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November 2015

Lake/Sumter Edition - Monthly

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HEART HEALTHY TIPS
for the Holiday Season

**STRESS
INCONTINENCE**
is Nothing to Sneeze At

CHRONIC LEG SWELLING

**MANAGING LUNG
DISEASE DURING
THE HOLIDAYS**

**HELPING OUR
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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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Contents November 2015

6 Managing Lung Disease
During the Holidays

8 Heart Healthy Tips for the
Holiday Season

9 Chronic Leg Swelling

10 Hearing in Noise Poses
Extra Challenges

12 Miracle Electric Therapy
Effective and Natural Pain Relief for
Diabetes and Other Conditions

13 Natural Wellness Technology
Sweeping the US by Storm

14 Stress Incontinence is
Nothing to Sneeze at

16 Helping Our Nation's Heroes

18 November is Lung
Cancer Awareness Month

19 Surgical or Non-Surgical
Don't Settle for Less

20 Don't Let A Sudden Aliment
Interfere with Your Love Life!

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

24 Diabetes and Eye Health

25 FDA Approved - Non-
Surgical Treatment for Knee
Arthritis Pain

26 Suffering from Neuropathy?
Our Doctors Can Help!

28 Awarded Most Innovative
Dietary Supplement!

30 Epilepsy Awareness Month

31 Spiritual Wellness:
This Thanksgiving, Try This



**Breathing, Never Smelled
So Good!**

Sweet Potato Casserole

Ingredients

2	lbs fresh sweet potatoes	1	teaspoon vanilla extract
3/4	cup granulated sugar	1	teaspoon cinnamon
1/4	cup evaporated low-fat milk	1/4	teaspoon nutmeg
3	tablespoons melted butter	2	large eggs
1/2	teaspoons salt		cooking spray

Topping

1/3	cup all-purpose flour	2	tablespoons melted butter
2/3	cup packed brown sugar	1/2	cup chopped pecans
1/8	teaspoons salt		

Preparation

Preheat oven to 350°.

To prepare potatoes, place potatoes on a large baking sheet and bake for 40 minutes. Remove potatoes and cool 5 minutes then peel easily.

Place peeled potatoes in a large bowl. Using a mixer, beat at medium speed until smooth. Add granulated sugar, evaporated milk, 3 Tbs melted butter, 1/2 tsp salt, 1 tsp cinnamon, 1/4 tsp nutmeg and 1 tsp vanilla. Add eggs and beat well. Coat a 13 x 9" baking pan with cooking spray and pour potato mixture into the pan. Bake 30 minutes.

To prepare topping, spoon flour into a dry measuring cup and level. Combine flour, brown sugar, chopped pecans, 1/8 tsp salt and stir with a whisk. Stir in 2 Tbs melted butter. Remove casserole from oven and sprinkle flour mixture over potato mixture while preheating broiler.

Broil casserole 45 seconds or until topping is bubbly. Let stand 10 minutes. Serve.

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Managing Lung Disease During the Holidays

By Phoebe Brown | Staff Writer

Typically, the holiday season brings family and friends together for many celebrations of love, joy and gratitude. However, for someone who has lung disease, the holidays can seem daunting. Between traveling, cooking and eating, someone could easily become fatigued. For people with lung disease, that fatigue could make breathing a difficult task. One way to avoid this excessive exhaustion is to use moderation when eating. With so many choices of savory or sweet, it can be difficult to practice self-control. While it is fine to indulge in the holiday fanfare, company and food, using moderation along with other alternative treatment options can help people with lung disease enjoy the holidays as well as improve their overall quality of life.

There are many triggers which can cause symptom flare-ups, such as intense environments, air pollution and pollen, chemical irritants, allergens, overexertion and overeating. While some of these symptom-causing triggers are uncontrollable, some of them are manageable. For example, staying inside when the air quality is poor due to pollens, allergens or other irritants can help with lung function. Similarly, over-eating or eating foods that cause gas or bloating can make breathing uncomfortable, so even during the holiday season, it is important to keep moderation in mind.

It might seem like common sense but taking time to enjoy the meal and the company at the table could help someone feel satisfied instead of overfull. Drinking plenty of non-caffeinated fluids, such as water, and eating a healthy snack before the meal can help control hunger and can help people meet their hydration needs. Sometimes people enjoy helping out in the kitchen to stay busy and keep an active mind. When it is time to eat, foods that generally do not cause unnecessary gas or bloating and eating smaller portions could help keep pressure from building in the



stomach, especially in the case of someone who is short of breath. There's no need to avoid sweet treats, but it is important to try eating smaller portions. Not only can the rich desserts be filling, but they can also make someone gain weight quickly. Extra pounds could cause extra pressure, which in turn could cause difficulty breathing.

Today, for those suffering from debilitating lung diseases such as chronic obstructive pulmonary disease (COPD), there are options available to improve quality of life, such as diet and moderation. A clinic in the United States, the Lung Institute, states they have helped lung disease sufferers by offering an additional treatment option in the form of stem cell therapy.

Stem cell therapy is a minimally-invasive, outpatient treatment that harnesses the natural healing ability of the stem cells that already exist in the body. Stem cells are harvested from the patient's own fat, blood or bone marrow, separated, and

reintroduced into the body. Stem cells naturally fight infection and disease by repairing damaged tissue with new, healthy tissue. This is a very slow moving process, but stem cell therapy has the potential to expedite the natural healing process for those with certain progressive diseases, such as lung diseases.

People with lung disease have various options to help them take their health into their own hands, such as using an alternative treatment like stem cell therapy along with diet and moderation. By controlling the factors that exacerbate their symptoms and by taking action to improve their lung function, people with lung disease can enjoy the holidays and improve their quality of life.

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 (800) 921-4631 or visit lunginstitute.com/health to find out if you qualify for these new treatments.

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HEART HEALTHY TIPS FOR THE HOLIDAY SEASON

During the holidays, many of us look forward to parties and gatherings with our loved ones. Unfortunately, all those seasonal treats can make for tighter waistbands and added pounds. Let our tips guide you into a healthier, more energetic holiday season.

Don't show up to gatherings with an empty stomach:

If you're going to a holiday party where lots of food will be served, be sure not to walk through the front door with an empty stomach, according to the Academy of Nutrition & Dietetics. Help yourself to a small meal or snack before you leave so your hunger doesn't lead you to overeat.

Fill half your plate with fruits and vegetables:

Moderation is often easier said than done. A quick trick to moderate your intake while still enjoying those special annual treats is to fill half of your plate with fruits and vegetables. Enjoy in-season fruits and vegetables as well, such as sweet potatoes, pomegranates, oranges and kale.

Be careful with the salt shaker:

A little sodium goes a long way, and salt intake should be carefully monitored. Choose fresh fruits and vegetables over canned foods, which may contain more sodium. The US Food and Drug Administration recommend getting into the habit of flavoring foods with herbs and spices, instead of salt.

Be mindful of liquid calories:

Alcoholic beverages are high in calories and leave you feeling hungry. Alternate every alcoholic beverage you drink with a glass of water. This will

keep your thirst quenched, your stomach full and temptations away.

