

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

February 2016

Lake/Sumter Edition - Monthly

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Heart

Disease and Genetics

Don't Let a Sudden
Aliment Interfere
with Your

Love Life!

Cancer Prevention

The First Line of
Defense Against Cancer

Is an Active Adult
Community

Right for You?

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A Defining
Moment for COPD

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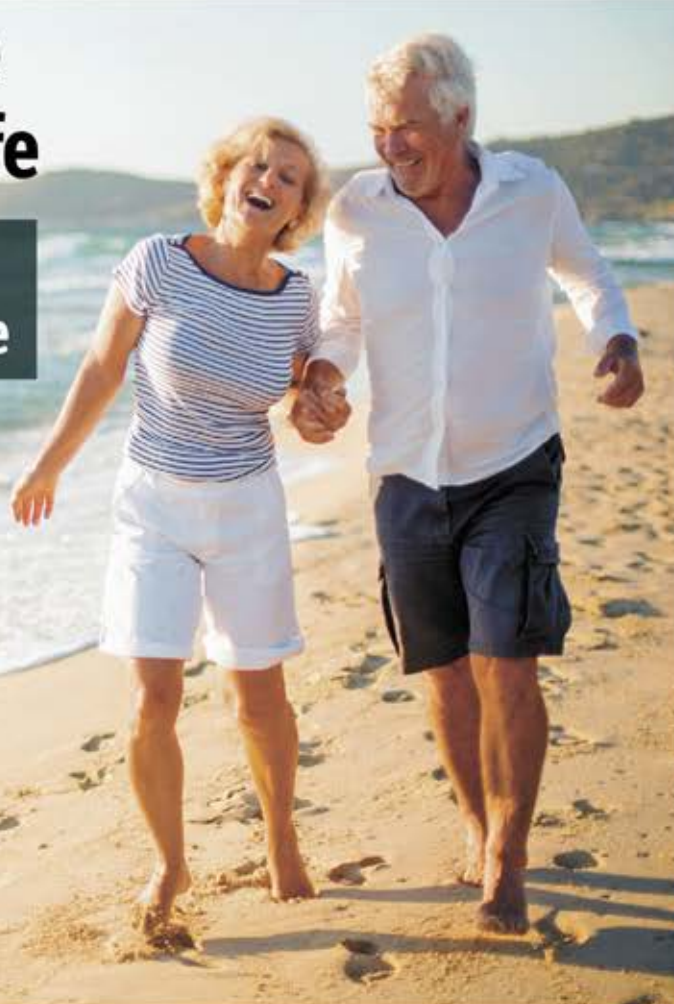


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Call (800) 921-4631 for more information, or visit lunginstitute.com/health



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A photograph of a male golfer in mid-swing on a golf course. He is wearing a white polo shirt, plaid shorts, a blue cap, and white golf shoes. The background shows a green golf course under a blue sky with some clouds. The image is used as a background for the advertisement text.

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Stem Cell Therapy: A Defining Moment for COPD

By Cameron Kennerly - Staff Writer

At 5:39 a.m. on December 7th, 1972, Apollo 17 took a picture from 28,000 miles up. It revealed nearly the entire coastline of Africa and West Asia. Although this image would be officially titled "AS17-148-22727," due to its appearance and size, it would be referred to as *The Blue Marble*, and marked the first time humanity could see itself at such a scale. Its release changed the way we saw our universe, and more importantly, our place within it.

Recently, a similar discovery has been made; a discovery in stem cell therapy that has the capacity to fundamentally change the way we see lung disease forever.

More than 600 million people suffer from chronic obstructive pulmonary disease (COPD) worldwide, and that number is expected to rise. An incurable disease, COPD is often fatal, with treatment options generally limited to inhalers that alleviate symptoms, but fail to promote healing in the lungs themselves.

Though the Space Race is over, scientific discovery marches on. Modern biotechnology seeks to harness the smallest systems in the human body - our cells. The medical community has been turned upside down with the breakthrough of stem cell therapy. With this newfound push in regenerative medicine, the Lung Institute (lunginstitute.com) - specializing in treating lung disease - has established itself as a leading figure by publishing the first white paper of its kind. In a field where information of this scope (encompassing a total of 100 patients) has never been seen, this is a remarkable first.

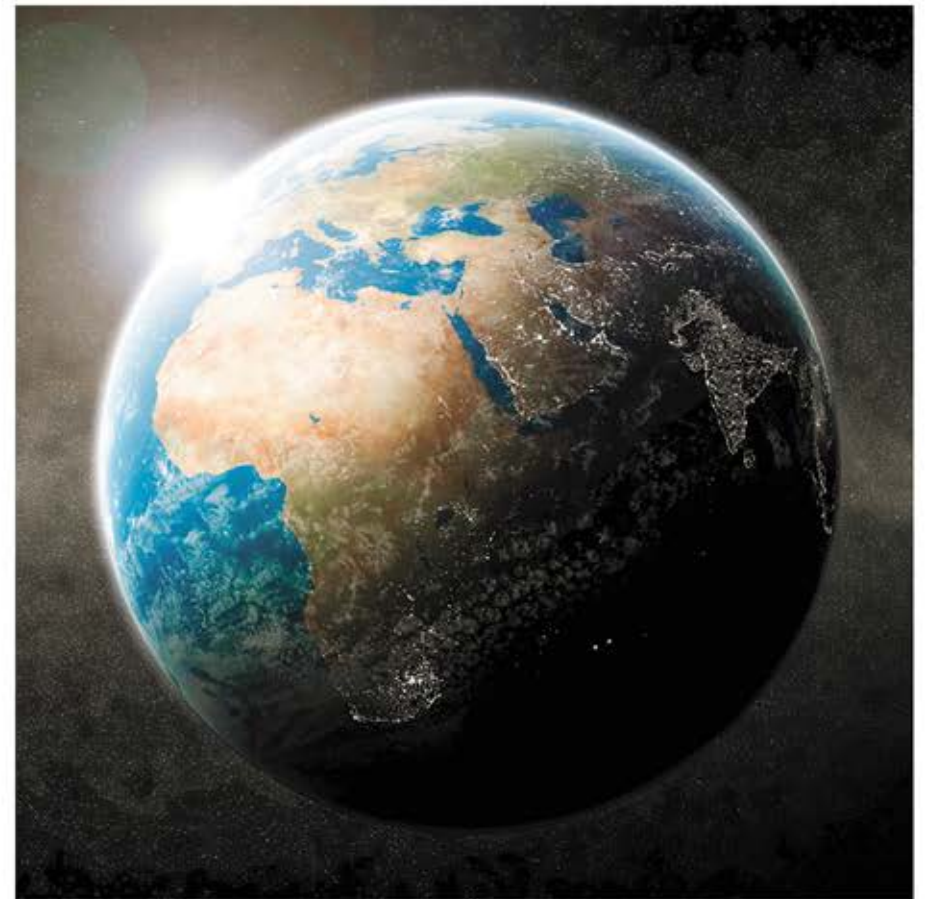
The significance of the study may shine a light on COPD and our understanding of how to combat the disease. Where there was once a lack of published work showing the effects of stem cell therapy on COPD, the Lung Institute has broken new ground

with its findings. After testing approximately 100 patients, they discovered that within three months of treatment, 84 percent of patients found their quality of life had improved. The average improvement for the group was 35 percent. Additionally, 48 percent of the 25 patients tested for pulmonary function saw an increase of over 10 percent, with an average improvement of 16 percent over their pre-treatment test results.

