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Health & Wellness[®] MAGAZINE

May 2016

Marion Edition - Monthly

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**IT'S SPRING!
Let Health Bloom
with a Screening
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**Keeping Your
CHOLESTEROL
Levels in Check**

**STROKES AMONG
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After 17 years, used in over 4,000 hospitals and medical facilities, in over 40 countries, documented in over 400 independent studies done internationally, with 115 published on the National Institute of Health's website, as well as 40 (PubMed) medical journals, and over 1 million happy users proving the effectiveness of BEMER (Bio-Electro_Magnetic-Response) therapy. The technology is so effective NASA is now using it the space suits of astronauts to enhance their health, and protect them from the harmful effects of being in space.

BEMER, Physical Vascular Technology is finally available in Central Florida.



Safe & Effective Results

BEMER therapy is so safe, it is recommended for people with pacemakers, pregnant workmen and newborn babies. To obtain optimal results you simply lay or sit on the mat for eight minutes twice a day in the morning and evening. After only four weeks you can sleep on the device, continually improving your health every day, while you do nothing but sleep at night.

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*Extreme Dermatitis
(82 year old female patient)*



BEFORE BEMER



15 DAYS LATER

Your body is designed to self-heal. So let it! BEMER supports the body's inherent ability to repair and regulate itself.

Health is our most valuable possession. When we are ill, we want to re-gain our health as soon as possible; when we are healthy, we strive to maintain our good health as much as possible. Every living organism constantly produces, absorbs and distributes energy. These processes are kept in order and balance by natural self-regulating mechanisms.

Industrialization and socio-economic developments over the years have led to decreased production and utilization of vitally necessary energy in our bodies, mainly through lack of exercise, poor eating habits, unhealthy lifestyles, stress, and negative environmental changes. As a result, the self-regulating mechanisms that order and optimize our energy household have been brought to their limits.

Bio-Electro-Magnetic-Energy-Regulation – BEMER therapy- utilizes the therapeutic effects of a low grade pulsating electromagnetic field. The electromagnetic energy of this field is the same principle used by nature from the beginning of time to maintain life and vitality in human organisms.

What makes BEMER therapy unique is the utilization of a very specific, patented broad spectrum impulse, developed in 1998 by physicist and biologist Professor Dr. Wolf Kafka. All metabolic and regulatory functions of the human body, specifically that of microcirculation, react positively to the electromagnetic field created by this impulse. As a

result, the body's oxygen supply improves, and with it the production of energy in the form of ATP (Adenosintriphosphate) – the power source of energy at the cellular level).

The deciding difference of BEMER therapy compared to other methods is that rather than merely treating symptoms, it addresses and supports basic processes in the body, and thus maintains and promotes healthy function. It regulates, stabilizes and supports essential and, if necessary, curative processes within the body.

BEMER therapy is not an "indication based" or ailment-specific.

This means that it does not work JUST on the one problem we might want it to deal with. BEMER therapy is holistic in the true sense of the word. The BEMER's electro-magnetic field is applied to the entire body; meaning it optimizes functions within the body as a whole and not on one specific ailment. This is why any BEMER treatment is of benefit. The different programs and levels fine-tune the treatment, but using a different level, or missing a treatment is not going to be detrimental to the client, it will simply mean that improvement and recovery might be a little slower than would otherwise be the case. There are therefore no rigid and specific protocols for various types of illness.

BEMER therapy increases blood circulation and lymph drainage at the capillary or micro-vascular level, increasing energy in the body at a cellular level, and much more.

The effectiveness of BEMER therapy has been documented as follows by scientific studies at universities and national science institutes worldwide, in accordance to GCP standards:

- Improved circulation, especially micro-circulation
- Strengthened immune system
- Stabilized oxidative balance
- Increased endurance (sport)

Herpes Zoster (Shingles)



Before BEMER



After 3 days

(4 daily applications)

The BEMER has been used successfully for the treatment of the following conditions, amongst others:

