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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; 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/>

Could Stem Cells be the Next Penicillin?

By David Ebner - Staff Writer

Chances are that you have heard about stem cells—they have been in the news for years. But did you know that stem cells are being used right now in the United States to treat debilitating lung diseases? Sufferers of diseases like COPD and pulmonary fibrosis are receiving life changing stem cell treatments that just a few short years ago had not yet been thought of as possible.

With further advancements in the study of stem cells, the question is posed: are stem cells the next penicillin? Stem cells and penicillin both come from humble beginnings and accidental discovery, they are both used to treat life threatening conditions and diseases and, just like penicillin, stem cell biologists have won Nobel Prizes due to the practical uses of their discoveries.

Consider the history of penicillin. Originally discovered in 1928 by the Scottish biologist, Sir Alexander Fleming, the full potential of the medication was not seen until its wide use in WWII. It wasn't until 1945, 17 years after its discovery, that Sir Fleming received the Nobel Prize. By that time, the medication had saved millions of lives.

Stem cells have also been studied extensively over time and have crept into the national dialogue as a buzzword, particularly the stem cells found in fetuses. However, the actual stem cells that are now being used to treat diseases in the United States, and the same cells that warranted the 2012 Nobel Prize in Medicine, are adult stem cells. This type of stem cell is found in fully developed individuals and flourish in all people—regardless of age or health.

Most cells found in the body have developed into a specific type of cell, like a skin cell or a brain cell. At the turn of the 20th century, biologists discovered that some cells that reside in the body have not yet been assigned as a certain type of cell. Stem cells are

simply blank cells standing by to meet your body's needs. The use of these cells to treat diseases traces back to 1968 when the first bone marrow transplant was performed. The result of placing healthy stem cells into a sick individual's body is the creation of healthy blood cells that are not infected with the disease. In turn, these cells replace the diseased ones and start to heal the patient.

Today, a clinic called the Lung Institute is using adult stem cells harvested from the patient's own fat, blood or bone marrow to provide similar healing results for people with lung diseases. Their website, lunginstitute.com, states that they have treated over 1500 patients to date. The physician gives the patient a growth factor that multiplies the stem cells into millions of healthy cells and extracts the stem cells

from the patient, then they separate the cells and reintroduce them into the patient's body. The result is that the healthy cells replace the damaged ones found in the lungs. Not only can this slow the progression of the disease, but it also works to restore lung function.

Just as penicillin was recognized by the scientists that award the Nobel Prize in Medicine, so have stem cell developments. If the number of people



who have already been successfully treated with stem cells is any indication of the future, then it will undoubtedly be heralded as one of the groundbreaking medical technologies of its time.

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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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.

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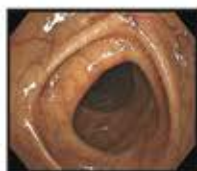
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1 Zuber AG, Winawer SJ, Waye JD, et al. Colonoscopic Polypectomy and Long-Term Prevention of Colorectal-Cancer Deaths. N Engl J Med 2012; 366:687-696
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Why Just Manage Your Pain When You Can Eliminate It?

Using two devices, the Electro-Acuscope and Myopulse, (AMT) therapist are easily able to address every part of the body from head to toe in a safe and pleasant, non-invasive manner. AMT doesn't just mask the pain or trick the brain into not feeling pain, it electrically normalizes tissue so it can quickly heal and eliminate the pain permanently. How does it work?

Electricity Flows Through Every Healthy Cell in the Body

The human body actually runs on electricity. Energy flows in distinct pathways throughout the entire body powering every cell, muscle, organ and brain function. Each cell holds a charge, just like a battery, and operates like a little battery driven pump, electrically pumping nutrients into each cell, converting them to energy (in order to do work), and then electrically pumps out metabolic waste to be carried out of the body. This is the cycle of cellular life. When the batteries get weak cell function diminishes. It's all energy, and it's all measurable electricity. Whenever there is pain, disease, injury or weakness there is always a corresponding weakness in the electrical properties of the cell / tissue.



Using electro-physiological instruments such as EKGs, EMG, and EEGs physicians measure the electricity of the heart, muscles and brain. With this in mind, it only makes sense to ask, "If we are all being diagnosed electrically, why then aren't we being treated electrically"?

The human body has an amazing ability to heal itself, if it only has enough electrical energy.

The Electro-Acuscope is a pain-management device designed to specifically treat neurologic tissues, and read all body tissues and systems as well. The Electro-Myopulse specializes in treating connective tissues such as bone, muscle, tendon, ligaments and skin. Together they are a full body treatment system, designed to eliminate pain, accelerate natural healing, increase energy levels and improve detoxification. In other words AMT will help you to look, feel and perform better.

Electricity is the health secret of the ages, successfully treating many conditions without medication or surgery.

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What Is Pain and Why Does It Hurt?

Health is all about the flow of energy and fluids throughout the body. Whenever the flow is restricted, by disease, injury, scar tissue, arthritis, etc., the cells stop functioning properly. Basic physics teaches us that resistance to the flow of energy or fluids always creates heat - heat induces inflammation - inflammation increases sensitivity - and increased sensitivity results in the sensation we know as pain. The more resistance, the more sensitivity or pain. AMT addresses the inflammation by addressing the root cause of the resistance.

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The term electricity is actually a medical term, first coined in the early 1600s by Queen Elizabeth's royal physician, Dr. William Gilbert to describe medical therapies. He is known as the Father of Electricity. However today because of the influence of powerful drug companies and insurance interests and political oversight electro-therapies are mostly overlooked in favor of other highly profitable substances.

How To Avoid Unnecessary Surgeries and Other Dangerous Side Effects

Besides eliminating pain, AMT has helped many people avoid surgeries, recover faster when surgery was necessary, lessen medication dependencies, increase energy levels, return to favorite activities and improve their overall quality of life. Visit www.EnergyMedical.net to see recent local testimonials.

Over prescription is rampant, according to experts. A new report finds that U.S. doctors are too quick to prescribe drugs, and often give little thought to side effects and non-drug alternatives. Nearly half of all Americans have used at least one prescription drug in the past month. Many are being exposed to dangerous side effects, some fatal, even though they are receiving few or no benefits from the drugs.

Even though medications aren't always needed, it does takes more than just eating right and a healthy diet to achieve and maintain a pain-free life. Adequate and uninterrupted energy flow throughout the body is necessary to eliminate pain, and live an energized life.

As the number of patients successfully being treated with electric therapy increases, the medical field is embracing AMT as an efficient and cost effective treatment option.

Electricity is the future of effective medicine.

