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February 2015

Lake/Sumter Edition - Monthly

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# Contents February 2015

- |  |  |
|--|--|
| 6 Know Your Risk and Prevent Heart Disease                         | 21 The Villages Facelift Specialist You Can Trust      |
| 8 Crohn's in the Small Bowel Does It Feel Like You're In the Dark? | 22 Hydrotherapy Key Benefits                           |
| 10 Love Notes for Valentine's Day                                  | 23 Limb Swelling: Medicare Approved Treatment Options  |
| 12 Are Stem Cells the Next Penicillin?                             | 24 Your Big Red Heart                                  |
| 14 Understanding Chronic Venous Insufficiency                      | 25 What is Ablative Skin Resurfacing?                  |
| 16 The First Line of Defense Against Cancer                        | 26 Shoulder Pain                                       |
| 18 Don't Let a Sudden Aliment Interfere with Your Love Life!!      | 28 Go Red For Women® Heart Health Guide                |
| 20 Heart Healthy Foods   | 30 Directory for Seniors                               |
|  | 31 Spiritual Wellness: Stay Married to Your Sweetheart |

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American Heart Awareness Month

# Know Your Risk and Prevent Heart Disease

By T.E. Vallabhan, MD, FACC



**T**he list of the biggest health threats for men is surprisingly short: heart disease, cancer, accidents, chronic lower respiratory disease, stroke, type 2 diabetes, and suicide. One thing each of these threats have in common in that prevention pays off. It is no surprise that heart disease tops this list of men's health threats, compiled from statistics provided by the Centers for Disease Control and Prevention (CDC). It is time for all men to get serious about reducing your risks for heart disease. The biggest threat to men's health can often be prevented. Here's what you need to know to live a longer with a healthy heart.

In the United States, heart disease is the number one killer of both men and women. Often, though, people don't know they are at risk for heart problems.

Heart disease includes a number of conditions affecting the heart and the blood vessels in the heart. The most common type of heart disease is coronary artery disease, which is the narrowing or blockage of the blood vessels that supply blood to the heart itself. This happens slowly over time and is a major reason people have heart attacks.

Dr. **V**

**Don't smoke.** If you smoke or use other tobacco products, ask your doctor to help you quit. It's also important to avoid exposure to secondhand smoke.

**Eat a heart-healthy diet.** Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated fat, cholesterol, trans fat, and sodium.

**Get your blood pressure checked at least every two years.** If you have high blood pressure, follow your doctor's advice on how to lower it and keep it under control.

**Manage chronic conditions.** If you have high cholesterol or high blood pressure, follow your doctor's treatment recommendations. If you have diabetes, keep your blood sugar under control.

**Include physical activity in your daily routine.** Choose sports or other activities you enjoy, from basketball, golf, walking, to bowling. Anything that gets you up and moving every day is better than doing nothing.

**Maintain a healthy weight.** Extra pounds increase the risk of heart disease. Learn about your body mass index, or BMI, and how important it is to keep it within a healthy range.

**Limit alcohol.** If you choose to drink alcohol, do so only in moderation. Too much alcohol can raise your blood pressure.

**Manage stress.** If you feel constantly on edge or under assault, your lifestyle habits may suffer. Take steps to reduce stress — or learn to deal with stress in healthy ways.

**Talk to your doctor about taking aspirin.** The U.S. Preventive Services Task Force recommends that men ages 45 to 79 take aspirin to lower their risk of heart attack when the benefit outweighs the possible harm of gastrointestinal bleeding. Discuss your personal risk of both heart disease and gastrointestinal bleeding with your doctor.

**The bottom line:** understanding health risks is one thing, taking action to reduce your risks is another. Start with healthy lifestyle choices — eating a healthy diet, staying physically active, quitting smoking, getting regular checkups and taking precautions in your daily activities. The impact of taking these steps to be preventive may be greater than you'll ever know.



## Dr. Vallabhan

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# Dr. V

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

### February is American Heart Month

According to the American Heart Association, more women die of cardiovascular disease than from the next four causes of death combined, including all forms of cancer.

**Know the Signs of a Heart Attack:**

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath
4. Breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, the most common symptom in women is chest pain or discomfort. However, women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.



**If you have any of these signs, don't wait more than five minutes before calling for help.**

**Call 9-1-1 immediately.**



## It's your heart. It should be personal.

*And that's how I treat it.*

When you come to see me... that's exactly who you will see. I will know your name, how many children you have, what foods you love to eat and how much sleep you get each night. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't. I will watch over you and treat you as I want to be treated when, one day, I am the patient and not the doctor. And that is my promise to you.



# Crohn's in the Small Bowel

## Does it feel like you're in the dark?

If you have Crohn's disease, you aren't alone. In fact, almost 700,000 people around the world have been diagnosed with this disease. And, it's estimated that it may affect as many as 300,000 people who haven't been. Because there isn't just one test for Crohn's disease, getting a diagnosis can often be a long and frustrating process.

All patients with suspected Crohn's will have to undergo a colonoscopy as part of their initial diagnosis. However, if you are one of the 30% of Crohn's patients with disease activity limited to the small bowel, PillCam SB may be an alternative to follow-up colonoscopies.

### CROHN'S IN THE SMALL BOWEL

Crohn's most commonly affects the terminal ileum, which connects the end of the small bowel and the beginning of the colon. However, it can appear anywhere along the gastrointestinal tract from the mouth to the anus. For 75% of Crohn's patients, lesions are found in the small bowel.

Crohn's behaves differently in the small bowel than it does in the colon. Patients with lesions in the small bowel are at greater risk for severe disease progression. Because small bowel Crohn's can be more severe over time, it's important to catch and treat problems as soon as possible.

### PREVENTING DISEASE PROGRESSION IS IMPORTANT

Preserving the small bowel is important. It connects the stomach to the large intestine and performs many functions, including absorption of nutrients during the digestion process. A host of malnutrition problems can arise depending upon the severity of damage done to the small bowel.

When you have Crohn's, it's important to feel confident in your treatment plan. *One recent study showed that 62% of patients had their medication changed by their doctor because of the findings from PillCam SB.*

### Why PillCam® SB?

#### SHED SOME LIGHT ON YOUR CROHN'S

When you don't know what's happening in your body, it's hard not to worry. The PillCam SB capsule endoscopy procedure is a safe, simple way to view your entire small bowel from the inside out. Seeing parts of your body that you've likely never seen can give your doctor insight – and give you confidence in your treatment plan.



