

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

October 2015

Lake/Sumter Edition - Monthly

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**GIVING
FOR GOOD**

FEATURING

PARADY FINANCIAL GROUP

Parady Cares Foundation engages community, kids and clients on the power of giving and volunteering. Featuring a special one on one interview with CEO and Founder, Greg Parady.

Greg Parady, CEO of the Parady Financial Group and Cindy Nazzaro, Managing Partner

Feature on page 2

PARADY IN THE COMMUNITY:

Parady Financial Group CEO Greg Parady may be best known as the Layaway Santa who paid off over \$20,000 worth of layaway Christmas gifts in 2013 at a Wal-Mart in The Villages, FL. His unexpected generosity garnered national attention from CNN, MSNBC, The Today Show, Time Magazine, Good Morning America and the Huffington Post - but he may be most passionate about helping children in the local community.

Greg started working with the Villages Elementary and several other local schools when he discovered that the school lunch program had a large deficit, and that teachers were paying out of their own pocket for their students to eat. Parady sent members of his team to the school with \$500 cash for the school's lunch fund and he paid for the entire program for the school year. Next, he started a "hygiene-drive" and then added a "food-drive" in his office and at business events so his clients could get involved, and the response was overwhelming.



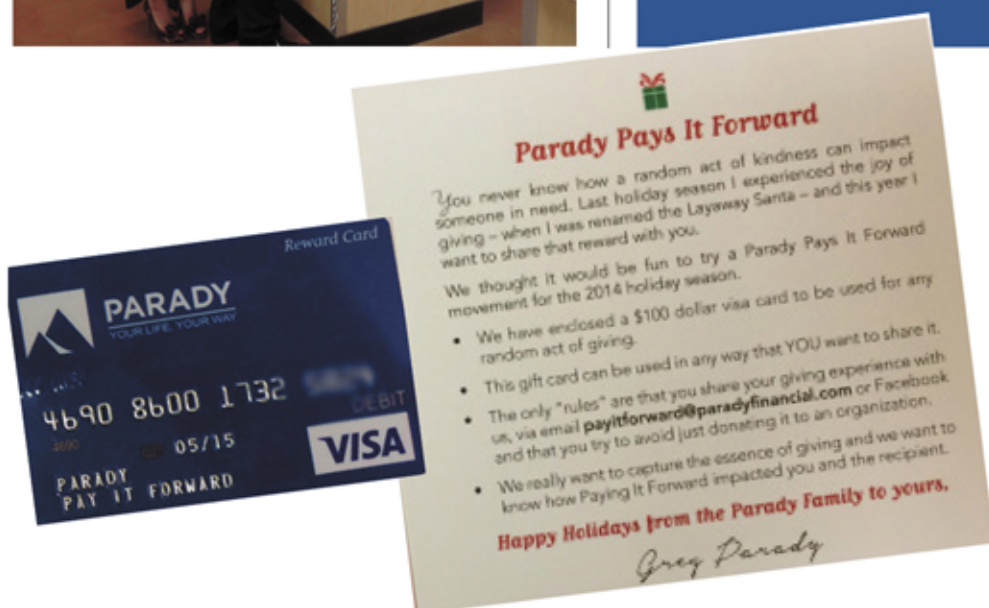
Last year, with the support of clients, Parady delivered:

- 200 laptop computers to provide teachers with adequate tools to educate our children
- 6,000 snacks and drinks to supply the Summer and After School Snack Program
- \$5500 for new social studies and science workbooks
- Sponsored the Spring Field Day with Parady clients, including a kick-ball game
- 160 bags of personal hygiene and clothing products
- 1,800 school supply items for "Back to School" collected and delivered



Parady built on their passion for giving and the desire to share the power of giving with others. Parady created the Parady Cares Foundation – a non-profit organization dedicated to helping children and the community.

For the holidays, Parady launched a "pay it forward" campaign by giving his clients \$100 Visa gift cards with their Christmas card and instructions to make a positive impact for someone else. Some staked out grocery stores and big box retailers for families who looked like they could use a financial boost. Others gave to churches, firefighters, animal shelters, the homeless, elementary schools and neighbors. Many directed their gift cards to assist with medical bills or to victims of abuse.





Seeing the success of the Parady Pays it Forward program, Greg decided to get children involved. The entire 4th grade class at the Villages Elementary was chosen to participate. Each of the 138 students received a \$25 VISA gift card and were instructed on ways they could work with their parents to commit random acts of kindness. They were also asked to document their acts and how it felt to give back.

According to Villages Elementary Acceleration Resource Teacher Bonnie Binneveld, the program left a lasting impact not only on the children, but on her. "I was touched and a little saddened by how many children were already familiar with some of life's greatest challenges like homelessness, cancer, struggles of single moms, and grandparents who can't afford medicines," she said. "I am not a classroom instructor, but I do feel like the Pay It Forward project created a sense of community. Students were truly excited to stop me in the hall and tell me how they made life a little better for someone else. I do hope that this is a lesson that will impact them for life. We all learned how good it felt to be able to help others. Making the connection between our school and the Parady Group has been one of my proudest achievements as an educator."

Earlier this year, Greg inspired his staff and clients to get involved with the schools beyond financial support. Parady garnered volunteers and provided t-shirts and "love" bracelets at the school's Field Day, in addition to a \$3,500 donation. Several members of Parady's staff and client volunteers ran a refreshment station, handing out goodies, water and a choice of three kinds of Icee popsicles.

One client, Phil Peregrine, who volunteered at the Parady Station with his wife Sue, said, "Probably the most interesting part...was the respect that these students had, how they thanked me for giving them the bracelets. Sometimes their teachers were there prompting them, but often they just did it on their own."



ONE ON ONE WITH GREG ABOUT THE POWER OF GIVING

Question 1: Why do you give?

Answer: There's nothing better than the power of giving. I want children to experience what it feels like to brighten someone else's day—for no reason at all. The feeling is contagious and memorable.

To say I am grateful for the relationships and opportunities I've had in this community is an understatement. The last few years I have been humbled and honored to support children and community around my home in Florida. It's been a great privilege to share our success and I have our clients to thank for it.

Question 2: You frequently say that your clients are like family, how is this?

Answer: We take a lot of time getting to know our clients, their families, their goals, and their fears. I love getting to know people both in and out of the office. The more you know, the better you can structure a plan to meet their retirement needs. We communicate a lot with our clients in the process to design a plan to relax and enjoy life to the fullest while they can. We like to design lifestyle strategies. We work hard to create financial confidence so people can relax and also host almost nightly events for clients to enjoy. And because of these relationships, we have created a second family – so, it was only natural that we extend those values to the children and community where we live.

(Continued on Page 4)

Question 3: What is Parady Cares working on now?

Answer: In terms of community outreach projects, we have a massive campaign underway to support AIM (Adventures in Movement) for the Handicapped, a non-profit organization. AIM helps mentally challenged, visually and hearing impaired, physically handicapped and others with special needs reach their highest potential. Their story is unique and their programs have a powerful impact on so many children and families.



Several months ago, we decided that we wanted this to be a major focus for our fundraising efforts for the months of August-October. Through a massive collaborative effort, which includes donations of time and money from our clients, local businesses, local clubs and community leaders— we are well on our way to achieving our objectives. And in the process we have had several premier, sold-out events to benefit AIM, including the Parady Golf Invitational, the Convertible Club Casino Night, 4th Annual Parady Oktober Fest, and an exclusive Hall of Fame Meet and Greet with Nancy Lopez and Joe Morgan.



Question 4: What's the future look like for Parady Cares projects?

Answer: I'm thrilled to announce the upcoming release of our Christmas book – a children's story about the power of giving. It's based on our experiences the last couple of years. We are hoping that it provides a way for parents, grandparents and children to talk about the holiday spirit and what it means to give – to do what Santa does.



