

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

May 2015

Lake/Sumter Edition - Monthly

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  **FREE**

BETTER HEARING MONTH

Help the Ones You Love
Come to Terms with
Their Hearing Loss

**NATIONAL Mental
Health MONTH**

**STRESS
INCONTINENCE
Is Nothing to
Sneeze At**

What Makes the
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May 5th | Luncheon | Villages Office Volunteer Party, 8630 E Co Rd 466, The Villages | 1:00 p.m.
May 12th | Seminar | Waterfront Inn, 1105 Lakeshore Drive, The Villages | 1:00 p.m.
May 21st | Seminar | Holiday Inn Ocala, 3600 SW 38th Avenue, Ocala | 1:00 p.m.
June 2nd | Seminar | Waterfront Inn, 1105 Lakeshore Drive, The Villages | 1:00 p.m.
June 16th | Luncheon | Villages Office Volunteer Party, 8630 E Co Rd 466, The Villages | 1:00 p.m.
June 23rd | Seminar | Waterfront Inn, 1105 Lakeshore Drive, The Villages | 1:00 p.m.

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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.

YOU ARE INVITED TO CELEBRATE MAY IS BETTER HEARING MONTH

Monday May 4th to
Friday May 15th

To celebrate **May is Better Hearing Month**, we are giving away special prizes to our most valued patients.

This month, take charge of your hearing with the new Ultra Hearing Aids!

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

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We're Turning

2

Join Us For A Chance To Win A Free Stem Cell Therapy Treatment.

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The graphic is a celebratory banner for a 2nd anniversary. It features a dark grey top section with the text 'We're Turning' in a white, cursive font, flanked by two yellow arrowheads. Below this is a colorful, abstract background with a large, dark grey number '2' in the center. The background is composed of various colored triangles and circles, including shades of blue, green, yellow, and orange. At the bottom of the graphic, there is a dark grey rectangular box containing white text and a logo. The logo for Lung Institute is a stylized sun or fan shape with yellow and green segments. The text in the box includes the company name 'Lung Institute', the tagline 'Breathe Easier.', and contact information: 'Call (855) 914-3212 to RSVP or visit lunginstitute.com/health'.

Pacemakers and Defibrillators

Are You a Candidate?

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

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

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

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

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

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

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



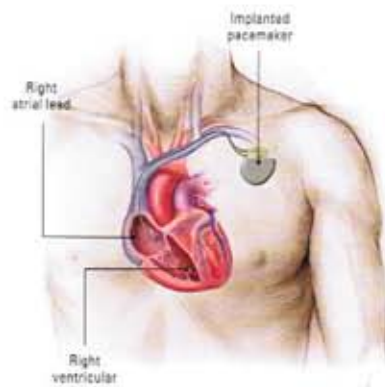
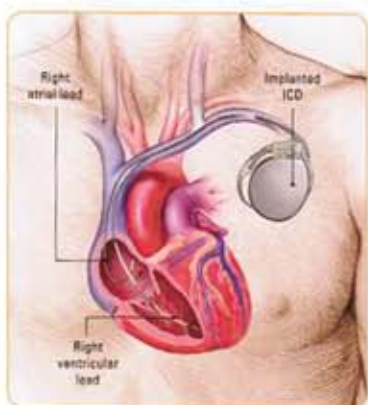
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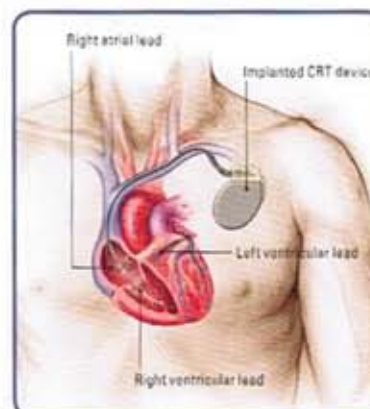
Dr. V

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

Arrhythmias: Pacemakers and Defibrillators



Courtesy Boston Scientific



It's your heart. It *should* be personal.

And that's how I treat it.

When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't. I will watch over you and treat you as I want to be treated when, one day, I am the patient and not the doctor. And that is my promise to you.



Dr. V

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

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- Pacemaker and Defibrillators
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May is Better Hearing Month

Help the ones you love come to terms with their hearing loss.

Acknowledging hearing loss usually begins with complex reactions, but the first and most common one is denial. Although there are many reasons why people go into denial about hearing loss, the bottom line is: Taking that first step to get a hearing test may confirm their worst fear – that they do, indeed, have a hearing loss.

There are factors that make denial a logical mind set for many people. For example, hearing loss often progresses slowly. People don't realize what they are missing in conversations and how many everyday sounds from the world around them they no longer hear - they subconsciously adapt to this subtle progression. It is a known fact that it takes about 7 years for someone to acknowledge hearing loss. They may even hear well in some situations – good acoustics, quiet atmosphere without background noise, one-on-one conversations with a familiar person who articulates clearly. This results in the rationalization that their hearing is fine. Denial can even be a tricky thing when that person uses it as a defense mechanism, causing them to point their finger outward: everyone else has the problem – the world “mumbles!” But most of the time the denial goes back to our society's historical “taboo” of aging.

How can we help our loved one move beyond denial? The best advice is - don't push too hard. They will resist even more. After all, if someone is in denial then he/she truly believes nothing is wrong! So, if the idea of possible hearing loss and therefore having to get a hearing test is going down like the Hindenburg, take baby steps.



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First, find out where they are having the most trouble hearing and work on situations one at a time. Show them what they are missing as opposed to mocking or making fun of what you have observed. If the volume of a TV becomes too loud, look into assistive listening devices that can be used with TVs. Find a phone or handset with stronger volume control if they are missing phone calls. Or, if they can't hear the door bell, alarm clock or smoke alarm, look into visual/vibrating alerting systems. Use safety as the motivator to get them to consider taking that hearing test. These are the first steps to get people to be aware of their hearing loss and of what they can do about it.

As the person who is trying to get a loved one to take a hearing test, it is important for you to know the other reasons for making that happen. Long term unchecked hearing loss can cause auditory deprivation (a condition that results in the brain "forgetting" how to hear and understand speech). 95% of people with hearing loss can be treated with hearing aids. Nine out of ten hearing aid users report improvements in quality of life.

At HearUSA, our trained professionals can provide the proper testing to determine hearing loss. Stop by our center and celebrate May is Better Hearing Month.



HERE ARE SOME OTHER HELPFUL HINTS TO HELP YOU DEAL WITH DENIAL:

- Sit down and talk openly and honestly about how their hearing loss affects you and your relationship with them. Assure them that they are loved and how you miss being able to enjoy things together. Make the hearing loss "our" problem not just "their" problem.
- Get them used to the idea of scheduling a regular hearing test as part of good routine health care, just like getting mammograms, checking blood pressure, testing vision, and having a colonoscopy. Set an example by getting your own hearing tested.
- Watch for health fairs that offer free screenings. Go to them together and take advantage of all the information as well as the free screenings that they may offer.
- Help by setting up appointments with a hearing care professional.
- Stay positive – the issue could be as simple as a build-up of wax in the ear!
- Offer to drive or find someone else to drive them to their appointments.
- Check to see if their medical insurance covers hearing evaluations and hearing aids. If there is no coverage, offer to help with the cost if that is feasible for you. Check out what financial help is available at www.hearingloss.org.
- Most importantly, educate yourself about hearing loss: the different types, the causes, the psycho-social impact, and what to do if you have hearing loss. With this information under your belt, you will be ready when they are and can answer questions and steer them in the right direction.



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."

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.