Dr. Anand Kesari



PillCam SB doesn't require sedation, swallowing or injecting contrast media, or inserting tubes into your digestive tract. And, aside from fasting for 10 hours before the procedure (generally overnight), it requires no preparation.

#### EARLIER DETECTION OF PROBLEMS

Direct visualization of the small bowel mucosa is necessary to accurately and fully assess early disease activity and progression. PillCam SB is able to directly see the early stages of small bowel ulceration, where an MRE or CTE might not. Because PillCam SB can aid in the early detection of problems and early disease responds better to treatment, it could potentially improve your overall quality of life.

*PillCam SB is the only capsule endoscope indicated for use in patients aged two years or older, making it an ideal tool for detecting and monitoring both juvenile and adult Crohn's disease.*

#### How PillCam® SB Works

With PillCam SB, you don't have to go through a lengthy, uncomfortable procedure. You simply swallow a vitamin-sized capsule, and your doctor is able to directly view your entire small bowel – and see problems that are beyond the reach of other imaging methods.

#### ALMOST ZERO PREPARATION

Other than fasting for about 10 hours – usually overnight – PillCam SB requires little preparation. Although your gastroenterologist will give you specific instructions before your capsule endoscopy, an empty stomach allows for optimal viewing conditions. Your doctor will tell you how to prepare for the procedure.

The doctor or nurse will prepare you for the examination by placing sensors on your abdomen. The video capsule is swallowed with water and passes naturally through your digestive tract while transmitting video images to a recorder that you will wear close to your waist. The capsule then passes harmlessly from your body through a normal bowel movement.

#### SAFE, PATIENT-FRIENDLY TECHNOLOGY

The capsule is equipped with a miniature video camera and light source. It travels painlessly through your entire digestive tract. It captures images quickly and sends them to a recording device you wear during the procedure.

And, unless your doctor tells you otherwise, you can move around freely throughout the examination. PillCam SB is disposable and passes naturally through your body. It really is that simple.



**PillCam SB was able to detect abnormalities when other imaging methods could not.**

A 64-year-old patient had two massive lower gastrointestinal (GI) bleeding episodes. He had bloody stools and abdominal cramps. He had been hospitalized twice and had received a transfusion.

Even though this patient underwent numerous diagnostic tests for Crohn's, PillCam SB was able to detect abnormalities in his small bowel where other methods failed. It helped prevent the risk of severe blood loss.

He underwent two colonoscopies and an upper endoscopy, but both returned normal results. A computed tomography (CT) scan and a small bowel series were also normal. Review of the PillCam SB images uncovered moderate to severe Crohn's disease. After further confirmation with biopsy, the patient was started on medication. After a nine-month period, he underwent another capsule endoscopy with PillCam SB that revealed only mild disease severity. The patient has had no further bleeding.

This case report highlights the benefits of PillCam SB over other methods to diagnose ulcers of the small bowel. In this case, both the small bowel series and the CT scans failed to identify the site of blood loss.

## Gastro-Colon Clinic Dr. Anand Kesari

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# Love Notes for Valentine's Day

Whisper "sweet nothings" but a **kiss on the ear can be dangerous** to your hearing

**A**n innocent gesture can quite literally be 'the kiss of deaf'. Research shows that a kiss on the ear can cause permanent hearing loss.

An innocent kiss on the ear opening can create a strong suction that tugs on the delicate eardrum. This intense suction on the eardrum pulls the chain of three tiny bones in the ear. With this 'kiss of deaf', the stapes can tug on the tissue that connects the stapes to the oval window of the inner ear. This causes turbulence in the fluid of the inner ear, and can lead to hearing loss.



Prevention is the best cure Dr. Levi Reiter, a professor in audiology at Hofstra University in New York, has identified more than 30 ear-kiss victims. According to his patients, the ear-kiss injury feels like being hit by a ball on the ear. One of them says that it is like hearing through a screen of some sort, and that in the 'kissy ear', speech is totally muffled.

Though hearing aids may help ear-kiss victims to hear better, some people with a 'kissy ear' still experience intermittent sensations of aural fullness and an itch in the inner ear.

Dr. Levi Reiter speculates that an injection of steroids through the eardrum might be a possible treatment. This type of injection is normally used in cases of sudden sensorineural hearing loss (SSNHL), but to be successful the treatment has to start shortly after the person experiences hearing loss.

However, the treatment has yet to be tried on ear-kiss victims. Meanwhile, the symptoms do not tend to go away. As a result prevention is the best way to avoid 'the kiss of deaf'.

“Not tonight,  
I have a Headache!”  
High Use of Tylenol,  
Advil Linked With  
**Increased Risk  
of Hearing Loss**  
in Women, Study Suggests

Popular pain-relievers might increase the risk of hearing loss in women, depending on how often they are used, a new study suggests.

Researchers from the Brigham and Women’s Hospital found that use of acetaminophen or ibuprofen more than once a week is linked with an increased risk of hearing loss in women. Their findings are published in the American Journal of Epidemiology.

“Possible mechanisms might be that NSAIDs [non-steroidal anti-inflammatory drugs] may reduce blood flow to the cochlea – the hearing organ — and impair its function,” study researcher Dr. Sharon G. Curhan, M.D., of the Brigham and Women’s Hospital Channing Division of Network Medicine, said in a statement. “Acetaminophen may deplete factors that protect the cochlea from damage.”

Researchers examined the effects of acetaminophen, ibuprofen and aspirin on the hearing of 62,261 women who were between ages 31 and 48. The women were followed for 14 years, after which 10,012 ended up reporting some kind of hearing loss.

The researchers found that taking acetaminophen two or three days a week raised the risk of hearing loss by 11 percent, while taking it four or five days a week raised the risk by 21 percent.



And they found that taking ibuprofen two or three days a week raised the risk of hearing loss by 13 percent, taking it four or five days a week raised it by 21 percent, and taking it six or more days a week raised it by 24 percent.

However, researchers didn’t find any increased risk of hearing loss linked with aspirin use.

It’s important to remember that the study only shows an association, and not a cause-and-effect relationship. But still, “if individuals find a need

to take these types of medications regularly, they should consult with their health care professional to discuss the risks and benefits and to explore other possible alternatives,” Curhan said in the statement.

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**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.”