This discovery could change lives *significantly*. For millions of people suffering from COPD, a natural decline in pulmonary health is a harsh reality. For many, oxygen tanks and inhalers have become a common burden as their quality of life gradually slips away. Based on these results, stem cell therapy could be the answer they've been looking for.

Through a single image we were awed by the beauty of the world we inhabit and connected by our shared humanity. *The Blue Marble* and the discovery it represented were unlike anything experienced before - a picture of clarity where there was once only darkness.

Within only a few years, stem cell therapy has established itself as an alternative form of treatment for COPD. As a result of this research, stem



An artist's rendering of the 1972 photograph, 'The Blue Marble.'

cell therapy may be able to meaningfully change the quality of life for those suffering from COPD. As *The Blue Marble* before it, this revelation of new data may represent the dawning of a new age in medicine, a renewed perspective on health and a new approach to confronting COPD. In a world where change means progress, this could be a remarkable discovery benefitting not only future generations, but ours as well.

If you or a loved one suffer from COPD, 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/wellness to find out if you qualify for these new treatments.

Cancer Nutrition Drink is a Must Have

By Dr. Stan Headley

20-40% of cancer patients actually die from malnutrition (cachexia) and not cancer itself!

As a physician I am shocked and alarmed by that factual statistic. How can that be in this day and age of advanced medicine you might ask? The answer is simple - pharmaceutical companies have invested billions into advancing cancer medicines but medical nutrition for cancer patients has been massively neglected in comparison – until now.

I'm going to share two quick stories with you that at first will seem unrelated, but later they come together to change the world!

Story 1. Cancer is without a doubt the fight of your life, and it's the one fight that you didn't ask for. That was the case for my wife when she was diagnosed with stage III ovarian cancer 7 years ago. Right now is a good time to tell you that I am both dual credentialed as both an MD and a ND (Naturopathic Physician) with 24 years of nutritional medicine behind me. We fought the fight but I lost her to cachexia (severe weight loss) in the end – and thus began my mission to find a solution.

Story 2. The founder and CEO of an international pharmaceutical company (47 countries) received the news of his brother being diagnosed with throat cancer. His brother was young, tall and very handsome - but the fight he didn't seek came to him. He beat the cancer, but he lost the fight due to severe weight loss (cachexia) and passed away. This was a life-changing moment for the CEO and he vowed to change the world of cancer forever – and thus began his mission to find a solution. This is a good time to mention that the CEO's degree was in dietetics and he just happened to work with some of the world's best cancer experts.

Fate would bring myself and the CEO together and allow me to see things never done before in nutritional medicine which are giving cancer patients more than just a fighting chance! The must have product for cancer patients that was developed is called CellAssure. Cancer is one fight that you do not want to face alone, and CellAssure makes sure you have nutritional medicine fighting for you every single day from your day of diagnosis to the day you are cancer free!

CellAssure is a simple once a day drink created from direct requests by physicians, dietitians and patients battling cancer. CellAssure includes ingredients clinically proven to:

- Demonstrate Anti-Cancer / Anti-tumor effects
- Provide needed nutrition for cancer patients with zero sugar in formula
- Improve immune system response
- Maintain or increase appetite
- Increase LBM (lean body mass)
- Reduce stress / anxiety and lower cortisol levels
- Provide relief with nausea/vomiting and diarrhea
- Mitigate anemia and improve my liver function

Cancer is a multi-faceted disease that attacks the body in many ways causing multiple serious side effects, each which needs to be addressed strongly in order for the patient to maintain their health. CellAssure's mission is simple – keeping cancer patients as healthy as possible so their oncologist can kill their cancer with the least amount of side effects/health issues/problems.

Cancer weight loss is associated with poor outcomes for cancer patients—reduced response to therapy, reduced ability to deliver full doses of chemotherapy, stoppages of cancer therapies, increased toxicity, more complications and infections, lower quality of life, and reduced survival.

CellAssure gives patients the essential daily medical nutrition needed to maintain their bodyweight and allow their body to better withstand the rigors of cancer treatments. Remember – staying as healthy as possible allows you to fight cancer without having to stop critical oncology therapies and protocols.

 **CellAssure**[™]
Advanced Medical Nutrition



Proper identification of nutrition problems and treatment of nutrition-related symptoms have been shown to stabilize or reverse weight loss in 50% to 88% of oncology patients.

When do I start taking CellAssure?

While most people think that their 'Day of Diagnosis' is when their battle with cancer begins – we know better. The fact is on the 'Day of Diagnosis' their body has already been compromised by the cancer and their nutritional challenges have already started. Cancer has already started waging war and the need for additional nutritional medication is now. It is recommended that you start taking CellAssure from your day of diagnosis forward. Proper nutrition is something helpful regardless of where you are in the cancer process. Of course following a healthy diet along with CellAssure makes the most sense and your healthy eating should continue even after you've won your battle against cancer!

CellAssure is scientifically formulated to help "Fuel the Fight Against Cancer". CellAssure delivers on a level that brings smiles to patients, their families, as well as the physicians taking care of them – and as cancer patients we need a reason to smile. We need a reason to believe that we can overcome, conquer and beat cancer head on.

CellMark Biopharma[™] is the leader in advanced medical nutrition for all cancer patients offering science-based products for cancer nutrition/cachexia (CellAssure), and chemo brain (Cognify) which are physician and pharmacist recommended.

For more information visit:
CellMarkBiopharma.com or call 888-444-7992.

New Year! New You!



Vitality

Dictionary.com definition: Exuberant physical strength or mental vigor

It is widely known that many of the effects of aging can be slowed by staying physically, mentally and socially active, and generally maintaining a healthy lifestyle. Not only must we keep our bodies active, but we must keep our brains stimulated as well.

Advertising for mental games to exercise our brains and improve memory functions are seen all over the media. What you may not know is the role auditory stimulation plays in helping to preserve memory and in keeping our brains engaged.

Michanne Davidson, a HearUSA Doctor of Audiology with 30 years of experience in the hearing healthcare industry, elaborates on the adage "If you don't use it, you lose it!" Dr. Davidson expands on how this relates to the topic of maintaining vitality.

If you don't stretch regularly, you lose flexibility. If you don't add a strength training component to your exercise program, you become weak. Let's say you spoke two languages when you were younger but had stopped using one of these languages years ago. You would likely have a difficult time remembering the vocabulary necessary to converse in that language. If you isolate yourself socially from others because you are unable to hear and participate in the verbal repartee, you become withdrawn. And the examples can go on and on...

What happens with untreated hearing loss? Well, neurologically speaking, the auditory pathways which conduct sound from the ears to the cortical centers of the brain begin to degrade. Continued auditory deprivation has been shown to reduce the ability to clearly

understand speech. These results of auditory deprivation are commonly seen by audiologists. Why?

Studies on healthcare trends are in agreement. People commonly wait ten years after treatable hearing loss is identified before they obtain hearing aids. Neuro-auditory degradation has taken hold. In addition, according to the National Institute on Aging, individuals with untreated hearing loss are at a higher risk of developing cognitive disorders such as Alzheimer's disease and Dementia. The bottom line....exercise your body and keep your brain stimulated.