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8am to 5pm

Office:
352-350-1525

Golf Cart Access



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

URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM

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

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

A TEAM EFFORT

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



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

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

SIMPLY THE BEST

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

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



Adam Santos, PA-C

"Your care means more to us than your wallet"



John Santos, ARNP

MISSION STATEMENT

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

MOTTO

Hard work pays off and honesty will prevail

441 URGENT CARE GOALS

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

OUR PHILOSOPHY

See you at your convenience

Provide top level care without top level pricing

Be ever mindful that your time is valuable

Create a warm and relaxed environment

Include you in the medical decision process

Treat you as we would treat our own

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

ILLNESSES:

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

INJURIES:

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

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



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

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

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

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

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

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

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

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

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

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

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.

Gastro-Colon Clinic Dr. Anand Kesari

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1 Zauber AG, Winawer SJ, Waye JD, et al. Colonoscopic Polypectomy and Long-Term Prevention of Colorectal-Cancer Deaths. N Engl J Med 2012; 366:687-696
2 Rockey DC, Paulson E, Niedzwiecki D, et al. Analysis of air contrast barium enema, computed tomographic colonography, and colonoscopy: prospective comparison. Lancet. Jan 22-28 2005;365(9456):305-311
3 Brenner H, Chang-Claude J, Seiler CM, Sturmer T, Hoffmeister M. Potential for colorectal cancer prevention of sigmoidoscopy versus colonoscopy: population-based case control study. Cancer Epidemiol Biomarkers Prev. Mar 2007;16(3):494-499.



Standard Colonoscope
Limited 170° Field of View



Fuse™ Colonoscope
Panoramic 330° Field of View



InterCommunity Cancer Centers to Enhance Coordinated Patient Care by Offering Comprehensive Services at **ONE SINGLE LOCATION**

In its continued efforts to enhance the access and delivery of coordinated cancer care for local patients, InterCommunity Cancer Centers (ICCC) recently announced plans to centralize its comprehensive services in order to provide them at one single location in Lady Lake.

Leading ICCC Radiation Oncologist Dr. Herman Flink, who has cared for patients in the Leesburg community for several decades, will continue treating patients at the Lady Lake location, less than 10 miles from Leesburg. During this transition, there will be no interruptions in patient care and ICCC will continue to provide evidence-based, radiation therapy treatment ensuring the use of best practice guidelines for its patients' cancer treatment.

The centralization of services will also ensure ICCC's ability to provide the following services:

- Advanced technology including an on-site CT scanner, state-of-the-art imaging, Calypso® GPS for the Body® and High-Dose Rate (HDR) brachytherapy
- Improved continuity of care from physicians already familiar with the patient's case, helping avoid further unnecessary tests and services that may potentially lead to additional costs and inconvenience
- Cohesive, coordinated and continuous care including the transition of many clinical team members from the Leesburg center to Lady Lake
- Immediate access to all patient records as all of ICCC's locations operate on the same medical record system

"We are very excited for our patients because it enables us to more effectively focus our efforts and resources at one location," explained Herman Flink, M.D., radiation oncologist at ICCC. "By collaborating with our physicians on this endeavor, we are confident that the decision to centralize services will significantly enhance the delivery of comprehensive cancer services to the communities we serve."



ICCC is part of Vantage Oncology which includes more than 50 cancer treatment centers in 14 states providing quality, personalized care in a community setting.

For more information, please call InterCommunity Cancer Centers at (352) 326-2224, or visit us at www.icccvantage.com.

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 Jeffrey Kanski bring exceptional expertise in treating breast, lung, prostate, gynecologic, skin and other cancers.

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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(352) 326-2224
www.ICCCVantage.com



Hal Jacobson, MD
Herman Flink, MD
Jeffrey Kanski, MD
Maureen Holasek, MD



The Swedish Dentist

What makes the Swedish Dentist different?

By Dr. Perry Ekstrand

I have been asked this question throughout the past 31 years ever since I started practicing in Florida, having moved here from north of the Arctic Circle. Aside from the accent, teeth in Sweden are pretty much the same as teeth in America and education to treat patients is quite similar.

One of the key differences however is how Sweden has approached the controversy around mercury fillings, also known as silver or amalgam fillings, to replace decayed areas in a tooth. Sweden recommended against using mercury fillings in 2001, and in 2009 completely banned them.

I have followed studies done in Sweden and in America and I chose more than 20 years ago to become mercury-free in my practice.

My first hands-on experience with mercury, which prompted me to make the decision to practice mercury-free, was a patient in her 30's who suffered mysterious and undiagnosed weakening of her limbs as time passed, to the point that it had become difficult to walk. Her own research led her to believe that her mercury fillings, placed years before, could possibly be the cause. She asked to have all of her fillings replaced with a composite material and crowns where necessary. Within three months of having the work done, she was walking easily again, with no side effects.

Mercury-free includes not only replacing these fillings, but also how the removal of old fillings is performed as well. I have for many years carefully removed these fillings for my patients with the use of suction techniques and often the isolation of each tooth during the procedure.

However, in June 2013, I got a first-hand lesson and a true awakening from an American dentist I met in Orlando, Dr. Matilda Castellini. Her passion was to protect against the potential side effects of mercury inhalation while removing fillings. Her passion prompted me to take major steps towards better protecting my patients, my team, and myself from the effects of the removal of these mercury fillings.

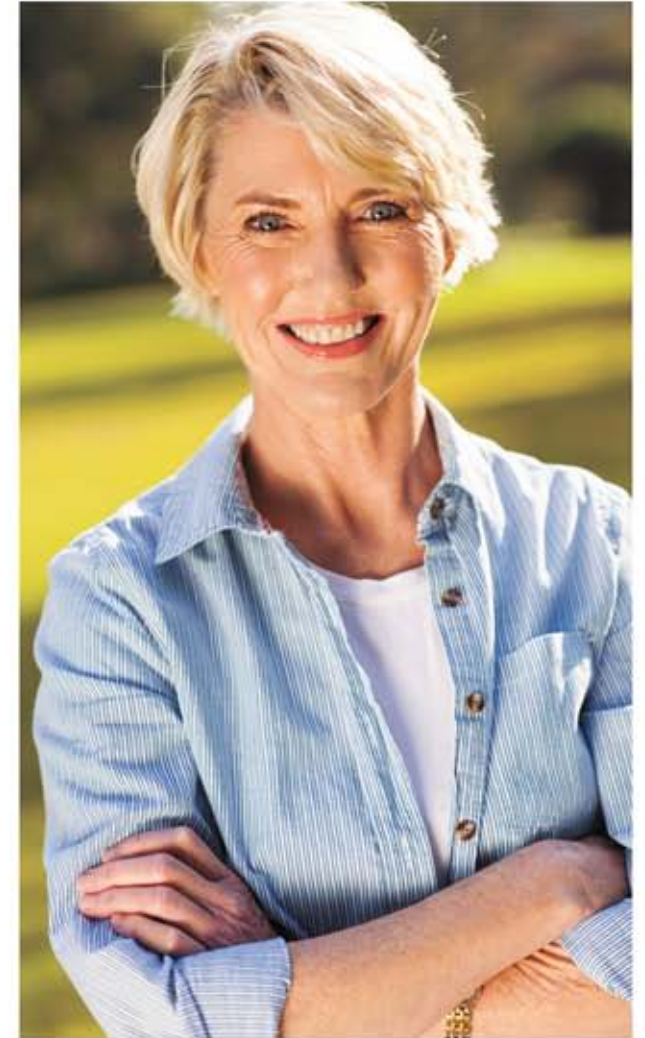
Dr. Matilda, who passed away from an aneurism on July 1, 2013, was diagnosed with a rare cancer that her doctors linked to mercury toxicity many years ago. Her exposure came, she believed, from her 26 years of placing and removing amalgam fillings. These procedures are still practiced today in an overwhelming number of dental offices in this country.

