

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

June 2016

Lake/Sumter Edition - Monthly

[www.healthandwellnessFL.com](http://www.healthandwellnessFL.com)

  **FREE**



**MAN UP:**  
Know Your Risk and  
Prevent Heart Disease

ENJOY THE  
SOUNDS OF  
SUMMER

Clear Facts  
About CATARACTS

Home Safety TIPS

Do You Know Your  
TESTOSTERONE Level?

THE AIR IN FLORIDA:  
Good for Those with COPD?



You've  
worked hard  
to build your  
nest egg.

*Let us show you how to protect it.*

Join us for coffee, culinary delights and frank conversation about how Freedom Pointe at The Villages can help you live the life you want without liquidating your hard-earned retirement savings.

Our continuing care retirement community offers a Life Care Guarantee\*, giving you peace of mind that your accommodations — and necessary care — are assured, even if your assets are depleted through no fault of your own.

Here you'll have the freedom to make decisions about where and how to live your life, along with the assurance that you'll always have a place to call home.

**Friday, June 24 | 9:30 a.m.**

**To reserve your spot today,  
call (352) 674-3100 by June 20.**

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

**Freedom Pointe  
at The Villages**

A Life Care Community  
1550 El Camino Real  
The Villages, Florida 32159



brookdale.com  
Bringing New Life to Senior Living™

72040-P1-0516-R0P2 CB

©2016 Brookdale Senior Living Inc. All rights reserved. BROOKDALE SENIOR LIVING and BRINGING NEW LIFE TO SENIOR LIVING are the registered trademarks of Brookdale Senior Living Inc.

Do you suffer from memory loss, dementia, fatigue, anxiety, depression, or insomnia?



**WELLNESS 360°**  
whole health transformation

**We have solutions.**

Customized solutions to meet your individual needs.

**Free** informative hands-on seminars every Wednesday led by our professional medical team: *Bemer technology demonstrated and special offers for attendees.*

- Wed, June 8 — Wine & Cheese at 3pm
- Wed, June 15 — Wine & Cheese at 3pm
- Wed, June 22 — Lunch & Learn at 11am
- Wed, June 29 — Lunch & Learn at 11am

IF YOU ARE A HEALTHCARE PROVIDER OR IN THE WELLNESS OR NUTRITION BUSINESS, you are invited to be our guest for a day of pampering. Very limited seating. Call for availability & more details!

1000 Main Street, Suite 237  
The Villages, FL 32159  
(Second floor of MVP Spanish Springs)

**(352)633-1049** | Hours M-F 9-5  
info@wellness360.club

We are on Facebook! <https://www.facebook.com/wellness360club>



"The first time I wore my new hearing aids, I was able to hear sounds I haven't heard in years – I could **hear everything perfectly!**"

– Susan C.

The **NEW Siemens primax hearing aids** are **Perfect for music lovers!**

Hear **high-definition sound** with the **NEW primax hearing aids.**

- Primax is clinically proven\* to make listening to speech and music easy and effortless in every situation.
- Three dedicated music programs to choose from – perfect for listening to or playing music!
- New features deliver a fuller and richer sound experience.

**Call HearUSA for a FREE Demonstration of this brand new technology!**

**\$1000 OFF**  
 purchase of a pair of Siemens level 3 primax digital hearing aids.  
Everyday retail price for Siemens level 3 primax is \$2,895 each. Sale Price \$2,395 each. Offers cannot be combined. Excludes previous purchases. Offer expires 6/30/16.

**FREE \$25 Dunkin' Donuts Gift Card** with FREE Hearing Screening.  
Must have hearing loss. Call for details. Offers cannot be combined. Limit one per customer per year. Offer expires 6/30/16.



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



**Lake Sumter Landing Market Square**  
 1040 Lake Sumter Landing  
 The Villages

**Call Toll Free:  
 855.270.1587**

**Brownwood Paddock Square**  
 3618 Kiessel Road  
 The Villages



Kimberly Scopino  
 Hearing Aid Specialist (HAS)

\* An independent clinical study in the US has shown that primax provided a significant improvement in ease of listening in demanding listening environments. A newly developed methodology using objective brain behavior measures (Electroencephalographic data), showed a significant reduction in listening effort for mild to moderate hearing impaired subjects using primax hearing aids in speech-in-noise situations applying advanced features such as Narrow Focus and EchoShield.

# 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 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.



# Dr. V

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

- Interventional Cardiology – Stents
- Pacemaker and Defibrillators
- Vascular Medicine
- Clinical Cardiology
- Echocardiography
- Nuclear Cardiology

Rolling Oaks Professional Park  
929 N US HWY 441, Suite 201  
Lady Lake, FL 32159

Call Office for Consultation  
**352.750.2040**

Interventional Cardiology–Stents • Pacemakers and Defibrillators  
Vascular Medicine • Clinical Cardiology • Echocardiography • Nuclear Cardiology



**BECAUSE  
CLOSE ENOUGH  
IS NOT  
GOOD  
ENOUGH**

CALYPSO

## GPS FOR THE BODY<sup>®</sup>

Calypso technology, also referred to as GPS for the body, works like a navigation system that constantly tracks the position of the prostate during radiation treatment. Tiny movements of the prostate gland during treatment are immediately detected by miniature sensors called Beacon transponders. The Calypso system sends a safe electromagnetic signal to the transponders who signal their position. If the prostate moves out of position, treatment will stop and start again when the prostate is back in position.

This technology allows your doctor to send radiation precisely to the prostate and avoid healthy tissue which decreases side effects and improves outcomes.

Our Calypso System is the only technology of its kind for treating prostate cancer. At InterCommunity Cancer Center, we combine leading technology and proven treatments with personalized care for an exceptional experience and the best outcomes.

InterCommunity  
Cancer Center  
A Vantage Oncology Cancer Center

Quality, Personalized Cancer Care In Our Community

922 Rolling Acres Road | Lady Lake, FL 32159  
**PHONE 352.674.6300 | FAX 352.753.6399**

[www.icccvantage.com](http://www.icccvantage.com)

# Contents

June 2016

6 InterCommunity Cancer Center Celebrates Cancer Survivors

7 Man Up: Know Your Risk and Prevent Heart Disease

8 The Air in Florida: Good for Those with COPD?

10 Enjoy the Sounds of Summer: 5 Tips for Hearing Aid Care

12 Relieve Pain with Laser Therapy

13 Do You Know Your Testosterone Level?

14 Your Dreams with Our Exceptional Service

15 Remove Unsightly and Painful Varicose Veins Using Laser Technology

16 Energy Pulses Naturally Help the Body Repair and Heal Itself

18 Bemer Therapy for Better Circulation and Health in Men

20 Link Between Obesity and Low Testosterone

22 Don't Let a Sudden Ailment Interfere with Your Love Life!

24 Chiropractic: A Safe and Natural Alternative to Medication and Surgery

26 5 Signs Your Love One Might Need Home Care

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

28 What Your Orthopedic Surgeon Does Not Want You to Know...

30 Peace and Relaxation is Just a Phone Call Away

31 Age-Defying Eye Serum

32 Clear Facts About Cataracts

33 10 Ways to Make Dad's Day

34 Home Safety Tips

35 Spiritual Wellness: \$3,000 Per Hour

## Your Cells. Your Lungs. Your Breath.



Now Treating

- COPD
- Emphysema
- Pulmonary Fibrosis

### Your stem cells can return lost lung function

Promote healing in your lungs through a minimally invasive, outpatient treatment using your body's own stem cells.

Call us today to find out if you qualify for treatment.

