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August 2016

Lake/Sumter Edition - Monthly

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and Willie Nelson:
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Mike Richards, PA-C, MPAs
American College of Phlebology

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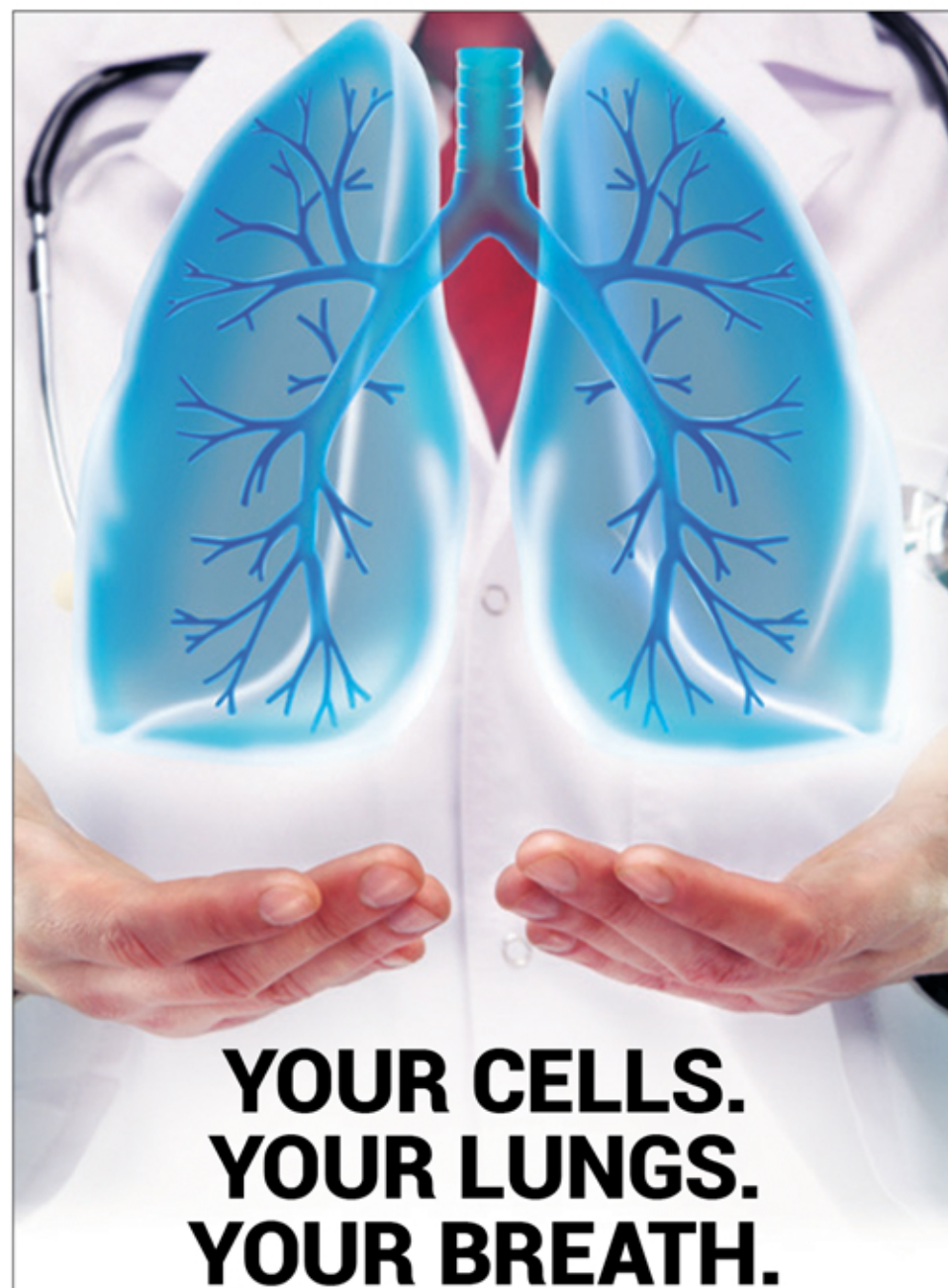
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UNDERSTANDING CHRONIC VENOUS INSUFFICIENCY

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

Do your legs often feel heavy, restless, or painful; or are they covered with varicose or spider veins? If so, you may be one of the many people walking around with venous insufficiency and not even know it. Unfortunately, venous insufficiency is often under diagnosed and under treated. Continue reading to learn more about chronic venous insufficiency, a condition that may be affecting you or someone you know.