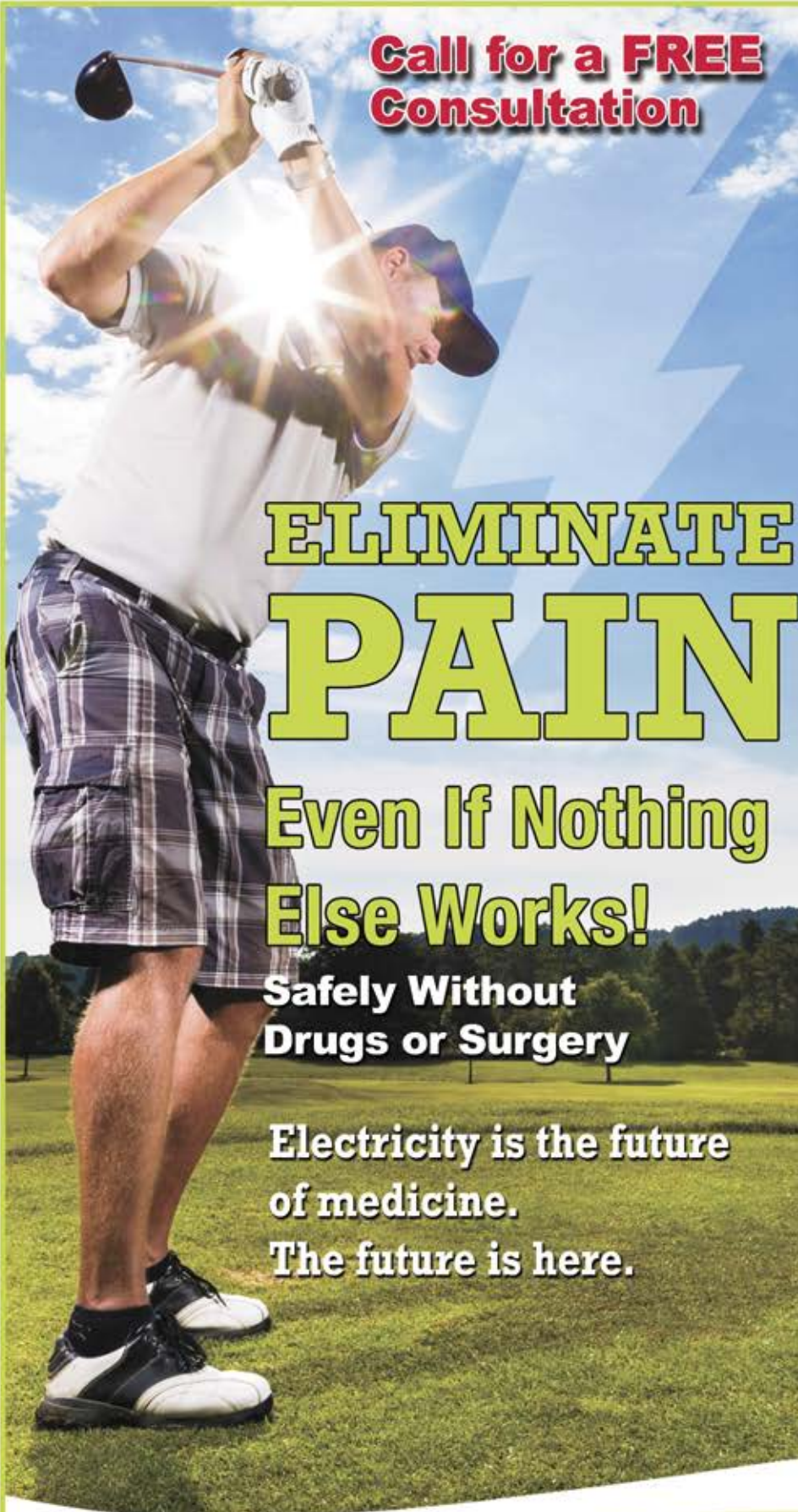
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Varicose Veins

Can be More than a Cosmetic Problem

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

Since varicose veins seemingly only create an unsightly appearance, many people often think that there is no real medical problem, and that they are merely a cosmetic problem. This is a common misconception of varicose veins, and it results from a lack of knowledge about the condition.

Although they pose only a cosmetic problem for many patients, some people experience varicose veins that cause physical discomfort and in some cases are quite painful. When varicose veins cause discomfort or pain, the legs may ache, swell or feel heavy or tired.

Varicose veins develop when surface blood vessels become weak. The pressure of blood pushing against the vein's wall can cause it to bulge or twist. They have a rope-like appearance and commonly develop on the thighs, calves, feet and back of knees.

If left untreated varicose veins can continue to enlarge and the pain and discomfort will worsen over time. The Comprehensive Vein Center offers Endovenous Laser Ablation and three types of Sclerotherapy treatments for varicose veins.

Visual Sclerotherapy can be used to treat smaller varicose veins through the injection of a chemical solution, which causes the veins to collapse and form adhesive clots which the body will absorb. This procedure normally involves minimal discomfort. Compression hoses are also advised following the treatment, to be worn for two days to two weeks, depending on the size of the veins treated.

Ultrasound Sclerotherapy involves using a duplex scanner at the bedside, placing a needle into the vein involved, followed by injection of sclerosing agent.

Foam Sclerotherapy involves injecting a foamed solution of Sotradecol into the veins. This approach can be used with both traditional and ultrasound guided sclerotherapy, and is more effective and more convenient, requiring fewer needle injections with minimal skin effects.



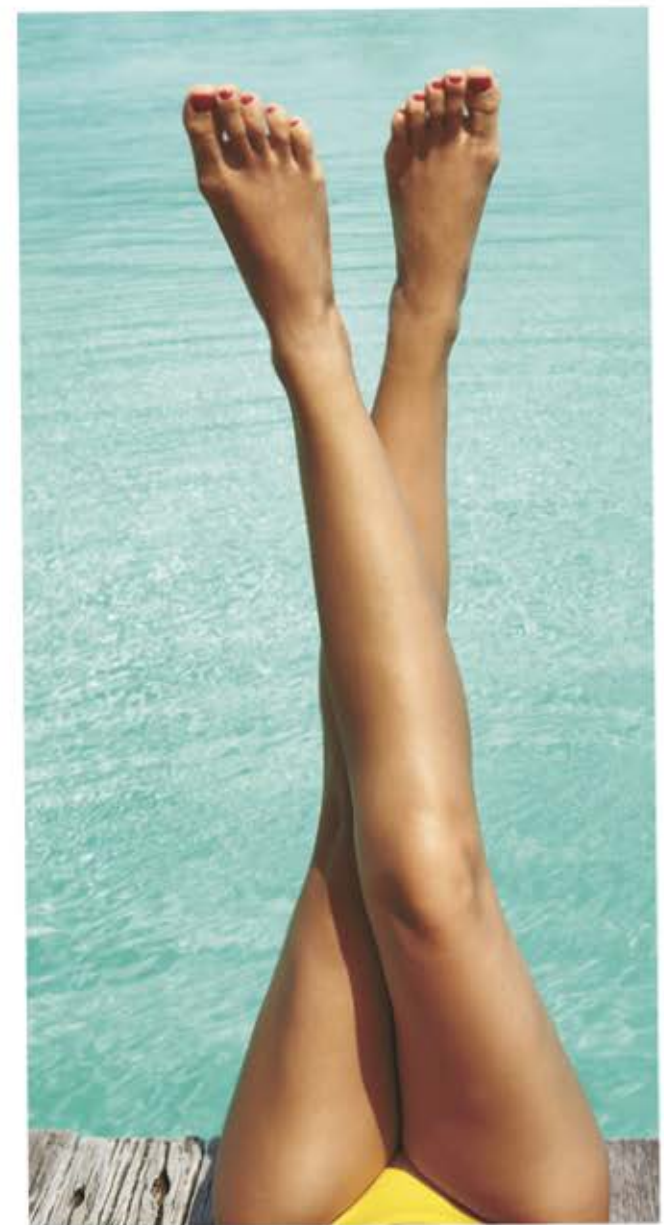
Endovenous Laser Ablation is an in-office procedure and takes less than an hour to achieve the same results as a major surgical vein stripping. Using ultrasound guidance and local anesthesia, the procedure is performed with a laser fiber inserted through a small puncture into the vein. As the fiber is slowly advanced to the desired area, it is gradually withdrawn. As the fiber is withdrawn, the vein shrinks and seals. In most cases, these veins are the root cause of smaller varicose veins, and there is very minimal pain or any associated scarring. This procedure has a 98% success rate in most cases, and the entire process involves minimal pain. Recovery is faster and most daily activities can be resumed the following day.

Regardless of which procedure is chosen, the appearance of the affected vein will improve and the pain will be minimized and oftentimes eliminated.

Although existing varicose veins can be treated, these treatments will not prevent the development of additional varicose veins. To prevent varicose veins patients can begin by maintaining a healthy weight and exercising regularly. Wearing compression stockings and/or elevating the legs can help to improve blood flow in the legs and relieve pressure. If you are suffering with varicose veins, call the Comprehensive Vein Center today for more information on treatments that are available for you, 352.259.5960. Visit www.TheCVC.net



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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.



Low Level Laser WEIGHT CONTROL

Low Level Laser Therapy (LLLT) is the application of a coherent cold laser light to treat certain conditions. It has been used to successfully treat many kinds of musculoskeletal injuries, because it promotes healing and tissue repair. LLLT has also been found to be an extremely successful treatment for alcohol & drug addiction, smoking cessation, and weight control.

HOW DOES LLLT WORK?

It works along the same principle as acupuncture but of course, no needles. The laser light easily penetrates through the layers of your skin to activate healing responses by your cells and to stimulate your nerve endings to produce endorphins. Endorphins such as serotonin are produced normally by your body and are nature's natural mood lifter and help keep you from feeling anxious or moody.

