

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

May 2016

Lake/Sumter Edition - Monthly

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  **FREE**

**MELANOMA MAY
ICCC Want's to Know,
"Who's Got Your Back?"**

Natural Arthritis Relief

**BETTER
HEARING
MONTH**

**TIPS for
Preserving
Eye Health**

**Do You Know Your
HEART HEALTH?**





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"My daughter lives here. Now we go out to eat and go shopping and do a lot of things that I was never able to do before."

-June B.



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InterCommunity Cancer Center wants to know, "Who's got your back?"

May is melanoma & skin cancer awareness month, and InterCommunity Cancer Center in Lady Lake, Florida, wants to know, "who's got your back?" The back is the most common location for melanoma, the deadliest form of skin cancer.

Adequately applying sunscreen to your own back can be difficult. Find a family member or friend who "has your back" when applying sunscreen. 43 percent of people rarely or never ask someone else to apply sunscreen to their back and 37 percent rarely or never apply sunscreen to their back at all. In addition, seek shade and wear protective clothing to protect your skin whenever possible.

Even if you have carefully practiced sun safety all summer, it's important to continue being vigilant about your skin in fall, winter, and beyond. Throughout the year, you should examine your skin head-to-toe once a month, looking for any suspicious lesions. Self-exams can help you identify potential skin cancers early, when they are most treatable. Have someone else help you examine hard to see areas, such as your back.

First, for a successful self-exam, know what to look for. As a general rule, take note of any new moles or growths, and any existing growths that begin to grow or change significantly in any other way. Lesions that change, itch, bleed, or don't heal are also alarm signals. Screenings and early detection are key to effective treatment.

Know the ABCDEs of Melanoma

A = Asymmetry: one half is unlike the other half

B = Border: an irregular, scalloped or poorly defined border

C = Color: is varied from one area to another; has shades of tan, brown or black, or is sometimes white, red, or blue

D = Diameter: Melanomas are usually greater than the size of a pencil eraser when diagnosed but can be smaller

E = Evolving: a mole or skin lesion that looks different from the rest or is changing in size, shape, or color



InterCommunity Cancer Center recommends consulting your dermatologist immediately if you notice anything changing, itching or bleeding on your skin.

Melanoma & Skin Cancer Risk Factors

Factors that may increase your risk of melanoma include fair skin, a history of sunburn (One or more severe, blistering sunburns), excessive ultraviolet (UV) light exposure (from the sun and from tanning lights and beds), living closer to the equator or at a higher elevation, having many moles (more than 100) or unusual moles, a family history of melanoma, and a weakened immune system.

Melanoma & Skin Cancer is Treatable

ICCC offers the Freiburg Flap Procedure for the treatment of skin cancer. This innovative treatment, developed in cooperation by Dr. S. Stange from the Albert Ludwigs University in Freiburg, Germany, provides an excellent alternative for orthovoltage or electron treatments.

"By incorporating the Freiburg Flap procedure into our treatment program, we can offer our patients highly customized treatments that yield significant results in 6 to 8 visits versus 20 to 25 visits as compared to traditional external beam radiation," said Dr. Jeffrey Kanski, Radiation Oncologist.

The treatments are well tolerated by patients and are good for all different types of skin cancers, including cutaneous lymphoma and Kaposi's sarcoma. It is especially effective on cancers located on sloped or curved areas of the body, such as the head, face, neck, foot and ankle.

ABOUT INTERCOMMUNITY CANCER CENTER

InterCommunity Cancer Center (ICCC) has 30 years of experience providing quality, personalized cancer care in the Lady Lake and Leesburg communities and has treated more than 10,000 patients. Radiation Oncologists Drs. Hal Jacobson, Jeffrey Kanski and Maureen Holasek bring exceptional expertise in treating breast, lung, prostate, gynecologic, skin and other cancers. As part of McKesson Specialty Health, Vantage Oncology and the US Oncology Network, McKesson's physician-led network of integrated, community-based oncology practices, provide patients and practices with a best-in-class platform and a robust suite of customizable offerings and services. This includes comprehensive oncology management services across Radiation Oncology, Surgical specialties, and Medical Oncology while maintaining a focus on community-based oncology care and innovative value-based cancer services.

ICCC has access to clinical information and best practices from the treatment of more than 1,000 patients per day enabling highly effective and peer-collaborated treatments. This provides ICCC the ability to offer academic-quality treatment in a community based setting and gives local communities exceptional cancer care services close to home. To learn more, visit www.ICCCVantage.com.

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Stem Cells Break 25-year Stalemate in COPD Options for Floridians

By David Ebner - Staff Writer

Since 1990, there have been a plethora of medical breakthroughs. According to the Center for Disease Control and Prevention (CDC), heart disease is the leading cause of death in the United States even though death rates for heart disease have dropped by more than 35 percent since 1990. With the progress of cancer treatments, the cancer death rate has dropped about 9 percent. In the same period of time, chronic obstructive pulmonary disease (COPD), however, has risen from the fifth leading cause of death to the third, and its mortality rate has increased by over 30 percent. The American Lung Association states that 11 million Americans suffer from COPD, and of those, an estimated 1.4 million are Floridians.

Unfortunately, there's no known cure for COPD. Many physicians prescribe bronchodilators to help expand airways and supplemental oxygen to better regulate the diminishing blood-oxygen levels. Although these treatments help manage symptoms, they're not designed to reverse symptoms and have gone underdeveloped for decades.

Perhaps, funding for lung disease research has been limited by a stigma that patients only have themselves to blame because COPD can be a smoking-related illness. Now, people are looking beyond this stigma to find much needed help. Jim D., whose last name is abbreviated for medical privacy, is a patient of a clinic called the Lung Institute (lunginstitute.com) and has been since 2014. Jim believes COPD, "hasn't seen the news media awareness campaigns needed to stimulate research funding."

The Lung Institute is a clinic specializing in pulmonary care. The clinic doesn't just prescribe supplemental oxygen or a variety of medications; they're conducting treatments using stem cells from the patient's own body.

Stem cells act as the body's healing system. The body alerts these cells, and they flow to the area that needs repair. However, it takes time for this process



While the mortality rates for heart disease and cancer are on the decline, lung disease mortality has seen a sharp increase in the last 20 years.

to happen. Stem cells are slow to react, and in the body of someone who is chronically ill, they're even slower. The physicians at the Lung Institute realized this and developed an procedure to help stem cells do their job more efficiently.

The physicians extract a patient's own stem cells from blood or bone marrow tissue, separate them and return them intravenously. The cells then travel through the heart and straight to the lungs where they are trapped in what the Lung Institute explains as the pulmonary trap. That's when the cells should do their job and could help promote healing of the lungs, potentially improving lung function.

Nationwide, the company operates affiliate clinics in Tampa, FL; Nashville, TN; Pittsburgh, PA; Scottsdale, AZ and Dallas, TX. During the past three years, they have treated over 2,000 patients suffering from lung disease. A recent research study produced

by the clinic indicated that 82 percent of patients report an increase in quality of life after stem cell treatment, and 60 percent of those who took a pulmonary function test reported an increase in lung function.

For the 1.4 million Floridians with COPD, the mortality ranking of COPD is not as significant as their struggle to breathe and live their lives. After 25 years of the growing rate in COPD diagnosis and little medical advancement, it seems like now there may finally be hope on the horizon with the emergence of clinics like the Lung Institute and stem cell therapy.