# Are Stem Cells the Next Penicillin?

By David Ebner, Staff Writer

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

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

Consider the history of penicillin. In 1939, while Poland was surrendering to Hitler's Blitzkrieg German offensive, a Scottish biologist by the name of Sir Alexander Fleming was on his 10th year of studying his accidental discovery named penicillin. While on vacation with his family for the summer, Fleming left the cultures he was working on out on his lab workstation. Upon returning, he noticed that a fungus had started to grow on one of the cultures and commented, "That's funny." After further study of the fungus, Fleming observed that the mold produced a substance that killed many disease-causing bacteria. Sir Alexander Fleming did not know the magnitude that his mold experiments would have in 1945 when the antibiotic would save thousands of lives on the French beachfront on D-Day. It wasn't until that year, that Sir Alexander Fleming was acknowledged for his service to the medical field by being awarded the Nobel Prize. In the 1950's a synthetic form of penicillin was first designed and mass production began to create the antibiotic at an amazing pace and for a relatively small expense. Since then, penicillin has been used in vast quantities around the world and has saved millions of lives.

Stem cells have also been studied extensively over time and have crept into the national dialogue as a buzz word for certain political agendas, particularly the stem cells found in fetuses. However, the actual stem cells that are now being used to treat diseases in the United States, and the same cells



**The discovery of penicillin was an early example of ground breaking medical advancements changing the course of modern medicine.**

that warranted the 2012 Nobel Prize in Medicine, are adult stem cells. This type of stem cell is found in fully developed individuals and flourish in all people regardless of age or health.

Most cells found in the body have developed into a specific type of cell, like a skin cell or a brain cell. At the turn of the 20th century, biologists discovered that some cells (stem cells) have not yet been assigned as a certain type of cell. They are simply blank cells standing by to meet your body's needs. Stem cells being used to treat diseases can be traced back to 1968 when the first bone marrow transplant was used to treat a patient suffering from leukemia. Placing healthy stem cells into a sick individual's body results in the creation of only healthy cells that are not infected with the disease. In turn, these cells replace the diseased ones and start to heal the patient.

Today, one clinic, the Lung Institute, is using adult stem cells harvested from the patient's own fat, blood and bone marrow to provide similar healing results for people with lung diseases. Their website, [www.lunginstitute.com](http://www.lunginstitute.com), states that they have treated over 500 patients to date. The physician gives the patient a growth factor that multiplies the stem cells into millions of healthy cells before extracting the stem cells from the patient, then they separate the cells and reintroduce them into the patient's body. The result is that the healthy cells replace the damaged ones found in the lungs. Not only can this slow the progression of the disease, but it also works to restore lung function.

The Lung Institute's Medical Director, Dr. Burton Feinerman, who has been treating patients with stem cells since the 1960's, said, "Stem cells are very important because they offer a different approach. Instead of just treating symptoms and making the patient a little more comfortable, stem cells target the disease and can repair the damaged tissue. It is a whole new ball game and gives people realistic hope that we can challenge the incurable."

Just as people were wary about how penicillin might help fight infections when first developed, there is some hesitation that stem cell technology can help treat diseases. However, just like penicillin was recognized by the scientific community, so have stem cell developments. If the number of people successfully treated with stem cells already is any indication, then it will undoubtedly be heralded, like penicillin, as the ground breaking medical technology of its time.

If you or a loved one suffers from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at (855) 914-3212 or visit [lunginstitute.com/health](http://lunginstitute.com/health) to find out if these new treatments are right for you.

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# UNDERSTANDING CHRONIC VENOUS INSUFFICIENCY

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

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

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

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

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





**What causes Chronic Venous Insufficiency?**

Over the long-term, blood pressure that is higher than normal inside your leg veins causes CVI. This can lead to damage to the valves, which can further worsen the problem. In some instances, the valves that prevent blood from flowing “backwards,” can be congenitally defective. Other causes of CVI include deep vein thrombosis (DVT) and phlebitis, both of which cause elevated pressure in your veins by obstructing the free flow of blood through the veins.

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

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

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

**Symptoms of Chronic Venous Insufficiency**

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

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

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

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

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

Source: Society of Vascular Surgery

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**Bio**

Tom Tran PA-C, MPAs is one of the few Physician Assistants in the US that is NCCPA Surgery Boarded. He has extensive training, which includes 10 years experience in Trauma, General, and Vascular Surgery. He invented the Transcatheter Extractor®.



He was awarded Florida PA of the year in 2007, and is the current Treasurer of the National PA Foundation. He is the Clinical Director at Comprehensive Vein Center in The Villages, which has been a state of the art Vein Center designated to vein treatment for over four years. He has performed over 2,500 Laser and VNUS Closure procedures, and over 10,000 combined Ultrasound Guided foam and Visual Cosmetic Sclerotherapy procedures.

# THE FIRST LINE OF DEFENSE AGAINST CANCER

## InterCommunity Cancer Centers and Institute Celebrates "National Cancer Prevention Month" by Spotlighting Early Detection

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

### BREAST CANCER

According to the American Cancer Society (ACS), breast cancer is one of the most common cancers affecting women today. It is the second leading cause of cancer death in women, after lung cancer. In 2015, an estimated 231,840 new cases of invasive breast cancer will be diagnosed among women and approximately 40,290 women are expected to die from the disease.

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

The ACS provides the following recommendations for early breast cancer detection in women:

- Yearly mammograms beginning at age 40 and continuing for as long as a woman is in good health
- Clinical breast exams (CBE) about every three years for women in their 20s and 30s and every year for women 40 and over
- Women should know how their breasts normally look and feel and report any breast changes promptly to their health care provider.
- Women with a family history, genetic tendency, or certain other risk factors – should be screened with MRI in addition to mammograms.



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

### CERVICAL CANCER

Each year, millions of women make their annual trip to the gynecologist for their Pap test. Life continues as usual once they receive a postcard that checks off their results as "normal." But for some women, they receive a phone call from the doctor's office indicating that their normal cervical cells have changed and now show precancerous cells or cancer. This scenario is not uncommon. According to the ACS, in 2015, there will be an estimated 12,900 new cases of invasive cervical cancer in the United States and 4,100 will succumb to the disease. Cervical cancer was once one of the most common causes of cancer death among American women, according to the ACS. But thanks to education and the increased use of the Pap test – a screening procedure that permits diagnosis of pre-invasive and early invasive cancer – the number of cervical cancer deaths in the U.S. continues to drop.