The treatment of specific points on the body helps to reduce the desire to eat, providing a natural satiation without food. The laser helps to balance organ and glandular functions that regulate weight. LLLT quickly helps to activate the bodies innate cellular communication system and positive immune, enzyme and endorphin response.

A series of treatments is usually recommended after the initial consultation.

WHAT POINTS ON THE BODY ARE USED FOR WEIGHT CONTROL?

Applying the laser to various points on the body can facilitate weight loss by giving the person a feeling of well being, which can suppress the desire for excessive and inappropriate food. The laser can also stimulate metabolism and thereby enable the body to utilize food efficiently instead of storing it as fat.



Each patient is custom-treated according to his or her specific and unique diagnosis. Usually a combination of body, hand, and ear acupuncture points are used that are believed to influence the organs and energetic pathways associated with weight management and hunger control.

Diet and exercise are helpful in any program of weight reduction. Most people who come for the laser treatment for weight control, however, have been given diets and exercise regimens before. They may have good knowledge of what they should and shouldn't eat, but they feel depressed or irritable when they try to stay on a diet. The laser should relieve such problems and improve will power.

WHAT WEIGHT LOSS RESULTS CAN BE ACHIEVED USING LLLT?

The weight loss to be expected is about ten to fifteen pounds per month. Weight loss should continue after the treatments are completed until normal weight is achieved. The effects of the laser usually last at least 6 to 9 months following your last treatment.

A succession of three laser treatments over a three to six week period is recommended initially. You may require additional treatments, depending on desired weight loss goals. Sometimes a couple of treatments within the first weeks are necessary to get things started.

IS LLLT SAFE?

LLLT is a safe, painless and medication-free treatment with virtually no negative side effects. It has been used in England, Canada and Europe for over 20 years with no documented adverse side effects. Laser therapy is a non-medical procedure and is respected by many physicians as a highly effective treatment. Several companies are currently participating



in a study by the FDA to validate the effectiveness of LLLT. Countless patients are raving about their successful medication free treatment.

DOES LLLT HURT?

No. LLLT is completely painless. In fact, most people describe an extremely relaxed feeling after being treated.

Weight loss is enhanced when LLLT is combined with a healthy diet and regular exercise. It has been found beneficial to drink at least 8 glasses of pure water per day to help flush out toxins, eat 6 small meals per day to help control blood sugar. The glycemic index diet is worth looking at. For the best long term results avoid sugars, refined foods, sodas and saturated fats. Instead, eat plenty of fresh fruits, vegetables, whole grains, fish, lean poultry and use cold pressed flax oil and extra virgin olive oil.

IF you have tried everything and are tired of failing to control or lose weight, Low Laser Light Therapy may be just the treatment for you! For more information or to schedule a consultation, call 614-638-7957!

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STROKE

What is stroke?

Stroke is the fourth leading cause of death in the United States. It causes death every four minutes and is responsible for reduced quality of life. Stroke can either be ischemic or hemorrhagic in nature. Ischemic strokes result from either a local clot occluding or preventing blood flow to the brain or a distant clot traveling to the cranial area and causing a lack of oxygen and blood flow. Hemorrhagic strokes result from uncontrollable bleeding in the cranium.

How susceptible am I?

Stroke precautions exist. Several risk factors have shown to be associated with stroke occurrence. These include age > 65, female gender, vascular disease, prior stroke or transient ischemic attack, diabetes, high blood pressure, smoking, high cholesterol, physical inactivity, obesity, postmenopausal hormonal therapy, and atrial fibrillation. Many of these factors can be modified to prevent stroke.

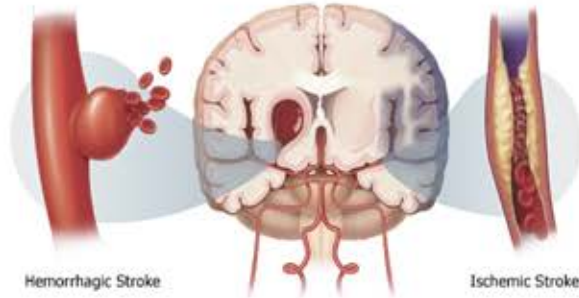
How can I behave to reduce stroke risks?

Controllable factors can prevent stroke 80% of the time. Thus, important preventable actions include quitting smoking, reducing cholesterol, reducing blood pressure, reducing weight, increasing activity, and self-education. Overall diet and exercise play very important roles in maintaining a healthy lifestyle. A healthy diet encompasses approximately 40-60% complex carbohydrates, 20% lean sources of protein, 20% unsaturated fat, 1-2 liters of water per day, less than 2 grams of sodium per day. Quick sugars and saturated fats can accumulate in the blood vessels leading to inhibited oxygen and blood flow, resulting in strokes. Exercise approximately 30 minutes 5 times per week for both vascular and weight loss benefit. Educate oneself on the risks, symptoms, consequences, and management of stroke.

How does stroke present?

There are warning signs of stroke. The most common stroke symptoms include a quick onset of a one-sided numbness or weakness, sudden confusion or trouble speaking, severe unknown headache origin, dizziness or loss of balance, or vision difficulties. Upon presence of any these symptoms, report to 911. Time is viable tissue. For every one minute of untreated hypoxia 1.9 million neurons, 12.8 synapses, and 7 miles of fibers die. Thus, immediate action results in optimal treatment.

In diagnosing, various stroke scales and imaging are used. Standardized stroke scales are utilized in assessing stroke severity. One specific stroke scale is



the National Institutes of Health Stroke Scale evaluating 11 areas of functionality including consciousness, orientation, response visual fields, facial movement, motor function, sensory, language, articulation, extinction or inattention, and limb movement. Other scales such as Barthel index and modified Rankin Scale focus on daily living and independence, respectively. In addition, diagnostic parameters needed are non-contrast enhanced computed tomography to distinguish between vascular and nonvascular causes and/or magnetic resonance imaging used to identify small or minor ischemic areas. Laboratory parameters involve oxygen saturation, electrolyte status, blood cell counts, glucose, bleed times, and heart monitoring.

How are strokes treated?

Time is a critical component of stroke care. American Heart and American Stroke Association recommend less than or equal to 25 minutes from door to diagnostic testing and less than or equal to 60 minutes from door to drug delivery. It is true every one second of oxygen absence leads to approximately 32,000 cell deaths. This drug delivery includes thrombolytic therapy, or drugs that break up the clot. Due to the high risks with this therapy, there are many cautions to its use. In addition, to thrombolytic therapy includes blood pressure controlling medication. Extensive monitoring is conducted with blood pressure control initiation. Other therapies include aspirin, clopidrogel (generic Plavix), heparin or low molecular weight heparin, and statins or cholesterol agents.

What are the stroke consequences?

Studies have shown post-stroke of up to twelve weeks can result in complications. Some of the most common include pain, urinary tract infections, chest infections, falls, brain disorders such as seizures, paralysis, cognition or thought difficulty, and re-occurring strokes or heart attacks. Thus, preventative therapy exists to limit. For example, baby aspirin and cholesterol lowering agents are significant for reducing further complications.

What are the stroke expectations?

Following a stroke, the patient is observed extensively. Typically, the patient will be transferred to neuro critical care or stroke unit. On this level, patient's brain function and blood pressure are monitored approximately every 15 minutes for first 2 hours, slowing down for the next 4 hours. Second, brain functioning is assessed ongoing to minimize cognition deterioration. Third, several standards of care are initiated. These include mobilizing or maintaining patient's activity as tolerated, treating constipation, treating acid reflux, and protecting against leg and lung clots. Depending on the severity of the original stroke, paralysis may be a result and thus physical therapy becomes part of the plan for continuing a quality driven life.

It is important to understand patients are critical components to the team care process. Thus, reduce risks, educate oneself, and actively participate in the care to reduce stroke progression and complications.



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

INTERCOMMUNITY CANCER CENTERS AND INSTITUTE WISHES YOU A HAPPY AND HEALTHY HOLIDAY SEASON

Dear Readers,

Every month we try to educate you about the latest trends and treatments in cancer care. This month, InterCommunity Cancer Center and Institute in Lady Lake wants to step out of the classroom and welcome you all into our homes as we take this moment to wish you a happy and healthy holiday season.