If you or a loved one suffer from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at 800-921-4631 or visit lunginstitute.com/health to find out if you qualify for these new treatments.

Do you know your Heart Health?

Every day your heart beats approximately 100,000 times, sending 2,000 gallons of blood surging through your body. Although it's no bigger than your fist, your heart has the mighty job of keeping blood flowing through the 60,000 miles of blood vessels that feed your organs and tissues. Keeping your heart healthy and functioning normally is vital to your day to day energy, vitality, and longevity.

Determining Heart Health:

Measuring Heart Health involves a complex array of testing. What we know without a doubt is that age is one of the primary risk factors for developing heart disease. It becomes ever more important to have heart health screenings on a regular basis after the age of 45. Your primary care physician will use several tests and measurements to determine and monitor your heart health. Each of these tests provide important information about heart function and your doctor can determine which are most important for you. These tests can include:

Lipid Profile

Lipid profiles are blood tests that measure the total cholesterol and triglyceride level of an individual. Knowing your cholesterol levels is an essential part of understanding your own risk for heart disease. The American Heart Association recommends that everyone over age 20 get a cholesterol test.

The desired values in most healthy adults are:

- LDL cholesterol: lower than 130 mg/dL (lower numbers are desired)
- HDL cholesterol: greater than 40 – 60 mg/dL (higher numbers are desired)
- Total cholesterol: less than 200 mg/dL (lower numbers are desired)
- Triglycerides: 10 – 150 mg/dL (lower numbers are desired)
- VLDL: 2 – 30 mg/dL

Blood Pressure:

72 million Americans (approximately 1 in 3 adults) have high blood pressure. Because high blood pressure doesn't have any direct and noticeable symptoms, many

don't even realize that they have this deadly disease. It is why doctors called it the "Silent Killer". High Blood Pressure is a deadly disease that adds to the workload of your heart, arteries, kidney and other sensitive organs. High Blood Pressure increases the risk of stroke, congestive heart failure, kidney failure and heart attack.

What is the AHA recommendation for healthy blood pressure?

This chart below reflects blood pressure categories defined by the American Heart Association.

Stress Test

Stress testing provides information about how your heart works during physical stress. Some heart problems are easier to diagnose when your heart is beating faster.

During stress testing, you exercise (walk on a treadmill or pedal a stationary bike) to increase your heart rate. Tests are done on your heart while you exercise.

A stress test can detect the following problems, which may suggest that your heart isn't getting enough blood during exercise:

- Abnormal changes in your heart rate or blood pressure
- Symptoms such as shortness of breath or chest pain, especially if they occur at low levels of exercise
- Abnormal changes in your heart's rhythm or electrical activity

Echocardiogram

An echocardiogram (also called an echo) is a type of ultrasound test that uses high-pitched sound waves that are sent through a device called a transducer. The device picks up echoes of the sound waves as they bounce off the different parts of your heart. These echoes are turned into moving pictures of your heart that can be seen on a video screen.

• Look for the cause of abnormal heart sounds (murmurs or clicks), an enlarged heart, unexplained chest pains, shortness of breath, or irregular heartbeats.

- Detect a disease that affects the heart muscle and the way it pumps, such as cardiomyopathy.
- Look for blood clots and tumors inside the heart.

EKG

An electrocardiogram (EKG or ECG) is a test that checks for problems with the electrical activity of your heart. An EKG translates the heart's electrical activity into line tracings on paper. The spikes and dips in the line tracings are called waves.

The heart is a muscular pump made up of four chambers. The two upper chambers are called atria, and the two lower chambers are called ventricles. A natural electrical system causes the heart muscle to contract and pump blood through the heart to the lungs and the rest of the body.

Why It Is Done

An electrocardiogram (EKG or ECG) is done to:

- Check the heart's electrical activity.
- Find the cause of unexplained chest pain, which could be caused by a heart attack, inflammation of the sac surrounding the heart (pericarditis), or angina.
- Find the cause of symptoms of heart disease, such as shortness of breath, dizziness, fainting, or rapid, irregular heartbeats (palpitations).
- Find out if the walls of the heart chambers are too thick (hypertrophied).
- Check how well medicines are working and whether they are causing side effects that affect the heart.
- Check how well mechanical devices that are implanted in the heart, such as pacemakers, are working to control a normal heartbeat.
- Check the health of the heart when other diseases or conditions are present, such as high blood pressure, high cholesterol, cigarette smoking, diabetes, or a family history of early heart disease.

Blood Pressure Category	Systolic mm Hg (upper #)	and	Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
(Emergency care needed)	Higher than 180	or	Higher than 110

- Check the thickness and movement of the heart wall.
- Look at the heart valves and check how well they work.
- See how well an artificial heart valve is working.
- Measure the size and shape of the heart's chambers.
- Check the ability of your heart chambers to pump blood (cardiac performance). During an echocardiogram, your doctor can calculate how much blood your heart is pumping during each heartbeat (ejection fraction). You might have a low ejection fraction if you have heart failure.



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Natural Arthritis Relief

Arthritis is the most common cause of disability in the United States, limiting the activities of nearly 21 million adults, according to the CDC. Those with arthritis, though, don't have to be slaves to their genetics or gym injuries; there are several natural arthritis remedies to help heal joint pain and inflammation.

What is arthritis and what causes it?

The two most common forms of arthritis are rheumatoid (RA) and osteoarthritis. The latter is often associated with the wearing down and tearing of the cartilage, or simply not having enough cartilage after a while in a particular joint.

RA is an autoimmune disease, in which the body attacks itself. In addition, "myalgia" diseases like fibro- and poly-, could be considered varieties of arthritis because they both share similar painful symptoms in joints and muscles.

All forms of arthritis have one major root cause in common: inflammation.

One major cause of inflammation: Poor diet

From a natural, holistic perspective, the foods we eat play a significant role in inflammatory responses. Frequent consumption of common food allergens — like wheat or soy, as well as anything loaded with sugar, or anything that quickly converts into sugar (alcohol, most grains) — can promote inflammation, which wreaks havoc on the body's joints.

We are living organisms that contain a masterful, self-healing ability. If we feed our bodies' the right foods and additional nutrients, our bodies can begin to heal on their own, perhaps without having to take potentially-harmful drugs.

It is recommended to eat healthy — meaning free of allergy-promoting foods — for at least two months. It takes six weeks for wheat to clear out of the system. Perhaps due to its modern, stripped-of-nutrition, hybridized ubiquity, wheat may trigger an autoimmune reaction in many people. Make sure to cut out foods that may seem more innocuous than regular table sugar but that also may promote inflammation, like fruit, honey, molasses and agave.

Best Forms of Exercise for Arthritis

The bodybuilding mantra, "No pain, no gain," may have had cache in hardcore gyms back in the 1980s but these days, if you have arthritis, you want to choose exercises that cause your joints no pain whatsoever. Perhaps the best way for arthritis sufferers to gain strength and cardiovascular endurance with very low risk of further joint wear and tear is aquatic exercise.



Whether it's a gentle water aerobics class or Olympic-style sprints, swimming can also help burn excess body fat. Pool jogging in waist-high water is also a simple yet highly effective way to burn calories without placing a heavy burden on the joints.

