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June 2016

Marion Edition - Monthly

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Skin Cancer and Florida

An All-Too-Common Problem With Advanced Technology to Treat It

Florida is often synonymous with the sun, but that also puts residents at a higher risk of sunburns and much more. Skin cancer is the most commonly diagnosed cancer in the U.S., and according to The Skin Cancer Foundation; 3.5 million cases of skin cancer are diagnosed each year across the country with nearly 5,000 cases of melanoma in Florida alone.

Skin cancer is an abnormal, uncontrolled growth of malignant skin cells. It occurs when mutations occur in healthy skin cells, most often due to ultraviolet radiation exposure. It can appear as moles, raised bumps, scaly patches or open sores and, though not always, most often develops on skin exposed to the sun. One in five Americans will develop skin cancer during their lifetime.

Basal cell and squamous carcinoma cell make up 95% of all skin cancers and are highly treatable when found early. These are known as non-melanoma skin cancers. Melanoma is more serious and causes 75% of all skin cancer deaths. If left untreated, it can spread via the blood stream to other areas of the body, making it difficult to control.

Treatment of skin cancer depends on the type and degree of the disease; however, the most common treatments for skin cancer are Mohs surgery and radiation therapy.

Mohs surgery involves surgical removal of the tumor and the layers of skin containing cancer cells until the cancer is cleared, leaving as much healthy tissue as possible.

Radiation therapy is a non-surgical alternative to surgery with comparable results of 97% or greater. It is similar to getting an x-ray, only the beam is more focused, superficial and intense. When targeted against skin cancer, the radiation effectively destroys cancerous cells.

Treatments are fast, pain-free and delivered in 10 sessions or less. Because it is non-invasive, there is no incision, no anesthesia, no discomfort and no recovery time. In many cases, patients can get back to their normal routine the moment they walk out the door.

Depending on the type of skin cancer, its size and location, radiation may be used alone or in combination with surgery. If the cancer site is relatively large, in a surgically difficult location, or if the patient is not a good candidate for surgery, radiation is often used as the primary treatment. Radiation may also be used if there is nerve involvement or fixation to underlying cartilage or bone.

In cases where the tumor is surgically removed, radiation may be used as a follow-up treatment to destroy any remaining cancerous cells. For patients who have advanced skin cancer that has spread to other parts of the body, radiation can effectively delay further growth.



Radiation therapy for skin cancer is delivered with highly sophisticated systems that pinpoint the cancerous cells and minimize damage to the healthy cells surrounding the tumor.

High Dose Rate (HDR) brachytherapy is a newer alternative to external radiation that allows for a greater dose of radiation to a limited area, in a short time. A computer-controlled machine sends a radioactive isotope through a special delivery handle that looks like a flat hammer. The flat surface is placed against the skin during the treatment. The overall treatment time at the tumor site is 10 minutes. After each session there is no radioactive material remaining in the body. Other types of radiation are superficial, x-rays, electron beam and mould therapy.

A new device called the Freiburg Flap helps with HDR brachytherapy treatment by using a flexible mesh style surface mold that can easily be shaped to fit curved surfaces. It is ideally suited for large lesions or surface lesions that are difficult to cover, with skin surface applicators, or for large volume skin cancers such as on the skull or face.

Today's high-precision targeting significantly reduces the risk of side effects, and they typically go away over time. With increased sophistication in planning and treatment techniques, radiation therapy can show improved cosmetic and functional outcomes, especially for tumors on the face and lower extremities.

21st Century Oncology offers radiation therapy to treat skin cancer at conveniently located centers in Citrus and Marion Counties.

Ravi K. Sandrapaty, MD

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The Air in Florida: Good for Those with COPD?

By David Ebner - Staff Writer

Each year, the American Lung Association releases the State of the Air Report, accounting for the air quality of major counties in the United States. It's probably not news that metropolitan areas throughout the state received varying results in air quality. It may be surprising that not a single Florida city made the top 25 list for most polluted in the country. Ocala, Sebring and the Fort Myers-Cape Coral metropolitan area ranked among the cleanest cities for ozone pollution, a comforting statistic for the 1 million permanent Florida residents who have COPD.

People with COPD suffer from symptom flare-ups often brought on by anxiety, dust, mildew, chemical fumes, excessively warm or cold air, smoke or other types of airborne pollution. Symptom flare-ups include coughing, wheezing, sputum, shortness of breath and fatigue. These facts raise the question of whether Florida air quality helps its 1 million residents fare better against progressive lung disease than residents of other states.

Sweeping changes to further improve Florida air quality may be years ahead, but progressive, more immediate help for those with COPD in Florida is available now. A specialty clinic in Tampa, the Lung Institute (lunginstitute.com), treats patients with lung diseases such as COPD, emphysema, chronic bronchitis and pulmonary fibrosis. Rather than using supplemental oxygen or a variety of medications to treat symptoms, they treat lung disease directly using stem cells from the patient's body.

Stem cells act as the body's healing system. The body alerts these cells, and they flow to the area that needs repair. Under normal circumstances, this process takes time. Stem cells react slowly, even more slowly in the body of someone who is chronically ill. The physicians at the Lung Institute realized this and developed a process to help stem cells do what they naturally do, only more quickly.

The physicians extract a patient's own stem cells from blood or bone marrow tissue, separate the cells and return them intravenously to the patient. Stem cells



A recent air quality report has prompted questions concerning lung disease and air pollution.

then travel through the heart to the lungs, where they are trapped in what the Lung Institute calls the pulmonary trap, where stem cells congregate, and where they can help promote healing of the lungs, potentially improving lung function.

A recent Lung Institute research study indicates that 82 percent of patients report an increase in quality of life after treatment, and 60 percent of those who took a pulmonary function test saw an increase in lung function.

Since the Lung Institute was founded, the Tampa clinic has treated over 800 patients locally. Nationwide, the company operates 5 clinics in Tampa, FL; Nashville, TN; Pittsburgh, PA; Scottsdale, AZ and Dallas, TX, and has treated over 2000 patients.

In Florida, the air quality removes residents from the discussion the rest of the country is having about developing alternative solutions to air pollution problems. It's obvious that what the rest of the country is doing isn't working, which is how those suffering from COPD have felt for years. They've been told the same thing, given the same medications and little has been done to improve their care until now. An alternative treatment is now available for those with COPD in Florida through stem cell therapy. Maybe the rest of the country should take a page from Lung Institute's book and look at their air quality in the same way.

