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July 2016

Marion Edition - Monthly

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Skin Cancer and Florida

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

Ravi K. Sandrapaty, MD

Jayanth G. Rao, MD



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ARE YOU A CANDIDATE FOR CLINICAL RESEARCH?

Through clinical research studies, doctors may find new and better ways to prevent, detect, diagnose, control, and treat illnesses in the future.

All investigational medicines have to be researched for many years and FDA approved before doctors can prescribe them. Volunteers are very important to this process. Without volunteers, we could not conduct these studies.

The more an investigational drug shows positive signs, the more participants will be added to the study and the research continues to the next phase. Clinical research studies can vary in size from a single center in one country to multi-center studies in multiple countries.

Investigational drug, device, and procedure testing begins with extensive laboratory research which can involve years of experiments. If the initial laboratory research is successful, researchers send the data to the Food and Drug Administration (FDA) for approval to continue research and testing in humans. Once approved, human testing of experimental drugs, devices and procedures can begin and is typically conducted in four phases. Each phase is considered a separate study and, after each phase, investigators are required to submit their data for approval from the FDA before continuing to the next phase.

Who Should Participate?

It is important to test investigational drugs in people with the condition for which the study drug is designed. It is also important to conduct research in a variety of people because different people may respond differently to the study drug. FDA seeks to ensure that people of different ages, races, ethnic groups, and genders are included in clinical research studies.

Some people participate in research studies because they have exhausted approved treatment options - which either did not work for them, or they were unable to tolerate certain side effects. Clinical research studies may provide another option when standard therapy has failed.

Other people participate in research studies because they want to contribute to the advancement of medical knowledge. Not everyone who applies for a clinical research study will be accepted. Volunteers may be excluded based on the eligibility criteria and/or the number of participants needed by the researchers to collect enough information to determine the safety and effectiveness of a medication.

 COMPASS RESEARCH



Is Research for Me?

Clinical research studies may provide people with the chance to contribute to the discovery of future, new and improved medications. To be eligible to participate, you must meet the requirements of a particular study. Each study has different requirements. After speaking to one of our patient specialists, you will know if you fit the criteria or not. For a list of our current studies, visit our website.

Current Memory Loss Studies

If you have any of the provided symptoms, please call one of our trained staff to discuss a clinical research study today at **352-877-4039**.

Alzheimer's Disease

Impaired memory and thinking, disorientation and confusion, misplacing things, trouble performing familiar tasks, poor or decreased judgment, or problems with language and communication.

Dementia

Getting lost on familiar routes, language problems such as trouble finding the name of familiar objects, misplacing items, change in sleep patterns, or forgetting about current events.

Memory Loss

Occasional forgetfulness or loss of short-term memory that interferes with daily life.

Mild Cognitive Impairment

Diminished thinking skills, ability to make sound decisions, judge time or space, or forgetting important information that he or she would previously have recalled easily.

To learn more about the memory loss studies or to discover the other types of clinical studies currently being performed, call **352-877-4039** today. Your participation may help mold future treatments for your disease.

UFE – A Safe, Nonsurgical Solution to Uterine Fibroids and Their Symptoms

Uterine fibroids are the most common benign tumors in women of child-bearing age. They can come with a host of disruptive and very unpleasant symptoms, including heavy and/or painful periods, bleeding between periods, frequent urination, abdominal and back pain, and discomfort during intercourse. Fibroids that grow within the uterine cavity can even cause reproductive problems. “Medically known as submucosal fibroids, they can cause early labor, miscarriage, even infertility,” says Dr. Rolando Prieto, who specializes in vascular and interventional radiology for the non-surgical treatment of uterine fibroids. “Fibroids are a common problem for many women, and can leave a patient feeling exhausted, weak, in pain and extremely frustrated, to say the least.”

RAO radiologist Dr. Caleb Rivera explains uterine artery embolization, or UFE, a minimally invasive, nonsurgical outpatient procedure used to treat uterine fibroids. “With UFE, we use a sedative and local anesthetic to place a tiny incision in the skin where the leg meets the groin,” he says, “through which we insert a small catheter into the femoral artery and guide it into the uterine artery, which supplies blood to the uterus. Then we inject tiny, allergen-free particles into the blood vessels feeding the fibroids until they close off. Once the fibroids lose their blood supply, they shrink and symptoms resolve. The procedure usually takes 60 to 90 minutes from start to finish and the patient can go home the same day.”

UFE is a highly effective alternative to surgery requiring advanced medical training and experience to be performed safely and correctly. The Board Certified interventional radiologists of RAO’s Center For Vascular Health are medical doctors with at least six years of additional training after medical school. Says radiologist Dr. Kareem Bohsali, “Our practice has been performing safe, effective UFE procedures for more than 20 years. We work closely with patients’ physicians before, during and after treatment, ensuring every patient receives the best possible care.”

If your doctor has diagnosed you as having uterine fibroids and you’re ready to stop suffering from their symptoms, call RAO’s Center For Vascular Health at 352-671-4252 to have your questions answered or to make an appointment.



Rolando E. Prieto, MD



Caleb R. Rivera, MD



Kareem I. Bohsali, MD



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Advanced Treatment for OVERACTIVE BLADDER

Have you tried treatment for overactive bladder and still suffer from any of the symptoms below?

- ✓ Urgency to get to the restroom in time
- ✓ Increased frequency of urination
- ✓ Getting up at night 2 or more times to urinate
- ✓ Wearing adult protective undergarments or pads
- ✓ Inability to empty your bladder completely
- ✓ Curbing your usual activities because you must be near a restroom at all times

If you are a man or woman who said yes to any of these, then you should know about some of the advanced therapies that are available and can drastically improve your quality of life.

Commonly used therapies such as behavioral modification, bladder training and medications are a first line of therapy for overactive bladder (OAB). Unfortunately, in many patients, these do not work or don't work well enough. Some patients may even be unable to tolerate the common side effects of medications such as dry mouth, dry eyes or constipation. If you or someone you know has OAB, the use of sacral neuromodulation or Botox may be the answer. In a specialty trained urologists' hands these treatments can succeed where others have failed.

SACRAL NEUROMODULATION

Sacral neuromodulation (SNM) allows regulation of the nerves that go to the bladder. This works by sending messages back to the brain to regulate the "on-off" switch for bladder function. A simple way to think of SNM is as a pacemaker for the bladder. It can help to bring your bladder function back to normal function if it is too active or even underactive.

SNM is approved by the FDA for the treatment of refractory OAB, urge incontinence and urinary retention. Currently one company (Medtronic Inc., Minneapolis) produces this SNM device for international

use under the name InterStim®. In Europe, it is also used successfully to treat bowel dysfunction including severe constipation, fecal urgency, frequency and fecal soiling. This is possible because there are nerves in the pelvis that work on both the bladder and bowel.

SNM is a very appealing option to patients due to its high success rate (up to 80%) and a unique trial phase. This trial phase of 3 to 7 days is called a percutaneous nerve evaluation (PNE) and is a simple procedure that places a thin temporary lead next to the nerve that controls bladder function. This can be placed using local anesthesia or light sedation and takes minutes to perform. This gives the patient the ability to "test drive" the device without going through the full implant. It also helps patients to gain insight on just how much the InterStim could help them. At the end of the trial, the leads are removed in the office without damaging the nerve.

If the PNE is successful in reducing symptoms, it is likely that the full implant will work in these patients. The InterStim uses an implantable lead and small battery that are placed for long-term treatment of OAB or urinary retention. Once placed, the InterStim can last up to ten years depending on its use. The battery can be easily changed under local anesthesia. After implantation, the InterStim is virtually undetectable even in a bathing suit. This device can drastically improve a patient's quality of life.