Though deaths from cervical cancer have decreased over the past several years, this disease is still a great cause for concern. Women who have not had regular

Pap tests represent the vast majority of clinically diagnosed invasive cervical cancers, reports the ACS. The following guidelines are from the ACS regarding cervical screenings:

- **Cervical cancer screening (testing) should begin at age 21.** Women under 21 should not be tested.
- **Women between ages 21 and 29** should have a Pap test every three years. **Human Papillomavirus (HPV) testing** should only be prescribed after an abnormal Pap test result.
- **Women between the ages of 30 and 65** should have a Pap test plus an HPV test every five years. The Pap test alone can also be performed every 3 years.
- **Women over age 65** who have had regular cervical cancer testing with normal results should not be tested for cervical cancer. Once testing is stopped, it should not be restarted. Women with a history of a serious cervical pre-cancer should continue to be tested for at least 20 years after that diagnosis, even if past age 65.
- **A woman who has been vaccinated against HPV** should still follow the screening recommendations for her age group.

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

"Though deaths from cervical cancer have decreased over the past several years, this disease is still a great cause for concern," says Dr. Jeffrey Kanski, M.D., radiation oncologist at ICCC/ICCI. "Detection and prevention are imperative to avoiding cervical cancer, and having a Pap test is thus far the most effective way to accomplish this."

Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed and the third leading cause of cancer-related deaths in both men and women in the United States. The ACS estimates 93,090 new cases of colon cancer and 39,610 new cases of rectal cancer in 2015. As a result, it is expected to cause about 49,700 deaths.



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

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

#### Tests for Detecting Polyps and Cancer

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

#### Tests for Detecting Cancer

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

Scheduled screenings will vary based on personal or family history.

#### TAKE CONTROL OF YOUR HEALTH, AND REDUCE YOUR CANCER RISK

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

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

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



ICCC is part of Vantage Oncology which includes more than 50 cancer treatment centers in 14 states providing quality, personalized care in a community setting. For more information, please visit [www.ICCCVantage.com](http://www.ICCCVantage.com).

#### THE EXPERIENCE OF INTERCOMMUNITY CANCER CENTERS

ICCC has 25 years of cancer-fighting experience having treated over 10,000 patients. They are dedicated to empowering patients to have the confidence they need to change their lives. Radiation Oncologists Drs. Hal Jacobson, Herman Flink, Maureen Holasek and Jeffrey Kanski bring exceptional expertise in treating breast, lung, prostate, gynecologic, skin and other cancers.

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

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#### ABOUT VANTAGE ONCOLOGY

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



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Hal Jacobson, MD  
Herman Flink, MD  
Alison Calkins, MD  
Maureen Holasek, MD

# URGENT CARE

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

**T**hey 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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**SAT & SUN**  
8am to 6pm

Office:  
**352-350-1526**



**Golf Cart Access**

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

### THE VILLAGES - LAKE SUMTER LANDING

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**SAT & SUN**  
8am to 5pm

Office:  
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**Golf Cart Access**



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Cardiology and the Medicine Chest (yellow building with blue trim)

## URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM

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

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

### A TEAM EFFORT

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



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

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

### SIMPLY THE BEST

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

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



Adam Santos, PA-C

*"Your care means more to us than your wallet"*



John Santos, ARNP

## MISSION STATEMENT

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

## MOTTO

Hard work pays off and honesty will prevail

## 441 URGENT CARE GOALS

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

## OUR PHILOSOPHY

*See you at your convenience*

*Provide top level care without top level pricing*

*Be ever mindful that your time is valuable*

*Create a warm and relaxed environment*

*Include you in the medical decision process*

*Treat you as we would treat our own*

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

### ILLNESSES:

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

### INJURIES:

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

# HEART HEALTHY FOODS

**Y**our heart is a pretty important piece of equipment, so it's in your best interest to take good care of it. February is American Heart Month, and though most of us know the basics—eat whole grains, focus on whole fruits and veggies, exercise regularly—you might be unsure which foods are the best for your heart.

Eating for a healthy heart means filling your plate with fruits and vegetables, paying attention to fiber, eating fish a couple times a week and limiting unhealthy fats like saturated and trans fats, as well as salt. And although no single food is a cure-all, certain foods have been shown to improve your heart health. Find out how these foods may help lower your risk of heart disease.

## Salmon

Salmon doesn't just taste good; it helps increase your levels of high-density lipoprotein (HDL), otherwise known as "good cholesterol," which can help lower your risk for heart disease. This fish, packed with omega-3 fatty acids and plenty of protein, is highly recommended by the American Heart Association. Shoot for two servings a week.

## Soy

Soy packs an impressive nutritional punch. High in fiber and low in saturated fats, soy has been proven to lower "bad cholesterol" levels and triglycerides, helping prevent heart disease. Not sure how to incorporate it into your diet? Don't worry, you don't have to swap your steak for a block of tofu. Try pouring soy milk over your morning cereal.

## Oatmeal

Start your day with a steaming bowl of oats, which are full of omega-3 fatty acids, folate, and potassium. This fiber-rich superfood can lower levels of LDL (or bad) cholesterol and help keep arteries clear. Opt for coarse or steel-cut oats over instant varieties—which contain more fiber—and top your bowl off with a banana for another 4 grams of fiber.



## Spinach

If it's good enough for Popeye, it's good enough for you. This superfood is packed with potassium, calcium, fiber, B-complex vitamins—a combo that not only defends your heart, but also helps fight disease and protects your eyesight.

## Beans

Beans, beans, the powerful fruit. The more you eat...the healthier you are. Beans, including garbanzo, white, black, red, and navy, are naturally low in fat and contain no saturated fat, trans fats, or cholesterol. They are high in protein, fiber, iron, folic acid, and potassium. While all beans have benefits, the more colorful beans, such as red and black, may have an added bonus: eight types of flavonoids. Scientists say these plant chemicals act as antioxidants, which give you protection against heart disease and certain cancers. Studies also suggest eating beans may help manage diabetes and reduce the risk of high blood pressure and stroke.

## Nuts

Walnuts are full of omega-3 fatty acids and, along with almonds and macadamia nuts, are loaded with mono- and polyunsaturated fat. Plus, nuts increase fiber in the diet and are a great source of healthy fat.

## Dark chocolate

Need an excuse to break off a piece of that tempting chocolate bar? Researchers have found that eating moderate amounts of dark chocolate has a blood-thinning effect, which can help your heart health and reduce inflammation. But this doesn't mean you should give in to every chocolate urge. For maximum health benefits, just limit yourself to one ounce a day, and remember to look for labels with 70 percent or more cocoa content.