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.

What Does ACR Accreditation Mean in Your Care? Take a closer look.



RAO is proud to announce our renewed accreditation by the American College of Radiology, or ACR, in some of the most important diagnostic screening modalities, signifying our ongoing commitment to providing unsurpassed health imaging services.

The ACR provides evidence-based guidelines and quality assessments for specific imaging and treatment protocols to foster superior patient care. RAO's ACR accreditation demonstrates our dedication to outstanding practice quality, accuracy and safety, and denotes that our medical team, procedures and technologies have undergone intensive review and focused analysis by expert Board Certified physicians and medical physicists, and reached the ACR's rigorous benchmarks for staff qualifications, safety, equipment and image quality, and quality control and assurance.

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MRI – RAO is ACR accredited for quality and safety in MRI services, including breast MRI and MRI enterography. We offer both open and high field MRI.

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imaging scans in one service. RAO uses only helical CT equipment for enhanced image quality and greater detection capabilities with less radiation exposure.

Breast Health Services – We have ACR accreditation in all qualifying diagnostic breast health services, including mammography, breast MRI, breast ultrasound and stereotactic breast biopsy, earning our Women's Health Center and TimberRidge Imaging Center the ACR Breast Imaging Center of Excellence designation. We also provide tomosynthesis (3D mammography), breast needle localization, breast aspiration and ultrasound-guided breast biopsy, making us your single destination for complete breast health services.

Knowing your RAO radiologists and staff, equipment and services are thoroughly reviewed and accredited by the American College of Radiology year after year gives you an extra measure of security and confidence that you're receiving the best possible diagnostic care. And when it comes to your or a loved one's health, nothing is more important.

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



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June is Men's Health Month

By Bradley McLarty, CHES - Wellness Coordinator
Munroe Regional's Lifetime Center

When it comes to men's health there are several important areas of concern. These areas include mental health, heart health, and a new area of growing concern - hormonal health.

Most of these conditions in men can be life altering, affecting activities of daily living and changing how daily tasks are approached. With all areas of health, early detection and annual screenings and tests are keys to lowering adverse health outcomes. Changing some of the modifiable risk factors helps reduce the risk of these event from happening as well.

Exercise is a pillar of health and wellness. But what does exercise mean? Several people may picture running on the dreaded treadmill. While that is a good start and a great form of exercise, it is not the only option. Exercise is anything that gets the body moving and puts muscles under stress. This can include the treadmill, but also incorporates almost anything else including walking, jogging, biking, weight and resistance training. The Centers for Disease Control and American Heart stress the importance of at least 30 minutes of moderate exercise a day. Regular exercise has been shown in several research studies to help reduce the risk of over 20 health conditions including Type 2 Diabetes, stroke, dementia, depression, and heart disease. Regular strength training has also been shown to help increase free floating testosterone in men, which in turn helps promote prostate, bone, and muscle health.



Getting started with an exercise program can be a very daunting task. Many people have never started an exercise regimen or have not been in one for several years. This is where the team at Munroe Regional's LifeTime Center can help. LifeTime Center is staffed with degreed, certified, and experienced fitness, wellness, and health staff. The goal at LifeTime is to promote a healthy lifestyle and reduce your risk of adverse health issues. This is accomplished through a multi-step approach with coaching and modification along the way.

Munroe's LifeTime Center is also a great facility if you already have a health condition. Individualized exercise treatment plans are developed to help aid your recovery, treatment, and future prevention of several areas of health. LifeTime staff includes medical personnel of Registered Nurses, Clinical Exercise Physiologists, Certified Health Education Specialists, Physical and Occupational therapists. This offers the ability to address areas of health with proper care and

reduction of risk of injury to ensure your overall wellbeing. Munroe's LifeTime Center also has specialized and rehabilitation equipment to help address any orthopedic issues, including an indoor heated pool. Water training is a great form of exercise which includes aerobics, resistance, and conditioning training.

Munroe's LifeTime Center also has the ability to run some blood lab work onsite. As stated previously, early detection is key in preventing and lowering risk scores. LifeTime offers several screening options to members including Lipid Panels, Prostate Specific Antigen (PSA), Hemoglobin A1c, and Cardiac Risk Profiles. Utilizing these biometric numbers allows LifeTime's staff to further enhance your personal exercise prescription plan to address specific areas of concern and thus lowering health risk scores.

A study published by the Journal of Pediatrics showed that children in a home where their father was physically active had a 3.5 times

more likelihood of being active than the national average. By leading through example families and homes become more active, healthier, and health risk scores for several different areas are lowered. The best part is that is not too late to start to make these changes and embrace a lifestyle that includes normal exercise. By creating an environment of activity and wellness it can create a lasting legacy that your children can pass on to their children and continue to promote health at the family level.



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DO YOU KNOW YOUR TESTOSTERONE LEVEL?

Tired? Are your endurance and strength declining? Have you noticed a decline in your sexual function and lost interest in your sex life?

Every man could answer “yes” to at least one of these questions after age 40. Common symptoms of low testosterone, they can also result from a myriad of lifestyle, social, emotional and behavioral issues.

It is a physician’s goal to “treat the whole patient,” so we try to identify those issues that are most relevant to the symptoms. For decades, it was believed low testosterone was responsible for the above ... but not much else. Physicians were taught a decline testosterone was “normal” as men aged.

These beliefs have substantially changed in the last five years.

We now know a condition known as “metabolic syndrome” is intimately linked to low testosterone. Metabolic syndrome is a constellation of diabetes (or insulin resistance), hypertension, elevated triglycerides (fat levels in the blood), abdominal obesity and low testosterone. It’s estimated as many as 25 percent to 45 percent of American men over 40 may have metabolic syndrome and therefore a significantly elevated risk of stroke and heart attack.

How testosterone interacts with obesity, diabetes and cholesterol is not fully understood. It is also unclear whether low testosterone is the cause of the increased risk or it is involved in some other way. Clearly, low testosterone is more than simply a factor in declining strength and sexual performance.

Testosterone is essential for male development, libido and erectile function. Because of the success of medications such as Viagra in treating erectile dysfunction, low testosterone is often overlooked. However, low testosterone is a common cause of poor or declining

response from ED medications and should always be considered when evaluating ED. Testosterone replacement may be all that’s required to restore sexual function.

