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Health & Wellness[®] MAGAZINE

July 2016

Lake/Sumter Edition - Monthly

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— Ron & Connie Kaissling

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HEALTH TIP OF THE MONTH...

Men, Get the Preventive Medical Tests You Need

Screening tests can find diseases early, when they're easiest to treat. Talk to your doctor about which preventive medical tests you need to stay healthy.

Body Mass Index – Your body mass index, or BMI, is a measure of your body fat based on your height and weight. It is used to screen for obesity. You can find your BMI by visiting <http://www.nhlbisupport.com/bmi>.

Cholesterol – Once you turn 35 (or once you turn 20 if you have risk factors like diabetes, history of heart disease, tobacco use, high blood pressure, or BMI of 30 or over), have your cholesterol checked regularly. High blood cholesterol is one of the major risk factors for heart disease.

Blood Pressure – Have your blood pressure checked every 2 years. High blood pressure increases your chance of getting heart or kidney disease and for having a stroke. If you have high blood pressure, you may need medication to control it.

Cardiovascular Disease – Beginning at age 45 and through age 79, ask your doctor if you should take aspirin every day to help lower your risk of a heart attack. How much aspirin you should take depends on your age, your health, and your lifestyle.

Colorectal Cancer – Beginning at age 50 and through age 75, get tested for colorectal cancer. You and your doctor can decide which test is best. How often you'll have the test depends on which test you choose. If you have a family history of colorectal cancer, you may need to be tested before you turn 50.

Other Cancers – Ask your doctor if you should be tested for prostate, lung, oral, skin, or other cancers.

Sexually Transmitted Diseases – Talk to your doctor to see whether you should be tested for gonorrhea, syphilis, chlamydia, or other sexually transmitted diseases.

HIV – Your doctor may recommend screening for HIV if you:

- Have sex with men.
- Had unprotected sex with multiple partners.
- Have used injected drugs.
- Pay for sex or have sex partners who do.



- Have past or current sex partners who are infected with HIV.
- Are being treated for sexually transmitted diseases.
- Had a blood transfusion between 1978 and 1985.

Depression – If you have felt “down” or hopeless during the past 2 weeks or you have had little interest in doing things you usually enjoy, talk to your doctor about depression. Depression is a treatable illness.

Abdominal Aortic Aneurysm – If you are between the ages of 65 and 75 and have smoked 100 or more cigarettes in your lifetime, ask your doctor to screen you for an abdominal aortic aneurysm. This is an abnormally large or swollen blood vessel in your stomach that can burst without warning.

Diabetes – If your blood pressure is higher than 135/80, ask your doctor to test you for diabetes. Diabetes, or high blood sugar, can cause problems with your heart, eyes, feet, kidneys, nerves, and other body parts.

Tobacco Use – If you smoke or use tobacco, talk to your doctor about quitting. For tips on how to quit, go to <http://www.smokefree.gov> or call the National Quitline at 1-800-QUITNOW.



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

The Life Care Program

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

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

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

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

Entry Fee Advantages

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

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



Independent Living

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

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

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

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

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



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



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Are Your Symptoms a Result of an Undiagnosed Allergy?

Many people who suffer from occasional discomfort, such as stomachache, headache, heartburn, constipation, diarrhea, gas, tiredness, etc., tend to ignore these symptoms or pay little attention to their inconvenience. This is particularly true if a conventional doctor's examination does not result in a diagnosis of disease or pathological explanation. All of these and many more symptoms patients present with can be a result of an undiagnosed allergy. After performing NAET, most patients are surprised to find out that these symptoms can be a result of allergic reactions. After completing the basic program and specific individual treatments, patients find that their original symptoms disappear. Many illnesses are, in fact, undiagnosed allergies.

NAET, Nambudripad's Allergy Elimination Techniques, is an innovative treatment for allergies that is completely natural, painless, and non-invasive. This method can be used safely on anyone, even newborn infants, the elderly, patients in a coma, and pets. NAET can also be used to treat healthy individuals with hidden allergies that could cause illness in the future. In addition, NAET can complement other medical therapies requiring the use of pharmaceutical drugs (e.g. antibiotics, chemotherapy, radiation) to treat for any side effects and to maximize the effectiveness of the drugs. With the progress of modern science and technology, new chemicals and products are being developed every day which create potential allergens for many people. NAET is a truly revolutionary solution that provides relief from adverse reactions to new allergens and empowers the individual to live a better life in our modern world.