For more than 25 years, we have had the incredible honor and privilege of meeting and treating some of you or your loved ones. We are humbled by your amazing courage and grateful for your illuminating smiles and indomitable spirits that inspire us every day to continue the fight against cancer. And while we hope that you will be surrounded by the love of family and friends this holiday season, we want to assure you that you will certainly always hold a special place in our hearts and minds.

Thank you for entrusting us with your health and reaffirming why we wanted to become cancer care specialists. Thank you for showing us that surviving cancer isn't good enough and that life is meant to be lived to its fullest. May your holiday season and New Year be your happiest and most fulfilling yet.

Happy Holidays from Your Friends and Family at InterCommunity Cancer Center and Institute!

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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.

ICCC is part of Vantage Oncology which includes more than 50 cancer treatment centers in 14 states providing quality, personalized care in a community setting. 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. For more information, please call InterCommunity Cancer Center and Institute at (352) 674-6300, or visit us at 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
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Maureen Holasek, MD



Embrace Life and Hear the Joy This Holiday Season, Get Your Hearing Tested with a Loved One

Getting your hearing tested with a loved one may be the most precious and uplifting gift you can give—or get—this holiday season, says the Better Hearing Institute (BHI). No doubt, it will be among the very best things you—and your loved one—can do to safeguard an active, healthy, engaging lifestyle.

To help you take that first step, visit HearUSA's website for an instant hearing evaluation at <https://www.hearusa.com/hearing-ie.aspx>, to determine if you or your loved one need a comprehensive hearing test by a hearing healthcare professional.

In the past few years, the realities of modern-day life have realigned themselves, forcing us to re-think how we look at hearing loss. Younger people—Gen Xers and youthful-minded baby boomers—are developing hearing loss in greater numbers. Certainly, they're not ready to give up an inch on their active personal or professional lives. At the same time, older Americans are putting off retirement and staying in the workforce longer. All the while, hearing aid technology and design have undergone a sweeping transformation—taking off in terms of what they can offer youthful-minded people eager to stay active and engaged.

The new reality is that hearing loss is part of modern life for a great number of people. It's commonplace. And like many things modern, there are sleek technologies and innovative services that can make it much easier to manage hearing loss—that is, if you acknowledge and address it.

The vast majority of people with hearing loss can benefit from hearing aids.

Simply, today's hearing aids are state-of-the-art, highly effective, sleek and sophisticated. They're high-tech like other wearable consumer electronics—but one that is transforming in its ability to help keep people of all ages connected to their smartphone, television, other prized electronics, and most importantly, to life.

But that's not all. Complementary technologies—like induction loop systems, known as hearing loops, in concert halls and other public places, or remote microphones that companions can wear in noisy restaurants so their voice streams directly into their friend or loved one's hearing aid—make it all the easier for people with hearing loss to stay active and involved.

So this holiday season, do something life-altering. Empower a loved one who may be struggling with unaddressed hearing loss to press the "refresh" button on his or her life. Go together to get your hearing tested.

It's a new world out there. Embrace it, and hear the joy this holiday season.



TIPS FOR ADDRESSING FAMILY MEMBERS WITH HEARING LOSS

- *Speak clearly, distinctly, and not too fast. Never shout.*
- *If you must repeat something, try not to appear frustrated or annoyed.*
- *If your comment or question is still not being understood, re-word it. Some words are easier to understand than others.*
- *In a group situation, try to include that person in the conversation.*
- *Look directly at the person when speaking and place yourself no more than five feet apart.*
- *Conversation is greatly enhanced when there is no distracting background noise, for example, from a radio or TV.*
- *When dining out, choose a quiet restaurant. Noisy conversations or the clatter of dishes and tableware are barriers to effective understanding.*
- *Conversation is much easier in a room with carpeting and upholstered furniture than in a room with tiled floors, high ceilings or wooden furniture.*
- *Your facial expressions, gestures, and overall body language are important aids in communicating; make sure you have the listener's attention and that the room is well lit.*



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See Our Article On Page 12



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Before

After

Tom Tran, PA-C, MPAs
American College of Phlebology

Mike Richards, PA-C, MPAs
American College of Phlebology

Anthony Alatraste MD, Medical Director
Board Certified- ABFM

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IN THE NEWS

Turning Back the Clock on Aging Just Got Easier with Liquid BioCell

According to the Centers for Disease Control and Prevention (CDC), around 30 percent of the adult population reports that they suffer from joint discomfort. While the reasons people have it may vary, there is now a new product on the market that will help them take on their joint problems, as well as turn back the clock on aging, so they not only feel younger, but look younger, too.

"Everyone wants to look and feel younger, be active, improve their mobility, and reduce wrinkles," explained Asma Ishaq, president of Jusuru International, a company that develops nutraceuticals and dietary supplements. "We have created something that's changing the way people age, and it's worked time after time in clinical studies."

The new super ingredient scientifically developed by the company is called Liquid BioCell™, which is a naturally occurring matrix of hydrolyzed collagen, hyaluronic acid (HA), and chondroitin sulfate, all key components of healthy joints and supple skin. The patented formula has been brought to the market in a liquid, highly absorbable dietary supplement called Liquid BioCell™ Life, which also includes the age-defying power of 13 antioxidant phytonutrient fruits and resveratrol, a compound that is well known for its role in longevity and cardiovascular health.

Backed by multiple human clinical trials, Liquid BioCell™ has been shown to improve joint mobility and lubrication of joints, reduce discomfort, and promote healthy cartilage and connective tissue. Additionally, it helps turn back the clock on aging by taking on wrinkles from the inside out. For example, in one 12-week human bioavailability study, researchers found that within 28 days, daily intake of Liquid BioCell™ led to a 6000 percent increase of hyaluronic acid (HA) in the body, decreasing wrinkles without cosmetic injections.

The advanced science of Liquid BioCell™ also focuses on the HA and collagen that is so important to knees, elbows, wrists, and the spine, helping to reduce discomfort, improve cartilage and connective tissues, and promote joint lubrication and mobility. In one study, 90 percent of subjects with chronic joint discomfort experienced a 40 percent improvement in physical activity.

"Whether you want to have an advantage to your golf or tennis game, move about more easily, or reduce wrinkles and fine lines to look younger longer, Liquid BioCell will get you there," added Ishaq. "We are happy to be the ones to bring this great product to the market, helping so many people reach their health and fitness goals."

Liquid BioCell™ Life is gluten and GMO free, and the bottles are made from recycled glass. Along with Liquid BioCell™, the formulation includes 13 antioxidant potent superfruits and resveratrol in a unique liquid delivery system for unsurpassed absorption and fast results.

For more information contact Neil & Barb Ellis at (239) 822-1106 www.healthyjointsandskin.com



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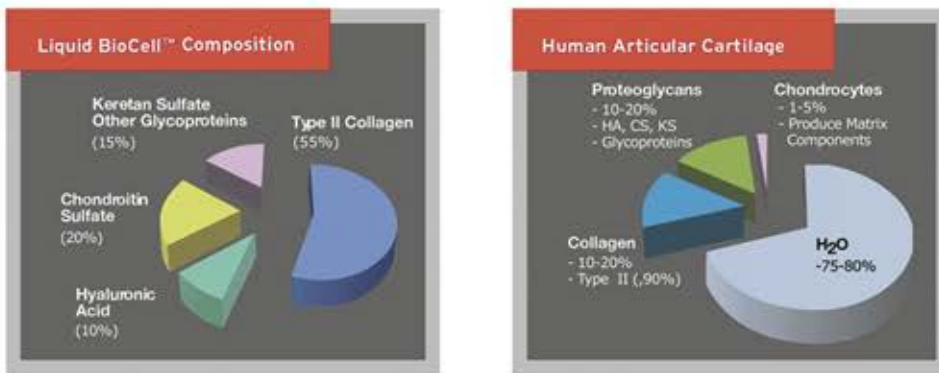
There are many different types of collagen found in the body, and type II is the most abundant (>90% of collagens) in the cartilage of the synovial joint, the most common and movable joint (4). Type II collagen forms a fibrillar network to provide tensile strength to the cartilage. Proteoglycans (PGs) such as aggrecans are another key component of articular cartilage, and comprise a core protein linked with various GAGs such as HA and CS (5).