Question 5: Is your company working on anything after the AIM campaign?

Answer: Yes, October is Breast Cancer Awareness Month. As one of our annual Signature events, we will be celebrating our 5th Annual Breast Cancer Awareness Fashion Show to benefit two local breast cancer support organizations, All About You Women's Boutique and the Community Medical Care Center Mammography Voucher Program. Because this horrible disease affects so many people that we know and love, our fashion show is an annual celebration of all of the courageous mothers, sisters, daughters, friends and family that fight the fight and we love to honor them with this special day.



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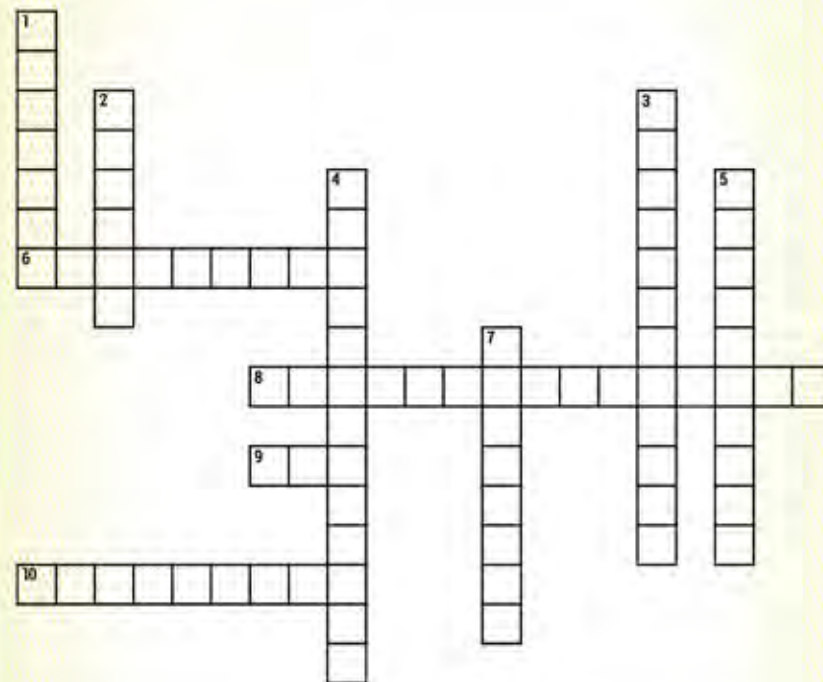


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Get Clued-in to the Facts about Chronic Lung Disease



Down

1. Pulmonary air sacs where the exchange of O₂ for CO₂ occurs.
2. Plants such as fern or aloe vera, or an air purifying machine help ___ indoor air.
3. ___ smoked on air for years as the Tonight Show host. He succumbed to emphysema at age of 79.
4. The American Lung Association gave Santa Fe, New Mexico, top marks in its annual ___ report.
5. Type of cell therapy in the US, defined as "derived from oneself."
7. Situated roughly 2,000 miles off the US West Coast, the Pacific island city of ___ has some of America's lowest levels of ozone and particulates.

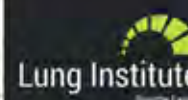
Across

6. The Centers for Disease Control and Prevention (CDC) recommend that all adults receive an ___ shot every year.
8. A common inhaled medication to help manage lung disease symptoms.
9. Bone marrow, blood and ___ are types of tissue where stem cells can be harvested.
10. Dean Martin smoked heavily, developing ___ late in life, along with a perpetual wheezing.

Finding treatment doesn't have to be complicated.

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Answers: 6. Influenza 1. Alveoli 8. Bronchodilators 9. Fat 4. State of the Air
10. Emphysema 2. Purify 5. Autologous 7. Honolulu 3. Johnny Carson

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

* Studies conducted at University of Northern Colorado (2014) and Oldenburg Horizontum (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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Heart Attack Symptoms

How to Recognize a Medical Emergency with Dr. T.E. Vallabhan

Chest pain can happen to anyone and is fairly common. Differentiating between various types of chest pain can still be difficult. Most heart attacks start slowly, with mild discomfort or pain however, other heart attacks are rapid and intense. Is it a heart attack? Indigestion? Or something different altogether? Dr. Vallabhan, recently shared some lifesaving tips:

Be Aware of Your Symptoms

Certain lifestyle habits, hereditary traits, and risk factors increase the likelihood of heart attacks. Smoking, obesity, diet, stress, high blood pressure and cholesterol are risk factors that are controllable. Some risk factors are not such as age and genetics. Being aware of common symptoms and knowing when to seek help are of the most important ways to control the damage and minimize the complications of heart disease.

Don't wait

Early in the onset of discomfort. Dr. Vallabhan explained that heart attacks typically feel like heavy chest pressure, as if someone were sitting on your chest, and are often accompanied by sweats, nausea, and tingling in the arms, and jaw. However, not everyone experiences the same symptoms. Unusual symptoms are particularly common in women.

Symptoms can vary in intensity. For some the symptoms are mild, while for others the pain is more severe.

Prevention is the best form of medicine and that applies to chest pain and heart disease as well. Maintain a healthy, nutritious diet focused on vegetables and lean sources of protein. Do not smoke. Treat and monitor your high blood pressure if you have been diagnosed with that condition. Be aware of your family history and exercise regularly.

Dr. Vallabhan also noted that chest pain doesn't always signify a heart attack. There are many different causes, including complications in the lungs, GI tract and blood vessels. Dr. Vallabhan helps provide clarity, regarding concerning and confusing symptoms. If you are unsure whether your symptoms need to be formally evaluated, simply visit Dr. Vallabhan today.

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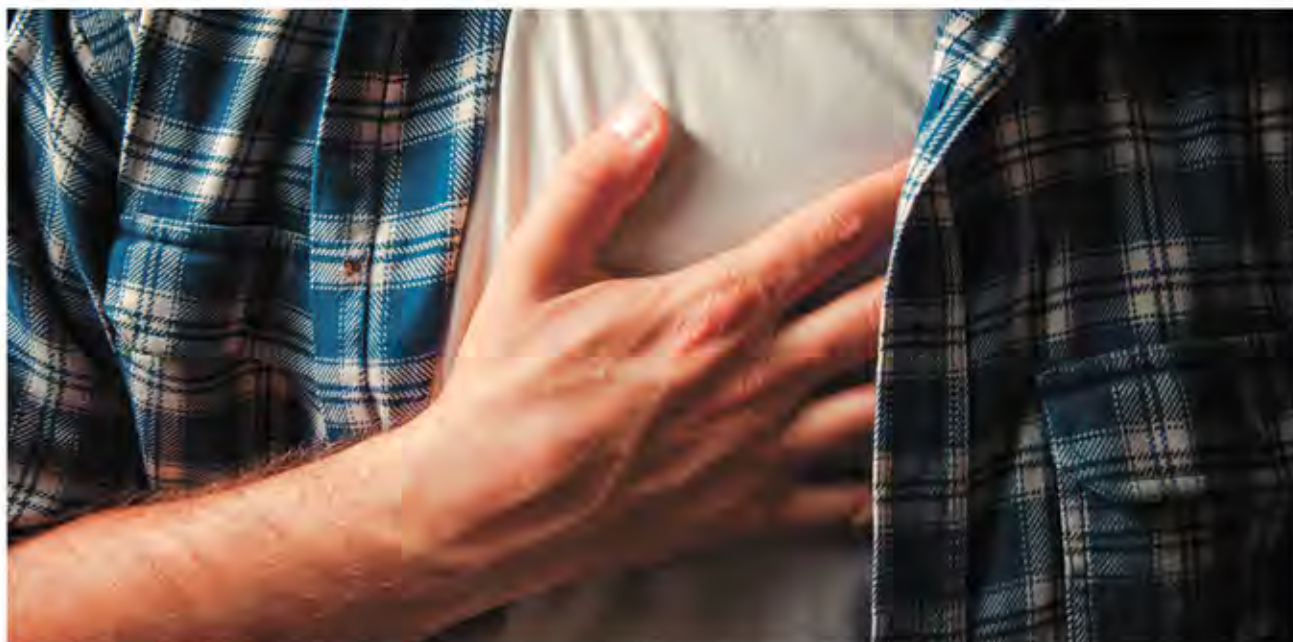
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**It's your heart.
It should be
personal.**

And that's how I treat it.