- Accelerated recovery from mild to severe burns
- ADD and ADHD in children
- Arthritis
- Asthma
- Backache Burns
- Cancer support
- Chronic and 'Age-Related' conditions
- Chronic Tiredness
- Circulatory Disorders
- Degenerative conditions of the joints and spine
- Depression and anxiety states
- Diabetes and related circulatory complications
- ED, Erectile Dysfunction
- Fibromyalgia Fractures
- Headaches & Migraine Hyper/Hypotonia
- Inflammation
- Immune System Disorders (auto-immune)
- Jet-lag alleviation
- Muscle Tension
- Non-healing wounds, ulcers, pressure sores etc.
- Osteoporosis
- Post-operative care - to reduce swelling & risk of infection
- Pain, chronic and acute
- Rapid regeneration after exercise & sport injuries
- Respiratory Conditions, COPD
- Rheumatism Scar build-up
- Sinus Issues
- Skin conditions, i.e. eczema, acne, psoriasis
- Sleep Disorders
- Sports Injuries
- Swelling
- Varicose Veins
- Wound Healing
- Support for multiple sclerosis & other degenerative conditions
- Tinnitus

BEMER & AMT together, produce astounding results.

The technology used in BEMER therapy, is a perfect compliment to the Electro-Acuscope Myopulse Therapy (AMT) equipment which uses artificial intelligence (read-analyze-respond) to optimize the autonomic nerves system. It produces, similar, and complementary results, by using precise low level electromagnetic fields (instead of micro-current) to stimulate blood and lymph flow to micro circulatory or capillary system of the body.

Diabetes – Leg Ulcer



Before BEMER

After 4 weeks

After 8 weeks

When BEMER therapy is used in conjunction with AMT it is by far the worlds most advance therapy for accelerating natural healing, optimizing health and eliminating pain.

Never accept that you should learn to live with any disease(s). Your body's amazing ability to heal itself must not be ignored. It just needs the right ingredients to do this, i.e. energy and bloodflow.

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BEFORE BEMER
Extreme Dermatitis
(82 year old patient)



12 DAYS LATER

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DAY 00



DAY 15

15 days Therapy

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<http://www.EnergyMedical.net/emed-videos>

It is a known fact that the degenerative condition of MS is not curable in the allopathic (modern medical) paradigm. This is because modern medicine seeks to manufacture a biochemical intervention (a drug) to encourage healing and/or mask symptoms.

Anyone with Multiple Sclerosis is welcome to participate, and should call our office for further details.

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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.

IT'S SPRING!

LET HEALTH BLOOM WITH A SCREENING MAMMO

May 8th kicks off Women's Health Week and the 8th is also Mother's Day, making it the perfect time to think of protecting your health and reminding the women you love they might be due for a routine screening mammogram.

The Board Certified radiologists of RAO recommend that women get a baseline mammogram by age 40 to establish a healthy image that can be compared to future exams, which should be performed every one to two years.

"A lot of women put off routine screening for a number of reasons," says RAO radiologist and breast imaging specialist Dr. Amanda Aulls. "The main reasons women give are that mammograms are uncomfortable or frightening, or that they're too busy. As a woman and the mother of a young child, I get it. But while a mammogram may be a bit uncomfortable and interrupt your regular duties, our healthcare team goes out of its way to make sure your visit is as quick and pleasant as possible. As for the fear factor, remind yourself that when caught in its very earliest stage, breast cancer has an extremely high cure rate. So come in for a few minutes, get it over with and go on with your day knowing you're taking the best possible care of yourself. And," she adds, "remember you're doing it for more than yourself, but also for the people who love you."

Designated as Breast Imaging Centers of Excellence by the American College of Radiologists (ACR), RAO's Women's Imaging Center and TimberRidge Imaging Center provide a full spectrum of breast imaging and diagnostic services, including tomosynthesis, or 3D mammography, which clinical tests demonstrate is 40% more accurate at catching invasive cancers and eliminating stressful false positives than traditional mammography.

When an alternative or follow-up exam is needed, RAO is ACR-accredited in all qualifying breast modalities, including breast MRI, breast ultrasound, mammography and stereotactic breast biopsy, as well as additional services like breast needle localization, breast aspiration and ultrasound-guided breast biopsy.

"We offer everything for every stage of examination," assures Dr. Aulls. "And we work directly with your doctor to provide comprehensive diagnosis, applicable treatment if needed, and plenty of patient education. We treat women how I would want my mother, my sister, my friends and myself to be treated – with expertise and genuine caring."

