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August 2016

Marion Edition - Monthly

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MOSQUITO
BITES**

**VASECTOMY
& REVERSAL**

**STEM CELL
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**and Willie Nelson:
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**The Health
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COOKBOOKS

to Benefit Cancer Patients in Need Now on Sale

The nonprofit 21st Century C.A.R.E. foundation is proud to announce that cookbooks to benefit cancer patients are now available for purchase. Proceeds from the cookbook will be used to provide financial assistance to cancer patients in need.

The cookbook is titled "Caring Recipes for the 21st Century Volume II" and can be purchased at 21st Century Oncology's offices in Ocala or Beverly Hills, or online for \$15. This is the second cookbook from the foundation, and this volume has all new recipes, illustrations, guides, and a recipe pocket to store your own recipes. The cookbooks are easy-to-read and professionally printed with a spiral bound.

"Our first cookbook was a great success so we are very excited to do this again to further help cancer patients in need," says Solomon Agin, D.D., Chairman of the Board & President of 21st Century C.A.R.E. "This is one way to help patients financially while providing delicious dishes doing it."

21st Century C.A.R.E. is a nonprofit charitable foundation dedicated to helping cancer patients through financial assistance, cancer education and cancer screenings.

Purchasing a cookbook is a great way for the residents of Marion and Citrus Counties to help their neighbors in a practical way while also gaining some favorite homemade recipes.

21st Century C.A.R.E. is anticipating a great demand for this cookbook so be sure to order yours today by calling Helen Greene at (352) 615-5600 or visiting www.21stcenturycare.org/fundraising-cookbook.

For more information, visit: www.21stcenturycare.org

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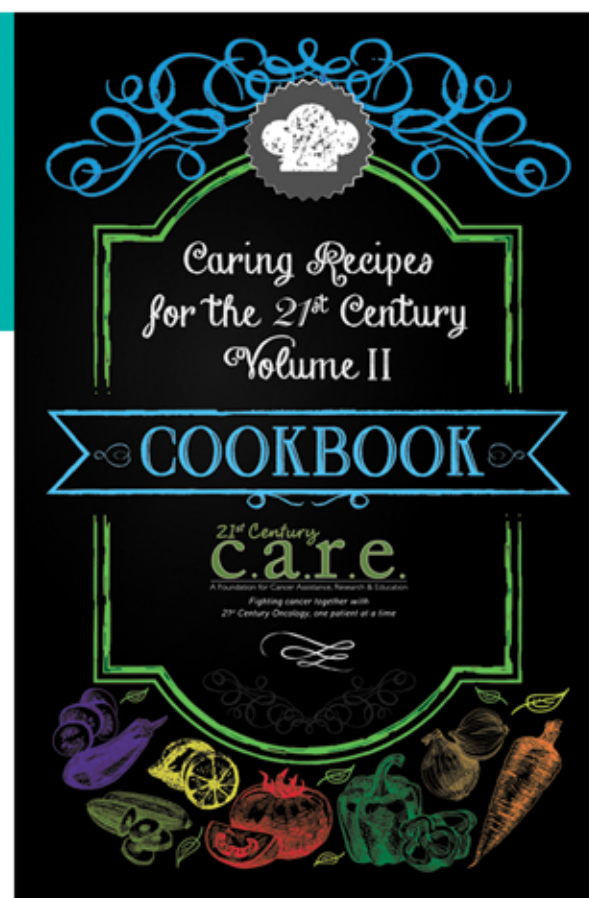
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About the 21st Century C.A.R.E. Foundation:
Started in 1996, the mission of this nonprofit charitable foundation is to provide financial aid to cancer patients in need, and provide cancer education at the community level to patients, care providers and the general public.

Throughout the year, 21st Century C.A.R.E. visits communities across the country to conduct a number of cancer screening programs, including for skin, head and neck, colorectal and prostate cancers. 21st Century C.A.R.E. is well known for its financial assistance program that provides help for cancer patients through basic expenses like transportation to appointments, groceries, medical supplies, temporary housing and childcare. The foundation's belief is that by not having to worry about these necessities, cancer patients can concentrate on what is really important – beating their disease.

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By Frank Fraunfelder, MD, FACEP
Medical Director, Emergency Services - Munroe Regional Medical Center

PREVENTING MOSQUITO BITES



While Zika cases identified in the U.S. are still primarily related to travel outside the country, the threat has reinforced the importance of preventing mosquito bites. Mosquitoes spread many types of viruses and parasites that can cause diseases.

West Nile virus (WNV) is most commonly transmitted to humans by mosquitoes. Fortunately, most people infected with WNV will have no symptoms. About 1 in 5 people who are infected will develop a fever with other symptoms. Less than 1% of infected people develop a serious, sometimes fatal, neurological illness.

To minimize your chance of being bitten, limit your outdoor activities from dusk to dawn when mosquitoes are most active. If you do go outside, cover up with long-sleeved shirts and long pants. Mosquitoes may bite through thin clothing—treating clothes with permethrin or another EPA-registered insecticide can provide extra protection.

Use an insect repellent with one of the following active ingredients – DEET; Picaridin, also known as KBR 3023, Bayrepel and icaridin; oil of lemon eucalyptus (OLE) or para-menthane-diol; or IR3535. Products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) should not be used on children under three years of age.

Helping children avoid bites

Insect repellent should not be used on babies younger than two months. Instead, dress infants or small children in clothing that covers arms and legs, or cover the crib or baby carrier with mosquito netting.

Follow guidance on the package before applying insect repellent on children – spray it onto your hands and then apply to a child's face. Do not apply insect repellent to a child's hands, mouth, cut or irritated skin.



Once You've Been Bitten

Even the best preventative measures probably won't protect you from all bites. In the case of a normal reaction, a hydrocortisone cream or calamine lotion will provide relief from itching. A cold pack, ice cubes or a cool bath without soap may help relieve symptoms as well.

For more serious allergic reaction, oral antihistamines such as Benadryl or Claritin, topical anti-itch lotion or benzocaine, a cool bath without soap or an epinephrine autoinjector (EpiPen) in case of anaphylaxis may be used to treat your reaction.

If you experience fever, severe headache, body aches, nausea or vomiting, rash, confusion or neurological changes such as muscle weakness on one side of the body, contact your doctor. These could be signs of a more serious reaction.

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VASECTOMY & REVERSAL

Vasectomy has grown in popularity throughout the world since its inception in the 19th century. Approximately 600,000 men each year choose to undergo a vasectomy in the United States alone. Of those procedures, urologists perform 85% of vasectomies.

A vasectomy is a choice only a man can make, preferably with the support of his partner. While it is safe and simple, the permanent nature of the procedure requires careful consideration. By choosing this nearly 100%-effective procedure, a man can control the size of the family without placing his partner at increased risk.

Vasectomy is a procedure in which the vas deferens, the tubes that carry sperm from the two testicles to the urinary tract, are surgically altered, so sperm cannot pass through and be released to fertilize a woman's egg during sexual intercourse.

The surgeon reaches the vas deferens through a very small opening made in the front surface of the scrotum, after a local anesthetic makes the area numb. The most uncomfortable part of the entire procedure is the numbing itself. Once the local anesthetic kicks in, the man should not feel anything more than some pressure in the area. The entire procedure only takes about 20-30 minutes.

Contraception (such as a condom) must be used until two follow up examinations of the semen reveals that no sperm is present. Semen samples are taken at six week and 12 week post procedure intervals to determine if the sperm has been eliminated. Once there have been two collections of semen with no sperm, the procedure is considered a success.

Complications with vasectomy are rare, but when they do occur they are usually related to bleeding or infection. Typically, there is some swelling and minor pain for a couple of days post procedure. The application of cold packs and rest are recommended. Supportive under garments will also help minimize discomfort.