When you come to see me... that's exactly who you will see. I will know your name, how many children you have, what foods you love to eat and how much sleep you get each night. 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.



FDA APPROVED - NON-SURGICAL TREATMENT FOR KNEE ARTHRITIS PAIN

Treatment Covered by Most Major Insurances, Including Medicare

Are you in pain caused by osteoarthritis of the knee? Has your activity level decreased due to knee pain? Have you been suffering for awhile now? If you answered "YES", please take the next five minutes of your life and read this entire article. What you discover may not only surprise you but also offer a real solution to your pain, one you have never tried before and one that won't cost you much of your time or a penny of your money.

If you suffer with knee arthritis pain, you know how life changing it can be. Osteoarthritis is a common type of arthritis that causes bone degeneration and synovial fluid reduction. Synovial fluid acts as a shock absorber and lubricant in the knee joint. Just walking or climbing stairs may become difficult or unbearable. In addition, most knee arthritis pain sufferers believe there is not much they can do besides take pain medication until it gets bad enough for a total knee replacement.

The bad news about that is: Pain medications often do not work – or work well enough and they can have adverse side effects. Normally, pain relievers such as ibuprofen or nonsteroidal anti-inflammatory drugs (NSAIDs) are used, along with physical therapy, applications of a topical analgesic and injections of a corticosteroid. However, these agents usually bring only temporary relief.

Once, corticosteroid injections fail, many individuals are told surgery is their only option. This is NOT true and a total knee replacement is a BIG DEAL. All knee arthritis sufferers should be



aware of all their options and possible treatments prior to surgery. One great option is Viscosupplementation with Hyaluronic acid. Viscosupplementation, injects a preparation of hyaluronic acid into the knee joint. Hyaluronic acid is a naturally occurring substance found in the synovial (joint) fluid. It acts as a lubricant to enable bones to move smoothly over each other and as a shock absorber for joint loads. The doctors at Physicians Rehabilitation have seen great results treating knee arthritis pain with a combination of viscosupplementation and individualize rehabilitation procedures.

How does this treatment work?

Our Doctors use a high tech medical device called a Fluoroscope to pinpoint problem areas with extreme accuracy. An injection of dye (pictured below) confirms needle placement to ensure that the pain relieving drug Supartz reaches the knee capsule. Viscosupplementation is then injected into the knee where it bonds with the naturally occurring joint fluid to create a lubricating and cushioning layer. It also

reduces pain, inflammation and swelling of the joint. Most patients compare the treatment to getting a flu shot and report little pain or discomfort.

Viscosupplementation is a series of 3-5 injection of Hyaluronic acid directly into your knee joint. A local anesthetic is used and most patients say it feels similar to getting a flu shot. Specialized rehabilitation is added to the treatments depending on the patient's individual needs. Every case is different – and every patient is given specific treatments to help them get the best results.

What do I do next?

If you are tired of suffering with painful Osteoarthritis of the knee all you have to do is call (352) 775-3339 right now and ask for your "No Cost To You Knee Pain Consultation" During this consultation you can get all of your questions answered in a warm and friendly environment. Once complete, you will know exactly what your treatment options are and if Supartz therapy and our specialized rehab program is right for you. Why wait one more day in pain when you may not have to? We have helped thousands, why not you?



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LEG PAIN

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

Diagnosing Leg Pain

Leg pain can be debilitating and a bothersome aspect of one's daily life. There are many causes of leg pain, most of which are diagnosed incorrectly or even overlooked during examination. When evaluating leg pain, it is crucial to find the source of the pain by ruling out different causes to come up with a diagnosis. To achieve a correct diagnosis, one must obtain a good history and physical exam on the patient. Also, many tests can be conducted to achieve a proper diagnosis. These things are critical in order to receive the right treatment with the right specialist.

Tests Include:

- **Arterial Ultrasound**
(to evaluate arterial disease or PAD)
- **Venous Reflux Ultrasound**
(to rule out a vein problem)
- **Nerve Conduction Study**
(to rule out a neuropathy problem)
- **Electromyography**
(to rule out a muscle problem)
- **Lab Testing**
(to evaluate deficiencies in certain Vitamins, electrolytes)
- **Muscle, Skin, or Bone Biopsy**
(to evaluate any abnormal cellular changes, Cancer, or musculoskeletal diseases)

Most Common Causes of Leg Pain

Two of the most common causes of leg pain include PAD (Peripheral Arterial Disease) and Venous Insufficiency.



Peripheral Arterial Disease or PAD

PAD involves blockages in the arteries (which bring blood to your legs from your heart) resulting in a diminished blood supply to your muscles, causing leg pain, cramping, and intermittent claudication (walking to where you have to rest for the pain to relieve itself and then you are able to keep walking).

It affects more than 10% of the population older than 65 years and expected to increase to 22% by 2040. 12.2% of patients with 10 years of symptoms end up requiring amputations.

PAD Causes and Symptoms

Common causes include smoking tobacco, diabetes, hypertension, hyperlipidemia, family history, and sedentary lifestyle. Symptoms are leg pain, cramping, having to stop walking to rest and then resuming, hair loss on legs, shiny skin, atrophy or smaller muscles in the legs, ulcers, numbness, and discoloration. Finding out whether you have PAD starts with having your Family Physician ask questions about your leg pain and examine your legs by palpating for pulses in your groin, behind your knee, the inside aspect of your ankle, and on the top part of your foot. If there are any indications of diminished pulses, the next step would be to order an arterial ultrasound examination. From there, depending on the results, you may need a referral to a Vascular Surgeon who specializes in PAD and has extensive training in minimally invasive techniques to correct the problem.

PAD Treatment Options

Some of the treatment options include medications alone and exercise to balloon and stent placement to bypass surgery in your legs. This is all determined by your Vascular Surgeon and your arteriogram (a dye study test to give a picture of your arteries and areas of blockage).

Venous Insufficiency

This is a defect in the valves of your veins, thus, causing blood to pull in your legs and failing to return to your heart. 40% of the population have underlying reflux (blood pulling) with 40% of those being women and 25% being men.

Causes and Symptoms of Venous Insufficiency

Venous Insufficiency can be caused by genetics, standing or sitting for a prolonged amount of time, pregnancy, obesity, wearing high heels, traumatic episodes, blood clots in the legs, and using heavy weights or high impact exercises in the legs. These activities cause large bulging varicose veins, swelling, leg cramping, aching (mostly at night), increasing spider veins, skin color changes (dark pigmented brownish staining), dry skin, and even ulcers.

Eliminate Veins Without Surgery

To determine whether or not you have vein disease is simple. Make an appointment with a dedicated Vein Center for a Free Consultation. Most Primary Care Doctors are not well educated about vein disease, diagnosing, and treatment options. The dedicated vein center will evaluate with a careful history and physical examination. An ultrasound is performed at

the vein center to determine if you have any blood pooling, the size of your veins, blood clots, and connecting veins or large varicose veins. Ultrasounds done at the Vein Center are more advanced and detailed than an ultrasound done at the hospital (which only tells you if you have a blood clot or not). Depending on the ultrasound results, there are advanced techniques to eliminate the veins without surgery. Dedicated vein centers perform office-based Laser Ablations of the underlying vein along with ultrasound guided foam Sclerotherapy or phlebectomy of the secondary veins. These procedures are an alternative to stripping and ligation and have no downtime or scarring. They are done under local anesthesia and most patients can return to work the next day.