Today's hearing instruments are engineered to prescriptively stimulate the auditory system where you need it, thus reducing the cognitive strain associated with untreated hearing loss. There is technology available today that can link with cellular phones, televisions, computers and public address systems. For communication in noisy environments, hearing instruments can even zoom in on the intended person with whom you are communicating while reducing the surrounding sounds. These products have been proven to even outperform the human ear in demanding auditory situations. All of this in products that are small and inconspicuous. Although the appearance of the hearing instruments will not be obvious, what will be obvious is that you will once again be an active participant in the game of life.



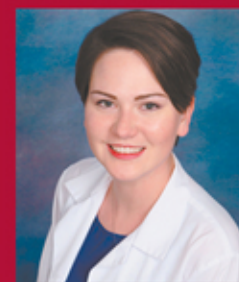
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"Every day in my practice, I am privileged to experience the joy expressed by patients trying on their first set of hearing instruments. When they hear their significant other clearly, even when standing down the hallway, they realize that they actually have been missing things. This is often followed by smiles and some tears from all of us in the room," Dr. Davidson shares. "For this reason, if you are my patient, and I find hearing loss, I will always place my demonstration models on you so that you can experience this too."

According to the Mayo Clinic, signs and symptoms of hearing loss may include:

- Muffling of speech and other sounds.
- Difficulty understanding words, especially against background noise or in a crowd of people.
- Trouble hearing consonants.
- Frequently asking others to speak more slowly, clearly and loudly.
- Needing to turn up the volume of the television or radio.
- Withdrawal from conversations.
- Avoidance of some social settings.

If you or a loved one is noticing signs of hearing loss – contact your local hearing healthcare provider today. Most hearing screenings are provided at no cost to you.



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

URGENT CARE

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

They are the “after hours” of health care – the weekends and evenings when your regular doctor’s office is closed and a trip to the emergency room isn’t necessary. Perhaps you suffered a minor cut or injury from a fall and you don’t want to wait all night or all weekend without medical attention. The most common illness especially during the COLD season is Sinus Pressure, Congestion and Post Nasal Drip (PND). The question is: do you wait until your symptoms could potentially get worse? No, says William Goellner, M.D., medical director of 441 Urgent Care Center. Physician Assistant, Adam Santos, add: “It is better to prepare and prevent than to repair and repent.” It is 441 UCC goal to keep patients out of the Hospital. Early detention of Upper Respiratory Infection (URI) can prevent an elderly patient from going to acute bronchitis to pneumonia. “For most non-emergency medical ailments, 441 UCC is a convenient and cost-effective alternative to emergency room care,” Adam Santos explains

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

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



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

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

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8am to 5pm

Office:
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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

UNDERSTANDING CHRONIC VENOUS INSUFFICIENCY

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

Do your legs often feel heavy, restless, or painful; or are they covered with varicose or spider veins? If so, you may be one of the many people walking around with venous insufficiency and not even know it. Unfortunately, venous insufficiency is often under diagnosed and under treated. Continue reading to learn more about chronic venous insufficiency, a condition that may be affecting you or someone you know.

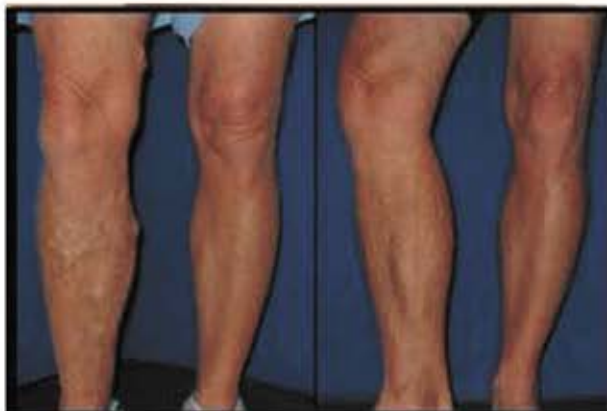
When your leg veins cannot pump enough blood back to your heart, you have chronic venous insufficiency (CVI). CVI is also sometimes called chronic venous disease, or CVD. You have three kinds of veins: superficial veins, which lie close to the skin, deep veins, which lie in groups of muscles, and perforating veins, which connect the superficial to the deep veins. Deep veins lead to the vena cava, your body's largest vein, which runs directly to your heart.

When you are in the upright position, the blood in your leg veins must go against gravity to return to your heart. To accomplish this, your leg muscles squeeze the deep veins of your legs and feet to help move blood back to your heart. One-way flaps, called valves, in your veins keep blood flowing in the right direction. When your leg muscles relax, the valves inside your veins close. This prevents blood from flowing in reverse, back down the legs. The entire process of sending blood back to the heart is called the venous pump.

When you walk and your leg muscles squeeze, the venous pump works well. But when you sit or stand, especially for a long time, the blood in your leg veins can pool and increase the venous blood pressure. Deep veins and perforating veins are usually able to withstand short periods of increased pressures. However, sitting or standing for a long time can stretch vein walls because they are flexible. Over time, in susceptible individuals, this can weaken the walls of the veins and damage the vein valves, causing CVI.

What causes Chronic Venous Insufficiency?

Over the long-term, blood pressure that is higher than normal inside your leg veins causes CVI. This can lead to damage to the valves, which can further worsen the problem. In some instances, the valves that prevent blood from flowing "backwards," can be congenitally defective. Other causes



of CVI include deep vein thrombosis (DVT) and phlebitis, both of which cause elevated pressure in your veins by obstructing the free flow of blood through the veins.

DVT occurs when a blood clot (properly called a thrombus) blocks blood from flowing toward the heart, out of a deep or perforating vein. The blood trying to pass through the blocked veins can increase the blood pressure in the vein, which, in turn, overloads your valves. Vein valves that do not work properly are called incompetent because they stretch and no longer work efficiently, and incompetent valves contribute to CVI. DVT is a potentially serious condition that causes leg swelling and requires immediate medical attention because sometimes the blood clots in the veins can break off and travel to the lungs. This condition is called a pulmonary embolus.

Phlebitis occurs when a superficial or deep vein becomes swollen and inflamed. This inflammation causes a blood clot to form, which can also lead to DVT.

Factors that can increase your risk for CVI include a family history of varicose veins, being overweight, being pregnant, not exercising enough, smoking, and standing or sitting for long periods of time. Although CVI can affect anyone, your age and sex can also be factors that may increase your tendency to develop CVI; women older than 50 most often get CVI.

Symptoms of Chronic Venous Insufficiency

If you have CVI, your ankles may swell and your calves may feel tight. Your legs may also feel heavy, tired, restless, or achy. You may feel pain while walking or shortly after stopping.

CVI is also associated with varicose veins. Varicose veins are swollen veins that you can see through the skin. They often look blue, bulging, and twisted. Large varicose veins can lead to skin changes like rashes, redness, and sores.

CVI can also cause problems with leg swelling because of the pressure of the blood pooling in the veins. Your lymphatic system may also produce fluid, called lymph, to compensate for CVI. Your leg tissues may then absorb some of this fluid, which can increase the tendency for your legs to swell. In severe cases, CVI and the leg swelling can cause ulcers to form on the lower parts of the leg.

CVI is one of the oldest ailments known to mankind. Recent discoveries in medicine have shown that in some cases of CVI, there is a major contribution to the condition from superficial veins, which are most often varicose. Patients whose condition is due primarily to incompetence of the perforating veins can be treated by foam sclerotherapy, laser, and radio frequency ablation of such veins.