For more information on RAO's services, staff and insurance coverage, please call 352-671-4300.



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Dr. Aulls



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: Thomas Mitchell, M.S., CCC-A, F-AAA

Originally from Texas, Thomas completed his B.S. in Education Magna Cum Laude at the University of North Texas. He continued to study there and earned a Master of Science Degree in Audiology with a Minor in Gerontology. He has gathered over 30 years of experience in the Hearing Health Care industry and is a licensed Clinical Audiologist in Florida, Missouri and Texas.

Joining the HearUSA team, Thomas is excited to share his knowledge with patients. His specialties include identifying and treating disorders of the auditory system, providing comprehensive hearing evaluations, hearing aid evaluations and dispensing, and counseling and follow-up care.

Prior to joining HearUSA his work experience included comprehensive audiometric, electrophysiologic and vestibular diagnostic testing for children and adults at various Audiology/ENT private practice settings across the United States. Thomas' experience also included working with cochlear implant and hearing aid manufacturers as an award-winning manager and sales professional in the U.S. and worldwide.

“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.”

www.hearusa.com

STRESS INCONTINENCE IS NOTHING TO SNEEZE AT

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

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

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

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

SO, HOW DO YOU FIX IT?

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

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

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

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

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

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



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

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



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LIFESTYLE SOLUTIONS MEDSPA

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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.

At Lifestyle Solutions, we thoroughly examine your individual lifestyle and any existing medical conditions, and then analyze this information and use it to formulate your unique treatment program. We'll provide you with the proven tools needed to optimize your success.

When you join our physician supervised weight loss program, you'll get your own Lifestyle Coach who will help you each step of the way. No matter what your goal is, we can help you achieve it. Our Lifestyle Coaches are specially trained to help you figure out what will work best for you. Whether it's determining the best foods, developing great recipes to meet your needs, or cheering you up when you feel down, they are there for you so you never have to feel like you're going through this process alone.



KEEPING YOUR CHOLESTEROL LEVELS IN CHECK

Has your doctor advised you to reduce your cholesterol level? That is no surprise considering how many people have high cholesterol these days.