Misunderstood Fears of the Procedure

Fear can prevent a man from choosing a vasectomy. The following issues are addressed to help a man understand that a vasectomy procedure is simple and safe:

- **Fear of pain** – Men do not like to think of any procedure near their genitals. Fact: What men need to understand is that an anesthetic is used to numb the area. There is usually no pain; just some pulling after the anesthetic is given. The procedure is usually so well tolerated that upon completion of the procedure, men are frequently surprised that it is over.

- **Fear of loss of masculinity** – Fact: A vasectomy does not affect virility. A vasectomy does not affect the blood and hormone supply to the penis. The amount and appearance of semen ejaculated will not change noticeably. Of course, during the recovery process, men may be sore, thus making sex less desirable. Later, some men report that sex is actually more enjoyable without the threat of pregnancy. Women may appreciate that their partners have chosen to take the responsibility for sterility (permanent birth control).

- **Fear of failure of the procedure** – Fact: Except for complete abstinence, no method is more effective than vasectomy in preventing pregnancy.



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Reversing a Vasectomy

While the best thing about a vasectomy is the intention of permanent sterilization, it can be reversed in men seeking to restore their fertility due to a change in marital status or reproductive goals.

Factors that explain the failure to achieve pregnancy include partner infertility, epididymal dysfunction, and antisperm antibodies. In addition, although comparative trials are lacking, most surgeons agree that the success of a reversal depends on the microsurgical technique used. Other factors that may influence success rates include the skill of the surgeon, the occlusion technique originally used, the presence of sperm granulomas, and the time interval between vasectomy and reversal. Success is determined by both patency of the reconnection which is typically 90% to 95% and subsequent pregnancy which is dependent on time from vasectomy.

Time Since Vasectomy Pregnancy Rate

0 – 5 years 80%
6 – 10 years 60%
11 – 15 years 30%

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Nuclear medicine refers to a group of diagnostic tests that utilize a tiny amount of radioactive material, called a radioscope, to produce highly detailed images of different internal organs and systems. The radioactive material administered is so minuscule and eliminated by the body so quickly that it is FDA-approved as safe. Just as important, nuclear medicine's accuracy is leagues above many other diagnostic tests at identifying diseases in their earliest stages. Says RAO radiologist Dr. Mark Willard, "Nuclear medicine is a remarkably accurate diagnostic tool. It has revolutionized the landscape of diagnostic medicine by enabling us to discover certain problems far sooner, and help eliminate the need for exploratory surgery."

The highly experienced Board Certified doctors of RAO perform a variety of radiology services designed to discover disease and disorder throughout the body. The hepatobiliary/gallbladder scan is used to measure gallbladder function, disease and biliary duct obstructions. The parathyroid scan can locate abnormal or overactive parathyroid glands. The liver/spleen scan can identify even tiny tumors, cysts, hepatitis, cirrhosis and other issues. The gastric emptying scan can reveal delays in the stomach's ability to empty itself, which can cause pain, nausea and reflux. Says radiologist Dr. Ryan Tompkins, "For this test we use a scanner to capture images of the stomach every 15 minutes so we can see what's causing problems and where in the digestive process these problems arise."

The gallium scan is used to examine the whole body for the presence of infection and/or tumors. And the groundbreaking DaTscan brain imaging test, combined with other evaluations, can help identify Parkinson's disease and tremor disorders. "We inject the tracker directly into the bloodstream, where it travels to the brain and highlights the neurons that control movement," says radiologist Dr. Brian Cartwright. "Our gamma camera is able to capture images of the affected areas of the brain so we can consult with a patient's referring physician to determine if the problem is Parkinsonian in nature or simply essential tremor. Best of all, we can provide a diagnosis in just weeks instead of months or years, as with older tests."

Nuclear medicine's speed, accuracy and specificity make it a true innovation in the diagnosis of myriad diseases that once may have gone unidentified. Once a disease or problem has been diagnosed, RAO's radiologists are ready to consult with your doctor regarding a treatment plan designed to restore your health and enjoyment of life.



Pictured left to right: Dr. Ryan Tompkins, Dr. Mark Willard, Dr. Brian Cartwright

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Stem Cell Therapy and Willie Nelson: Rebels by Their Own Rules

By Matt Reinstette - Staff Writer

In the world of country music, few people march to the beat or their own drum - or better yet, guitar - quite like Willie Nelson.

Nelson, 82, has been active in the country music scene since the mid 1950s and continues to tour. In the 1970s, country music was confined to a set of standards known as the Nashville Sound, which featured clean-cut and formulaic stylings. Nelson, and other country artists, ushered in a new wave of country music known as Outlaw Country, which didn't play by the rules.

That mentality led him to not being afraid to go against traditional standards inside and outside the recording studio.

In November, Nelson said in an interview with The Washington Post that he had undergone stem cell therapy to help his emphysema and pneumonia, brought on by years of cigarette smoking.

Stem cell therapy has been a popular topic in the medical field as people with chronic lung disease look for alternative treatment options. One of the companies emerging as a leader in the industry is the Lung Institute (www.LungInstitute.com), which operates a clinic in Franklin, near Nashville.

The Lung Institute uses autologous stem cells, also known as "adult" stem cells, from the patient's own body. The stem cells are extracted from the body, separated and returned intravenously. The cells then travel through the heart and into the lungs where they are trapped in what the Lung Institute calls the "pulmonary trap." Once in the trap, the stem cells promote healing.

Since opening their first clinic in 2013, the Lung Institute has treated more than 2,000 people with lung disease. A recent study produced by the clinic found that 82 percent of their patients saw an improvement in quality of life.



Willie Nelson's rebel mentality led him to finding alternatives to traditional standards both inside the recording studio and for treating his lung disease.

One of those people is Rita E., of Bulls Gap, Tenn., whose last name is abbreviated for medical privacy. Rita visited the Lung Institute in 2015, and she and her family noticed improvements with her chronic obstructive pulmonary disease (COPD) symptoms.

"They noticed a difference before I did, really," Rita said. "They said my color is better. I talked without losing my breath."

"I sound better. It's just amazing how I can get out and go, and do what I couldn't do before."

When the traditional way of thinking is no longer working, it sometimes takes a rebel mentality to shake up an industry for the better.

The Lung Institute operates stem cell therapy clinics in Franklin; Pittsburgh; Dallas; Scottsdale, Ariz. and Tampa, Fla.

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.

THE HEALTH BENEFITS OF DIETARY SUPPLEMENTS

With the popularity of fast and inexpensive processed food, many of us struggle to get all the nutrients we need out of our diets. As a result, dietary supplements are growing in popularity and are now a multi-billion dollar industry. Still, many of us remain either confused by what to take or skeptical of what the actual benefits of these supplements might be.

There are six essential nutrients that we need to get each day: proteins, carbohydrates, fats, vitamins, minerals and water.

The best source of these nutrients is a healthy, balanced diet, comprised of fresh, whole foods and an abundance of fruits and vegetables.

Getting all the nutrients we need on a daily basis can be a difficult task. Most people find it daunting to incorporate the recommended amount of fruits and vegetables, high-fiber whole grains, healthy fats and lean protein. So, what is one to do?

Even people who strive to eat a healthy diet can sometimes miss essential nutrients. Therefore, nutritional supplements, when taken appropriately, can be beneficial to almost anyone's diet.

Multivitamins

The first supplement to consider adding to your diet is the multivitamin.

There are many essential vitamins and minerals found in multivitamins that can be difficult to attain solely through one's diet. The health benefits of these nutrients are hard to ignore. Calcium makes your bones stronger. Vitamin B12 gives you more energy. Vitamin D boosts your immune system.

Multivitamins are not intended to take the place of a healthy diet, but they can provide a healthy foundation.



Overall, the multivitamin is the single most diverse supplement you can add to your diet.

There are a few things to consider when taking a multivitamin. Not all multivitamins are made equal. Many multivitamins contain synthetic nutrients instead of natural ones, which are harder for the body to absorb. It is recommended to take an all-natural multivitamin derived from actual food sources so the body can absorb a much larger percentage of its nutrients.