If you are walking around with painful, restless, swollen legs or have unsightly and bothersome varicose veins, call the Comprehensive Vein Center at 352-259-5960 to learn more about the non-medication treatments that are available. Don't let your venous insufficiency problem go undiagnosed and untreated any longer!

Source: Society of Vascular Surgery



COMPREHENSIVE
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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.

HEART DISEASE AND GENETICS

The number of medical advancements over the last century is astonishing. It is no surprise that heart disease and cancer continue to claim more lives than any other disease each year. All the while, advancements in treating and preventing both are nothing short of miraculous. This is especially true of heart disease, which can be successfully treated now so more than ever.

Johns Hopkins Heart and Vascular Institute funded their Center for Inherited Heart Diseases in 2007. The overall objective of the center is to slow the progression of genetic and familial heart disease through diagnosis and prevention. To achieve this goal, the center screens for and treats the following conditions: Arrhythmogenic right ventricular dysplasia (ARVD), Brugada Syndrome, Cardiac amyloidosis, Cardiac myxoma, Familial Dilated Cardiomyopathy, Familial Valvular heart disease, Hypertrophic cardiomyopathy, Long QT Syndrome, Loeyz-Dietz syndrome, Marfan syndrome, non-compaction cardiomyopathy, restrictive cardiomyopathy, and many others. After thorough examinations, genetic counselors and cardiologists discuss the patients' cases on an individual basis, order required tests, and provide recommendations based on the findings.

According to Alison L. Cirino and Carolyn Y. Ho, who co-authored the medical paper "Genetic Testing for Inherited Heart Disease," some heart diseases are more easily diagnosed than others. The pair practices at Brigham and Women's Hospital in Boston. They claim that appropriate tests have yet to be developed for many heart disease causes. "Monogenic conditions, meaning heart diseases that are caused by just one or few genetic changes, can sometimes be found through today's tests and technology," they write. "Some conditions like high blood pressure or coronary artery disease run in families, but probably result from a number of different genetic changes that individually have a subtle effect, but work collectively in a complex manner to cause disease." It is always more difficult to determine the heart conditions that have multiple factors and variables, but of even greater concern is raising awareness of how heart disease can develop and informing the public of the research that shows many of these issues are genetic.

According to the Centers for Disease Control (CDC): "Heart disease is the leading cause of death and a major cause of disability in the United States. About 600,000 Americans die of heart disease annually.



This represents almost 25% of all U.S. deaths. To raise awareness of this disease, February has been recognized as "American Heart Month" since 1963."

It doesn't matter if the cause of your heart disease is genetic or lifestyle choices, the facts about treatment remain the same. In consultation with your doctor, a healthy diet should be observed to help maintain a sensible weight; alcohol and tobacco use should be eliminated or very limited; and exercise should be performed daily. Many people often don't consider the stress of their lifestyle, which is equally as important as diet, tobacco use, and exercise. Letting your life come to a point where you have little to no joy, no relaxation, no fun, it may be time to reassess your priorities.

More often than not, simply eliminating the things you really don't want to do and finding more of the things you truly do want to do, the body naturally begins to heal itself. If you are concerned about genetic heart disease for yourself or someone in your family, you are encouraged to visit the CDC's site at this address: <http://www.cdc.gov/genomics/resources/diseases/heart.htm>. The site has a lot of information on genetic heart disease, prevention, and a tool called "My Family Health Portrait," to help you understand the role genetics may be playing in your heart health.

Do you have questions about heart disease and genetics? For more tips or to address any concerns about your heart health, call Dr. Vallabhan at 352-750-2040 today!

Dr. Vallabhan
352.750.2040

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— BEAUTY THROUGH HEALTH —

**LOOK GREAT...
FEEL GREAT...
BE HEALTHY!**

With the new year already here and the holiday season behind us there is no better time than the present to get started on a path of achieving a healthier lifestyle. Maybe you put on a few extra pounds over the holidays and want to fit back into your favorite clothes or maybe you were recently diagnosed with high blood pressure, diabetes, high cholesterol or sleep apnea and are concerned about your overall health? Perhaps you don't have the energy you used to have or suffer from knee, hip or back pain and just want to feel energized and pain free again? Eighty to ninety percent of common medical issues are weight and lifestyle related. The good news is if your weight and overall lifestyle are corrected many of those medical problems improve or are totally eliminated and you can feel better about yourself and enjoy all that life has to offer.

Lifestyle Solutions MedSpa specializes in helping people achieve and maintain a healthy weight through physician-directed individualized programs that teach you how to achieve a healthy, realistic, sustainable lifestyle. "We educate, motivate, inspire, and hold people accountable so that each person starts feeling better about themselves and starts to develop a new healthier routine without feeling like they are on a "diet" or part of a "diet program", says Dr. Michael Holloway, medical director and founder of Lifestyle Solutions MedSpa, "With over 12 years of experience in this field we have become very good at what we do...most people who start our program are very successful and achieve good outcomes. We have helped people get their blood pressure and diabetes under control without the need for medication as well as help people reduce or eliminate many of their common medical conditions so they can feel healthy and confident.

The MedSpa takes the approach that focusing on the individual and establishing a positive, up-beat attitude is key. You will feel the difference from the minute you pull up to the facility and walk through their doors...it is unlike most anything you have experienced...a far cry from the typical sterile, bland, medical facility. You will also be greeted by their warm and friendly staff. "We raise the bar high in the area of customer service", says Shannon Holloway, the MedSpa's executive director and co-founder, "We see ourselves as much in the hospitality industry as the medical field. We want each and every client to feel uplifted and happy about coming to see us. Emotional health and well-being is a large part of one's daily attitude which makes a huge difference as someone works towards their goals of losing weight and developing a revitalized feeling about themselves.

Lifestyle Solutions MedSpa offers much more than just weight-loss programs. The menu of services they offer include numerous FDA approved facial

and body aesthetic treatments and procedures all of which are non-invasive and have the benefit of little to no downtime but deliver incredible results.

"If someone is looking for a total body make-over we can make that happen", says Dr. Holloway, "We offer everything from Botox® and Restylane® to laser hair removal, facial resurfacing, rosacea and sunspot reduction to Coolsculpting® which dramatically reduces that undesirable diet and exercise resistant body fat we accumulate as we age. We also have a fabulous permanent make-up artist from Japan who has been with us for over five years. She performs some of the best eyebrow and eyeliner results I have ever seen."

The MedSpa also offers a simple and effective way to "escape" from the busy stressful world and take an afternoon to just pamper yourself or you and your spouse or just have a "girls' day out". There are two adjacent amazingly adorned spa rooms that can be booked for a "spa party" where

each person can choose from a list of massages, facials or other desirable relaxing treatments and then enjoy a healthy revitalizing lunch while sitting just outside on the private French-style patio all while enjoying relaxing music, soothing sounds from a nearby waterfall and watch the butterflies mingle around the flower garden.

If all this sounds too good to be true, well, it isn't...Dr. Michael Holloway and wife, Shannon, challenged themselves over the past two years to design and construct a new facility in the heart of the Villages® community that they consider to be one of the top MedSpas you will find anywhere around the world. And once you experience the facility and everything they have to offer we think you will agree. You just simply need to come experience Lifestyle Solutions MedSpa. They have two equally unique facilities located in Ocala and Lady Lake. Call and make your appointment for a free consultation TODAY!