◀ This diagram demonstrates how Liquid BioCell™ mirrors the joint composition, a key reason why the body readily accepts it.

PGs are immobilized into the collagen fibrillar network to provide resistance to compression. The contents of these structural components and the integrity of the cartilage matrix decrease due to aging or degenerative conditions. Liquid BioCell™'s composition in terms of type II collagen and proteoglycans mirrors that of human articular cartilage and can support healthy joints by supplementing these molecules (Figure 1).

Figure 1. Comparison of composition of Liquid BioCell™ and human articular cartilage.



Multiple clinical studies demonstrate the safety and beneficial effects of collagen and GAGs toward various joint conditions (6; 7; 8). A double-blind, placebo-controlled trial of Liquid BioCell™ also revealed statistically significant efficiency in supporting joint health, leading to a decrease in difficulty carrying out physical activities.

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KNEE PAIN DOES NOT MEAN YOU NEED KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

A person with knee pain knows how often it gets in the way of doing the things they want and need to do in daily life. Because the knee is a weight bearing joint, knee pain affects almost everything we do that requires mobility, including those things most of us have usually taken for granted.

For many, knee pain makes it hurt to walk, stand, stoop, get out of a chair, or to go up or down stairs. Additionally, routine activities of living, work, social and recreational activities are often inhibited, restricted or avoided because of knee pain.

If you have been suffering from constant or intermittent knee pain that just won't go away no matter how much ibuprofen you take, don't worry – there is another option.

If you have tried other treatments and experienced little to no relief, you may still be a candidate for our treatment program. Call (239) 687-2165 to schedule a no-cost, no-obligation consultation today!

At Physicians Rehabilitation, it's very important to understand that we are not just addressing knee pain. Our goal is to give you the best chance we possibly can of Preventing Knee Replacement Surgery in the future, which is what knee arthritis frequently evolves into if left undetected and unaddressed.

For this reason, we encourage you to schedule an appointment to determine if you are a candidate for the Hyalgan treatment for knee arthritis. You can always have more radical procedures performed later, if necessary. However, with knee replacement surgery, once done, there is no turning back to a more conservative approach. Knee replacement surgery is indeed necessary for some people with extreme conditions that Hyalgan is unable to help, but as we have seen with many of our patients... A Total Knee Replacement is a Very Extreme Measure To Take without considering all your options for a condition as common as knee arthritis.

What are Hyalgan Injections?

Hyalgan injections treat knee osteoarthritis. Hyaluronic Acid (Hyalgan) is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint called synovial fluid. When Hyalgan is injected into the knee, it provides replacement for diseased synovial fluid, which is the cause of your pain. Hyalgan specifically targets the osteoarthritis in your knee, unlike over the counter oral medications or non-steroidal inflammatory drugs (NSAIDs) that affect all parts of your body.

What's the process?

It's a very easy and quick process. Our Doctors will inject Hyalgan directing into your knee joint using a high tech medical device called a Fluoroscope to pinpoint the exact location intended with extreme accuracy, which provides the best possible outcome from each injection. Then, an injection of dye confirms needle placement to ensure that the pain relieving drug Hyalgan reaches the knee capsule where it bonds with the naturally occurring joint fluid to create a lubricating and cushioning layer. That's why if you have tried any type of pain reduction injection elsewhere without success, we may still be able to assist you as your original injection may have never would up in just the right place. Most patients compare the treatment to getting a flu shot and report little pain or discomfort.

When will I feel results?

Most feel an immediate reduction in pain and return to normal activities in weeks.



Avoid Unnecessary Surgery! This FDA-approved treatment is proven to relieve knee pain, while eliminating the need for surgery. Treatment is safe, easy and covered by most insurance companies, including Medicare.

Will my insurance cover this treatment?

Yes, most major insurances and Medicare will pay for this treatment.

What are other people saying about it?

"My knee feels great. I had already had a total knee replacement and wanted to try something rather than go through another painful surgery. After completing the program, I can now dance again which I have not done in years, and my lifestyle is on its way back to normal!" - Elizabeth B.

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HOLIDAY TRAVEL AND LIMB SWELLING

By Alyssa Parker

The holidays are right around the corner, which means many will be traveling to visit their loved ones, or for those of you who are snow birds you're heading home to the warm weather down south. Many individuals choose air travel to reach their destination. For those who suffer from venous insufficiency or lymphedema this can be a painful process. Your lymphatic system endures an extreme amount of pressure when flying at high altitudes. Also, the risk of getting chronic edema rises for those who have already undergone an invasive procedure or radical cancer surgery.

Keep Circulation Flowing

Trying to get home for the holidays isn't always easy when you have a painful swelling in your limbs, and flying may worsen symptoms after enduring extreme pressure. The Lymphatic system is a major player in the body's immune process, it's important to keep your circulation flowing with good health. After going under the knife for various surgeries, having joints replaced, or lymph nodes removed your bodies lymphatic system isn't going to be working at its top performance.

Some of the most common conditions where edema is a symptom include venous insufficiency, post operative trauma, infection, and lymphedema. Some physicians may overlook the cause of your swelling and treat it with a diuretic. Swelling in a limb is due to the excessive amount of fluid in your cells tissues or organs. Finding the origin of the edema is vital to getting the proper medical care. Diuretics may be useless and harmful over time if your edema is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial



fluid is not present because you are taking a diuretic this will only aggravate your lymphatic system which may lead to additional fluid retention.

Deep vein thrombosis is another medical condition that may develop from cramping that air travelers endure under high altitudes. Some individuals may develop blood clots in their legs over time from flying. Those who develop small blood clots may not experience any complications, leaving them untreated. This is a life-threatening medical problem that can be prevented through compression therapy. The sequential compression pump sleeves squeeze the muscles of the legs or arm as they inflate. Then in a sequential pattern they deflate and the muscles are able to relax. This pumping action promotes the circulation of the blood preventing blood clots from occurring.

A Noninvasive Treatment Option

With a compression pump, your lymphatic system gets assistance through a massaging action that gently moves the fluid naturally from your limbs back into the rhythm at which the lymph system circulates. Each chamber of the sleeve moves the fluid underneath the skin in the direction of the lymphatic flow enabling the body to get rid of the fluid and waste build up.

Main Purposes of Lymph Nodes

The lymphatic system is the anatomical underpinnings of the immune system, through a complex network of the lymphoid organs, tissues, and lymph nodes. Your lymph nodes have two main purposes which are to filter lymph then transport it back to the blood stream, and activate the immune system. The lymph nodes are found strategically placed throughout the whole body, so when a site encounters antigens or something foreign a red flag is drawn, and an attack is mounted. This mean's when your lymphatic system isn't functioning properly it becomes a gateway for infections to attack the body without defense. Any swelling is an indicator for lymphedema.



Different Stages of Lymphedema

There are different stages of edema that correspond with the severity of the condition. Pitting edema is also known as Stage I. Stage I lymphedema is characterized by swollen soft tissue. You can determine this by pressing on the area where your skin is experiencing swelling. If an indentation still appears after pressing on the particular area on the limb than this is an indication that the lymphedema has progressed to Stage II or Stage III. Stage II lymphedema the issues are no longer soft and they have become fibrotic (hardened). Stage III lymphedema the damage has been done and the tissues have hardened. At Stage III lymphedema treatment can reduce swelling but the damage is irreversible. It's important to receive treatment before progressing to the later stages of lymphedema.

Benefits of a Compression Pump

The compression pump is a Medicare approved treatment option, along with many other private insurance companies. The compression pump is an in home device that enables individuals to use at their convenience without having to leave the home for costly and time consuming appointments. The compression pump will improve scar formation for those who are experiencing difficulty healing after surgery by increasing the circulation that brings all of the main components in the healing process to the incision site or infected area.

We Can Help if You Experience

Any of the Following Symptoms:

- Swelling in your legs or arms
- A feeling of heaviness or tightness
- A restricted range of motion
- Aching or discomfort
- Recurring infection
- Hardening or thickening of the skin on your arms or legs

Contact Acute Wound Care LLC today, through patient education and compression therapy we can provide a better quality of life for you!

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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.