BOTULINUM TOXIN (Botox)

Botox injections are another option in the treatment of OAB. The Botox is placed directly in the bladder muscle for treatment of OAB and urge incontinence.



This is done with a simple cystoscopy (small telescope) and can be done under local anesthesia or sedation. It works by binding to nerve endings allowing for relaxation of the bladder muscle. This has been shown to improve symptoms in up to 70% of patients and up to 60% of patients will have complete resolution of their OAB or urge incontinence. Botox, however, only lasts 6 to 9 months and needs to be repeated. The FDA considers this an off-label use even though it has been used successfully for years. Use of Botox in the bladder carries no greater risk to the patient than cosmetic procedures.

These are only a few of the many options that can significantly improve quality of life. A full range of treatments for OAB and any other urologic concerns are offered by Advanced Urology Specialists.



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Alternative Treatments Help Improve Quality of Life

By Phoebe Brown - Staff Writer

When people are diagnosed with chronic diseases, the challenge of living life fully, navigating the healthcare industry and finding the right treatment options can pose issues. For people with lung diseases, treatment options which address the disease itself are scarce and don't usually go beyond traditional medications, supplemental oxygen or a lung transplant. Even Hollywood has taken notice of how this lack of treatment options affects people.

Movies like *Dallas Buyers Club* illustrate the struggles of being diagnosed with a chronic, progressive disease with few treatment options. The main character, Ron Woodroof, was diagnosed with acquired immune deficiency syndrome (AIDS) in 1986. At the time, there were limited treatment options available. Even with a terminal diagnosis, Woodroof refused to succumb to AIDS without a fight. He started to research various medicine and drug combinations, none of which were available in the United States at the time.

Through his research, Woodroof discovered medications that were available in other countries but not yet available in the United States. Along with his doctor and another patient, Woodroof founded the Dallas Buyers Club in 1988, providing AIDS patients with smuggled medications to help ease their symptoms. Woodroof finally lost his fight with AIDS on September 12, 1992. Because he could see beyond the complacency of the medical community and sought alternative treatment options, he extended his life six years longer than his physicians thought possible.

Like Woodroof, patients with chronic lung diseases are often prescribed the traditional regimen of medications, inhalers, corticosteroids and supplemental oxygen, which only address the symptoms of the disease. Though many patients are left to research alternatives on their own, new medical advancements can now provide people with chronic lung diseases a viable treatment option. A specialty clinic in the United States, the Lung Institute (www.lunginstitute.com), treats people with COPD, emphysema, pulmonary fibrosis, interstitial



Though many patients are left to research alternatives on their own, new medical advancements can now provide people with chronic lung diseases a viable treatment option.

lung disease and other chronic lung diseases using stem cells from the patient's own body.

Stem cells act as the body's healing system. The body alerts these cells when they are needed and sends them to the place in the body that needs repair. However, stem cells are slow to react, and in the body of someone with a chronic illness, they are even slower. The physicians at the Lung Institute realized this and developed a procedure to help stem cells do their job more efficiently.

Physicians extract stem cells from a patient's blood or bone marrow tissue, separate the stem cells and return them intravenously. The cells then travel through the heart and into the lungs where they are trapped in what is known as the "pulmonary trap." Once in the lungs, stem cells can do their job by promoting healing in the lungs, potentially improving lung function.

Although Woodroof lacked alternative treatment options in the United States, there are options available for people with chronic lung diseases. With clinics nationwide, the Lung Institute has treated over 2,000 patients. A recent study produced by the clinic indicated that 82 percent of patients saw an increase in quality of life after stem cell treatment, and 60 percent of those who took a pulmonary function test reported an increase in lung function. With medical advancements like stem cell therapy, addressing the disease at its source offers people an alternative that is helping them regain their quality of life.

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

LIFESTYLE SOLUTIONS MEDSPA

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NUTRITION & WEIGHT LOSS

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

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

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

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Here are some suggested healthy nutrition guidelines:

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

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

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

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

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

Limit your consumption of alcohol. It provides empty calories.

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

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

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

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

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



Whole-Body Approach to Treating Diabetes

The incidence of type 2 diabetes in the U.S. is rising steadily, with the U.S. Centers for Disease Control and Prevention estimating that two in five Americans will develop the disease in their lifetime.

A whole-body disease

Although more than 90% of Americans believe they have a “good” understanding of how diabetes affects the human body, misconceptions remain. Fewer than one-third of doctors believe patients are very aware of any other negative effects the disease has on the body, including effects on the heart, kidneys, and pancreas.

Diabetes is a systemic disease, meaning it affects the whole body. The body is a unit with different systems that rely on each other to work properly. When one system isn’t functioning, as it should, it can negatively affect other systems. It’s very unusual to see a diabetes patient who doesn’t have any other diagnoses. Indeed, type 2 diabetes has a long list of potential complications, including poor circulation, heart disease, gum disease, vision problems, mental health issues and infected sores on the feet.

Musculoskeletal ailments such as carpal tunnel syndrome, frozen shoulder and degenerative joint disease are also a risk for type 2 diabetes patients.

From hands-on diagnosis to disease management for years lab results were used primarily to diagnose type 2 diabetes. More and more doctors are now also using touch to discern subtle differences in skin texture that can indicate the disease, such as dark, thickened skin in the neck, armpits or groin, a condition known as acanthosis nigricans.

Holistic (whole-body) approach to treatment

Physicians agree that a more holistic, whole-body treatment, approach to managing diabetes—is not just a focus on reducing blood glucose—is needed.



By treating the systemic failure and not just the symptoms, the holistic approach allows the body to regain its natural ability to heal itself.

When doctors treat the “whole person” rather than just a set of symptoms, desired results are obtainable and better overall health is achieved. In addition to prescribing medical treatments, doctors should serve as teachers, helping people learn to take responsibility for their own health and to adopt healthier lifestyle patterns.

Treating the whole body means including the body, mind and spirit. Diabetes carries with it a certain emotional toll, because unlike many illnesses, which either kill you or you recover from, diabetes is forever. Patients often suffer “diabetes burnout” from trying to sustain the daily grind of managing blood sugar and diet. To ease the burden, it is recommended that doctors ask patients what’s most important to them and focus on improvements to help with those areas, while continuing to suggest additional changes that would benefit their health.

Empowering patients

Helping patients make lifestyle changes is a crucial component of treating type 2 diabetes. Doctors can achieve this by giving patients options and working with them to develop a plan. For example, if a patient has high blood sugar after meals, he or she could be offered the choice between adding a medication to stabilize post-meal blood sugar or taking a 20-minute walk after eating.

Lifestyle changes are very impactful in diabetes, so it’s important to let patients know they have the power to choose

For more information or to schedule an appointment to discuss treating your diabetes or other health conditions using a holistic approach call 352-351-4634 today!



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Rafael Rosa-Algarin, M.D.



David L. Oliver, D.O.



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

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



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

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

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

1 Zauber AG, Winawer SJ, Waye JD, et al. Colonoscopic Polypectomy and Long-Term Prevention of Colorectal-Cancer Deaths. *N Engl J Med* 2012; 366:687-696

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

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



Dr. Anand Kesari



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

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

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



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

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

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

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

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



OBEESITY

AS SEEN BY AN OB/GYN

By Balpreet Singh, MD. OB/GYN

By now it's well established and generally well known that obesity has become an epidemic in the US. The shifting of a "normal" BMI towards a heavier population is increasing the occurrence of a wide spectrum of health issues related to obesity. What's even more concerning, and frankly more dangerous, is the public's acceptance of this new "norm". Steps need to be taken to resist this acceptance and the complacent attitudes towards a heavier population. Obesity is a health condition, the public needs to be aware and measures must be taken to address this condition in a healthy and beneficial manner.

