While external-beam radiation therapy and brachytherapy cannot cure the cancer, it can help shrink and terminate any remaining cancer cells. In addition, brachytherapy has proven to be an effective way to relieve painful swallowing and improve a patient’s quality of life,” says Dr. Jeffrey Kanski, radiation oncologist at ICCV/ICCI.



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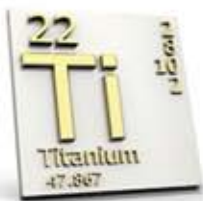
Do You Know "MELISA": A diagnostic test for metal allergies

By Dr. Perry Ekstrand

I have been approached lately by a few patients asking me about titanium allergies. For those of you who don't know, titanium is used in implant treatment to restore missing teeth. In medicine it is used for hips, knees and shoulders among other things. In some literature the incidence of allergies is claimed to be below 1%. Now, that does not really help you if you are the one. In other articles they suggest 2-4% and I have heard larger numbers as well. There is a discussion in the medical community if allergy tests should be routinely done before titanium implant placement.

The excerpt below is taken from the web site www.melisa.com. MELISA is a blood test that can be taken to check for different metal allergies including titanium and mercury. I think this website will shed some light on the subject and answer some of your questions.

<http://www.melisatest.com/page/titanium-allergy>:



"In the last couple of years, the question if titanium allergy really exists has been raised in scientific literature.

From a clinical point of view, the frequency of titanium allergy seems to be very rare. However, many patients report worsening of health after placement of titanium implants. The reactions are not necessarily local, but appear in other parts of the body. One of the reasons why the existence of titanium allergy has been debated might be the that the golden standard for metal allergy testing, patch testing, has not been properly developed for titanium. The patch test is a skin test, where salts of the metals tested are placed on the skin of the back under occlusion. 24-72 hours later a dermatologist evaluates the reaction and the presence of a rash is taken as evidence of a positive reaction. Unfortunately, titanium dioxide, a salt of titanium used for patch testing, does not penetrate the skin under the conditions of patch test. This is one of the reasons why patch test in its current form often gives false negative results in patients with titanium-induced inflammation in the body.



The latest available research from Europe and Japan shows that between 2-4% of all patients with titanium implants develop an allergic reaction to either titanium or to one or more of the metals used in the titanium alloy.

The symptoms most often observed after implantation with titanium-containing implants are varied, so they will be different in different patients. These symptoms are akin as those described after the exposure to other allergens, like nickel or mercury, in sensitized individuals. The result is multiple non-specific symptoms such as profound fatigue, pain, cognitive dysfunction, headache, sleep problems etc."

If you have titanium implants and you are experiencing any of these symptoms, don't panic, as there can be other causes. If you have evaluated almost everything else, or perhaps you are considering the journey into having implant treatment maybe it would be wise to ask your physician or dentist to order the Melisa study and evaluate your sensitivity.

There are alternatives to titanium for dental implants on the market which are more expensive, but are metal free and could be a better match if you discover an allergy.

You know if I could finish on a personal note ... its not just titaniumwe are literally bombarded by thousands of chemicals & metals in our homes and offices and outdoor environments that are being used to supposedly "enhance" our lives. A "safe level" of any substance is not safe if you are allergic to it. For example if you are allergic to peanuts it might just take a fraction of one nut to set it off. If you are prone to asthma or allergies, maybe the chemicals you are using to disinfect your surroundings are setting off an allergic reaction causing your symptoms. I for one took the bleach and other chemicals out of our home using toxic free products made in America. I have personally become much more cautious when it comes to choosing cleaners, personal care products, dental care products and processed food products.

Any way you look at it I always say, do your homework on anything you introduce into your body. "I always like to wear a belt and suspenders to be sure my pants don't fall down :)..."

Regular "Free" Wellness Seminars are being held at our office to learn more about these products and many other things to maintain a healthy body, mind and smile. A healthy smile is hard to achieve without a healthy mind and body. Call our office to schedule your individual consultation, or join one of our early evening weekly seminars.

The Swedish Dentist

Exceptional Dentistry of The Villages

352.391.9897

www.TheSwedishDentist.com

Lic #DN10736

Golf Car accessible

Exceptional Dentistry of The Villages, 1116 Bichara Blvd., The Villages (La Plaza Grande in Spanish Springs, between Publix and EZGO)

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 advisers 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.

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 4/30/15

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

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

Dr. Compton shares the ways that many residents have become his patient's:

First:

- Some patients come directly to our office as referrals are not necessary.
- Others tend to start at their Primary care Physicians office (PCP). The PCP will evaluate and treat with medication. Then the patient presents to our office.

Second:

- We evaluate and treat the patient while working with the PCP if indicated.
- We treat as needed based on the patient's presentation (3-10 visits). Should we fail to see results quickly we recognize the need to progress the case. This means advanced imaging and orthopedic consultation.

Doctor Compton states that, "some patients will require surgery for pain relief", however in most cases he can postpone or prevent surgery for his patients.