The good news is managing low testosterone is easier and simpler than ever before. Just a decade ago, almost all testosterone replacement was by a painful, deep-muscle injection with oil-based testosterone administered ever two weeks. Levels were difficult to manage and had dramatic swings with levels too high for the week immediately following the injection and too low for the week prior to the injection.

Today, testosterone is applied via a cream or gel that is applied to the skin daily. These preparations provide even absorption and steady testosterone levels. Small implants that release a steady, consistent level of testosterone in the bloodstream for eight to 10 months are also available.

Managing testosterone levels requires a thorough knowledge of treatment risks and benefits. Men with an enlarged prostate may be at greater risk for obstruction of the urine flow. Additionally, testosterone treatment should be considered only if



prostate cancer is not present, or has been successfully treated. Baseline levels should be checked in the early morning as levels normally decline in late afternoon or evening.

A thorough physical examination and additional blood tests are also important to evaluate low testosterone levels. Urologists specialize in evaluating and treating low testosterone, prostate disease, voiding, erection and testicular health, all of which can be influenced by testosterone levels.

Identifying low testosterone is as simple as a blood test, and modern management is as simple as a daily application of a skin cream. Every man should know his testosterone level. Normal testosterone levels can be an important aspect of maximizing longevity and maintaining quality of life.



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LINK BETWEEN OBESITY AND LOW TESTOSTERONE

Obesity, a condition linked to heart disease and diabetes, now appears to be associated with another health problem, but one that affects men only -- low testosterone levels.

In a study conducted by the University at Buffalo endocrinologists, researchers discovered that about 40% of obese participants had lower-than-normal testosterone levels. The percentage escalated to 50% among men who also had diabetes. It also was found that as body mass increase levels rose, testosterone levels dropped. Given the fact that about one-third of the United States' population is obese, this news is concerning for men.

Effects of Low Testosterone

A decrease in testosterone levels is a normal part of the aging process for men. For every year beyond age thirty, male testosterone levels decrease by about one percent. Currently, over thirteen million men have low testosterone levels.

Low testosterone levels can affect sexual functioning including a reduced desire for sex, fewer spontaneous erections, and infertility. The ADA maintains that 70% of men with low testosterone levels have erectile dysfunction, and 63% have experienced a decrease in sex drive. One study showed that men who lose significant amounts of weight reported having better sexual functioning.

Physical changes may also present such as increased body fat, decreased strength and muscle mass, fragile bones, decreased body hair, hot flashes, and increased fatigue.

Low testosterone levels can also cause sleep disturbances such as insomnia and emotional changes such as sadness or depression.



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Age is Not Always the Deciding Factor

As previously noted, testosterone levels naturally decrease in men as they grow older, but obesity seems to be an important factor for decreased testosterone levels regardless of a person's age.

A study that was published in the 2012 journal Clinical Endocrinology found that obese teenage boys were not only at greater risk for diabetes and heart disease but also had testosterone levels that were between forty and fifty percent lower than their normal weight peers.

Controlling for age, physical maturity, and medical factors, 25 obese males and twenty-five normal weight males between the ages of fourteen and twenty were blood tested to measure total and free testosterone levels. Free testosterone is testosterone that is not chemically bound and thereby available to the body.

Mean testosterone levels were found to be 50% lower in the obese young men and mean free testosterone levels were found to be 46% lower.

With our waistlines expanding, the results could speak to many American men. In view of the fact



that almost one-third of the U.S. is obese, these observations have profound pathophysiological, clinical, epidemiological and public health implications.

Weight loss increases testosterone levels.

It goes without saying that weight loss can improve testosterone levels, or other hormone imbalances in men.

If you have struggled with weight management and would like medical assistance, Lifestyle Solutions offers a free assessment of your nutrition and fitness levels. We can then customize a weight loss plan tailored to your individual needs, aspirations, and lifestyle. Physician supervised weight loss has proved to be an effective way for many men to lose the weight they have

struggled with for years. If needed, prescription weight loss medications or fat burning injections can be given to assist with your weight loss. Our experienced weight loss physician, attends to every patient, providing guidance and support at every step along the way.

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— Michael Holloway, M.D.



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MAN UP: PREVENT THE TOP 7 THREATS TO YOUR HEALTH

The list of the biggest health threats for men is surprisingly short — and prevention pays off. Consider this top seven list of men's health threats, compiled from statistics provided by the Centers for Disease Control and Prevention (CDC) and other leading organizations to reflect men's health risks in the United States. Then get serious about reducing your risks. The biggest threats to men's health can often be prevented. Here's what you need to know to live a longer, healthier life.

1: Heart disease

Heart disease tops the list as the leading men's health threat. Take charge of heart health by making healthier lifestyle choices. For example:

- **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 healthy diet.** Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated fat and sodium.
- **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 to brisk walking.
- **Maintain a healthy weight.** Extra pounds increase the risk of heart disease.
- **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.



2: Cancer

Various types of cancer are of particular concern to men, including lung cancer, skin cancer, prostate cancer and colorectal cancer. To reduce the risk of cancer, consider these general tips:

- **Take early detection seriously.** Consult your doctor for regular cancer screenings.
- **Don't smoke.** Using any type of tobacco puts you on a collision course with cancer. Avoiding exposure to secondhand smoke counts, too.
- **Maintain a healthy weight.** Losing excess pounds — and keeping them off — may lower the risk of various types of cancer.
- **Get moving.** In addition to helping you control your weight, physical activity on its own may lower the risk of certain types of cancer.
- **Eat plenty of fruits and vegetables.** Although making healthy selections at the grocery store and at mealtime can't guarantee cancer prevention, it may help reduce your risk.
- **Protect yourself from the sun.** When you're outdoors, cover up and use plenty of sunscreen.
- **Limit alcohol.** If you choose to drink alcohol, do so only in moderation. The risk of various types of cancer — including cancer of the colon, lung, kidney and liver — increases with the amount of alcohol you drink and the length of time you've been drinking regularly.

No. 3: Accidents

Motor vehicle crashes are a leading cause of fatal accidents among men. To stay safe on the road, use common sense. Wear your seat belt. Follow the speed limit. Don't drive under the influence of alcohol or any other substances, and don't drive while sleepy.

4: Chronic lower respiratory diseases

Chronic lung conditions — which include bronchitis and emphysema — also are a concern for men. To protect your respiratory health:

- **Don't smoke.** If you smoke, ask your doctor to help you quit. Also avoid exposure to secondhand smoke.
- **Steer clear of pollutants.** Minimize exposure to chemicals and outdoor air pollution.