Make simple substitutions when baking:

The holidays are no time to deny your sweet tooth. When choosing your baking ingredients, substitute butter with applesauce to reduce the fat content. Use whole-wheat flour to increase fiber intake. Consider low-fat or skim milk when the recipe calls for heavy creams to reduce calories as well. In addition, take the opportunity to add fruits to your diet by substituting dried cranberries or cherries for chocolate chips, according to the American Heart Association.

Integrate physical activity:

Physical activity doesn't have to mean hitting the gym. Make being active a family affair. Instead of driving to see the neighborhood decorations, take a brisk walk with the family. Find the parking spot furthest away from the mall entrance when getting your holiday shopping done. Take the stairs whenever possible.

Do you have questions about staying heart healthy during the holidays? For more tips or to address any concerns about your heart health, call Dr. Vallabhan at 352-750-2040 today!

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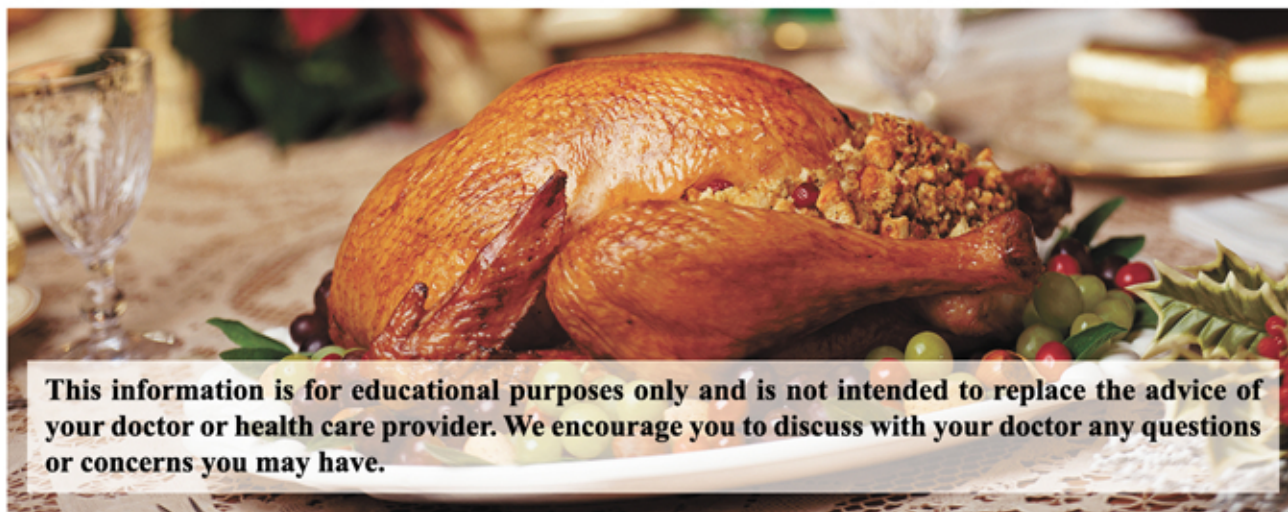
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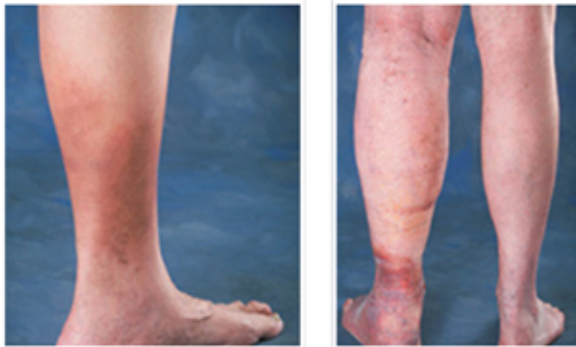


This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.

CHRONIC LEG SWELLING

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

In the US, over 13% of the population is affected by leg swelling. It costs over 200 million dollars a year to treat and manage this debilitating condition. It can affect your lifestyle, cause pain, infections, skin color changes, blisters, cramping and tired, achy legs.



Common Causes of Leg Swelling

There are many causes of leg swelling. Some of the more common ones include:

- Congestive Heart Failure
- Venous Insufficiency or Varicose Veins
- Medications
- Obesity
- Trauma
- Blood Clots
- Electrolyte Imbalance
- Kidney Problems
- Infections
- Skin Diseases

Tests to Determine Cause

In order to treat and manage your leg swelling, the causative factor needs to be determined. It starts with going to your primary care provider or a leg

swelling specialist to first identify what initially caused your leg swelling. From then, the appropriate tests need to be done to rule out certain causes. One example is a specific test of your veins called a reflux study done at a dedicated vein center. This test is highly specific because it gives information about how much blood is pooling in your veins, if you ever had a blood clot, and what your deep and superficial veins look like. Ultrasounds done at hospitals or a non-dedicated vein center will only show if you have a blood clot or not. There are many other tests, including: labs, xrays, CT scans, MRI, and other invasive dye studies. However, ultrasound is non-invasive and cost effective to rule out an easily correctable underlying vein disease. To avoid costly expenses to the patient, these tests need to be properly ordered by your provider or specialist in leg swelling.



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

Treatment Options

Once a cause is identified, treating your swelling has many factors. One common practice from many practitioners is to prescribe a diuretic for leg swelling. For some conditions such as Congestive Heart Failure, diuretics work well. For others, it will not work at all and will be more problematic than helpful. The usual leg elevation, swimming pool exercises, compression stockings, and appropriate skin care helps and prevents complications. Whatever the treatment options are, the appropriate diagnosis needs to first be made.

Vein Disease May Cause Leg Swelling

One of the most missed evaluations of leg swelling is being able to recognize that an underlying vein disease is causing the problem. Veins bring blood back to the heart. If your veins are damaged from genetics, obesity, pregnancy, standing or sitting a lot for work, wearing high heels, and blood clots, then you will have blood pooling in your legs.

Start with contacting your Primary Care Provider or visiting Comprehensive Vein Center at the Villages where they treat vein disease and consult on many patients with leg swelling to rule out an underlying vein cause. They offer a detailed ultrasound examination of your veins in the legs, educate you about your anatomy and go over the specific results to corroborate care for your condition. If you do not have an underlying vein disease that is causing your leg swelling, they are able to refer you to their vast specialist network that they work closely with to help treat and manage your condition.

Contact Comprehensive Vein Center at the Villages at 352-259-5960, or visit us online at www.thecvc.net.

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.



To learn more, call Comprehensive Vein Center in The Villages at 352-259-5960, or visit our website at www.thecvc.net.

Thanksgiving is a time of joy, when we take a break from our hectic daily lives to enjoy food and one another's company. Family members gather from all over and catch each other up on our lives around the dinner table. However, if one of our family members has untreated hearing loss he/she may be left out of the conversation, leading to feelings of isolation and depression.