Additional Vitamins and Minerals

In addition to a multivitamin, sometimes other vitamin and mineral supplements are needed:

- **If you're a vegetarian or vegan.** Vegetarians often lack nutrients found in meat, like B12 and iron. A multivitamin should stabilize your B12 intake, but many find the need for an additional iron supplement. For vegans, who might miss out on their daily dose of calcium and Vitamin D, drinking soy milk or any other fortified milk alternative will help keep levels up.
- **If you're feeling down.** People with low levels of vitamin D, magnesium and omega-3s are more likely to show signs of depression. When this happens, He recommends adding all three. Omega-3s have been shown to support brain health and magnesium has been shown to help the body feel calm, relaxed and satisfied.
- **If you want to boost your body's resilience.** The spice Turmeric and Flax seed oil help to reduce inflammation in the body and fight off sickness. This oil helps support the joints and improves heart and brain health.

Healthy Fats

Another important nutrient we should be supplementing our diets with is fat. It is a common misconception that fat is bad for us when, actually, quite the opposite is true. The body uses fat to do everything from building cell membranes to performing key functions in the brain, eyes, and lungs. Fats also play a vital role in our cardiovascular health as well as in the maintenance of our skin and hair.

The problem with fat is that people eat too many trans fats, often found in processed food, that not only raise cholesterol, but also increase the risk of heart disease.

Healthy fats, such as monounsaturated fat, polyunsaturated fat, and the super-healthy fats omega 3 fatty acids, can actually improve the overall health of the heart.

When combined with exercise, taking an omega 3 supplement can also combat the problem of high triglycerides and low, good (HDL) cholesterol – another common medical problem caused by diets high in trans fat. Therefore, it is important to make sure our diets include a good amount of these healthy fats.

Fish oil, which contains concentrated omega 3 fatty acids, is perhaps the best nutritional supplement for healthy fats.

Protein

Another good dietary supplement to consider is protein. Protein is one of the body's main building blocks for muscle, bone, skin, and other tissues. Often found in the form of powders or shakes, protein supplements repair muscles and help the body recover from exercise. If your diet is low in protein-rich foods, such as fish, poultry, beans, nuts and whole grains, then you may want to consider adding a protein supplement.

Protein supplementation can be harmful to certain populations, especially those with diminished kidney function. Before adding protein, or any other nutritional supplement to your diet, you should check with your doctor to make sure it is safe for you.



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- **Piedras, PR**
- **Bachelor of Science:** Biology. UPR, Rio Piedras PR
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It's Cool to Eliminate Stubborn Fat

Eating nutritious food, exercising regularly, and maintaining a healthy body weight are important for a balanced and active lifestyle. However, many individuals who are at or close to their ideal weight discover that even with adherence to a strict diet and exercise routine, stubborn pockets of fat remain. Often located on the hips, thighs, abdomen, flanks, and chin, these fatty deposits may even be the result of genetic predisposition rather than excess consumption or inactivity. To assist our patients in treating these areas of concern, Lifestyle Solutions MedSpa offers FDA-cleared, non-surgical CoolSculpting® treatments that can help to re-contour the body and reduce excess fat.

CoolSculpting is a revolutionary, non-invasive contouring treatment that freezes stubborn fat, which then is naturally eliminated from your body. This clinically proven procedure selectively reduces fat layers in problem areas using a patented cooling technology. CoolSculpting requires no needles, no special diet, no supplements, no surgery, and most importantly, no downtime. It's safe, FDA-cleared, effective, and does exactly what it is supposed to do. CoolSculpting gently cools unwanted fat cells in the body to induce a natural, controlled elimination of fat cells. This reduces bulges in treated areas of the body without harming surrounding tissue.

Key Benefits of CoolSculpting:
It involves no needles, surgery or downtime.

Since the CoolSculpting Procedure is non-invasive, patients can resume daily activities including work and exercise, immediately following treatment.

It's safe.

CoolSculpting patients can sit or lie comfortably and read, work on their laptop or even nap during the procedure. The procedure is performed in a medical office setting, under the supervision of a physician specializing in cosmetic procedures. CoolSculpting is safe because the delivery of precise cooling affects only targeted fat cells, leaving adjacent tissue unharmed and intact.

It's convenient.

Procedures last about one to two hours, so treatments can easily be performed during a lunch hour or without major disruption to the day.

The results are dramatic.

Patients can expect to start seeing results in as little as three to four weeks with maximum results obtained within three to four months following treatments.

How CoolSculpting Works

During the procedure, a non-invasive applicator delivers precisely controlled cooling to the treatment area to specifically target underlying fat, leaving surface skin tissue unaffected. When fat cells are exposed to extreme cold, a process of natural removal is triggered, which gradually reduces the thickness of the fat layer. The result is a visible reduction in fat bulges.

Each CoolSculpting procedure results in undeniable reduction of fat in the treated areas, and patients can start to see results as soon as three weeks following treatment, with the most dramatic results occurring over a period of two to four months in most patients.

This non-invasive approach uses no needles, incisions, or other invasive measures, and the procedure generally requires little to no downtime. Furthermore, CoolSculpting® is designed to focus energy deep within the skin, leaving the surrounding tissue unharmed. In most cases, a single CoolSculpting® treatment to each area can provide effective results, although individual experience may vary and more treatments may be required to obtain ideal results.

Your time is important to us, and if you're considering treating more than one area for instance either both flanks or thighs we offer Dual-Sculpting at no additional charge. A second CoolSculpting® machine allows us to address multiple areas of concern in half the time, helping to increase efficiency and improve your overall experience. Our skilled aesthetics team can help patients develop a customized procedure plan that addresses their individual concerns and cosmetic goals.

Of note, we offer the latest FDA-cleared CoolSculpting technology which targets that undesirable "double chin" and is producing very rewarding results all without surgery or downtime!

For more information, or to schedule a consultation, call Lifestyle Solutions MedSpa at 352-368-2148 today! The only thing you've got to lose is stubborn fat!

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At Denas Pain Relief Store, we want you to experience the maximum benefits of your DENAS PCM 6 so we offer FREE lifetime training and support with live 24/7 access to help you or answer any questions. While located in Portland, Oregon we offer lightning fast same day shipping that will arrive in 2 to 3 days with a 30 day money back guarantee. The Denas Pain Relief store is a customer-focused medical device store, providing excellent support and helping you achieve your health goals. Give us a call today and ask to speak to coach Jimmy K so you can begin your journey to becoming pain-free while overcoming health issues and enjoy living life again!

The Denas PCM 6 can save you thousands of dollars and the headache of scheduling appointments and shuffling your schedule. This will absolutely be the best money that you will ever spend, Guaranteed!



DENAS Pain Relief Store

You can find more information about the DENAS PCM 6 call Coach Jimmy K direct at **503-395-4142** and ask about the Special Lexington Bonus with your order (\$100.00 Value).



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-David L. Oliver, D.O

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Michael Holloway, M.D.

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Getting a Child's (and Parent's!) Mental Health in Shape for a Great Start to the School Year

The school year is upon us and kids will be returning to academics once again. Parents will be adjusting to the back to school season with all that the transition brings. There may be stress, exhaustion, lack of sleep, busyness, chaos, and irritation, but there may also be optimism, excitement, hope, energy, and enthusiasm.

To help your children and yourself have a less stressful and more positive experience with the back to school season, it is helpful to work on getting your children's mental health in shape to help them start the next school year with a healthy, stable and strong mind.

Tips to Improve Mental Wellness

Here are some things you can do to improve the mental wellness of your children particularly as it relates to preparing them for returning to school. This, of course, will ultimately make things easier on you, too!