When your leg veins cannot pump enough blood back to your heart, you have chronic venous insufficiency (CVI). CVI is also sometimes called chronic venous disease, or CVD. You have three kinds of veins: superficial veins, which lie close to the skin, deep veins, which lie in groups of muscles, and perforating veins, which connect the superficial to the deep veins. Deep veins lead to the vena cava, your body's largest vein, which runs directly to your heart.

When you are in the upright position, the blood in your leg veins must go against gravity to return to your heart. To accomplish this, your leg muscles squeeze the deep veins of your legs and feet to help move blood back to your heart. One-way flaps, called valves, in your veins keep blood flowing in the right direction. When your leg muscles relax, the valves inside your veins close. This prevents blood from flowing in reverse, back down the legs. The entire process of sending blood back to the heart is called the venous pump.

When you walk and your leg muscles squeeze, the venous pump works well. But when you sit or stand, especially for a long time, the blood in your leg veins can pool and increase the venous blood pressure. Deep veins and perforating veins are usually able to withstand short periods of increased pressures. However, sitting or standing for a long time can stretch vein walls because they are flexible. Over time, in susceptible individuals, this can weaken the walls of the veins and damage the vein valves, causing CVI.

What causes Chronic Venous Insufficiency?

Over the long-term, blood pressure that is higher than normal inside your leg veins causes CVI. This can lead to damage to the valves, which can further worsen the problem. In some instances, the valves that prevent blood from flowing "backwards," can be congenitally defective. Other causes



of CVI include deep vein thrombosis (DVT) and phlebitis, both of which cause elevated pressure in your veins by obstructing the free flow of blood through the veins.

DVT occurs when a blood clot (properly called a thrombus) blocks blood from flowing toward the heart, out of a deep or perforating vein. The blood trying to pass through the blocked veins can increase the blood pressure in the vein, which, in turn, overloads your valves. Vein valves that do not work properly are called incompetent because they stretch and no longer work efficiently, and incompetent valves contribute to CVI. DVT is a potentially serious condition that causes leg swelling and requires immediate medical attention because sometimes the blood clots in the veins can break off and travel to the lungs. This condition is called a pulmonary embolus.

Phlebitis occurs when a superficial or deep vein becomes swollen and inflamed. This inflammation causes a blood clot to form, which can also lead to DVT.

Factors that can increase your risk for CVI include a family history of varicose veins, being overweight, being pregnant, not exercising enough, smoking, and standing or sitting for long periods of time. Although CVI can affect anyone, your age and sex can also be factors that may increase your tendency to develop CVI; women older than 50 most often get CVI.

Symptoms of Chronic Venous Insufficiency

If you have CVI, your ankles may swell and your calves may feel tight. Your legs may also feel heavy, tired, restless, or achy. You may feel pain while walking or shortly after stopping.

CVI is also associated with varicose veins. Varicose veins are swollen veins that you can see through the skin. They often look blue, bulging, and twisted. Large varicose veins can lead to skin changes like rashes, redness, and sores.

CVI can also cause problems with leg swelling because of the pressure of the blood pooling in the veins. Your lymphatic system may also produce fluid, called lymph, to compensate for CVI. Your leg tissues may then absorb some of this fluid, which can increase the tendency for your legs to swell. In severe cases, CVI and the leg swelling can cause ulcers to form on the lower parts of the leg.

CVI is one of the oldest ailments known to mankind. Recent discoveries in medicine have shown that in some cases of CVI, there is a major contribution to the condition from superficial veins, which are most often varicose. Patients whose condition is due primarily to incompetence of the perforating veins can be treated by foam sclerotherapy, laser, and radio frequency ablation of such veins.