SUMMERFIELD

OPEN DAILY
8am to 10pm
365 days a year

Office:
352-693-2340
Fax: 352-693-2345



Spruce Creek Medical Plaza • 17820 SE 109 Ave, Ste 108
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THE VILLAGES - BUFFALO RIDGE - CR466

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SAT & SUN
8am to 6pm

Office:
352-350-1526



3602 Wedgwood Lane, Buffalo Ridge Shopping Plaza,
2 Doors Down From Bonefish Grill, Inside The Villages Lab, Hwy 466

THE VILLAGES - LAKE SUMTER LANDING

OPEN M-F
7am to 5pm
SAT & SUN
8am to 5pm

Office:
352-350-1525



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

URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM

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

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

A TEAM EFFORT

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



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

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

SIMPLY THE BEST

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

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



Adam Santos, PA-C

"Your care means more to us than your wallet"



John Santos, ARNP

MISSION STATEMENT

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

MOTTO

Hard work pays off and honesty will prevail

441 URGENT CARE GOALS

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

OUR PHILOSOPHY

See you at your convenience

Provide top level care without top level pricing

Be ever mindful that your time is valuable

Create a warm and relaxed environment

Include you in the medical decision process

Treat you as we would treat our own

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

ILLNESSES:

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

INJURIES:

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



Is Your Swing Hurting Your Back or is Your Back Hurting Your Swing?

By Daniel Taylor DC

It's a beautiful Sunday afternoon on the golf course; the greens are freshly cut and the sun shining. You drive up to the tee box for the first shot of the day. You bend over to put the tee in the ground and out of nowhere the stabbing, knife-like low back pain hits you hard.

If the above scenario sounds familiar, know that you are not alone; studies reported that 50 percent of those who golf regularly suffer from chronic low back problems. Whether this pain is caused from placing the tee into the ground, riding in the golf cart or hitting the golf ball, know that there are options to eliminate this pain.

There are three fundamental causes of golf injuries: poor posture, lack of flexibility and lack of balanced functioning muscles. Golf is a game of repetitive

motion that places torque on one side of the body. This is hard on the body and worse for amateurs because of improper swing mechanics that cause a greater load of stress on the low back. Imagine going to the gym and only working out one side of your body for years while neglecting the opposite side. Now picture yourself bent over in your golfing stance while hitting the ball a hundred times during a period of three to four hours. It's easy to see how golfers set themselves up for injuries.

Another aspect of your golf game that chiropractic can improve is your swing. Every golfer can agree that it is essential that the body is balanced from head to toe in order to have the perfect golf swing. In order to perform your best, you need to have unrestricted,

fluid motion throughout the spine and pelvis. An improper stance will have a profound effect on your golf swing. Think of the body as a machine that stores and uses energy. Angular momentum only exists through fixed axis rotation (your spine). Your arms, hands and golf club all rotate around the spine. When the spine turns, the body creates a centrifugal motion for the club to follow. In order for there to be a fluid motion there must be a healthy, freely moveable spine and proper balanced muscles. Still unsure if chiropractic could help your game? Ask one of golf's greatest about chiropractic. *"I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing"*

- Tiger Woods.

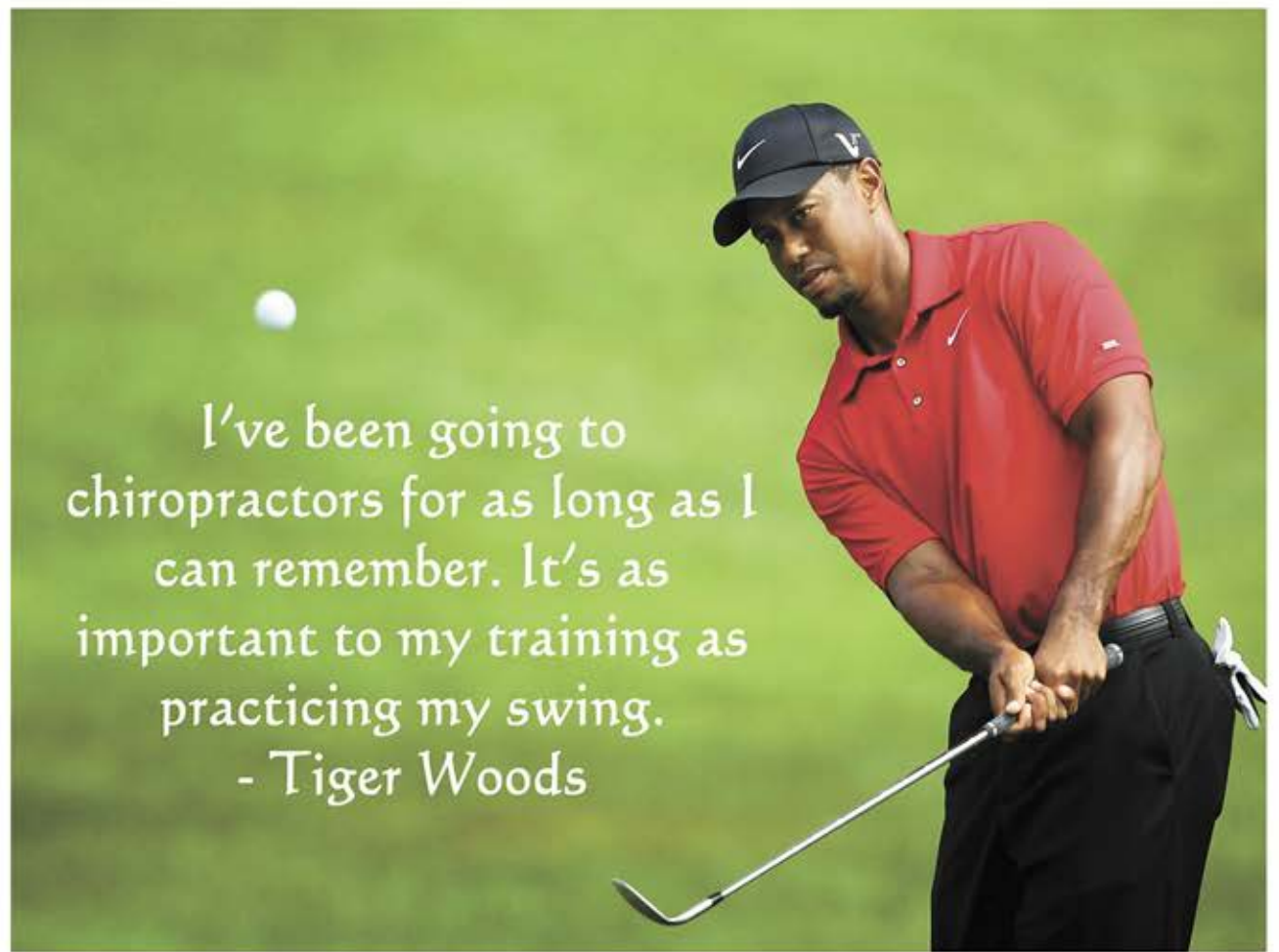
Common golf related diagnosis include:

- **Sacro-iliac (SI) joint dysfunction:** This basically means that the SI joint has lost its normal fluid motion due to a fixation. Typically 2-4 visits can solve this complaint.
- **Facet Syndrome:** Facets are the name for the joints in the spine. At times these joints can experience abnormal motion (commonly from a golf swing) and become fixated. Very similar to SI joint dysfunction and often the two conditions exist concurrently. Again 2-4 visits usually.
- **Sprain/Strain injuries:** Very common with any athletic event. Typically minor conditions can self-resolve. However proper stretching, support and in office rehabilitation are always recommended
- **Sciatica:** Often the most misdiagnosed disorder on the golf course. Everyone thinks pain down the leg is sciatica. However, there are actually many causes for pain down the leg and a proper diagnosis is essential in order to properly treat the symptoms. This complaint is a large part of our practice. Call today to learn more.

The next time you are on the golf course focus on these things:

1. Are your feet balanced and comfortable at address?
2. Do your feet have to flare out in order to turn on the backswing?
3. Do you find yourself walking slightly crooked the day after a round of golf?
4. Do you find it difficult to get out of bed for a few days?
5. Is it painful to play the game?

If you answered yes to any of these questions, then contact us so we can address these issues. As avid golfers ourselves, we understand how easy it is to hurt yourself trying to hit that 300-yard drive.