How does NAET work?

NAET, are a non-invasive, drug free, natural solution to eliminate allergies of all types and intensities using a blend of selective energy balancing, testing and treatment procedures from acupuncture/acupressure, allopathy, chiropractic, nutritional, and kinesiological disciplines of medicine. One allergen is treated at a time. Basic essential nutrients are treated during the first few visits. Chemicals, environmental allergens, vaccinations, immunizations, etc. are treated after completing about ten basic essential nutrients. NAET® can successfully eliminate adverse reactions to egg, milk, peanuts, penicillin, aspirin, mushrooms, shellfish, latex, grass, ragweed, flowers, perfume, animal dander, animal epithelial, make-up, chemicals, cigarette smoke, pathogens, heat, cold, other environmental agents.



What truly is an allergy?

For medical purposes, an allergy is a limited concept which can only involve the body's reaction to a protein—an over-reaction by the immune system. Medical scientists are still researching to find the exact cause and nature of allergies, but may not have all the answers for years to come. Since NAET employs Chinese meridian theory and uses homeopathic samples to test and treat allergies, the definition of allergy becomes greatly expanded.

In NAET, allergies are viewed from a holistic perspective, based on Oriental Medical principles. An allergy is defined as a condition of unusual sensitivity of one person to one or more substances which may be harmless to the majority of individuals. In the allergic person, the allergic substance, known as an allergen, is viewed by the brain as a threat to the body's well being. Therefore, for our purposes, an allergy is defined in terms of what a substance does to the energy flow in the body. When contact with what truly is an allergen, it causes blockages in the energy pathways called meridians, or we can say, it disrupts the normal flow of energy through the body's electrical circuits. This energy blockage causes interference in communication between the brain and body via the nervous system. This blocked energy flow is the first step in a chain of events which can develop into an allergic response. Allergies are the result of energy imbalances in the body, leading to a diminished state of health in one or more organ systems.



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For more information about NAET call Healthcare Partners at 352-750-4333 to schedule a consultation today.

NAET has been shown to help with the following:

- Reflux
- ADD/ADHD
- Asthma
- Arthritis
- Autism
- Autoimmune Disorders
- Chronic Fatigue Syndrome
- Central Nervous System Disorders
- Chemotherapy Induces Nausea and Vomiting
- Chronic Viral Conditions
- Colitis
- Crohn's Disease
- Depression
- Fibromyalgia
- Headaches
- Hormonal Imbalances
- Hypertension
- Immune Disorders
- Infertility
- Learning Disabilities
- Lyme Disease
- Menopausal Symptoms
- Migraine Headaches
- Nocturnal Enuresis
- Obesity and Weight Loss
- Phobias
- PMS
- Preparation for Surgery
- Seasonal Allergies
- Sports Injuries
- Substance Abuse and Alcoholism
- Tinnitus

Chronic infections, such as Lyme disease, mono-nucleosis, and many others have been shown to improve greatly from clearing the associated and underlying allergies.

When left untreated, allergies can become serious life threatening illnesses. Permanent allergy elimination promises to revolutionize the practice of medicine. The diagnosis of 'hidden' allergies, itself, is not revolutionary. However, the process of allergy desensitization is unique since it allows people to live symbiotically with food and environmental allergens. Permanent allergy elimination technique retrains the central nervous system to be in contact with the known allergen without causing adverse reactions. Through the process of NAET, we can train our central nervous system to perceive all energies as beneficial to facilitate both energy flow and balance.

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.

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."

Cooler 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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LEG PAIN

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

Diagnosing Leg Pain

Leg pain can be debilitating and a bothersome aspect of one's daily life. There are many causes of leg pain, most of which are diagnosed incorrectly or even overlooked during examination. When evaluating leg pain, it is crucial to find the source of the pain by ruling out different causes to come up with a diagnosis. To achieve a correct diagnosis, one must obtain a good history and physical exam on the patient. Also, many tests can be conducted to achieve a proper diagnosis. These things are critical in order to receive the right treatment with the right specialist.