I have made it my mission, after meeting and working with Dr. Castellini only briefly before she passed, to take a different approach. Our office has invested in the equipment necessary to minimize the risk of removal of these fillings and the side effects to our patients and my team. These steps also include recommendations for foods to eat before and after treatment to help rid the body of the chemical more quickly. Some of the recommended foods are Spirulina, fresh cilantro, eggs, garlic, broccoli, cabbage. Also supplements like Glutathione, Taurine and probiotics. These foods and supplements tend to bind to mercury and help to eliminate it out of the body.

The IQ air system, from Switzerland, is a large suction apparatus, with mercury vapor filters, that is placed over the patient to effectively pull the fumes away from patient and team. In our office we also isolate the tooth with a rubber dam so to minimize the swallowing of the water containing the potentially harmful chemical vapors as the amalgam is removed. An oxygen mask is also placed on the patient's nose to minimize the inhalation of potentially toxic fumes.

I encourage all my patients to do their own investigation of the studies and facts behind this hazardous material in the environment and in the body.

Call for a free consultation to find out how your teeth can be restored safely. You can have peace of mind knowing that this procedure is performed in an environment where there is a sincere effort to promote the health and well-being of everyone involved. You do not have to wait to have symptoms



of mercury toxicity to take these steps. Should you have multiple fillings, a clear plan of action over a period of time, and financial options, are available.

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Vaccines and Stem Cells: WEAPONS AGAINST LUNG DISEASE

By David Ebner, Staff Writer

Every fall, the billboards and television commercials urging you to get a flu shot start to creep into the national narrative. Many people have reservations about the flu vaccine; some state it causes headaches and even engages flu-like symptoms. However, the statistics strongly support the flu vaccination over trying to tough it out, especially for the elderly. The CDC estimates that, in people over 50, there is a 77 percent reduction in hospitalization for flu symptoms when vaccinated.

Why not give yourself the best possible chance to be healthy? During flu season, most people agree with this logic and get a flu shot. The benefits are even more compelling for those suffering from a lung disease like COPD. The coughing, shortness of breath and fatigue that come along with the flu are everyday symptoms for those with lung disease, and the possibility of contracting the flu can turn these already harsh symptoms into something potentially fatal like pneumonia or respiratory failure. That's why the CDC recommends that people with these conditions get the flu shot yearly.

Most pulmonologists will also urge their patients with lung disease to get a flu shot, but this has led patients to ask about other options to protect and improve their lung function. If a shot can vaccinate them from the flu, what can be done about lung disease? New options are emerging, and some have discovered stem cells as the answer. Just like the flu vaccine, stem cell therapy offers the possibility of improving lives through effective management and treatment of debilitating conditions.

Stem cells have become a buzzword in the news over the past few years. However, much of the talk is about fetal stem cells; few people are talking about adult, autologous stem cells that are present in all of our bodies. As our body's repair system, these cells live in blood, bone marrow and fat tissue. They naturally respond to injury or illness; however, stem cells don't move quickly, hence our bodies don't instantly heal when we get sick. Autologous stem cell therapy can expedite this natural healing process.

A clinic called the Lung Institute (lunginstitute.com) is working to change this. They treat lung diseases with stem cells from the patient's own body. In essence, they extract the cells through a minimally invasive procedure, clean them and then reintroduce them to the lungs after giving the patient natural growth factors that promote cell replication. This quickens healing by directing the cells—and their healing properties—toward the diseased area. The result is healthier tissue growing in place of damaged tissue, and although this doesn't cure the disease, it acts

like the annual flu vaccine by slowing further degeneration and bringing a normal life back within reach.

We are in the midst of a fight to eradicate the flu just like the measles and polio of yesteryear. In the past, when the medical field banded together to tackle these diseases head-on, they were able to develop a vaccine. With the advancements in medical research today, the question of whether this can be done for lung disease is forthcoming, and by the looks of it, stem cells could play a starring role.

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.



STRESS INCONTINENCE IS NOTHING TO SNEEZE AT

“Stress incontinence” is a reality for millions of women in America today. The “stress” is not emotional or mental pressures. Rather, it’s physical pressure put on the bladder that can cause urine leakage. Something as simple as a sneeze or a cough might trigger a leak. Standing up suddenly, lifting something heavy, exercise; sex; anything that puts pressure on a bladder can be problematic.

Stress incontinence is the most common form of incontinence in women. It’s an unwelcome embarrassment for 1 in 4 women aged 15 through 44—1 in 3 women aged 45 to 64. It is so embarrassing in fact, that fully *two out of three women never mention it to their doctors*. Those who do, wait an average of *over six years* before seeking help.¹

The good news is, when they finally do speak up they discover that their problem is, for the most part, easily cured. Often all it takes are a few lifestyle changes—exercise, lose weight, quit smoking, forgo the diet soda refills—and voilà—no more problem! Here’s why....

The root cause of stress incontinence comes from weak pelvic floor muscles, simple as that. How you came to *have* those weakened muscles could be from pregnancy and/or childbirth, carrying excess weight, decreased estrogen levels due to peri-menopause or menopause, or simply aging.

SO, HOW DO YOU FIX IT?

Weight loss may be one of the most effective ways to drastically improve or even “cure” stress incontinence. According to Kristene Whitmore, M.D., chair of urology and female pelvic medicine and reconstructive surgery at Drexel University College of Medicine in Philadelphia, “Dropping pounds eases the pressure on your bladder and pelvic floor.... In one study, women who lost 17 pounds reduced leaking episodes nearly 50%. Even those who lost a mere three pounds were 28% drier.”

1. <http://www.goodhousekeeping.com/health/a13570/urinary-symptoms/>

Also, watch what you drink—sip don’t chug—and you can also make a huge difference. Coffee is a major culprit. If you must drink it, think moderation. Water or herbal teas are better but even those need to be sipped over time. Finally, cut back or eliminate those elements in your diet that are known to irritate bladders: caffeine, carbonation, alcohol, artificial sweeteners, citrus and tomato juice.

One word—*kegels!* Many are already familiar with these go anywhere, exercise anytime little gems. Kegels are pelvic floor strengthening exercises. A doctor or physical therapist can show you how to perform the moves correctly to derive the most benefit. Keep at it daily for six to eight weeks to give the exercises the best chance to work.

All of the above are steps you can take to mitigate the effects of or even cure stress incontinence on your own. If those prove less than satisfactory, treatment can become more aggressive with a little help from your doctor. There are devices available he or she can prescribe to help.

A vaginal pessary is a specialized device shaped like a ring with two bumps on it. It is placed around the urethra to support the bladder and reduce leakage during activities. A urethral insert is another choice. Similar to a small tampon, it’s inserted for extra help when certain physical activities are anticipated—though it can be worn all day if desired.



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Surgery is the final choice available to someone suffering from the effects of stress incontinence. There are several procedures that can be performed. Consult with your doctor to see which one he or she may recommend.

The bottom line is, stress incontinence is more inconvenient and embarrassing than it is life threatening. Clearly, there are options out there. Most are non-medical lifestyle changes a person can adopt to take control of their particular situation. Many will greatly reduce or even eliminate the problem altogether. And while stress incontinence is nothing to sneeze at...it’s not a condition you’ll have to live with, either.



**The American Cancer Society predicted
96,830 cases of colon cancer in 2014.**

Don't become part of that statistic in 2015. -DR. ANAND KESARI

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Full Spectrum Endoscopy® (Fuse®) is revolutionizing colonoscopy by providing a full 330° view of the colon, almost double the view of standard colonoscopes. A study recently published in The Lancet Oncology revealed that Fuse® found 69% more adenomas than standard colonoscopes.



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Dr. Anand Kesari of Gastro-Colon Clinic and OSSC is proud to be the front-runner in adopting this new technology. Fuse® has been shown to greatly reduce the numbers of pre-cancerous polyps missed by standard colonoscopes and doesn't cost more. Fuse® colonoscopy is COVERED BY YOUR INSURANCE.