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THE FIRST LINE OF DEFENSE AGAINST CANCER

InterCommunity Cancer Center Celebrates

“National Cancer Prevention Month” by Spotlighting Early Detection

When it comes to beating cancer, early detection may be the single most powerful weapon physicians have in their arsenal. With regular screenings, a physician can more rapidly detect and treat cancer at its earliest stages, giving patients the best opportunity to beat their disease. In celebrating National Cancer Prevention Month this February, InterCommunity Cancer Center (ICCC) of Lady Lake is highlighting the American Cancer Society’s most recent guidelines and screenings for a few of today’s most common forms of cancer.

BREAST CANCER

According to the American Cancer Society (ACS), breast cancer is one of the most common cancers affecting women today. It is the second leading cause of cancer death in women, after lung cancer. In 2016, an estimated 246,660 new cases of invasive breast cancer will be diagnosed among women and approximately 40,450 women are expected to die from the disease.

However, women can reduce their risk or detect the disease early with the help of routine self-exams, yearly doctor visits and mammograms, magnetic resonance imaging (MRI) and incorporating healthy diet and lifestyle changes.

The ACS provides the following recommendations for early breast cancer detection in women with “average risk”:

- Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms if they wish to do so. The risks of screening as well as the potential benefits should be considered.
- Women age 45 to 54 should get mammograms every year.
- Women age 55 and older should switch to mammograms every 2 years, or have the choice to continue yearly screening.
- Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.



• All women should be familiar with the known benefits, limitations, and potential harms associated with breast cancer screening. They should also be familiar with how their breasts normally look and feel and report any changes to a health care provider right away.

“Breast cancer does not have to be a death sentence,” explains Jeffrey Kanski, M.D., radiation oncologist at ICCC. “By following these guidelines and consulting your physician about what screenings are best for you, and how often you should receive them, you will be giving yourself the best chance of beating this disease.”

CERVICAL CANCER

Each year, millions of women make their annual trip to the gynecologist for their Pap test. Life continues as usual once they receive a postcard that checks off their results as “normal.” But for some women, they receive a phone call from the doctor’s office indicating that their normal cervical cells have changed and now show precancerous cells or cancer. This scenario is not uncommon. According to the ACS, in 2016, there will be an estimated 12,990 new cases of invasive cervical cancer in the United States and 4,120 will succumb to the disease. Cervical cancer was once one of the most common causes of cancer death among American women, according to the ACS. But thanks to education and the increased use of the Pap test – a screening procedure that permits diagnosis of pre-invasive and early invasive cancer – the number of cervical cancer deaths in the U.S. continues to drop.

Though deaths from cervical cancer have decreased over the past several years, this disease is still a great cause for concern. Women who have not had regular Pap tests represent the vast majority of clinically diagnosed invasive cervical cancers, reports the ACS. The following guidelines are from the ACS regarding cervical screenings:

- All women should begin cervical cancer testing (screening) at age 21. Women aged 21 to 29, should have a Pap test every 3 years.
- Beginning at age 30, the preferred way to screen is with a Pap test combined with an HPV test every 5 years until age 65.
- Women between the ages of 30 to 65 should get tested every 3 years with just the Pap test.
- Women over 65 years of age who have had regular screening in the previous 10 years should stop cervical cancer screening as long as they haven’t had any serious pre-cancers found in the last 20 years.
- Women who have been vaccinated against HPV should still follow these guidelines.

It’s also important to note that women with a history of this disease may need to have a different screening schedule for cervical cancer.

“Though deaths from cervical cancer have decreased over the past several years, this disease is still a great cause for concern,” adds Dr. Kanski. “Detection and prevention are imperative to avoiding cervical cancer, and having a Pap test is thus far the most effective way to accomplish this.”

COLORECTAL CANCER AND POLYPS

Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed and the third leading cause of cancer-related deaths in both men and women in the United States. The ACS estimates 95,270 new cases of colon cancer and 39,220 new cases of rectal cancer in 2015. As a result, it is expected to cause about 23,170 deaths.

“Colorectal cancer-related deaths continue to decline, but we still must make an asserted effort to get tested,” explains Dr. Kanski. “There is no excuse not to be tested because this is one form of cancer that we can prevent by undergoing a prescribed colonoscopy or stool test.”

Beginning at age 50, both men and women should follow one of the ACS’ recommended testing schedules:

Tests for Detecting Polyps and Cancer

- Flexible sigmoidoscopy every five years
- Colonoscopy every 10 years
- Double-contrast barium enema every five years
- CT colonography (virtual colonoscopy) every five years

Tests for Detecting Cancer

- Yearly fecal occult blood test (gFOBT), or
- Yearly fecal immunochemical test (FIT) every year, or
- Stool DNA test (sDNA)

Scheduled screenings will vary based on personal or family history.

TAKE CONTROL OF YOUR HEALTH, AND REDUCE YOUR CANCER RISK

Many people postpone cancer screenings because they are afraid of what their doctor may find. However, a few simple lifestyle changes will help alleviate those concerns by reducing your cancer risk. The ACS lists several ways for you to take control of your health:

- Stay at a healthy weight.
- Get moving with regular physical activity.
- Eat healthy with plenty of fruits and vegetables.
- Limit how much alcohol you drink (if you drink at all).
- Stay away from tobacco.
- Protect your skin.
- Know yourself, your family history, and your risks.
- Have regular check-ups and cancer screening tests.



While this may be a significant amount of information to absorb, there is also a tremendous amount of hope for all of us in knowing we can beat cancer by simply being more proactive about our health. If you haven’t already made a New Year’s Resolution, how about making one that will hold you and loved ones accountable for receiving regular cancer screenings? You will not only potentially save your own life, but also the lives of loved ones who may have neglected these screenings for far too long.

ICCC is part of Vantage Oncology which includes more than 50 cancer treatment centers in 13 states providing quality, personalized care in a community setting. For more information, please visit www.ICCCVantage.com.

THE EXPERIENCE OF INTERCOMMUNITY CANCER CENTER

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 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 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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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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were surveyed and accredited by the
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Period of Accreditation:

December 09, 2015 through December 31, 2018

Christopher J. Pope, MD
CHRISTOPHER J. POPE, MD
CHAIR

COMMITTEE ON RADIATION ONCOLOGY PRACTICE ACCREDITATION



"We are extremely proud to have received this accreditation and will continue to hold ourselves to the highest standards because that is what our patients have come to expect and deserve,"

- Jeffrey Kanski, MD, Radiation Oncologist at ICCC

Since 1985, ICCC has dedicated itself to providing local patients innovative Radiation Oncology treatments that rival even the finest academic-based cancer centers in Florida.

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But there is good news! You can be pain-free, because now the world's most advanced electro-therapy technology (AMT), which once reserved for the elite of Olympic, and professional sports, entertainment for the past 30 years is now available to the general public in central Florida for the very first time ever, thanks to Energy Medical at The Villages.

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.

Not All Energy Devices Are Created Equal.

The Electro-Acuscope and the Electro-Myopulse are unique micro-current instruments unlike any other micro-current devices 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 back with precise inverted electrical signals at more than a hundred times per second. *No other micro-current device simultaneously reads and treats tissue!*

Electricity is the key to life and health.

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.

Electricity Is The Missing Component In Western Medicine.