Start going to bed early¹

Maybe your kids have been staying up late all summer. Begin going to bed earlier a week or so before school starts to ensure your child wakes up in time. Depending on what their sleep schedule currently looks like, either immediately have them going to bed and waking up at those times or make it a more gradual process by starting with (for example) two hours past their bedtime and take a half an hour away every few days. Do the same for yourself.

Wake up the academic brain

To make going back to school easier, it is important to help them get used to thinking about academics and learning again. Without consistent and frequent practicing of appropriate academic material during the summer, children can lose some of what they learned in the previous year. Additionally, schoolwork requires certain brain processes to occur in order for children to perform well. Therefore, to ensure a great start when the school year begins, help your child to more easily access his academic and learning areas of the brain by including small learning times every day.

Focus, focus, focus!

More and more kids are struggling with being able to stay focused in school. There are high expectations on what children are expected to achieve at school and how long they need to hold their focus and attention each day. Many kids, even kids who aren't diagnosed with ADHD (Attention-Deficit Hyperactivity Disorder) can benefit from working on maintaining great focus and attention skills. To do this, you can help your child practice this skill in the upcoming weeks

¹ Gilmore, H (2013). Back to School: Getting Your Child's Mental Health in Shape for a Great Start to the School Year. Retrieved: <http://pro.psychcentral.com/child-therapist/2014/08/back-to-school-getting-your-childs-mental-health-in-shape-for-a-great-start-to-the-school-year/>





so that when school begins, his brain and mental abilities will be stronger in the area of focus and attention. By working on this aspect of mental health and training the brain to overcome distractibility, your child will have a great start to not only academics but also home life.

Reread summer reading

Many schools have summer reading due by the first day of school. Be sure to review the assignment and perhaps reread the assigned literature. Do not be tempted by online resources to do the work for your child, because when it comes to the exam, your child may be at a disadvantage.

Tour the school and follow schedules

Most schools will be open for your child to go and practice going through their schedule. Apart from finding their classrooms, have your child figure out when they will be visiting their locker.

Family calendar

Either on a physical calendar or on your smartphone/tablet, have your child or you begin entering activities and events. By doing this, you and your child will know where everyone is during the day and who will pick up whom from activities.

Tutoring

Some children need a little extra help. Scheduling your tutor ahead of time will mentally prepare your child and the tutor for their meeting. Be sure you make it clear to the tutor what you want your child to work on.

Check out your public library

When it comes to research and tutoring opportunities, public libraries have a lot to offer. You and your child should visit your public library before school starts and discuss with them the resources they have during the school year.

High school kids should speak to a guidance counselor

High school grades are critical for college preparation or preparing for the work force. If your child has not spoken to their guidance counselor yet, schedule an appointment with them.

Lunch options

Be sure to discuss with your child what they are eating for lunch. If they are packing their own lunch, be sure to discuss with them healthy food options. Otherwise, be sure their lunch accounts have money in them or they have enough cash each day to pay.

Clean up your room

An organized room means an organized mind. Have your child clean their room (and maybe everyone can clean the house) before school starts.

Helping Kids Have Success

Helping your child to have success with the transition of going back to school will be a great benefit to their well-being and an experience that will influence how this upcoming year (and possibly even future years) will go.



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

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



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

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

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

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

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

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



Dr. Anand Kesari



Standard Colonoscope Limited 170° Field of View



Fuse™ Colonoscope Panoramic 330° Field of View



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

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

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

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

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

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



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

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Millions of Satisfied Customers Worldwide Discover a Pain Relieving Device with Proven Results

Coach Jimmy K

Tired of weekly doctor's visits and dealing with pain until your next appointment? Are you looking for a proven, natural, non-invasive and drug-free alternative to aid with your health conditions? Look no further, a new holistic medical device is available to you at the Denas Pain Relief Store. This device is designed to address pain, promote energy, and speed up healing using a natural pain-free approach. The DENAS PCM 6 is your alternative health choice.

DENAS PCM 6 is a superior advanced SCENAR device that is a compact portable solution that fits in your hand at home or on the go. When you use the device, it transmits bipolar electrical pulses, similar to a tingling sensation that is easily directed to different parts of your body. No special medical education is required for effective use of the device. Denas technology helps you overcome acute or chronic health issues and restore body's lost functions from conditions that started years ago. Dedication and determination will persevere through continued use of the device as it helps the body naturally repair itself and facilitates the restoration of homeostatic function. Using this SCENAR technology, it can target different pain conditions and health issues with different adjustable frequencies. The DENAS PCM 6 has many natural healing capabilities without the use of drugs.

Denas delivers when others fail.

Denas is very different from other electro therapy units such as TENS. The feature of TENS impulse is asymmetrical bi-phase square wave that stimulates A and B fibers and lacks a biofeedback capability. However, Denas devices have a fixed and constant distance between cathode and anode, the neuro-electrical impulse is high amplitude and mirrors the body's natural nerve signal so it stimulates C-fibers, which make up about 75% of all nerves in the body, which explains the rapid and effective results. The C- fibers react to the electro-neuro stimulation which produce neuropeptides, endorphins and regulatory peptides. These neuropeptides are the human body's natural pharmaceuticals that carry out all auto-regulatory and auto-therapeutic processes focused on the maintenance and restoration of homeostasis healthy balance of the body's cellular and organism health.

Solid Foundation with history

SCENAR technology was developed in the 1970s for the Russian cosmonauts use in space and Olympic team members instead of conventional medical or pharmaceutical methods. It provided Russia a secret weapon for fast muscle recovery from back injuries, muscle injuries, shoulder, knee and joint injuries sustained in intense competition of individual sports and team sports during the Olympics. When other athletes would be sidelined, Russia's athletes would quickly overcome injuries through

its use. Kept Top Secret for almost 2 decades the technology was finally shared with the world after the collapse of the USSR in 1991 and is now enjoyed by millions worldwide.

40 years of clinically proven results

While the FDA has approved SCENAR for muscle reduction, biofeedback, and the treatment of pain. Russian physicians have long used SCENAR to treat virtually all organ systems: musculo-skeletal, nervous, digestive, pulmonary and cardiovascular. With over forty years of published research and proven results in hospitals and clinics throughout Russia, Europe, and the United Kingdom. Russian experience demonstrates SCENAR effectiveness in close to 90% of all patients treated, with full healing noted in two out of every three patients, and significant improvement and recovery in the rest. DENAS SCENAR is now available so you can enjoy the benefits of this affordable pain-free device that is Drug free, safe & effective.

Easy to use

You can easily manage this portable device since it is a lightweight and compact. The DENAS PCM 6 solution operates on two AA batteries, providing therapy when you need it. It also comes with a sturdy and compact carrying case that you can take with you when you travel.

There are twenty-four preset automated programs with the new DENAS PCM 6. This device offers picture illustrations for each application. Your new best friend also includes over one hundred manual frequencies for other health solutions. The MED (Minimum Effective Dose) mode, and a screening mode to locate internal issues.

- Allergies
- Pain
- Severe pain
- Bloating
- Neuro-circulatory dystonia
- Gynecologic pain
- Gynecological Hormonal Balance
- Hypertension
- Hypotonia (low muscle tone)
- Migraines
- Throat
- Diarrhea
- Gastro-intestinal pain
- Constipation
- Cough
- Muscle Soreness
- Cold
- Male Potency (E.D)
- Kidneys
- Back Pain
- Joint Pain & Immobility
- Nausea
- Trauma
- Asthma



You can use the following attachments on different parts of the body with the DENAS PCM 6:

- **Goggles** – Prevention and therapy of eye diseases
- **Reflexo** – for diabetic neuropathy and foot reflexology
- **Electro Pads** – Special silver lined pads for hands free therapy
- **Neuro Garments** – for Golfers Elbow, Rheumatoid Arthritis, Knee & Joint therapy

Until now, you could only purchase the DENAS PCM 6 from Russia but as of May 2016, you can buy this new device at www.denaspainreliefstore.com. We are excited to be the only USA based DENAS Dealer offering a solution for your health and wellness needs.