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BRAIN TUMOR AWARENESS MONTH

NeuroBlate System: A Cutting Edge New Tool to Resect Brain Tumors

By Melvin Field, M.D.

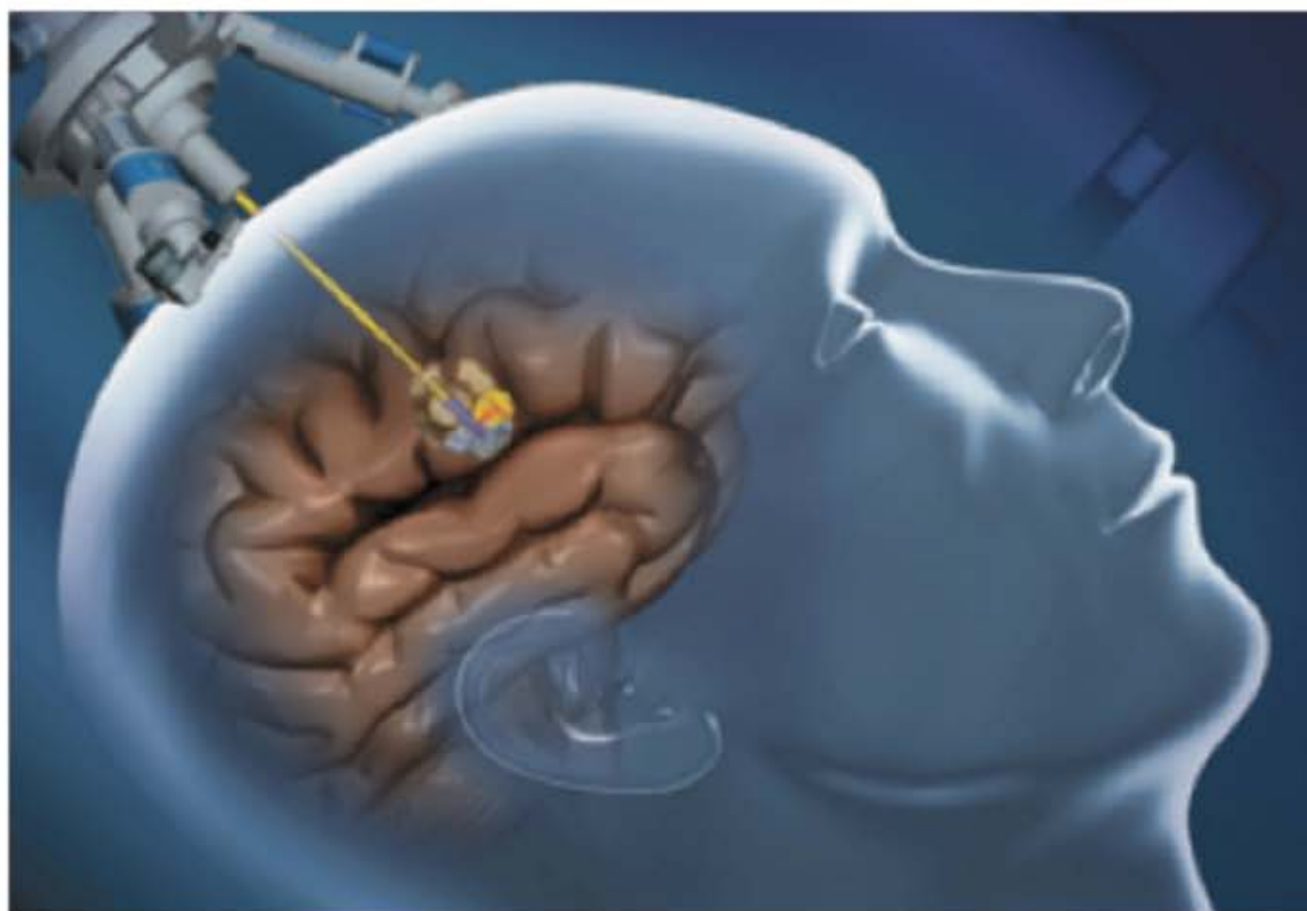
May is National Brain Tumor Awareness Month. According to the American Brain Tumor Association, nearly 70,000 new cases of primary brain tumors will be diagnosed this year, representing the leading cause of cancer-related deaths in males and females younger than 20.

This month is an opportunity for us to come together to highlight the tributes and triumphs of everyone impacted by brain tumors and to raise awareness of new resources and technological innovations in the medical community.

What's new in Neurosurgery?

The University of Kansas Hospital now offers the NeuroBlate® System, a surgical technology that uses a pulsed laser to deliver targeted energy to abnormal brain tissue. The NeuroBlate System combines magnetic resonance imaging (MRI) and software-based visualization to allow surgeons to remotely destroy and coagulate tumors at multiple locations in the brain, at the surface or deep inside, through a computer module. During a procedure with the NeuroBlate System, a surgeon makes a small hole in the skull, approximately as wide as a pencil, and precisely guides a laser probe via an MRI compatible robotic driver to apply controlled amounts of heat until the targeted tissue is destroyed.

In traditional brain tumor surgery, physicians use MRI following a procedure to determine if the lesion has been removed. With NeuroBlate, however, the surgeon uses real-time MRI visualization throughout the procedure, which improves surgical decision making, which may



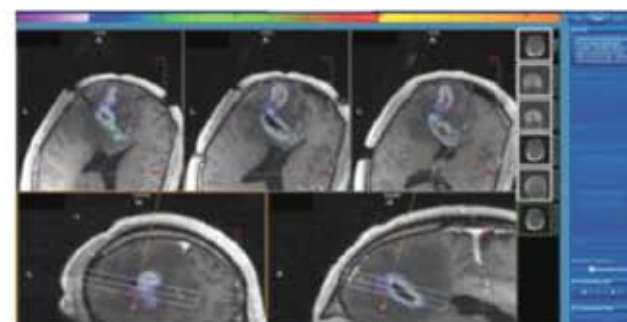
NeuroBlate System for MRI Guided Neurosurgical Ablation

translate into better clinical outcomes. NeuroBlate also provides a clinical solution for reaching some tumors that are difficult to access with standard surgery, presenting a new option for treating tumors that were previously considered inoperable.