**(800) 921-4631**  
**LungInstitute.com/Health**



National Locations | Florida Location:  
201 East Kennedy Blvd., Suite 425, Tampa, FL 33602

### CONTACT US

Owner  
**Cristan Gensing**  
cristan@gwhizmarketing.com

CREATIVE DIRECTOR  
**Sonny Gensing**  
sonny@gwhizmarketing.com

EDITOR - Lisa Minic



Publishing • Advertising • Web Design • Graphic Design

**Central Florida's Health & Wellness Magazine** can be found in over 900 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239-588-1200  
cristan@gwhizmarketing.com

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2016. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

# InterCommunity Cancer Center Celebrates Cancer Survivors

**O**n June 5, 2016, we celebrate National Cancer Survivors Day – a day to celebrate those who have survived, a time to inspire those recently diagnosed, and a gathering of support for families. The day is observed in many different ways. Around the U.S. and in 18 other countries, community groups, hospitals, and other organizations hold breakfasts, picnics, walks, fun runs, and other activities. Most importantly, National Cancer Survivors Day provides an opportunity not only to recognize those who are living with a history of cancer but also to raise awareness of the hardships cancer survivors face beyond treatment.

InterCommunity Cancer Center in Lady Lake, Fla., is honored to care for cancer patients every day and be a part of the journey for many cancer survivors. We believe that cancer care extends beyond our patient's treatment and that helping you survive the effects of cancer is just as important as helping you live.

InterCommunity Cancer Center's Patient to Patient Ambassador Program is available for patients who have completed treatment and want to make a difference for new patients. The program provides a community that connects cancer survivors and fosters an environment of wellness through support groups led by patient ambassadors who have survived cancer. Our Ambassadors initiate communication and education of cancer diagnoses and treatment within their circle of influence such as clubs, places of devotion, etc. Armed with our center information, DVD's, pamphlets and other materials, their story and our message help others through their journey. Ambassadors also provide one-on-one support for pre- and post-cancer patients as they hit milestones throughout their cancer diagnose and treatment.

Milestones go hand in hand with cancer, and are the signposts along the side of the road that show how far you've traveled in your cancer journey. Milestones can be the date of cancer diagnosis, the end of therapy, or anniversaries of having no signs or symptoms of cancer. Milestones can also trigger a range of emotions from gratitude and relief to pain and sadness to fear of cancer recurrence, even after years have passed. You may want to celebrate



your hard work and the fact that you are a cancer survivor. Or you may need extra support from friends, family, or a health professional.

Thanks to advances in cancer prevention, early detection, treatment, and follow-up care, more people than ever before are surviving the disease. In America alone, more than 14.5 million people are alive today after being diagnosed with cancer. However, surviving cancer can leave a host of problems in its wake. Physical, emotional, and financial hardships often persist for years after diagnosis and treatment. Living beyond cancer refers to post-treatment and long-term survivorship. Two-thirds of cancer survivors say their lives return to what they knew before they had cancer. One in three, however, says that physical, psychosocial, or financial consequences continue. During this stage, most survivors no longer consult with their cancer doctor on a regular basis. InterCommunity Cancer Center encourages cancer survivors to stay connected through support groups for cancer survivors or with programs like our Patient to Patient Ambassadors.

"We have patients that are going through very effective therapies," said Dr. Maureen Holasek, Radiation Oncologist at InterCommunity Cancer Center. "Radiation Oncology has really improved the care that can be delivered for many, many cancers and so our patients can have confidence that they're going to have long and productive lives."

## ABOUT INTERCOMMUNITY CANCER CENTER

InterCommunity Cancer Center (ICCC) has 30 years of experience providing quality, personalized cancer care in the Lady Lake and Leesburg communities and has treated more than 10,000 patients. Radiation Oncologists Drs. Hal Jacobson and Maureen Holasek bring exceptional expertise in treating breast, lung, prostate, gynecologic, skin and other cancers. As part of McKesson Specialty Health, Vantage Oncology and The US Oncology Network, McKesson's physician-led network of integrated, community-based oncology practices, provide patients and practices a best-in-class platform and a robust suite of customizable offerings and services including comprehensive oncology management services across radiation oncology, surgical specialties and medical oncology while maintaining focus on community-based oncology care and innovative value-based cancer services. ICCC has access to clinical information and best practices from the treatment of more than 1,000 patients per day enabling highly effective and peer-collaborated treatments. This provides ICCC the ability to offer academic-quality treatment in a community based setting and gives local communities exceptional cancer care services close to home. To learn more, visit [www.ICCCVantage.com](http://www.ICCCVantage.com).

InterCommunity  
Cancer Center  
A Vantage Oncology Cancer Center

Lady Lake  
922 Rolling Acres Road  
Lady Lake, FL 34748

(352) 674-6300  
[www.ICCCVantage.com](http://www.ICCCVantage.com)



# Man Up: Know Your Risk and Prevent Heart Disease

**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 is 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.

A man's risk of heart disease begins to rise greatly starting at age 45. You can lower your risk of heart disease by taking certain steps, including:

**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**  
**352.750.2040**

ROLLING OAKS PROFESSIONAL PARK  
929 N. HIGHWAY 441, SUITE 201  
LADY LAKE, FL 32159

www.HealthandWellnessFL.com



**Dr. V**

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

**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.

# 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](http://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](http://lunginstitute.com/health) to find out if you qualify for these new treatments.



Call for a **FREE** Consultation

# ELIMINATE PAIN

Even If Nothing  
Else Works!

Safely Without Drugs or Surgery

Electricity is the future  
of medicine.  
The future is here.



**E Med**  
ENERGY MEDICAL  
(352) 552-1889

E Med is a Leader in the  
Field of Electric Medicine

**Energy Medical Center  
at The Villages**  
17820 SE 109th Ave., Suite 106-B  
Summerfield, FL. 34491  
In the Spruce Creek Medical Center  
Across from the Walmart on Hwy. 441  
[www.EnergyMedical.net](http://www.EnergyMedical.net)

## The American Cancer Society predicted 96,830 cases of colon cancer in 2014.

Don't become part of that statistic in 2015. - DR. ANAND KESARI

### Improved Early Detection of Colon Cancer

Full Spectrum Endoscopy® (Fuse®) is revolutionizing colonoscopy by providing a full 330° view of the colon, almost double the view of standard colonoscopes.

A study recently published in The Lancet Oncology revealed that Fuse® found 69% more adenomas than standard colonoscopes.



Standard Colonoscopy  
Limited 170° Field of View

### PREVENT COLON CANCER

Insist on Fuse®  
Colonoscopy.



Fuse® Colonoscopy  
Panoramic 330° Field of View

Dr. Anand Kesari of Gastro-Colon Clinic and OSSC is proud to be the front-runner in adopting this new technology. Fuse® has been shown to greatly reduce the numbers of pre-cancerous polyps missed by standard colonoscopes and doesn't cost more. Fuse® colonoscopy is COVERED BY YOUR INSURANCE.

[WWW.GASTRO-COLON.COM](http://WWW.GASTRO-COLON.COM)



To schedule your Fuse®  
colonoscopy or if you  
have gastro problems,  
CALL (352) 237-1253



OCALA:  
7535 SW 62ND CT.  
Ocala, FL 34476

SUMMERFIELD:  
10435 SE 170TH PL.  
Summerfield, FL 34491

SUMTERVILLE:  
1389 S US 301  
Sumterville, FL 33585

# WHEN THE GOING GETS TOUGH.

You are going to want a urologist with the skills and experience to resolve your problem quickly. The good news, Advanced Urology Specialists has *fifteen* urologists — all with the expertise you need to focus on the toughest challenges. The better news, when the going does indeed get tough, you won't have to go far for relief with eight offices throughout Central Florida to serve you.

855-298-CARE  
[advancedurologists.com](http://advancedurologists.com)  
With 8 convenient locations  
to serve you!




**ADVANCED**

*Urology Specialists*



# Enjoy the Sounds of Summer:

## 5 Tips for Hearing Aid Care



The summer months bring a chorus of sweet sounds, warm weather, sunshine, outdoor activities, and vacations—but for people who wear hearing aids, summer also brings extra maintenance.