Gentle stretching or yoga is also advised for those with arthritis to help get back some range of motion.

If you prefer cycling, rock climbing, but those activities (or any other) exacerbate your condition, reduce the frequency of the activity.

Ice or heat?

Both ice and heat have their merits when treating arthritis. Like treating an injury, ice seems to be more effective for reducing inflammation and swelling and numbing pain, especially when symptoms appear in the first 24-48 hours. Heat, on the other hand, tends to work best for relaxing muscles and stiff joints by increasing blood flow and flexibility.



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Reduce Exposure to Pollutants and Purge Your Body of Poisons

Even if you eat a wholesome diet loaded with antioxidants, if you are exposed to high levels of environmental pollutants such as mercury, lead, aluminum and inorganic plastic compounds, you may still develop arthritis. Various lab tests can analyze the amount of chemicals in your body. Your cookware can also be a common source of poisons entering your body. High blood levels of a man-made chemical (Teflon) used in non-stick coatings are associated with a raised risk of arthritis.

Good Bacteria is Important

The billions and billions of bacteria in our guts are like an army, defending our immune system from constant bombardment. If you've taken several doses of antibiotics over the years and haven't eaten healthy, take a probiotic that contains several billion micro-organisms per capsule to repopulate the gut with good bacteria. Perhaps you'll keep autoimmune diseases such as RA at bay.

What other natural arthritis remedies can I try?

Holistic options such as acupuncture, chiropractic medicine and rehabilitative therapy can help alleviate joint or muscle pain.

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- Predictable long-term expenses
- Asset preservation with Entry Fee refund
- Life Care Guarantee*



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NUTRITION & WEIGHT LOSS

We know that most diets don't work, and so do you. With two-thirds of the adults in the United States overweight, and one-third of those classified as "obese," it's clear that what Americans have been doing to control their weight just isn't working. Most diets involve eliminating certain foods or whole food groups all together. Not only is this unhealthy, but it's just plain unrealistic. Weighing and measuring your food may help you lose weight, but really isn't practical as a long-term strategy. Many people return to their "normal" eating habits once they've reached their goals, and the weight just comes back.

Good nutrition is vital to successful weight loss and management, and for good health. Along with weight loss and management, other benefits of good nutrition are: improvement in cholesterol, reduction of blood pressure, and increase in overall energy. Many of us have tried one or more of the different fad diets or in the past have experienced the vicious cycle of unhealthy weight loss/weight regain. Some of the popular diets suggest eliminating certain food groups while others suggest taking mega-doses of vitamins. The fact is, this "yo-yo" cycle often leaves you discouraged and no closer to your weight loss goal. A good weight loss and management program incorporates sound nutrition practices and behavioral changes. To avoid the "yo-yo" cycles and ensure adequate nutrition, a balanced diet, and incorporation of proper nutrition is necessary in making a life long commitment to adopting a healthy lifestyle.

There are three principles of proper nutrition, which include variety, balance, and moderation. Adding a variety of foods to your diet is essential to ensure eating from the five major food groups. Remember, no one food supplies all the nutrients the body needs. A balanced diet supplies the nutrients and calories the body needs if eaten in appropriate amounts. Serving sizes differ for individual needs based on age, gender, and activity level. Many people believe they have to deprive themselves of their favorite foods, but choosing certain foods in moderation is key to successful long-term weight loss.

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Here are some suggested healthy nutrition guidelines:

Read the Nutrition Facts Food Labels. Pay special attention to the fat, sodium, and carbohydrate content when shopping, especially if you have cardiovascular and/or diabetes risk factors.

Choose protein sources from plants and lean sources of meats. A good rule of thumb in selecting meats with less fat is to look for the words "round" or "loin" when shopping for beef, and the words "loin" or "leg" when shopping for pork or lamb. Remember, when shopping for poultry, white meat has less fat than dark meat.

Choose a diet rich in soluble fiber including oat bran, legumes, barley, and most fruits and vegetables. 20 to 35 grams of fiber daily are recommended.

Adopt healthy meal preparation techniques to reduce sodium, fat, and sugar.

Drink at least 8 -10, 8-oz. glasses of water each day.

Limit your consumption of alcohol. It provides empty calories.

Good nutrition takes practice and oftentimes some guidance from an experienced dietitian. There are certainly long term results when you improve your nutrition. Here is a partial list:

- Reduction in blood pressure
- Better control of your blood glucose for those with Type II Diabetes
- Improvement in your cholesterol, Low-density lipoprotein (LDL- bad cholesterol) and High-density lipoprotein (HDL-good cholesterol) and triglycerides
- Increase in energy
- Improvement in self-esteem
- Improvement in overall appearance

You deserve to do something good for yourself so start by improving your eating habits. Resolutions for a healthier you can be made at any time, and the sooner the better.

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STRESS INCONTINENCE IS NOTHING TO SNEEZE AT

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

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

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

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

SO, HOW DO YOU FIX IT?

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

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.



Neurofeedback – Train Your Brain

Noninvasive, drug free treatment for mental disorders.

Mental disorders ranging from depression to substance abuse can completely change the direction of an individual's life. For those who want to make a change, the challenge can sometimes put it out of reach as a complete understanding of the disorder may be lacking.

There are numerous treatment methods available for those with a mental disorder. Neurofeedback is preferred because it provides an option for those who want to better understand their condition. Neurofeedback allows for better control over the brain, demonstrating the brain can be trained and molded just like a muscle.

Neurofeedback is a relatively new biofeedback technique that focuses on helping a person train themselves to directly affect brain function. Although it sounds like science-fiction in nature, it's actually a reputable and scientifically-proven technique practiced by specially-trained psychotherapists. Neurofeedback, also known as EEG biofeedback, is a gradual therapeutic learning process that takes time and focus.

As the name implies, neurofeedback works by providing feedback to an individual about their brain, specifically, their brainwaves. Feedback in a vacuum, however, is useless, so the individual undergoing neurofeedback is rewarded for patterns of brainwave activity that are better for the person. This is referred to as "self-regulation," because the individual is learning how to regulate their own actual brainwave patterns on their own, without medications or additional therapy.

Neurofeedback has research backing supporting its noninvasive effectiveness and use in numerous mental disorders, including depression, attention deficit disorder, anxiety, sleep disorders, headaches and migraines, and other emotional issues. It can also be used to help people who have organic brain disorders, such as autism, cerebral palsy and seizures.

Neurofeedback actually provides an innovative, drug-free treatment environment where patients suffering from something like attention deficit hyperactivity disorder (ADHD), depression and other types of emotional and behavioral problems can gain the power to change their brain activity patterns at will.



The environment provides repeated training in monitored and age-appropriate videos or video games. Patients use this platform to improve their ability to alter brain activity. In roughly 80 percent of cases, this activity produced an improved mood and motivation.

Patients involved in neurofeedback sit in a chair in front of a computer that is attached to their head through electrodes. Software then detects brain activity and identifies the patient's brainwaves as either desirable or undesirable.

When brain activity is desirable, the patient is rewarded with pleasant video images. Brains that are not behaving according to the rules will receive bleak and disagreeable images.