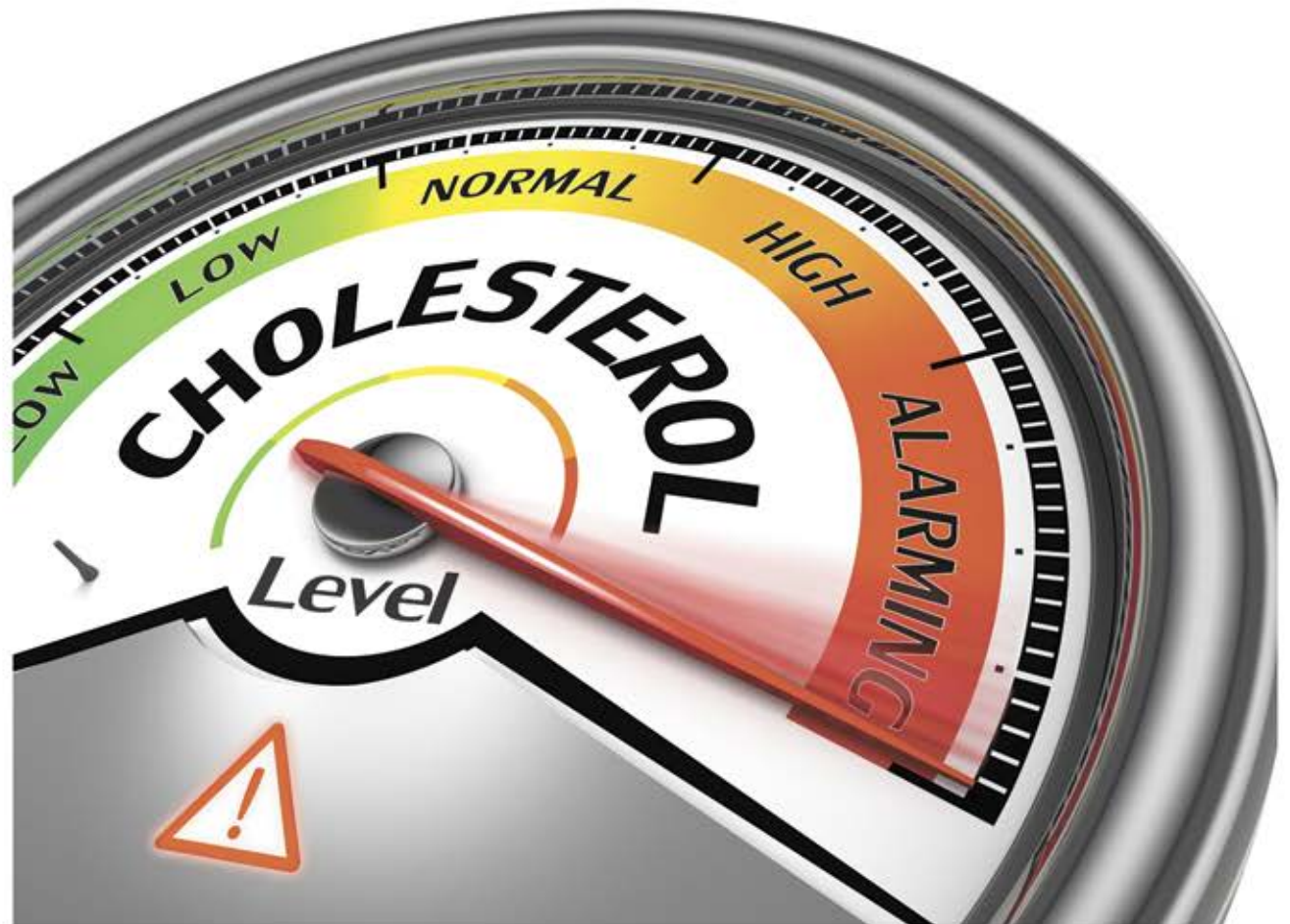
It seems that everyone is concerned about high cholesterol, and rightfully so. High cholesterol can cause clogged blood vessels, leading to heart attack and stroke. According to health experts, total cholesterol should be under 200 mg./dl. Between 200 and 239 is considered borderline high, and over 240 or above is considered high. These numbers are measures of total cholesterol, which is an indicator of cardiovascular health. However, in addition to total cholesterol, it is important that both the LDL, or bad cholesterol, be at a low level and that HDL, or good cholesterol, be at a higher level. Simply think of HDL as "healthy" and LDL as "lousy." HDL actually helps carry cholesterol out of your blood vessels while LDL allows it to deposit inside your artery walls.

LDL Cholesterol is known as low density lipo-protein cholesterol. This type of cholesterol is bad for the body because it circulates in the blood stream and settles as plaque on the artery walls. Over a long period plaque can build up to a point where the arteries can narrow or close, leading to a heart attack or stroke. LDL cholesterol should be lower than 100 mg./dl.

Good cholesterol is known as HDL or high density lipo-protein cholesterol. This type of lipo-protein picks up cholesterol in the blood and brings it to the liver where it is broken down and passes out of the body. For this reason, it is desirable to have a high level of HDL. The desired level of HDL cholesterol differs in men and women. For men, the desired level of HDL is above 40 and in women the level should be above 50. Ideally HDL cholesterol should be at 60 or above for optimal health.

For most health related issues, diet and exercise are two of the most crucial components. What you eat is critical to lowering your cholesterol levels, so let's focus on that for now.

Eating the proper foods can go a long way in preventing high cholesterol. Choosing lots of fresh vegetables and fruit can help lower the cholesterol



because they contain fiber. Beans and legumes are also good choices. Whole grains like whole wheat and oats also help keep cholesterol low.

"Dietary and exercise recommendations are unique to each individual and should be prescribed by a medical provider. DNA also influences how one metabolizes fats and sugars. New technology allows us to determine your unique nutritional and exercise needs.

When cholesterol cannot be lowered enough to meet goals through diet and exercise alone, medical therapy may be necessary to reduce risk of heart attack and stroke. There are many medical therapeutic options now available with exciting new technology that dramatically lower cholesterol levels. "

For more information about achieving and maintaining healthy cholesterol levels, or to schedule an appointment to have your cholesterol checked, call 352-351-4634 today.