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Hearing in noise

poses
extra challenges

Picture a big, extended family crowded around a long table — passing dishes, clanking silverware, getting up and down from the table to serve, and carrying on multiple conversations at the same time. This arrangement poses a challenge even for those with normal hearing.

Now imagine Grandma having diminished hearing in this situation. Little Sally's high-pitched voice is difficult for her to understand already, let alone over all this noise and activity. After asking Sally to repeat herself numerous times, Sally gets frustrated and turns her attention to her other family members. Grandma then tries to join a conversation between Uncle Pete and Aunt Ellen. She thinks she hears Pete say something about a "chocolate chip trophy" and asks when he entered a cookie eating contest. But Pete actually said, "Championship trophy", and he laughs off Grandma's faux pas. Embarrassed, she goes back to eating her dinner in silence while her family enjoys themselves around her.



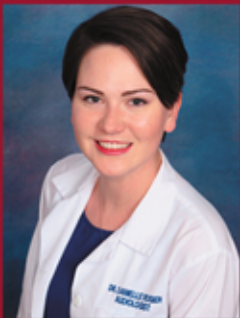


There are far better solutions than ignoring someone with hearing loss. Here are just a few suggestions:

- Reduce extraneous background noise as much as possible by turning off the television and not playing music
- Make an extra effort to enunciate and speak at an even pace
- Don't shout at someone with hearing loss. You're going for clarity, not screaming. Shouting will only irritate you and Grandma
- Position yourself so that you and Grandma are facing one another when you talk, if possible. If you know Grandma hears better out of the right ear, try to talk to her from that side

- If Grandma misunderstands or doesn't hear something you said and asks you to repeat yourself, do it. Don't ridicule her error or tell her "never mind". Both are hurtful and will make her feel devalued
- Encourage the rest of the family not to speak over one another and to keep their conversations reasonably pitched. There's no need for everyone to yell to each other throughout dinner, especially if most can hear just fine
- Keep any frustration you have with Grandma to yourself. Don't scold her for not doing anything about her hearing loss yet in front of everyone. Shaming someone is a cruel and ineffective way to get anyone to seek help

Thanksgiving should be an opportunity for inclusion and bonding. Don't leave family members with hearing loss feeling lonely in your midst. Once the holiday is over, that may be time to have an encouraging discussion with Grandma *privately* about her hearing loss, during which you offer to help her find a hearing care professional who can test her hearing, and offer to go with her to find a good pair of hearing aids. There are new hearing aid options available that are especially effective in difficult listening situations, such as parties or large gatherings like Thanksgiving meals.



Meet our Audiologist: Danielle Rosier, Au.D., F-AAA

Audiologists complete, at minimum, an undergraduate and master's level degree in audiology and a supervised clinical fellowship program prior to obtaining state licensure and national certification.

Originally from Ocala, Dr. Rosier became interested in hearing health after observing an audiologist work with a hearing impaired patient. She was amazed at how the patient's life transformed and decided she wanted to help people and make positive changes in their lives.

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

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

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

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If you are one of the millions of Americans suffering with diabetic neuropathy, venous ulcers, muscular atrophy, or other chronic pain issues, Acuscope Myopulse Therapy (AMT) offers the relief you have been searching for. Patients and physicians alike often refer to AMT as the "Miracle Electric Therapy" that allows the body to heal itself on the cellular level. For more than 30 years, professional athletes and superstars have been relying on this technology to provide quick healing and lasting pain relief.

AMT is the most advanced bio-energetic healing technology on the planet, and it is finally available to local patients in Central Florida. Energy Medical is proud to be the first office in Florida to offer this one of a kind therapy. Energy Medical founder William (Bill) Rowland has been able to eliminate chronic and acute pain in more than 90% of his clients using AMT because it seeks out, and addresses the "root cause" instead of masking, or simply treating the symptoms. As he says "the human body has an amazing ability to heal if it only has enough energy". This particular electric therapy accelerates the natural healing process two to three times faster because it works with the patient's body on the cellular level.

The Science Behind AMT

Electricity flows through distinct pathways in the human body. Each cell manifests the properties of capacitance (the ability to hold a charge), conductivity (the flow of electricity as in a wire), and electro-genesis (the ability to generate electricity within living tissue).

Whenever there is disease, injury or pain there is always an interruption to the flow of electricity. When impedance and capacitance is restored to it's normal state (homeostasis) the body can immediately begin healing itself.

Have you ever stopped to wonder; If you are being diagnosed electrically (with EKGs, EMG, EEGs) why then aren't you being treated electrically?

The technology to achieve instant homeostasis at the cellular level has been available since 1979, and used primarily in professional sports and other highly competitive circles.



AMT is the only electrical therapy available that uses instruments, which automatically read, analyze & treat at a cellular level. Most people find it relaxing and even fall asleep during the sessions.

How does AMT work?

AMT uses two electric devices: the Electro-Acuscope and the Electro-Myopulse. The Electro-Acuscope is a pain-management device designed to specifically normalize neurologic tissues, and read all body tissues and systems as well. The Electro-Myopulse specializes in normalizing connective tissues such as bone, muscle, tendon, and ligament. Generally, both machines are used in conjunction with each other to achieve complete pain elimination, however, some patients may require only the use of one device.

The Electro-Acuscope and the Electro-Myopulse are unique micro-current instruments unlike any other micro-current technology available today. They operate at especially low currents and more importantly, are both input and output devices with the ability to read electrical impedance & capacitance, analyze and respond with precise inverted electrical signals at more than a hundred times per second. (No other micro-current device reads, analyses and treats).

Instant homeostasis at a cellular level means pain relief and accelerated healing!

In a matter of seconds, cells go from a degenerative state to a regenerative state by increasing ATP (electrical energy) production up to 500 percent. In other words, cells are instantly put into electrical balance, allowing normalized functions; ie. to absorb nutrients, expel toxic waste and optimize cell reproduction.

AMT is one of the most effective forms of cellular treatment through electro-stimulation available today.

AMT provides pain relief management for diabetic neuropathy, arthritis pain, as well as other types of acute or chronic pain. Originally used with great success in treating athletic injuries, AMT has become a leading treatment for relieving pain, increasing blood flow, healing neurological tissues, and providing electrical nerve stimulation for all body tissues and systems.

Acuscope/Myopulse Treatments has been proven effective for the pain and symptoms associated with diabetic neuropathy and the following:

- Alzheimer's Disease
- Arthritis/Bursitis
- Carpal Tunnel
- Headaches
- Auto Accidents/Trauma
- Back Injury
- Beauty Care
- Detoxification
- Fibromyalgia
- Herpes Simplex/Shingles
- Infertility/Impotence
- Insomnia
- Sciatica
- Sports Injuries
- Stress Reduction
- TMJ
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Low Level Laser Therapy Helps With Diabetes Symptoms

Natural Wellness Technology Sweeping the US by Storm

At present nearly 30 million Americans are living with diabetes, one of the most common metabolic disorders in humans, across the globe. Approximately one in three people with diabetes are undiagnosed. The rate of new cases of diabetes soared by about 90 percent in the United States in the past decade, fueled by growing obesity and sedentary lifestyles. Many in the medical field believe there is no end in sight to the diabetes epidemic. Among patients with diabetes, as much as 90% are living with diabetes type 2 while the remaining manage diabetes type 1 daily with insulin dosage.