## Olive oil

This heart-healthy oil is full of "good" monounsaturated fats, helping you lower "bad" LDL cholesterol levels. But remember moderation, because all types of fat are high in calories. At the grocery store, make sure to pick out extra-virgin or virgin olive oil since they're less processed and contain more polyphenols, antioxidants that can help reduce inflammation.

## Green tea

Turns out one of the best "foods" for your heart is actually a drink. A steaming cup of green tea is chock-full of good-for-you catechins and flavonols. Some studies have shown that people who drink 12 or more ounces of tea a day are half as likely to have a heart attack as non-tea drinkers.



# The Villages Facelift Specialist You Can Trust

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CALL NOW TO RSVP - LIMITED SEATING

**PROMO CODE**  
**"HEALTH"**

- February 10th** | Villages Filler Luncheon | Villages office 8630 E Co Rd 466, The Villages | **1:00 p.m.**
- February 17th** | Seminar Waterfront Inn | 1105 Lakeshore Drive, The Villages | **1:00 p.m.**
- February 26th** | Seminar Holiday Inn Conference Center Ocala | 3600 SW 38th Avenue, Ocala | **1:00 p.m.**

*Dr. Castellano*



**THE VILLAGES // 8630 East County Road 466**  
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# Hydrotherapy Key Benefits

Hydrotherapy has been used for thousands of years to help people *feel better*. Putting together three of nature's most powerful relieving agents: heat, water, and air, it invigorates and gently massages the body while easing away aches and pains.

*Three basic factors comprise hydrotherapy: Heat, Buoyancy, and Massage:*

- **Heat** from the warm water increases blood flow producing a healing effect on sore or damaged tissue and relaxes tired muscles and joints. Immersion in hot water causes the blood vessels to dilate, resulting in increased circulation, including circulation of the immune system's white blood cells. This helps to open airways and help white blood cells circulate to the affected areas promoting healing.

- **Buoyancy** of the water reduces body weight by approximately 90% while you enjoy your deep soak, relieving pressure on joints and muscles, while creating the relaxing sensation of floating in space. It abolishes gravity, allowing the body to float amplifying the power in the muscles.

- **Massage** is the secret to effective hydrotherapy. This energized warm-water stream relaxes tight muscles and stimulates the release of endorphins, the body's natural pain killers. Jet driven massage gently eases tension directly out of your muscle groups to relieve soreness from your back, hips, legs, and the symptoms of arthritis.



The New England  
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# Limb Swelling: Medicare Approved Treatment Options

By Alyssa Parker

**P**neumatic compression devices are one of the most highly recommended treatments for limb swelling and are a Medicare approved treatment option. Dating back to the 1960's pneumatic compression pumps have been used for the treatment of limb swelling due to acute and chronic conditions. In most cases compression pumps are used for swelling associated with lymphedema as well as venous insufficiency. Limb swelling left untreated without a clinical diagnosis and lack of proper treatment may lead to a variety of problems.

Patient's with Venous Insufficiency who experience severe and persistent edema overtime can lead to trapped protein-rich fluid also referred to as secondary lymphedema. The lower region of the leg becomes permanently swollen and may start to harden. Due to poor circulation and protein-rich fluid buildup wounds may become chronic and appear more frequently. Common signs and symptoms that occur are fluid accumulation in a limb, a feeling of heaviness or tightness, thickening of the skin, pain or redness, or chronic ulcers in the affected limb.

## How does compression therapy work?

A compression device is used for both acute care (short term in the hospital) as well as chronic care (long term in the home). The compression pump increases blood flow and lymphatic flow. By increasing the circulation in the affected limb many painful symptoms will be alleviated. When compression treatment is used on a limb the excess fluid is removed and worked back into the lymphatic system the natural way. For patients with chronic ulcers using a compression device will help heal the wound from the inside out, by increasing the circulation in the return of the blood from the heart. The heart delivers oxygen rich blood back to the legs and the tissue.

The pneumatic sequential compression relieves the pain and pressure in the swollen area and reduces the size of the limb. The sequential inflation of the chambers, of the sleeve around the affected limb, begins distal (lower region of the limb furthest from attachment) to proximal (area of attachment to the body) naturally mimicking your bodies lymph return while stimulating the blood flow in the legs.



## What causes limb swelling?

There can be many different causes for limb swelling, however, two of the most common diseases for chronic limb swelling are Lymphedema and Venous insufficiency. After having a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities.

Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb. Poor circulation may cause shallow wounds to develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

Is a Compression Device the right treatment for me? Using a compression device is a great treatment option for patients who have tried compression stocking, elevation, diuretics, and massage with little or no relief. It's also a treatment option for individuals who have chronic venous ulcers. When compression stockings get worn out or stretched over time; many patients aren't receiving the needed compression. When using a compression pump the pressure is locked in, ensuring that you're getting the appropriate amount of pressure each treatment.

Diuretics may be useless and harmful over time if your edema (swelling) is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial fluid is not present because you are taking a diuretic, this will only aggravate your lymphatic system which may lead to additional fluid retention and additional swelling. Also, using a pneumatic compression device may help the prevention of blood clotting along with deep vein thrombosis or those individuals who are at risk for it.

If you or someone you love suffers from limb swelling it is important to keep a few things in mind. If any of the following apply, seeking medical advice is recommended.

- Family history of edema, venous insufficiency, or lymphedema
- Pitting or skin hardening: push your finger into your skin and count how long it takes to return
- Hemosiderin staining: "red socks" appear from the ankles down
- Traumatic injury or surgery potentially damaging your circulatory system (knee replacement etc)
- Radiation exposure

For patients who many have Chronic venous insufficiency a test called a vascular or duplex ultrasound may be used to examine the blood circulation in your legs.

The compression pump is approved by Medicare and covered by many commercial insurers; Actual coverage varies with individual commercial insurance policies. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition.



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# Your Big Red Heart

*Love* is in the air and cupid is flying around shooting his arrow into your big beautiful red heart to spread love. But wait, February is not only Valentine's Day but also American Heart Month.

Many Americans don't know that heart disease is the leading cause of death in the United States. One in every 3 deaths are either caused by stroke or heart disease. This can equal to 2,200 deaths per day. Everyone needs to be aware of the signs and symptoms of heart disease and stroke. The most common heart disease is CAD (Coronary Artery Disease). This is when the blood supply to the heart muscle is cut off and cells in your heart do not receive enough oxygen which causes cells to die. In turn this will cause a heart attack.