The efficacy electro-therapy goes back thousands of years in history. Acupuncture, which has been used since ancient times in China, is all about using static electricity to help normalize tissue. In ancient Greece, Egypt and Rome people used to soak their feet in pools with electric eels and torpedo fish and let the mild electrical currents come thru the water and up feet and legs to relieve pain.

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

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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 take 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.

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Currently, an estimated 27 million people suffer from knee osteoarthritis making it one of the most common causes of disability in the U.S. It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis. Patients with chronic joint pain often think nothing can be done to help them except surgery.

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 and 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 tried other treatments and experienced little to no relief, you may still be a candidate for our treatment program. Call (352) 775-3339 to schedule a no-cost, no-obligation consultation today!

At Physicians Rehabilitation, it's very important to understand 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. We are proud to offer a less invasive approach to relieving knee pain to avoid surgery.

For this reason, we encourage you to schedule an appointment to determine if you are a candidate for Viscosupplementation 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 Viscosupplementation 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.

Will 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 and difficult recovery. 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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Pick up the phone and call us today at (352) 775-3339 to schedule your No-Cost, No-Obligation, consultation at one of our five convenient locations. The demand for this procedure has been overwhelming. We've added extra lines to accommodate your calls, so if our line is busy, or you are directed to voice mail, please leave a message or call back. Living pain free and getting your life back is well worth the phone call.



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THE NUTRACEUTICAL BREAK-THROUGH THAT'S COMPLETELY CHANGING THE WAY WE AGE



Did you know that collagen has a greater tensile strength than steel? From the Eiffel Tower to the Brooklyn Bridge, to the sharpest knives and life-saving surgical tools, steel has a reputation of being the toughest, unbreakable material that can withstand the highest of temperatures. Similarly, collagen shares the designation as one of the strongest substances that exists in the world. Collagen molecules are made of chains and cross-links, and a braid-like triple helix that acts as individual strands bonded closely together to create strength... So much strength, in fact, that our tendons and ligaments, made of collagen, hold the many components of our body together.

What is Liquid BioCell™?

I discovered Liquid BioCell in 2010 when a dear friend shared this incredible product with me. She knows I am a scientist first and foremost, and provided all the research. I soon realized that Liquid BioCell™ was a unique nutraceutical that provides a potent dose of collagen, hyaluronic acid, and chondroitin sulfate in a natural matrix that is clinically shown to replenish these vital components of the joints and skin.

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

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

What happens as we age?

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

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

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

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

As a daily supplement, Liquid BioCell™ can provide a three way defense (collagen type 2 matrix, resveratrol, and antioxidant superfruits) in the repair, maintenance, and regeneration of skin and joints. I use Liquid BioCell™, my whole family uses it, and I recommend it in my practice.



Doctors' Perspective

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

I consider Liquid BioCell™ to be the premiere source of collagen, as it is the only collagen to have scientifically-tested effectiveness. It is in a naturally occurring matrix, in a highly absorbable form. It is manufactured exclusively in the United States in an NPA, NSF, cGMP certified facility. The corporation is debt free, and they own the exclusive patents to this product. Liquid BioCell™ is one of a kind in it's class.

More about Dr. Lisa DeRosimo

Dr. Lisa DeRosimo is a graduate of UCLA, Cornell University, and the University of Pittsburgh, School of Medicine. She is a Diplomate of the American Board of Obesity Medicine and a Diplomate of the American Board of Family Medicine. Dr. Lisa has concentrated her education and practice on bariatric medicine, which is the study of the causes, treatment, and prevention of obesity. She has been assisting patients since 1999 and is well-respected among her peers as a leader in her field. She has authored numerous publications and research studies, has won multiple national awards, and serves her community with a focus on weight management and wellness in her practice.

Clinical trials show Liquid BioCell™ improves joint mobility

Joint discomfort can come with aging, strenuous work, and athletic activity, 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! Its Bio-Optimized™ manufacturing process produces an ideal molecular weight that your body can effectively absorb, and it mirrors the joint's natural composition, so the body readily accepts it.

Numerous clinical trials show that Liquid BioCell™ is highly effective in maintaining the structure, function, and flexibility of joints, muscles and connective tissue while easing discomfort associated with normal daily exercise or active lifestyles.



Improves joint mobility and lubrication
Reduces discomfort

Promotes healthy cartilage and connective tissue

In an 8-week human clinical trial, 90% of subjects with chronic joint discomfort experienced a 40% improvement in physical activity and with continued use, many experienced significant mobility.



**REFER THREE,
GET YOURS
FREE**

Doctor's Perspective



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

"As orthopedic specialists are recommending Liquid BioCell to their patients, I can see the incidence and severity of one's joint problems, as we know it today, gradually declining. By improving joint health, you can prevent deterioration that comes with athletic activity, strenuous work, and aging. Liquid BioCell is the most remarkable nutraceutical for joint support that has ever been introduced to the market."



Jon M. Grazer M.D., M.P.H., F.A.C.S.
Board Certified Plastic Surgeon, Assistant Clinical Professor Department of Plastic Surgery at the University of California, Irvine

"By drinking Liquid BioCell, hyaluronic acid increases in the body. This translates to a decrease in wrinkles from the inside-out. Liquid BioCell brings tone, elasticity, and moisture back to the skin, and even goes a step further, it helps reduce the enzyme, hyaluronidase, that can make your skin age. Liquid BioCell is a stand alone in the world of nutraceuticals and is pioneering the 'beauty from within' concept."



Joosang Park, Ph.D.
Cancer Biology, Stanford and Cancer Vaccine Research at Harvard Medical Center, Vice President of Scientific Affairs at BioCell Technology

"The ingredients in this dietary supplement are substantiated by solid scientific research and offer multi-layered benefits for healthy aging. Liquid BioCell Life supports both joints and skin through replenishing hydrolyzed collagen, HA, and chondroitin sulfate in highly bioavailable forms, and is the only nutraceutical to offer Liquid BioCell."

Numerous clinical trials show that Liquid BioCell™ is highly effective in maintaining the structure, function, and flexibility of joints, muscles and connective tissue while easing discomfort associated with normal daily exercise or active lifestyles.

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**For more information about the age-defying Liquid BioCell™ products,
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www.healthyjointsandskin.com

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.”

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

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

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

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

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



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

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



IS AN ACTIVE ADULT COMMUNITY RIGHT FOR YOU?

Active adult communities are real estate developments that offer independent, relatively maintenance-free living to residents aged 55 and over. In age-restricted active adult communities, 80% of homeowners must be 55 and over, while age-targeted communities simply market to the 55+ crowd.

Many of the residents continue to work part or full time, which is why the term “active adult retirement communities” is less accurate. The residents are not opposed to children (or grandchildren!) either. Rather, the 55+ component simply assumes that people at the same stage of life probably share a few leisure-time interests and pursuits.

What You'll Find at an Active Adult Community

At its most basic level, active means independent, so active adult communities offer no assistance with daily living activities, such as meals, medication, house-keeping and personal care. They do usually present a variety of on-site activities and easy access to natural or cultural attractions, shopping, nearby medical facilities, and large metropolitan areas. According to an American Housing Survey, 85% of 55+ housing is located near or in a metropolitan area.

But active adult communities are not simply real estate. Residents are also choosing a community and a lifestyle. Today's active adult communities go beyond the old stereotypes of shuffleboard and knitting (although those activities are often still on the schedule for those who love them). Some communities promote a resort or vacation feeling through activities and amenities, while others emphasize social or cultural life.