### 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."

[www.hearusa.com](http://www.hearusa.com)

**T**hese delicate devices are sensitive to the elements and can get damaged by exposure to moisture, extreme heat, even the oils in sunscreen. But we have some tips to help you keep your hearing aids in top notch condition.

**P**rotect from extreme heat and sunlight. Like anything that has plastic components, hot sun can melt the plastic coating on a hearing aid. Keep it out of prolonged exposure to direct sun and heat, like leaving it in a car parked outside.

**T**ake measures to protect against swimmer's ear. Be sure to dry your ears completely after swimming. And do your best to drain any residual water from your ear canal by tilting your head to the side. Also, monitor the bacterial count when swimming at the beach. Many beaches post signs. Stay out of the water on the days that the bacterial counts are high.

**D**ry instruments overnight. Recommended for use year-round, desiccant jars and electric hearing aid dryers are special containers that either use desiccant beads or electric drying technology to suck excess moisture out of the hearing aids. They double as overnight storage and should be used nightly.

**D**isinfect your hearing aids. Warmth and moisture are breeding grounds for bacteria. Always be sure to disinfect your hearing aids before inserting them in your ears. There are many disinfectant wipes specially made for this purpose.

**V**isit your local HearUSA hearing care professional. Hearing care professionals — audiologists and hearing aid specialists are best-suited to help you. Audiologists and hearing aid specialists are expressly trained in all aspects of hearing aids and amplification, and are licensed by your state. They



have the most appropriate and accurate equipment to give you a precise read on your current hearing level. And they can reliably counsel you on treatment options. Most important, going to a hearing care professional helps ensure that any underlying medical issue behind your hearing loss is identified and addressed. Simply, seeing a hearing care professional is your best safety net for proper diagnosis and treatment. The smartest thing you can do is to get it right the first time. And be assured, research shows that the great majority of people who visit hearing care professionals say they're happy with the quality of service and counseling they receive. Most hearing care professionals even provide free trials so you can see what using hearing aids is like, with a minimal service fee if you decide not to keep them.



If you're one of the nearly 40 million Americans who suffer with hearing loss, maybe it's time to consider investing in your hearing health. Research shows that the rewards can be substantial. In fact, identifying and addressing hearing loss has been shown to positively influence virtually every aspect of an individual's life, helping people personally, professionally and even financially.

For more information on hearing loss and to take a convenient online hearing evaluation, go to [www.HearUSA.com](http://www.HearUSA.com).



**Brownwood Town Center • The Villages**  
**Call Toll Free: 855.270.1587**

[www.hearusa.com](http://www.hearusa.com)

# Relieve Pain with Laser Therapy

**L**aser Therapy is the use of specific wavelengths of light (red and near infrared) to create therapeutic effects. These effects include improved healing time, pain reduction, increased circulation, and decreased swelling. Most lasers on the market today have a power range from 5 milliwatts–500milliwatts, making them a class III B cold laser. Our FDA approved Diowave laser generates 10,000-60,000 mW (milliwatt) of power within a 980nm treatment beam, making it a class IV laser and the most powerful, deepest penetrating, therapeutic laser on the market today.

## Is It Safe and Are There Any Side Effects?

Laser Therapy is very safe and there are no known side effects. It is contraindicated, however, for patients who are taking light sensitive drugs or who are pregnant. We also do not perform Laser Therapy over an area that has been injected with steroids within 7 days. It is not to be used over the thyroid gland or in the eye. It cannot be used on patients with active forms of cancer.

## What Types of Conditions Can Be Treated With Class IV Laser?

- Neck pain
- Low back pain
- Disc herniations
- Sciatica
- Frozen shoulder
- Rotator cuff injuries
- Carpal tunnel syndrome
- Knee pain
- Tennis elbow
- Tendonitis
- Arthritis
- Sprains and strains
- Plantar fasciitis
- Neuropathy
- Bursitis
- Fibromyalgia

## How Do Lasers Work?

The photons of laser light penetrate through your skin and are absorbed by special components in your body's cells called chromophores. Just as photosynthesis creates energy for plants, the absorption of the photons by your cells causes increased production of cellular energy. In areas of injury or damage, this means there is more energy available to improve the rate and quality of healing. This is called biostimulation.

The skin absorbs photons via a photo-chemical effect, not photo-thermal; therefore; it does not cause heat damage to the tissues. Once photons reach the cells of the body, they promote a cascade of cellular activities. It can ignite the production of enzymes, stimulate mitochondria, increase vasodilation and lymphatic drainage, synthesize ATP, and elevate collagen formation substances to prevent the formation of scar tissues. This is a critical step in reducing long-term disabling chronic myofascial pain syndromes and joint hypermobility.

For patients, that means relief from acute and chronic pain, reduced inflammation, and muscle spasms, improved range of motion and restored function. Patients suffering from headaches, neck pain, carpal tunnel, low back pain, sports injuries, post-surgical pain and more have been helped with laser therapy.



## Top Biological Effects of Laser Therapy

### Decreased Pain

Laser Therapy has a highly beneficial effect on nerve cells which block pain transmitted by these cells to the brain and which decreases nerve sensitivity. Also, due to less inflammation, there is less pain.

### Accelerated Tissue Repair and Cell Growth

Photons of light from lasers penetrate deeply into tissue and accelerate cellular reproduction and growth. The laser light increases the energy available to the cell so that the cell can take on nutrients faster and get rid of waste products. As a result of exposure to laser light, the cells of tendons, ligaments and muscles are repaired faster.

### Faster Wound Healing

Laser light stimulates fibroblast development [fibroblasts are the building blocks of collagen, which is predominant in wound healing] in damaged tissue. Collagen is the essential protein required to replace old tissue or to repair tissue injuries.

### Reduced Fibrous Tissue Formation

Laser Therapy reduces the formation of scar tissue following tissue damage from cuts, scratches, burns or surgery.

### Anti-Inflammatory

Laser light therapy has anti-inflammatory properties as it causes both vasodilation and stimulation of the lymphatic drainage system to help reduce swelling.

### Improved Vascular Activity

Laser light will significantly increase the formation of new capillaries in damaged tissue that speeds up the healing process, closes wounds quickly and reduces scar tissue.



**Healthcare Partners**  
Family Medicine

[www.healthcarepartnersfamilymedicinefl.com](http://www.healthcarepartnersfamilymedicinefl.com)

### Improved Nerve Function

Slow recovery of nerve functions in damaged tissue can result in numbness and impaired limbs. Laser light will speed up the process of nerve cell reconnection and increase the amplitude of action potentials to optimize muscle action.

### Trigger Points

Laser therapy stimulates muscle trigger points on a non-invasive basis providing musculoskeletal pain relief.

### Will It Interfere With My Medications?

No, Laser Therapy does not interfere with your medications. However, your medications may interfere with the Laser Therapy treatment. It has been shown that steroid medication, such as corticosteroid injections, reduces the positive effects of Laser Therapy. It is therefore very important that you inform your Laser Therapy practitioner if you are being treated with steroid-based medications.

### Does It Hurt? What Does A Treatment Feel Like?

No, Laser Therapy does not hurt. It actually feels quite good and there is a sense of warmth over the area that is being treated.

### How Can I Learn More About Laser Therapy?

Ask your doctor! A steadily growing number of health care practitioners are offering Laser Therapy to their patients. If your doctor does not offer Laser Therapy and believes that it could help your specific health condition, they should be able to refer you to a doctor who does.

### Laser Therapy For Neck Pain: Good News

A recent review of studies concludes that low-level Laser Therapy is immediately effective (as little as one treatment visit) for acute neck pain and effective up to 22 weeks following multiple treatments for chronic neck pain. The study reviewed 16 previous studies and found Laser Therapy to be effective overall, with results comparing "favorably with other widely used therapies, and especially with pharmacological [drug] interventions, for which evidence is sparse and side-effects are common". Good news considering neck pain is one of the more common and disabling conditions, accounting for diminished quality of life and substantial use of OTC medications.