- **Prevent respiratory infections.** Wash your hands often and get a yearly flu vaccine. Ask your doctor whether you need a pneumonia vaccine as well.

5: Stroke

You can't control some stroke risk factors — such as family history, age and race — but you can control other contributing factors. For example:

- **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.
- **Don't smoke.** If you smoke or use other tobacco products, ask your doctor to help you quit.
- **Make healthy lifestyle choices.** Eat a healthy diet, being especially careful to limit foods high in saturated fat and cholesterol. Include physical activity in your daily routine. If you're overweight, lose excess pounds.
- **Limit alcohol.** If you choose to drink alcohol, do so only in moderation.

6: Type 2 diabetes

Type 2 diabetes — the most common type of diabetes — affects the way your body uses blood sugar (glucose). Poorly controlled diabetes can lead to heart disease, eye problems, nerve damage and other complications. To prevent type 2 diabetes, get serious about your lifestyle choices. Eat a healthy diet. Include physical activity in your daily routine. If you're overweight, lose excess pounds.

7: Suicide

Suicide is another leading men's health risk. An important risk factor for suicide among men is depression. If you have signs and symptoms of depression — such as feelings of sadness or unhappiness and loss of interest in normal activities — consult your doctor. Treatment is available. If you're contemplating suicide, call for emergency medical help or go the nearest emergency room.

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 may be greater than you'll ever know.

*list compiled by the Mayo Clinic



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Rafael Rosa-Algarin, M.D.



David L. Oliver, D.O.



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 Rockey DC, Paulson E, Niedzwiecki D, et al. Analysis of air contrast barium enema, computed tomographic colonography, and colonoscopy: prospective comparison. *Lancet*. Jan 22-28 2005;365(9456):305-311

3 Brenner H, Chang-Claude J, Seiler CM, Sturmer T, Hoffmeister M. Potential for colorectal cancer prevention of sigmoidoscopy versus colonoscopy: population-based case control study. *Cancer Epidemiol Biomarkers Prev*. Mar 2007;16(3):494-499.



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

HOME SAFETY TIPS

Many accidents in the home can be prevented with a little effort put towards prevention. These general home safety tips are applicable to many areas of the home and can go a long way towards fall prevention and other safety issues that can lead to more serious accidents.

As a note, many utility companies, local agencies and service companies offer free or moderately priced home safety audits. Do some research in your community for organizations that perform these and schedule an appointment to have one done in your home.

Flooring, Stairways and Halls

- Carpet is well-kept and not worn, and throw rugs have been discarded.
- Steps are in good condition and are free of objects.
- Steps have non-skid strips, visual indicators and proper lighting.
- Carpeting is not pulling up and is free from obstructive wear.
- Handrails are properly sized to hold appropriate weight, are securely installed and placed on both sides of the stairway.

Electrical and wiring

- Electrical appliances, lighting, electric cords, etc. are all in good condition.
- Bulbs are not exposed or easily touched in lamps and light fixtures.
- Electric outlets in kitchens, bathrooms and outside the house are GFCI to prevent shocks.
- Electrical system has appropriate capacity, has been inspected and is up-to-code.
- Extension cords are used properly, are not overloaded, are kept out of walking paths and are not under rugs or near furniture.
- Cords are not attached to the walls, baseboards, etc., with nails or staples.
- Electrical cords are not under flooring and are out of the walking path.

Fire Safety

- Smoke alarms are functional and tested regularly.
- Smoke alarms have visual alarms (strobes) or enhanced audio alarms for those hard of hearing.
- At least one smoke detector should be placed on every floor of your home.

Communications

- Every phone in the house has emergency addresses and phone numbers posted next to it. A phone is in every room and can be reached from the floor.

Water

- Anti-scalding valves have been installed and/or water heaters set to 120 degrees or below to prevent accidental burning.

Lighting

- Lighting is appropriate in each room for the tasks performed there.
- Hallways and other areas trafficked at night have night lights.
- Light switches are placed at both ends of stairways and hallways.



Doors and windows

- Inside doors do not open over steps.
- Inside doors do not have raised thresholds.

Furniture

- Furniture does not crowd walkways or obstruct movement in rooms.
- Furniture is not wearing to cause a safety hazard.
- Seating is the proper height for comfort and safety.
- Seating is easy to get out of and sturdy enough to bear the weight of occupants.

For information on home safety and to learn more tips, call Judy Trout at 352-208-2629 today.

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5 Signs Your Loved One Might Need Home Care

As our loved ones get older, one of the hardest moments they face is when they start to struggle with independently accomplishing everyday tasks. Over time, health circumstances can make even the simplest tasks challenging for an aging individual, especially one who is experiencing a chronic illness, a health-related disability, or dementia.

You'd love to be able to provide all the care that they need yourself, but the reality is that you have a full life and busy schedule of your own. As much as you want to be able to do it all, there comes a time when you realize that you can't be there as often as you're needed. When your loved one begins to be unable to complete normal tasks, it's a sign that they need a caring professional in the home to help them. Deciding when your loved one may need additional home care is difficult. Here are five signs to watch for:

1. Your loved one becomes confused when confronted with simple questions. They can't remember whether or not they remembered to eat breakfast, or they can't recall whether or not they took their medication today. Look at your loved one's medication bottles and ask them what medications they are taking while confirming with their doctor. If there is discrepancy or when this becomes more than just a once-in-a-while occurrence, it's time to consider bringing someone in who will help your loved one take care of daily tasks.

2. Your loved one shows signs that they can no longer drive safely. This might include difficulty remembering how to get to a familiar location, a tendency to lose track of the task at hand while driving, or vision problems. To check for vision problems, look around their home for pills on the floor or if the home is dustier than normal—seniors with decreased vision may not notice these things. While it's hard to take your loved one's keys away once and for all, you'll be relieved to know that there's someone on hand to take them to their appointments and anywhere else they may need to go.



3. Your loved one starts to resist bathing. It's relatively common for elderly patients, particularly those who are struggling with Alzheimer's or dementia, to begin to make excuses not to bathe. If the home and your loved one begins to smell unclean, they need in-home care that will compassionately help them through this regular and necessary task.

4. Your loved one has trouble managing their finances. While they might always have handled them competently in the past, there's a point where it becomes too difficult to remember that the electric bill is due on the first of the month and that the boy who comes to mow the lawn should be paid on the tenth. Your loved one might also struggle with balancing a checkbook or remembering to keep track of purchases. When it comes to this point, they need someone to help them keep their finances on track.