If you are walking around with painful, restless, swollen legs or have unsightly and bothersome varicose veins, call the Comprehensive Vein Center at 352-259-5960 to learn more about the non-medication treatments that are available. Don't let your venous insufficiency problem go undiagnosed and untreated any longer!

Source: Society of Vascular Surgery



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Bio

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



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

High Blood Pressure is Dangerous to the Heart Do You Know Your Numbers?

Chances are that you know someone with high blood pressure; maybe you have the condition as well. If you haven't checked your blood pressure recently, you should make it priority to do so at your next doctor visit. Long term, uncontrolled or untreated high blood pressure can cause wide range of changes in the anatomy of the heart and kidneys. Cardiovascular diseases triggered by the direct or indirect effects of high blood pressure, is known as hypertensive heart disease. These heart diseases include angina and coronary artery disease; heart failure; and hypertrophy of the heart muscle (heart muscle thickening).

Causes of Hypertensive Heart Disease

High blood pressure is the major triggering factor of hypertensive heart disease and is the subsequent cause of death. In general, high blood pressure is a serious condition associated with high pressure within the arterial blood vessels. As a result, the workload of the heart is increased and it pumps harder in order to keep pace with this pressure. Due to the excessive pressure within the blood vessels, the major vessels of the heart (coronary arteries) tend to rupture and damage over time. This promotes the development of arterial plaque due to the deposition of collagen and subsequent clot formation inside the blood vessels. Subsequently, the heart muscle thickens and the patient tends to develop serious life threatening complications.

Signs and Symptoms of Hypertensive Heart Disease

The symptoms of hypertensive heart disease vary from patient to patient. A combination of symptoms including shortness of breath, chest pain with following mild physical activity or at rest, sweating, nausea, dizziness, light-headedness, rapid or irregular pulse, cough with bloody mucus, feet and ankle swelling, and palpitations may be present. Not everyone with hypertensive heart disease experiences symptoms, after all, high blood pressure is often called "the silent killer."

Treating Hypertensive Heart Disease

The treatment of the hypertensive heart disease depends on diagnosis and root cause of the condition. Treatment is generally aimed at controlling the high blood pressure. Effectively lowering the high blood pressure can significantly minimize the

symptoms of heart disease. Medications, lifestyle alterations, and surgery are the most common ways to control and prevent hypertensive heart disease.

Recommended Foods to Control and Prevent Hypertensive Heart Disease

Appropriate intake of right foods is critical to control hypertensive heart disease. The main goal of food intake is to deliver high fiber, lean protein, natural foods such as whole grains, fruits and vegetables to the body. Increasing intake of calcium, healthy fats (olive oil, flax seed oil, mustard oil), omega 3 fatty acids (obtained from sea foods, kelp, salmon, sun flower seeds, flax seeds, nuts, olives, tuna), whole grains (barley, wheat, oats, and rye) and soy can aid in lowering and managing blood pressure.

In contrast, if you have high blood pressure, you should avoid oily foods, foods containing trans fats, fried foods and salty foods. Intake of sodium (salt) should be limited as it increases the salt and water retention in the body and predisposes you to kidney disease. High cholesterol containing foods such as red meat, egg yolk, oily foods, sweets and fatty animal products should be avoided as well.

Hypertensive heart disease symptoms are present in 7 out of 100 people and are the leading cause of death throughout the world. Don't become another statistic simply because you don't know what your blood pressure is. It is recommended that adults have their blood pressure checked regularly at least every two year.

Seeing a heart doctor can help determine if you need to change your lifestyle to prevent heart problems down the road. Knowing your family's medical history can help you better understand your own risk for having issues with your heart as well.

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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.



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Coach Jimmy K

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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%

Protect Your Skin: Prevent Melanoma With Early Detection

Melanoma, the most dangerous type of skin cancer, develops in the cells that produce melanin — the pigment that gives your skin its color. This deadly form of skin cancer develops in a mole or appears suddenly as a new dark spot on the skin. Every year, more than 8,500 Americans (nearly one person an hour) die from melanoma. Several risk factors significantly increase a person's risk of developing melanoma.