### How Many Treatments Will Be Required? How Long Does Each Treatment Take?

The number of treatments required depends on the nature of the problem and the length of time the patient has been affected by it. It is not uncommon to see significant improvement in just one session. Chronic problems and/or deep-seated conditions may take as many as 10 treatments. If there is no improvement after six sessions, we would most likely discontinue further treatment. A typical treatment will take from 5-10 minutes.

For more information about laser therapy for pain relief, or to schedule a consultation, call Healthcare Partners at 352-750-4333.

# DO YOU KNOW YOUR TESTOSTERONE LEVEL?

**T**ired? 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.



**ADVANCED**

*Urology Specialists*

**855-298-CARE**

**advancedurologists.com**

# Your dreams with our exceptional service.

## *Freedom Pointe at The Villages – a Brookdale Life Care Community*

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

### **The Life Care Program**

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

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

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

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

### **Entry Fee Advantages**

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

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



### **Independent Living**

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

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

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

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

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



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

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

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



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

# Remove Unsightly and Painful Varicose Veins Using Laser Technology

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

**V**arious statistics indicate that more than 50% of the people in United States are affected by the vein problem called varicose veins. When blood is pumped in the body against gravity, the veins become enlarged due to the backflow of blood. The veins that become enlarged are called varicose veins. If left untreated, varicose veins can become very painful and cause problems well beyond cosmetic ones.

The fact is, the formation of varicose veins present health hazards that many are not aware of. Varicose veins can become painful while walking, and scratching the veins can cause ulcers. Thankfully there are many treatment options available for dealing with varicose veins. Professional vein care specialists make use of some of the state of the art medical technologies to get rid of this problem. Laser vein therapy is one of the popular treatment options available today.

## What is Laser vein therapy?

Laser technology is used in many medical operations today. This advanced technology is used in many cosmetic treatments. When it comes to the treatment of the varicose veins, the use of the laser technology is indispensable because there are only a few, or often no side-effects associated with the use of laser technology in treating the varicose veins. With various researches and tests, the vein therapy specialists have developed an advanced laser treatment system called Endovenous Laser Ablation.

Endovenous Laser Ablation is an in-office procedure and takes less than an hour to achieve the same results as a major surgical vein stripping. The major vein stripping has become an old-fashioned procedure and is not offered or recommended.

Using ultrasound guidance and local anesthesia, the procedure is performed with a laser fiber inserted through a small puncture into the vein. As the fiber is slowly advanced to the desired area, it is gradually withdrawn. As the fiber is withdrawn, the vein shrinks and seals. In most cases, these veins are the root cause of smaller varicose veins, and there is very minimal pain or any associated scarring.

This procedure has a 98% success rate in most cases, and the entire process involves minimal pain. Recovery is faster and most daily activities can be resumed the following day.

With the introduction of this cutting edge technology, vein removal has become safer and effective than ever before.



COMPREHENSIVE  
**VEIN CENTER**  
AT THE VILLAGES

www.HealthandWellnessFL.com

## 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.



352.259.5960

1050 Old Camp Road Suite 202,  
The Villages, FL 32162

3515 SE17th Street, #100  
Ocala, FL 34471

# Energy Pulses **Naturally** Help the Body Repair and Heal Itself Unique Effective Service Offered at Local Office

**E**nergy flows constantly between cells in the human body. When minute amounts of electrical energy are delivered to the cell, ATP (which helps the cell maintain its normal conductivity) increases and the healing process is accelerated.

Acuscope Myopulse Therapy (AMT) is a micro-current electrical stimulation modality that has an input/output mechanism in order to scan the electrical property of the cell membrane in body tissue

This unique feature allows it to detect blockage, impedance and imbalances in areas of the body. Based on biofeedback, AMT will send out a corrective frequency at a millionth of an ampere or lower to encourage the damaged cell to resonate at the desired normal healthy frequency.

#### Who Can Benefit From AMT?

- Those who have not had success with other treatments/modalities
- Those seeking to take less prescription pain medication
- Those who would like to recover faster from injuries, surgery or trauma
- Those seeking detoxification at a cellular level

#### What Types of Pain & Medical Issues Does it Help?

AMT has been known to relieve pain and neuromuscular symptoms such as the following:

- Arthritis
- Anti-aging Facial
- Body Trauma
- Back Injury
- Broken Bones
- Bursitis
- Carpal Tunnel Syndrome
- Detoxification
- Disc Injuries
- Headaches
- Hot Flashes
- Lymph Blockage
- Menstrual Cramping
- Pain (acute/chronic)
- Post-operative Pain
- Scar Tissue Repair
- Sciatica
- Sports Injuries
- TMJ
- Tendonitis
- ...and many more



#### Are There Side Effects?

There are no long term side effects. Occasionally, some discomfort such as headache, slight nausea or flu like symptoms are apparent. There may even be some increase in pain level at first, fortunately these side effects are rare and usually only follow the first 1-3 sessions.

This is all GOOD NEWS! Any change including temporary discomfort is an indication the body is in a healing crisis detoxifying and regenerating to its normal healthy state.

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

Contact Energy Medical at 352-552-1889 today to learn more about providing your body what it needs to heal itself!



Call 352-552-1889 today for a **FREE** Consultation.

**EMed**  
ENERGY MEDICAL

**(352) 552-1889**  
www.EnergyMedical.net

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



# Life Changing.

Look your best, feel your best, without anyone knowing what you've done.

Find the Valuable Information You Need!  
Free Book, Free Food!

Double Board Certified Facial Plastic Surgeon

## YOU'RE INVITED!

June 7th | 1 P.M. | Facial Beauty Master Class, Villages Office  
June 13th | 4 P.M. | Facial Beauty Master Class, Topper's Tavern  
June 21st | 1 P.M. | Facial Beauty Master Class, Waterfront Inn  
June 29th | 1 P.M. | Facial Beauty Master Class, Innisbrook Resort

Call **855.968.8480**  
to reserve your seat **TODAY!**

All seminars are 100% complimentary



IMAGELIFT®  
www.ImageLift.com

Patient and any other person responsible for payment has a right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination, or treatment that is performed as a result of and within 72 hours of responding to ad for the free, discounted fee, or reduced fee service, examination, or treatment. \*One volunteer will be chosen for a free filler demonstration.



## HealthCare Partners Family Medicine

Offering complete health care for all ages and specializes in treating people who are seeking the benefits of alternative, holistic and natural healing. Its privileged location in the heart of The Villages in sunny Florida, makes HealthCare Partners Family Medicine very accessible to patients, who come from the continental US and many foreign countries.

*"Thank you for keeping up with cures and prevention. I believe I would not be alive today if you were not my doctor."* - Mary Ann DL



Nelson Kraucak, MD,  
FAAFP, ABCMT, IBALM, ABHM, MOCI  
Aaron Perry, DOM  
Natalie Vincent, LMT



Healthcare Partners  
Family Medicine

(352) 750-4333

www.healthcarepartnersfamilymedicinefl.com

1501 N US Hwy 441 Suite 1704  
The Villages, FL 32159

## Wish you could easily get rid of your Leg Swelling, Leg Pain and Varicose Veins?

See Our Article On Page 15

We also specialize in spider veins



Before

After

Tom Tran, PA-C, MPAs  
American College of Phlebology

Mike Richards, PA-C, MPAs  
American College of Phlebology

Anthony Alatraste MD, Medical Director  
Board Certified- ABFM



COMPREHENSIVE  
**VEIN CENTER**

AT THE VILLAGES

**Call Today for your  
FREE Consultation\***

Most Insurances accepted | Golf Cart Accessible

**(352) 259-5960 | www.TheCVC.net**

1050 Old Camp Rd, #202    3515 SE17th Street, #100  
The Villages, FL 32162    Ocala, FL 34471

The treatment for varicose veins is a covered procedure if medical necessity is met.