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MAY IS STROKE AWARENESS MONTH

STROKES AMONG YOUNG ADULTS ON DRAMATIC RISE

By Frank Fraunfelter, MD, FACEP
Medical Director, Emergency Services - Munroe Regional Medical Center

While recent years have seen an overall decline in the number of strokes in the U.S., research published in the American Academy of Neurology Journal suggests the number of strokes among younger adults is actually on the rise, with about one in five victims now below the age of 55.

Since the mid-1990's, the number of strokes in younger adults has increased by approximately 53 percent. This trend is alarming in the impact it has on young families, when a parent who suffers a stroke is often physically and economically disabled before or during their most productive years.

Experts attribute several factors to the increased incidence of stroke in young adults, with the greatest focus around the issue of obesity. A study of more than 2,300 people in



the Baltimore area indicated that obese young adults were 57 percent more likely to experience a stroke than their non-obese peers. Much of that increased risk might be connected to the co-conditions often tied to obesity, such as high blood pressure, diabetes and smoking.

Even though more than a half million young adults suffer annually from a stroke, 73% of those interviewed indicated they would NOT seek treatment at a hospital when faced with the classic symptoms. Nearly three in four stated they would opt to

'wait and see' if their weakness, numbness or impaired vision symptoms went away on their own. This is a lack of awareness that can lead to devastating results.

Medical experts agree that medical treatment must be delivered for a stroke within three hours of the first symptom. This is the window during which treatment can minimize or even reverse brain damage. A lack of awareness results in patients that don't seek immediate treatment. But to date, only limited public health and research efforts have been dedicated to addressing stroke in young adults.



THIS WOMAN IS HAVING A **STROKE**

ACT **FAST** CALL 911



Any one of these signs could mean a stroke:



FACE

Look for an uneven smile



ARM

Check if one arm is weak



SPEECH

Listen for slurred speech



TIME

Call 911 at the first sign

Visit **StrokeCall911.com**

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The authors of one study suggest people should memorize the acronym “FAST”, which stands for: Face Drooping, Arm Weakness, Speech Difficulty; Time to Call 911.

Many, though not all, strokes are preventable through simple but critical lifestyle changes. Eating a healthy diet and maintaining a healthy weight, ensuring a daily dose of physical activity, controlling blood pressure, controlling blood sugar if you are diabetic and refraining from smoking are considered the most effective means of avoiding the devastation of a stroke.

For stroke survivors, Munroe Regional is pleased to sponsor the Stroke Club of Marion County. This group provides a channel of support for those that have sustained stroke, their families and caregivers. Through information sharing and socialization, members seek to be well informed regarding medical care, other possible treatment options and community resources. The Stroke Club meets monthly at the Munroe Auxiliary Conference Center. For more information, dates and times, call Munroe’s Health Resource Line at (352) 867-8181.

For more information about stroke symptoms and risk, visit www.stroke.org. Or, to schedule an appointment with a physician who can help you craft a prevention plan, visit www.MunroeRegional.com or call (352) 867-8181.

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

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



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

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

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

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 Rokey 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.