Recent research into the management of diabetes has found convincing evidence that diabetes type 2 can indeed be prevented and even delayed in high risk individuals through better diet, exercise and lifestyle choices. With a strong medical case for the prevention and control of diabetes, improving care for persons with diabetes as well as for those at high risk has increasingly become an important concern for decision-makers and health-care planners.

It was found that while doctors are using a wider array of newer, more costly drugs to treat diabetes, there is little long-term proof they work better than alternative treatments and older, cheaper medications. In fact, studies indicate that Low Level Laser Therapy has proven to have precautionary and therapeutic effects on blood glucose levels, pain, and other conditions caused by diabetes.

In one particular study, 89% of patients treated with laser therapy reported an increase in blood flow to extremities, and the decrease or elimination of pain, cramps, and parasthesias. The data collected in this study confirm the positive influence of laser therapy on the vascular complications in diabetes.

Natural Healing with Low Level Laser Therapy

Low level laser therapy (LLLT) has been in use in Europe and other countries for more than 30 years. Americans are now experiencing the benefits of this amazing technology. In recent years, LLLT has rapidly gained acceptance by the medical and healthcare professionals as a superior treatment method. Physicians have had success treating traumatic, inflammatory and overuse injuries, pain relief and healing of arthritic lesions, increased circulation, reduction of abscesses, and treatment of persistent non-healing wounds.



How does LLLT work?

When active correctly, our bodies are able to prescribe the exact natural drug, along with the perfect amount required to treat and heal illness from within.

Laser therapy is unique in that it actually stimulates the body to heal itself. Photons of light are administered to the body and absorbed by the injured cells without producing heat. The cells are then stimulated and respond with a higher rate of metabolism. This results in increased circulation from the body, an anti-inflammatory reaction, relief from pain and an acceleration of the healing process.

Effects of LLLT

Increases Cellular Energy Production

Laser therapy is absorbed molecule enzymes, which react to laser light. This starts the production of ATP, which is the major carrier of cell energy and the energy source for all chemical reactions in the cells. This increases the energy available to the cell so that the cell can take on nutrients faster and eliminate waste products.

Activates Pain Control

Laser therapy is highly effective at treating nerve cells by blocking pain transmitted by these cells to the brain by decreasing nerve sensitivity. Also due to less inflammation, there is less edema and less pain. Another pain blocking mechanism involves the production of high levels of pain killing chemicals such as endorphins and enkephalins from the brain and adrenal gland.

Faster Wound Healing

Laser light stimulates fibroblast development (fibroblasts are the building blocks of collagen, which is predominant in wound healing) in damaged

tissue. Collagen is the essential protein required to replace old tissue injuries. As a result, LLLT is effective on open wounds, especially those difficult to treat due to diabetes.

Improves Vascular Activity

Laser light significantly increases the formation of new capillaries in damaged tissue that speeds up the healing process, closes wounds quickly, and reduces scar tissue. Additional benefits include an increase in the diameter of blood vessels and improved circulation.

Improved Nerve Function

Slow recovery of nerve functions in damaged tissue can result in numbness and impaired limbs, especially in diabetics. Laser light will speed up the process of nerve cell regeneration and increase the amplitude of action potentials to optimize muscle action.

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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/>

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

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HELPING OUR NATION'S HEROES

InterCommunity Cancer Center and
Institute Participating in
National Veterans Choice Program

InterCommunity Cancer Center is excited and honored to announce that it is participating as an oncology provider for the national Veterans Choice Program (VCP). InterCommunity Cancer Center is part of Vantage Oncology, LLC, a leading national provider of radiation oncology services and integrated cancer care, which operates more than 50 treatment facilities in 14 states. The center is currently accepting radiation oncology patients through the program.

The Veterans Access, Choice, Accountability Act (VACAA) of 2014 is a law that expands the number of options Veterans have for receiving and ensuring they have timely access to high-quality care. The VCP provides primary care, inpatient and outpatient specialty care, and mental health care for eligible Veterans when the local Veterans Administration Medical Center (VAMC) cannot provide the services due the lack of available specialists, long wait times (30 days or more) and extraordinary distance (40 miles or more) from the Veteran's home.

A veteran's out-of-pocket expense will be the same as if they received treatment at their local VA facility.

"It is privilege for us to participate in the VCP as a national oncology service provider for our nation's heroes. Our mission is provide veterans timely and convenient access to advanced, lifesaving cancer care at our specialized facilities so that they are afforded the best opportunity to beat their disease," said Herman Flink, M.D., radiation oncologist at InterCommunity Cancer Center and Institute.

Beginning in November 2014, a new VA Choice Program card was sent to eligible veterans enrolled in VA health care and who seek non-VA health care. Eligible Veterans are required to contact Health Net Federal Services, LLC (Health Net) or TriWest Health-care Alliance to obtain authorization for all medical care under the VCP. The VCP allows a Veteran to choose a non-network provider when one is not available, or has a preference for another provider. Once the Veteran contacts a Vantage Oncology treatment facility, he or she will be provided information about the physician and facility so that it can be submitted for approval.



For more information about Vantage Oncology and its centers' participation in the Veterans Choice Program, please call 352.674.6300 or visit us at www.vantageoncology.com/veterans.

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

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

ABOUT VANTAGE ONCOLOGY

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

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

NOVEMBER IS LUNG CANCER AWARENESS MONTH

With the changing of the seasons and the holidays approaching, November has another significant meaning. It is Lung Cancer Awareness Month.

Many people don't know but Lung cancer is the second most commonly diagnosed cancer in both men and women. However it is still the most common cause of cancer death next to the three most common cancers combined (colon, breast and prostate). Lung cancer is a complex disease to treat and understand. Understanding the basics of lung cancer is an important step in preventing lung cancer deaths. If you know the facts about lung cancer it will be easier to understand and talk to your doctor.

When a person has lung cancer, they have abnormal cells that cluster together to form a tumor. Unlike normal cells, cancer cells grow without order or control and destroy the healthy lung tissue around them. Many people with lung cancer don't experience symptoms until the disease is in its later stages. There are very few nerve endings in the lungs, which mean a tumor could be present without causing pain or discomfort. When symptoms are present, they are different in each person.

These symptoms can include:

- A cough that doesn't go away and gets worse over time
- A chronic cough or "smoker's cough"
- Hoarseness
- Constant chest pain
- Shortness of breath, or wheezing
- Frequent lung infections, such as bronchitis or pneumonia
- Coughing up blood

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Some symptoms of lung cancer may not seem related to the lungs or breathing. These symptoms can still be a sign of lung cancer because lung cancer usually does not cause symptoms in the earlier stages of the disease. This means some symptoms do not appear until the cancer has spread to other parts of the body.

These symptoms may include:

- Loss of weight
- Loss of appetite
- Headaches
- Bone pain or fractures
- Blood clots

If you are experiencing any of these symptoms, see your doctor immediately.