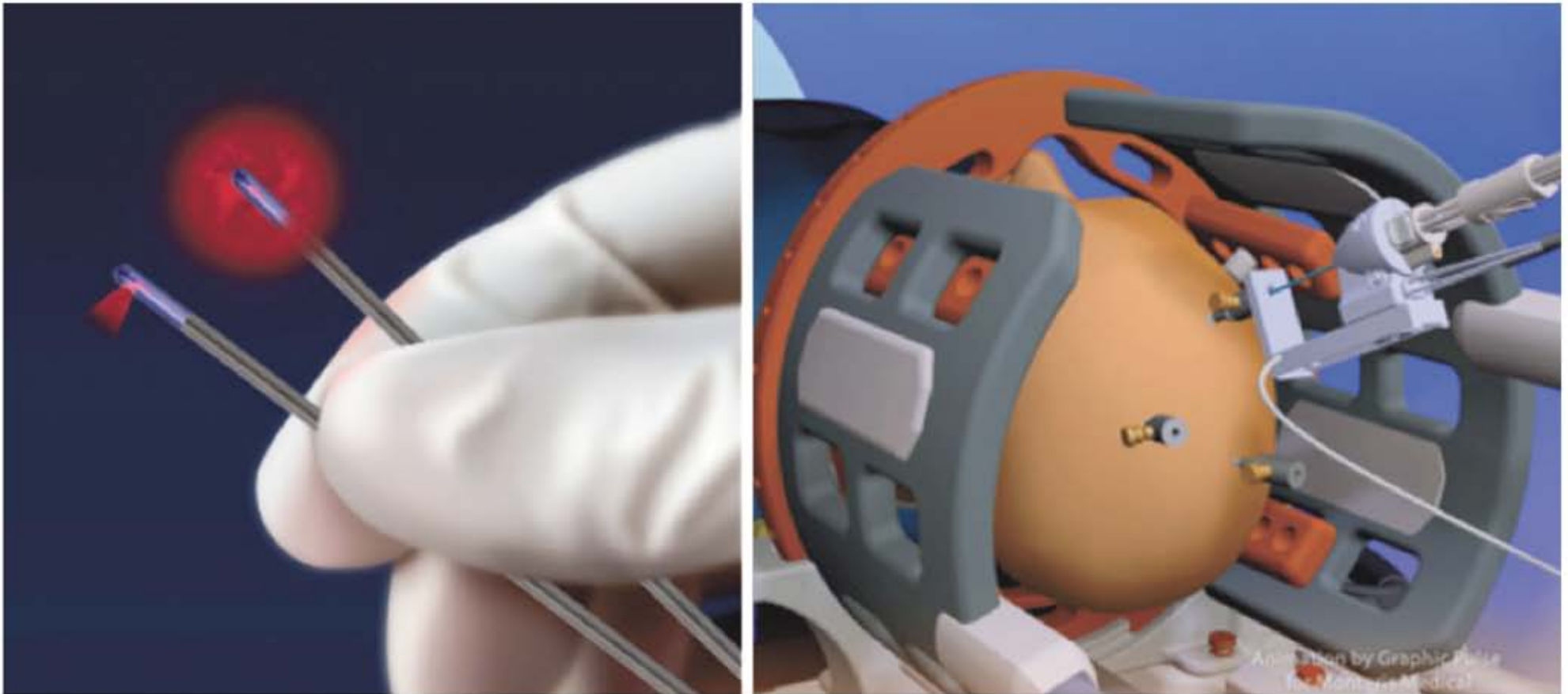
What are the benefits?

The NeuroBlate System has the ability to remove diseased tissue, including tumors and lesions and other brain soft tissue intracranial growths, while leaving healthy tissue unharmed. Compared with the traditional open surgical approach, patients

who receive the minimally invasive MRI guided robotic laser NeuroBlate method may experience less pain and reduced hospital length of stay.^{1,2,3}



Proprietary software provides visualization of a target lesion



Where can I go for more information?

Please discuss your condition with your doctor. For information about brain tumors and treatment options please visit www.MyBrainTumorOptions.com. This website contains useful information including questions to ask your doctor and a glossary of terms to help patients and their families better understand brain tumor diagnoses and options.

1 Hawasli AH, Bagade S, Shimony JS, et al. Magnetic resonance imaging-guided focused laser interstitial thermal therapy for intracranial lesions: single-institution series. *Neurosurgery*. 2013 Dec; 73(6):1007-17.

2 Sloan AE, Ahluwalia MS, Valerio-Pascua J, et al. Results of the NeuroBlate System first-in-humans Phase I clinical trial for recurrent glioblastoma: clinical article. *J Neurosurg*. 2013 Jun; 118(6):1202-19.

3 Mohammadi, AM and Schroeder, JL. Laser interstitial thermal therapy in treatment of brain tumors – the NeuroBlate System. *Expert Review of Medical Devices* 2014 11:2, 109-119.

Melvin Field, M.D.

Dr. Melvin Field is the Director of the Minimally Invasive Brain Surgery Program at Florida Hospital's Neuroscience Institute. He is a member of the American Association of Neurological Surgeons, the Congress of Neurological Surgeons, the Society of Neuro-Oncology, the North American Skull Base Society, and the Society of Robotic Surgery. His clinical interests are in brain tumors and complex surgical disorders of the skull base.



To learn more visit:
MyBrainTumorOptions.com

Additionally, please visit <http://www.floridahospitalneuro.com> or call 1-407-975-0200 to speak with a member of the Florida Hospital Neuroscience Institute team.

“Save a limb. Save a life.”

Limbststitute **Comprehensive Vein Care and Limb Salvage**

The statistics are staggering: Almost one of every 200 Americans has suffered an amputation — about 97 percent of those to a lower limb.

The real tragedy? Many of those losses could have been avoided with swift and adequate intervention. Simply put, the Limbststitute Comprehensive Vein Care and Limb Salvage with offices located in The Villages, Summerfield and Tavares, was created to do just that.

The newest addition to the Institute of Cardiovascular Excellence family, the Limbststitute provides comprehensive vein care and incorporates the latest technologies — closing off veins with radio waves for example — to get the best results. The staff members there are also wound care specialists and experts in artificial skin grafts. Their mission is to do whatever it takes to save a limb and give a patient their life back.

Indeed, the key to the success of the Limbststitute is that all of the many specialties involved with reversing the declining health of an arm or leg have been gathered together under one roof. Inside its 4,000 square feet of designated examination rooms, labs, testing and treatment facilities, medical professionals and physicians have been hand-selected from various specialties to form a collective team dedicated to a singular goal: the treatment and management of peripheral vascular diagnoses.

In the past, patients in danger of losing a limb traditionally would have had to shuttle between various doctors in separate facilities: a cardiologist, medical internist, phlebologist, podiatrist and specialists in infectious disease and wound care to name just a few. Not only was it inconvenient, chances are that those specialists were not committed to a total focus on limb salvage.

The Limbststitute provides a better way, with all of the tests and treatments and physicians necessary to intervene and reverse the effects of critical limb ischemia on the same page — and under the same roof.



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Now Meet The Specialists

Tom Tran
PA-C, MPAS • Phlebologist



Mike Richards
PA-C, MPAS • Phlebologist

Member of the American College of Phlebology

The Limbstitute is fortunate to count Tom Tran among its staff of medical professionals. He brings a unique and lauded background to bear on the special challenges associated with venous disorders. He worked his way through college and went on to become a registered nurse in the ICU at Shands Hospital in Gainesville. Afterwards, he accepted positions with several emergency departments throughout Florida. Tom capitalized on his interest in venous health by inventing a medical device — the Transcatheter Extractor — and started his own company to sell his device throughout the U.S.

“I often removed a patient’s catheter through surgery,” Tran says. “This device allows for less down time for the patient and takes him out of the operating room and into the doctor’s office.”

He was named Physician Assistant of the Year in Florida in 2007 and appeared in numerous articles throughout the nation. He is actively involved as a Board of Trustees member of the Physician Assistant Foundation, and is an adjunct instructor for the NOVA University Physician Assistant Program.

Member of the American College of Phlebology Fellow Member American Academy of Physician Assistants and Member Florida Academy Physician Assistants

Mike Richards sees patients every day whose problems could have been avoided or at least minimized with a little forethought.

“Certain things we do to ourselves on a daily basis can lead to long-term issues,” he says. “Something as simple as wearing high heels can cause damage over time to vein valves and lead to venous insufficiency, varicose veins and worse. The opposite is also true. Patients who are aware, who have proactive habits and recognize potential problems early almost always have better outcomes.”

Mike is proud to be a part of the Limbstitute family.

“What’s important with The Limbstitute is that we are able to assess and treat all of a patient’s limb issues at one location,” he says. “Arterial problems such as PAD, venous reflux that can lead to leg ulcers, wounds that just won’t heal. We have it all under one roof, along with specialties like cardiology, phlebology (vein care) and internal medicine. Even nutrition consultation, which can be critical to healing and a positive long term result.”

Save a limb. Save a life. It’s a prescription written daily at the Limbstitute. Certainly the statistics can be daunting. But for the professionals in limb salvage who take it one limb/one life at a time, every good outcome is a victory that spurs them on to the next challenge. The arms and legs of the people in Central Florida are all the healthier because of it.