\*THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.

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

**D**id 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.**



1000 Main Street, Suite 237  
The Villages, FL 32159  
(Second floor of MVP Spanish Springs)

**(352) 633-1049**  
info@wellness360.club

We are on Facebook!

<https://www.facebook.com/wellness360club>

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."



# Do you know about Permanent Facial Fillers? Don't settle for less.

Dr. Rich Castellano is a Double Board Certified Facial Plastic Surgeon as seen on:



LIMITED QUANTITIES  
AVAILABLE



**FREE IMAGE LIFT BOOK**  
for first 20 callers!  
(Retail \$14.95)



# NEW!

## FACIAL BEAUTY SOCIAL MIXER

**Free ImageLift seminars** are being held at the following locations in May and June.

Meet the doctor and enjoy free food, free books, \*drawings and door prizes.

**RAFFLE DRAWINGS FOR FREE FILLER, UP TO A \$995-\$1200 VALUE**



IMAGELIFT

CALL NOW TO RSVP - LIMITED SEATING

**PROMO CODE**

**"HEALTH"**

### UPCOMING FACIAL BEAUTY SOCIAL MIXER

6/7/16 | 1 P.M. | Facial Beauty Master Class, Villages Office  
8630 E County Road 466 The Villages, FL 32162

6/13/16 | 4 P.M. | Facial Beauty Master Class, Topper's Tavern  
13605 Del Webb Blvd Summerfield FL 34491

6/21/16 | 1 P.M. | Facial Beauty Master Class, Waterfront Inn  
1105 Lakeshore Dr, Villages, FL 32162

6/29/16 | 1 P.M. | Facial Beauty Master Class, Innisbrook Resort  
36750 US Highway 19 North Stirling Building, Palm Harbor, FL 34683

**THE VILLAGES // 8630 East County Road 466**  
**877.346.2435 // www.IMAGELIFT.com**



*Dr. Castellano*

# LINK BETWEEN OBESITY AND LOW TESTOSTERONE

**O**besity, 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.



**LIFESTYLE**  
SOLUTIONS MEDSPA  
— BEAUTY THROUGH HEALTH —

**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.

Maintaining a healthy weight allows the body to better regulate testosterone and other hormones.

At Lifestyle Solutions we also offer growth hormone replacement to help treat adult growth hormone deficiency that affects adults over 30-40 years of age.

*For an appointment or to speak with someone about our weight loss programs, call 352-368-2148. today.*



**1-844-LIFESTYLE**  
**LSMedSpa.com**

# MUCH MORE THAN WEIGHT LOSS...

Physician-Directed  
Weight Management & Skin Care Solutions

**“DIETS DON'T WORK.  
IT'S ABOUT MAKING HEALTHIER  
LIFESTYLE CHOICES.”**

— Michael Holloway, M.D.



## Weight Management

- Individualized Affordable Programs
- Comprehensive Medical Workup
- Metabolic Testing and Analysis
- Personalized Nutrition & Exercise Coaching
- HCG, B12, LIPO and HGH Injections Available
- Prescription Appetite Suppressants Available

## Medical Spa

- Botox® & Restylane®
- Coolsculpting®
- HydraFacial®
- Latisse®
- Laser Photofacials & Hair Removal
- Smoothshapes Laser Cellulite Treatments
- Microdermabrasion
- VI Peel
- Massage & Permanent Makeup

Now serving  
Ocala & The Villages  
communities

1-844-LIFESTYLE  
**LSMedSpa.com**



Like Us on Facebook!  
Facebook.com/LSMedSpa

**2139-B NE 2ND ST. OCALA | 8550 NE 138TH LN., LADY LAKE**

# 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.

## SUMMERFIELD

**OPEN DAILY**  
8am to 10pm  
365 days a year

Office:  
**352-693-2340**  
Fax: 352-693-2345



Spruce Creek Medical Plaza • 17820 SE 109 Ave, Ste 108  
Summerfield • Across from Wal-Mart on Hwy 441

## THE VILLAGES - BUFFALO RIDGE - CR466

**OPEN M-F**  
8am to 6pm  
**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

**OPEN M-F**  
7am to 5pm  
**SAT & SUN**  
8am to 5pm

Office:  
**352-350-1525**

**Golf Cart Access**



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

**URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM**

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

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

**A TEAM EFFORT**

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



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

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

**SIMPLY THE BEST**

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

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



Adam Santos, PA-C

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



John Santos, ARNP

**MISSION STATEMENT**

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

**MOTTO**

Hard work pays off and honesty will prevail

**441 URGENT CARE GOALS**

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

**OUR PHILOSOPHY**

*See you at your convenience  
 Provide top level care without top level pricing  
 Be ever mindful that your time is valuable  
 Create a warm and relaxed environment  
 Include you in the medical decision process  
 Treat you as we would treat our own*

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

**ILLNESSES:**

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

**INJURIES:**

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

# Chiropractic: A Safe and Natural Alternative to Medication and Surgery

By Daniel Taylor D.C. - Compton Chiropractic Care

**C**hiropractic medicine is one of the fastest growing fields within the medical community. It is a natural form of health care that corrects biomechanical fixations in the body in order to restore function. For example, when there is a misalignment in the spine, the disruption of nerve pathways can lead to localized pain, muscle spasms or pain traveling down one's arms or legs. Doctors of Chiropractic (DC) evaluate a patient much like any other medical practitioner. However, rather than using drugs to mask symptoms, chiropractors look to treat the source of the problem. In order to properly diagnose and treat patients, Doctors of Chiropractic must undergo intensive training over an eight year period. As well, they are regulated by both state and national boards.

Your first appointment will begin with a thorough review of your case history. This is followed by orthopedic, neurological, and chiropractic exams with a focus on the affected area; digital x-rays are performed only when medically necessary. After the evaluation, the doctor will explain the cause of your pain and suggest various treatment options. Typically, treatment can start at the time of your first visit.

You probably know someone that has received an "adjustment" from a chiropractor. What does this actually do, though? The purpose of an adjustment is to restore proper range of motion and biomechanical function to the affected joint by correcting the misalignments. This is an extremely safe and effective



form of health care that has been deeply researched by various scholars, physicians and medical journals alike. Manipulations have been used for thousands of years and are still utilized by Doctors of Chiropractic and Doctors of Osteopathy as treatment options. Some patients can hear a popping sound and, while this can have a startling effect, it is a completely normal occurrence. The noise comes from gas being released between the joints. During a manipulation, the affected joint will open slightly and become mobile again; this causes a change in pressure inside the joint resulting in the sound of gas being released. The same effect occurs when you crack your knuckles; which, contrary to popular belief does not damage the joint or cause arthritis.

Even if you have had a past surgery or suffer from osteoporosis, there are still many techniques that can be utilized to meet your needs. Besides using common "hands-on adjustments", our doctors at Compton Chiropractic are trained in special techniques to provide adjustments with little or no force at all.

**What about sciatica?** Doctors of Chiropractic welcome treating patients with complicated conditions like sciatica; in fact, we excel at it on a daily basis. At Compton Chiropractic, we offer the Cox Flexion Distraction Technique as a non surgical method of treating disc related injuries. Many are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc, stenosis and decompression. Most are also aware that surgery and or

## Non-Surgical **PAIN** Relief



### Compton Chiropractic

### 352-391-9467

CR 466 - The Villages - Golf Cart Accessible





medications are often unsuccessful treatments for these conditions. However, years of research and technology have pushed the field of Chiropractic into the 21st century and now there is hope for those who suffer from this debilitating pain. This conservative treatment has been clinically shown to decrease intradiscal pressure by approximately 75%; thus allowing relief from the symptoms of disc related pain and stenosis within as little as 8-12 visits. In past years, physicians would send patients to physical therapy prior to considering surgery. While therapy is excellent at rehabilitating muscles in the body, it has been shown less effective than chiropractic care in the treatment of low back pain.