The Doctors at Compton Chiropractic have received additional education on the Cox Technique among others. This conservative treatment has been shown to decrease disc pressure by approximately 75% thus allowing relief of the signs and symptoms of disc related pain (Sciatica).

The average treatment time is only about 15 minutes and most patients report feeling better in just a few visits.

Patient Testimonial

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

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.

Compton Chiropractic

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

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www.ComptonChiropractic.com



Central Florida's Health & Wellness Magazine



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

www.healthandwellnessfl.com



URGENT CARE

DON'T LET A SUDDEN ALIMENT INTERFERE WITH YOUR LOVE LIFE!!

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.

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 Bonafish 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 Association 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

THE BASICS OF WINE TASTING

We all know how to drink wine, but do you know how to truly enjoy the taste of the exquisite drink? Are you one of many who enjoy drinking wine but would like to know more about how to actually taste and appreciate the wine? If you can taste food and describe the flavors, you can do the same with wine.

Wine is a wonderful addition to any meal. It's flavorful, decadent and something many people enjoy. Perhaps the problem arises because we so often enjoy wine in social gatherings, where we are so focused on chatting, eating, having fun and so forth, that we don't give any thought to the wine being swallowed, so long as it is not unpleasant.

Wine tasting is not the same as drinking it. To experience the true flavor of a wine requires that you slow down and pay attention to your senses of sight, smell, touch, as well as taste.

Important first steps are to make sure the glass you are using is clean, and that you do not fill it too full. About one-third full is best.

HOLDING A WINE GLASS:

There is a right way and a wrong way to hold a wine glass, and it does make a difference. Never hold the glass by its bowl, only by its stem since the heat of your hand will quickly warm the liquid.

SIGHT:

Look at the wine - in daylight if possible. The best way is to slightly tilt the wine in the glass and hold it up to the light or look at it against a white or pale background. What do you see?

Is the wine clear or cloudy? The color will vary according to what type of wine you are tasting.

Red Wines: Red wines vary greatly in color. A young red wine is typically a bright-raspberry color. You will see hints of reddish-brown around the edges. An older red wine might be mahogany to brick-like in color. As a red wine ages, the red wine tends to have a brick-like color. Some dessert wines and especially those that have been in oak barrels, tend to be golden.



White Wines: White wines range from pale green to yellow to deep golden brown and become more golden as they age.

SWIRL:

While firmly holding the stem of the wine glass, gently swirl the glass in tiny circles on a flat surface for 10 to 20 seconds allowing oxygen to penetrate the wine.

The purpose of swirling wine in a glass is to aerate the wine and release vapors, evaporating from the sides of the glass, for you to smell. As the wine coats the sides of the glass, it releases its bouquet.

Observe the streaks of wine (legs) as they roll down the side of the glass. The legs can help you determine the body of the wine.



SMELL OR SNIFF:

Tip the glass up and stick your nose in it and inhale. Some tasters claim that you can get more aroma by holding your nose an inch or so above the glass after swirling. They think you catch more than you would

if you put your nose all the way into the glass. Try both ways to see what works for you. Also, your nose tires very quickly. Even "off-smells" may not register after a number of sniffs.

Whispering Oaks
- Winery -

Whispering Oaks Winery Visitor Center
Open daily from 11:00 – 7:00pm
Free wine tasting, tours on request, gift items,
and live music on weekends!

Discover the rich taste of all-natural
blueberry wines.

If you have never tried it,
you are in for a surprise!

WHISPERING OAKS WINERY
10934 N. COUNTY RD 475
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**Did you know that 80%
of our sense of taste is
actually in our nose?**

The aromas can be quite different depending on how far into the glass your nose goes. What do you smell? There is no proper sniffing technique. Some wine connoisseurs prefer to sniff by quickly inhaling two or three times. Others prefer one deep sniff or smelling with one nostril at a time.

At the top of the glass, the smells are more floral and fruity; deeper in the glass, they are richer. Try to detect the full range of scents from berry to floral to spicy to woody ... and so on. Consider intensity and appeal.

SIP AND TASTE:

This is the final step and should be taken only after you've used your other senses. Then sip the wine, letting the wine spread across the tongue from front to back and side to side before swallowing.

If you feel comfortable doing so, carefully slurp some air through puckered lips. This slurping of air (aerating) will help to release flavor and aromas.

Assessing the wine by taste should confirm the conclusions drawn from the appearance assessment and the smell assessment.

- The tip of the tongue detects sweetness
- The inner sides of the tongue detect sourness and/or acidity
- The outer sides of the tongue detect saltiness

At this point you can either spit it out (especially if you are tasting several wines) or simply drink it, but be sure to experience the aftertaste (the finish). Professional wine tasters will not swallow the wine, but immediately spit it out (you will see buckets for this purpose).

If you are tasting several wines, begin with the lightest white wines first and progress to the heaviest red wines. This will help keep your taste buds more sensitive so you can better appreciate each wine in the series. A sip of water between wines can also help preserve your palate.

Remember, there are no right or wrong descriptions of how a wine tastes or smells. Don't rush the tasting experience. Linger over the wine.