The **five symptoms of a heart attack** are shortness of breath, pain or discomfort in your jaw, neck or back, light headed, faint or feeling weak, chest pain or discomfort, tightness, pain in your arm and shoulders. People that have high blood pressure, high cholesterol, smoke, increased age, unhealthy diet, lack of physical activity, smoking, obesity, stress, previous heart attack or family history of heart conditions have a higher chance of having a heart condition or heart attack.

Many people think that heart disease is a man's disease but statistically the percentage of women being affected by heart disease is equal to men. Women are more likely to describe chest pain that is sharp, burning and have frequent pain in the jaw, abdomen, neck and back.

Everyone whether you're a male or a female should be aware of the signs of a heart condition and take some preventive measures to reduce your chance of getting a heart disease.

Know your blood pressure. If your doctor prescribes medication to control your pressure take it as prescribed, do not stop or skip a dose because you think you feel better.

- Choose a **healthy diet** low in fat, rich in whole grains, fruits and vegetables and lean protein (limited red meat)
- If you smoke, **QUIT!** Need I say anymore?
- **Limit alcohol.** (Studies show glass of red wine is good for the heart)

- Shed those extra **pounds.**
- Take control of your **stress.**
- **Exercise.** Light cardio goes a long way. 20 minute walk 3-4 times a week does wonders.
- Baby **aspirin** daily (speak to your doctor first)

If you have concerns that you have been experiencing these symptoms, speak to your doctor. If you have a heart condition continue what is recommended by your doctor.

Remember prevention is not a cure but it can get you on the right track to a healthy heart.



# What is Ablative Skin Resurfacing?

**A**blative laser skin resurfacing removes the outer layers of skin to a predetermined depth to reduce or eliminate fine lines and wrinkles, improve skin tone and texture, correct uneven pigmentation, reduce pore size, and generate new collagen to provide firmer, more youthful skin. It is effective at reducing acne scars, other types of scars, and stretch marks (striae).

Traditional ablative laser skin resurfacing uses a CO2 laser to remove the entire surface of the skin. The results are tremendous but it is expensive, painful, carries a higher risk of infection, requires up to a month of downtime to heal, and the skin may remain bright red for up to four months.

Fractional laser skin resurfacing divides the laser beam into a grid of columns (pixels) that only remove 20% of the surface of the skin and leave each vaporized pixel on the skin surrounded by living, unaffected skin. Since only a portion of the skin is injured, the surrounding tissue is stimulated and heals the injured sites in one to three days. There is little or no discomfort or residual redness and very little risk of infection. Because each treatment affects only a portion of the skin, multiple treatments are required but the total down time and expense is a fraction of that for traditional ablative skin resurfacing.

## What is eMatrix Sublative Rejuvenation?

Diagram of differences between sublative and fractional ablative treatments.

Sublative rejuvenation with eMatrix is a unique procedure that uses radio frequency (RF) energy to deliver an effective but controlled fractionally ablative treatment. Each pulse delivers the RF energy in a grid pattern of points that are barely visible at the surface of the skin, but which spread out in a cone shape to treat the skin below the surface. Skin structures called fibroblasts are activated to regenerate and remodel collagen, yielding improved skin tone and texture. Each affected point on the skin is surrounded by living, unaffected skin that supports the healing process in the treated area. Like traditional and fractional laser resurfacing, sublative rejuvenation is effective at reducing acne scars, other types of scars, and stretch marks (striae). There is little or no discomfort or residual redness and very little risk of infection.



Before



Immediately post treatment



11 days post treatment

Unlike fractional laser resurfacing, there is virtually no downtime because the surface of the skin is almost undamaged. RF energy is not affected by contrasting color (i.e., a dark skin surface with lighter skin tissue beneath), so the eMatrix is able to treat all skin types and colors. This allows the eMatrix to deposit a greater amount of heat deeper in the skin, which produces a stronger stimulation of new collagen growth. The tradeoff is that the eMatrix is better at treating scars while partially ablative skin resurfacing is better at treating uneven pigmentation. We offer both eMatrix sublative rejuvenation and partially ablative skin resurfacing, which means you will get the treatment that works best for your unique skin.



**We offer Glytone products, Avene products, Tzo SPF products, Bare Minerals & Latisse.**

### SERVICES OFFERED

- VI peel
- Hydra Facial
- Beta Hydroxy Peels
- Face Waxing
- Juvederm ultra
- Radiesse
- Sculptra
- Botox
- Restylane
- Sclerotherapy



The skin is cleansed and a topical numbing cream may be applied (only needed for the highest setting). The RF handpiece is placed against the skin and a short pulse of energy is released. The handpiece is moved to the neighboring area and the process is repeated until the entire area has been treated. During the treatment there is little or no discomfort.

## Things you should know.

Minor discomfort, swelling, and redness at the treatment sites may occur. eMatrix treatments should not be performed if you are pregnant or if you have taken Accutane within the past twelve months.

Clients with a history of frequent herpes outbreaks (cold sores, fever blisters) at or near the site of the procedure should consult a physician to determine if a systemic anti-viral medication should be taken in advance of the procedure.

Exposure to UV light (sun, tanning booths, etc) or excessive heat (hot tubs, saunas, etc) within 24 hours after the treatment may cause or increase discomfort. You will receive detailed, printed post-treatment instructions to ensure the best possible results.



## The Dermatology Center

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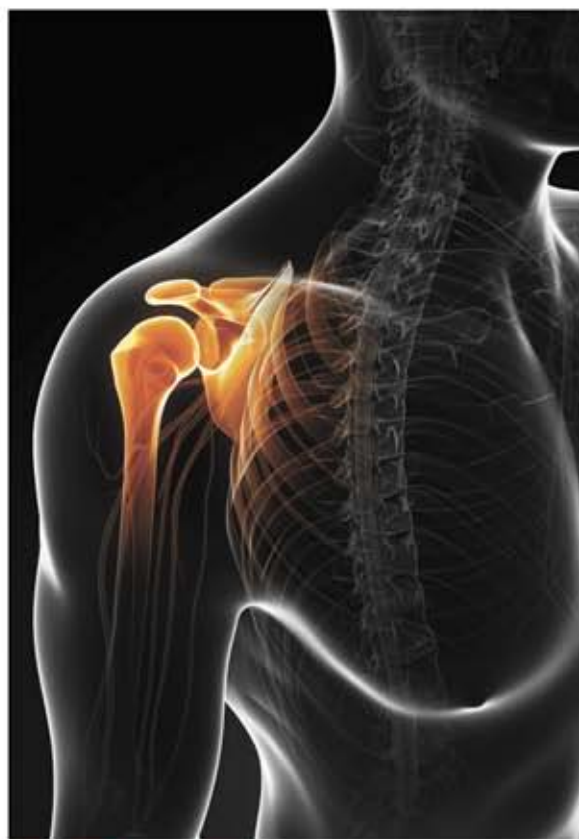
# Shoulder Pain