At Compton Chiropractic, our primary goal is pain relief. Treatment will not take 30 visits and will not cost thousands of dollars. Every new patient is treated as an individual and receives an initial examination in order to properly diagnosis the condition. With a proper diagnosis and treatment plan, patients will recover faster as opposed to treating the site of pain without a full understanding of the pain generator.

# FREE consultation

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to this advertisement. Expires 6/30/16

We accept all major insurances and our friendly staff will communicate with your carrier prior to treatment to determine eligibility and benefits. This typically helps avoid any future surprises. So stop living with pain and call 352-391-9467 today for a free consultation with one of our physicians.

### TESTIMONIALS

See what some of our patient's had to say about our practice:

*"I suffered from sciatica for 25 years until a friend told me about Dr. Compton. After 4 treatments, I was back on the golf course and out of pain."*  
- K.R.

*"I thought I would live with this pain for the rest of my life, but thankfully I was wrong and Doc was right."* - M.M.

*"Dr. Compton fixed the numbness in my foot. I am back to playing tennis and loving it!"* - J.J

*"I had a bad experience with chiropractors before, but you're the best. I forgot what living without pain was like. Thanks Doc"*- C.C.

*"My other doctors could not help my mid-back pain and kept giving me pain medication. After seeing Dr. Taylor, he not only took my pain away but prevented it from returning"*- B. D.

*"I was having severe pain in my right arm. I tried everyone else, so I decided to give Compton Chiropractic a try. In three visits, my arm pain was completely gone"*- M.C.

### COMPTON CHIROPRACTIC CARE

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

#### Our Philosophy

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

#### Our Facility Offers

- Medicare accreditation for DME bracing
- State-of-the-art treatment tables
- On-site digital x-ray
- Physical Rehab suite with cold laser technology
- Use of blood and urine testing to evaluate for food allergies and heavy metal toxicity
- Clinical Nutrition
- Quality care without the wait

#### Accepting

- Medicare
- Blue Cross Blue Shield
- Cigna, Aetna
- Humana
- United Health Care plans
- Personal Injury



Compton Chiropractic Care  
**352-391-9467**



# 5 Signs Your Loved One Might Need Home Care

**A**s 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."

**CareMinders**  
HOME CARE  
of LADY LAKE

**352-430-2781**

If you or a loved one needs help at home,  
You need to call the experts.

- Companion Care
- Personal Care
- Nursing Care
- Respite Care
- A.M. & P.M. Care
- Incontinence Care & Bathing
- Errands & Appointments
- Medication Reminders
- Meal Preparation
- Assistance to and from Worship

Your comfort,  
our Responsibility.

[www.CareMindersLadyLake.com](http://www.CareMindersLadyLake.com)

**CareMinders**  
HOME CARE  
of LADY LAKE

**352-430-2781**  
[www.CareMindersLadyLake.com](http://www.CareMindersLadyLake.com)

# 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

**A**lthough colonoscopy exams prevent many colon cancer deaths<sup>1</sup> and are the gold standard, for detecting colorectal cancers,<sup>2</sup> the procedure is not completely effective in preventing cancer cases.<sup>3</sup> For this reason, Gastro-Colon Clinic has invested in an innovative technology that significantly improves the accuracy of colonoscopy exams and can greatly reduce the number of potentially pre-cancerous lesions missed by standard, forward-viewing endoscopes.

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

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

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

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

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

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

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

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

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

## Gastro-Colon Clinic Dr. Anand Kesari

### OCALA

7535 SW 62nd Court, Ocala, FL 34476

### SUMMERFIELD

10435 SE 170th Place, Summerfield, FL 34491

### SUMTERVILLE

1389 S, US 301, Sumterville, FL 33585

<sup>1</sup> 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  
<sup>2</sup> 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  
<sup>3</sup> Brenner H, Chang-Claude J, Seiler CM, Sturmer T, Hoffmeister M. Potential for colorectal cancer prevention of sigmoidoscopy versus colonoscopy: population-based case control study. *Cancer Epidemiol Biomarkers Prev*. Mar 2007;16(3):494-499.



Standard Colonoscope  
Limited 170° Field of View



Fuse™ Colonoscope  
Panoramic 330° Field of View



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

# WHAT YOUR ORTHOPEDIC SURGEON DOES NOT WANT YOU TO KNOW...

## An FDA Approved Treatment For Osteoarthritis That May Eliminate The Need For Total Knee Replacement Surgery

By Physicians Rehabilitation

**O**steoarthritis is one of the ten most disabling diseases in developed countries (WHO, 2012). Worldwide estimates are that 10% of men and 18% of women aged over 60 years have symptomatic osteoarthritis, including moderate and severe forms. It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis.

As the general population ages, more and more baby boomers are opting for knee replacement surgery earlier in life. The reason being that boomers are more active than any previous generation. They want to continue playing their favorite sports, run and dance with the same level of intensity as they are used to.

Previously, knee replacement surgeries were only performed on very old patients who were crippled with osteoarthritis and severely hindering their daily activities. "Now patients in their 40s and 50s are experiencing an earlier onset of osteoarthritis that affects their daily lives," says J. David Blaha, M.D., an orthopedic surgeon at the University of Michigan Health System. In fact, the number of boomers opting to go under the knife for early knee replacement is growing at an alarming rate.

One major concern for orthopedic surgeons is the longevity of the knee implant. Due to the fact that most joint replacements have been performed primarily on older patients, there isn't a lot of data to show how these implants hold up in younger people, who will engage in more activities and have them over longer periods of time.

Even though orthopedic surgeons are using newer and better materials and techniques, they remain dubious about their improvement in durability. They are uncertain how the knee replacements will hold up over time, especially since some plastics used have only been out there for several years.

### What Are The Long Term Effects, Years After Surgery?

The following are some facts that you should consider before undergoing knee replacement surgery:

- Kneeling may be problematic. It can hurt to put weight on metal knees, even on a cushion, making activities like gardening a challenge.
- Falling or banging an artificial knee can hurt a lot more and last far longer than you might expect.
- Going down steep steps can be difficult and may require using a sideways, one-foot approach. This is because a normal knee bends at an angle of 145 degrees, but replaced knees often achieve only 120 degrees, if that. Sitting on the floor cross-legged may be impossible.
- Despite months of physical therapy and the passage of time, residual discomfort may still be experienced.
- Since most artificial knees are metal, they may set off the security alarm at airports, requiring a personal scan with a wand.
- Some patients require a surgical revision within two years of a replacement because of technical problems like instability or poor alignment of the new joint.

### What Are The Disadvantages Of Surgery?

- **Infection:** An infection can occur a few weeks after the surgery or even a few years later. Infections are serious complications that may require the implants to be removed followed by weeks of antibiotic treatment.
- **Stiffness:** After surgery, your body naturally produces a scar. When the ligaments around the knee contract, the tissues around the knee joint begin to tighten up. This makes it extremely difficult for you to do things that requires you to bend your knee, such as, sitting down and using stairs. If the stiffness continues for prolonged periods of time, your doctor may have to place you under anesthesia again to break up the scar tissue.
- **Blood Clots:** Blood clots are the most common complication of this type of surgery. The clots can form in the veins in your leg and pelvis after surgery. If they remain there, it is usually not much of a problem, but it is possible for them to travel through the heart and to the lungs. This leads to a condition known as pulmonary embolism, which is potentially fatal if not treated promptly.
- **Loosening:** Some implants last longer than others, but all of them eventually wear out and loosen. This is a common problem experienced by younger patients because they live longer and usually stress the implanted joints more. The follow-up surgery to repair the implant is more complicated and will further decrease the lifespan of the implant.