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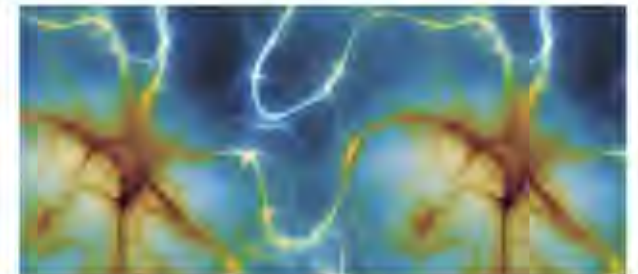
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Over time, this procedure will train the mood centers in the brain to associate certain brain patterns with positive or negative images and eventually provide the individual with the power to take control of their brain activity. It is believed this process can treat ADHD, depression, anxiety and more.



For more information about neurofeedback therapy or to schedule a consultation, call (352) 633-1049.

Physician Spotlight

Mariaehel Sammis, MSW ND has been working as a Naturopathic physician since 1993 and is an associate at Wellness 360 Club in The Villages, and an associate partner with the Northport Wellness Center in NY.



In addition to her medial training, Dr. Sammis utilizes various modalities as EMDR, Braincore neurofeedback therapy, nutritional response testing (NRT), trauma release techniques, EFT, laser therapy, Homeopathy, Bach Flower Essences, and Acutonics. Dr. Sammis' computerized bio-energetic assessment training includes the Asyra, Avatar, BAX 3000, Zyto, and the Aura PTL.

Dr. Sammis provides food sensitivity testing, saliva hormone profiles, neurotransmitter assessment panels and more.

During the past decade, Dr. Sammis has pioneered thermal imaging devices for early detection of breast cancer and currently continues to provide the most progressive technology in the industry for early detection of chronic inflammation and disease.

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May is “Better Hearing Month”

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

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

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

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

First, find out where they are having the most trouble hearing and work on situations one at a time. Show them what they are missing as opposed to mocking or making fun of what you have observed. If the volume of a TV becomes too loud, look into assistive listening devices that can be used with TVs. Find a phone or handset with stronger volume control if they are missing phone calls.



Or, if they can't hear the door bell, alarm clock or smoke alarm, look into visual/vibrating alerting systems. Use safety as the motivator to get them to consider taking that hearing test. These are the first steps to get people to be aware of their hearing loss and of what they can do about it.

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

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Here are some other helpful hints to help you deal with denial:

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



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

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

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

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

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

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

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May is Food Allergy Action Month!

How Many People Have Food Allergies?

- Researchers estimate that up to 15 million Americans have food allergies.
- This potentially deadly disease affects 1 in every 13 children (under 18 years of age) in the U.S. That's roughly two in every classroom.
- The economic cost of children's food allergies is nearly \$25 billion per year.

Food Allergies on the Rise

- According to a study released in 2013 by the Centers for Disease Control and Prevention, food allergies among children increased approximately 50% between 1997 and 2011.
- The number of people who have a food allergy is growing, but there is no clear answer as to why.
- Researchers are trying to discover why food allergies are on the rise in developed countries worldwide, and to learn more about the impact of the disease in developing nations. More than 17 million Europeans have a food allergy, and hospital admissions for severe reactions in children have risen seven-fold over the past decade, according to the European Academy of Allergy and Clinical Immunology (EAACI).

FOOD ALLERGIES IN THE U.S.

15 MILLION

Americans have food allergy, a serious medical condition.



People can be allergic to any food, but there are

8 FOODS THAT CAUSE THE MOST REACTIONS.



Milk



Eggs



Peanut



Tree Nuts



Soy



Wheat



Fish



Shellfish

Food Allergy Reactions & Anaphylaxis

- Every 3 minutes, a food allergy reaction sends someone to the emergency department – that is more than 200,000 emergency department visits per year.

- A reaction to food can range from a mild response (such as an itchy mouth) to anaphylaxis, a severe and potentially deadly reaction.

- The U.S. Centers for Disease Control reported that food allergies result in more than 300,000 ambulatory-care visits a year among children under the age of 18. Food allergy is the leading cause of anaphylaxis outside the hospital setting.

- Once an anaphylactic reaction starts, a medication called epinephrine is the first line of defense to treat the reaction, and you should immediately seek emergency medical attention by calling 911. You can protect yourself by learning the symptoms of allergic reactions and knowing what steps to take if you have a severe reaction.

- Teenagers and young adults with food allergies are at the highest risk of fatal food-induced anaphylaxis.

- Individuals with food allergies who also have asthma may be at increased risk for severe/fatal food allergy reactions.

- Symptoms of anaphylaxis may recur after initially subsiding and experts recommend an observation period of about four hours to monitor that the reaction has been resolved.

- It is possible to have anaphylaxis without any skin symptoms (no rash, hives).

- Failure to promptly (i.e., within minutes) treat food anaphylaxis with epinephrine is a risk factor for fatalities.

You could save a life...

Learn the symptoms of an allergic reaction.

Anaphylaxis is a serious, potentially fatal allergic reaction. Symptoms of an allergic reaction can range from mild to severe, and can include one or more of the following:

Mouth: swelling (tongue and/or lips), itchy mouth, blue-tinged lips

Throat: trouble breathing/swallowing/speaking, tightness, hoarseness

Lungs: repetitive cough, shortness of breath, wheezing

Heart: faintness, weak pulse, dizziness, confusion, paleness

Skin: hives, itchy rash, swelling, flushing

Gut: vomiting, diarrhea, crampy pain

Other: sense of impending doom, loss of consciousness

If you observe signs of an allergic reaction, get help immediately. **If you suspect anaphylaxis, administer prescribed epinephrine and call 911.**

Foods Commonly Associated with Food Allergies

- Eight foods account for 90 percent of all reactions: milk, eggs, peanuts, tree nuts, soy, wheat, fish and shellfish. Even trace amounts of a food allergen can cause a reaction.

Food Allergy Risk Factors and Related Diseases

- Food allergies affect children and adults of all races and ethnicity.
- A food allergy can begin at any age.
- Your risk of having food allergies is higher if you have a parent who suffers from any type of allergic disease (asthma, eczema, food allergies, or environmental allergies such as hay fever).
- Children with food allergies are 2-4 times more likely to have other related conditions such as asthma and other allergies, compared with children who do not have food allergies.
- Food allergies may be a trigger for or associated with other allergic conditions, such as atopic dermatitis and eosinophilic gastrointestinal diseases.

Can You Outgrow a Food Allergy?

- Peanut and tree nut allergies, which also tend to develop in childhood, usually are lifelong. In the U.S., approximately three million people report allergies to peanuts and tree nuts. Studies show the number of children living with peanut allergy appears to have tripled between 1997 and 2008.
- Cow's milk, egg and soy allergies typically begin in childhood and eventually may be outgrown. In the past, most children outgrew these allergies by school age. A recent study, conducted by researchers at Johns Hopkins University School of Medicine, indicated that children are taking longer to outgrow milk and egg allergies. Fortunately, the majority are allergy-free by age 16.
- Fish and shellfish allergies also tend to be lifelong. More than 6.5 million adults are allergic to finned fish and shellfish.

Is There a Cure?

- There is no cure for food allergies. Strict avoidance of food allergens and early recognition and management of allergic reactions to food are important measures to prevent serious health consequences.