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Full Body Vibration: *Natural* Pain Relief for **ARTHRITIS SUFFERERS**



The official definition of arthritis is an inflammation of one or more of your joints. This inflammation manifests in stiff joints and pain, which usually get worse with age.

Arthritis is caused by a number of sources. Most people that suffer from arthritis have osteoarthritis, which develops naturally as we repeatedly use our joints and age. Another kind of arthritis is rheumatoid arthritis, which is caused by an autoimmune disorder. Other types of arthritis can be caused by a number of sources including disease, infections, genetics, etc.

Regardless of the type of arthritis, most of the symptoms are the same—the stiffness, pain, and swelling in the joints.

Modern medicine has one main weapon to fight arthritis—drugs. There are dozens of different medications, maybe even hundreds, that doctors will prescribe to suffering patients. In some cases where it could be useful, doctors may recommend surgery to replace joints like those in your hips and knees.

Natural Treatment with Full Body Vibration

Today's technological advances have paved the way for medicine alternatives that successfully treat various conditions, including arthritis. There are numerous research articles published by scientists over the last 10 years showing the benefits of full body vibration for those who suffer from arthritis.

So how does full body vibration help arthritis sufferers?

Low impact exercise is very important for people with Arthritis. When exercising with arthritis you have to focus on certain movements and an overall balanced workout for your full body, not just the area affected by arthritis. A common mistake is to focus on just the area that is in pain. This can be a big mistake because you will throw your body's balance off, potentially overwork the problem area, and can actually perpetuate the arthritis causing inflammation or cartilage deterioration. It is important to focus on range of motion, strengthening, and aerobic benefits when exercising to benefit arthritis.

Exercise can reduce pain and disability by decreasing muscle inhibition and by improving local circulation. Unfortunately, most arthritis sufferers tend to not adhere to an exercise regimen due to the discomfort associated with working out. The more difficult the exercise, the less likely they will do it. Full body vibration is particularly suited for these people because it exercises the postural system. Full body vibration is easy to use, the exercise sessions are short and best of all it is safe. Full body vibration is a great option to relieve arthritis pain and suffering, maybe even reverse the effects naturally.

Full body vibration stimulates muscles, connective tissues, and cartilage, all of which contribute to easing the swelling, stiffness, and pain caused by arthritis.

How does it do this? When you're standing on a good full body vibration plate (yes, there are bad ones) at 5 Hz you may not realize it, but your muscles are naturally contracting 5 times per second. This full body stimulation travels throughout your entire body stimulating muscles, tissues, and cartilage.

Not only does this help relieve the symptoms of arthritis, but the full body vibration is also strengthening muscles and increasing circulation throughout your system. Increased muscle strength helps support the joints and increased circulation feeds the cartilage more nutrients and oxygen.

As if the benefits above weren't enough, by stimulating the muscular and circulatory systems, we're also stimulating the lymphatic system, which removes the waste products from the body. This speeds up the removal of the body waste and toxins that are associated with the inflammation in the joints. Quicker waste removal equals reduced inflammation.

One more benefit, flexibility. There are entire research groups studying flexibility alone. They have found that arthritis does decrease the flexibility in the joints and that full body vibration actually increases it. Flexibility is a natural result of the full body stimulation that occurs as one stands on the vibration plate.

A number of patients that have suffered with arthritis for years are realizing that full body vibration is the first non-medicated solution that can successfully provide relief from daily pain. By simply standing on the machine and letting the vibrations stimulate the body the pain caused from arthritis is relieved while balance, muscle strength and flexibility is gained.



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"HEALTH"

- May 5th** | Luncheon | Villages Office Volunteer Party, 8630 E Co Rd 466, The Villages | 1:00 p.m.
- May 12th** | Seminar | Waterfront Inn, 1105 Lakeshore Drive, The Villages | 1:00 p.m.
- May 21st** | Seminar | Holiday Inn Ocala, 3600 SW 38th Avenue, Ocala | 1:00 p.m.
- June 2nd** | Seminar | Waterfront Inn, 1105 Lakeshore Drive, The Villages | 1:00 p.m.
- June 16th** | Luncheon | Villages Office Volunteer Party, 8630 E Co Rd 466, The Villages | 1:00 p.m.
- June 23rd** | Seminar | Waterfront Inn, 1105 Lakeshore Drive, The Villages | 1:00 p.m.

Dr. Castellano



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

BLUEBERRIES DO A BODY GOOD

Don't let their miniature size fool you – blueberries are proof that, when it comes to health benefits, good things really do come in small packages

Research has proven that there are many great reasons to enjoy blueberries! This little fruit softens dry skin, boosts your brain, and may even prevent cancer among other things.

Blueberries and Nutrition

Plump, juicy, and sweet, with vibrant colors ranging from deep purple-blue to blue-black and highlighted by a silvery sheen called a bloom, blueberries are one of nature's great treasures. With 80 calories per cup, virtually no fat and low in sodium, blueberries offer many nutritional benefits. Here's the skinny on blueberry nutrition.

Blueberries are one of the most nutrient dense foods in the world and contains large levels and a broad range of antioxidants. The ORAC score of blueberries is an incredible 9,621 which makes it one of the highest antioxidant foods in the world. Consuming just one cup of blueberries will provide you with the following nutrients: Resveratrol, Gallic acid, Lutein, Zeaxanthin, Vitamin K, Vitamin C, Manganese, and Fiber.

Blueberries are packed with vitamin C nutrition.

In just one serving, you can get 14 mg of Vitamin C – almost 25 percent of your daily requirement. Vitamin C is necessary for growth and development of tissues and promotes wound healing.

Blueberries are a good source of dietary fiber.

A handful of blueberries can help you meet your daily fiber requirement. Dietary fiber may reduce the risk of heart disease and adds bulk to your diet, which may help you feel full faster.

Blueberries are high in manganese.

Manganese helps the body process cholesterol and nutrients such as carbohydrates and protein.





Health Benefits of Blueberries

After learning about the nutritional facts of blueberries, you can see how challenging it is to narrow down the top health benefits. But after some extensive research, this list does the mighty purple fruit justice!

Anti-aging – Antioxidants are your best friend to keep Father Time at bay. They help reverse damage done by toxins and free radicals and help your body defend itself against dangerous pathogens.

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- Winery -

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Not only are blueberries rich in antioxidants as a whole, they are especially rich in proanthocyanidins, which have been observed to have additional anti-aging properties in several animal studies.

Much of the research has linked this to the ability of proanthocyanidins to reverse inflammation, the #1 of chronic disease in the world. Inflammation taxes the body like no other and causes heart disease, diabetes, cancer and almost every illness known to man.

Brain – Because they contain such a high amount of phenols, particularly gallic acid, blueberries are known as “neuro-protective agents.” According to researchers from Iran, this means that they can literally protect our brains from degeneration, neuro-toxicity and oxidative stress.

Another study found that consuming more blueberries slowed cognitive decline and improved memory and motor function. The scientists in this study believed these results were due to the antioxidants in blueberries protective the body from oxidative stress and reducing inflammation.

Cancer – Clinical studies have even discovered that, unlike radiation and chemotherapy strategies, gallic acid rich foods like blueberries can kill cancer without harming healthy cells!

Digestion – Being a natural source of soluble and insoluble fiber, blueberries can help regulate your gastrointestinal track by just eating a couple handfuls a day.

Addition of wild blueberries to diet can alter the balance of gut microbe in favor of members of the Actinobacteria phylum. Blueberries have prebiotic potential, which promotes growth of good bacteria (probiotics) in the colon and promotes digestive and health benefit.