I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing.
- Tiger Woods

At Compton Chiropractic, we offer spinal adjustments, decompression, preventive swing advice, rehabilitation exercises, physical therapy and nutrition in order to reduce pain and improve spinal posture and mobility. We treat a wide variety of village athletes including those who participate in pickle ball, tennis, softball and swimming.


So the next time you are on the greens ask yourself, 'is your swing hurting your back or is your back hurting your swing'?

Compton Chiropractic

11974 County Rd., STE 101
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<p>Dr. Brett Compton Chiropractic Physician Palmer Graduate U.F. Graduate - B.S. Nutrition Military Veteran</p>	<p>Dr. Brent Compton Chiropractic Physician Palmer Graduate U.C.F. Graduate B.S. Biology Sciences</p>	<p>Dr. Daniel Taylor Chiropractic Physician Palmer Graduate U.C.F. Graduate B.S. Molecular & Microbiology Sciences</p>
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What is Your Eye Exam Missing?

Traditional eye exams and retinal photography only examine the surface of the retina.

The first signs of eye disease often appear below the surface of the retina. Vision threatening diseases often have no outward signs or symptoms in the early stages, so our practice has begun using state-of-the-art technology to assess the health of your eyes. The Doctors at EyeSite are happy to provide you with the iWellness Exam, the latest advancement in eye care technology that aids in early detection of eye diseases.

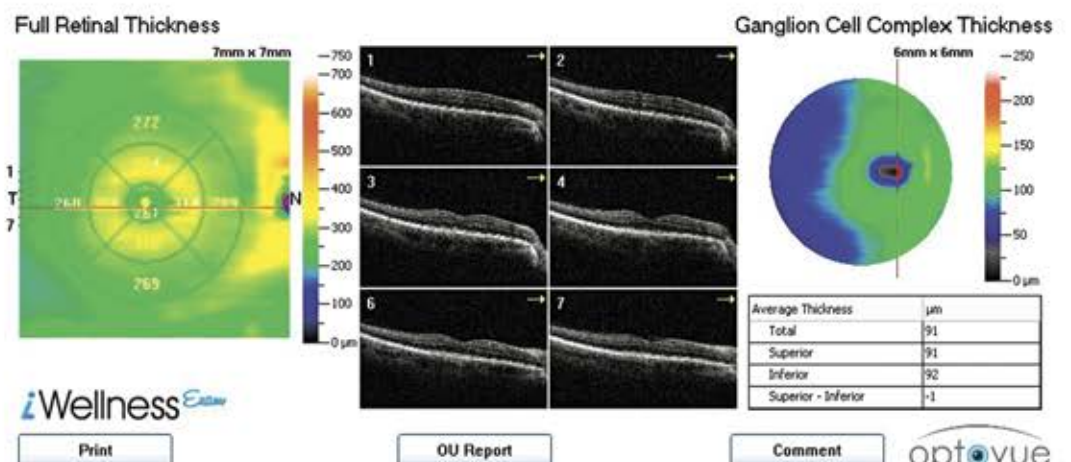
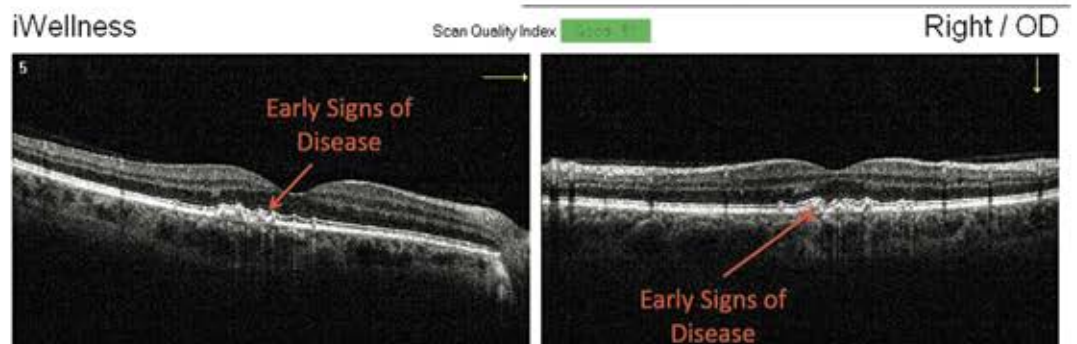
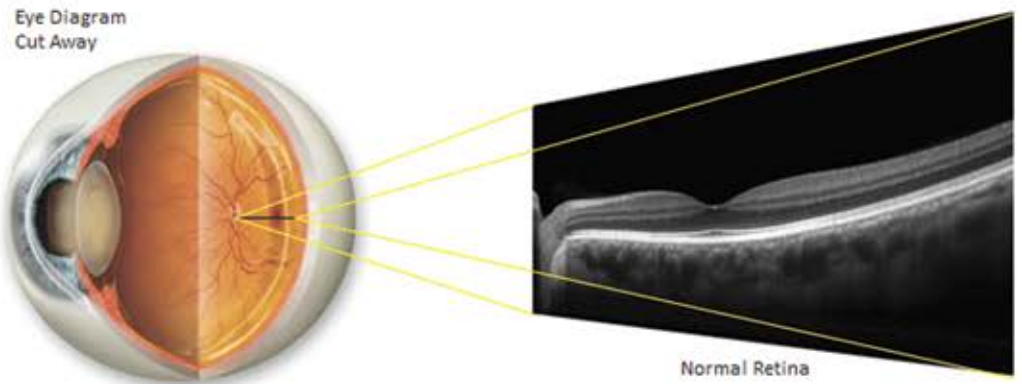


Introducing the iWellness Exam

The iWellness Exam is a quick, non-invasive scan that allows our doctors to see beneath the surface of your retina. This unique technology can help our doctors detect vision threatening and systemic diseases in their very early stages, when they are most treatable and prevent possible vision loss.

Your eyesight is priceless and we are here to protect it!

The iWellness Exam uses state-of-the-art spectral domain optical coherence tomography (SD-OCT) to produce high definition images of the layers of the retina (sensitive area of the back of the eye). Often compared to an MRI or CT scan, SD-OCT images provide stunning details of retinal structures that are not visible with other examination techniques or tests. This is important because it enables the doctor to detect very early signs of vision threatening disease, such as glaucoma, macular degeneration, diabetic retinopathy, and others. When diagnosed early, these conditions are easier to treat, slowing progression and often avoiding vision loss.



iWellness Exam

"I am extremely pleased to offer this new technology to my patients." "Many people believe they should only go to the eye doctor when they experience problems with their vision. In reality, many eye problems can develop without warning and progress with no symptoms. Early on, you might not notice any change in your vision, but irreversible damage could be taking place. This is why regular eye exams including a thorough evaluation of the retina are so important. We're trying to pick up signs of disease before permanent damage can occur."

As part of your pre-exam testing, our technician will perform the iWellness Exam, which your doctor will review with you during your examination. Any questions you have about iWellness Exam and the results of the test can be discussed with the doctor during your examination.



WE ARE "A SITE FOR SORE EYES"

Call Now for an Appointment

352-674-EYES (3937)

www.eyesite-thevillages.com

The iWellness Exam is non-invasive and can be performed quickly and easily as an initial first step in a routine comprehensive eye examination. The images produced provide a view of the retinal layers that enable the doctor to identify very early signs of disease, or confirm the patient's ocular health. Early detection of retinal abnormalities and disease may lead to earlier and safer treatments and in many cases prevent or slow the progression of vision loss. The iWellness Exam is recommended annually regardless of symptoms, thereby allowing eye doctors to observe any subtle changes occurring over time.

Early detection of eye disease may prevent vision loss. Schedule your iWellness Exam today!



DID YOU KNOW?

- *Sight-threatening eye diseases* often have no outward signs or symptoms in the early stages.
- *State-of-the-art technology* can help your doctor see early signs of these diseases.
- *Early detection and treatment* of eye diseases may reduce your risk of vision loss.

The iWellnessExam is state-of-the-art technology that lets your doctor see beneath the surface of your retina, where signs of disease first appear. Traditional eye exams and retinal photography do not provide this level of detail.

iWellness Exam

No Drugs. No Surgery.
Simply Relief from Knee Pain.