More than two thirds of adults are overweight or obese. In 2011-2012, 39% of middle aged Americans were obese. During the same time period, obesity was prevalent in 30% of younger adults and 35% of older adults. According to a 2011 Centers for Disease Control and Prevention report, the average rate of obesity was highest in the southern regions of the US, at 30%. This is compared to 29% in the Midwest, 25% in the Northeast and 24% in the West.

All women are at risk of obesity, however, minority women, low-income women and women who live in certain geographic regions, are at a particularly higher risk.



DIAGNOSIS OF OBESITY AND CLASSIFICATIONS

Overweight is defined as having a body mass index (BMI) of 25 to 30. A BMI that exceeds 30 is the definition of obesity. The amount of Obesity is further divided into subcategories. Class I obesity is defined as a BMI of between 30 and 35. Class II obesity includes BMIs between 35 and 40. The last subdivision, Class III, encompasses all BMI's above 40. It's quite intuitive, however must be stated, that an increased BMI leads to an increased risk to health.

CAUSES OF OBESITY

The main cause of obesity is an imbalanced net caloric intake. A balanced net caloric intake would mean that the amount of calories one takes in equals the amount of calories one uses over time. As a simple equation this is represented by; calories IN equals calories OUT.

Calories IN are all the calories you acquire by eating food or drinking. Calories OUT are the calories your body uses or "burns" to perform basic bodily functions and physical activity.

Overweight and obesity develops over time, when the net caloric intake persistently is greater on the calories IN side of the equation and less on the calories OUT side.

To maintain a healthy weight this equation must be balanced over time. It does not necessarily have to be balanced everyday, however a balance must be achieved over time.

Other causes of obesity include your genetic makeup, preexisting health conditions, medicines, age, pregnancy and lack of sleep. Ask your medical provider how each of these factors can specifically affect your weight gain.

MEDICAL RISKS ASSOCIATED WITH OBESITY

Obesity substantially increases the risk of negative medical outcomes throughout the life span of a woman, particularly for one with class II or class III obesity. We, as a people, need to understand that obesity doesn't exclusively affect how we "look", and more importantly impacts our overall health in negative ways.

Conditions that occur at higher rates in obese women (and men) include, and are not limited to, type 2 diabetes, hypertension, high cholesterol, sleep apnea, gall stones, osteoarthritis, coronary heart disease, stroke and certain types of cancer.

In particular type 2 diabetes, hypertension, high cholesterol and sleep apnea may lead to further complications such as stroke and coronary heart disease. These conditions are easily screened for and should be screened for in overweight and obese patients.

Tragically, type 2 diabetes, at one time extremely rare in children, is being seen at higher and higher rates amongst this age group. Obesity in childhood will more often than not lead to obesity in adulthood. Intervention, including physical activity and healthy eating habits, at a young age is integral in our fight against the rising obesity epidemic.

OBESITY AND PREGNANCY

Obesity presents a number of concerns during pregnancy. It affects both mother and child.

Obesity during pregnancy increases the mother's risk of developing health problems such as gestational diabetes, preeclampsia and sleep apnea.

Obesity may also effect the development of the baby. Obese women are at increased risk of pregnancy loss, when compared to women of normal weight. Birth defects occur at a higher rate with obese moms. These defects included heart and neural tube defects. Babies born to obese mothers may be larger than normal, a condition known as macrosomia. Macrosomia is concerning due to its ability to cause complications during delivery, including shoulder dystocia. One of the gravest complications of obesity is still birth. The higher the woman's BMI, the greater the risk of still birth.

Weight loss prior to becoming pregnant is the optimal approach to decreasing the risks associated with obesity. Even small amounts of weight loss, 10 to 20 lbs, will help to improve your overall health and increase the likelihood of a healthy pregnancy.

LOSING WEIGHT

Losing weight, for many is a daunting proposition. One of the primary factors leading to failure is the belief that extreme measures must be taken. These extreme measures, more often than not, are not sustainable. They require too drastic of an adjustment to what is already well established as an individual's norm. Extreme fluctuations in weight up or down are not healthy. Minor steps, continued gradual adjustments to diet and activity, add up to major changes. The approach to weight loss should not be made to seem monumental, it's discouraging. Just take that first step and you'll be amazed how far it'll take you.



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Protect Your Skin From the Sun

Because of the ultraviolet radiation it emits, the sun is inherently dangerous to human skin. In fact, the American Academy of Dermatology stipulates that there is no safe way to tan. Tanning is the skin's natural response to damage from the sun. Additionally, the Environmental Protection Agency proclaims that everybody, regardless of race or ethnicity, is subject to the potential adverse effects of overexposure to the sun. That's why everyone needs to protect their skin from the sun every day.

How We Burn

When ultraviolet light penetrates the epidermis it stimulates melanin, the substance responsible for skin pigmentation. Up to a point, the melanin absorbs dangerous UV rays before they do serious damage. Melanin increases in response to sun exposure, which is what causes the skin to tan. This is a sign of skin damage, not health. Sunburns develop when the UV exposure is greater than the skin's natural ability to protect against it.

Sunscreens

The sun emits two types of ultraviolet (UV) rays that are harmful to human skin. UVA rays penetrate deep into the dermis and lead to wrinkles, age spots and skin cancers. UVB rays are responsible for causing sunburn, cataracts and immune system damage. Melanoma is thought to be associated with severe UVB sunburns that occur before the age of 20.

Sunscreens absorb ultraviolet light so that it doesn't reach the skin. Look for sunscreens with the active ingredients PABA, benzophenones, cinnamates or salicylates. Sunblocks literally block the UV rays instead of absorbing them. Key active ingredients for sunblock success are titanium oxide and zinc oxide.

There is no sunscreen or sunblock that works 100%. The U.S. Food and Drug Administration regulates the manufacture and promotion of sunscreens. Sunscreens are given a SPF (Sun Protection Factor) number that indicates how long a person can remain in the sun without burning. It is recommended that people use products with a SPF of 15 or greater. Sunscreens are not generally recommended for infants six months old or younger. Infants should be kept in the shade as much as possible and should be dressed in protective clothing to prevent any skin exposure and damage.



There is no such thing as "all-day protection" or "waterproof" sunscreen. No matter what the SPF number, sunscreens need to be re-applied every 2 to 3 hours. Products that claim to be "waterproof" can only protect against sunburn up to 80 minutes in the water. Products labeled "water resistant" can only protect against sunburn up to 40 minutes in the water.

Even in the worst weather, 80% of the sun's UV rays can pass through the clouds. Additionally, sand reflects 25% of the sun's UV rays and snow reflects 80% of the sun's UV rays. That's why sunscreen needs to be worn every day and in every type of weather and climate. The sun's intensity is also impacted by altitude (the higher the altitude the greater the sun exposure), time of year (summer months) and location (the closer to the Equator, the greater the sun exposure).