5. Your loved one forgets small and necessary tasks. They might forget how to get dressed properly or become physically unable to do so comfortably. Loved ones with dementia might forget to put on their glasses, put in their teeth, or take their medication. Without these small but important responsibilities, your loved one's quality of life will start to deteriorate simply because of what they aren't remembering or aren't able to do.

It's a weight off your mind to know that your loved one will be cared for when you can't be there. You'll be relieved to put the tasks in the hands of a caring professional who will provide all the services your loved one needs without hindering her independence.

Ready to find a service that will work with you and your aging loved one? CareMinders Home Care of Lady Lake provides personal care services that can help prolong your loved one's ability to live independently and safely. From help with meals and mobility to personal care and errands, our expert caregivers lend a helping hand while enhancing our clients' quality of life. Contact us at 352.430.2781.

"Life at Home is the Key to Independence."

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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.



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BEMER Therapy for Better Circulation and Health in Men - Bio-Electric Magnetic Energy Regulation

Did you know that impaired blood circulation of the male reproductive organs is the main cause of low testosterone levels, prostate conditions & erectile dysfunction?

It is a common & unavoidable lifestyle habit for middle-aged men to be sitting most of their day at a desk, in a car, or on a plane. Posture & pressure to the pelvic area causes a significant decrease in macro- and microcirculation of the reproductive organs resulting in reproductive dysfunction and/or failure

These men are at the peak of their careers and don't have the time to exercise regularly or eat healthy foods. More often than not, they're spending their days stressed about their respective responsibilities. This lifestyle leads to inadequate blood circulation and poor cell function, often resulting in one or more chronic diseases of lifestyle (prostate cancer, diabetes, hypertension, cardiovascular disease, chronic fatigue, psoriasis, arthritis, stroke).

BEMER treatments can help you find fast relief and recovery from these conditions by re-establishing the microcirculation to your reproductive organs.

What is BEMER?

(Bio-Electric-Magnetic-Energy-Regulation)

BEMER is the world's most researched (16 + years) and most effective Physical Vascular Therapy currently available, restoring natural microcirculation and immune system parameters with no known side effects.

BEMER improves blood flow in the tiniest (micro) vessels (also known as capillaries) up to 80%. Improved circulation supports the body's ability for prevention, healing, recovery and regeneration processes.

What are Micro Vessels?

Micro vessels (also known as capillaries) are the vast network (equivalent of 75 miles) that exists within our body to carry blood, oxygen & nutrients. Insufficient oxygen in the cells is thought to be the root cause of most illnesses including stroke.

How Does It Work?

BEMER increases the electro-magnetic energy of all the cells, improving the circulation and oxygenation of the tissues. This encourages each cell in the body to function optimally, and to correct metabolic and energetic abnormalities.

The BEMER has a special patented signal that penetrates the entire body interacting at the cellular level.



How may BEMER enhance your overall health?

1. Improved macro-circulation
2. Improved micro-circulation
3. Increased partial oxygen pressure
4. Improvement of the blood's ability to transport oxygen to the individual red blood cells
5. Improved cell metabolism
6. Strengthened immune system

With these six conditions improved, the body's cells are able to fight most of their own battles. The result is the subsequent improvement of nearly all chronic conditions, including low testosterone, prostate conditions, and erectile dysfunction!

History

The technology was invented in Germany and is now available in the US and 48 countries around the world. With more than 16 years of research and development, the BEMER signal was patented by Dr. Wolf A. Kafka in 1998.

More and more people are turning to the BEMER for therapy that is non-invasive, easy to use and has absolutely no side effects.



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BEMER allows men to maintain their current lifestyle but gain proven circulatory and immune system optimisations with no known side-effects. BEMER's patented signal is less intense but energetically more beneficial than the earth's magnetic field making it 100% safe for all living organisms.

Each and every disease starts with an energy deficiency in your cells. As we live under the influence of the earth natural electro-magnetic field, it shields us from harmful rays such as gamma rays that come from out of space. The earth's electro-magnetic field also forms a vital basis of stimulation for metabolic processes found in each and every cell. Stress and environmental toxins overload our bodies and with modern social environments interfering with the natural magnetic fields which results in a weakened and negative influence on the earth's natural magnetic field. Clinical trials have shown that with the application of the Bemer signals, it assists and improves the self-regulatory mechanisms of the body resulting in a counteract of the disturbances of everyday modern life.

For more information about BEMER therapy and the benefits it has to offer you, call **352-633-1049** today!

Physician Spotlight

Name: Kevin C.

Age: 49

Occupation: sales professional in The Villages



How long have you been on Bemer: Since October

How fast did you feel a difference? "In my knee, within the first week. Sleep management became better after a few weeks."

What other areas have you felt a change in? "Energy, pain, relief of discomfort in my knees."

Coolest thing about Bemer, that you didn't expect: "Once I got on the sleep cycle, my dreams became more clear and I remembered them."

What would you say to others: "It is truly amazing."

Are Your Beverage Choices Sabotaging Your Health Goals?

By Monique Richard MS, RDN, LDN

Did you know the biggest calorie buster in your diet is probably what you're sipping on? By the time you enjoy sipping on your morning's barista treat, the fountain soda or sweet tea at lunch, and pre-dinner cocktail, 500-700 calories have been added to your caloric intake. For many, that can be a third or even half of the total caloric need for an entire day, all in the form of liquid sugar, caffeine, and artificial flavorings. Let's take a look at each category of the most beloved liquid calorie behemoths, and hopefully, we can release their hold on your weight and overall health once and for all.

SODA

I hate to have to be the one to tell you, but soda, whether diet or regular, has zero nutritional value. None. Zilch. Zip. Nada. Yes, it may have sugar (carbohydrate), which is a form of calories, and technically a macronutrient, but we're talking nutritive benefits, not just energy, which are what calories provide. That is why they are infamously coined "empty calorie" drinks—calories and not much else. Think about that soda you grab with lunch, is it 12 ounces or 20 ounces? For 12 ounces, you are looking at 150 calories and about 240-300 calories for 20-ounces, not to mention the loads of sugar. A 20-ounce soda can have 68 grams of sugar, or 17 teaspoons full of sugar. Can you imagine sitting down and eating 17 teaspoons of sugar? No one would do that! Yet everyone is doing that who consumes a 20-ounce soda. There are a lot more nutritious options that won't cause dental caries (cavities), spike your blood sugar, or pollute the environment when disposing of the plastic container.