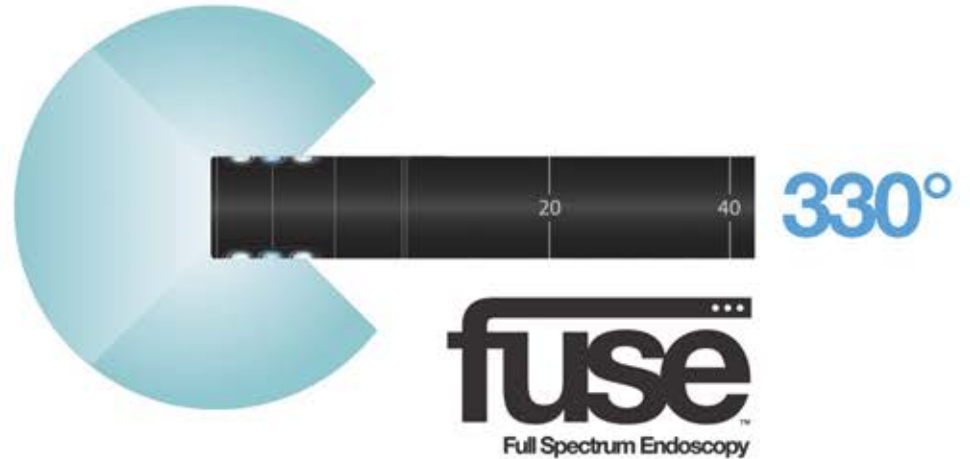
Dr. Anand Kesari



**Standard Colonoscope
Limited 170° Field of View**



**Fuse™ Colonoscope
Panoramic 330° Field of View**



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

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

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



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

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

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

**Gastro-Colon Clinic
Dr. Anand Kesari**

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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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365 days a year

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THE VILLAGES - BUFFALO RIDGE - CR466

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SAT & SUN
8am to 6pm

Office:
352-350-1526



Golf Cart Access

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2 Doors Down From Bonefish Grill, Inside The Villages Lab, Hwy 466

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SAT & SUN
8am to 5pm

Office:
352-350-1525

Golf Cart Access



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

URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM

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

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

A TEAM EFFORT

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



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

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

SIMPLY THE BEST

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

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



Adam Santos, PA-C

"Your care means more to us than your wallet"



John Santos, ARNP

MISSION STATEMENT

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

MOTTO

Hard work pays off and honesty will prevail

441 URGENT CARE GOALS

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

OUR PHILOSOPHY

See you at your convenience

Provide top level care without top level pricing

Be ever mindful that your time is valuable

Create a warm and relaxed environment

Include you in the medical decision process

Treat you as we would treat our own

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- Rashes and Poison Ivy / Oak
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- 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

How to Handle TMS...

Tired Mom Syndrome

By Nancy Jergins
iMOM.com

If you've never heard of TMS, you've probably had it—Tired Mom Syndrome. I coined the phrase after laughing with my children about my late evening fatigue that sets in after long days of running around and doing the things mothers do. The symptoms? A higher level of irritability. The desire to sequester one's self from the noise of loud children. And the slower movement associated with a tired body and mind!

I started joking about TMS because I wanted to help my children understand that even moms have limits. I explained to them that I love them very much, but that by the end of the day I don't have quite as much patience. I let them know that I can't handle a lot of craziness at this point in my day, and I ask them to please tone it down just a bit. I tried to help them relate by pointing out that neither one of them likes to be awakened in a loud, forceful way. I told them that's how I feel in the evening; I need a gentle approach, too.

Here's how to handle tired mom syndrome.

1. Pause before you lose it.

My children were in rare form on the way home from school the other day. They were loud, antsy, and were pretty much just letting off steam from a long day of studies. We were about a block from home when I felt myself near the point of losing it. I did not want to say something I would regret later. So I asked them to get out of the car and walk home. Well actually, I firmly told them to please get out of the car... now.

That little bit of alone time helped me pull it back together, and we laughed about the situation. A better outcome than if I had lost it in the car. (And don't worry, they were on the sidewalk and I was keeping an eye on them in the rearview mirror.)



2. Act like a baby.

While I was on a walk with a good friend the other morning, we started talking about naps. We both observed that TMS is much more likely to strike when we're tired. Enter the nap. It can be as short as 10 minutes, but if you can get in a good half hour every now and then, do it. You'll think better. You'll have more patience. You'll be nicer to your children. My friend told me that she's stolen a quick nap in the school pickup line!

If you can't slip a nap into your day, try to get enough sleep at night. I know, it's tough. There is always one more thing to do at night that keeps us from hitting the hay. But try not to go too many nights without getting good rest.

3. Cut back.

I woke up this morning at 3:30 and could not go back to sleep. My mind was spinning with the appointments I needed to schedule, the bills I

needed to pay, and the clothes—lots of clothes—I needed to fold. To beat TMS, you have to cutback on worry. Worry compounds TMS. But cutting back on worrying is easier said than done. Still, here's what helps: Pray. Ask God to help you realize that there is only so much you can do. A lot of things are out of your control. Those are the things that worry is wasted on. Cut out some of your responsibilities, if you can. I went through my duties and jettisoned the ones that were taking up too much of my energy and gave little reward.