Choose a Specialist Dedicated Exclusively to Vein Treatment

In conclusion, to find out the cause and treatment of your leg pain requires a careful history, physical examination, testing, and going to the right specialist. Choosing the right specialist is crucial in getting the correct treatment and diagnosis of your leg pain. In order to choose the right specialist to treat you, determine how many procedures your specialist has done, how many years in that same field, and is that his/her only specialty. It is vital to choose the practitioner that only does that specialty versus one who has had minimal training to an added procedure to his/her practice. Whether it is an MD, DO, PA, or ARNP, make sure they are specialized and dedicated in that field and that it is not just an added specialty to their practice. Going to a practitioner that is not specialized in your area of concern is like going to an Italian restaurant and ordering shrimp fried rice. The shrimp fried rice would be at an enormously higher quality at a Chinese restaurant because that is their specialty; the same thing applies to your health care providers.



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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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InterCommunity
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Could Treating Lung Disease Lower Your Risk for Dementia?

By Cara Tompot | Staff Writer

It's 2015, and it feels like the healthcare dialogue has shifted greatly in the last decade. We live in a society that constantly uses buzzwords like Alzheimer's disease and dementia. Movies such as *Still Alice* and *Away From Her* have brought these debilitating conditions into the limelight. Just recently at a World Health Organization (WHO) conference, a global action called for increased investment in promising research efforts for treating dementia. In many ways, the first step in curing dementia is learning how it develops and how certain risk factors contribute to a dementia diagnosis.

Recent studies point to a link between chronic lung diseases like chronic obstructive pulmonary disease (COPD) and the development of dementia. COPD is a progressive disease that restricts the airflow in and out of the lungs. As a result, sufferers of a chronic lung disease often experience shortness of breath, wheezing, coughing and the inability to perform simple tasks. Oftentimes, sufferers have very low oxygen levels, which can increase the risk for heart attacks, strokes and permanent brain damage.

After a fifteen-year study, scientists have concluded that these low blood oxygen levels (hypoxemia) and structural brain damage, such as the loss of white matter integrity, are just two ways that sufferers of a chronic lung disease have an increased risk for dementia. Additionally, hypercapnia, which is an increased amount of carbon dioxide in the blood—a common side effect of smoking and COPD, can increase the chance of cognitive impairment affecting domains such as information processing, attention and concentration, and memory loss. This proves a direct correlation between chronic lung disease and dementia.



In the wake of these new findings, researchers are determining whether maintaining optimal pulmonary health could decrease your risk for developing dementia. For individuals suffering from a chronic lung disease, this adds extra incentive to improve lung function, and many are turning to stem cell therapy for relief.

For too long, sufferers of COPD and emphysema have found that they didn't have any options to improve their condition. Now, a clinic based in the United States has developed three unique treatments using stem cells derived from the patient's own fat, blood or bone marrow. Stem cells have an innate healing property that allows them to regenerate damaged lung tissue. As a minimally invasive, outpatient procedure, patients are quickly able to return to their life and breathe easier. After treating over 1,000 patients, the Lung Institute (www.lunginstitute.com) explains that this innovative procedure slows the progression of

the disease, in addition to restoring lung function and reducing inflammation. Patients report being able to breathe easier, which raises their blood oxygen levels and lowers their chances of developing Alzheimer's or dementia.

The benefits of improving your lung function seem relatively obvious: the ability to breathe easier, the chance to get back to the life you once had, an improved prognosis—the list goes on. Now, there is potential for improved lung function to also decrease the likelihood of developing a debilitating condition like dementia. As it stands, stem cell therapy may be the answer to slow down the progression of both lung disease and dementia.

If you or a loved one suffer 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 you qualify for these new treatments.

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SAFETY:

What you can't hear CAN hurt you.

In the United States today, there are 36 million people living with untreated hearing loss. There are many reasons why each and every one of them should seek hearing care, including improvement of quality of life, but the foremost reason is SAFETY.

Studies have shown that hearing impairment not only affects business, social and personal relationships, it also causes reduced alertness, and increased risk to personal safety and the safety of others.

The truth is, although one in ten Americans have hearing loss it is older men and women who are much more likely to suffer from this life-altering condition. ***In fact, the failure to hear smoke detectors and take quick action is the major reason adults 65 and older are more than twice as likely as any other age group to die in a home fire.***



Also keep in mind weather alerts and area disasters. People with hearing loss must be able to hear the weather and news alerts. The increased stress of any weather or area disaster taxes the brain. For those that manage without hearing aids, the hearing loss makes these types of events harder to handle. For example, someone who has hearing loss and does not have hearing aids, his or her brain is stressed trying to both hear and focus on the messages from the news media and emergency managers while feeling anxious and stressed. Using hearing aids would help an individual cope with preparations and aftermath recovery by making it easier for him to listen.

For your own safety, and for the safety of your family, friends and coworkers, taking a few minutes for a hearing-loss screening can pay enormous dividends.



SOME OTHER EXAMPLES OF WHAT YOU MIGHT NOT HEAR THAT CAN PUT YOU, AND YOUR FAMILY, AT RISK.

- A family member or friend crying out for help
- An intruder who has broken into your home
- A fire engine or ambulance using a siren and trying to pass you
- A friend or family member calling you in an emergency
- Your passenger calling out to warn you of danger while you are driving
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Originally from Ocala, Dr. Rosier became interested in hearing health after observing an audiologist work with a hearing impaired patient. She was amazed at how the patient's life transformed and decided she wanted to help people and make positive changes in their lives.

Dr. Rosier graduated Summa Cum Laude with a Bachelor of Arts degree in Communication Sciences and Disorders from the University of Florida in 2008 and stayed in Gainesville to earn her Audiology Doctorate in 2012. She is a recipient of the Thomas B. Abbot Excellence in Audiology Award in 2012. Dr. Rosier is also on the Board of the Hearing Loss Association in the area.

Currently a fellow of the American Academy of Audiology and the Florida Academy of Audiology, Dr. Rosier focuses on adult and pediatric diagnostic audiometry, tinnitus evaluation and management, amplification, auditory electrophysiology, and aural rehabilitation counseling.

"Being an audiologist is my passion. Improving the quality of life for my patients and their families by offering one-on-one personalized care is so rewarding. My goal is to empower patients to manage their hearing loss and improve their quality of life by providing patient-centered care that incorporates evidence-based practice, compassion and expertise."



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DISPELLING MAMMOGRAM MYTHS

InterCommunity Cancer Center and Institute
Spotlights Celebrates National Breast Cancer Awareness Month
by Educating Women about the Benefits of Mammograms

According to the American Cancer Society, breast cancer is one of the most common cancers affecting women today. In 2015, an estimated 231,840 new cases of invasive breast cancer will be diagnosed in American women and approximately 40,290 women will die from it. The good news is that with regular breast cancer screenings, most women can significantly increase their chances of beating the disease.

In celebrating October as "National Breast Cancer Awareness Month," InterCommunity Cancer Center and Institute in Lady Lake is educating women about the benefits of mammograms and dispelling the most common myths about them.

For some women, the thought of having to schedule their annual mammogram is as painful as getting their wisdom teeth pulled. However, despite the millions of excuses they may have for wanting to cancel their appointment, there are many more important reasons why they should keep it. Herman Flink, M.D., radiation oncologist at InterCommunity Cancer Center and Institute, is no stranger to the countless excuses and myths women have about mammograms and she has decided to respond to a list of the 10 she most commonly hears from patients.