Okay so you may counter with, "I only drink diet soda." Most diet drinks are still loaded with artificial sweeteners, preservatives, artificial dyes, or other not so beneficial ingredients. Be sure to read the nutrition facts label and the ingredients; an RDN can help you interpret what you're looking at.

Instead try to: Grab a piece of fruit, like an orange, apple, or peach to get a natural sugar fix, along with some fiber and important vitamins and minerals. For a bubbly alternative to wet your whistle instead of soda try seltzer water (flavored or plain), add fresh or frozen berries, slice a lemon, lime, orange or watermelon. Place frozen berries and a splash of cranberry juice in seltzer for a refreshing cocktail sans sugar and eat up the fruit for a refreshing



treat. More ideas? Use rosemary and lavender, fresh grated ginger, cucumbers or make a Shirley temple spritzer with a touch of cherry juice and seltzer.

Bottom Line: The less soda in your diet, the more room you have for nutrient-dense foods that will support a healthy body and your future health.

COFFEE

Yes, coffee and tea certainly do have health and wellness benefits that should be noted. However, the sugar and added calories from all the fancy coffee bar concoctions can sabotage even the best intentions. The calories and sugar from the flavored syrup, whipped cream, and oversized portions needs to be accounted for when making your usual morning stop. For example, look at these two scary nutrient sucking monsters. A medium frappe at McDonalds has 495 calories and 63 grams (or 1/3 cup) of sugar. That is as much sugar as 5 Krispy Kreme Donuts. A Grande (medium) Peppermint White Chocolate Mocha Frappuccino from Starbucks has 470 calories. For an average person, that is almost a third of the day's required calories.

Instead try to: Brew your 'cup of Joe' at home and add a sugar-free syrup or non-fat flavored coffee creamer to save calories and \$\$\$\$. Leave off whipped cream and request skim, non-fat milk, or soy milk in the frappe and latte drinks when ordering at campus or coffee shop stops.

Bottom Line: The benefits of coffee and tea are best utilized when they are least processed and do not have the added sugar. Instantly save calories by foregoing the fancy drinks and making a beeline for the simpler version.



ALCOHOL

Beer and wine do offer heart healthy benefits, polyphenols, and phytochemicals that may be beneficial when consumed in moderation. Again, it is the amount and variety of alcoholic beverages consumed that cause negative and harmful consequences. A 12-ounce serving of beer is 150 calories, but how many cans, bottles, or pitchers are consumed at one sitting? A 5-ounce serving of wine is about 100-150 calories, depending on the variety of red or white; keep in mind that portion control may be difficult to do when wine glasses are so large, and you're doing the pouring. Cocktails and fancy specialty combinations can put you overboard in both sugar and calories. A 12-ounce margarita can teeter into 500-700 calories. Juices, sugary syrups, plus several types of liquor and alcohol can sabotage your day's allowances in one fell swoop.

Instead try to: Stick to one or two servings, drinking plenty of water in between. Try making a wine spritzer by adding seltzer water to the wine to make it flavorful and last longer.



Bottom Line: Just say no to fancy restaurant drinks. Keep it simple, and always stay in control.

SPORT AND ENERGY DRINKS

These types of beverages are, as you guessed, loaded with sugar, and the only boost provided is to the companies that profit from making them. A can of Red Bull has 27 grams of sugar (a Krispy Kreme Donut has only 10-12 grams of sugar). Concentrating on a balanced, varied, and healthy diet will keep your waistline whittled, your energy high, and your wallet thicker. The amount of caffeine that energy drinks have can sometimes exceed 505mg of caffeine (brewed coffee has about 80mg). This can cause heart palpitations, jitters, uneasiness, or GI discomfort. Who has time for that?

If you work out for an hour and burn between 350-400 calories and drink a 32-oz Gatorade that has 200 calories, you just added back half of the calories you burned. How is that helpful to your health and goals? If you are an athlete, a sports beverage may be necessary, but typically not until you start pushing past the hour mark of practice and workouts; see an RDN for more on sports nutrition recommendations.

Instead try to: Eat breakfast, lunch, and dinner with some healthy snacks in between, all equally balanced with protein, carbohydrates, and fat. When you need a little more energy, try mixing equal parts orange juice, cranberry juice, and water (total of 8 ounces) for a late morning or early afternoon energy enhancer. Try green or black tea, naturally caffeinated tea without buckets of sugar. After the workout, concentrate on drinking water or a low-calorie, low-sugar sports beverage. A great pre- or post-workout snack would be a slice of whole wheat bread with 2 tbsp. natural peanut butter, topped with a half sliced banana.

Bottom Line: Ignore the claims and tempting "get everything in the world done in the next five hours" lure of energy and sports drinks. Know that when your body is fueled correctly with the right food and beverages, you can accomplish everything you need to and feel great doing it.

Bottom Bottom Line: Food provides so much more than mere calories. It is fuel for all we do and our choices should be rich in vitamins, minerals, and nutrients. It is satisfying to eat, joyful to share food, and enjoyable to feel the benefits of a healthy diet. Liquid calories fall short in every one of these areas. There is a time and place for enjoying a beverage from each category mentioned, or even that coveted smoothie or milkshake. But, the amount and degree is what needs to be monitored. You are ultimately the commander in charge: obliterate and liquefy empty calories in your diet!

10 Warning Signs of Alzheimer's Disease

By Madison Vincent

June is Alzheimer's & Brain Awareness Month and the Alzheimer's Association needs your help to raise awareness of this disease by going purple, sharing the facts, and getting involved in the fight to end Alzheimer's.

Who can develop Alzheimer's disease?

Everyone who has a brain is at risk of developing Alzheimer's disease, a fatal disease that is often misunderstood. More than 5 million Americans are currently living with Alzheimer's.

The Alzheimer's Association wants to take this month to educate you about this fatal disease. There are many misconceptions and questions about Alzheimer's, and we want to share our resources with you through educational workshops, presentations, and more. An important thing to know is that though some cognitive decline is a normal part of aging, Alzheimer's disease is not and it can appear in many different ways and symptoms.

alzheimer's  association®

KNOW^{the} 10 SIGNS

EARLY DETECTION MATTERS

10 WARNING SIGNS

1. Memory loss that disrupts daily life

One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information



over and over; increasingly needing to rely on memory aids or family members for things they used to handle on their own.