Protecting Yourself From Sun Exposure

- Look for sunscreens that use the term "broad spectrum" because they protect against both UVA and UVB rays.
- Choose a sunscreen with a minimum SPF rating of 15.
- Apply sunscreen 15 to 30 minutes before you head out into the sun to give it time to seep into the skin.
- Apply sunscreens liberally. Use at least one ounce to cover the entire body.
- Use a lip balm with SPF 15 or greater to protect the lips from sun damage.
- Re-apply sunscreen immediately after going into water or sweating.
- Re-apply sunscreen every 2 to 3 hours.
- Use sunscreen every day regardless of the weather.
- Wear sunglasses to protect the eyes from UV rays.

- Wear wide-brimmed hats and protective clothing to limit skin exposure to the sun.
- Stay in the shade whenever possible.
- Avoid using tanning beds.


Treating a Sunburn

If you experience a sunburn, get out of the sun and cover the exposed skin as soon as possible. A sunburn will begin to appear within 4 to 6 hours after getting out of the sun and will fully appear within 12 to 24 hours. Mild burns cause redness and some peeling after a few days. They can be treated with cold compresses on the damaged area, cool baths, moisturizers to prevent dryness and over-the-counter hydrocortisone creams to relieve any pain or itching. It is also important to drink plenty of fluids when you experience any type of sunburn.

More serious burns lead to blisters, which can be painful. It is important not to rupture blisters as this slows down the natural healing process and may lead to infection. You may want to cover blisters with gauze to keep them clean. Stay out of the sun until your skin has fully healed. In the most severe cases, oral steroids may be prescribed to prevent or eliminate infection along with pain-relieving medication.



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Dr. Castellano

Tips for Staying Cool During a Summer Run

1. Try Running Early in the Morning

It's the coolest, most serene part of the day, and there's nothing like a morning run to boost your mood all day long.

2. Drink Like Crazy

Even if you don't feel thirsty, drink at least 8 oz. of fluid each hour, and more if you're outside or tend to perspire a lot. You'll run better with adequate fluid intake, and you'll feel better, too. By keeping your water storage high, you'll also improve your body's cooling mechanisms.

3. Acclimate With Care

You need to acclimate to the heat in a safe and gradual manner, not haphazardly. For the first two weeks of hot weather, do no speed sessions and keep your midday running bouts to 30 easy minutes at most. (You can go longer on cool mornings or evenings.) In 10 days to two weeks, you should be fully acclimated.

4. Go Light and Loose

Wear light-colored, loose-fitting clothing. The former will reflect the sun's rays better; the latter will enable you to take advantage of any breeze, including the one you make by running. The new sports-specific synthetics are better than cotton, too. They stay drier and wick moisture better than natural fibers do.

5. Screen it Out

To protect yourself from skin cancer and other skin damage, use sunscreen liberally. Do so even on partly cloudy days; harmful ultraviolet rays are not blocked by cloud cover. Another benefit: Sunscreen can decrease your skin and body temperatures, so you'll stay cooler during exercise.



6. Maximize Head Room

You lose a major portion of body heat through your head, which is bad in winter but good in summer. So on hot days, don't cover your noggin tightly with a hat. Cover it, for sure, but with a loose-fitting hat, preferably made of mesh or some other breathable material.

7. Start Slowly

Starting your run slowly is particularly beneficial on hot days. The slower you start, the longer you'll keep your body heat from reaching the misery threshold. If you normally run at an eight-minute mile pace, for example, do your first mile at a 10-minute pace.

8. Head for Water

Running near water—whether it's along a river, lake or ocean—is usually cooler and breezier. Urban streams often have paths running alongside of them, if you take the time to explore. And even if the air temperature is about the same, you'll likely feel cooler just being near water.

9. End With a Dunk

There is absolutely no better place to start a run than at a pool. Why? Because when you finish your run there, you can take a refreshing dip. Once a week or so this summer, bring your bathing suit and running gear to the pool.

10. Run Fountain-to-Fountain

As a fallback for those beastly hot days, design a run that takes in frequent water stops. Water fountains are the obvious choices, but there are many more possibilities. When you map out your route, consider gas stations, health clubs, hospitals, schools, convenience stores and city parks.

11. Make Like a Camel

Especially on long runs or trail runs where you'll be away from water sources, bring your own. Use a water belt, pouch or holster for bottles or simply carry it (you'll get used to it). Another option: The night before your long Sunday run, take your bike or car out and stash several bottles along your next day's running route.

12. Heed the Heat Warnings

You need to be very sensitive to the warning signs of heat illness, which, if it progresses, can



be fatal. If you feel trouble coming on, you need to stop running, find some shade, get liquids and then find a ride or walk home. Following are signs of impending heat illness:

- Headache or intense heat buildup in the head.
- Confusion or lack of concentration.
- Loss of muscular control.
- Oversweating followed by clammy skin and cessation of sweating.
- Hot and cold flashes.
- Upset stomach, muscle cramps, vomiting, dizziness.

13. Decrease the Speed

Do your speed training in the morning or evening. Otherwise, you're really going to put a strain on your system. The heart literally beats faster in high heat, as it's pumping extra blood out to the skin as part of the body's evaporation/cooling mechanism. You won't be able to run as fast, so don't try to.

14. Lower Your Expectations

In training and in races, you won't be able to run as fast as you would on cool days. If race day

comes, and it's super hot that morning, ease back and treat it as a training run — and drink at all the water stops.

15. Watch What You Drink

Both caffeine and alcohol are diuretics, which means they increase urine output. This puts you at greater risk of dehydration. Since hot weather is already causing you to dehydrate faster, be especially careful about your caffeine and alcohol intake in summer. Be careful if you drink a lot of iced tea, as it contains a significant amount of caffeine. An alternative: herbal iced tea.

16. Bag It if It's too Hot

Some days are going to be unsafe for running, especially if you live in an urban area where air pollution is also a concern. On those occasions, consider skipping running.

Sure, it's going to be hot this summer. No way around that. But with some planning and a little imagination, you can minimize the downside and make it work for you. Stay flexible, have fun and, above all, be safe.

Source: active.com



Snoring May Be More Than Just an Annoyance

Dr. Kevin Brooks - Cosmetic & Family Dentistry

Sleep Related Breathing Disorders (SRBD) are characterized by recurrent episodes of a reduced amount or even cessation of respiratory airflow (i.e. breathing) during sleep. This is caused by collapse of tissues in the back of the throat, at the levels of the upper airway or windpipe. While intermittent and shallow snoring is less likely to be associated with medical complications, as time and snoring progress in frequency and volume, associated medical and psychosocial problems can certainly develop. There are also multiple cardiovascular, metabolic, and brain damage complications that may occur as a result of untreated SRBD — thus we must recognize that this is not a trivial issue.

What To Watch and Listen For

There are many signs and symptoms of SRBD with the most obvious being the loud and frequent snoring or lapses in breathing. However, it also includes any associated daytime sleepiness and sense of poor restfulness even with adequate time spent sleeping. An example includes the excessively sleepy individual who takes naps daily, drinks massive amounts of coffee and energy drinks, and despite 7 to 8 hours of sleep at night continues to experience excessive drowsiness and a lack of energy.

Sleep Apnea

In general, all sleep apnea is not obstructive in nature. For instance, some patients suffer from an uncommon type called “central sleep apnea” in which they experience breathing difficulties during sleep due to lack of appropriate brain stimuli — which control breathing activity. Sufferers frequently have significant brain damage and require an extensive, careful work up and management along with the use of breathing equipment called Continuous Positive Airway Pressure or CPAP for short. There are also mixed apnea patients who have both obstructive and central apnea events during their sleep cycle.