Tests Include:

- **Arterial Ultrasound**
(to evaluate arterial disease or PAD)
- **Venous Reflux Ultrasound**
(to rule out a vein problem)
- **Nerve Conduction Study**
(to rule out a neuropathy problem)
- **Electromyography**
(to rule out a muscle problem)
- **Lab Testing**
(to evaluate deficiencies in certain Vitamins, electrolytes)
- **Muscle, Skin, or Bone Biopsy**
(to evaluate any abnormal cellular changes, Cancer, or musculoskeletal diseases)

Most Common Causes of Leg Pain

Two of the most common causes of leg pain include PAD (Peripheral Arterial Disease) and Venous Insufficiency.



Peripheral Arterial Disease or PAD

PAD involves blockages in the arteries (which bring blood to your legs from your heart) resulting in a diminished blood supply to your muscles, causing leg pain, cramping, and intermittent claudication (walking to where you have to rest for the pain to relieve itself and then you are able to keep walking).

It affects more than 10% of the population older than 65 years and expected to increase to 22% by 2040. 12.2% of patients with 10 years of symptoms end up requiring amputations.

PAD Causes and Symptoms

Common causes include smoking tobacco, diabetes, hypertension, hyperlipidemia, family history, and sedentary lifestyle. Symptoms are leg pain, cramping, having to stop walking to rest and then resuming, hair loss on legs, shiny skin, atrophy or smaller muscles in the legs, ulcers, numbness, and discoloration. Finding out whether you have PAD starts with having your Family Physician ask questions about your leg pain and examine your legs by palpating for pulses in your groin, behind your knee, the inside aspect of your ankle, and on the top part of your foot. If there are any indications of diminished pulses, the next step would be to order an arterial ultrasound examination. From there, depending on the results, you may need a referral to a Vascular Surgeon who specializes in PAD and has extensive training in minimally invasive techniques to correct the problem.

PAD Treatment Options

Some of the treatment options include medications alone and exercise to balloon and stent placement to bypass surgery in your legs. This is all determined by your Vascular Surgeon and your arteriogram (a dye study test to give a picture of your arteries and areas of blockage).

Venous Insufficiency

This is a defect in the valves of your veins, thus, causing blood to pull in your legs and failing to return to your heart. 40% of the population have underlying reflux (blood pulling) with 40% of those being women and 25% being men.

Causes and Symptoms of Venous Insufficiency

Venous Insufficiency can be caused by genetics, standing or sitting for a prolonged amount of time, pregnancy, obesity, wearing high heels, traumatic episodes, blood clots in the legs, and using heavy weights or high impact exercises in the legs. These activities cause large bulging varicose veins, swelling, leg cramping, aching (mostly at night), increasing spider veins, skin color changes (dark pigmented brownish staining), dry skin, and even ulcers.

Eliminate Veins Without Surgery

To determine whether or not you have vein disease is simple. Make an appointment with a dedicated Vein Center for a Free Consultation. Most Primary Care Doctors are not well educated about vein disease, diagnosing, and treatment options. The dedicated vein center will evaluate with a careful history and physical examination. An ultrasound is performed at

the vein center to determine if you have any blood pooling, the size of your veins, blood clots, and connecting veins or large varicose veins. Ultrasounds done at the Vein Center are more advanced and detailed than an ultrasound done at the hospital (which only tells you if you have a blood clot or not). Depending on the ultrasound results, there are advanced techniques to eliminate the veins without surgery. Dedicated vein centers perform office-based Laser Ablations of the underlying vein along with ultrasound guided foam Sclerotherapy or phlebectomy of the secondary veins. These procedures are an alternative to stripping and ligation and have no downtime or scarring. They are done under local anesthesia and most patients can return to work the next day.

Choose a Specialist Dedicated Exclusively to Vein Treatment

In conclusion, to find out the cause and treatment of your leg pain requires a careful history, physical examination, testing, and going to the right specialist. Choosing the right specialist is crucial in getting the correct treatment and diagnosis of your leg pain. In order to choose the right specialist to treat you, determine how many procedures your specialist has done, how many years in that same field, and is that his/her only specialty. It is vital to choose the practitioner that only does that specialty versus one who has had minimal training to an added procedure to his/her practice. Whether it is an MD, DO, PA, or ARNP, make sure they are specialized and dedicated in that field and that it is not just an added specialty to their practice. Going to a practitioner that is not specialized in your area of concern is like going to an Italian restaurant and ordering shrimp fried rice. The shrimp fried rice would be at an enormously higher quality at a Chinese restaurant because that is their specialty; the same thing applies to your health care providers.