Most people have between 10 and 40 moles. Many of these develop by age 40, although moles may change in appearance over time — some may even disappear with age. A change in mole appearance is often the first sign of melanoma. It is important to know where moles appear and what they look like.

When detected early and properly treated before it spreads, melanoma has a high cure rate. The A-B-C-D-E warning signs of melanoma help people detect change. Characteristics of unusual moles that may indicate melanomas or other skin cancers:

- **A** is for *asymmetrical* shape. Look for moles with irregular shapes, such as two very different-looking halves.
- **B** is for irregular *border*. Look for moles with irregular, notched or scalloped borders — characteristics of melanoma.
- **C** is for changes in *color*. Look for growths that have many colors or an uneven distribution of color.
- **D** is for *diameter*. Look for new growth in a mole larger than about 1/4 inch.
- **E** is for *evolving*. Look for changes over time, such as a mole that grows in size or that changes color or shape. Moles may also evolve to develop new signs and symptoms, such as new itchiness or bleeding.



The exact cause of all melanoma isn't clear, but exposure to ultraviolet (UV) radiation from sunlight or tanning beds increases your risk of developing melanoma. Other factors, such as your genetic makeup, likely also play a role.

Factors that may increase your risk of melanoma include:

- **Fair skin.** Having less pigment (melanin) in your skin means you have less protection from damaging UV radiation. If you have blond or red hair, light-colored eyes, and you freckle or sunburn easily, you're more likely to develop melanoma than is someone with a darker complexion. But melanoma can develop in people with darker complexions as well.
- **A history of sunburn.** One or more severe, blistering sunburns as a child or teenager can increase your risk of melanoma as an adult.
- **Excessive ultraviolet (UV) light exposure.** Exposure to UV radiation, which comes from the sun and from tanning beds, can increase the risk of skin cancer, including melanoma.
- **Having many moles or unusual moles.** Having more than 50 ordinary moles on your body indicates an increased risk of melanoma. Also, having an unusual type of mole increases the risk of melanoma.

- **A family history of melanoma.** If a close relative, such as a parent, child, or sibling has had melanoma you have a greater chance of developing it as well.

- **Weakened immune system.** People with weak immune systems have an increases risk of skin cancer. This includes people who have HIV/AIDS and those who have undergone organ transplants.

If you notice any skin changes that concern you, visit your family doctor or general practitioner right away. Depending on your situation and the outcome of any tests, you may be referred to a doctor who specializes in skin diseases (dermatologist) or to a doctor who specializes in cancer treatment (oncologist).

Dr. Virginia Schekorra will be happy to answer any questions you may have about melanoma or other skin issues. Contact us at 352-750-4614 today if you are concerned about any changes you notice on your skin.


Dr. Virginia Schekorra
Board Certified Dermatologist AAD



Virginia Schekorra, D.O., P.A. • Charles Dewberry, D.O.

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Help Your Heart, GET A HEARING TEST

**Getting a Hearing Test Just May Help Your Heart,
Says the Better Hearing Institute in Recognition
of American Heart Month and National Wear Red Day®**



Research out of the University of Wisconsin in Madison has reconfirmed the link between hearing and cardiovascular health, suggesting that hearing loss may be an early sign of cardiovascular disease in seemingly healthy middle-aged people. The study also showed that hearing loss is common in people in their forties.

This research is in line with the earlier findings of David R. Friedland, MD, PhD, Professor and Vice-Chair of Otolaryngology and Communication Sciences at the Medical College of Wisconsin in Milwaukee, who explains the cardiovascular-hearing health link:

“The inner ear is so sensitive to blood flow that it is possible that abnormalities in the cardiovascular system could be noted here earlier than in other less sensitive parts of the body.”

In Dr. Friedland’s own 2009 study, published in *The Laryngoscope*, he and fellow researchers found that audiogram pattern correlates strongly with cerebrovascular and peripheral arterial disease and may represent a screening test for those at risk. They even concluded that patients with low-frequency hearing loss should be regarded as at risk for cardiovascular events, and appropriate referrals should be considered.