Diagnosis

The diagnosis of sleep apnea may be estimated by taking a thorough sleep and medical history; however, it requires objective testing during sleep to confirm and quantify. While the current gold standard for testing is an overnight, observed, laboratory sleep study in a sleep lab called a Polysomnogram (PSG), the trend towards more cost-effective and readily available testing has stimulated growth of home sleep testing.



Connection To Dentistry

Dentists are in a unique position to provide limited medical therapy for patients with SRBD conditions for many reasons. However, there are two main avenues dentists may take in helping to address this enormous health burden. One approach is to screen and refer suspect patients to their physician for diagnosis and treatment. The second method is to co-treat the condition with the patient's physician using Oral Appliance Therapy (OAT), oral surgical procedures, or possibly orthodontic approaches. These dental approaches address increasing the volume of the upper airway primarily by bringing the tongue forward away from the throat. There is a great deal of scientific evidence supporting both the OAT and surgical, hard tissue approaches; thus, dentists should actively seek training to reach competency so they can offer these treatment options to their patients. OAT has been shown to be slightly less effective than CPAP therapy, but cross over trials comparing both treatments have validated significant patient preference and increased long-term use by patients using OAT.

Sleep — Oral Health, General Health — And Your Dentist

Sleep related breathing disorders affect general health in a most fundamental way; there is nothing like a good night's sleep and the feeling of awakening refreshed, re-energized and invigorated — ready to face a new day. Because dentists see patients on a regular maintenance schedule during wellness dental

and dental hygiene care, they are in a unique position to identify early SRBDs. They may also identify sleep disorders by observing “snorers in dental chair” where patients fall asleep within a short time at dental appointments. Dentists are familiar with the mouth, oral cavity and parts of the upper airway and can easily screen components of the airway. SRBD is a societal epidemic with far reaching consequences both medically and psychosocially as well as carrying an enormous economic burden. Properly trained dentists have been acknowledged by the American Academy of Sleep Medicine, as being able to provide first line therapy for the treatment of mild to moderate sleep apnea. Only dentists are able to fabricate, fit, adjust, monitor, and treat complications associated with Oral Appliance Therapy, used in managing SRBD.

If you or a loved one experience sleeping problems or snoring, talk to your dentist.

If you don't have a family dentist, call 352-347-2333 to discuss your concerns with a member of Dr. Brook's office.

Kevin G. Brooks, DMD
Cosmetic & Family Dentistry

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DEMENTIA AND NEUROFEEDBACK

Recent studies have estimated Alzheimer's disease to be the third leading cause of death among the elderly, just behind cancer and heart disease, affecting more than 5 million Americans today. Alzheimer's disease is a progressive disorder of the brain that compromises memory and cognitive functioning. Degenerative changes occur in the brain, making every day activities more and more challenging until the person becomes unable to care for themselves. Additionally, Alzheimer's is the leading cause of dementia in the elderly population, accounting for 60%-70% of dementia cases, which results in further loss of cognitive functioning. Even the easiest, most commonly performed tasks in a person's life become impossible.

Studies have shown Alzheimer's begins to affect the brain about a decade or more before the cognitive decline begins. In fact, no symptoms are often observed until much damage has already been done. Most of the time, symptoms first appear in a person's mid-60s. The hippocampus, the part of the brain responsible for memory formation, is affected first. Early signs of Alzheimer's differ from case to case, however early symptoms include:

- Memory loss
- Confusion about where the person is
- Wandering or getting lost
- Loss of ability to problem solve
- Loss of ability to plan
- Changes in mood
- Easily made confused, upset, or suspicious
- Anxiety
- Depression
- Easily made upset outside of comfort zone
- Difficulty with regular everyday tasks
- Confusion with depth perception and other spatial relationships
- Language issues
- Writing issues
- Losing items
- Inability to retrace steps
- Poor judgment
- Withdrawal from social activities

Over time, Alzheimer's disease progresses from these early symptoms and worsen to the point where a person stops recognizing familiar people in their lives including family and friends. The ability to make new memories and carry out simple tasks, such as getting dressed, becomes impossible without assistance. Impulsive behavior and delusions may begin as well. After a while, the person can no longer communicate



and cannot function at all without the assistance of someone else. As the illness progresses, the body slowly begins to shut down, leaving the person in bed for the majority of their time until their body can no longer function.

Although scientists do not fully understand what causes Alzheimer's disease, genetics are suspected to play a large role, as early onset Alzheimer's has already been associated with genetics. However, scientists are not ruling out environmental factors as well. Alzheimer's disease is irreversible, as the damage spreads throughout the brain and the brain tissue shrinks substantially.

Neurofeedback and Alzheimer's

If early symptoms are recognized and Alzheimer's is diagnosed within the mild stage of the illness, neurofeedback can be utilized to maintain cognitive ability, including the preservation of memory and reasoning. Although it cannot reverse structural damage in the brain that has already occurred due to the illness, neurofeedback focuses on training parts of the brain that are still healthy and functioning to prevent further degradation and maximize their function. Studies have shown that patients not participating in neurofeedback sessions show further

declination of brain function. However, patients who are participating show improvement in memory, reasoning, incontinence, and language, all while experiencing less confusion overall. Neurofeedback participants are able to stabilize their cognitive function, leading to this increased ability of recognition and remembering information.

Neurofeedback isn't a cure and, as stated, it cannot reverse structural damage or deterioration in the brain, such as that occurring with Alzheimer's disease, where brain cells are lost. However, with Neurofeedback training the function of the healthy parts of the brain can be maximized, physiological self-regulation can be maintained and the onset of some symptoms can be delayed. It should be noted though, that with dementia, Neurofeedback has to be applied frequently and maybe even indefinitely to sustain improvement and prevent relapse. It is very likely that Neurofeedback will become a regular part of elderly care in the future, to fight against the decline of mental faculties and prolonging healthy brains in humans.

If you would like to discuss how Neurofeedback could help you or your loved one's dementia symptoms, call **352-633-1049** today.

Patient 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."

Coollest 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."



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Call for a free consult and to determine what solutions are available for you.

Benefits of Compounding Hormones

Bio-identical Hormone Replacement Therapy (BHRT) is the process of restoring and maintaining hormone balance with hormones that are biologically identical to hormones produced by the human body. BHRT is commonly used to treat menopausal symptoms such as hot flashes, vaginal dryness, mood swings, sleep disorders, decreased libido, and an increased risk of fractures due to osteoporosis.

The use of hormones that are structurally identical to those found in the body has seen a steady increase. These hormones that are structurally identical to those found in the body are known as bio-identical hormones. Many believe that bio-identical hormones have fewer side effects than the synthetic hormones. The synthetic hormones contain side chains that alter their chemical structure in relation to hormones found in the body. The goals of BHRT include relief from symptoms due to decreasing hormone production, protection from conditions that natural hormones usually protect against, and the establishment of hormonal balance. The hormones are primarily derived from the yam and soybean plants before being altered in the lab to create the bio-identical hormones. BHRT has been used for over 40 years in Europe and has been extensively studied.

Bio-identical hormones have been available and used in hormone treatments for decades. They can be custom compounded to match each patient's unique needs and body chemistry, instead of the "one size fits all" approach used with off-the-shelf hormones.



Hormone therapy requires appropriate testing, examination and discussion of symptoms with a healthcare practitioner. The pharmacists at Custom Meds can answer your questions about bio-identical hormones and how BHRT can help with hormone imbalances such as:

- Premenstrual Syndrome (PMS)
- Infertility
- Postpartum Depression
- Menopause and Perimenopause
- Female Sexual Dysfunction
- Testosterone Deficiency
- Osteoporosis
- Chronic Fatigue
- Fibromyalgia
- Endometriosis
- Andropause (Male Menopause)
- Hypothyroidism
- Hypoadrenalism

Bio-identical hormone compounding is available at Custom Meds. The use of bio-identical hormones continues to increase in popularity. The idea of replacing the body's hormones with identical hormones is logical and studies are confirming their safety, efficacy, and long-term effects. As with any other medication, before starting bio-identical hormone replacement therapy, speak with your doctor or pharmacist to determine if it would be beneficial for you.