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Bio

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



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

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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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.



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.

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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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) therapists 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-

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

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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.

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

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InterCommunity Cancer Center Encourages Awareness of Bladder Cancer Symptoms

This year an estimated 16,000 deaths will occur from bladder cancer, and 74,000 men and women will be diagnosed with the disease, according to The American Cancer Society (ACS). It is the fourth most common cancer in men, and the tenth most common in woman. In spite of these high numbers, little public awareness or discussion exists about bladder cancer compared to other cancers that have high profile campaigns promoting symptom awareness and screening.

“We need to raise awareness of the symptoms and risk factors for bladder cancer, since, like most cancers, the earlier it is diagnosed, the better the chance for a positive outcome,” explained Dr. Hal Jacobsen, medical director and radiation oncologist at InterCommunity Cancer Center in Lady Lake, Fla. “Unfortunately, many people are reluctant to talk about the ‘below-the-belt’ symptoms bladder cancer can cause, but they need to put their hesitancy aside and check with their healthcare provider as soon as they notice anything out of the ordinary.”

Bladder Cancer Symptoms

The first symptom of bladder cancer most people notice is blood in their urine, which may change their urine color to pink or red. However, in some cases the urine may look normal, and the blood can only be detected with a urine test usually done when other symptoms are present. It is important to note that blood in the urine does not necessarily indicate bladder cancer, as many other things can cause this condition, such as an infection, kidney stones, non-cancerous tumors, and other kidney-related issues. Changes in bladder habits or signs of irritation are also common in the early stages of the disease.

Symptoms of more advanced bladder cancer can include:

- Lower back pain
- Lack of appetite and weight loss
- Feeling tired or weak
- Swelling in the feet
- Bone pain

Reduce Your Risk—Stop Smoking Today!

The exact cause of bladder cancer is not known, but studies have shown that smoking is the most important risk factor. The American Cancer Society reports that smokers are at least three times more likely to get bladder cancer than nonsmokers, and smoking is



responsible for roughly half of all bladder cancers in both men and women. If you smoke, it is time to quit! The American Cancer Society has many resources that can help.

Other Risk Factors

Bladder cancer risk increases with age, and about nine out of ten people with the disease are older than 55. Working with industrial materials and chemicals such as rubber, leather, textiles, paint, diesel fumes, and hair dyes have all been linked to the disease. Smokers have a very high risk of developing the cancer if they are also exposed to these potentially cancer-causing agents. Arsenic in drinking water, chronic bladder infections and not drinking enough fluids are additional risk factors.

Most Bladder Cancers Are Found Early

Fortunately, the majority of bladder cancer is detected early when the disease is highly treatable. People with stage I bladder cancer have a five year survival rate of about 88 percent, according to the National Cancer Institute. However, rates for later stages of the disease decline, which is why symptom awareness and early detection is so important. Depending on the stage of the cancer and other factors, treatment may include surgery, chemotherapy, or radiation, and a combination of therapies may be recommended.

“We have many advanced radiation technologies to treat bladder cancer that enable us to use high doses of radiation to accurately target the cancerous tumor while minimizing damage to normal healthy tissues,” said Dr. Jacobsen, who has extensive experience treating bladder cancer. “This precise targeting reduces side effects, which is very important for quality of life when treating bladder cancer patients.”

For more information about ICCC’s advanced cancer treatments, please visit www.ICCCVantage.com.

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 Oncologist Drs. Hal Jacobson brings 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.

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7/20/16 | 1 P.M. - Facial Beauty Master Class, Holiday Inn Ocala | Ocala Holiday Inn 3600 SW 38th Avenue Ocala, FL 34474

7/28/16 | 1 P.M. - Facial Beauty Master Class, DelWebb Apollo Beach | 5831 Cascade Falls Lane, Apollo Beach, FL 33572

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



Dr. Castellano

LINK BETWEEN OBESITY AND LOW TESTOSTERONE

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

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

Effects of Low Testosterone

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

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

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

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

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.

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All About Today's Hearing Aids



Technology and consumer electronics are transforming people's lives, adding ease and enjoyment to daily living. The same is true for hearing aid technology.

In the past few years, research and development have enabled a technological transformation in the hearing aid marketplace. These advances in hearing aids are making a significant difference in the lives of millions.