Research not only shows that hearing loss is affiliated with cardiovascular disease, but it’s linked to other chronic illnesses as well, including diabetes, Alzheimer’s disease, moderate chronic kidney disease, and depression. And when left untreated, hearing loss adversely affects quality of life, earnings, and physical and emotional well-being.

Luckily, the overwhelming majority of people with hearing loss can benefit from hearing aids, which have advanced dramatically in recent years and are designed to help people keep up with youthful, active lifestyles. When people with even mild hearing loss use today’s modern hearing aids, they often improve their job performance; enhance their communication skills; increase their earnings potential; improve their professional and interpersonal relationships; stave off depression; gain an enhanced sense of control over their lives; and better their quality of life.

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FIVE HEART-HEALTHY REASONS TO GET A HEARING TEST

1 Six decades of research points to heart-hearing health link.

A comparative review of more than 60 years of research found a correlation between cardiovascular and hearing health. Specifically, the study authors concluded that the negative influence of impaired cardiovascular health on both the peripheral and central auditory system—and the potential positive influence of improved cardiovascular health on these same systems—have been found through a sizable body of research.

2 The ear may be a window to the heart. Some experts find the evidence showing a link between cardiovascular and hearing health so compelling that they say the ear may be a window to the heart. They encourage collaboration between hearing care providers, cardiologists, and other healthcare professionals. Some even call on hearing care professionals to include cardiovascular health in patient case history and to measure their patients' blood pressure.

3 The same lifestyle behaviors that affect the heart impact hearing. More evidence of the interconnectedness between cardiovascular and hearing health is found in three studies on modifiable behaviors: One found that a higher level of physical activity is associated with lower risk of hearing loss in women. Another revealed that smokers and passive smokers are more likely to suffer hearing loss. And a third found that regular fish consumption and higher intake of long-chain omega-3 polyunsaturated fatty acids are associated with lower risk of hearing loss in women. Coincidence? Or does it all come back to blood flow to the inner ear? Research is ongoing.



4 Addressing hearing loss improves quality of life, helps reduce stress.

Eight out of 10 hearing aid users say they're satisfied with the changes that have occurred in their lives due to their hearing aids. Many say they see improvements in their life overall, in interpersonal relationships, and that they experience reduced anger and frustration, and enhanced emotional stability.

5 Today's hearing aids are better than ever and virtually invisible. State-of-the-art, sleek, sophisticated, and low profile, today's hearing aids combine high-performance technology and style with durability and ease-of-use. They're a high-tech tool to help people maintain youthful lifestyles and stay socially, physically, and cognitively active. The options are so varied there's an attractive solution for just about anyone.



Meet our Audiologist: Danielle Rosier, Au.D., F-AAA

Audiologists complete, at minimum, an undergraduate and master's level degree in audiology and a supervised clinical fellowship program prior to obtaining state licensure and national certification.

Originally from Ocala, Dr. Rosier became interested in hearing health after observing an audiologist work with a hearing impaired patient. She was amazed at how the patient's life transformed and decided she wanted to help people and make positive changes in their lives.

Dr. Rosier graduated Summa Cum Laude with a Bachelor of Arts degree in Communication Sciences and Disorders from the University of Florida in 2008 and stayed in Gainesville to earn her Audiology Doctorate in 2012. She is a recipient of the Thomas B. Abbot Excellence in Audiology Award in 2012. Dr. Rosier is also on the Board of the Hearing Loss Association in the area.

Currently a fellow of the American Academy of Audiology and the Florida Academy of Audiology, Dr. Rosier focuses on adult and pediatric diagnostic audiometry, tinnitus evaluation and management, amplification, auditory electrophysiology, and aural rehabilitation counseling.

"Being an audiologist is my passion. Improving the quality of life for my patients and their families by offering one-on-one personalized care is so rewarding. My goal is to empower patients to manage their hearing loss and improve their quality of life by providing patient-centered care that incorporates evidence-based practice, compassion and expertise."