Custom Meds offers various compounded medications. Unlike off-the-shelf medications, our prescriptions are compounded to meet your specific and individual needs, as directed by your physician. We employ state-of-the-art technology and meet or exceed the industry's strictest quality and safety standards.

No two people are exactly the same internally, which is where the benefit of being able to tailor the exact amount of each hormone needed for individuals is most beneficial. For more information about hormone compounding and the conditions that can be treated using hormone replacement therapies, please call 352-341-1212, or speak to your primary care physician.

Custom Meds
Compounding Pharmacy

352-341-1212
www.custommeds.com

CREATE A SAFE HOME FOR DEMENTIA PATIENTS

People with Alzheimer's can live in their homes, as long as safety measures are in place. As Alzheimer's progresses, a person's abilities change. But with some creativity and problem solving, you can adapt the home environment to support these changes.

How dementia affects safety?

With creativity and flexibility, you can create a home that is both safe and supportive of the person's needs for social interaction and meaningful activity.

Alzheimer's disease causes a number of changes in the brain and body that may affect safety. Depending on the stage of the disease, these can include:

Judgment: forgetting how to use household appliances

Sense of time and place: getting lost on one's own street; being unable to recognize or find familiar areas in the home

Behavior: becoming easily confused, suspicious or fearful

Physical ability: having trouble with balance; depending upon a walker or wheelchair to get around

Senses: experiencing changes in vision, hearing, sensitivity to temperatures or depth perception

Home safety tips:

Assess your home.

Look at your home through the eyes of a person with dementia. What objects could injure the person? Identify possible areas of danger. Is it easy to get outside or to other dangerous areas like the kitchen, garage or basement?

Lock or disguise hazardous areas.

Cover doors and locks with a painted mural or cloth. Use "Dutch" (half) doors, swinging doors or folding doors to hide entrances to the kitchen, stairwell, workroom and storage areas.

Be prepared for emergencies.

Keep a list of emergency phone numbers and addresses for local police and fire departments, hospitals and poison control helplines.

Make sure safety devices are in working order.

Have working fire extinguishers, smoke detectors and carbon monoxide detectors.

Install locks out of sight.

Place deadbolts either high or low on exterior doors to make it difficult for the person to wander out of the house. Keep an extra set of keys hidden near the door for easy access. Remove locks in bathrooms or bedrooms so the person cannot get locked inside.

Keep walkways well-lit.

Add extra lights to entries, doorways, stairways, areas between rooms, and bathrooms. Use night lights in hallways, bedrooms and bathrooms to prevent accidents and reduce disorientation.



Remove and disable guns or other weapons.

The presence of a weapon in the home of a person with dementia may lead to unexpected danger. Dementia can cause a person to mistakenly believe that a familiar caregiver is an intruder.

Place medications in a locked drawer or cabinet.

To help ensure that medications are taken safely, use a pill box organizer or keep a daily list and check off each medication as it is taken.

Remove tripping hazards.

Keep floors and other surfaces clutter-free. Remove objects such as magazine racks, coffee tables and floor lamps.

Watch the temperature of water and food.

It may be difficult for the person with dementia to tell the difference between hot and cold. Set water temperature at 120 degrees or less to prevent scalding.

Support the person's needs.

Try not to create a home that feels too restrictive. The home should encourage independence and social interaction. Clear areas for activities.

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

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Eliminate Pain

and Accelerate Natural Healing with Electricity, Even if Nothing Else Works!

Are you still suffering in pain no matter what the doctors prescribe? If so, you're not alone. According to The National Institute of Health and WebMD, over 100 million Americans suffer with chronic pain every day no matter what the doctors prescribe.

But there is good news! You can be pain-free, because now the world's most advanced electro-therapy technology (AMT), which once reserved for the elite of Olympic, and professional sports, entertainment for the past 30 years is now available to the general public in central Florida for the very first time ever, thanks to Energy Medical at The Villages.

Why Just Manage Your Pain When You Can Eliminate It?

Using two devices, the Electro-Acuscope and Myopulse, (AMT) therapist are easily able to address every part of the body from head to toe in a safe and pleasant, non-invasive manner. AMT doesn't just mask the pain or trick the brain into not feeling pain, it electrically normalizes tissue so it can quickly heal and eliminate the pain permanently. How does it work?

Electricity Flows Through Every Healthy Cell in the Body

The human body actually runs on electricity. Energy flows in distinct pathways throughout the entire body powering every cell, muscle, organ and brain function. Each cell holds a charge, just like a battery, and operates like a little battery driven pump, electrically pumping nutrients into each cell, converting them to energy (in order to do work), and then electrically pumps out metabolic waste to be carried out of the body. This is the cycle of cellular life. When the batteries get weak cell function diminishes. It's all energy, and it's all measurable electricity. Whenever there is pain, disease, injury or weakness there is always a corresponding weakness in the electrical properties of the cell / tissue.

Using electro-physiological instruments such as EKGs, EMG, and EEGs physicians measure the electricity of the heart, muscles and brain. With this in mind, it only makes sense to ask, "If we are all being diagnosed electrically, why then aren't we being treated electrically"?

The human body has an amazing ability to heal itself, if it only has enough electrical energy.

The Electro-Acuscope is a pain-management device designed to specifically treat neurologic tissues, and read all body tissues and systems as well. The Electro-

Myopulse specializes in treating connective tissues such as bone, muscle, tendon, ligaments and skin. Together they are a full body treatment system, designed to eliminate pain, accelerate natural healing, increase energy levels and improve detoxification. In other words AMT will help you to look, feel and perform better.

Electricity is the health secret of the ages, successfully treating many conditions without medication or surgery.

Not All Energy Devices Are Created Equal.

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

Electricity is the key to life and health.

What Is Pain and Why Does It Hurt?

Health is all about the flow of energy and fluids throughout the body. Whenever the flow is restricted, by disease, injury, scar tissue, arthritis, etc., the cells stop functioning properly. Basic physics teaches us that resistance to the flow of energy or fluids always creates heat - heat induces inflammation - inflammation increases sensitivity - and increased sensitivity results in the sensation we know as pain. The more resistance, the more sensitivity or pain. AMT addresses the inflammation by addressing the root cause of the resistance.

Electricity Is The Missing Component In Western Medicine.

The efficacy electro-therapy goes back thousands of years in history. Acupuncture, which has been used since ancient times in China, is all about using static electricity to help normalize tissue. In ancient Greece, Egypt and Rome people used to soak their feet in pools with electric eels and torpedo fish and let the mild electrical currents come thru the water and up feet and legs to relieve pain.

The term electricity is actually a medical term, first coined in the early 1600s by Queen Elizabeth's royal physician, Dr. William Gilbert to describe medical therapies. He is known as the Father of Electricity. However today because of the influence of powerful drug companies and insurance interests and political oversight electro-therapies are mostly overlooked in favor of other highly profitable substances.

How To Avoid Unnecessary Surgeries and Other Dangerous Side Effects

Besides eliminating pain, AMT has helped many people avoid surgeries, recover faster when surgery was necessary, lessen medication dependencies, increase energy levels, return to favorite activities and improve their overall quality of life. Visit www.EnergyMedical.net to see recent local testimonials.