Source: Foodallergy.org

URGENT CARE

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

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

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

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



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

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

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8am to 5pm

Office:
352-350-1525



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

URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM

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

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

A TEAM EFFORT

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



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

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

SIMPLY THE BEST

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

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



Adam Santos, PA-C

"Your care means more to us than your wallet"



John Santos, ARNP

MISSION STATEMENT

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

MOTTO

Hard work pays off and honesty will prevail

441 URGENT CARE GOALS

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

OUR PHILOSOPHY

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

MIRACLE ELECTRIC THERAPY EFFECTIVE AND NATURAL PAIN RELIEF FOR DIABETES AND OTHER CONDITIONS

FINALLY Available in Central Florida!

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

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

The Science Behind AMT

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

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

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

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



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

How does AMT work?

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

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

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

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

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

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

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

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

...and much, much more

The Electro-Acuscope & Myopulse are FDA Registered, and will enhance any medical practice by producing dramatic results that are backed by over 40 years of science, including Nobel Prizes and double blind studies.

Using AMT, Mr. Rowland and his team of cellular electro-stimulation specialists are ready to assist you with your pain relief management needs. Feel more youthful, more mobile, and more comfortable today. Diabetic neuropathy pain and most other types of chronic pain you may have accumulated throughout life will become a thing of the past, while improved health will be your new future. Pain relief therapy is within your reach using AMT. **Contact Energy Medical at 352-552-1889 for a Free Consultation today! The only thing you've got to lose is pain!**

EMed
ENERGY MEDICAL

(352) 552-1889
www.EnergyMedical.net

17820 SE 109th Ave., Suite 106B
Summerfield, FL. 34491
In the Spruce Creek Medical Center
Across from the Walmart on Hwy. 441

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

OCALA

7535 SW 62nd Court, Ocala, FL 34476

SUMMERFIELD

10435 SE 170th Place, Summerfield, FL 34491

SUMTERVILLE

1389 S. US 301, Sumterville, FL 33585

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



Standard Colonoscope
Limited 170° Field of View



Fuse™ Colonoscope
Panoramic 330° Field of View



(352) 237-1253
www.gastro-colon.com



Mental Health Home Care

Helping families, caregivers and patients cope with behavioral and mental health challenges

When most people think of home health care, they most often imagine only physical injuries or illnesses. However, mental health is an important part of our overall health and can directly affect our physical well being or health. Mental illness requires diagnosis and treatment just as physical conditions do.

What is a Mental Condition or Disorder?

Health conditions are diagnosed and treated based on signs and symptoms, as well as on how much the condition affects a person's daily life. Signs and symptoms can affect:

- **Behavior** – like drinking too much alcohol or constantly washing your hands;
- **Feelings** – such as a deep or ongoing sadness, joy or anger; or,
- **Thinking** –such as thinking that the television is controlling your mind — or thoughts of suicide. Mental illness or a mental health condition can happen at any ages, and it can affect children, adults or the elderly.

There are more than 300 diagnosed mental health conditions or disorders. There are 7 main types of mental disorders:

- **Anxiety:** such as obsessive/compulsive behavior or post traumatic stress disorder
- **Attention deficit or hyperactivity disorder**
- **Autism**
- **Eating Disorders**
- **Mood disorders:** such as depression
- **Personality Disorders,** or
- **Schizophrenia**

The National Institutes of Mental Health, a division of National Institute of Health, reports that in any given year about 26% of adults have one or more diagnosable mental disorders. The average age of most diagnosed conditions is 14. Those who are disabled by a mental condition or are seriously mentally ill is a much smaller group, only 6% of the population.



Mental Health Condition or Disorder and Diagnosis

Each mental health condition has its own set of signs and symptoms. In general, however, professional assessment and help may be needed if someone:

- Has a noticeable, serious change in personality, eating or sleeping patterns
- Is unable to deal with problems or daily activities
- Has strange or grandiose ideas
- Show excessive anxiety when facing daily life
- Feels depression or not caring about usual life for over two weeks
- Thinking or talking about suicide
- Abuses substances such as drugs or alcohol
- Displays extreme mood swings or excessive anger, hostility or violent behavior

Many people who have mental health conditions think their signs and symptoms are a normal part of life –such as reacting to a death or an illness, or they do see doctor or mental health professional out of shame or fear. Seeing a family doctor, or making an appointment with a counselor or psychologist offers an assessment to see if the behaviors or feeling are really a mental health condition. There are treatment options just as with a physical illness, such as medications or counseling, which can help a person often return to a normal life and activities.

Home Care Services for Clients With Mental Health Issues and Depression

CareMinders can support the treatment of individuals and help them and their families live with, and in many cases recover from a mental illness. CareMinders qualified registered nurses work closely with counselors, social workers, and mental health professionals including psychiatrists to create a home care plan supporting an individual's treatment and management of daily life.

Why home care?

For many patients, home is the best possible place for learning to cope with behavioral and mental health issues. The combination of family, friends and familiar surroundings often provides the most comfortable environment for working toward mental and physical health and independent functioning.

At CareMinders, our client's overall well-being and enhancing their "quality of life" is our top priority. We begin our home care process with a free comprehensive in-home assessment of each client's physical, mental, social and environmental needs.

Our assessment includes an evaluation of hazards and other risks in a client's home, which may impact the treatment and the outcome of care. All risks are mitigated to the extent possible through a customized home care service plan, which is designed and supervised by a registered nurse.

Every service plan is discussed with family members and medical personnel, with a main objective of improving the quality of life for our client. All of our standards of performance are designed to provide the highest quality home care services possible.

CareMinders has helped care for countless individuals with behavioral and mental health challenges. Over the years, we have supported and guided families and caregivers as they coped with difficult behavioral, developmental, substance abuse and medical needs. It's very likely that we've assisted families in situations very similar to yours. To schedule an assessment or for more information, call 352-430-2781.



352-430-2781

www.CareMindersLadyLake.com

Tips for Preserving Eye Health

With increasing pollution and levels of dust and grime our eyes need special care and attention. While we typically look after our skin, hair and other parts of the body, we tend to neglect eye care. As we grow older, it is common for our vision to weaken.

Vision problems such as glaucoma, cataracts, age-related macular degeneration, and diabetic retinopathy are common among older adults. You can't prevent your eyes from aging, but you can slow age-related damage by taking care of your eye health.

The following tips can help you take care of your eyes and preserve clear vision:

Increase consumption of fruits and vegetables.

The first and foremost in eye care is the diet. Make sure that your intake includes plenty of fruits and vegetables specially those with yellow and orange pigments a yellow ones like carrots, mangoes, papaya, corn, squash, and citrus fruits. Leafy dark green vegetables like kale and spinach also promote eye health. All of these foods are rich in beta carotene which helps to have healthy eyes.

Wear sunglasses and a hat. The sun's ultraviolet (UV) rays can damage eyes just as they can damage skin. The best way to protect eyes from sun rays, especially during peak daytime is to wear sunglasses with UV filters. If you plan to be outside for long periods of time, wear a wide-brimmed hat for extra protection from UV rays.



Do not rub. Avoid excessive rubbing of your eyes as the irritation caused due to rubbing or touching will only cause more puffiness. Instead just blink your eyelids. Blinking is a good massage and exercise to the eyes.