To help protect yourself against lung cancer, there are certain precautions you should take.

1 If you are a smoker. STOP! If you don't smoke, don't start. Avoid second hand smoke.

2 Test your home for Radon (a colorless, odorless gas)

3 If you have been exposed to dust or fumes at work or home make sure all air ducts and vents are properly cleaned. If you have a water leak make sure it is cleaned up promptly so that no mold forms. Be careful when using cleaning chemicals that have a strong odors or fumes.

4-Help fight pollution

There are several different treatment options for lung cancer. The type and length of treatment time is chosen by you and your doctors. These treatments are based on:

- the type and stage of lung cancer you have
- other existing health issues
- your own preferences

These treatments options include Radiation, chemo therapy, surgery, therapies, palliative care, clinical trials and last end of life care.

Cancer is not an easy disease to grasp but with proper nutrition and preventative care this can make a difference in your life and the loved ones around you. Let's all ban together and fight this horrible disease.



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- December 15th** | 2 P.M. - ImageLift Holiday Party Luncheon, Villages Office - 8630 E County Road 466 The Villages, FL 32162

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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 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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URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM

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

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

A TEAM EFFORT

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



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

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

SIMPLY THE BEST

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

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



Adam Santos, PA-C

"Your care means more to us than your wallet"



John Santos, ARNP

MISSION STATEMENT

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

MOTTO

Hard work pays off and honesty will prevail

441 URGENT CARE GOALS

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

OUR PHILOSOPHY

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- 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."

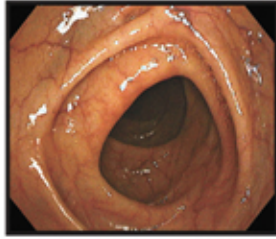
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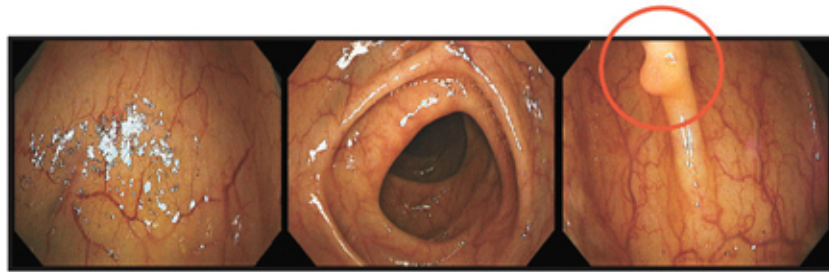
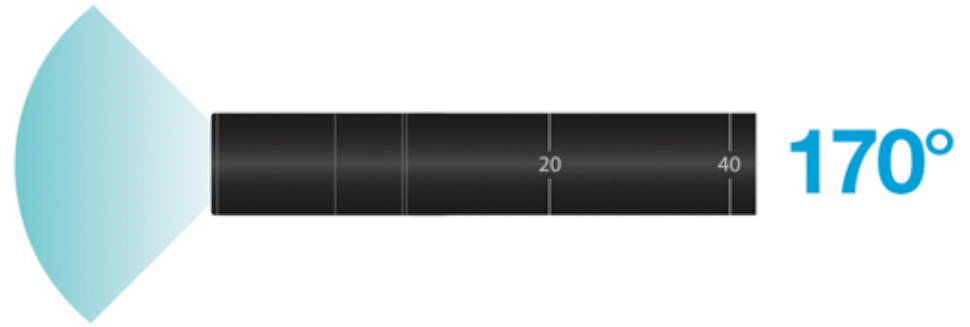
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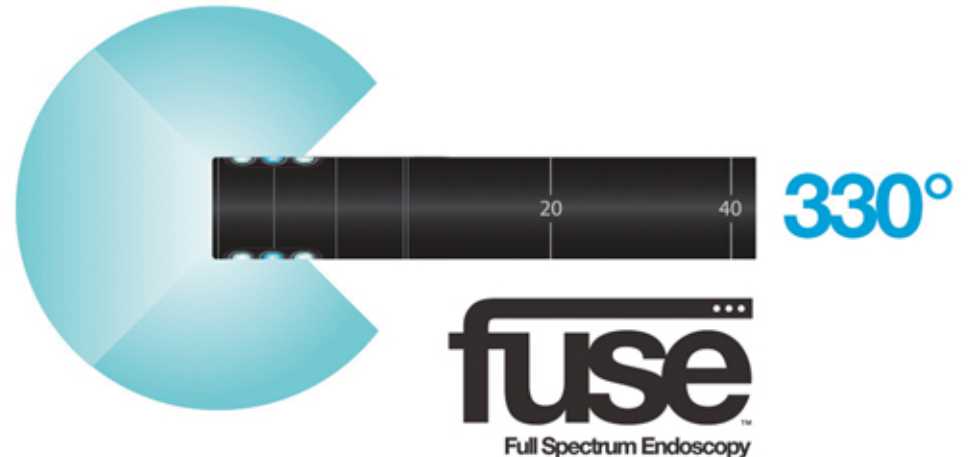
Dr. Anand Kesari



Standard Colonoscope Limited 170° Field of View



Fuse™ Colonoscope Panoramic 330° Field of View



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

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

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

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

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

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



Gastro-Colon Clinic Dr. Anand Kesari

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Diabetes and Eye Health

DIABETIC RETINOPATHY

By Dr. Paul E. Collins

If you have diabetes, you know how your body's inability to use and store sugar can affect your health in many ways. When your bloodsugar gets too high, it can damage the blood vessels in your eyes. This damage may lead to diabetic retinopathy.

Diabetes is associated with many ocular complications, but diabetic retinopathy is by far the most serious complication of all. In the United States, diabetic retinopathy is the leading cause of blindness among adults, ages 20 to 74 years old.

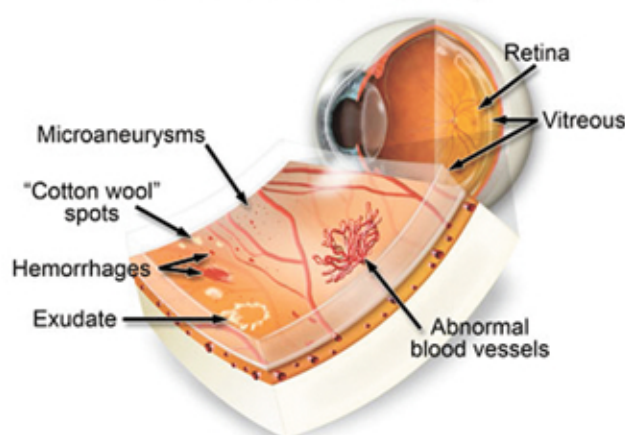
Thanks to a series of medical advances, eye doctors have a lot to offer to patients with diabetic retinopathy. However, the best outcome occurs when sight is still normal. ***The earlier diabetic retinopathy is detected, the more we are able to help our patients.***

Diabetic retinopathy is caused by damage to the blood vessels in the retina, the light sensing film in the back of the eye. Through dilated pupils, a physician can directly visualize abnormal blood vessels, retinal swelling and retinal hemorrhages. In advanced cases, new blood vessels develop and, if left unattended, they will bleed and cause severe loss of vision. Diabetic retinopathy can be classified as either non-proliferative diabetic retinopathy or proliferative retinopathy.