By Compton Chiropractic Care

**S**houlder pain affected 14 million people in 2003, and that number has increased as the population has aged. Today estimates suggest that shoulder pain affects 49% percent of the population in America over the age of 60. A large majority of those affected will seek a surgical procedure at some point to alleviate the pain. Unfortunately painful and expensive surgery is not always successful in resolving shoulder symptoms. In some cases, surgery can cause more harm than good due to nosocomial infections (infection caused by hospital stay). The goal in treating all patients is to use the least invasive treatment methods first. For years this has meant many sessions of physical therapy but recently an increasing number of patients are discovering for themselves that DC's (Doctors of Chiropractic) can successfully treat many causes of shoulder pain. Currently there is an increasing trend for patients with joint pain to see a Chiropractor prior to surgery. Research shows these patients report better results that last longer than with medication and therapy alone.

## The Anatomy:

The adult shoulder joint is an interesting joint from a physiological and anatomical perspective. Shoulder joints aka glenoid-humeral joints are a ball and socket connection much like your hip joint. Unlike a hip joint however, the shoulder is composed of an oversized ball on the humerus and an undersized socket made by the scapula and clavicle. Due to the size difference the ball does not lock into the socket. Rather is held in place by many muscles and tendons known as the rotator cuff. These muscles and tendons cover the head of your upper arm bone and attach it to your shoulder blade, keeping your arm bone centered in the shoulder. The human shoulder joint by its very nature is an unstable joint leading to over a dozen common injuries.



## Why Chiropractic:

On a daily basis Chiropractors and medical doctors work together to achieve overall health for their mutual patients. Currently, DC's are known as musculoskeletal specialists in the medical field and work with every joint in the body not just the spine. Chiropractic is now a popular alternative to painful expensive surgical procedures and pain pills. Chiropractic has become so extremely popular that millions of patients seek care on a daily basis. DC's, like surgeons, treat the cause of pain rather than giving medication or injections which have become common short term fixes. They will however work with your primary physician should medication be indicated during the course of care.

## What's the Difference Between Chiropractic and Therapy

DC's are physicians and receive more education than therapists. These days the line between the two professions is becoming blurred as therapists begin to use care protocols that Chiropractors have used for decades. Therapists are usually involved in treatment of shoulder pain however there is a key component to treatment that they cannot deliver. Manipulation of the glenoid-humeral and scapula-thoracic joints is paramount in many shoulder injuries. Only a trained Doctor of Chiropractic is capable of delivering a manipulation with attention to depth, speed and force. Additionally, patients do not need to be referred to a DC as they do a therapist. This drastically simplifies the scheduling and insurance process for the patients.

## Why Dr. Compton:

Compton Chiropractic is a local office with two DC's who are father and son. Dr. Brett Compton and Dr. Brent Compton work together and have been serving the villages and the surrounding community since 2006. Their office is located in the palm ridge plaza off county road 101 just one block behind bonefish grill. They accept all major insurances and are in network with most including Medicare. Call today to experience the difference of conservative pain relief given by board certified Doctors.

**Take advantage of the special Health and Wellness April offer by calling today for your FREE CONSULTATION.**



Dr. Compton



Dr. Brent

## Commonly Treated Shoulder Problems:

- Frozen Shoulder
- Bursitis
- Rotator Cuff Sprain/Strain
- Adhesive Capsulitis
- Partial Rotator Cuff Tear
- Joint "locking" or "Popping"
- Restricted Motion

## Other Commonly Treated Conditions Affecting the Arm:

- Thoracic Outlet Syndrome
- Golfers Elbow
- Nerve Entrapment
- Carpal Tunnel
- Tennis Elbow
- Radiculopathy
- Herniated Disc



Compton  
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Military Veteran

**Dr. Brent Compton**  
Chiropractic Physician  
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U.C.F. Graduate  
B.S. Biology Sciences

**Dr. Daniel Taylor**  
Chiropractic Physician  
Palmer Graduate  
U.C.F. Graduate  
B.S. Molecular & Microbiology Sciences

**TESTIMONIALS**

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

–Male Patient

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

–Female Patient

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

–Local Physician

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

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

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

### SIGNS OF A HEART ATTACK OR STROKE

Cardiovascular diseases kill more women than men. But 80 percent of cardiac events in women could be prevented if women made the right choices for their hearts involving diet, exercise and abstinence from smoking.

#### Heart Attack

A heart attack occurs when the blood flow to a part of the heart is blocked, usually by a blood clot. If this clot cuts off the blood flow completely, the part of the heart muscle supplied by that artery begins to die.

#### Signs of a Heart Attack

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

**If you have any of these signs, don't wait! Call for help!. Call 9-1-1. Get to a hospital right away.**

#### Stroke

Stroke is the No. 3 cause of death in America. It's also a major cause of severe, long-term disability. Stroke and transient ischemic attack (TIA) happen when a blood vessel feeding the brain gets clogged or bursts. The signs of a TIA are like a stroke, but usually last only a few minutes. If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1 to get help fast if you have any of these, but remember that not all of these warning signs occur in every stroke.

#### Signs of Stroke and TIAs

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
2. Sudden confusion, trouble speaking or understanding
3. Sudden trouble seeing in one or both eyes
4. Sudden trouble walking, dizziness, loss of balance or coordination
5. Sudden severe headache with no known cause

Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. Research funded by the American Heart Association has shown that if given within three hours of the start of symptoms, a clot-busting drug can reduce long-term disability for the most common type of stroke.

Jennifer, 40  
Heart Attack



## BE ACTIVE

Finding time in our overscheduled lives for physical activity is a challenge for all busy Americans. But anyone who has successfully managed to do so will tell you how much more energy they have, and how they are actually able to do more than before they started getting regular exercise. So no more excuses! Make It Your Mission to fight heart disease by being active.

**Why be physically active?**

The facts are clear: By getting at least 150 minutes of moderate physical activity each week you can reduce your risk of heart disease. Without regular physical activity, the body slowly loses its strength and ability to function well.