At Denas Pain Relief Store, we want you to experience the maximum benefits of your DENAS PCM 6 so we offer FREE lifetime training and support with live 24/7 access to help you or answer any questions. While located in Portland, Oregon we offer lightning fast same day shipping that will arrive in 2 to 3 days with a 30 day money back guarantee. The Denas Pain Relief store is a customer-focused alternative health and wellness store, providing excellent support and helping you achieve your health goals. Give us a call today and ask to speak to coach Jimmy K so you can begin your journey to becoming pain-free while overcoming health issues and enjoy living life again!

For more information about the DENAS PCM 6 visit www.denaspainreliefstore.com or call Coach Jimmy K direct at 503-395-4142. Remember to ask Ocala special bonus gift with your order (\$100.00 Value).

Saving you thousands of dollars and the headache of scheduling appointments and shuffling your schedule this will absolutely be the best money that you will ever spend, Guaranteed!



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Portland, Oregon 97217

Food Can Heal or Harm – The Choice is Yours

As astonishing as it is, the fact is, nearly 30% of Americans are considered obese. Even more disheartening is that obesity is not only a concern for adults, more and more children are being labeled as overweight or obese. The fast pace of today's society, busy work schedules, financial concerns, stress and anxiety, combined with the ease and price of obtaining processed or fast foods, all lead to America's population becoming heavier and unhealthier. Planning ahead, preparing meals, and making good food choices takes time, knowledge and a desire to live a longer, stronger, healthy life.

Making the best food choices for you and your family is complicated, especially when you consider the amount of conflicting data and opinions available regarding nutrition. The opposing positions about what is good for the body and what isn't make it even more difficult for us to know what is true and what is false, what we should eat and what we shouldn't. It seems that new reports and studies arise daily that debunk a previous study done on a food that was supposed to be a healthy choice. It's nearly impossible for anyone, especially busy parents, to keep up with the latest news on nutrition, and as a result, we often take the easy route and rely on easy to prepare, but unhealthy meal choices or the ever popular, fast food restaurant that we pass on our way home for the evening.

It's up to each and every one of us to look after our health as a society. There is no denying that if you're healthy, you have more energy to spend time with family and friends. Providing your body with proper nutrients can increase your energy level, allowing you to pursue your interests, take a class, go skydiving, camping, hiking or join a sports team. Not to mention, by making good food choices, you will be setting a better example for your children, other family members and friends, and the time spent learning about health and exercising, is paid back tenfold over the long term as you live longer and are able to spend more time with your loved ones.

Health Issues Related to Poor Nutrition

As we age, maintaining a healthy weight becomes more and more of a greater concern for our overall health. Unfortunately child obesity rates are soaring, and an unhealthy child usually leads to an unhealthy adult. There are a myriad of health problems that you can fall prey to if you're overweight. Some of the most common health issues related to being overweight include (but is certainly not limited to):

- High blood pressure
- Heart attack risk increases
- Stroke risk increases
- Arthritis - because your joints are forced to carry more weight than they should
- Gallbladder disease
- Breathing problems
- Sleep apnea
- Low self esteem and low energy levels
- Certain types of cancers, such as breast or colon cancer

What can YOU do?

Many of the health risks listed above can be debilitating and can put your life at serious risk. Fortunately, there are a number of things you can do to prevent the life threatening conditions caused by poor eating choices and being overweight.



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Family Medicine

www.healthcarepartnersfamilymedicinefl.com

For those that need a little extra direction or motivation, schedule a consultation with Michael Joseph, PhD by calling 352-750-4333 to learn about a comprehensive approach to nutrition and prevent related health conditions.



It is true, knowledge is power. Learning about the types of foods that are good for you is crucial if you want to lose weight. A nutrition coach is your best bet, since it's their job to be aware of what foods are best, and how they affect your body (not all bodies are the same) and teach you what you need to know.

Meal planning and tracking are a great way to ensure proper weight management and progress. Your daily diet is the very first thing you should look at if you want to control weight issues. Included in your daily diet assessment is meal timing. Far too often, people believe that proper nutrition is solely the types of foods you eat. Unfortunately, it is not that simple, as there is far more that goes into it but good nutrition coaching can make the process more manageable.

The first step to weight management is recognizing the issue and seeking help. Many people feel embarrassed by their weight, and instead of asking for help, they continue down the same path, which inevitably leads to a lower quality of life, health problems and shorter life spans. By combining proper nutrition, supplementation and exercise, you can control weight issues, lose fat and gain muscle.

It is important to always talk with your primary care physician before embarking on nutritional or physical activity changes.

Call 352-750-4333 today to schedule an appointment to discuss your health concerns and how they can be improved with better food choices.

KNEE PAIN DOES NOT MEAN YOU NEED KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

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 or 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 been suffering from constant or intermittent knee pain that just won't go away no matter how much ibuprofen you take, don't worry – there is another option.

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 that we are not just addressing knee pain. Our goal is to give you the best chance we possibly can by preventing knee replacement surgery in the future, which is what knee arthritis frequently evolves into if left undetected and unaddressed.

Non-Surgical Knee Treatment - Viscosupplementation Protocol

Many of our patients are told that knee replacement surgery is their only option to relieve their chronic knee pain. Whether the knee pain is a result of osteoarthritis or other knee injuries, our team of medical experts employ a knee therapy protocol called Viscosupplementation Therapy that significantly decreases, and in many cases eliminates chronic knee pain. Teamed with physical therapy, this non-surgical alternative is completed at any of our clinics, and has helped hundreds of patients get pain relief with several reporting measurable results after the first treatment.

A total knee replacement is a very extreme measure to take without considering all your options for a condition as common as knee arthritis.

For this reason, we encourage you to schedule an appointment to determine if you are a candidate for viscosupplementation. 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 this non-surgical option is highly effective.

In fact, researchers found that almost all, over 99%, of our osteoarthritic knee patients (384 in the study group) experienced some level of pain relief with 92.7% having greater than 50% pain reduction after treatment using viscosupplementation.

What is viscosupplementation?

Viscosupplementation is a joint fluid therapy that uses a solution made of highly purified sodium hyaluronate (hyaluronan or HA) as a non-surgical treatment for osteoarthritis (OA). Hyaluronan is found naturally in the joint tissues and synovial fluid (the fluid that fills the joints). The body uses hyaluronan as a shock absorber and lubricant. OA negatively affects the quality of synovial fluid, compromising its ability to protect and lubricate. The goal of viscosupplementation is to augment with additional highly purified hyaluronan the poor quality hyaluronan in a painful arthritic joint.



Avoid Unnecessary Surgery! This FDA-approved treatment is proven to relieve knee pain, while eliminating the need for surgery. Treatment is safe, easy and covered by most insurance companies, including Medicare.

When will I feel results?

The response to treatment varies from individual to individual. Some people may only need three treatments while others may need four or more. The average number of treatments is one to three, with treatments administered one week apart. Once you have been evaluated to see if you are an appropriate candidate, your specific treatment schedule will be determined.

So what are you waiting for?

Pick up the phone and call us today to schedule your NO-COST, NO-OBLIGATION consultation. The demand for this treatment has been overwhelming. We've added extra lines to accommodate your calls, so if our line is busy, or you are re-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. So keep calling – help is only a phone call away. Call 855-276-5989 to schedule a no-cost, no-obligation consultation today!



855-276-5989 | www.PhysiciansRehabilitation.com

Eliminate Pain

and Accelerate Natural Healing with Electricity,

Even if Nothing Else Works!

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

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

Why Just Manage Your Pain When You Can Eliminate It?

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

Electricity Flows Through Every Healthy Cell in the Body

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

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

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

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

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

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

Not All Energy Devices Are Created Equal.

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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.

AMT Is The World's Most Advanced Electro-Therapy.