1. I am too young to have breast cancer?

Breast cancer does not discriminate by age, race or religion. While it is most common in women who are 55 years of age or older, it can still afflict younger women too. There are different guidelines about when to begin undergoing mammograms so ask your doctor what's right for you.

2. I have no family history so why do I need to be screened?

There is a greater risk of you getting breast cancer if it runs in your family, especially if your sister or mom had it. However, approximately 85% of women who are diagnosed have no family history of the disease. Why take the risk?

3. I am extremely healthy and exercise everyday.

Outstanding! You're on the right track, but why not go that extra mile to ensure that you're as healthy as you think? While diet and exercise will reduce your risk, it does not eliminate your chances completely.

4. I'm way too busy.

On average, mammograms only take 15-30 minutes and those minutes may turn into additional years on your life if the breast cancer is detected and treated in its earliest stages.



5. I can't afford a mammogram?

Mammograms are now free under the health care reform law (the Affordable Care Act) and with no deductibles and copays. Medicare also covers mammograms.

6. The radiation is too risky.

We may be exposed to more radiation from our cell phones than we are from mammograms. So if you refuse to give up your cell phone, why not use it to schedule your next appointment. It could be a lifesaver.

7. I do regular self-exams and never feel any lumps.

I'm proud that you're being so proactive about your breast health, but mammograms can find even the smallest tumors up to three years before you can feel them. The earlier we can find the tumor the greater the chance we have at successfully treating them.

8. Mammograms will not help because my breasts are too dense.

Mammograms are far from useless. While they are not as effective in detecting breast tumors in dense breasts, the addition of an ultrasound or MRI helps to detect nearly 100% of cancers.

9. It's uncomfortable and painful.

A mammogram is quick and the pain, if any, is brief. However, you can further reduce your level of discomfort by scheduling it when your breasts are less sensitive, taking an aspirin or over-the-counter pain reliever before your screening, and most importantly, Let the radiologist know that you might be sensitive. He or she might be able to make the mammogram a more positive experience.

10. I am too afraid of what my screening may find.

Having to face a potential breast cancer diagnosis is frightening to us all. But let's not jump to conclusions because you may never receive the bad news you fear. And if you do, by getting your annual mammogram you will have significantly increased your chances of beating the disease.



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

ABOUT VANTAGE ONCOLOGY

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

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."

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.

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.



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



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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 detection of Upper Respiratory Infection (URI) can prevent an elderly patient from going to acute bronchitis to pneumonia. "For most non-emergency medical ailments, 441 UCC is a convenient and cost-effective alternative to emergency room care," Adam Santos explains

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

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



In addition to urgent care, all three locations offer travel medicine, shingles vaccine, allergy testing, laboratory testing, school and sports physical, pre-employment exams, and DOT physicals for their patients.

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

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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.

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441 URGENT CARE GOALS

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- 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.

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- Work related injuries w / authorization

What is Liquid BioCell™?

Liquid BioCell™ is a unique nutraceutical that provides a potent dose of collagen, hyaluronic acid, and chondroitin sulfate in a natural matrix that is clinically shown to replenish the vital components of joints and skin.

Liquid BioCell™ improves joint mobility and lubrication, reduces discomfort, promotes healthy cartilage and connective tissue, eliminates dryness without the use of topical moisturizers, increases skin's collagen content, hydration, and firmness and reduces the enzyme that can make your skin age.

We start to age on the day of our birth. As we age, the catabolic (breakdown) pathways go faster than the anabolic (buildup) pathways. The whole body is affected by years of living in an oxygen-rich environment with every day wear and tear on the cells of the body, from joints to bones, to muscle, to skin. We all age, but can it be done gracefully? When the joints start to ache, the skin begins to sag and wrinkle, and the fat moves around to places you never imagined, then a person seeks ways to slow down the aging process.

Liquid BioCell™ provides the building blocks that can speed the build-up processes and slow the degeneration and aging processes. For example, HA has been shown in research to block the degrading enzyme, hyaluronidase.



And it gets even better... Liquid BioCell™ reduces wrinkles from the inside-out without cosmetic injections.

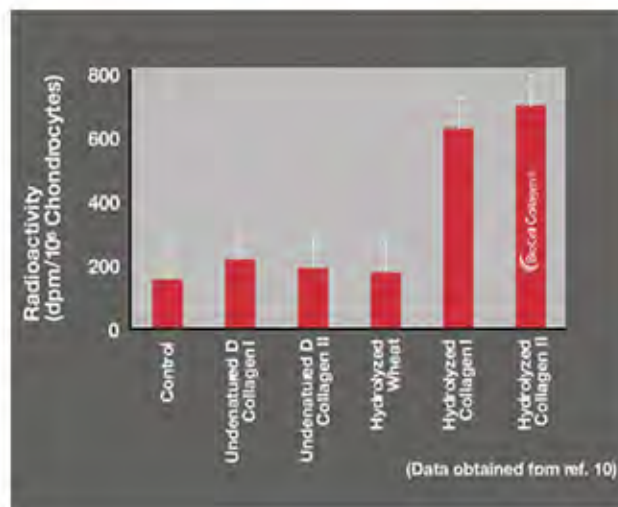
Clinical trials show that Liquid BioCell™ improves joint mobility, helps promote healthy cartilage and connective tissue, and promotes joint lubrication.



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www.healthyjointsandskin.com



Additional recent studies concluded that hydrolyzed collagen type II, which is a primary component of Liquid BioCell™, can directly stimulate collagen production, and promote healthy cartilage and connective tissue.

What happens as we age?

Every cell in our body undergoes changes with time. Subcutaneous fat and moisture decreases. Pigmentation declines and age spots start show up. Healing takes longer, elasticity of cells decreases, and circulation declines. The heart increases in size and the arteries stiffen. Strength, flexibility, and height decrease. The metabolism slows and it takes longer to recover from illnesses.



Changing the Way We Age

with

Lisa DeRosimo, M.D., M.S.
Diplomate of the American
Board of Family Medicine

Obviously, taking good care of the body can slow these processes. We are what we eat, so good quality food, appropriate exercise, and optimal supplements can benefit the body as we age.

Unfortunately, everyone will experience some of the changes associated with aging at some point. Liquid BioCell™ is an ideal recommendation for helping slow the aging process. It is a natural, clinically-tested, great tasting, highly absorbable source of collagen, hyaluronic acid, and chondroitin sulfate that has been shown to help restore skin and joint health.

In addition to its benefits for joint and skin health, Liquid BioCell Life™ contains 13 superfruits, and resveratrol in the equivalent of 8 bottles of red wine in a daily dose. The antioxidant and anti-inflammatory effects of this delicious delivery system add additional benefit to the product. Numerous studies have been done and continue to be conducted on the benefits of resveratrol. Resveratrol has been shown to have a preventive effect in obesity, cardiovascular health and brain health. Furthermore, it is a potent anti-inflammatory agent, which can counter the effects of unwanted chronic inflammation in the body. The superfruits give Liquid BioCell Life™ a delicious taste and provide additional anti-inflammatory benefit, as well as the ability to neutralize free radicals that are associated with aging and cell damage.

As a daily supplement, Liquid BioCell Life™ can provide a three way defense (collagen matrix, resveratrol, and antioxidant superfruits) in the repair, maintenance, and regeneration of skin and joints.

Visible signs of aging and joint discomfort are a result of the progressive degeneration of connective tissue, where both collagen and hyaluronic acid (HA) are essential. Unlike anything else, Liquid BioCell™ offers a naturally occurring, patented matrix of Hydrolyzed Collagen Type II™, HA, and chondroitin sulfate and its patented Bio-Optimized™ manufacturing process produces an ideal molecular weight that your body can effectively absorb. It's been clinically shown to work! To view our clinical trial studies, visit our website at www.healthyjointsandskin.com.