How does diabetes affect the eye?

Diabetes can affect virtually every part of the eye, but involvement of the retina is the most worrisome complication of diabetic eye disease. In non-proliferative or background retinopathy, the center of the retina (macula) may become involved by swelling (edema) from retinal vessels that become altered by diabetes. This macular swelling can cause a visual loss that can usually be stopped by laser treatment. Because early macular swelling may not be perceived by the patient, routine eye examinations for all patients with diabetes are critically important for preservation of vision.

Diabetic Retinopathy



A second major area of involvement of the retina in diabetes is proliferative retinopathy, the formation of abnormal new blood vessels (neovascularization) that grow out of the retina into the formerly clear vitreous gel in the center of the eye. These vessels will usually bleed into the vitreous, causing impairment that can range from a few floaters to severe visual loss; these vessels may also exert traction on the retina resulting in a retinal detachment, which can also cause severe visual loss. In many patients with neovascularization, bleeding and retinal detachment occur together. Lasers are the usual treatment for neovascularization if the vessels are detected when the eye is clear enough and the retina has not detached. However, patients with severe bleeding or retinal detachment involving the central vision typically require surgery.

How Do I Know If I Have Diabetic Retinopathy?

You might not. There are often no symptoms of early diabetic retinopathy. Your eye doctor can tell you if you show signs of diabetic eye disease by looking at the inside of the eye with a special instrument called an ophthalmoscope. To see better, your doctor may dilate your pupil with eye drops.

What Are The Symptoms Of Diabetic Retinopathy?

Although diabetic retinopathy can severely damage your vision, it is not painful. In fact, the early form of the disease called non-proliferative or background retinopathy often produces no symptoms.

If non-proliferative retinopathy leads to macular edema, you may notice a gradual blurring of your vision, and have difficulty doing close work such as reading.

If the abnormal blood vessels associated with proliferative retinopathy bleed, vision may become spotty, hazy, or disappear completely. However, because diabetic retinopathy often causes no symptoms even in advanced cases it is extremely important to have a yearly dilated eye exam by an eye doctor. Diabetic retinopathy can be treated, and vision loss possibly prevented if it is caught early enough.

How does diabetic retinopathy cause vision loss?

Diabetic retinopathy causes loss of vision in several ways. Central vision may be impaired by fluid accumulation or poor circulation after years of gradual damage to the vessels in the macula, the most crucial part of the retina. Reading and driving depend on a well functioning macula. In more advanced cases of diabetic retinopathy, severe visual loss occurs from the formation and bleeding of new blood vessels.

If you are concerned about vision loss caused by diabetes, or if you would simply like more information about diabetic retinopathy or the newest treatment options available to you, please **call 352-674-3937 today to schedule your next eye examination with Dr. Paul E. Collins.** We are happy to answer any questions you might have concerning your eye health.



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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 injections 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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SUFFERING FROM NEUROPATHY? OUR DOCTORS CAN HELP!

By Compton Chiropractic Care

Neuropathy, otherwise known by its symptoms of numbness, pins and needles, or even a burning sensation in the extremities, has several causes and is slowly becoming an epidemic in our society.

DID YOU KNOW:

In 1976, hundreds of otherwise healthy teenagers, reported to emergency rooms across the country with muscle aches, joint pains, fatigue, and symptoms of neuropathy. The government, particularly the CDC, began to investigate these strange occurrences. They initially believed it was possibly related to a tainted supplement or steroid. Yet, it was eventually determined that the neuropathies these teenagers were experiencing, were due to one common cause. The movie "Rocky", which came out in 1976, depicted a character played by Sylvester Stallone, who was training to be a fighter. Part of Rocky's training included drinking several raw eggs each morning before working out. Many young healthy teenagers began copying this portion of the movie and started ingesting raw eggs each morning. Raw eggs contain a protein called Avidin, and when eggs are eaten raw; this protein binds to biotin in the body and makes this vitamin unavailable to function normally. However, when eggs are cooked this protein becomes denatured and is not harmful. As you can see, there can be many causes of neuropathy in this case it was due to a vitamin being unable to function properly. While the lack of some vitamins may cause neuropathy, excess of other vitamins may increase the risk. This is why you need to see a physician that has experience in helping those with this condition, a physician like the ones available at Dr. Compton's office here in The Villages.

Many of the patients we see here in The Villages have signs and symptoms of neuropathy. Depending on the cause of the neuropathy, treatment may be available. Only a thorough examination and laboratory analysis can determine if an individual is a candidate for care. For example; Neuropathies that start after taking chemotherapy or certain antibiotics, may not be reversible, as they may have caused irreparable damage to the central nervous system. Fortunately, those cases



of neuropathy do not fall into the majority but rather the minority of the causes for this condition. Also, as stated above, a lack of essential nutrients and vitamins may be another cause of neuropathy; however, by far the leading cause of neuropathy is metabolic in nature usually due to type II diabetes.

Many of the patients we see on a daily basis, whom have neuropathy symptoms, have them due to type II diabetes. Even if you have never been diagnosed as a type II diabetic, this still may be the cause of your neuropathy. Unfortunately, medications given for diabetes, may compound the symptoms of neuropathy, as these medications force every cell in the body to intake more glucose than they need, in order to lower overall blood sugar. This causes dysfunction on a cellular level, as our nerve cells are more sensitive to the excess glucose than other cells. Our bodies are made up of millions of cells. Each cell having its own specific function and too much glucose in the blood causes many of the cells not to function normally. There are only two natural methods to get glucose out of the blood; one is to burn excess glucose through activity and exercise, and the second is for the body to store it as fat. Regulating one's blood sugar is simply no different than balancing a checkbook. If we intake more glucose than our body can burn, we will store the excess as fat; just as putting more money into our bank account than we spend will result in stored savings. Unfortunately, many people are still in search of the magic pill, which will allow them to eat whatever they want and not gain weight or develop type II diabetes. This pill simply does not exist.

At Compton chiropractic, we target the cause of neuropathy, and have seen great success at relieving many of our patient's symptoms. We also work with a tremendous amount of patients who seek a natural means of controlling blood sugar. Some are surprised to learn that not all of our patients require manipulations. For example a long time patient was having trouble managing his diabetes. We worked with his family

doctor to design a supplemental program that worked with his prescriptions to help drop his sugar levels. Within 6 months his doctor was decreasing his metformin and within a year he no longer needed prescription drugs to manage his condition.

Our success is based on the simple premise of making sure we first deliver an accurate diagnosis first then we utilize nutraceuticals and other conservative treatment options to achieve results.

Our doctors pride themselves in using good ole fashion examinations along with high-tech testing and by working with some of the best neurologists in the area. By delivering an accurate diagnosis initially, we can drastically cut down on wasted time. One very important aspect of all neuropathy, but especially diabetic neuropathy, is to remember that patients who seek care quickly tend to see symptoms resolve faster and with less long term deficits.