Over prescription is rampant, according to experts. A new report finds that U.S. doctors are too quick to prescribe drugs, and often give little thought to side effects and non-drug alternatives. Nearly half of all Americans have used at least one prescription drug in the past month. Many are being exposed to dangerous side effects, some fatal, even though they are receiving few or no benefits from the drugs.

Even though medications aren't always needed, it does take more than just eating right and a healthy diet to achieve and maintain a pain-free life. Adequate and uninterrupted energy flow throughout the body is necessary to eliminate pain, and live an energized life.

As the number of patients successfully being treated with electric therapy increases, the medical field is embracing AMT as an efficient and cost effective treatment option.

Electricity is the future of effective medicine.

AMT Is The Worlds Most Advanced Electro-Therapy.

Used for more than 30 years by top athletes and entertainment celebrities because it accelerates the body's natural ability to heal, and allows them to function at peak performance. Today doctors around the world are acknowledging the importance of electro-therapy, and the undisputable results being delivered with AMT, even when nothing else worked.

It can do the same for you, just look at our website to see the dramatic results your friends and neighbors are receiving. www.EnergyMedical.net

Using AMT, the team electro-therapists at Energy Medical is ready to eliminate your pain for good. Feel more youthful, more mobile, and more comfortable today.

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

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By Physicians Rehabilitation

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Currently, an estimated 27 million people suffer from knee osteoarthritis making it one of the most common causes of disability in the U.S. It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis. Patients with chronic joint pain often think nothing can be done to help them except surgery.

A person with knee pain knows how often it gets in the way of doing the things they want and need to do in daily life. Because the knee is a weight bearing joint, knee pain affects almost everything we do that requires mobility, including those things most of us have usually taken for granted.

For many knee pain makes it hurt to walk, stand, stoop, get out of a chair, or to go up and down stairs. Additionally, routine activities of living, work, social and recreational activities are often inhibited, restricted or avoided because of knee pain.

If you have tried other treatments and experienced little to no relief, you may still be a candidate for our treatment program. Call 855-276-5989 to schedule a no-cost, no-obligation consultation today!

At Physicians Rehabilitation, it's very important to understand we are not just addressing knee pain. Our goal is to give you the best chance we possibly can of preventing knee replacement surgery in the future, which is what knee arthritis frequently evolves into if left undetected and unaddressed. We are proud to offer a less invasive approach to relieving knee pain to avoid surgery.

For this reason, we encourage you to schedule an appointment to determine if you are a candidate for Viscosupplementation treatment for knee arthritis, you can always have more radical procedures preformed later if necessary. However with knee replacement surgery, once done there is no turning back to a more conservative approach. Knee replacement surgery is indeed necessary for some people with extreme conditions that Viscosupplementation is unable to help, but as we have seen with many of our patients a total knee replacement is a very extreme measure to take without considering all your options for a condition as common as knee arthritis.

Will Insurance cover this Treatment?

Yes, most major insurances and Medicare will pay for this treatment.

What are other people saying about it?

"My knee feels great. I had already had a total knee replacement and wanted to try something rather than go through another painful surgery and difficult recovery. After completing the program, I can now dance again which I have not done in years, and my lifestyle is on its way back to normal." -Elizabeth B.

So what are you waiting for?

Pick up the phone and call us today at 855-276-5989 to schedule your No-Cost, No-Obligation, consultation at one of our five convenient locations. The demand for this procedure has been overwhelming. We've added extra lines to accommodate your calls, so if our line is busy, or you are directed to voice mail, please leave a message or call back. Living pain free and getting your life back is well worth the phone call.



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Custom Medications for You and Your Family

Kids & Technology:

Parental Controls for Kids' Electronics

By Dana Hall McCain
iMOM.com

Think it's impossible to keep an eye on your kids' use of the internet and smart-phones? Not so! Today's parental control software options make it simple and allow you to give your children levels of freedom based upon their maturity and trustworthiness. Here are some options—both high and low-tech—you might consider:

1. Mobicip. This web-based parental solution allows you to track and set boundaries for multiple users across multiple devices, with a per-device yearly subscription.

- Available for iPod, iPad, iPhone, Android, and Windows devices
- Easy to set up: you can blacklist certain categories of sites, blacklist particular sites, or whitelist only the sites you want to allow
- Allows usage blocking during certain hours
- Have usage reports emailed to you at intervals you set

2. Net Nanny. Another web-based solution which allows you to monitor and control usage on both computers and smartphones. This is a one-time purchase, and a license must be purchased for each device you'd like to protect. Bundle pricing is available for multiple-device households.

- Filters internet content
- Can cap overall time of usage allowed
- Sets specific limitations for multiple users on a single device
- Dispatches reports on usage to administrators (parents)
- Offers a social media monitoring component
- Available for Windows, Mac, and most iOS and Android devices





3. Covenant Eyes. An accountability system that allows any user—adult or child—to have their internet usage report sent to an accountability partner. Pricing is per username, and can be set up on an unlimited number of devices.

- Accountability and Filtering capabilities for Windows, Mac, and iOS devices.
- Accountability-only version available for Android.

Web filtering available in six age-based levels of sensitivity which can be adjusted as children grow.

4. Screen Time Tickets can help prevent screen time from becoming all the time. You can give your child his tickets all at once and let him figure out how to spend them during the week, or set a limit on the number of tickets your child can use each day. Screen Time Tickets also make great rewards for good behavior or other jobs well done. Go to imom.com and type in “screen time tickets” to download our PDF.

5. How much time are your kids really spending in front of a screen every week? Use our Screen Time Tracker to find out. Fill in the start and finish times for each use and then write down the total for that session (there is room for up to three sessions per category, per day). At the end of the week, add up your daily totals to get the weekly total screen time hours. After that, decide if that amount of “screen influence” is acceptable and set limitations where needed. And, remember, every hour your child spends in front of a screen is time you’re allowing your child to be influenced, for better or worse, by someone other than you. Go to imom.com and type in “screen time tracker” to download our Screen Time Tracker PDF.



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visit iMOM.com.

Screen Time Tickets

Our Screen Time Tickets can help prevent screen time from becoming all the time. You can give your child his tickets all at once and let him figure out how to spend them during the week, or set a limit on the number of tickets your child can use each day. Screen Time Tickets also make great rewards for good behavior or other jobs well done.

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Screen Time Tracker

Name: _____ Week of: _____

	TV	Video Games	DVD/Movie	Computer	Cell Phone	DAILY TOTAL
	S to F = T	S to F = T	S to F = T	S to F = T	S to F = T	
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

S = Start Time F = Finish Time T = Total

WEEKLY TOTAL SCREEN TIME HOURS: _____

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WAITING FOR A HEART

BABY ADDILYN'S JOURNEY

Two days shy of 26 weeks gestation, Amy & Daniel Jodoin received devastating news during a routine visit to monitor their twin girls. During the echocardiogram, the tech noticed something wrong and asked the doctor to take a look. At that time, Amy was immediately sent to Shands at the University of Florida Labor and Delivery unit to be assessed by a cardiologist. Upon further testing they found that one of their babies, known to the doctors as baby A, had a significantly enlarged left ventricle. There was no explanation as to the cause making it more difficult to accept the news to follow.