Take frequent breaks. Another way to prevent eyestrain is to take frequent breaks from the computer screen, reading materials, and television. It is recommended to look away every 10 minutes for 15 seconds to give your eyes adequate rest.

Turn the lights on. While you won't permanently hurt your eyes by reading or working in a dimly lit area, you can cause temporary eyestrain, which can lead to headaches and fatigue. Protect your eyes by making sure your workspace is adequately lit.

Exercise regularly. Simple every day eye exercises like closing your eyes gently for 30 seconds to relax them in between your work, rotating your eyes often to relax muscles and moving your eyeballs from extreme left corner to the right corner is good for maintaining healthy eyes. To prevent blurred vision follow this simple exercise: hold a pencil at arm's length and slowly bring it towards your nose, keeping eyes focused at all times.

Get adequate sleep. Rest is vital in the eye care routine. It will not only refresh the eyes but also improve their efficiency. Getting adequate sleep keeps your whole body refreshed, including your eyes.

Get regular eye exams. Starting at age 40, get annual eye exams and have your eye doctor look for signs of eye damage. Even if you have no complaints it's important to see a doctor and have a routine eye check up. Many potentially serious vision problems can be successfully treated if they are detected early enough. If you experience cloudy, blurred or double vision, or any other eye pain seek the care of your eye doctor for proper diagnosis and treatment before the problem becomes permanent.

You can't stop time, but you can take care of your eyes so that they remain healthy as you age. Having clear vision is possible at any age. The above eye care tips will ensure that your eyes remain healthy and beautiful for a very long time.

Call and Schedule your Eye Exam Today!
352-399-5412

"Life at Home is the Key to Independence."



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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
The Villages, FL 32162.
Located in the Palm Ridge Plaza off CR 466.

(352) 391-9467
www.comptonchiropractic.com

COMPTON CHIROPRACTIC CARE

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

Our Philosophy


- Treat patients as individuals and perform a thorough exam
- Deliver an accurate diagnosis
- Treat patients with the highly reliable and world-known Palmer "hands on" Technique
- No long-term treatment plans or large out-of-pocket expenses
- Provide patients with non-surgical alternatives to pain

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- Clinical Nutrition
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<p>Dr. Brett Compton Chiropractic Physician Palmer Graduate U.F. Graduate - B.S. Nutrition Military Veteran</p>	<p>Dr. Brent Compton Chiropractic Physician Palmer Graduate U.C.F. Graduate B.S. Biology Sciences</p>	<p>Dr. Daniel Taylor Chiropractic Physician Palmer Graduate U.C.F. Graduate B.S. Molecular & Microbiology Sciences</p>
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VEIN ULCERS

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

Venous ulcers affect more than 6 to 7 million people in the United States. They account for more than 70% of all limb ulcers, affect women more than men, and increase with age. Venous ulcers are primarily in the lower legs and most people have them as long as 10 years. It is a chronic, debilitating disease that costs millions of dollars to treat and care for yearly.

Correct Diagnosis is Crucial

Recognizing venous ulcers is the first step in the diagnosis. There are many causes of ulcers in the legs and being able to identify the correct kind is crucial in having the right treatment. Many primary care physicians are not trained in chronic wound care management and advanced treatment. There are many causes of wounds in the legs such as venous, arterial, diabetic, infectious, cancerous, and traumatic wounds. Therefore, recognition is the most important aspect in wound care management.

What are Vein Ulcers?

Vein ulcers are wounds that are caused by an underlying venous pathology called Venous Insufficiency. Venous insufficiency is caused by genetics, standing a lot, sitting a lot, obesity, trauma to the legs, pregnancy, and history of blood clots. It damages the underlying vein and causes a back up of blood flow back to the heart and thus, builds up with proteins in the legs and later develops swelling, skin color changes, and eventually ulcers.



Stage 6 CEAP vein disease causing Vein ulcer



Compression wrapping



Venous Ulcer Patient

Vein ulcers do Heal



Early Vein Ulcers with skin color changes



Severely infected vein Ulcer

Advanced Treatment Techniques

The traditional and current primary care provider wound care management of these vein ulcers is wet to dry dressings. However, this makes it worse because vein ulcers weep and are a very wet wound. Today, we use advanced techniques to include silver dressings, collagenous dressings, super absorbent sponges, and compression therapy. Compression therapy such as the Unna Boot is the key to healing vein ulcers along with infection control, frequent dressing changes, and super absorbent materials. Combined with vein treatment of lasers and injections to close off the dysfunctional veins with patient compliance to wearing compression and dressing changes, there is a high success rate of healing these debilitating chronic ulcers. Thus, preventing amputations and the formation of new ulcers.

Treating the wrong wound with the wrong materials is a cause for further progression of the ulcer and can lead to increased time for the ulcers to not heal, high costs, and even amputations. It is crucial to go early to a Vein specialist who specializes in veins and especially vein ulcers utilizing advanced wound care techniques and state of the art vein treatment.

Bio

Tom Tran PA-C, MPAS
Credentials:

- NCCPA Surgical Physician Assistant
- American College of Phlebology
- Fellow American Academy of Physician Assistants
- Fellow Florida Academy of Physicians Assistants



Awards and Accolations:

- Inventor of the Transcatheter Extractor®
- Florida PA of the year award in 2007
- Former Treasurer of the National Physician Assistant Foundation
- Former President of the Florida Physician Assistant Foundation
- Current Lake County Board Seats
 - Appointed Board of Director for Well Florida Council
 - Board of Director of Healthy Star Coalition
- Founding Member of the NP/PA Section of the American College of Phlebology

Tom Tran has also appeared in the AAPA Paper, Endovascular Today Magazine, Orlando Medical News, Orlando Doctor Magazine, Orlando Business Magazine, The Villages Daily Sun Newspaper and Lake Magazine.


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AT THE VILLAGES

(352) 259-5960
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The Villages, FL 32162
2754 Dora Avenue
Tavares, FL 32278

OSTEOARTHRITIS OF THE KNEE - WHY SUFFER NEEDLESSLY?

By Physicians Rehabilitation

Osteoarthritis (OA) is a common illness that causes joints to become stiff and extremely painful. If you have been diagnosed with OA you are not alone. Over 27 million people in the United States alone are reported to have this condition!

Though OA can affect multiple joints in your body, it is most common in the knees, hips, hands, feet and spine. OA causes the smooth cartilage that covers and protects the ends of your bones to break down which can cause your bones to begin to rub together. With knee OA your knee joint is no longer able to naturally lubricate itself and the cartilage no longer cushions the joint like it once did. This results in stiffness, swelling, and pain that can make walking very difficult.

Common Symptoms of OA

- Knee pain when moving, standing, or sitting
- Loss of flexibility in the knee
- Redness and swelling in the knee area

What Causes OA of the Knees?

The actual cause of OA is unknown. However, there are many things that will contribute to getting the disease. Anyone can get OA of the knees, but it is most common in people over the age of 65. The associated conditions of OA include getting older, obesity, previous injury to the knee, or a sports-related injury. OA affects women more than men.

Treatment of Osteoarthritis

The physicians and knee pain specialists at Physicians Rehabilitation use a highly effective, natural osteoarthritis treatment called Supartz, which provides welcomed pain relief for OA sufferers.