Heart Health – The journal Circulation recently published a study showing that eating strawberries and blueberries together has a superpower tag-team effect that actually decreases your risk of heart attack by up to 33%.

After conducting research with more than 93,000 women 25 to 42 years of age, they did not observe this type of benefit in other types of antioxidants that were studied. Blueberry health benefits have also been shown to lower LDL cholesterol, raise HDL cholesterol and lower blood pressure.

Skin – Blueberry extract skin care products are becoming very popular around the world. It has been reported that the wide spectrum of vitamins and minerals help restore hormone balance, which counteracts acne.

Also, blueberries contain resveratrol which has been proven to reduce damage from over-sun exposure and can naturally darken your skin. Along with blueberry skin benefits, they have also been shown to heal macular degeneration and improve vision.

Weight Loss – Being low in calories, low on the glycemic index and high in fiber, everyone has at three reasons to eat blueberries to lose weight! According to the Mayo Clinic:

Because low glycemic index foods are absorbed more slowly, they stay in your digestive tract longer. This is why these foods are sometimes called slow carbs. These foods may help control appetite and delay hunger cues, which can help with weight management. Balanced blood sugar also can help reduce the risk of insulin resistance.

To preserve their nutritional content, make every effort to eat blueberries in their fresh, natural form. This isn't to say, however, that enjoying blueberries in other forms, say wine, is unhealthy. In fact, that is far from the case. So, come on out the Whispering Oaks Winery and enjoy some fresh blueberries and try some of our tasty Blueberry wine.

Dealing with Sciatica Shooting Down the Leg?

DON'T PAY THOUSANDS FOR SPINAL DECOMPRESSION!

By Compton Chiropractic Care

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

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

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

Having the doctors at Compton Chiropractic control the decompression from start to finish guarantees that the patients will receive more effective care and much shorter treatment plans. The typical treatment is 8-12 visits where as other decompression therapies require a patient to undergo over 26 visits. Our doctors also works with your primary care physicians, neurologists, and neurosurgeons in order to provide effective conservative care first. The truth is not every patient is a candidate for major surgery or prescription medication.

This conservative treatment has been shown to decrease disc pressure by approximately 75% thus allowing relief of the signs and symptoms of disc related pain (Sciatica). The average treatment time last about 15 minutes and most patients report feeling better in just a few visits.

The Cox Flexion distraction was developed by Dr. James M. Cox For 50 years Dr. Cox has designed this decompression treatment; documenting the science of this non-surgical alternative to back surgery approach to back pain relief in the hands of well-trained back specialists.

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

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

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



FREE Consultation
352-391-9467

The Doctors at Compton Chiropractic are graduates from Palmer College of Chiropractic and have been serving The Villages since 2006. The Doctors are integrated with several local primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively.

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

First:

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

Second:

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

**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 5/31/15

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!

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

Our Philosophy

- Treat patients as individuals and perform a thorough exam
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- 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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- 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
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- Quality care without the wait

Accepting

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Palmer Graduate
U.F. Graduate - B.S. Nutrition
Military Veteran

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Chiropractic Physician
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HOW YOU WILL LIVE EASY?



TRANSPORTATION SERVICES

"keeper," just someone who is with you and will take you to the different places you want to go... or that medical appointment that you might not want to go to!

Whether you want to visit the library, need medicine from the pharmacy or desire to spruce up at the beauty salon (or get that high and tight at the barber shop), we will get you there with ease

LIST OF SERVICES

- Beauty salon or barber shop
- Doctors appointments
- Events and parties
- Exercise classes
- Library
- Lunch and dinner outings
- Pharmacy
- Physical therapy and post-surgical rehab appointments



ORGANIZATION AND MOVING

It's not as simple as packing up boxes, loading a truck, then repeat in reverse, and that's difficult enough.

Are all your services transferred to the new home and services no longer needed cancelled?

How do you determine what to keep, transfer to family or friends, sell, donate or even toss.

Are you confident your new potential new home is the right fit for you?

Maybe you just need a little organization for your current home.

These are all things our concierge team are here to help you with and our services are tailored to fit your needs!

LIST OF SERVICES

- Moving announcements
- Organizing closets, cabinets, attic, garage
- Packing and shipping
- Packing and unpacking boxes
- Tidying up or organization
- Transferring or canceling phone, cable, internet, etc. services
- Grocery shopping and setting up home after stay at skilled rehab center

HOME SERVICES AND ERRANDS

Do you desire to live easy at home? A caregiver is important, but what about an extra set of hands to make life leisurely and enjoyable? Premier Services for Life can help you grocery shop, plan meals and





cook, provide cleaning services, assist with home electronics and computers, and run errands. Just ask and we'll get it done! Assist with home electronics and computers done! We specialize in the finest level of non-medical involvement so that you can continue to experience a full and enjoyable life. You don't have to be a king or queen...but you can live like one now.

LIST OF SERVICES

- Dry cleaning
- Grocery shopping
- Laundry
- Light housekeeping
- Meal preparation
- Paying Bills
- Personal shopping
- Picking up prescriptions
- Taking out trash
- House sitting and pet services



SOCIAL LIFE & WELL BEING

You don't just want a "caregiver" with you – you want to be seen with someone that looks like a professional and is a part of your family.

Whether you want to see a movie, take a day trip, plan a social function with friends, get all dolled up for church or attend a lunch or dinner engagement... Premier Services for Life will make it easy!



LIST OF SERVICES

- Attending parties and events
- Cooking or baking together
- Daily check-ins
- Day trips
- Dining out
- Games, puzzles, cards, etc.
- Going to the movies, theatre, symphony, etc.
- Hosting get-togethers with friends
- Medication reminders (only non-medical involvement)
- Post operation companionship
- Scrapbooking or crafting
- Taking walks and other exercise
- Tennis, golf or other leisurely sports

Premier Services for Life is a family owned and operated lifestyle concierge that provides the gift of time and affords peace of mind. and seek to build trust and create a stable and enjoyable environment.

We communicate regularly with the family, and as often as requested, so loved ones can rest assured. We know our services are more than a job; we are building relationships and providing care to enhance a lifestyle. Simply put, you or your loved ones will experience elevated service that will help you live easy!