Awards:

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Best Bone and Joint Health Ingredient
Frost and Sullivan Award Winner

Most Innovative Dietary Ingredient
Nutraceutical Business and Technology Award Finalist

Personal Care New Product Innovation
Frost and Sullivan Award Winner

Exemplary US Brand
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Collagen is the most abundant protein found in joint cartilage and the dermis of the skin. It provides the structural framework of your connective tissues to keep your skin firm and resilient and your joints active and fluid.

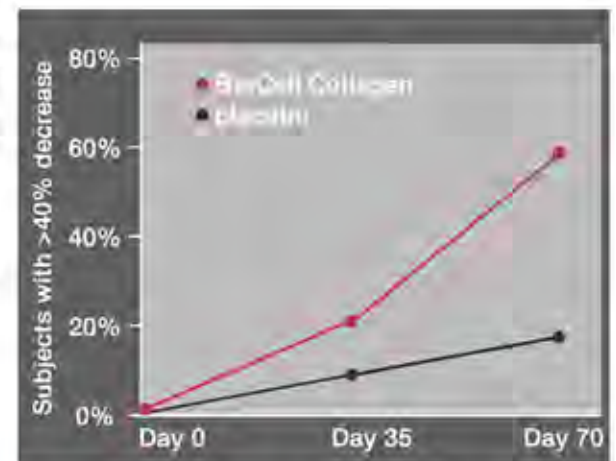
Chondroitin sulfate is a naturally occurring element of joint cartilage that gives it amazing shock absorbing properties.

Hyaluronic acid (HA) is a molecule that helps provide hydration for your skin, lubrication for your joints, and is the gel-like substance that holds your cells together.

Doubleblind Scientific Studies

In a 28 day human study for best absorption, it was shown that by drinking 4 OZ of Liquid BioCell™ daily, the results were a remarkable 6,000% increase of hyaluronic acid in the body. In an eight week human clinical trial, 90% of human subjects with chronic joint discomfort experienced a 40% improvement in physical activity and with continued use, many experienced significant improvement in joint mobility.

A 10-week trial enrolling subjects at an advanced stage of joint discomfort showed that more than 70% experienced a significant reduction of stiffness and soreness, improving their daily activities.



Liquid BioCell™ is a new generation of "super ingredients" backed by numerous clinical trials and 7 US and international patents. It's the only nutraceutical on the market backed by clinical trials to support both joint and skin aging.

It's hard to argue with science, but it's even harder to argue with results



For more information about the age-defying Liquid BioCell™ products, call Neil & Barb Ellis at 239-822-1106 today.
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Surprising Connection Between Dry Eyes and Menopause

By EyeSite of The Villages

Menopause and perimenopause have many effects on women, none the least of which is dry eye. This condition increases a woman's risk of visual impairment when left untreated. Interestingly, relatively few women recognize dry eye as a symptom of the hormonal changes that occur later in life.

The Society for Women's Health Research recently revealed that 62 percent of women experiencing menopause or perimenopause experienced symptoms of dry eyes. Despite these statistics, roughly 16 percent reported they linked their symptoms to menopause. That means more than half of women did not recognize dry eyes as a symptom of hormonal changes.

More than 3 million women experience dry eye each year. Some experience chronic dry eye. The good news is an eye care professional can help women successfully treat and relieve chronic dry eye associated with menopause.

Just because women undergo menopause doesn't mean they have to suffer from dry eyes. Dry eye is a chronic ocular surface inflammatory disease. Menopause causes a hormonal imbalance, which disrupts the chemical signals necessary to help our eyes create its own tears. The key is linking your symptoms with your hormonal changes, then seeing your doctor to discuss treatment choices.

Symptoms of Dry Eye

What are the symptoms of dry eye in women? The symptoms are common and may include:

- Blurry vision
- Itching and irritation
- Burning sensation
- Dry or gritty sensation in the eye
- Sore and tired eyes
- Red eyes

Treating Menopausal Dry Eye

Dry eye typically results in uncomfortable symptoms. Treatment can include one of the following or a combination of depending on the severity of the ocular surface inflammation:

- Artificial tears to supplement tears temporarily.
- Warm compresses to the eye to open oil producing glands on the eyelid margins.
- Eyelid scrubbing to decrease lid inflammation thus allowing healthy oils to be secreted from the lids to help create a healthy tear film.
- Drink more, stay hydrated.
- Omega 3 supplements; either flax seed oil or fish oil, between 1000 mg -3000 mg a day.
- Restasis; a cyclosporine eye drop to treat inflammation and help the body produce more of its own tears.

Some doctors may recommend hormonal therapy for women experiencing early menopause symptoms. There are also creams available that contain progesterone and estrogen for women experiencing perimenopause. If you suffer from chronic dry eyes and other menopausal symptoms, you may want to see your general healthcare practitioner as well as pay a visit to your eye doctor to decide the best treatments available.

You may discover a combination of treatments provides you the greatest comfort.

Rest and artificial tears may provide temporary relief. If your symptoms are severe however, you should visit your eye care professional. There are prescription tears available that are longer lasting and more effective than over-the-counter alternatives.

Also, keep in mind that many medications required by adults over age 40 may cause or worsen dry eye problems. Examples include diuretics (often prescribed for heart conditions) and antidepressants.



If you suspect a medication may be the underlying cause of your dry eye, be sure to discuss this with your doctor. It's possible that changing to a different medical treatment may be equally effective without causing dry eye problems.

Remember that chronic dry eye can have a serious impact on your quality of life, and may increase your risks for permanent vision loss or recurring infections. It is important you visit your eye doctor once every year if you have vision problems so they can nip a problem like dry eye in the bud. Chronic dry eye, while not always curable, is very treatable. Studies suggest making simple life changes including visiting your eye care doctor may dramatically improve the quality of your life.

If you think you have the signs or symptoms of dry eye, be sure to visit your eye doctor as soon as possible. Together you can decide the best type of treatment.



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Health & Senior Expos

Whether you're 50 or 90, or anywhere in between, you'll love the Health & Senior Expo. Come out and meet the experts who can make your life healthier, wealthier and happier!

Get connected with Mt. Dora's and Clermont's largest Health & Senior Expos. This fun, informational event brings seniors together with the products and services that are invaluable to maintaining a high quality of life.

The Mt. Dora Health & Senior Expo will take place October 20 from 9am to 2pm at Mt. Dora Christian Academy. The Clermont Health & Senior Expo will take place November 12 from 9am to 2pm at the Wesley Center at First United Methodist Church.

The Health & Senior Expo is the place for area seniors to receive cutting edge information on a wide range of products and services while having a lot of fun!

The Health & Senior Expo features over 40 booths, health and wellness info, interactive activities and educational workshops. The Expo hosts free Bingo with prizes, samples from local and national vendors, lifestyle exhibitors, and advice from holistic health professionals!

Learn hundreds of ways to improve your health and extend your life. Find out more about retirement, investments, travel and leisure options for seniors, holistic healthcare alternatives, and local community resources.

Celebrate by participating in a full line up of activities to keep you safe, healthy, and informed. Walk through the exhibit hall and learn more about healthy aging.

According to Margaret Buckler, Coordinator of the event, "The information offered at the Health & Senior Expo will be of special interest to folks fifty plus that have different needs as they age. The Exhibitor mix is excellent: Healthcare, Hospitals, Insurance, Homecare, Mobility products, Hearing, Healing and much more... dozens of top companies with representatives on site to answer all your questions."

For more information about the Expos, call Buckler Promotions at 386-860-0092 today!