Over 99% of patients who utilize our osteoarthritis knee pain protocol receive significant pain reduction, with an average of 77% in reduced pain!*

Supartz is hyaluronate that is injected directly into your knees by a physician. Supartz is an FDA approved hyaluronic acid that is used to treat osteoarthritis (OA) and the associated knee pain. Hyaluronic Acid is a natural substance that is found in large amounts in your joint tissues and joint fluids. It acts as a lubricant and shock absorber inside your knee joint and enables your knees to properly operate. Its formulation is from nature, derived from the rooster comb, purified, sterilized and cross linked to match the viscosity of your naturally occurring synovial fluid.

Benefits of Supartz Injection Therapy Include:

- Months to years effective pain relief
- Prevents further damage by replacing joint fluid
- Approved by the FDA for OA treatment
- Naturally-derived formulation

How Supartz Works

Supartz is injected by a physician directly into the knee joint using video fluoroscopy (live x-ray) imaging for superb accuracy. When injected, it immediately lubricates the joint and acts as a barrier against bone-on-bone grinding. In doing so, Supartz reduces the source of inflammation and damage caused by grinding and provides long-term pain relief for OA patients.

What to Expect from the Procedure

The knee injections are administered by a physician during a brief office visit. A typical treatment involves the OA patient receiving one injection per week for 5 weeks to achieve the maximum benefit from the treatment, coupled with individually designed physical therapy for creating superior joint healing.

Typical Supartz Injection Session Process

- Sterilization of the knee area
- Small amount of numbing medicine applied
- Lidocaine internal numbing
- Iodine (or other contrast dye) is injected to verify perfect Supartz placement within the synovial capsule
- Video fluoroscopy used to insure a precise injection administered (without use of this method there is a significant chance of missing the synovial capsule and losing benefit of the injection)
- Once completed, the patient is free to resume their normal daily activities

Little or No Side Effects

Though it can only be administered by a physician, Supartz is a naturally derived substance that is not considered a drug. The most common adverse effects reported are injection-site swelling and irritation, like any injection point you may have encountered.

Did you know that our knee protocol is covered by Medicare and most insurance plans? Call today to learn more and to schedule a consultation for your knee, 352-775-3339. *Visit our website for free copy of report www.PhysiciansRehab.com



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The spa offers massages, facials, eyebrow and body waxing, organic facelifts, pedicures and a host of other services.

"We provide personal packages that fit each person's personal needs, and we use all organic and chemical-free products," owner Ani Miryala says. "We also customize treatments for you to do at home."

The spa carries a large selection of holistic and organic products made by Ani, who takes special pride in her Indian heritage.

Clients walk away glowing and uplifted.

"After the organic facelift, my skin feels fabulous! I have suffered from rosacea, and chemicals and chemical peels have not worked. My face has responded beautifully to Ani's customized natural treatments, even after the first facial. I have noticed

the rosacea is gone and my pores are tightened. After four treatments, I have noticed my crow's feet and wrinkles are disappearing. It's amazing what natural products can do. My friends and family have even noticed the difference! I'm a pretty skeptical person, but I can't say enough about this treatment. I highly recommend Ani's treatment to everyone!" said client Deb M.

"I recently moved here from Indiana and after all the packing and unpacking, I was in a lot of pain. I came in for a massage, but I wasn't expecting anything like this. I started to tell the therapist where I hurt the most, but after she worked on me for a little while, she could tell me more about what was going on in my body than I could possibly tell her. They worked on me for 3 1/2 hours, and I feel wonderful. I feel like I could run a marathon. I'm so amazed at how I feel that I am booking a massage for my husband," said Lou Long, of the Village of Lynnhaven.

Come and pamper yourself at U2 NewU Browtique & Spa, Monday through Saturday, 9 a.m. to 6 p.m. The spa is closed on Sundays.



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PROTECT YOUR SKIN FROM AGING, DARK SPOTS & CANCER

Sunlight, specifically UV radiation, is the Number #1 cause of skin cancer as well as unsightly wrinkles, age spots, thinning, more fragile skin. In short, excessive sun exposure is the main culprit for premature aging of the skin? The thermometer is reaching 90 more and more frequently, making it imperative that you think about the dangers of Ultraviolet (UV) radiation from the sun. There is never a good time to let down your guard against premature aging and skin cancer.

Sun exposure dries out skin and reduces its ability to hold moisture. The resulting lines and wrinkles sharpen the appearance of aging. And the cute, charming freckles that the sun brings out in childhood morph into the brown spots and discoloration that plague us as we get older.

With your sun safety in mind, here are three things to keep in mind about summer sun protection:

1. *UVA rays age skin cells and can damage their DNA.* These rays are linked to long-term skin damage such as wrinkles, but they are also thought to play a role in some skin cancers. Most tanning beds give off large amounts of UVA, which has been found to increase skin cancer risk.

2. *UVB rays have slightly more energy than UVA rays.* They can damage skin cells' DNA directly, and are the main rays that cause sunburns. They are also thought to cause most skin cancers.

3. *Sun damage is cumulative -* Many people do not realize that the worst areas for skin cancer and premature aging are those areas exposed to the sun throughout the year, not just in the summertime. Small doses of ultraviolet light that never cause overt skin damage, over the years, causes a collection of micro-scars that damage the skin. The result is premature aging.

4. *Medications can mean unexpected sun sensitivity -* Protecting your skin from the sun's rays is always important, but it becomes even more so when your medication causes photosensitivity. Hundreds of medications, (including everyday antibiotics, hormones and diuretics) may cause you to be extra sensitive to the sun.

So what's a body to do? To better protect your face, choose a sun hat that has a brim. Preferable a three-inch wide brim or greater, depending on the outdoor activity you doing.

Remember UV radiation that has been reflected up or scattered from a surface such as water or sand. It is extremely important to protect yourself from these reflective sun rays which are almost as dangerous as direct rays. To combat reflective rays, wear a thick coat of broad spectrum sunscreen reapplied throughout the day.

A quality broad spectrum sunscreen will protect against the UVA as well as the UVB rays of the sun. It is important to make sure your skin is protected from both these rays in order to prevent damage and cancer.

The worst type of skin cancer is malignant melanoma, which only accounts for approximately 4% of all skin cancer but accounts for about 79% of skin cancer deaths. Skin cancer claims the lives of approximately 8,000 deaths in the U.S. annually. Don't become a skin cancer statistic this summer.



You don't have to stay inside, get out and enjoy the sunny Florida beaches, just please be conscious of how much time you do spend in the sun and always, always wear sunscreen.

Active Lifestyles Encouraged at Retirement Communities

Many local retirement communities offer indoor activities for residents so that they can stay active while avoiding the harmful rays of the sun. For instance, indoor pools are a great alternative to swimming and exercising in an outdoor pool, especially during summer months when the sun's rays are most harmful to the skin. This is just one of many conveniences that may be offered at our local retirement communities.

If you or a loved one are considering a move to a retirement community, you need an agent who is well versed in the area and the various communities to provide the answers you will need to make informed decisions. Without the proper information, the decisions you make can prove costly and won't only waste time, but keep you from making the best decisions.

The members of the Trout Team will listen to your concerns and provide the answers you need. We will assist you in finding the right community that best suits your needs and your lifestyle.