Being active is as important as reducing calories in helping you lose weight! And it's good for your heart, lungs, bones, muscles and mind. Regular physical activity helps lower your risk of heart attack, stroke, high blood pressure and other health problems. Ask your doctor or health professional for a physical activity plan that's right for you.

**Tips to help you be active**

- Schedule time in your day for physical activity. Make a date to walk during your lunch time at work, or go for a walk with your friends or family in the evening.
- Substitute physical activity where possible. Choose a parking spot that allows you to get a few extra minutes of walking, or take the stairs instead of the elevator. Every little bit helps!
- Pick active outings. Instead of going to the movies, visit a zoo or museum where you can walk around while being entertained.

**Tips for quitting**

- Be prepared. Women are more likely to quit smoking for good if they prepare for two things:
  - 1) the last cigarette and 2) the cravings, urges and feelings that come with quitting.
- Medication can help. Specific medicines can help people quit smoking when used correctly. Talk to your healthcare provider about the options that may work best for you.
- Get support. It can help to recruit a support team. Additional support can be found by looking for programs through hospitals, the American Cancer Society, the American Heart Association or the American Lung Association.

During the quitting process, people often slip and have a cigarette. It's important not to feel like you failed at quitting; just give it another chance. If you are a parent, talk to your kids about smoking. Once they start, it can be difficult to stop, even during adolescence.

*Article compliments of the American Heart Association*

# STOP SMOKING

Smoking is the most preventable major risk factor of heart and blood vessel diseases. The long list of diseases and deaths due to smoking is frightening. Thousands of nonsmokers, including infants and children, are harmed by exposure to cigarette smoke. Even if you don't smoke, you could become one of the nearly 443,000 smoking-related deaths every year.

**Quitting**

It's never too late to quit! No matter how much or how long you've smoked or when you quit smoking, your risk of heart disease and stroke starts to drop. In time your risk will be about the same as if you'd never smoked.

Learn more about cholesterol and heart disease at [GoRedForWomen.org](http://GoRedForWomen.org)



**Amanda, 26**  
Congenital Heart Defect

**Mariam, 36**  
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- Networking Calendar which is a free event calendar for everyone to post their happenings and keep abreast of meetings, open houses, business after hours gatherings etc.



**FREE Online Resource Directory!**



**PHYSICIANS**



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Lake, Sumter, The Villages

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- My Network which contains the Provider Directory the only complete listing of its kind online, and contains physicians, assisted living, home health, nursing homes, hospitals etc., every provider is listed free and is maintained daily so it's never outdated.
- Careers section contains areas for free Job Seekers ads, paid Now Hiring listings, Volunteers Needed and local Job Fair listings.
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# Stay Married To Your Sweetheart

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

In the 2002 movie *Cast Away*, Tom Hanks plays the character Chuck Noland, an extremely punctual FedEx executive whose plane crashes during a storm over the Pacific Ocean. He becomes the sole survivor and washes ashore on an uninhabited island. The thing that's most moving to me is his motivation to try so many failed attempts to get off the island: his wife. He remains there for four years before he is rescued. He is so lonely that he finds a volleyball, puts a face on it and names it Wilson, just to have someone to talk to. It was never God's intent for a man or a woman to be alone. That's why marriage is so awesome!

Here are a few good reasons why is it good for you to have a long marriage to your sweetheart.

## **I'm on my way home, honey.**

The LORD God said, "It is not good for the man to be alone. I will make a companion for him..."  
Genesis 2:18

It helps cure loneliness. It feels good to have someone to "belong to". Now it's usually people who have been married successfully for a while who would even say such a thing. We as individuals like our independence and want to fight for it and hang on to it for as long as we can, but independence only can take us so far and sometimes it is a lonely trip. I love the words, "Honey, I'm home." They make me feel like some wants me (yeah, and that too).

## **Someone has my back.**

Knowing someone has my back is very important and satisfying to me. As goofy and weird as I am, I know deep in my heart that there is one person on this planet who will fight for me when no one else will and it's my beautiful wife of twenty-eight years. You need to know someone will "have your back". Life can be too tough to be a solo act.

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Ecclesiastes 4:9-12 NLT Selected



## **Sex is awesome.**

I read some research years ago that said that men and women spend a large percentage of their time thinking about sex. Well, I hope so, and I really don't know what they waste their other time thinking about. God wired us that way. Sex is supposed to be fun and creates emotional bonds between a man and a woman. That's also why it's pretty disastrous to have sex with someone other than your spouse, the person who has your back. Sex is one of God's greatest ideas.

Genesis 1:24-25 NLT says, "This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one. Now the man and his wife were both naked, but they felt no shame."

And

"Let your wife be a fountain of blessing for you. Rejoice in the wife of your youth. Let her breasts satisfy you always. May you always be captivated by her love." Proverbs 5:18-19 NLT

Need I say more?

## **Finding God's Favor**

If good health has ever been considered a favor of God, then being married to a good woman certainly has it merits. I have no medical training, but over thirty years of ministering to people has taught me the truth of this verse.

"Whoever finds a wife finds what is good and receives favor from the Lord."  
Proverbs 18:22 ISV

I have seen many long and successful marriages (including my parents of fifty-three years) between couples who experienced generally good health. I know this article below is only about men's health, but I found it most fascinating.

"A major survey of 127,545 American adults found that married men are healthier than men who were never married or whose marriages ended in divorce or widowhood. Men who have marital partners also live longer than men without spouses; men who marry after age twenty-five get more protection than those who tie the knot at a younger age, and the longer a man stays married, the greater his survival advantage over his unmarried peers." (Health.harvard.edu)

There are many more reasons to find your sweetheart, marry and have a long marriage, but I'm out of space. So I'll close with these words from psychologist James Dobson, which I give to those who want to get married.

"Don't marry the person you think you can live with; marry the only individual you think you can't live without."

To your spiritual health,

**Alex E. Anderson**  
Author of the book, *Dangerous Prayers*  
[www.dangerous-prayers.com](http://www.dangerous-prayers.com)

# 441 Urgent Care Center



## **BUFFALO RIDGE**

PH 352.350.1526

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

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

## **SUMTER LANDING**

PH 352.350.1525

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

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

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

## **SUMMERFIELD**

PH 352.693.2340

Everyday 8:00a.m. to 10:00p.m.

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

## Open Holidays

### **OUR PHILOSOPHY:**

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

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