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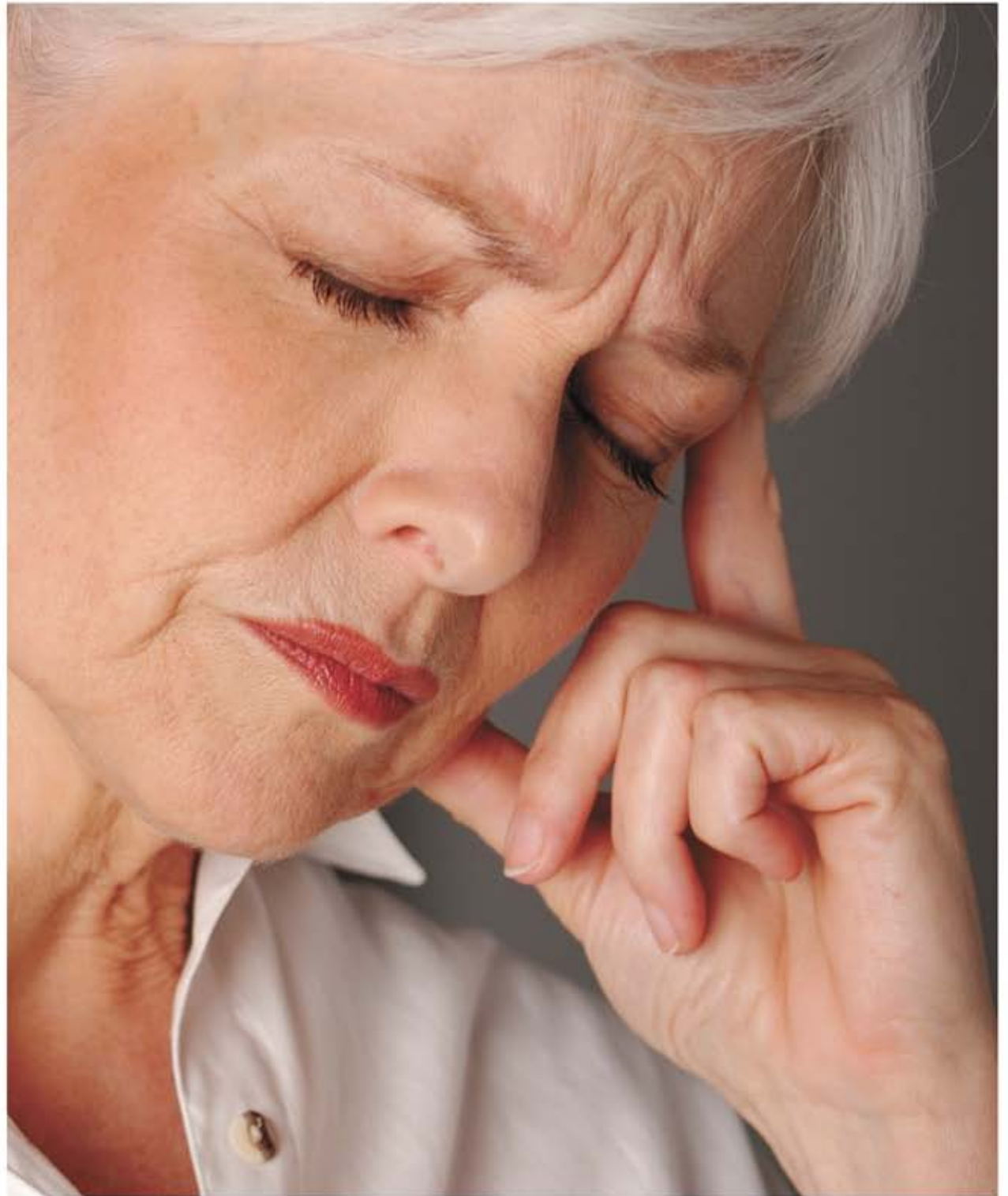
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May Is National Mental Health Month

Mental health is a serious illness that many people seem to shun away from someone that is suffering with this illness. Mainly, this is because they do not understand what is wrong.

In recent years attitudes have been changing towards mental illness due to this amazing event that is held the whole month of May. This event is a month long campaign that educates the general public about mental health, mental wellness and ways to keep your mind healthy. Anxiety disorders are among the most common illness in America. 40 million people are affected by this debilitating illness. There are 5 types of anxiety disorders they are:

- **Panic disorder** which brings on sudden feelings of terror that strikes repeatedly and without any warning.
- **Obsessive-Compulsive disorder** which brings on repeated intrusive and unwanted thoughts over and over again.
- **Post Traumatic-Stress disorder** are persistent symptoms that occur after some tragic incident has occurred. Nightmares, flashbacks, depression, no emotions, feeling angry, irritable, distracted and easily startled are just a few.
- **Phobia** a disabling irrational fear of something that actually cause little or no harm to them. This type of illness can lead to avoidance in someone's life and can cause people to limit their lives.
- **Generalized Anxiety disorder** is a chronic exaggerated worry of everyday life events and activities that can last at least six months always expecting the worst even though there is no reason to. Physical symptoms of this are fatigue, trembling, muscle tension, headache and nausea.



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Treatments for anxiety disorders include medications and/or some type of psychotherapy.

Medications that are most effective are antidepressants or benzodiazepines.

The most effective type of psychotherapy used to treat anxiety disorders is cognitive-behavior therapy. This therapy teaches patients to understand their thinking pattern so they can control their anxiety level.

Anxiety disorders can also coexist with another anxiety disorder such as an illness or drug abuse. Anxiety disorder can also coexist with a physical disorder. Before going on any type of treatment a full physical health evaluation needs to be done.

So during the month of May let us all be understanding to someone that may have any type of mental illness and try to learn what that person is going through. This can affect anyone at any time. No one is immune from this horrible illness.

You Change Your Words to Change Your Life

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

Words and thoughts are spiritual. They are not material. The material world can be measured; the spiritual cannot. This is my simple definition of spiritual versus material. Also when I say spiritual, I'm not necessarily referring to God or morality. I'm referring to that part of every human's life that cannot be measured.

If a pregnant lady goes to see her doctor for a checkup and asks him if her child will be a boy or girl he can, through science, give her the answer. However if the soon-to-be mom were to ask the doctor if her child would grow up to have many friends and be an honest person, he could not. The doctor has no scientific method of measuring friendliness or honesty in an unborn person.

Why not, you say? Great question. The answer is because "friendship" and "honesty" are spiritual aspects of a human's life, not material aspects.

Speaking words, which is simply saying what we think, is a spiritual aspect of our human existence. And **our words have creative power.** In the book of Genesis in the Bible, God said that He created man in His own image. Judeo-Christians have typically understood this to mean that like God, each person is a unique being, as is evidenced by each person having his or her own unique set of fingerprints.

Also like God, each person, in a limited way, has the power to create...with words. If you stroll through the first few chapters of Genesis you see this phrase a lot: "and God said." Usually following that phrase, creative things happened. As human beings, we have similar abilities to create.

We actually create in three ways using our words and thoughts.

One way we show ourselves to be spiritual beings is by the words we use to describe our lives. If you follow the **chain of words people speak, they usually**



express the quality of their life. Have you ever heard the phrase, "Boy, that sucks" or "My life sucks"? If you know the person who speaks those words very well, then you will usually see that there is a trace of truth in their life that reflects that comment. It may be in their finances, their relationships or in their health, but if you look closely, you will usually find it.

I learned this concept of Biblical creation through our thoughts and words when I was in my twenties. However, I was well into my thirties before I saw the fruit of the changes I had made. I started by writing out Biblical promises and putting them on my car dash, my bathroom mirror, and a place I have spent way too much time, my refrigerator. I observed that the words I would say to myself were the words that described my life at the time.

You believe what you say to yourself more than what others say to you.

A second place in life that I have seen the creative power of words is in the lives of my children. My wife and I not only created them physically, but spiritually as well. As I have listened to and seen the fruit of their words as they created their own lives, I realized many of their words have been our words, some times to our joy and some times to our pain.

The words you speak to and about others do not fall to the ground like crumbs from the dinner table. They become **seeds that may sprout up and grow unseen in the hidden places of the human heart.** Those words emerge through the lips one day, creating anything from a divorce to music that brings joy to millions.

The last place that words and thoughts create is in our bodies. I'm not a doctor, nor do I have the room in this article to share all the stories of the lives I have observed for over thirty years. Stories of people who, for the most part, used their words economically and with great selection, and not only lived healthy but some even overcame very serious health issues. I don't believe their success was just because of good genes. **I believe your thoughts, of which words are only an expression, can affect your body.**

In the June 21, 2002 edition of the Wall Street Journal, Sharon Begley wrote an article entitled, "So Much for Destiny: Even Thoughts Can Turn Genes 'On' and 'Off.'" The article states that according to psychologist David Moore of Pitzer College in Claremont, California, thoughts can cause the release of hormones that can bind to DNA. These released hormones apparently can turn genes "on" or "off". This was evident when a male researcher was isolated for an extended amount of time. Apparently his beard grew very quickly the few days before he returned to his family as his testosterone levels increased in anticipation of spending time with his wife.

So be careful—your body can hear what you say. Thoughts and words are powerfully creative. Use them wisely, but use them. Be intentional about those you influence. Encourage them and speak of their futures and yours with words that bring life and not death.

To your spiritual health,

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

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