Today's state-of-the-art hearing aids are highly effective, sleek, and sophisticated wearable electronics that can help people stay actively connected to life and to those they love.

Many of today's hearing aids allow users to hear from all directions, in all sorts of sound environments, and even underwater. They are digital, wireless, can connect directly to your smartphone or television, and can be as discreet or as visible as you like. Whether they sit discreetly inside the ear canal, or wrap aesthetically around the contour of the outer ear like the latest fashion accessory, today's high-performance hearing aids amplify life.



We're Growing!
2nd Location
Now Open In
Lake Sumter Landing
Market Square!



America's Most Trusted Name in Hearing Care.

Brownwood Town Center • The Villages
Call Toll Free: 855.270.1587

www.hearusa.com



Below are six little-known facts about today's modern hearing aids:

They're virtually invisible. Many of today's hearing aids sit discreetly and comfortably inside your ear canal, providing both natural sound quality, and discreet and easy use.

They automatically adjust to all kinds of soundscapes. Whether you're after the ability to discern comments at an all-staff meeting, easy conversation in a crowded restaurant, or the chirp of crickets on a late summer's evening, recent technological advances have made hearing aids far more versatile than ever before—and in a broad range of sound environments.

There is something for just about everyone. Today's hearing aid options are amazingly varied. Designers offer styles for the fashion conscious, the trendsetter, the partygoer, the intellectual, the active sports enthusiast, the cautious grandmother, the romantic, the weekend warrior, and even the guy just tired of turning up the volume on the TV.

Water, sweat, and dust are no problem while wearing them. Waterproof, digital hearing aids have arrived. This new feature is built into some newly designed hearing aids for those concerned about water, humidity, and dust. This feature suits people who work in demanding environments, as well as those with active lifestyles—like swimmers, skiers, and sports enthusiasts.

They love smartphones, computers, and other prized electronics. Wireless, digital hearing aids are now the norm. That means seamless connectivity—from smartphones, MP3 players, computers, FM systems, televisions, and other beloved high-tech gadgets—directly into your hearing aid(s), at volumes just right for you.

They're always at the ready. A new rechargeable feature on some newly designed hearing aids allows you to recharge your hearing aids every night, so they're ready, ramped up, and waiting for you in the morning. There's no more fumbling with small batteries. Just place the hearing aids into the charger at night, and in the morning, they're ready to go.



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

URGENT CARE

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

They are the “after hours” of health care – the weekends and evenings when your regular doctor’s office is closed and a trip to the emergency room isn’t necessary. Perhaps you suffered a minor cut or injury from a fall and you don’t want to wait all night or all weekend without medical attention. The most common illness especially during the COLD season is Sinus Pressure, Congestion and Post Nasal Drip (PND). The question is: do you wait until your symptoms could potentially get worse? No, says William Goellner, M.D., medical director of 441 Urgent Care Center. Physician Assistant, Adam Santos, add: “It is better to prepare and prevent than to repair and repent.” It is 441 UCC goal to keep patients out of the Hospital. Early detention of Upper Respiratory Infection (URI) can prevent an elderly patient from going to acute bronchitis to pneumonia. “For most non-emergency medical ailments, 441 UCC is a convenient and cost-effective alternative to emergency room care,” Adam Santos explains

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.

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

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.

***New Location - Brownwood 4669 FL-44, Suite 101 WILDWOOD, FL 34785**

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8am to 10pm
365 days a year**

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Fax: 352-693-2345**



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Summerfield • Across from Wal-Mart on Hwy 441**

THE VILLAGES - BUFFALO RIDGE - CR466

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SAT & SUN
8am to 6pm**

**Office:
352-350-1526**



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

THE VILLAGES - LAKE SUMTER LANDING

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**Golf Cart
Access**



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

URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM

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

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

A TEAM EFFORT

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



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

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."

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

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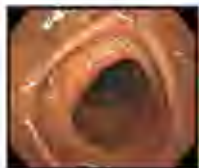
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1 Zuber AG, Winawer SJ, Waye JD, et al. Colonoscopic Polypectomy and Long-Term Prevention of Colorectal-Cancer Deaths. N Engl J Med 2012; 366:687-696
2 Rockey DC, Paulson E, Niedzwiecki D, et al. Analysis of air contrast barium enema, computed tomographic 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.