Call TODAY to schedule your NO COST consultation! That may be just what you need to change your life for the better.



Our goal is to decrease the inflammation, promote healing, and eliminate your pain.



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Smoking- The Breath Blocker

Respiratory Diseases

The chemicals in cigarette smoke cause immediate damage to cells and tissue in the human body, including those on the path from the mouth to the lung's air sacs-the final target of the smoke. Delicate lung tissue damaged by chemicals in cigarette smoke doesn't have a chance to heal if it is exposed to these chemicals in large amounts day after day. The result is a wide range of deadly lung conditions.

Chronic Obstructive Pulmonary Disease

Smoking causes chronic obstructive pulmonary disease (COPD). COPD includes several underlying lung diseases, such as emphysema and chronic bronchitis, in which the airways are damaged and can never completely heal, and the lungs lose their elastic properties. People with COPD suffer from shortness of breath, coughing, difficulty exercising, air trapped in their lungs, swollen airways, and scar tissue. As a result, they may even have trouble with routine activities such as walking and dressing. Their quality of life can drop significantly. Over time, COPD cause low oxygen levels in the body. People with COPD are at high risk for many other serious diseases, including lung cancer and heart disease. The disease has no cure. Women are now dying from COPD in about the same numbers as men, and women appear more susceptible to developing severe COPD at younger ages. Women smokers in certain age groups are more than 38 times as likely to develop COPD, compared with women who have never smoked.

Tuberculosis

Tuberculosis (TB) is a common infection worldwide that usually attacks the lungs. TB is spread through the air when people with the disease cough or sneeze. It was once a leading cause of death in the United States, but advances in public health have made TB far less common here. However, it remains a serious health issue elsewhere in the world. According too the World Health Organization, TB caused 1.4 million deaths worldwide in 2011. There is now enough evidence to conclude that smoking increases a person's risk of getting TB disease and dying from it.



Women smokers in certain age groups are more than 38 times as likely to develop COPD, compared with women who have never smoked.

Other Respiratory Damage Caused by Smoking

More than 11% of high school students in the United States have asthma, and studies suggest that youth who smoke are more likely to develop asthma. Breathing someone else's smoke also triggers asthma attacks in nonsmokers. Children exposed to secondhand smoke have more respiratory infections than children who are not exposed. Although the body has ways to prevent or lessen the severity of injury caused by agents inhaled into the lungs, these defenses are overwhelmed when the body is exposed to cigarette smoke over and over again. People who stop smoking begin to breath higher levels of oxygen in the body, and lower their risk of respiratory disease compared to those who continue to smoke.



1 OUT OF 10 HIGH SCHOOL STUDENTS HAS ASTHMA



Source: Surgeon General's Report cdc.gov/tobacco

1993

The White House goes smokefree.



1994

Mississippi files first state lawsuit against U.S. tobacco companies to recover Medicaid costs for smoking-related illnesses.

1994

Seven tobacco company executives testify to Congress that they believe nicotine is NOT addictive.



1995

California passes first statewide smokefree restaurant and bar law.



1996

FDA makes first attempt to regulate manufacture, sale and marketing of tobacco products.



1998

Forty-six states and four tobacco companies sign Tobacco Master Settlement Agreement which requires tobacco companies to reimburse a portion of state Medicaid costs resulting from smoking.

The Gift Of Joyful Thought

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

My Uncle Mutt always smiled. His real first name was Eugene, but everyone called him Mutt. Late at night, sitting around a pot of Maxwell House coffee, my Dad and Uncle Mutt would tell jokes and “side splitting” hunting and fishing stories until around 2:00 am. Glued to every word and facial expression these two giant storytellers would dish out, I would fight as long as a ten year old could, at the kitchen table to stay awake.

These men loved coffee and each other. For gifts, they would buy for each other the most ridiculous coffee cups they could find. Then when together, they would fill these goofy cups with boiling black coffee.

I remember one Friday night around 10:00 pm as my dad was pouring himself yet another cup he said, “Well Mutt, it looks like we have ran out of coffee.” I jumped to my feet to make a pot so they could keep the stories rolling. When the coffee was finished I poured some for Uncle Mutt and as he looked into the cup with a hairy wrinkled unibrow, he paused, then looked back at me and said, “Is this suppose to be coffee?” I said, “Yes sir” proudly and he said, “It can’t be.” I was deflated and asked, “Why not Uncle Mutt?” He said, “Cause I can see the bottom of the cup.” And he smiled his famous Cheshire Cat grin.

Back at the stove, and very determined, I dumped about ¼ lb. of Maxwell House Coffee grounds in the same pot while they turned back and continued laughing and chuckling. When the pot boiled I flooded my uncle’s cup again, held my breath and waited. He peered into the cup then poured a little of the scalding aromatic brew into a saucer. He gave it a fan with his hand then he raised the saucer to his lips and slowly sucked the coffee from the edge. Only after downing a couple of saucers did he then turn to me, cocked his head slightly, winked and said, “Now that my boy, is a cup of coffee.” I grinned from ear to ear. I loved my Uncle Mutt.

That memory is over 43 years old. I remember it like it was yesterday. I have many wonderful memories and many depressing ones. But I have



chosen to become the curator of this amazing library of my yester-years. I have learned to find the good and the cheerful. I have turned villains into heroes and monsters into saints.

Why would I do such a thing? Wouldn’t it make a lot of sense to be “real?” Well actually, I am being real. I have chosen to galvanize my mind to the thoughts that create true and admirable movies in my heart. Using my memories, I am the producer, the director and the screenwriter. Granted it’s been as tough as nails at times and I’ve wanted to send the heroes and saints back to the evil place I found them in my past. It also took a lot of hunting and pecking around my memories, but I found enough to create my version of *It’s A Wonderful Life*.

After I realized that I had the power, not the villains and monsters, to create my own blockbuster movies in my heart, I could choose to make a Jimmy Stewart, Oscar-Winner or a trashy “C” movie that’s a waste of time, with no life-giving value.

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable.
~Philippians 4:8 NLT

It’s also to my advantage to nose around my memories and find something, even if it is small, to “fix my thoughts on.” I’ve known some pretty mean rascals, and yet every one of them had something admirable that I could pull off the shelf of my heart and put into my basket to create my Oscar winner. See ‘I become’ like the movies I watch over and over in my heart. Over time they shape my actions and I become either bitter or better.

Guard your heart above all else, for it determines the course of your life. ~Proverbs 4:23 NLT

The movies I play in my mind affect how I feel. If I want to be depressed and unmotivated then I play the C movies of pain and shame. If I want to feel motivated and full of joy, I play my version of Jimmy Stewart’s, *It’s A Wonderful life*.

A cheerful heart is good medicine, but a broken spirit saps a person’s strength ~Proverbs 17:22 New Living Translation

This holiday season give yourself “*The Gift of Joyful Thought*.” If you do, you’ll feel awesome and will have a Merry Christmas.

To your spiritual health, Alex E. Anderson
Author, *Dangerous Prayers*

441 Urgent Care Center



BUFFALO RIDGE

PH 352.350.1526

Everyday 8:00a.m. to 6:00p.m.

*Located on Hwy 466 at Buffalo Ridge Plaza,
across from The Villages High School, two
doors down from the Bonefish Grill Restaurant,
inside The Villages Lab*

SUMTER LANDING

PH 352.350.1525

Mon-Fri 7:00am - 5:00pm

Saturday and Sunday 8:00am - 5:00pm

*Located across from Too Jay's
In Btwn Citrus Cardiology and Med Chest
Adjacent to The Villages Lab
(The Yellow Building with Blue Trim)*

SUMMERFIELD

PH 352.693.2340

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*Located on Hwy 441 at Spruce Creek Medical
Center, 1 mile north of The Villages Hospital,
across from Wal-Mart, behind CVS pharmacy*

Open Holidays

OUR PHILOSOPHY:

See you at your convenience. Provide top-level pricing. Be ever mindful that your time is valuable. Create a warm and relaxed environment. Include you in the medical decision process. Treat you as we would treat our own.

Stacy Butler, ARNP Anne Baylis, PA-C Adam Santos, PA-C William Goellner, MD John Santos, ARNP Sandi Dawson, ARNP Leon Bard, PA-C