Most communities recognize that “active” encompasses bodies and minds. Without ever leaving their neighborhood, residents can:

- Golf
- Swim
- Bike
- Walk
- Jog
- Lawn-bowl
- Dance
- Practice Pilates, aerobics or yoga

Arts and crafts and social pastimes include scrapbooking, painting, ceramics, mahjonn, bridge, movie nights, afternoon tea, and holiday cookouts and gatherings. Some active adult communities also offer continuing education classes, such as bird-watching, history and genealogy, while others partner with nearby universities to offer academic classes and cultural events.

If all of this organized activity seems more like a hyperactive community, rest assured that active adult communities emphasize friendliness and relaxation as well, balancing time at home and hanging out with neighbors and friends.

Communities Designed with Your Needs in Mind

Today's active adult communities offer attractive, well-designed construction options for nearly every budget, including:

- Single-family homes
- Condominiums
- Townhomes
- Custom-built homes
- Manufactured homes



Many developers offer energy-efficient quality materials and open floor plans. Often, homes are built on land that is held in common. Residents then enjoy the privacy of home ownership without the obligation to mow the lawn or clean the pool.

Homeowners often pay an additional monthly fee to cover services and amenities, such as: garbage collection, maintenance of shared spaces and facilities, security, cable or satellite TV, internet connection, and shuttle bus.

Like amenities, services vary from community to community. For example, security might entail a gate with an access card, an on-site security officer or 24-hour surveillance. Sometimes the monthly fee includes insurance and property taxes, but not always.

Find Active Adult Communities

How do you know which community is for you? Recognizing that active adult communities offer not just real estate but lifestyle, many developers invite potential residents for a trial visit, including a tour. By joining the community for a day or two, visitors can see if the homes, amenities and people are a good fit.

For information on local active adult communities and to learn more about what they have to offer, call Judy Trout at 352-208-2629 today.

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TREATING SARCOPENIA: How To Deal With The Single Most Frequent Cause Of Late Life Disability

Sarcopenia is a potentially serious health-related condition that affects the majority of older adults, progressively reducing their muscle strength, muscle mass and physical function. This paper briefly summarizes the current research on sarcopenia – its scope and risk, as well as its ongoing effects on the aging body. It will also show that strength training can prevent a diagnosis of, or delay the onset of sarcopenia, better enabling older adults to remain healthy, active and independent.

Sarcopenia is the clinical name for the loss of muscle mass, strength and function that occurs with advancing age. Such losses are particularly noticeable in the performance of activities of daily living (ADL): everyday activities that were once taken for granted (climbing stairs, getting out of chairs, walking briskly, carrying shopping, etc.) become more and more of an effort and, for some, even impossible. While such losses are, ultimately, inevitable with more advanced aging, their scope, progression and impact are within the capabilities of almost everyone to minimize, reduce or delay.

“...there are grades of sarcopenia that range from sub-clinical to frailty.”

SCOPE OF SARCOPENIA IN THE U.S.

Up to 13% of adults in their 60s, and 50% of adults in their 80s have been clinically diagnosed with sarcopenia, meaning their muscle mass losses have reached severe levels. This amounts to approximately 18 million older adults in the United States. However, the definition and scope of sarcopenia has recently been expanded to encompass more than just muscle mass loss. A recent international sarcopenia consensus conference stated that there are grades of sarcopenia that range from sub-clinical to frailty. Sarcopenia thus affects all adults to some extent as they transition into their later years. That is, subclinical loss of muscle mass, strength and function are evident, and inevitable, in virtually all older adults compared to young, healthy, physically active young adults.

PROGRESSION AND IMPACT OF SARCOPENIA

Sarcopenia is to muscle what osteoporosis is to bone. By age 30, many individuals have begun to lose muscle mass. This can amount to as much as 10% per decade between 30 and 70 yrs of age, and 15% per decade thereafter.

“...sarcopenia is regarded as the single most frequent cause of late-life disability.”

Strength losses are even greater: as much as 15% per decade between 30 and 70 yrs of age, and up to 40% per decade thereafter. Physical function losses parallel these findings: in recent surveys of adults 65+ yrs of age, 0-70% report difficulty in performing a wide range of ADL. Sarcopenia also compromises muscle function (‘muscle quality’) by allowing fatty tissue to infiltrate the muscle resulting in significant reductions in strength and force generation.

Such losses, if unchecked, can also lead to a clinical diagnosis of frailty. This is a disabling condition characterized not only by an inability to perform daily activities and to an increased risk of falls, but also by general malaise, fatigue, susceptibility to infection and a precipitous drop in body weight.

As a result of this, now generally accepted catalogue of lifestyle-impacting deficits, sarcopenia is regarded as the single most frequent cause of late-life disability.

ASSESSING THE RISK OF SARCOPENIA

The European Working Group on Sarcopenia in Older People recommends that sarcopenia risk be assessed on the basis of three criteria: low muscle mass, low muscle strength and low physical function. However, because strength and physical function represent major determinants of sarcopenia, a low score on these two factors alone is considered sufficient to indicate a high risk of its incidence. This would then merit a referral for specific strengthening interventions. Accordingly, at ActiveRx we utilize an evidence-based screening test designed to assess aspects of strength and functional status that identify the level of risk of sarcopenia, or its diagnosis. Depending on the results of these tests, we then design an appropriate intervention/treatment, in collaboration with the individual’s physician.

TREATMENT AND PREVENTION

Strength training (‘resistance training’) has been shown to increase strength at any age, and it is now acknowledged as the most effective method for the treatment of sarcopenia. A recent international conference on sarcopenia reported that “Resistance exercise, at present, is



the treatment modality of choice.” This statement represents the culmination of a remarkable change in attitude. Until recently, society in general – and even medical professionals – considered strength training to be unsuitable or unsafe for older adults. However, over the course of the past two decades, a growing body of research has conclusively demonstrated the safety and fundamental value of strength training for this population – even at high-intensities.

The benefits of strength training are noticed relatively quickly. Research has shown that 15-20 minutes of moderate to high intensity strength training 2-3 times per week for as little as 8-12 weeks can increase muscle mass by 12% or more, and strength by as much as 100%. A recent review has also reported that muscle mass can be increased 12-62% over 9-52 weeks of training, 2 to 3 days per week. In lifestyle terms, more than a decade of age-induced loss of muscle, strength and function can be regained over a period of 9-12 weeks, with a regular and appropriately-designed program of strength training.

“Resistance exercise, at present, is the treatment modality of choice.”

To learn more about the benefits of strength training as a treatment for osteoporosis, call 352-430-0473.

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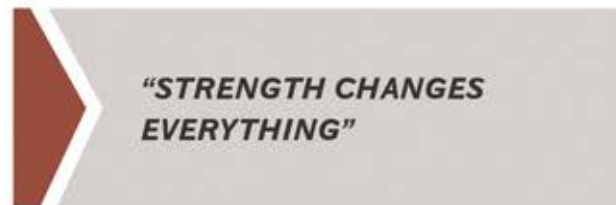
The consequence of this, now well established, information is that older adults can (i) delay, slow or even reverse for a time, the pre-clinical effects of sarcopenia and, (ii) significantly increase their potential for avoiding an actual diagnosis of sarcopenia and frailty. Importantly, all this is possible without the use of drugs or pharmaceuticals. At ActiveRx, we have a long pedigree of work in this area. In 1996, Dr. Wayne Phillips, our Research Director, was the first scientist in the UK to publish evidence of the safety and effectiveness of high intensity strength training to increase both strength and muscle mass in older adults. Since this time, we have published many other studies in support of our philosophy. The scientific literature regarding the benefits of strength training for older adults also continues to expand and confirm our early application of, and advocacy for, this approach.