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In Home Care for Dementia Patients

Dementia is a condition characterized by a group of symptoms that often include memory loss, hallucinations, paranoia, agitation, personality changes, problems communicating, problems with motor skills and coordination, inappropriate behavior and an inability to reason. If your loved one has any of these symptoms, schedule an appointment with their doctor as soon as possible to begin treatment. You may choose to care for your loved one at home, especially if their condition has not deteriorated too far, but dementia is a difficult condition to cope with, for both the patient and the caregiver.

A common misconception about dementia is that it is described wrongly as a disease. It actually consists of symptoms of a functional disorder and is not a disease in itself. Symptoms of dementia may lead to lack of abilities in certain areas such as problem solving, loss of memory and confusion. Dementia is often found in elderly people as a harmful side effect of some mental illness, such as Alzheimer's, and might reflect as an after-effect of a medical treatment. Symptoms of dementia might occur due to vitamin deficiencies, head trauma, or Parkinson's disease. Dementia is mostly incurable with some rare exceptional cases. It is definitely not an easy task to provide home care for those with dementia simply because of the nature of dementia and its various symptoms.

While providing home care for patients suffering from dementia, special considerations are required. Frequent change in routines and turnover within the company providing home care can have adverse effects on dementia patients. Persons providing care for dementia patients need to have special training on proper ways to approach the special care required for dementia patients.

Diseases such as Alzheimer's and related symptoms of dementia are usually chronic; they can last for ten years or more after they are diagnosed. These symptoms may include paranoia, anxiety, aggression, or agitation, making persons difficult to handle while providing home care. Appropriate support and care is thus required for patients as well as their families. Nature and intensity of care might again fluctuate as patients may go through different stages of effect of medication and treatment.



Caring for a loved one with dementia can often be difficult and emotionally draining. Professional help is generally recommended although the family remains the core of a home care system.

At CareMinders, we offer a variety of services for dementia patients and their families. The exceptional caregivers from CareMinders are compassionate and knowledgeable, always taking into consideration each individual's needs when caring for dementia patients. For more information on the dementia services CareMinders offers in the home, please call 352-430-2781 today. Let us help you provide the best care possible for your loved one.

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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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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 (352) 775-3339 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 performed 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?

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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 (352) 775-3339 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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Is Your Swing Hurting Your Back or is Your Back Hurting Your Swing?

By Daniel Taylor DC

It's a beautiful Sunday afternoon on the golf course; the greens are freshly cut and the sun shining. You drive up to the tee box for the first shot of the day. You bend over to put the tee in the ground and out of nowhere the stabbing, knife-like low back pain hits you hard.

If the above scenario sounds familiar, know that you are not alone; studies reported that 50 percent of those who golf regularly suffer from chronic low back problems. Whether this pain is caused from placing the tee into the ground, riding in the golf cart or hitting the golf ball, know that there are options to eliminate this pain.

There are three fundamental causes of golf injuries: poor posture, lack of flexibility and lack of balanced functioning muscles. Golf is a game of repetitive

motion that places torque on one side of the body. This is hard on the body and worse for amateurs because of improper swing mechanics that cause a greater load of stress on the low back. Imagine going to the gym and only working out one side of your body for years while neglecting the opposite side. Now picture yourself bent over in your golfing stance while hitting the ball a hundred times during a period of three to four hours. It's easy to see how golfers set themselves up for injuries.

Another aspect of your golf game that chiropractic can improve is your swing. Every golfer can agree that it is essential that the body is balanced from head to toe in order to have the perfect golf swing. In order to perform your best, you need to have unrestricted,

fluid motion throughout the spine and pelvis. An improper stance will have a profound effect on your golf swing. Think of the body as a machine that stores and uses energy. Angular momentum only exists through fixed axis rotation (your spine). Your arms, hands and golf club all rotate around the spine. When the spine turns, the body creates a centrifugal motion for the club to follow. In order for there to be a fluid motion there must be a healthy, freely moveable spine and proper balanced muscles. Still unsure if chiropractic could help your game? Ask one of golf's greatest about chiropractic. *"I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing"*

- Tiger Woods.