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



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

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

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

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

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

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

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

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

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

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

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

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

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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

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DEMENTIA AND NEUROFEEDBACK

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

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

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

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



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

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

Neurofeedback and Alzheimer's

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

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

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

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

Patient Spotlight

Name: Kevin C.

Age: 49

Occupation: sales professional in The Villages



How long have you been on Bemer: Since October

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

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

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

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

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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.



Healthcare Partners
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.

Central Florida's Health & Wellness Magazine



On the Web

HealthAndWellnessFL.com



On Facebook

facebook.com



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In Your Inbox

Receive our monthly newsletter. Sign up online

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

Central Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals', health and wellness centers', shopping plazas', grocery stores and many other locations.

The screenshot shows the Health & Wellness Magazine website. At the top, there's a navigation bar with links for Charlotte Edition, Collier Edition, Lee Edition, Advertise with Us, H&W Archives, and Contact Us. The main content area features a large article titled "Skincancer" with a photo of a woman wearing a sun hat. Below this, there's a section for "Read Our Flip Book Version" showing three magazine covers. To the right, there's a "In This Issue" sidebar with links to various articles like "Living with Diabetes?", "Why Wellness Works", and "Is it My MEMORY... or is it My HEAD?". At the bottom right, there's a newsletter sign-up form with fields for Name and Email, and a "Subscribe" button.

WHEN THE GOING GETS TOUGH.



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

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With 8 convenient locations
to serve you!



ADVANCED

Urology Specialists

InterCommunity Cancer Center's Advanced Tumor Tracking Technology Offers Prostate Cancer Patients Many Benefits

Over the last few decades, promising new radiation technologies have been developed that safely deliver more accurate, higher doses of radiation, treating cancer more effectively while minimizing side effects. One of these exciting state-of-the-art technologies is the Calypso® 4D Localization System, an innovative technology for the treatment of prostate patients exclusively available at InterCommunity Cancer Center (ICCC). Calypso, also known as GPS for the Body®, is a relatively new form of radiotherapy technology enabling precision-guided treatment with continuous prostate motion monitoring. Essentially, the Calypso System tells the clinician the exact tumor location during administration of radiation treatments.

"When dealing with prostate cancer, it is critical to offer patients the most precise treatment possible to minimize side effects which can greatly affect quality of life," explained Dr. Hal Jacobson, medical director and radiation oncologist at ICCC in Lady Lake, Fla. "Calypso works like a navigation system, providing real-time tumor tracking so we know exactly where the tumor is at all times, enabling us to deliver the maximum radiation dose directly to the target area while minimizing exposure to surrounding tissues and organs."

Internal organs constantly move during treatment due to breathing and normal bodily functions. Consequently the prostate may shift outside of the defined radiation field, and the tumor may not receive the prescribed dose of radiation, making the treatment less effective. To compensate, the treatment area is often expanded to make sure the tumor receives the proper amount of radiation. Unfortunately, healthy tissues and organs near the prostate may inadvertently be exposed, potentially causing urinary, bowel and sexual side effects.

Calypso GPS for the Body solves this problem by letting the clinician know exactly where the tumor is at all times so adjustments can be made if necessary, making the treatment both safer and more effective. The major components of the Calypso System are the Beacon® Electromagnetic Transponders (each about the size of a grain of rice), the 4D Electromagnetic Array™ and the 4D Tracking

Station™. Prior to treatment, three of the tiny transponders are implanted in the prostate, a very minor outpatient procedure. The transponders work in tandem with the other two components to accurately and continuously locate the tumor in the prostate during treatment.

Calypso gives visual and audio cues to help manage prostate motion by signaling when the organ moves outside of the threshold area. The 4D Electromagnetic Array™ sends signals to the implanted transponders. Continuous X, Y and Z coordinates are then relayed from the transponders, allowing immediate identification of misalignments with sub-millimeter accuracy by showing exactly where the target is at all times. If the targeted tumor site moves out of position, adjustments are made to keep the radiation aligned with the tumor, optimizing treatment.