Finally, beyond all this objective evaluation lies the most important taste qualifier – do I like this wine? Do I want to drink it again? As a wine consumer, you don't have to be objective, it is all about what you like to taste and drink.

ARE YOU A DISTRACTED DRIVER?

April is known as National Distracted Driving Awareness Month. Everyone loves the freedom of getting behind the wheel of their car and just go, but are you easily distracted behind the wheel? Over 3,328 people nationwide were killed and over 421,000 were injured in motor vehicles accidents by distracted drivers. Distracted driving has become a deadly trend as is on the up rise.

One of the most deadly causes of a distracted driver is cell phone usage. Over 28 percent of all crashes are caused by drivers using a cell phone. Drivers who use hand held devices are four times more likely to be distracted and be involved in a serious accident. Text messaging while driving is a heightened concern because it actually has three combined types of distractions. These distractions are manual, visual and cognitive. Manual involves your hands to be off the steering wheel. Visual- your eyes are not on the road and cognitive means your thinking is impaired and your thoughts are not on driving.

Hands free devices can decrease the number of serious injuries and deaths while driving but this will not prevent a distraction from occurring. Suggestions are to turn your phone on silence when driving. Resist temptations by putting your phone in the glove compartment or trunk. Many cell phone companies now have certain apps on the phone that states you are driving. If someone calls or texts you they will receive this message. Other distractions while driving are reading a map, putting on makeup, shaving (yes I have witnessed this) eating, drinking, pets and even disciplining the children.

During the month of April enforcement will be out looking for distracted drivers. Fines can be as much as \$100 dollars. Is talking on a cell phone or doing something else other than focusing on driving worth a fine or a life? Many people don't realize that a motor vehicle can be a deadly weapon. Let's all ban together and drive safely for another day.

Interim
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Ocala

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Ginny Gave Out, but She Never Gave Up

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

While I sat with the family in the surgical waiting area, I saw the elevator doors open. It was the surgeon. As he walked the twenty-five feet or so from the elevator to the waiting room, he was looking at the floor as though he was searching for something, maybe the next words to say. When he came into the waiting area, all eyes were on him. He was an older gentleman with many years of saving lives. He immediately sat down in one of the chairs and began to describe in layman's terms the very difficult and tedious aspects of the surgery.

"The aneurism had grown to the size of her stomach and was simply impossible to repair in the few precious moments we had to work with her," he said sadly. In addition, he said that she had apparently suffered a heart attack.

Then I heard it. What the gentle surgeon said next stood out to me like a hammer striking a large bell. He said, *"She never gave up the fight; she just simply gave out."* As these words rang through our ears, we all knew she had gone on to be with her Lord and Savior, Jesus Christ.

It took only a few moments for the reality of that statement, *"She never gave up the fight; she just simply gave out,"* to sink into me like warm rays of sunshine breaking through on a cold and snowy day. This lady's life was a living testimony of that statement. She was an eighty-year-old grandmother with a love for God and for her family, who compelled her family who compelled her to be a "force to be reckoned with." I watched as her children and grandchildren began to weigh out the tremendous loss and the impact to their daily lives.

She had recently had cataract surgery so she could continue to drive herself and be present in the lives of those God had entrusted to her care.

She had been the spiritual matriarch to this large family.



I watched two very big, strong grandsons begin to weep as they felt the loss of her presence in their lives. She was in their hearts at such a deep level that it could only be expressed with tears. I said to these young men as I hugged them that they needed to "let it go" and cry. I told them she was watching them from Heaven now and needed to see if all her hard work and prayers for their lives would continue to pay off, and that it would bring her joy to see them miss her. I asked them never to forget all the life-giving, Godly advice she poured into their ears and hearts over the last twenty years.

As I drove home from the hospital, I wondered about my life. I wondered if it would be said of me one day, "He never gave up the fight; he just simply gave out." I realized that the "never give up" was about love and commitment, a sometimes rare commodity today. And that "simply giving out" was only about resources and not heart.

As I prayed, traveling east on Manatee Avenue, I recognized how she was able to stay so strong all those eighty years, even up until the end of her life. Her secret is found in the Bible, the book of *Hebrews in chapter 12 verse 2*. It states:

"We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.

Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne."

It's the ongoing daily relationship with Jesus who died, but is not dead now. As the verse states, He is sitting in Heaven at God the Father's right hand. Why is Jesus there and not here? He is praying for us. He is there to ensure *we do not give up the fight*.

My prayer and hope for you this Easter is that you will find a great church (there are many in Sarasota and Manatee counties including my own, Bayside Community Church) and go. Not for a religious activity, but to have an authentic experience with the God of the universe. I know it may feel a little scary, (it was for me when I first went for that purpose) but do it. God is real. He is nothing but pure love and wants a long-term, even eternal relationship with you. And if you do decide to have that relationship with Him, I hope it will be said one day that you "never gave up; you only gave out."

To your spiritual health,
Alex E. Anderson

Author of the book, *Dangerous Prayers*
www.dangerous-prayers.com

Dedicated to Virginia (Ginny) Cognac

441 Urgent Care Center

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