Some may ask, why would I go see a chiropractor for diabetes or for neuropathy? The answer is that Doctors of chiropractic are trained in diagnosing more than just back pain and the profession has been utilizing functional medicine for many decades to treat patients. We treat our patients on a cellular basis with our specialized nutritional protocols and optimize the body's immune system by removing spinal and extra spinal dysfunction.

So if you, a friend or loved one has been diagnosed with type 2 diabetes or suffers from neuropathy, help is only a phone call away.

COMPTON CHIROPRACTIC CARE

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Our Philosophy

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TESTIMONIALS

• *I suffered from numb feet for 2 years before I decided to see the doctors at Compton Chiropractic. Within 6 visits my feet were back to normal and so was my golf game.*

—Male Patient

• *Dr. Compton, Thank you for being extremely knowledgeable in multiple areas of medicine. The doctor you referred me to solved my problem that had been ongoing for 15 years. Seems like you were the only one who diagnosed it correctly.*

—Female Patient

• *Your group really puts patients first and that is becoming a rare quality these days.*

—Local Physician

Doctor Compton's office is located in The Palm Ridge Plaza off CR 466 and they accept all major insurances. Office hours are M-F from 9am to 5 pm and Saturdays 9-2.

Compton Chiropractic added on another physician, Dr. Daniel Taylor to their practice. With three physicians on staff, Compton Chiropractic can now more effectively serve it's increasing patient base.

Feel free to set up a free consultation to meet with one our doctors in order to determine what treatment plan may be right for you!
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Compton Chiropractic

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Dr. Brent Compton
Chiropractic Physician
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For younger-looking skin, it's necessary to replace or rebuild the underlying structure. Unfortunately, getting to this deep layer of skin, called the dermis, isn't a simple matter because the skin's outer layer purposefully protects that structure.

Creams and lotions can't easily reach the dermis; they work on a topical level. Cosmetic injections can penetrate the structure from the outside, but that's not always an easy, healthy, long-term, or cost-effective option. Researchers looked for an alternative that works and found it in Liquid BioCell™.

By drinking Liquid BioCell™ hyaluronic acid increases in the body. Liquid BioCell™ improves skin tone and texture, helps bring elasticity and moisture back to the skin, and even goes an important step further, it helps reduce the enzyme that can make your skin age.

Are you one of the 40 million people who suffers from joint or mobility issues? Tens of thousands of men and women, young and old, have had their lives changed thanks to the clinically validated, super-nutraceutical...Liquid BioCell™.

Joint problems can come with athletic activity, strenuous work, and aging. But what you're really experiencing is the progressive degeneration of connective tissue where both collagen and hyaluronic acid are essential. Taken orally, in a patented, highly-absorbable form, Liquid BioCell™ allows you to replenish these important substances and is clinically shown to work!

Benefits of Liquid BioCell



DOCTOR'S PERSPECTIVE



Doctors' Perspective

Louis P. Brady, M.D., AAOS, ACS
Board Certified Orthopedic Surgeon
Associate Clinical Professor at the University
of Central Florida College of Medicine

How I Believe Liquid BioCell™ Works.

Liquid BioCell™ very closely resembles our own connective tissue, and has a liquid delivery system that allows absorption to begin immediately. To understand how Liquid BioCell™ works, it is necessary to understand that every organ system in our body is composed of HA (hyaluronic acid), chondroitin sulfate, collagen, a number of different elements, and water.

Jusuru researchers discovered in the early 2000's a matrix of collagen type II, HA, and chondroitin sulfate that very closely resembles our own connective tissue. In 2008 after years of additional research, a liquid form was produced. This brought about a quantum leap in bioavailability. Liquids have certain advantages over pills and capsules. Liquid BioCell™ begins to be absorbed immediately as we drink it via the blood vessels in the mouth and under the tongue.



Liquid BioCell™ patented hydrolysis process produces an ideal molecular weight for increased bioavailability. Another unique quality of Liquid BioCell™ makes it recognizable to our body for ease of assimilation. Liquid BioCell™ is a complex patented molecule composed of naturally occurring HA, chondroitin sulfate, and collagen type II that undergoes a patented hydrolysis process by which collagen peptides, and all other constituents, including hyaluronic acid and chondroitin sulfate, are broken down to low molecular weight forms resulting in increased bioavailability.

Hyaluronic acid (HA) is an integral lubricating component of natural synovial fluid in the joints and is important to overall joint function and health. We begin to lose HA the day we are born and begin to absorb free radicals at the same time. Beginning in our late twenties or early thirties we also begin to lose collagen. The congruent decline of both HA and collagen brings about the changes that we recognize as aging, namely wrinkling and drying out of our skin, degradation of our joints, as well as a host of other changes.

As we age a couple of things come into play: 1) the effects of unremembered joint trauma, 2) the diminished quality of the synovial fluid. Just as our skin wrinkles, a similar process is going on in our joints. Liquid BioCell™ is clinically shown to increase HA levels in our bodies, help promote healthy cartilage, and I believe, improve the quality of synovial fluid.

I believe "bone on bone" is a misnomer. Another consideration that I believe, is the term bone on bone, that is frequently used to explain the x-ray

appearance of joint discomfort, is a misnomer. There is always a thin layer of cartilage present or the joint would be full of blood. In the worst hip or knee that I have ever operated on, there was always twenty to forty percent of fairly normal looking cartilage but slightly rough to feel. It is this same cartilage that I believe Liquid BioCell™ can support.

The source of the collagen in this product closely resembles our own connective tissue, thus allowing the body to recognize it.

The size of the molecule is so small that it is easily absorbed starting in the mucous membrane of our mouth.

Liquid BioCell™ is like nothing else we've seen. Liquid BioCell Life consists of three components: 1) Liquid BioCell, 2) resveratrol, 3) 13 antioxidant superfruits.



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Resveratrol, comes from the skin of red grapes. It's known for its antioxidant and cardiovascular health benefits. The term French Paradox was coined by Serge Renaud, a scientist from Bordeaux University in France. The French have the lowest incidence of heart disease and obesity despite their very rich diet. There are numerous studies supporting its beneficial qualities. Not all resveratrols are the same. Trans-resveratrol is the form used in Liquid BioCell Life, which is the pure, active, ultra-beneficial form of resveratrol.



Dr. Louis Brady is a graduate of Emory University's School of Medicine and is Board Certified in Orthopedics. He is an Associate Clinical Professor at the University of Central Florida, College of Medicine. Dr. Brady's work in the area of orthopedics spans over four decades. According to Dr. Brady, Liquid BioCell Life is the most remarkable product to have ever been introduced for joints and the aging process. Dr. Brady believes that as orthopedic specialists begin recommending Liquid BioCell™ to their patients, we may see the incidence and severity of one's joint problems, as we know it today, gradually declining.