2. Challenges in planning or solving problems

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

3. Difficulty completing familiar tasks at home, at work or at leisure

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

4. Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

5. Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

6. New problems with words in speaking or writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the

middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

7. Misplacing things and losing the ability to retrace steps

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

8. Decreased or poor judgment

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

9. Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

10. Changes in mood and personality

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

These 10 Warning Signs help to identify changes in cognitive ability early leading to early detection. Although, there is no cure for Alzheimer's; early detection, diagnosis and intervention is vital and can lead to the best opportunities for care, support, treatment and planning for the future. If you or someone you know are experiencing any of the 10 Warning Signs, please see a doctor. You can find out more about the Alzheimer's Association at alz.org or by calling 1.800.272.3900 which will direct you to the local office during business hours.

How to reduce risk of cognitive decline: 10 Ways to love your brain

While there is currently no way to cure, prevent or even slow the progression of Alzheimer's disease, there are steps you can take to keep your brain healthy and reduce the risk of cognitive decline. During Alzheimer's & Brain Awareness Month the Alzheimer's Association shares 10 ways to love your brain.

1. Hit the books

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center, or online.

2. Butt out

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk.

3. Follow your heart

Risk factors for cardiovascular disease and stroke-obesity, blood pressure and diabetes- negatively impact your cognitive health.

4. Heads up!

Brain injury can raise risk of cognitive decline and dementia. Wear a seatbelt and use a helmet when playing contact sports or riding a bike.

5. Fuel up right

Eat a balanced diet that is higher in vegetables and fruit to reduce risk.

6. Catch some ZZZ's

Not getting enough sleep may result in problems with memory and thinking.

7. Take care of your mental health

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety, or stress.

8. Buddy up

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

9. Stump yourself

Challenge your mind. Build a piece of furniture. Play games of strategy.

10. Break a sweat

Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow. Studies have found that physical activity reduces the risk of cognitive decline.



MEN...

GET IT CHECKED!

June is Men's Health Month! The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Follow this maintenance schedule as a reminder of your need to take responsibility for your health. Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. You should consult your healthcare provider to discuss if this screening schedule is appropriate for you. Also ask about the benefits of earlier screenings, especially if you are a member of a high risk group or have a family history of disease.



MEN'S HEALTH CHECKLIST

CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
PHYSICAL EXAM: Review overall health status, perform a thorough physical exam and discuss health related topics.	Every 3 years Every 2 years Every year	✓	✓	✓
BLOOD PRESSURE: High blood pressure (Hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
TB SKIN TEST: Should be done on occasion of exposure or suggestive symptoms at direction of healthcare provider. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓
BLOOD TESTS & URINALYSIS: Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	✓	✓	✓
EKG: Electrocardiogram screens for heart abnormalities.	Baseline Every 2 years Every year	Age 30	✓	✓
TETANUS BOOSTER: Prevents lockjaw.	Every 10 years	✓	✓	✓
RECTAL EXAM: Screens for hemorrhoids, lower rectal problems, colon and prostate cancer.	Every year	✓	✓	✓
PSA BLOOD TEST: Prostate Specific Antigen is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your healthcare provider.	Every year		*	✓

CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
HEMOCCULT: Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every year		✓	✓
COLORECTAL HEALTH: A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 years			✓
CHEST X-RAY: Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician		✓	✓
SELF-EXAMS: Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.	Monthly by self	✓	✓	✓
BONE HEALTH: Bone mineral density test. Testing is best done under the supervision of your healthcare provider	Discuss with a physician		Age 60	
TESTOSTERONE SCREENING: Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with a physician		✓	✓
SEXUALLY TRANSMITTED DISEASES (STDs): Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, gonorrhea, herpes and other STDs.	Under physician supervision	✓	Discuss	

*African-American men and men with a family history of prostate cancer may wish to begin prostate screening at age 40, or earlier.

June is National Safety Month

Painkillers Killing People: The Epidemic of Prescription Drug Addiction

America's most fatally abused drug is legal and sitting in the medicine cabinet. Every day, 52 people die from opioid pain medications. Every year, 47,000 die from a drug overdose, mostly from prescription pain medications.

Opioids are being overprescribed. And it is not children reaching in medicine cabinets who have made drug poisoning the #1 cause of unintentional death in the United States. Adults have been prescribed opioids by doctors and subsequently become addicted or move from pills to heroin.

Perhaps even more alarming: 70% of people who have abused prescription painkillers reported getting them from friends or relatives. Most people don't know that sharing opioids is a felony.

'Painkillers Don't Kill Pain; They Kill People'

People who take opioid painkillers for too long and in doses too large are more at risk of addiction and more likely to die of drug poisoning. The numbers are staggering. In a 2014 National Survey on Drug Use and Health report, the Substance Abuse and Medical Health Services Administration says there are 4.3 million current nonmedical users of painkillers. Nearly 2 million people have painkiller substance use disorders. "Painkillers don't kill pain. They kill people," says Dr. Don Teater, National Safety Council medical advisor.

People think taking opioids is the best way to treat pain. But the reality is other non-addictive medicines are just as effective, including many over-the-counter drugs such as ibuprofen or naproxen.

Where do Opioids Come From and What is the Cost?

- Like heroin, opioid painkillers come from the poppy plant; opioids contain morphine and codeine.
- In 2010, more than 400,000 emergency room visits were made related to prescription painkillers.
- In 2006, the estimated total cost in the United States of nonmedical use of prescription opioids was \$53.4 billion, of which \$42 billion (79%) was attributable to lost productivity.
- Four out of five new heroin users started by misusing prescription painkillers.
- Research indicates 4% to 6% of prescription painkiller abusers will transition to heroin use.

Talk to your Doctor

If your doctor recommends an opioid painkiller, ask if you can take ibuprofen or naproxen instead. Ask about conditions that will increase your risk of becoming addicted to opioids, including:

- Depression or other mental illness
 - Anxiety
 - Long-term use of opioid painkillers
 - Personal or family history of addiction, including nicotine and alcohol
- Be sure also to discuss whether you work in a safety-sensitive position and how your driving will be affected.

Never Mix Your Medications

Mixing alcohol and other drugs with opioid painkillers can intensify the effects:

- Never mix opioid medications with alcohol, sleep aids, anti-anxiety drugs or other pain relievers
- Do not take extended-release opioids "as needed" for pain or more frequently than prescribed by your doctor
- Talk to your prescriber and pharmacist to ensure you won't have drug interactions from other medications

How Do I Use Opioid Painkillers Safely?