The team at Shands prepared Amy for a possible emergency delivery. The prognosis for "Baby A" was very grim, the baby would most likely not survive in utero longer than a few days. The team of doctors informed the Jodoin's that there was nothing they could do at that point. However, "Baby B" appeared to be in perfect health. While grateful for the news of one healthy baby, this posed a new challenge. Exhausted and heartbroken the couple was sent home to wait for their unborn daughter to pass...or to wait for a miracle. Over the course of the weeks and months that followed "Baby A", named Addilyn Grace, would defy the odds by continuing to grow and develop normally, with the exception of her heart. Amy and Daniel, not embracing the doctors' words, were going to fight as long as Addilyn was.

By 28 weeks the cardiologist was finally able to get the images needed to diagnose Addilyn with critical aortic stenosis, tri-cuspid regurgitation, mitral valve regurgitation, and pulmonary valve stenosis. The stenosed aortic valve had caused the left ventricle to be severely enlarged. With Addilyn defying the odds, her cardiologist enlisted an interdisciplinary team consisting of transplant doctors, cardiac surgeons, and the director of the neonatal intensive care unit to search for options. The team discussed several options including a number of surgeries or heart transplant, which all came with an "if" factor as well as a number of risks. At the end of the discussion Amy and Daniel were told there was little chance any of the procedures would be successful.



With transplant a viable option, the team decided, at 34 weeks gestation, Addilyn would be placed on the fetal transplant list. This meant, should a heart become available after 34 weeks, a c-section would be done and Addilyn would go immediately to the OR for the transplant. Although a new heart didn't become available and this wasn't an option for Addilyn, hopefully more facilities will utilize the fetal listing and a child can be saved.

At 37 weeks Amy was admitted to Shands for continuous monitoring with a planned delivery date at 39 weeks in order to extend the time on the fetal transplant list. Because of complications prior to 39 weeks gestation, Addilyn Grace and Ainsley Rae made their appearance at 10:00 and 10:01 AM on May 10th. On day one of life, Addilyn was added to the national transplant list as 1a,urgent status.

At birth, an entire team of doctors, nurses, and other clinical staff were prepared for a critical baby that had been given a "slim chance" of survival. However, they were given a baby that did not require any support. Once again Addilyn, the baby that there was nothing that could be done, given a slim chance to live, and going to need unmeasurable amounts of support, defied the odds against her. Addilyn would have her aortic valve ballooned at just 2 days old and transferred to the pediatric cardiac intensive care unit. Her left ventricle showed immediate improvement after the balloon which would end up diminishing in the days to follow. Addilyn Grace is still in the congenital heart unit at Shands, 48 days old and waiting on the perfect heart. She is on a ventilator and medication to help the heart perfuse the body.

As the days turn into weeks, Amy and Daniel remain hopeful that they will receive the news that a heart has become available for Addilyn. One thing both Amy and Daniel have struggled with is knowing that for Addilyn to live, other parents will lose a child. They pray continuously for a new heart for their baby and for the donor's family. "We know God has big plans for Addilyn," Amy and Daniel proclaim. "Going through this has given us a new perspective on life. The small things that seemed so significant now seem so trivial."

Addilyn's journey has inspired Amy and Daniel to help educate others about organ donation and they encourage you to consider registering as a donor.

More Organ Donors are Needed

In the United States, there is a large shortage of organ donors. Those on the organ donor transplant list can be waiting anywhere from several months to years. A shocking number of patients on the waiting list die every year. You can help save lives by registering as an organ donor and spreading the word to your family and friends.

One donor can make a significant difference in multiples people's lives. It's important to know the impact you can make by registering as an organ donor. One day it could be you who needs an organ transplant.

Every 10 minutes, a person is added to the national organ donation waiting list, which currently adds up to a total of more than 123,000 people.

The following numbers indicate the number of patients on the organ donation waiting list as of the date this article was written:

Kidney: 101,653 people
Liver: 15,241 people
Heart: 4,194 people
Lung: 1,584 people
Pancreas: 1,063 people

Approximately 21 people die every day waiting for an organ.

Help Improve These Numbers

Registering as an organ donor will improve these statistics by lowering the number of people waiting for an organ.

As a registered organ donor, your donation has the potential to save or improve more than 50 lives. One donor can provide: Kidneys, Pancreas, Liver, Lungs, Heart, and Intestinal organs.

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Your Attitude Determines Your Altitude

Life-giving Attitude Part One: The Top Five Percent

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

In my twenties, I was fortunate enough to be in sales for a number of years. As in most sales careers, training on social interaction for the purpose of making the sale is imperative, especially for a greenhorn like I was at the time. My mentor had been a successful sales veteran for over twenty-five years. He taught me a phrase that has stuck with me and has been one of the most empowering ideas for my life. And here's the phrase

"Your attitude determines your altitude."

In a word, your attitude determines the level of your success in life. I have found that it doesn't matter if it is a company, church, university, or a well-run government agency. The top 5% in every organization I have worked for or had close association with in the past thirty years all seem to me to have life-giving attitudes.

Here's what I mean by a life-giving attitude. This top 5% seem to genuinely care about those with whom they work. They have a spring in their step, a sense of joy about their work. They don't seem to be easily rocked by bad news and are fairly peaceful folk. They believe that what they are doing is important—even a calling—and work patiently with great expectation. They are genuinely good and kind toward each other and therefore foster a sense of trust and fellowship. They seem to possess an incredible work ethic. Their ability to be consumed with laser focus on a single goal creates an incredible amount of emotional energy and self-control for them. And last but certainly not least, this life-giving attitude gives them genuine hope for their future and...

Those with hope always rise to the top.

Having a life-giving attitude is one of the most powerful things in the world to change your life. And one of the best secrets about it is it is totally under your control. The power to have a life-giving attitude is a unique ability that God has given to all of mankind.



Think of it this way. God has placed in your possession one of the most powerful keys to all of life's success...the ability to have your own life-giving attitude. It's the key not just to being a positive person to be around but even more so to be in the top 5% of your field of business, among the top 5% of husbands or wives, in the top 5% of dads or moms, and among the top 5% of money earners who in turn are the top 5% of contributors to those less fortunate—those in the bottom 5% of life.

Success hinges on being life-giving. You will operate out of the fruit of your spirit as opposed to living by the letter of the law. If you do that, you don't need the law because you are not going to break it.

A life-giving attitude will take you places that your education can't, your contacts can't, your health can't, your knowledge, your background, your pedigree—none of these. The opposite of a life-giving attitude can take you other places, can't it? How many people do you know who have all the above, yet somewhere in a small but significant way their lives are unraveling and falling apart? And most of the time, the solution centers around attitude.

A life-giving attitude usually expresses itself in three different ways. Jesus was once asked which one of the Ten Commandments was most important.

Matthew 22:36-40 *"Teacher, which is the greatest commandment in the Law? Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' [a] This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself. [b] All the Law and the Prophets hang on these two commandments."*

Notice that Jesus responded with three commandments not one, and showed us that all three were about attitude.

Be life-giving towards God.

For years, I didn't believe God was a good God. I saw Him as a taskmaster or someone waiting with a hammer, watching and waiting for me to make a mistake so He could derive some kind of demented pleasure from causing me pain. I really didn't know if that was true...it only felt like it to me. So I decided to find out for myself the truth about God. I first started with the most life-giving people I could find. I wanted to know why they were so life-giving in the face of living with the overshadowing presence of a God such as I imagined.

I'll share with you what I found in next month's article (I'm out of space). But for now just think about your life and consider if a self-imposed attitude adjustment would help a small but significant part of your life be even a little better. What if you prayed and asked God to help you be more life-giving in that area? I bet He jumps right in and does that.

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

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To check in now, visit MunroeERnow.com.



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