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

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Bioidentical Hormones Compounded Just for You

A key factor to many of the disease processes which result in symptoms and illness is hormonal imbalance. Many problems ranging from weight control, depression, fatigue, poor sleep, migraines, PMS, irregular cycles, low libido, and other issues are often times the result of hormone imbalance.

Many people resign themselves to living with the serious symptoms caused by hormone imbalance, accepting them as an unchangeable and an untreatable part of the aging process. However, maintaining optimum levels of hormones promotes an improved quality of life and prevents many of the degenerative illnesses commonly associated with aging.

A majority of these problems can be solved using daily hormone replacement via medications made in a compound pharmacy. Nutritional supplements can also help the body to regulate, process and restore hormones.

Bioidentical Hormone Replacement Therapy is the term for the treatment of symptoms and conditions caused by the effects of aging and hormone deficiencies resulting from menopause and andropause (male menopause). Bioidentical Hormone Replacement uses hormones that are identical in their molecular structure to the hormones produced naturally within the human body.

Bioidentical Hormone Replacement Therapy is used more generally to describe the practice of using only bioidentical hormones in the treatment of all hormone deficiencies, not just menopause. These include perimenopause, andropause, thyroid, adrenal fatigue and weight loss.

Hormones regulate the activity of cells and tissues in the body. Optimized and balanced hormones are essential to good health and a feeling of well-being. In both men and women, hormones



decrease with age causing a wide range of symptoms such as fatigue, weight gain, loss of sex drive, depression and disrupted sleep patterns (insomnia). The hormones estrogen, testosterone, progesterone, thyroid and cortisol all play a very serious role in daily life and health, and an imbalance can impact life dramatically.

Bioidentical Hormones are derived from plants, such as yam or soy and are chemically and functionally identical to human hormones. Bioidentical Hormones produce the same responses in the body as hormones made by the body without increased risk of allergic reaction and sensitivities.

Bioidentical Hormone Replacement promotes vitality, relieves many symptoms, and can provide long term prevention of chronic degenerative disease.

You are unique and deserve personalized treatment.

We understand and appreciate your individual health profile, your personal preferences, and your unique differences. You need a personalized strategy for your natural hormone replacement treatment that is yours and yours alone.

Do you experience hot flashes, night sweats, low sex drive, weight gain, foggy thinking, irritability, mood swings, fatigue, or irregular periods? These are common symptoms for those that may benefit from natural hormone replacement therapy.

It's NOT "just in your head."

Off-the-shelf solutions are often not the answer.

Are you frustrated or disappointed in the results from the medications you've been taking? Personalized pharmaceutical compounding *helps you actually get better through:*

- Focusing on treating the cause, not just masking symptoms
- Blending proven science and common sense
- Making a personalized strategy for your natural hormone replacement treatments
- Reviewing what's happening with your body, your health, your nutrition and your life
- Working collaboratively with you and your physician to create a plan that extends beyond drugs

No two people are exactly the same internally, which is why being able to tailor the exact amount of each hormone needed for an individual is most beneficial. Unlike off-the-shelf medications, our prescriptions are compounded to meet your specific needs. For more information about hormone compounding and the conditions that can be treated using Bioidentical Hormone Replacement Therapy, please call 352-341-1212 to speak to a compounding pharmacist today.

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Oral Appliances Reduce Sleep Apnea

Dr. Kevin Brooks - Cosmetic & Family Dentistry

A good night's sleep has the power to restore the body and enliven the mind. For the 18 million Americans who experience symptoms of sleep apnea, a good night's sleep also has the power to save their lives. Obstructive sleep apnea is a serious, life-threatening disorder that is characterized as a series of episodes in which a person stops breathing for 10 seconds or longer during sleep.

So, how would someone know if he or she had sleep apnea? Snoring is a major indicator, but not all symptoms are so obvious—and audible. A dentist can detect the less evident symptoms of sleep apnea through a candid conversation with a patient, in conjunction with an exam, about the patient's recent pains or discomforts. A dentist may suspect a patient suffers from sleep apnea if the patient complains about lethargy, morning headaches, or dry mouth (typically caused by open mouth breathing during sleep).

People with sleep apnea usually do not remember waking up during the night. Indications of the problem may include:

- Morning headaches
- Excessive daytime sleepiness
- Irritability and impaired mental or emotional functioning
- Excessive snoring, choking, or gasping during sleep
- Insomnia
- Awakening with a dry mouth or sore throat



Risk factors associated with sleep apnea include the following:

- Physical abnormality in the nose, throat or other parts of the upper airway
- Obesity
- High blood pressure
- Smoking, which can cause inflammation, swelling and narrowing of the upper airway
- Use of alcohol or sedatives and sleep medications

How can my dentist help?

Dentists are often the first professional to become aware of a potential problem since they are usually in contact with their patients more frequently than are physicians. Dentists will send patients with symptoms of sleep apnea to a sleep medicine specialist who will assess the patient's conditions. If a patient is diagnosed with the disorder, he or she may return to the dentist to receive treatment.

Treatment options for sleep apnea vary depending on the severity of the disorder. An individual with mild sleep apnea may need to make behavioral changes such as altering the sleeping position, losing weight, or quitting smoking, as well as wearing a dental appliance during sleep.

Most dental appliances are acrylic and fit inside your mouths like an athletic mouth guard. Other devices such as the mandibular repositioning device and the tongue retaining device are worn over the head and chin, which helps adjust the position of your jaw and tongue so that your airways remain open. When using these dental devices, it's important to consult a dentist who specializes in sleep apnea and have the equipment properly fitted. There are other things you can do every day to minimize sleep apnea, including avoiding smoking, alcohol, heavy meals, caffeine, keeping regular sleeping hours and sleeping on your side.

Most dentists have undergone special training for the treatment of sleep apnea and are very skilled in its management using behavioral modification and dental appliances, but a confirmed diagnosis from a sleep medicine specialist is required before any treatment can be administered. Because sleep apnea can be a silent condition, it can go undiagnosed for many years. It is important to keep an open and honest dialog with health care professionals to ensure that conditions such as sleep apnea can be identified and properly treated.

If you or your loved one has any of the symptoms or risk factors for sleep apnea, talk with the dentist at your next appointment to determine if an oral appliance would be beneficial.

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Is Your Home An Easy Break In Target?

If, like many people, you're concerned about the security of your home, or if you've been burgled before and want to stop it happening again, worry not. The following steps will act as a guide to how you can protect your home from break-ins.

1. Create Deterrents to Burglars

Deterring burglars is actually simpler than it sounds. All you need to do is make it difficult for a burglar to enter your home unnoticed.

Burglars don't like anything noisy, so consider putting gravel under windows. If you have a dog, alert burglars to this fact with a "Beware of the Dog" sign. Try hanging wind chimes in your window, ensuring that they are visible.

You should also think about installing a motion-activated security light, especially if you are in an area that's badly lit at night, or if you have a large garden. Anyone trying to sneak in is going to get a nasty shock when that lights them up for all the world to see!

2. Don't Give Burglars an Opportunity

Burglars are often opportunistic. An open window, an abandoned ladder, or an unlocked door can be all the incentive they need.

Keep your house and garden clean and tidy. If you have a shed or outhouse, you should lock gardening tools and ladders safely away. Do not leave anything outside that will help a burglar climb in through any high-up windows.

Make sure you close any open windows when you leave a room, don't be fooled into thinking that a thief won't strike just because you're in the house.



Your windows themselves might be a weak point, so make sure they are all tight in their frames and that the locks work. You might also consider security bars for your windows, securing them to the inside so that a thief can't get through the gap.

Lastly, keep the back door locked at all times – it's much easier than trying to remember to lock it every time you leave the house. Keep front door, back door and car keys in a drawer. Don't leave them in the lock, or within reach of your letterbox or any open windows. If you have a spare key, don't leave it under the doormat or under a flower pot, give it to a neighbour you trust.