*"It appears that surgeons are more satisfied than patients after total knee replacements."  
In a United States study, a third of patients were dissatisfied with their operation 6 to 12 months later.*

Younger knee replacement patients may need to get a new replacement in as little as 5 to 10 years, which is a concern. "It gets more complicated with each revision," says Michael R. Baumgaertner, M.D., professor of orthopedic surgery at Yale University School of Medicine. "Every time it has to be redone, there is more bone loss."



**What Is Knee Replacement Surgery?**

A total knee replacement surgery is a medical procedure designed to replace weight-bearing surfaces of a knee joint. The surgeon cuts away bone, cartilage and ligaments of a diseased knee-joint, and replaces them with an artificial joint made of an alloy of cobalt, chrome or titanium, and a plastic compound called polyethylene. The entire surgery typically takes 2 to 3 hours without any complications. However, recovery from total knee replacement surgery is bound to take much longer.

**How Long Is Recovery From Surgery?**

There are several factors that influence your recovery, such as, your age, medical history, level of fitness and the severity of the problem. Once the surgery is complete, your doctor will keep you under observation in the hospital for around 3 days.

Most patients experience severe pain after knee replacement surgery. In fact, for the next two weeks or so, you'll need to use a cane or a walker in order to move about. Your activities will be kept to a minimum during this time since you cannot exert too much force on your knee. Many still experience pain during this time, and must resort to using painkillers in order to find relief. The duration of pain differs for each person but doctors claim you will find natural relief within 3 months of surgery with ongoing physical therapy.

**How Much Does Surgery Cost?**

The United States has among the highest costs in the world for knee replacement surgery. An American with no health insurance can expect to pay \$45,000 - \$70,000 at a typical hospital. Even with insurance, there are still costly deductible and co-pays that must be paid.

**It's about MORE than JUST Knee Pain.**

"I have had two knee replacements with no results! I still have pain on the knee and it is always swollen. It is difficult to even go down a stair because I can't bend my knee properly. It's been almost 5 years since my last surgery, and I am still having problems with my knee to the point that I went back to my orthopedic surgeon and he said there was nothing he could do. I don't think any one should live with pain! I am 52 years old and am disabled due to the horrible knee pain." - Nora B.

Knee replacement surgery is not a quick fix, and it is not without risks. Serious complications such as blood clots and infections can occur. In addition, the road to recovery can be difficult and time consuming, particularly with joint replacement surgery.



If you or a loved one are considering or scheduled for knee replacement surgery, all you have to do is call (352) 775-3339 right now and ask for your "NO-COST, NO-OBLIGATION Knee Pain Screening." During this consultation you can get all of your questions answered in a warm and friendly environment. Once complete, you will know exactly what your treatment options are and if Viscosupplementation, pain treatment, and our specialized physical therapy program is right for you.



352-775-3339 | [www.PhysiciansRehabilitation.com](http://www.PhysiciansRehabilitation.com)

**COMPTON CHIROPRACTIC CARE**  
352-391-9467

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

**No Drugs. No Surgery.**  
**Simply Relief from Knee Pain.**

Call **TODAY** to schedule your **NO COST** consultation! That may be just what you need to change your life for the better.

**Locations:**

- **The Villages** at Spruce Creek Professional Center, 10935 SE 177th Pl. #405/406/407, Summerfield, Fl. 34491 - (352) 775-3339  
Toll Free to all at 855-276-5989
- 6150 Diamond Centre Ct. Bldg. 100 Ft Myers, Fl. 33912 - (239) 768-6396
- 5668 Strand Ct., Naples, Fl. 34110 - (239) 687-2165
- 3380 Tamiami Trail, Unit C. Port Charlotte, Fl. 33952 - (941) 467-1666
- 3801 Bee Ridge Rd. Unit #9/10, Sarasota, Fl. 34243 - (941) 702-9575

**Orthopedics | Osteoarthritis Treatments | Physical Therapy**  
**Platelet Rich Plasma | Vax-D Spinal Decompression**  
We are Medicare providers and accept most insurance plans.

[www.PhysiciansRehabilitation.com](http://www.PhysiciansRehabilitation.com)

Our goal is to decrease the inflammation, promote healing, and eliminate your pain.

# Peace and Relaxation is Just a Phone Call Away

"Serenity now" is what most people try to find in their busy lives, let the people at U2 NewU Browtique & Spa help you get to that peaceful place.

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

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

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

Clients walk away glowing and uplifted.

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

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

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

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



*U2 Special*  
**Get a Face Lift**  
 for only **\$27**  
 NEW CLIENTS ONLY

## TREAT SINUS PROBLEMS

Buy Mom a gift card and get  
**20%**  
 spa credit for yourself

U2NEWU BROWTIQUE & SPA • 352-748-1562  
 Mention coupon while making appointment. Must present coupon before service. Not valid with any other offers. Expires: 6/30/16

**\$40 OFF**  
 Sinus Package

U2NEWU BROWTIQUE & SPA • 352-748-1562  
 Mention coupon while making appointment. Must present coupon before service. Not valid with any other offers. Expires: 6/30/16

Buy a monthly membership get one  
**FREE MONTH**  
 treatment of Yoga & meditation, or facial, or massage, or threading

U2NEWU BROWTIQUE & SPA • 352-748-1562  
 Mention coupon while making appointment. Must present coupon before service. Not valid with any other offers. Expires: 6/30/16

**FREE MEDITATION**  
 Saturday & Sunday by  
 Dr. Parikshit Deshmukh  
 (psychiatric physician)

U2NEWU BROWTIQUE & SPA • 352-748-1562  
 Mention coupon while making appointment. Must present coupon before service. Not valid with any other offers. Expires: 6/30/16

Office space starts from \$ 415+ (monthly). 100 sqft to 2,000. Prime location.

Walk-Ins Welcome! **4313 E. CR 466, Suite 101, Oxford, FL 34484**  
 (Across street from CR466 McDonald's & Walmart)

**352-748-1562 | www.u2newu.com | Open Mon-Sat, 9am-6pm**

# AGE-DEFYING Eye Serum

The secret is in the science.



## INTRODUCING A REVOLUTIONARY NEW PRODUCT

Powered by the patent-pending SIG-1191™ molecule and I-FIL4R™, derived from white lily and Brazilian ginseng, Nerium's transformative Eye Serum offers both immediate and long-term benefits.

### Age-Defying Eye Serum:

- Immediately diminishes the appearance of fine lines, while drying to a soft, matte finish.
- Combats emerging fine lines and crow's feet.
- Firms and brightens the appearance of the eye area.
- With continued use, targets a reduction in dark circles, puffiness, lines and wrinkles.
- Helps skin look firmer and plumper.
- Works in harmony with your skin's natural pH, ensuring optimal skin health.
- Suitable for all skin types.

239.300.3895

**AVAILABLE NOW!**

[www.Reel4Therapy.Nerium.com](http://www.Reel4Therapy.Nerium.com)

## Real people, real testimonials.

"Pores are tighter, and I feel great!"



"Pores are tighter and I feel great! My pores have visibly tightened, my skin not only looks good but it feels smoother than ever! I used to be embarrassed, but now I am having fun with my girlfriends and of course showing my new skin off to the guys!"

Louise Dickenson, California

"I have one less thing to worry about!"



"The so-called 'worry lines' on my forehead have been smoothed out. Aging is inevitable, but it is just so wonderful that companies like this create a product where we can look younger and feel younger!"

Mary Alice Miller, Florida



**U2 newU Browtique & Spa**

**(352) 748-1562**

HOURS: 10am-5pm M, T, W, F  
9am - 6pm Thursday

**4313 E CR 466 • Suite 101  
Oxford, FL 34484**  
(Across the street from 466 McDonald's)

- Eyebrow Shape (Threading or Wax) **\$8 OFF**
- Full Face Wax **\$12 OFF**
- U2 Facial **\$15 OFF**  
60 or 90 minutes
- U2 Massages **\$20 OFF**  
60 or 90 minutes
- Yoga **\$8 OFF**
- Nails: Partial Gel **\$5 OFF**, Full Set **\$10 OFF**

**SAVE UP TO \$78**  
(Special pricing is valid for new and existing clients who have never tried any of the above services/classes. Must mention this ad when booking appointment and must bring this ad at time of appointment or purchase of gift card. Expires 6/30/16.)