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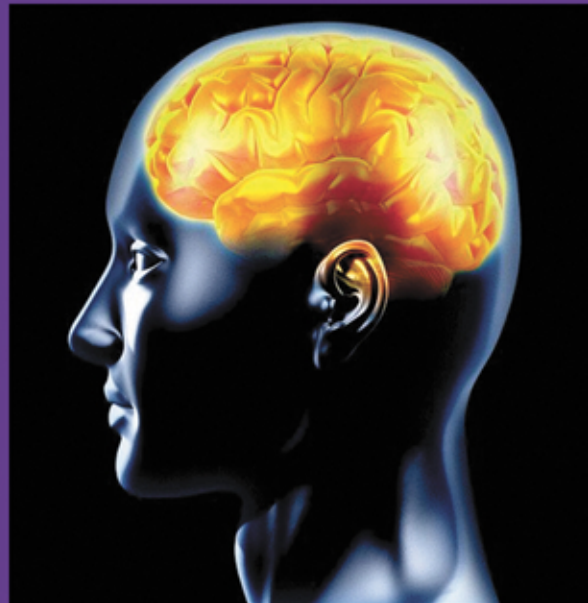


November is Epilepsy Awareness Month

By Sheila Pinkston

Epilepsy is a neurological condition which affects the nervous system. Epilepsy is also known as a seizure disorder. More people live with epilepsy than with autism spectrum disorders, Parkinson's disease, multiple sclerosis and cerebral palsy - combined. Below are some interesting facts about epilepsy.

- 1.** No one can swallow his or her tongue during a seizure. It's physically impossible.
- 2.** You should never force something into the mouth of someone having a seizure. Forcing something into the mouth of someone having a seizure can chip teeth, cut gums, or even break someone's jaw. The correct first aid is simple: gently roll the person on one side, support their head, protect from injury, and make sure their breathing is okay.
- 3.** Don't restrain someone having a seizure. Most seizures end in seconds or a few minutes and will end on their own. You can protect the person from injury by following simple first-aid guidelines.
- 4.** Epilepsy is not contagious. You simply can't catch epilepsy from another person.
- 5.** Anyone can develop epilepsy. Seizures start for the first time in people over age 65 almost as often as they do in children. Seizures in the elderly are often the after effect of other health problems like stroke and heart disease.
- 6.** Most people with epilepsy can do the same things that people without epilepsy can do. However, some people with frequent seizures may not be able to work or drive or may have problems in other parts of their life.



- 7.** People with epilepsy can handle jobs with responsibility and stress. People with seizure disorders are found in all walks of life. They may work in business, government, the arts, and all sorts of professions. If stress bothers their seizures, they may need to learn ways to manage stress at work. But everyone needs to learn how to cope with stress! There may be some types of jobs that people with epilepsy can't do because of possible safety problems. Otherwise, having epilepsy should not effect the type of job or responsibility that a person has.
- 8.** Even with today's medication, epilepsy cannot be cured. Epilepsy is a chronic medical problem that for many people can be successfully treated. Unfortunately, treatment doesn't work for everyone. At least one million people in the United States have uncontrolled epilepsy. There is still an urgent need for more research, better treatments, and a cure.
- 9.** Epilepsy is not rare. There are more than twice as many people with epilepsy in the U.S. as the number of people with cerebral

palsy (500,000), muscular dystrophy (250,000), multiple sclerosis (350,000), and cystic fibrosis (30,000) combined. Epilepsy is a single condition or may be seen with other conditions affecting the brain, such as cerebral palsy, intellectual disability, autism, Alzheimer's, and traumatic brain injury.

10. You can die from epilepsy. While death in epilepsy doesn't happen frequently, epilepsy is a very serious condition, and individuals do die from seizures. The most common cause of death is SUDEP or Sudden Unexpected Death in Epilepsy. While there is a lot we still don't know about SUDEP, experts estimate that one out of every 1,000 people with epilepsy die from SUDEP each year. People can also die from prolonged seizures (status epilepticus). About 22,000 to 42,000 deaths in the U.S. each year occur from these seizure emergencies.

11. What happens in a seizure may look different from one person to another. However, seizures are usually stereotypic, which means the same things or behaviors tend to occur in a person each time they have a seizure. The seizure behavior may be inappropriate for the time and place, but it is unlikely to cause harm to anyone.

12. People with epilepsy are usually not physically limited in what they can do. During and after a seizure, a person may have trouble moving or doing their usual activity. Some people may have trouble with physical abilities due to other neurological problems. Aside from these problems, a person who is not having a seizure is usually not limited in what they can do physically.

Source: epilepsy.com

This Thanksgiving, Try This

By Alex Anderson

I have this incredibly wealthy friend. Well, he's wealthy by my standards anyhow. If I had to guess, his net worth is somewhere north of say, a hundred million dollars. He's also very giving. One of the kindest people you'll ever meet. And he has, at times, been very generous to me.

Which, by the way, gave me a life puzzle to solve. How do I say "thank you" or show my heartfelt appreciation to someone with a whole lot more wealth than me? What could I possibly buy or do for him that he could not buy himself or does not already own? You see my problem...right?

What I came up with was another question. What was important and meaningful to him? And how could I express my love and appreciation in those ways?

You know where I'm going with this, don't you? We God-loving Christ followers have the same problem with God. How do you show God how much you sincerely love him in ways that are meaningful to Him? After all, He created and owns the very air you and I are breathing right now. So what could we possibly do to show Him how thankful we are for our health, our friends and the wonderful privilege of living in the United States of America?

I do believe that God enjoys it when we spend time in prayer alone with Him. I think His heart is moved with joy when we get together at church and worship and praise Him. I'm sure reading the Bible delights Him. After all, He is the author and it is the world's all-time best seller. But is there anything else we can do to speak His love language? I'm thinking about something really dear to His heart.

I believe there is. Here's my answer.

Since we know God loves us, it would make lots of sense that He would love others. That gives you and I our way of showing Him heartfelt and authentic love and appreciation for all He's done for us.



Now don't misunderstand. God is not expecting us to pay Him back for what He did through sending Jesus to die on the cross and restore us knuckleheads back into relationship with Him. Nope, that would be about as effective as pouring your cup of Starbucks coffee in the Gulf of Mexico thinking you were going to change the tide level. Not quite enough.

What we do know is that God has a soft spot for others, just like He does for us, and there are ways of "loving others" on His behalf that are very important to Him.

In Matthew 25 (NLT) we read...

31 "But when the Son of Man[a] comes in his glory, and all the angels with him, then he will sit upon his glorious throne.

34 "Then the King will say to those on his right, 'Come, you who are blessed by my Father; inherit the Kingdom prepared for you from the creation of the world. 35 For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home.

36 I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.' 37 "Then these righteous ones will reply, 'Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink? 38 Or a stranger and show you hospitality? Or naked and give you clothing? 39 When did we ever see you sick or in prison and visit you?'

40 "And the King will say, 'I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!'

Take advantage of this inside scoop on how to do something for the God of the universe in a meaningful and personal way.

This Thanksgiving, be the "hands and heart of Jesus" to someone else, would you?

To your spiritual health,
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