So the next time you get TMS, try the steps above for relief, and let me know if they help!



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Keeping Summer Safe

From basic first aid to family emergencies

By Lindsay Crocker, Family Nurse Practitioner

Summer fun is just around the corner: sun, sports, pools, playgrounds and other outdoor activities abound. It's no surprise to any parent that the summer season is also the busiest for your local emergency room.

Knowing what to do when an emergency arises, when and how to administer medical care at home and when to head to the ER is important. Injuries are the top cause of death for children ages 1 to 21, according to the American Academy of Pediatrics.

Educating yourself and your family about how to handle an emergency can make for a safer, happier and healthier summer.

First aid kit

Bumps, scrapes and boo-boos can be handled at home with a well-stocked first aid kit. A necessity in every home, a first aid kit can help handle minor emergencies that don't require a doctor's immediate care. Your kit should be stored in a central location in your home – within easy reach for adults, not children. A properly stocked kit can help you manage emergency needs ranging from a burn to a deep cut.

Check your kit regularly and replace missing items or expired medications. It's a good idea to have a first aid kit in your home and another in the car. Don't forget to take it with you on family vacations, too.

First aid basics

Once your kit is assembled, be sure you know how to use it. Your local hospital or American Red Cross office generally offers first aid classes in administering CPR or the Heimlich maneuver, wrapping sprains, applying splints and treating burns. Some general first aid tips for a few common situations include:



• **Bruises:** elevate and apply ice or a cold pack.

• **Burns:** Immerse the burned area in cool water for at least five minutes or until the pain subsides. Cover the area loosely with a sterile gauze bandage. Do not apply ice directly, and do not use ointments or butter.

• **Bleeding or puncture wounds:** apply continuous, direct pressure with a clean cloth or towel to control bleeding, for about 20 minutes. Rinse the wound with clean water (no soap, as this may irritate the wound); apply an antibiotic and cover the wound with a bandage or sterile gauze.

Be sure to wash your hands before treating a wound. If you're not sure about the severity of the injury, call your doctor or head to your local emergency room.

When to go to the ER

If the injury is severe or complications occur – such as continued bleeding or redness, pain, numbness, fever or swelling – you need to go to the emergency room.

A Family First Aid Kit

- first-aid manual
- sterile gauze
- adhesive tape, adhesive bandages and elastic bandages
- antiseptic wipes
- soap
- antibiotic cream (triple-antibiotic ointment)
- antiseptic solution (like hydrogen peroxide)
- hydrocortisone cream (1%)
- acetaminophen and ibuprofen
- extra prescription medications
- tweezers
- sharp scissors
- safety pins
- disposable instant cold packs
- calamine lotion
- alcohol wipes or ethyl alcohol
- thermometer
- Breathing barrier (with a one-way valve) for mouth-to-mouth CPR
- plastic gloves
- a flashlight and extra batteries
- a list of emergency phone numbers
- blanket



A trip to the ER can be stressful for a child. Besides the injury and physical discomfort, there's also the fear of the unknown. If the parent can stay calm, that demeanor can transfer to the child and pave the way for a smoother ER visit. Also, be sure to bring an ER "care package" to include:

- Medical records about your child and your family; including current medications; allergies; relevant family history; and previous hospitalizations, surgeries or illnesses.
- A list of important phone numbers.
- A small notebook for recording symptoms or making notes during your visit with the doctor.
- Items for any wait time: crayons, books, toys, extra diapers, cash for snack machines/incidentals, and comforting objects, like a favorite stuffed animal.

These will give you and your child something to do during the wait, and will also calm your child.

- A change of clothes and a toothbrush for you and your child (if you think there is a chance your child may be admitted).

Call your primary care provider before heading to the emergency room. If your child has swallowed a medication or household substance or object, bring that medication or liquid, or an object like the one he or she swallowed, to show ER doctors.