STRENGTH THERAPY CENTERS

At our neighborhood Strengththerapy Centers, we take every opportunity to collaborate with physicians and other medical professionals in working with patients who may be at risk for sarcopenia. An essential aspect of this approach is providing a friendly, welcoming and positive environment. In the Centers, our members can be heard to share lifestyle-related stories of their strength and functional regeneration, as well as their newly reacquired experience of independence and quality of life.

TAKE HOME MESSAGE

Getting older does not have to stand in the way of greater strength, independence and quality of life. Instead of defining aging by loss, it is time to discover just how much is yet to be gained!



Our unique national network of Strengththerapy Centers is currently established in 10 states, with more to follow by the end of 2015.

**NEXT STEPS:
REFER TO ActiveRx**

In summary, we provide an evidence-based sarcopenia screening battery with follow-up services that include:

- Our proprietary Strengththerapy® System that directly addresses the primary determinants of sarcopenia
- A proven evidence-based approach that increases strength, muscle mass and muscle quality, while improving a range of sarcopenia-limited functional tasks, and
- Muscle mass assessment via BIA (at selected locations)

NOTE: Sarcopenia screenings can be conducted as part of a Medicare Preventive visit and/or yearly wellness exam.

**Dr. Phillips is an internationally known consultant, researcher, author and speaker in the field of gerontology, whose work focuses on the role of strength and behavior in active, healthy aging.*

ADDITIONAL RESOURCES

Access the following links for more information on ActiveRx and the work that we do with older adults:

- ActiveRx website: ActiveRx.com
- ActiveRx Aging Insights newsletter: ActiveRx.com/News/Aging-Insights-Newsletter
- ActiveRx Choose How You Age blog: ActiveRx.com/Blog Access the following studies for more in-depth research on sarcopenia:
 - Brotto, M. & Abreu, EL. Sarcopenia: Pharmacology of Today and Tomorrow. *Journal of Pharmacology and Experimental Therapeutics*, 343: 540–546, 2012.
 - Tracy, BL, et al. Muscle quality. II. Effects of strength training in 65- to 75-yr-old men and women. *Journal of Applied Physiology*, 86: 195–201, 1999.
 - Cruz-Jentoft, AJ, et al., Sarcopenia: European consensus on definition and diagnosis. *Age and Aging*, 39: 412–423, 2010.

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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.

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



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

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

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

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

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

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

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

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

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

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

Ask your Doctor to refer you to Dr. Anand Kesari of Gastro-Colon Clinic for all your GI and Colonoscopy needs. Get the best possible endoscopic evaluation around.

Gastro-Colon Clinic Dr. Anand Kesari

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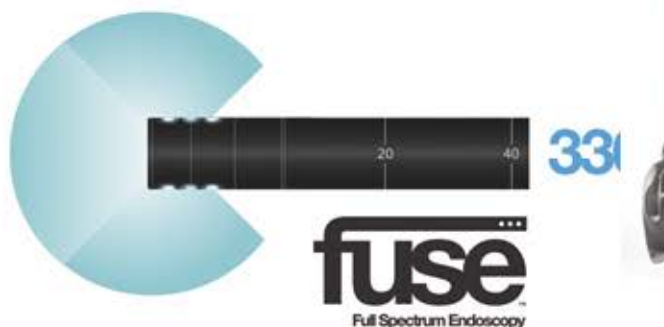
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The Family Secret

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

John the Baptist asked Jesus a very bizarre question once. In Matthew 11:3 He asked, "Are you the Messiah we've been expecting, or should we keep looking for someone else?"

Here is why that seems so bizarre. John also said these words in *John 1:29*, "Look, the Lamb of God, who takes away the sin of the world!"

John, Jesus' wild-eyed, locust-eating cousin, clearly knew who Jesus was, why he was here, and actually had known this his whole life.

So what's up, Johnny B?

At breakfast, a friend told me his former drug-addicted son turned drug counselor for many years had relapsed so bad that his mom is in fear for his life. Their other child has tried to commit suicide many times. They've lived with these crushing pains for years, yet do it with a grace that boggles the mind.

The day I started this article, a minister friend of mine buried his baby granddaughter. A miserably sad day, but he was surprisingly peaceful.

With the extraordinary things that can happen in life, I don't think it's too big of stretch to get why John would ask, "Are you the Messiah or should we be looking for someone else?"

John was in a tight spot, about to be executed. Herod liked John, put him in prison to protect him, got drunk at a party and made a regretful promise that cost John his life.

In my opinion John was asking this: "Hey, cousin, are you really going to be the 'Head Honcho' around here? If so, get on with it. And by the way, get me out of prison because they're about to cut my head off, drop it in a basket, and give it to a woman who hates me!"

When life happens to us, it can cause us to ask God questions.

For thirty years, I tried to answer these kinds of questions. Sometimes the answer was crystal clear, but at



times...I had no idea. Only God knew, and He didn't tell me.

What I have found is this secret in Matthew 11, a few verses after John's question. In Matthew 11:25, Jesus prayed this prayer: "O Father, Lord of heaven and earth, thank you for hiding these things from those who think themselves wise and clever, and for revealing them to the childlike." (Innocence)

Did you see that? *Hiding these things?* Why would God hide something? My hallucination is it's because there are some things that only Christ followers get to know. They are kind of like family secrets. In fact, innocence is the key to the family secrets.

When life starts flying apart in big chunks, we start seeking answers. That's normal. When we don't readily find answers, we start blaming. And if no one else is handy to blame, we choose God. He is a pretty big target.

My friends who struggle with their two children's mental health and the friend who buried his granddaughter have this in common: they decided to stay innocent...not to blame God.

One of my early mentors, Moose, had terrible things happen in his family. The innocence inside of him gave him a calm peace in the middle of those terrible things.

That was a fresh idea for me since I barely trusted anyone at the time.

For my friends, God has not raised the dead or instantly healed tormented minds. I also did not see my friends crumble up and drift away under these crushing blows of life. God is helping them from the inside out. Their innocence—a child-like quality—allows God to give them strength to not just live but to thrive.

I've heard that the best place to hide something is in plain sight.

Look at this in Matthew 11: 27. "...No one truly knows the Son except the Father, and no one truly knows the Father except the Son and those to whom the Son chooses to reveal."

Without innocence, we blame God for our messes and miseries, and do not see that He is there to help. When we see the one who died for us, that's when this "innocent peace" begins to settle into our hearts. And over time, we are more than okay. We become whole.

I experienced this in an ICU room in Myrtle Beach, South Carolina as two of my brothers and I watched for eighteen minutes as Dad's heart slowly stopped beating after life support was removed. I felt helpless, yet filled with an innocent peace. I was whole. Nothing missing, even though my dad had gone to Heaven.

That day, in my broken heart, Holy Spirit revealed Jesus to me...my source of peace.

Ask God to reveal Jesus to you, and you will know what I'm saying is true.

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