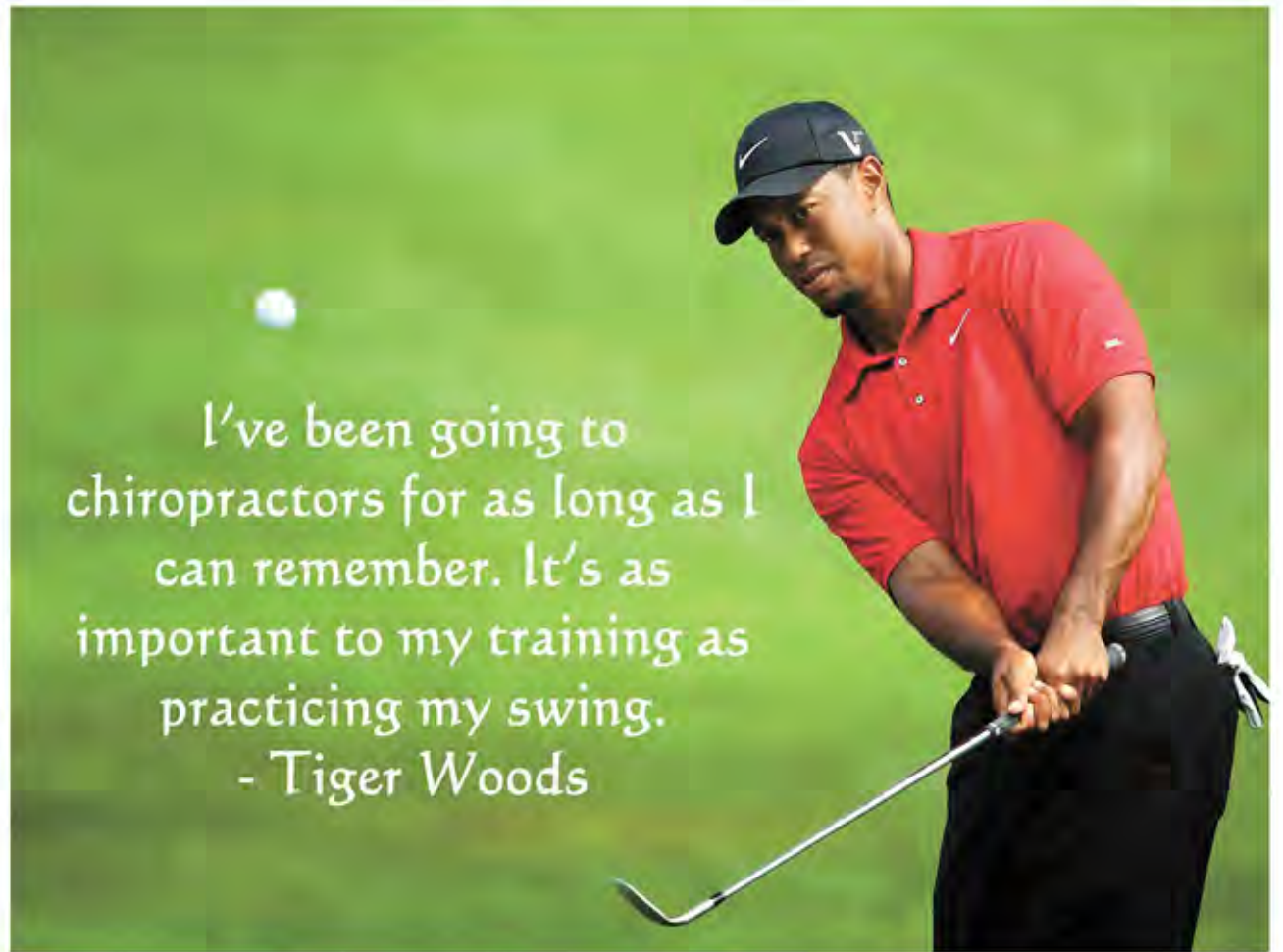
Common golf related diagnosis include:

- **Sacro-iliac (SI) joint dysfunction:** This basically means that the SI joint has lost its normal fluid motion due to a fixation. Typically 2-4 visits can solve this complaint.
- **Facet Syndrome:** Facets are the name for the joints in the spine. At times these joints can experience abnormal motion (commonly from a golf swing) and become fixated. Very similar to SI joint dysfunction and often the two conditions exist concurrently. Again 2-4 visits usually.
- **Sprain/Strain injuries:** Very common with any athletic event. Typically minor conditions can self-resolve. However proper stretching, support and in office rehabilitation are always recommended
- **Sciatica:** Often the most misdiagnosed disorder on the golf course. Everyone thinks pain down the leg is sciatica. However, there are actually many causes for pain down the leg and a proper diagnosis is essential in order to properly treat the symptoms. This complaint is a large part of our practice. Call today to learn more.