Be prepared

According to the American College of Emergency Physicians, every emergency can be managed using the four-step process: prevent, prepare, recognize, and act. This includes mock emergency drills

with family, CPR classes from your local hospital or Red Cross office, and teaching children to call 9-1-1 in an emergency. Discuss with your child what constitutes an emergency and which situations are appropriate (and not appropriate) to call for emergency help. Help your child to memorize and practice the information they'll need to provide: their home address, their home phone number, and other questions the dispatcher will ask about the person who needs help (whether they are conscious and breathing).

For first aid and emergency advice on a wide range of conditions, visit the Medical Services or Health Education tabs at www.Tennova.com. Tennova Healthcare or the local Red Cross can provide more information on CPR and first aid classes that are offered in your area.

Your dreams with our exceptional service.

Freedom Pointe at The Villages – a Brookdale Life Care Community

Our community gives you the freedom to enjoy life as you choose today with assurance that you have a full continuum of care options for tomorrow.

The Life Care Program

Life Care empowers residents to lead a dynamic lifestyle with choices to meet their changing needs. The program is secured with an Entry Fee purchase that covers both the cost of your future accommodations, as well as discounted healthcare services, if or when needed.

Moving through our care continuum is simple and affordable. If you need more care, you'll benefit from significant savings, and your costs will be stabilized. You'll also have peace of mind knowing that if your needs change you'll have a place to call home in the same community you already love.

Choosing a Brookdale community means never having to compromise your quality of life. By combining elegant accommodations with fine amenities and features, our Life Care communities nationwide are highly regarded within the neighborhoods we serve.

Best of all, the program comes with a Life Care Guarantee* which promises your accommodations are guaranteed for life, even if your assets are exhausted through no fault of your own.

Entry Fee Advantages

As a resident of our community, you'll benefit from:

- Discounted healthcare
- The option to fund your entry fee from the sale of your home
- Extensive selection of Independent Living accommodations
- Full continuum of care services on campus
- Estate preservation
- Tax deductions relating to entry fee and monthly fees
- An up-front entry fee will stabilize your future monthly costs, if your level of care increases
- Predictable long-term expenses
- Asset preservation with Entry Fee refund
- Life Care Guarantee*



Independent Living

At Brookdale you can make every moment of your retirement count. That's because the Independent Living experience at Freedom Pointe at The Villages provides dynamic options to make the most of your retirement years. With fine features, distinctive amenities and attentive service, you will feel right at home.

As a resident, you will have the convenience of restaurant-style dining, housekeeping, laundry and transportation services in a location near popular attractions, shopping and restaurants.

Hospitality and wellness are also key components to Independent Living in our community. With a number of planned activities and award-winning programs, you'll have many entertainment options.

Engage your interests, passion and purpose with life enriching options such as our B-Fit exercise program and Brookdale Celebrates, which combines culinary and educational offerings with themed experiences, special events and group activities that spotlight different cultures and cuisines.

At Freedom Pointe at The Villages, dining is more than a meal; it's an experience. With thoughtfully crafted, well-balanced menus created by our Culinary Arts Institute, our passion for great food and service is evident.



Come see how our exceptional blend of hospitality, service and continuum of care give you the freedom to live life as you choose.

Call us today at (352) 674-3100 to schedule your personal visit.

*This guarantee is subject to the terms and conditions of the Residency Contract. See the Residency Contract for further details.



1550 El Camino Real, The Villages, FL 32159
352.674.3100 | brookdale.com

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.

All said, for the best Buyers Agent representation, call Judy Trout today! Help is only a phone call away, 352-208-2629.

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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



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

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
 mybayside.church

Heading to the ER? Save your spot in line, online.



The next time you experience an illness or injury, visit our website, answer a few questions and we'll save your spot in one of our three ERs. It's that easy. You can even choose a time that's convenient for you, 24/7. **To check in now, visit MunroeERnow.com.**



Main Campus: 1500 SW 1st Avenue • Ocala
Children's Emergency Department: 1500 SW 1st Avenue • Ocala
Emergency Center at TimberRidge: 9521 SW State Road 200 • Ocala

Because our emergency department staff must treat patients based on the severity of illness or injury, your time is not guaranteed. We will see you as close to your designated time as possible. If you believe you are experiencing a life-threatening emergency, please call 911 or go to the nearest emergency department as soon as possible.