See you at the Expo!



Health & Senior Expos

October 20

(Tuesday) - 9am-2pm

Mount Dora Christian Academy
301 W. 13th Ave, Mount Dora
441 to Donnelly, right on
W 13th Ave, right on McDonald

November 12

(Thursday) - 9am-2pm

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Hwy 50 to 7th St.
(Downtown) to Juniata St.

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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."

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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Ocala, FL 34476

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

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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, Stürmer 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.

October is National Breast Cancer Awareness Month

Breast Cancer Facts

October is National Breast Cancer Awareness Month. This is a very personal issue with me because I am a 7-year survivor of breast cancer.

October is also the month of my cancer diagnosis. Every anniversary of my diagnosis is a reason to celebrate. Each year that I am able to walk in the Survivors' Walk at Relay for Life is a fresh victory.

Many great strides have been made in the fight against breast cancer—in both the search for better treatment and more knowledge of how to have early diagnosis of the disease. Women and men alike have struggled with this dreaded diagnosis.

Key Statistics

Breast cancer is the most common cancer among American women, except for skin cancers. About one in eight US women will develop invasive breast cancer.

The American Cancer Society estimates for breast cancer in the US for 2014:

- About 232,030 new cases of invasive breast cancer will be diagnosed in women
- About 64,640 new cases of carcinoma in situ (CIS) will be diagnosed (CIS is non-invasive & is the earliest form of breast cancer)
- About 39,620 women will die from breast cancer

After increasing for more than 20 years, female breast cancer incidence rates began decreasing in 2000, then dropped by about 7% from 2002 to 2003. This significant decrease was attributed to the decline in the use of hormone therapy after menopause that occurred after the results of the Women's Health Initiative—a study linking the use of hormone therapy to an increased risk of breast cancer and heart diseases—were published in 2002.

Breast cancer is the 2nd leading cause of cancer death in women, exceeded only by lung cancer. Through earlier detection and increased awareness, as well as improved treatment, death rates from breast cancer have been declining since about 1989.

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Risk Factors

Aging: Risk of breast cancer increases as you get older. About one out of eight invasive breast cancers are found in women younger than 45, while about two of three invasive breast cancers are found in women age 55 or older.

Genetic: About 5-10% of cases are thought to be hereditary.

Family history: Having a mother, sister, or daughter with breast cancer doubles your risk. Having two relatives with breast cancer triples it.

Personal history: A woman with cancer in one breast has a 3-4-fold increased risk of developing a new cancer in the same or other breast.

Race & ethnicity: White women are slightly more likely to develop breast cancer than African-Americans, but African-Americans are more likely to die of this cancer.

Having children: Women with no children or who had their first child after age 30 have a slightly increased risk.

Birth control: Women using birth control pills have a slightly greater risk. This risk seems to go back to normal over time once the pills are stopped.

Hormone therapy after menopause: Hormone therapy with estrogen combined with progesterone increases the risk and also increases the chances of dying with breast cancer. The risk seems to return to that of the general population within five years of stopping hormone therapy.

Use of alcohol: Those who have two to five drinks daily have about 1 ½ times the risk of women who don't drink alcohol.

Overweight/obese: Being overweight or obese after menopause increases breast cancer risk.

Physical activity: Evidence is growing that physical activity in the form of exercise reduces breast cancer risk. In one study, as little as 1.25 to 2.5 hours per week of brisk walking reduced risk by 18%.



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BRACE YOURSELF

By Dr. Brett Compton, DC - Compton Chiropractic Care

Compton chiropractic is proud to announce that we are now an authorized dispensing location for Medicare approved braces. When it comes to joints in the body there are two main dysfunctions or causes of pain. As Chiropractic Physicians, our three Palmer trained doctors see a tremendous amount of bio mechanical fixations both in the spine and the extremities. The two common causes of joint dysfunction are decreased vs increased joint movement. Arthritis is largely the causative factor for reduced joint motion. As we age, our joints age and degenerate also. This degeneration is known as osteoarthritis and affects roughly 88% of individuals over the age of 50. For those patients with a lack of mobility and joint pain chiropractic care focuses on restoring mobility and range of motion thereby decreasing inflammation and discomfort from a dysfunctional joint. In severe cases we would recommend the use of a decompression brace to lessen the effects of flare-ups from overuse.

For example, some of our patients suffer from knee pain due to arthritis. We offer a slim brace specifically designed to offload the degenerated side of the knee. These off loader braces can effectively relieve knee pain for several months to years. This means having the ability to live pain free while also pushing knee replacements off as long as possible. It is truly amazing how a patient can walk in with chronic knee pain and walk out with little to no residual pain with a brace.

The other main cause for joint dysfunction and pain is related to increased motion in the joint. These hypermobile joints, as we refer to them, are similar to ankle sprains and whiplash. These injuries, and others like them, are extremely common. If not properly treated patients can expect chronic joint dysfunction until the

area is re-educated. The dysfunction which causes a hypermobile joint is related to the muscles and ligaments that attach to the bones. These ligaments become stretched out like a rubber band when injured but then lose the ability to retract fully back to the original shape. Therefore the joint becomes loose or unstable and the increased motion will lead to rapid degeneration of that joint. Treating a hypermobile joint is a little different, chiropractic manipulations by themselves are not always sufficient and the patient must be braced to achieve stability and pain relief. We typically start by using kinesiology tape to temporally stabilize certain joints; (similar to athletic tape although it has elastic qualities of an ace bandage). When kinesiology taping is not sufficient we then turn to a specialized brace. These insurance approved braces are extremely effective in stabilizing regions of the body prior to the re-education process.

For example, a recent patient had been seen by three specialists prior to entering our office for sacroiliac joint pain. After her fourth treatment it became apparent that her sacroiliac joint was unstable. Bracing along with manipulations of the joint relieved her pain rapidly. Within a few short weeks her muscles had been reeducated and the brace became useful for working in the yard.



Compton Chiropractic Care
352-391-9467



Indications for Back Brace

Post-operative Lumbar immobilization
Herniated Discs
Degenerative Disc Disease
Spinal Stenosis
Postural support
Instability

Lumbar Muscle weakness
Chronic low back pain
Arthritis
Trauma
Spondylolisthesis
Compression Fractures

Indications for Knee Braces

Osteoarthritis of the Knee
Post-Operative Knee
Ligament Tear/instability
Painful Range of Motion

Patello-Femoral Syndrome
Chronic Knee Pain
Meniscal tear/instability
Locking Disorders

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
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Compton Chiropractic provides high quality braces at little or no cost to our patients. Medicare and other insurance companies routinely cover the cost of these items because they provide support, relieve pain, and decrease the need for expensive surgeries and pain medications. So no matter if you are looking for extra support while playing golf and pickle ball or just want to avoid surgery; with the proper brace we can get you back to the greens in no time. If you or a loved one could benefit from one of these braces, please call us today (352-391-9467) to setup a free consultation with one of our Doctors.

What makes Compton Chiropractic different from other Chiropractors?

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. The physicians at Compton Chiropractic treat patients as an extension of their own family. Every patient gets a detailed initial evaluation including a complete history, orthopedic and neurological testing. With a proper diagnosis, our patients will receive a proper treatment plan. With a proper treatment plan, patient's pain is decreased in shorter periods of time.

Compton Chiropractic is also proud to announce that it's Office is Medicare accredited by The Healthcare Quality Association on Accreditation (HQAA). Only a small percentage of Offices in the country hold this unique accreditation which allows us to be a dispensing location for approved Medicare braces.



TESTIMONIALS

"I suffered from sciatica for 10 years until a friend told me about Dr. Compton. After 8 treatments and a brace, I was back on the golf course and out of pain." - L.R.