The next time you are on the golf course focus on these things:

1. Are your feet balanced and comfortable at address?
2. Do your feet have to flare out in order to turn on the backswing?
3. Do you find yourself walking slightly crooked the day after a round of golf?
4. Do you find it difficult to get out of bed for a few days?
5. Is it painful to play the game?

If you answered yes to any of these questions, then contact us so we can address these issues. As avid golfers ourselves, we understand how easy it is to hurt yourself trying to hit that 300-yard drive.



I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing.
- Tiger Woods

At Compton Chiropractic, we offer spinal adjustments, decompression, preventive swing advice, rehabilitation exercises, physical therapy and nutrition in order to reduce pain and improve spinal posture and mobility. We treat a wide variety of village athletes including those who participate in pickle ball, tennis, softball and swimming.

So the next time you are on the greens ask yourself, 'is your swing hurting your back or is your back hurting your swing'?

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UV Safety

Don't forget to protect your eyes.

We protect our skin with sunscreen, but what about our eyes? Most of us are aware of the dangerous effects ultraviolet (UV) rays have on our skin, but few of us realize the danger imposed on our eyes. UV radiation, whether from natural sunlight or artificial UV rays, can damage the eye's surface tissues as well as the cornea and lens. UV radiation can burn the front surface of the eye, much like a sunburn on the skin.

UV Radiation

UV radiation consists of invisible rays from the sun. There are three types of UV radiation: UVA, UVB and UVC. UVC rays do not pose any threat, as they are absorbed by the ozone layer. However, exposure to UVA and UVB rays can have adverse effects on your eyes and vision. Short- and long-term exposure to these dangerous rays can cause significant damage. It is important to note that UV radiation can also be given off by artificial sources like welding machines, tanning beds and lasers.

Short-Term Effects of UV Radiation

If you are exposed, unprotected, to excessive amounts of UV radiation over a short period of time, you are likely to experience an effect called photokeratitis. Photokeratitis is an inflammation of the cornea caused by a brief exposure to UV radiation, usually when combined with cold wind and snow. Like a "sunburn of the eye", it may be painful and may create symptoms including red eyes, a foreign body sensation or gritty feeling in the eyes, extreme sensitivity to light and excessive tearing.

Fortunately, this is usually temporary and rarely causes permanent damage to the eyes.

Long-Term Effects of UV Radiation

Long-term exposure to UV radiation can be more serious. Scientific studies and research growing out of the U.S. space program have shown that exposure to small amounts of UV radiation over a period of many years may increase the chance of developing a cataract, and may cause damage to the retina, the nerve-rich lining of the eye that is used for seeing.



This damage to the retina is usually not reversible. Cumulative damage of repeated exposure may contribute to chronic eye disease, as well as increase the risk of developing skin cancer around the eyelids. Long-term exposure to UV light is also a risk factor in the development of pterygium (a growth that invades the corner of the eyes) and pinguecula (a yellowish, slightly raised lesion that forms on the surface tissue of the white part of your eye.)

UV Radiation Protection

It is not yet known how much exposure to UV radiation will cause how much damage, but a good recommendation is to wear quality sunglasses that offer good protection and a wide-brimmed hat when working outdoors, participating in outdoor sports, taking a walk, running errands or doing anything in the sun.

To provide protection for your eyes, your sunglasses should:

- block out 99 to 100 percent of both UV-A and UV-B radiation
- screen out 75 to 90 percent of visible light
- be perfectly matched in color and free of distortion and imperfection
- have lenses that are gray for proper color recognition

If you spend a lot of time in bright sunlight, wrap-around frames can provide additional protection from harmful UV radiation by keeping UV rays from reaching the eyes. Also, remember UV eye protection for children and teenagers. They typically spend more time in the sun than adults. Finally, even if you are wearing contact lenses that have UV protection, you still need to wear sunglasses. UV rays will likely affect the eye tissue that is not covered by the contacts. Your eyes will be more comfortable, too, with most of the bright light blocked.

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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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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.

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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

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