3. Hide Your Valuables

If you've got expensive items clearly on display within your home, it doesn't matter how vigilant you are and how well you secure your home, the likelihood is that thieves will find a way in.

Keep electronic equipment such as laptops and digital cameras out of sight. Store CDs, DVDs and computer games inside cupboards or drawers. If you have valuable jewellery, or tend to keep cash in your home, you should think about buying a small safe to keep these in.

4. Don't Leave Criminals Clues

Would-be burglars love it when you're away from home. It makes their job so much easier. If you're going out for the evening, or going away for a few days, you can buy timer switches for your lights. These will switch on and off at different times, giving the impression that someone is at home.

You can also attach timers to your television and radio, reinforcing the impression that you are in the house.

Also, don't leave your calendar or family planner anywhere in clear view of a window. A smart thief can look through the window and see at a glance that you're going to be in Tenerife for two weeks. Or that you've got an evening out planned with your friends. Put your planner safely away when you're not using it.

5. Consider Installing Security Systems

The first four items on this list have all been minor changes you can make, either for free, or for a relatively small cost. However, for optimum security, you should consider installing a security system.

There are various security solutions available, from burglar alarms and window barriers to full CCTV systems. If nothing else, you should install a burglar alarm. And remember to set it whenever you leave the house. There's a range of options for burglar alarms, from ones that simply make a loud noise to scare the intruder and alert passers-by, to those that actually alert the police.

You can also protect your windows further than simply by closing and locking them. Unbreakable windows, window bars or barriers, are good if you're in an area that's prone to vandalism. These are also good if you're in an area with lots of children playing ball games.

As mentioned before, security lights are an excellent deterrent, perhaps not as effective as an alarm, but effective nonetheless. Other than that, you can get CCTV systems, but these are not usually necessary unless you're recording harassment, or if you've got particularly expensive items in your home. You'll need to decide on the level of security you're comfortable with, before you splash out.

Of course, you can never be 100% sure that your home is safe from burglars, but by following the guidelines above, and simply changing your behaviour slightly, you'll be keeping your property and your family safer than before.

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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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9 Out of 10 Strokes Could Be Prevented, Study Finds

High blood pressure is the most important controllable risk factor.

Stroke is a leading cause of death and disability, but the vast majority of strokes are preventable, according to a new study.

Researchers discovered that 10 controllable risk factors account for 90 percent of all strokes worldwide. Of these modifiable risk factors, high blood pressure (hypertension) is the most important.

"The study confirms that hypertension is the most important modifiable risk factor in all regions, and the key target in reducing the burden of stroke globally," said study co-leader Dr. Martin O'Donnell. He is an associate clinical professor in the Population Health Research Institute at McMaster University in Hamilton, Canada, and the HRB-Clinical Research Facility in Galway, Ireland.

Preventing strokes is a major public health priority and strategies for reducing people's risk should be based on key preventable causes of stroke, the researchers said.

The study, published July 15 in *The Lancet*, involved nearly 27,000 people from every continent.

"This study is of an adequate size and scope to explore stroke risk factors in all major regions of the world, within key populations and within stroke subtypes," O'Donnell said in a journal news release.

Eliminating Risk Factors

The researchers looked at the proportion of strokes caused by specific risk factors to determine the extent to which eliminating each risk would reduce the impact of stroke. Eliminating high blood pressure was estimated to reduce risk by nearly 48 percent, the findings showed.

The investigators also calculated potential reductions for eliminating other risk factors:

- Physical inactivity: 36 percent
- Poor diet: 23 percent
- Obesity: 19 percent
- Smoking: 12 percent
- Heart causes: 9 percent
- Diabetes: 4 percent
- Alcohol use: 6 percent
- Stress: 6 percent
- Lipids (blood fats): 27 percent

Source: *The Lancet*, news release, July 15, 2016.
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Some Risk Factors Vary by Region

The combined reduction for all 10 risk factors was 90.7 percent across all regions, age groups and among both men and women. The study authors noted, however, that the importance of various risk factors vary in different regions. For example, high blood pressure causes about 39 percent of strokes in North America, Australia and western Europe, but nearly 60 percent in Southeast Asia.

According to study co-leader Dr. Salim Yusuf, "Our findings will inform the development of global population-level interventions to reduce stroke, and how such programs may be tailored to individual regions, as we did observe some regional differences in the importance of some risk factors by region." Yusuf is a professor of medicine and executive director of the Population Health Research Institute at McMaster University.

For More information

The American Stroke Association has more about stroke prevention at www.strokeassociation.org.

SPOT A STROKE



F
FACE DROOPING



A
ARM WEAKNESS



S
SPEECH DIFFICULTY



T
TIME TO CALL 911

Stroke Warning Signs and Symptoms

THINK YOU ARE HAVING A STROKE? CALL 9-1-1 IMMEDIATELY!

August is Children's Eye Health & Safety Month

Video Games & Children's Eye Health

As with television viewing, eye care professionals generally agree that video games will not harm your child's eyes or vision, if you follow a few viewing tips.

While there is usually less strain involved in gaming than in doing close work such as sewing or reading, being in front of a screen for long stretches of time can leave your eyes feeling dry, strained and fatigued.

Depending on your child's eye health, your child's eyes could be exerting extra focusing effort or be forced to work harder to maintain a clear image when viewing the screen. Even children with perfect vision may experience symptoms such as blurred vision, eyestrain and headaches while playing video games. Your child requires excellent visual skills to read, learn and play successfully.

To help ease the stress of video games on your child's eyes, consider the following tips:

- **Make playrooms eye-friendly** by reducing glare and offering soft overall lighting.
- **Encourage periodic breaks** from computer and video screens to give eyes a break. Balance video game time with plenty of creative, outdoor and quiet play.
- **Keep their screen free of fingerprints and dust**, as both can reduce vision clarity.
- **Use the 20-20-20 rule.** Every 20 minutes, encourage your child to take a 20 second break and to focus their eyes on something at least 20 feet away. This will give their eyes a much-needed break and reduce some of the symptoms mentioned earlier.
- **Remind them to blink.** Did you know that on average we blink 12 times per minute, but when we're in front of a screen, we only blink 5 times per minute? That can add up to dry eyes. Relieve the discomfort by reminding your child to blink.



- **Discourage playing video games in a dark room.** When the room is totally dark, the contrast between the screen and the surrounding area is too great for comfortable and efficient vision. When the room is softly illuminated, undesirable contrast is kept to a minimum.

- **Adapt the screen's brightness and contrast to room lighting.** This will ensure visual compatibility, as excessively bright lighting tends to reduce contrast on the screen and wash out the picture.

- **Encourage your child to sit away from the screen.** Though close-up viewing is generally not harmful, viewing at a distance allows for picture details to appear sharper and better defined and the screen lines and defects will be

less apparent. If your child persists in playing video games from a short distance, schedule an eye examination for them with your doctor of optometry; children who like to sit too close to the screen may be nearsighted (myopic).

While symptoms like headaches, eye strain, blurred vision, eye irritation, double vision, excessive tearing or dry eyes, pain in the eyes or excessive blinking or squinting can be effects of playing video games, any time you experience these symptoms, you should visit your doctor of optometry for a comprehensive eye examination. They may also indicate a more serious vision problem, and there is no substitute for the precious gift that is your child's vision.

Source: doctorsofoptometry.ca

WAITING FOR A HEART

BABY ADDILYN'S JOURNEY

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

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

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



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

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

At birth, an entire team of doctors, nurses, and other clinical staff were prepared for a critical baby that had been given a "slim chance" of survival. However, they were given a baby that did not require any support. Once again Addilyn, the baby that there was nothing that could be done, given a slim chance to live, and going to need unmeasurable amounts of support, defied the odds against her. Addilyn would have her aortic valve ballooned at just 2 days old and transferred to the pediatric cardiac intensive care unit. Her left ventricle showed immediate improvement after the balloon which would end up diminishing in the days to follow. Addilyn Grace is still in the congenital heart unit at Shands, 85 days old and waiting on the perfect heart. She is on a ventilator and medication to help the heart perfuse the body.