In select, individual cases, opioids may be one part of an effective pain management plan, particularly in cases involving lower-back pain. Patients should be monitored closely and opioids should be used at the lowest dose for the shortest amount of time.

He also recommends treating over-the-counter and prescription drugs with caution:

- Ask your doctor, nurse or pharmacist if you have questions about medicine
- Know the dose that is right for you
- Read and follow instructions every time
- Never take multiple medicines with the same active ingredient unless directed by a doctor
- Always put over-the-counter and prescription medicines up and away and out of sight

For more information, go to the National Safety Council at nsc.org.

10 Ways to Make Dad's Day

Celebrate your own father and the father of your children this Father's Day. Make Dad the center of attention for a change. Here are some ways that you and your kids can make Dad's day!

1. Before Father's Day, sit down and write a note to your husband, telling him what a great dad he is and how important he is to your family. Have each of your kids write a note or draw a picture; then, on Fathers' Day, leave them in places where Dad is sure to find them—on his pillow, next to his coffee cup, taped to his shaving mirror, in his favorite chair.

2. Make Dad's favorite meals all day, starting with breakfast and ending the day with a spectacular dessert.

3. Have your kids make Dad's Day coupons to give as a gift. They can make coupons for hugs, kisses, shining Dad's shoes, washing Dad's car, total access to the TV remote. . . you get the idea. And Mom, you might want to make some coupons of your own to give to your husband. Use your imagination!

4. Take a walk with Dad. It's a simple thing, but a half-hour walk, away from the telephone, the TV and the distractions of the day, can be a real bonding experience. And something you might want to make a regular habit.

5. Commit to complimenting Dad often. Start by going around the dinner table and having each person say what they love most about him. But don't just make it a once-a-year event. Dads deserve compliments every day.

6. Make up a song about Dad and sing it to him.

7. Remember all the Dads in your family—your own father, your husband, your father-in-law, your grandfather. Give your kids the opportunity to honor all the men in your family who have made a difference in their lives.



8. Hand over your camera or camcorder and let your kids take pictures of their Dad, or make their own home movie, starring Dad. You'll enjoy seeing him through their eyes, and the results will be a family keepsake for years to come.

9. Indulge Dad in his favorite pastime. Dads are always doing whatever everyone else wants to do. On Dad's Day, take him bowling, fishing, or browsing through the home improvement warehouse. . . do whatever he enjoys doing, and do it with joy!

10. Take a few minutes at the end of the day to give thanks to God for the man who loves you, protects you and provides for you. Then, have the family gather around Dad and let everyone take turns listing all the things they love about him.



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\$3,000 Per Hour

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

Every so often I'll do a bit of executive coaching. I'll spend a day with a medical, business or non-profit executive. We will end the day with very clear "take-aways" (actionable steps for an area of their life--business, family, or personal). It's a lot of fun for me, but can be very uncomfortable for the client. They hate me in the short-term, but love me in the long run.

Most of the time they are just stuck and need an objective sounding board with over thirty years of wonderful, life-giving leadership questions to ask to get them unstuck; that's me. I know, I know...I'm beating my chest a little (sorry about that—couldn't help myself).

During a recent "One Day," my client had just finished what I call a *brain-dump* and we were sorting through it looking for clues as to why he was stuck, even though he was very successful financially.

One of the things I noticed was the amount of time he spent actually at his business compared to his income. With his help we did the math and he was averaging about \$3,000 per hour every month. Not too shabby.

So I asked him if he thought he deserved to make \$3,000 per hour. As he was thinking about it, I could tell he was having doubts, so I told him not to answer—we would get back to it.

Then I asked if he were to lose everything he had (financially), would he be able to get it back again. He thought for a moment and then said, "Yes, I believe so." I asked, "How long would it take?" He said, without any arrogance that I noticed, "It would take a couple of years, maybe three."

I believed him—not just because I know him to be honest or because of his skills and business acumen – but because of a powerful principle that is constantly working in his life and all our lives whether we are aware of it or not.



It's the same principle working in the lives of lottery winners who lose their winnings and find themselves more broke than before they won the lottery. I call it the *I am Principle*.

To dig into this, let's travel back a few thousand years to a guy named Abraham. Abraham and his wife Sarai had tried for many years to have children to no avail. But something amazing happened. God showed up and made Abraham a promise that he would have a child. And that he would become the father of many nations.

Ever had someone to make you a promise so wild that you struggled to believe it? I know I have. I had someone tell me once that they were going to buy a house and give it to my family free and clear. Still waiting. Not saying it won't happen, but still waiting.

Abraham thought this promise so ridiculous that he did the following.

"Abraham fell facedown; he laughed and said to himself, 'Will a son be born to a man a hundred years old? Will Sarah bear a child at the age of ninety?'" (Genesis 17:17)

Now before we give Abraham such a hard time for his unbelief...think about this.

Psychologist Dr. Robert B. Cialdini at Arizona State University, who studies what he calls "compliance psychology," says that the best way to change someone's behavior is to change their self-image. He goes on to say, "It appears that commitments are most effective in changing a person's self-image."

Abraham had not committed in his heart to agree with God's promise. I don't believe Abraham saw himself as "the father of many nations" which is why God changed his name to Abraham (father of a multitude) from Abram (father of height).

The reason this is important is that "Without faith it is impossible to please God." And apparently our faith can be affected by our self-image.

It's the *I am Principle* at work. Once Abraham's *I am* or self-image became that of "the father of many nations" he received the answer to God's promise.

Now back to my client. I told him that he truly deserved the \$3,000 per hour. His *I am* was that of someone who could manifest \$3,000 per hour and as long as his *I am* stayed at that level he would always be able to manifest that income.

It's very interesting to note that just some thirteen years before this, my client was a common laborer barely making minimum wage. He was broke – that was his *I am* then, now it is different.

How about you? What does your *I am* look like? If you are curious just take a look around your life. Your marriage reflects your *I am* about marriage. Your money reflects your *I am* about money. I believe to a certain degree your health will reflect your *I am* about your health. If you gained a million dollars could you keep it?

For me, the *I am Principle* was a hard pill to swallow. I wanted anything other than more responsibility to deal with in my life. But over the years my *I am* has, with effort, prayer, and a lot of meditation, changed for the better.

I hope yours will as well, if you think it needs it.

To your spiritual health,

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