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May is High Blood Pressure Education Month & Stroke Awareness Month

High Blood Pressure and Stroke

Blood pressure measures the force your blood exerts on blood vessel walls as it travels through your body. Your blood pressure reading has two numbers (for instance, 120/80). The first number is the systolic blood pressure, and measures the force your blood exerts on blood vessel walls as your heart pumps. The second number is the diastolic blood pressure, and measures the force your blood exerts on blood vessel walls when your heart is at rest between beats.

What is high blood pressure?

For people over age 18, ideal blood pressure is considered 120/80 or lower. Blood pressure varies with exercise or stress. A blood pressure reading that is often higher than 120/80 is considered pre-hypertension. High blood pressure or Stage One hypertension is measured at 140/90 or higher. If you have had a previous heart attack, stroke, are diabetic, have kidney disease, high cholesterol, or are overweight, speak with your physician about controlling and lowering your blood pressure. Keeping your blood pressure below 140/90 may reduce your risk of any complications.

As many as 50 million Americans age six and older have high blood pressure. Of the one in every four adults with high blood pressure, 31.6 percent do not know that they have it.

How is high blood pressure related to stroke?

High blood pressure is the most common risk factor for stroke. Doctors call high blood pressure “the silent killer” because you can have high blood pressure and never have any symptoms. If it is not treated, high blood pressure can lead to stroke, heart attack or kidney failure.

High blood pressure puts stress on blood vessel walls, causing them to thicken and deteriorate, which can lead to a stroke. It can also speed up several common forms of heart disease.

When blood vessel walls thicken, cholesterol or other fat-like substances may break off of artery

walls and block a brain artery. In other cases, the increased stress can weaken blood vessel walls, leading to a vessel breakage and a brain hemorrhage.

What causes high blood pressure?

In most cases, it’s impossible to pinpoint an exact cause of high blood pressure. There are, however, some factors that have been linked to high blood pressure, such as: Family history of high blood pressure:

- **Age** – the rate of high blood pressure rises in men after age 35 and in women after age 45
- **Gender** – Men are more likely to have high blood pressure than women
- **Race** – Approximately 33 percent of African-Americans have high blood pressure, compared to 25 percent of Caucasians
- **Other factors** linked with high blood pressure include excess weight, high alcohol consumption, diabetes, lack of exercise, and a high-salt diet.

How can high blood pressure be treated?

In most people, high blood pressure can be controlled through diet, exercise, medication, or a combination of all three.

A diet that is low in salt and rich in vegetables, fruits, and low-fat dairy products may help lower your blood pressure. Recent studies have also shown that increasing potassium intake may help lower blood pressure.

A program of regular **exercise** – appropriate to your age and fitness level, and approved by your health care provider – can lower blood pressure, and may aid in weight loss.



Stroke is an emergency and a brain attack. Act **FAST** and call **9-1-1** at the first sign of stroke.

F	FACE Ask the person to smile. Does one side of the face droop?	
A	ARMS Ask the person to raise both arms. Does one arm drift downward?	
S	SPEECH Ask the person to repeat a simple phrase. Is their speech slurred or strange?	
T	TIME If you observe any of these signs, call 9-1-1 immediately.	

Finally, many **medications** are offered to treat high blood pressure. You and your health care provider may have to try several different drugs before you find the one that works best for you. This is common, so try not to be discouraged if it happens. Once you find a drug that works, be sure to take it as directed, even when you feel fine. If you have already had a stroke, lowering your blood pressure (even if you do not have high blood pressure), lowers the risk of recurrent stroke.

Speak with your health care provider about “customized” strategies and information about how to control your hypertension. The key to keeping your blood pressure within the normal range is your commitment to be an active participant with your health care provider in your own care.

For more information: The National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health <http://www.nhlbi.nih.gov>.

For more information about ways to reduce your risk of stroke, visit National Stroke Association at www.stroke.org.

Source: stroke.org

Walking Over Niagara Falls

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

During one of our Easter Services at Bayside Community Church, Nic Wallenda (one of our members) walked a high-tension cable over the audience in our auditorium as an illustration for our Lead Pastor, Randy Bezet's, message.

As Nic climbed onto the high wire and began his walk over our heads, he shared that his family had been high-wire walkers for seven generations. Recently his aunt had been featured in an article on a high-wire walk she had done at 80-years old.

To watch him on the wire over us was truly an extraordinary thing to see. He was calm, focused, articulate, funny and even picked on Pastor Randy's favorite football team, LSU.

But what I really liked was two very critical keys he shared from the wire that helped him be safe and successful. His success includes holding **nine Guinness World records** for various acrobatic feats, but he is best known as the first person to walk a tightrope stretched directly **over Niagara Falls**.

Nic said that while he is walking the high wire, doing these death-defying acts, **he talks to his dad** through a two-way communications piece attached to him. He said that once while he was riding a bicycle on a wire he got to a place on the wire and the bicycle tires started to slip and lose traction. He told his dad that he was going to back up and not cross the wire with the bicycle. His dad calmly and patiently talked him through it, and he went on and crossed safely and successfully.

The second thing he said is that even after months of preparation, while he was walking over Niagara Falls the winds were so gusty and strong that he had to stop the walk and **get down on one knee** and wait for the gust to pass while he talked with his dad.

What great examples for Christ-followers.

We constantly have a line of communication open to our Dad in Heaven and can talk to him at any time, especially when the scary winds of life are gusting all around and are threatening to harm us. Like Nic Wallenda, we can get down on our knees and let our Dad in Heaven talk us through it.



As a Christ-follower I have found that you can hear God speak to you in that inner place called the heart.

And actually the Lord Jesus said this,

"My sheep recognize my voice. I know them, and they follow me. I give them real and eternal life. They are protected from the Destroyer for good. No one can steal them from out of my hand. The Father who put them under my care is so much greater than the Destroyer and Thief. No one could ever get them away from him. I and the Father are one heart and mind."

(John 10:27-30 Message Bible)

What a great comfort to know that you have an open line of clear communication to your Dad in Heaven who is so much greater than anything that you could ever face.

Like Nic and his relationship with his dad, the key is to have a relationship with your Dad in Heaven through His son Jesus Christ. It's in a relationship with Him that you learn to trust Him and become familiar with His voice.

Nic Wallenda took his dad's advice for one reason: he knew his dad's voice. Nic's dad had Nic training on the wire since he was two years old. So he had

been hearing his dad's familiar voice all his life. And when those scary gusts of wind hit him on the wire, it was **his dad's familiar and trusted voice that helped him** not only get across the wire but also get nine Guinness World records.

Let's think about that for a minute. What amazing things could you accomplish if you were to come to know and trust your Dad in Heaven's voice? Not only could you endure through turbulent times but you could even obtain some amazing new records or goals in your life. You could go to a whole other level.

So start today...get down on one knee and unabashedly talk to your Dad in Heaven. Dare to ask Him for something outlandish. Reach beyond your normal everyday life. Live an extraordinary life of faith in what can be and should be. Live your life with intention and purpose. Do life on your own high wire with your Dad in Heaven's comforting voice constantly in your ears!

Go ahead...I dare you!

To your spiritual health,
Pastor Alex Anderson
 Author, *Dangerous Prayers*
 alex.anderson@alexanderson.org
 www.dangerous-prayers.com
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