**HEAD TO TOE REJUVENATION**  
(Special pricing is valid for new and existing clients who have never tried any of the above services/classes. Must mention this ad when booking appointment and must bring this ad at time of appointment or purchase of gift card. Expires 6/30/16.)

- 4-Hour Package Only.... **\$399 (Reg. \$450)**
- Includes 80 min Therapeutic Indian Massage, 80 min Exotic Indian Facial, 50 min Shirodhara, 50 min Mani/Pedi.

**BUY A MONTHLY MEMBERSHIP**

get one **FREE MONTH** treatment of Yoga & meditation, facial, massage, or threading.

(U2NEWU BROWTIQUE & SPA (352) 748-1562)

Mention coupon while making appointment. Must present coupon before service. Not valid with any other offers. Expires 6/16/16.)

Central Florida's Health & Wellness Magazine

On the Web: [healthandwellnessfl.com](http://healthandwellnessfl.com)

On Facebook: [facebook.com](https://www.facebook.com/healthandwellnessfl)

On Twitter: [twitter.com](https://twitter.com/healthandwellnessfl)

In Your Inbox: Receive our monthly newsletter. Sign up online.

Providing information that will promote living a healthy, well-balanced lifestyle.

Central Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 22,000 copies are distributed every month at hospitals, health care facilities, senior, shopping centers, grocery stores and many more locations.

# Clear Facts About Cataracts

**A** cataract is the most common cause of vision loss in people over age 40 and is the principal cause of blindness in the world. In fact, there are more cases of cataracts worldwide than there are of glaucoma, macular degeneration and diabetic retinopathy combined.

Today, cataracts affect more than 22 million Americans age 40 and older. And as the U.S. population ages, more than 30 million Americans are expected to have cataracts by the year 2020.

## Types of cataracts include:

- A **subcapsular cataract** occurs at the back of the lens. People with diabetes or those taking high doses of steroid medications have a greater risk of developing a subcapsular cataract.
- A **nuclear cataract** forms deep in the central zone (nucleus) of the lens. Nuclear cataracts usually are associated with aging.
- A **cortical cataract** is characterized by white, wedge-like opacities that start in the periphery of the lens and work their way to the center in a spoke-like fashion. This type of cataract occurs in the lens cortex, which is the part of the lens that surrounds the central nucleus.

## Symptoms and Signs of Cataracts

A cataract starts out small and at first has little effect on your vision. You may notice that your vision is blurred a little, like looking through a cloudy piece of glass or viewing an impressionist painting.

A cataract may make light from the sun or a lamp seem too bright or glaring. Or you may notice when you drive at night that the oncoming headlights cause more glare than before. Colors may not appear as bright as they once did.

The type of cataract you have will affect exactly which symptoms you experience and how soon they will occur. When a nuclear cataract first develops, it can bring about a temporary improvement in your near vision, called "second sight."

Unfortunately, the improved vision is short-lived and will disappear as the cataract worsens. On the other hand, a subcapsular cataract may not produce any symptoms until it's well-developed.

If you think you have a cataract, see an eye doctor for an exam to find out for sure.



## What Causes Cataracts?

The lens inside the eye works much like a camera lens, focusing light onto the retina for clear vision. It also adjusts the eye's focus, letting us see things clearly both up close and far away.

The lens is mostly made of water and protein. The protein is arranged in a precise way that keeps the lens clear and lets light pass through it.

But as we age, some of the protein may clump together and start to cloud a small area of the lens. This is a cataract, and over time, it may grow larger and cloud more of the lens, making it harder to see. No one knows for sure why the eye's lens changes as we age, forming cataracts. But researchers worldwide have identified factors that may cause cataracts or are associated with cataract development. Besides advancing age, cataract risk factors include:

- Ultraviolet radiation from sunlight and other sources
- Diabetes
- Hypertension
- Obesity
- Smoking
- Prolonged use of corticosteroid medications
- Statin medicines used to reduce cholesterol
- Previous eye injury or inflammation
- Previous eye surgery
- Hormone replacement therapy
- Significant alcohol consumption
- High myopia
- Family history

One theory of cataract formation that's gaining favor is that many cataracts are caused by oxidative changes in the human lens. This is supported by nutrition studies that show fruits and vegetables high in antioxidants may help prevent certain types of cataracts (see below).

## Preventing Cataracts

Though there is significant controversy about whether cataracts can be prevented, a number of studies suggest certain nutrients and nutritional supplements may reduce your risk of cataracts.

One large, 10-year study of female health professionals found that higher dietary intakes of vitamin E and the carotenoids lutein and zeaxanthin from food and supplements were associated with significantly decreased risks of cataract.

Good food sources of vitamin E include sunflower seeds, almonds and spinach. Good sources of lutein and zeaxanthin include spinach, kale and other green, leafy vegetables.

Other studies have shown antioxidant vitamins such as vitamin C and foods containing omega-3 fatty acids may reduce cataract risk.

Another step you can take to reduce your risk of cataracts is to wear protective sunglasses that block 100 percent of the sun's UV rays when you are outdoors.

## Treating Cataracts

When symptoms begin to appear, you may be able to improve your vision for a while using new glasses, strong bifocals, magnification, appropriate lighting or other visual aids.

At HindSight Eyecare, our comprehensive eye exam not only includes an evaluation of vision accuracy, but also an analysis of many other potential eye health issues, including cataracts.

Your eyes are a window into many health issues that are not necessarily vision related. Your exam will include an evaluation for early signs of conditions such as hypertension, diabetes or glaucoma.

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



# 10 Ways to Make Dad's Day

**C**elebrate 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 Father's 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.



Copyright 2016. iMOM. All Rights Reserved. Reprinted with permission. For more inspiration and resources, visit [iMOM.com](http://iMOM.com).

## HindSight

**YOU'VE GOT OPTIONS**

» Eye Examinations

» Glasses, Contacts

» All with Same Day Service

Pinellas Plaza, The Villages Florida  
2478 Burnsed Blvd., The Villages, FL 32163  
Winn-Dixie Plaza 466-A

We Accept Medicare, United Healthcare The Villages, Blue Cross Blue Shield as well as many other insurances.

Call and Schedule your Eye Exam Today!

**352-399-5412**

[www.hindsighteyecare.com](http://www.hindsighteyecare.com)



Specializing in Personal Care, Companion Care & Specialized Services

## CareMinders

HOME CARE  
of LADY LAKE



[www.caremindersladylake.com](http://www.caremindersladylake.com)

Licensed Insured & Bonded | Lic #299994089

Call: 352-430-2781



# HOME SAFETY TIPS

**M**any 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.

**352-208-2629**

[www.judytroutrealestate.com](http://www.judytroutrealestate.com) | email: [judy@judytroutrealestate.com](mailto:judy@judytroutrealestate.com)

**SELL STATE**  
NEXT GENERATION REALTY

**352-208-2629**  
[www.judytroutrealestate.com](http://www.judytroutrealestate.com)

**SELLING OR BUYING...  
CALL US TODAY!**

DYNAMIC MOTHER/DAUGHTER TEAM BOTH  
MULTI MILLION DOLLAR PRODUCERS

**THE TROUT**  
REAL ESTATE TEAM

14031 Del Webb BLVD.  
Summerfield, FL 34491

## \$3,000 Per Hour

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

**E**very 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,*

**Alex E. Anderson**

Senior Associate Pastor at  
Bayside Community Church

Author, *Dangerous Prayers*

alex.anderson@alexanderson.org

www.dangerous-prayers.com

mybayside.church

# 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