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

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

More Organ Donors are Needed

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

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

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

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

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

Approximately 21 people die every day waiting for an organ.

Help Improve These Numbers

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

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

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Your Attitude Determines Your Significance

Life-giving Attitude Part Two: Moving to Significance

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

After speaking to our group the man stepped down from the stage and began to shake hands and talk to those who came forward to meet him. He was tall and big, well over six feet with broad shoulders and a thick chest. He wore a suit and his hair had started to gray a bit.

I was interested in his talk and decided to wait in line to meet him. When it was my turn he reached out his huge hand and said, "Hello! I'm Moose."

As I looked through his glasses I saw kindness and confidence in his eyes. His big smile made me feel welcomed. I shook his hand and introduced myself, thanked him for his talk and asked a few questions. Then something unexpected happened.

For whatever reason I felt compelled to ask for his contact information and I even suggested a lunch in the near future. We exchanged business cards and I left.

That one encounter changed my life forever.

We never met for lunch. It was an early breakfast instead. A very early breakfast. Moose was an early riser. I was not. I pulled in about 15 minutes late to the restaurant. As I approached his table he had that huge smile on his face and he reached out and shook my hand. I apologized for being late. He said no problem and we settled into conversation. That was the first of many of early breakfasts. I would become an early riser also.

Moose became a friend and a life-giving father figure to me. I was single at that time and would spend time with his family on the weekends while he grilled steaks. We had many wonderful meals and talks. What Moose was doing without my even realizing it was "showing me" what an authentic life-giving Christ follower was like. I'm sure I had met them in the past, but maybe I was not ready until then to become one...a real one. It reminds me of the old saying...

"When the student is ready the teacher will appear."

Moose was not a pastor, although he certainly had the heart of one. He spent time showing me a practical, life-giving attitude. He once gave me a small deck of cards with writing on them. I asked him what they were for and he said they were principles to build my life on. So once a week we would review those cards word for word at breakfast.

He was right. The words on those cards changed my life forever.

One day Moose showed up with a small narrow wooden box. He slid it across the table and said, "Looks like you are going to need this." Over the months I had memorized so many cards that I didn't have a way to keep them all in one place. The wooden box he gave me matched the size of my cards exactly. I could review the cards daily and keep them in one place.

After about a year of almost weekly breakfast meetings with Moose he gave me some news that would take my life to another level.

I would soon learn the difference between success and significance.

With a very serious look on his face he said, "We are done with our weekly meetings." Shocked and disappointed, I thought I had done something wrong...maybe offended him in some way. Like being late or forgetting to memorize my cards for the week and leaving them at home as though I had misplaced them. Of course he saw right through my actions, but never berated me or made me feel like he was disappointed in me. He understood the process.

He knew I was being untruthful and gave me the opportunity to save face. In response to my "misplacing" my cards he said, "You know I had that

problem once. But when I got into the habit of reviewing my cards every day I stopped misplacing them," such a wise man.

Moving to significance.

Moose said it was time for me to help another person to live and enjoy the life-giving life I had enjoyed over the time I had spent with him. At first I was confused. I felt like I was just getting started and certainly was not at place to lead another person. I resisted, telling Moose that I had barely had a year with him and felt very inadequate to do this. Then he planted in me one of the most unselfish and humbling thoughts I had ever had.

He said, "Alex, it's not about your abilities. It's about allowing God to live through you to help another. And if you will pray and ask God to show you that person, He will. Then you just do life with them, sharing what you have learned and practiced this past year."

It sounded simple but I was scared spit-less of the idea of being as close and as transparent as Moose had been with me with someone else.

I followed his lead, and after a month of praying, I became friends with Jeff. What happened next I didn't see coming. And we will talk about that next month.

By the way, do you want to know what was on those cards Moose had me memorizing? You may have guessed it. It was scriptures from the Bible.

To your spiritual health,

Alex E. Anderson

Senior Associate Pastor at
Bayside Community Church

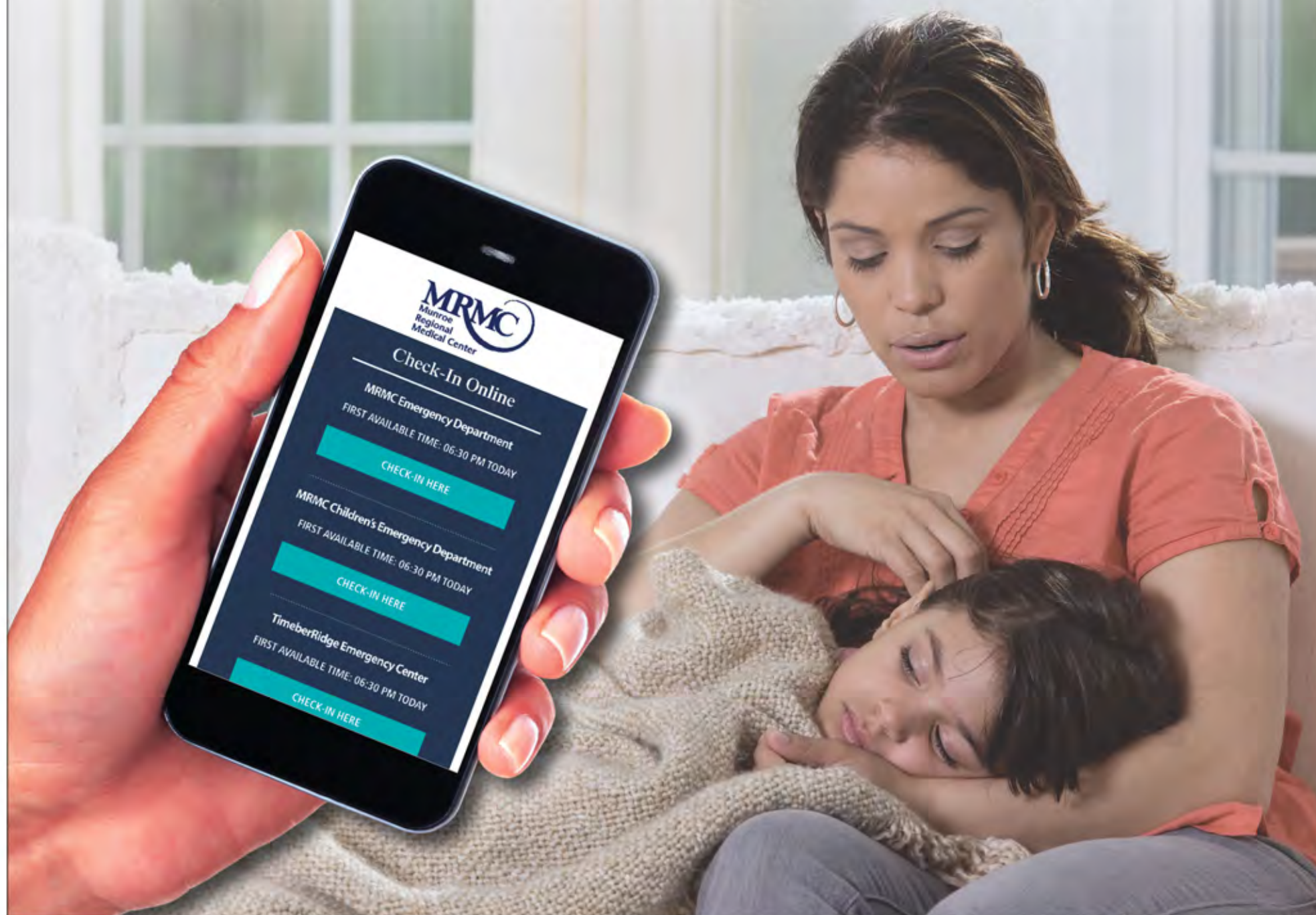
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