"My knee pain was debilitating until Dr. Compton introduced me to a brace that literally takes the pain away. My knee feels young again and I couldn't be happier." - A.A.

"The Doctors are all amazing and actually care for patients like they were family." - A.O.

"I was referred to Dr. Compton by Medicare after an operation. I needed a brace to help me recover and Compton Chiropractic treated me wonderfully." - C.S.

"The Doctors and staff at Compton Chiropractic are knowledgeable and efficient. They are always highly recommended." - Local Family Physician



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Dr. Brett Compton
Chiropractic Physician
Palmer Graduate
U.C.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

A Matter of Balance: *Managing Concerns About Falls*

Falls are one of the most serious health risks for older adults. They are not only the leading cause of injury-related deaths in this population, but they are also a significant cause of disability. In fact, falls cause ten percent of all emergency department visits and more than half of injury-related hospitalizations.

Approximately one in three older adults fall each year. As the number of older adults increases rapidly over the next decade, the annual cost for fall-related injuries is expected to skyrocket, reaching \$44 billion by 2020. Although most falls don't result in severe physical injuries, a fall or near-fall often produces a psychological fear of falling. This contributes to a self-imposed decrease in activity, followed by functional declines and a greater risk for falls.

Falls in older adults are often viewed as unpredictable and unavoidable accidents. However, identification of the factors linked to falls combined with appropriate interventions to correct these conditions can dramatically lessen the risk of a fall. In many cases, falls are caused by a loss of balance or the inability to maintain the body's center of gravity over its base of support. There are two types of balance:

Static balance, which is the ability to control postural sway during quiet standing; and **Dynamic balance**, which is the ability to react to changes in balance and to anticipate changes as the body moves. Dynamic balance includes maintaining balance while walking and stepping over or around objects.

The ability to balance depends in large part on sensory, muscular and motor systems. The three most influential sensory systems are the visual, vestibular and somatosensory systems. However, with advancing age, sensory function decreases, which negatively affects balance. Understanding these systems is essential to providing exercise programs that target balance for older adults.

The visual system is a major contributor to balance, providing information about the environment, the location of the person and the direction and speed of the person's movement in the environment. Visual acuity, depth perception, peripheral field and sensitivity to low spatial frequencies (requiring more contrast to detect spatial differences) decrease with age. As a result, older adults tend to have a reduced ability to use visual cues to control balance.

The vestibular system, located in the ears, provides information about movement of the head, independent of visual cues. One component, the otoliths, detects head movement in relation to gravity, such as degree and direction of head tilt. The other component, the semicircular canals, are fluid-filled canals composed of three half circles positioned in three different planes. As the

head moves, fluid in the canals triggers receptors and information is sent to the brain where it provides input about head orientation. At approximately age 40, vestibular neurons start to decrease in number and size, resulting in various impairments including dizziness.

The somatosensory system provides information about the body's position and contact from the skin through pressure, vibration and tactile sensors, as well as joint and muscle proprioceptors. Skin sensation via tactile, vibration and pressure sensors is important in all activities of daily living, especially those involving movement. Skin sensitivity is reduced with increasing age. Lack of input from tactile, pressure and vibration receptors makes it difficult to stand or walk and detect changes in heel-to-toe body weight shifts, which are important in maintaining balance.

Muscle Strength and Exercise are Important for Proper Balance

In addition to the three sensory systems, muscle strength plays a role in balance and mobility. Muscles are particularly important in stability, since they work to keep the center of gravity within the base of support.

Balance exercises involve maintaining standing and postural stability under a variety of static and dynamic conditions. Activities in a balance-training program can include standing with one foot in front of the other to alter the base of support, shifting the body weight in different directions and lifting the feet from the floor. Exercises can also be performed with the eyes closed, while moving the head and/or while standing on foam to target the visual, vestibular and somatosensory systems respectively. A variety of activities are used to increase strength using body weight or equipment such as cuff weights or elastic resistance bands. Exercises which simulate activities of daily living, such as reaching forward to put something on a shelf, can then incorporate resistance and dynamic balance to challenge balance further. However, when performing these exercises it is important to have a chair or other sturdy surface within reach in case it becomes necessary to steady one's self.

Even if exercise improves balance, accidents still happen and knowing that help is available with the push of a button is relieving for individuals and their loved ones.

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If My Life Was But A Single Day

By Alex Anderson

Mayflies

I had this crazy thought. See if you can follow me on this. I'm 53 years old. If I live to be 86 years old (a very real possibility given my genes) then I have 33 years left. At first this sounds like a lot of time, and it is, unless the perspective is changed to but one single day. Like the Mayfly, which lives from maybe a few minutes to only a day or two, and then is gone. What if my life was, but a single day?

Here are my assumptions. Live until 86 years old. If my useable day is 16 hours (24 hours less 8 hours of sleep) and I divide the 86-year life span by 16 useable hours per day then I get a factor of 5.375. This means that each hour of my useable day is equal to 5.375 years of my life. Humm...one hour equals 5.375 years of my life. Wow!

Then, if I take my current age of 53 and divide it by 5.375 it equals 9.86 hours. So if my waking useable hours start at 7:00 am and end at 11:00 pm (for a 16 hour useable day) then it is 4:52 pm in the afternoon for me, if my life was but a single day. Now I know what the Mayfly must feel. Which means I have 6 hours and 8 minutes left in my day, or in this case...my life.

My Perfect Day

Apparently in the Old Testament King David had a similar thought.

"Show me, Lord, my life's end and the number of my days; let me know how fleeting my life is. You have made my days a mere handbreadth; the span of my years is as nothing before You. Everyone is but a breath, even those who seem secure" Psalms 39: 4,5 NLT

This kind of makes one feel very small, especially in the face of eternity. Unless the real lesson here, besides the fact that we all will die (or rather our bodies will), is to decide how we spend the rest of



our day. If in reality it was 4:52 pm in the afternoon, how would I spend the last remaining 6 hours and 8 minutes of my life? Would I act like it was any given day? Or would I live it like the last day of my life?

Or, maybe my "perfect day?"

If you were designing a day that you would live over and over again for the rest of your life: meaning each day would be exactly the same, what would it look like? Something like the movie Groundhog Day? Each and every day would be the same...your perfect day.

When would you wake up? What would you do when your feet hit the floor? What would you eat for breakfast? Where would you go that day? What would you do? Would you workout? Would you go to work? Would you go see friends or family? What would you do after lunch? Take a nap maybe or create some art? Where would you eat dinner? And who with? What time would you go to bed?

My Hallucination

The only rule is...this is your perfect day and you would have to live it the same way each and every day for the rest of your life. Would you decide not to design it and just live with whatever comes? I know living every day the same way seems...well boring and pointless. But, what if it wasn't? What if, it was exciting? You might be thinking, "How in the world could I design a day that is the same every day for the rest of my life? How could it be anything other than boring after a year or even the first few months?"

The difference between boring and exciting is only one word: perspective. And the deciding perspective is: "who have you designed your perfect day for?" Your own needs, desires, and wants; or the aid, benefit, and wellbeing of others? This one slight adjustment can make all the difference.

If your perfect day is designed to do the exact same thing every day, to help and improve the lives of others ever so slightly, then how could that possible be boring?

Here is my hallucination: you really do not want to live a boring day in your life, much less a life of boring days. So get out a sheet of paper and start at 7:00 am in the morning. Design a day that you could live for the rest of your life. A day that when bed time comes at night, you can say to yourself, "That was perfect."

Then with everything with in you...go live it. Oh, yeah! And email to me a copy of your perfect day. If you actually do this you will be in the top 3 percent of the world, or at least pretty darn close to it, and one of the most happy and fulfilled people on the planet.

To your spiritual health,
Pastor Alex Anderson
 Author, *Dangerous Prayers*
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