Not only does the Calypso System enable the delivery of accurate radiation therapy, research has shown it also decreases side effects by minimizing exposure to surrounding tissues. Researchers conducted a comparison study of patients treated with Calypso versus those who were not. They found that using Calypso motion tracking technology during high dose external beam therapy in the treatment of prostate cancer resulted in a significant reduction in serious side effects.

"We are proud to be the only cancer center in our area to offer prostate cancer patients access to Calypso GPS for the Body," said Dr. Jacobson. "This superior real-time motion management tool detects even the slightest movement of the tumor, allowing us to quickly and confidently make adjustments to keep the radiation beam precisely on the target. It allows us to escalate the dose while reducing treatment margins, helping to eliminate side effects which can be quite distressing to prostate patients. With Calypso, we can deliver the most effective treatment possible, providing a better patient experience and an optimal outcome."

For more information about Calypso or other advanced treatments offered by InterCommunity Cancer Center, please visit www.ICCCVantage.com.



ABOUT INTERCOMMUNITY CANCER CENTER

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

**InterCommunity
Cancer Center**
A Vantage Oncology Cancer Center

Lady Lake
922 Rolling Acres Road
Lady Lake, FL 34748

(352) 674-6300
www.ICCCVantage.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.

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

Electricity is the key to life and health.

What Is Pain and Why Does It Hurt?

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

Electricity Is The Missing Component In Western Medicine.

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

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

How To Avoid Unnecessary Surgeries and Other Dangerous Side Effects

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

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

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

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

Electricity is the future of effective medicine.

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

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

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

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

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

EMed
ENERGY MEDICAL

(352) 552-1889
www.EnergyMedical.net

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

URGENT CARE

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

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

441 Urgent Care Center opened its door on June 1, 2009 at Summerfield Location. The original idea was to provide excellent care to local retiring communities mainly Spruce Creek South, Spruce Creek North at Del Webb and Stone Crest. In response to Villages resident, we extended our services to The Villages in March 2011 by opening our Buffalo Ridge Location on CR - 466. With the exponential growth in The Villages and the increase need for more urgent cares, our third location was open in March 2013 at Lake Sumter Landing. "We are excited about having three locations to meet the urgent care needs of our patient," PA

Santos says. "The three locations are open late because we realize not everyone can fit healthcare needs into an 8a.m. To 5p.m.. Monday through Friday schedule. We want people to know we are there for them so they can receive passionate, quality healthcare whenever they need it. They really like our services because they see results quicker and do not have to go through bureaucratic layers to accomplish their goals."



In addition to urgent care, all three locations offer travel medicine, shingles vaccine, allergy testing, laboratory testing, school and sports physical, pre-employment exams, and DOT physicals for their patients.

The 441 Urgent Care team prides itself on offering affordable, fast and friendly services. They have vast medical expertise and years of experience. By combining their medical experiences they have more than 50 years in the field of caring for local communities. Their diagnosis are fast and accurate so that they can get you on the road to recovery. Follow up also is an integral part of their care. Every patient is encouraged to follow up with their primary care provider or they have the option to return to 441 at any time.

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

SUMMERFIELD

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

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



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

THE VILLAGES - BUFFALO RIDGE - CR466

**OPEN M-F
8am to 6pm
SAT & SUN
8am to 6pm**

**Office:
352-350-1526**



**Golf Cart
Access**

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

THE VILLAGES - LAKE SUMTER LANDING

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

**Office:
352-350-1525**



**Golf Cart
Access**

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

URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM

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

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

A TEAM EFFORT

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



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

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

SIMPLY THE BEST

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

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



Adam Santos, PA-C

"Your care means more to us than your wallet"



John Santos, ARNP

MISSION STATEMENT

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

MOTTO

Hard work pays off and honesty will prevail

441 URGENT CARE GOALS

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

OUR PHILOSOPHY

See you at your convenience

Provide top level care without top level pricing

Be ever mindful that your time is valuable

Create a warm and relaxed environment

Include you in the medical decision process

Treat you as we would treat our own

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

ILLNESSES:

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

INJURIES:

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

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



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.

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 visco-supplementation is to augment with additional highly purified hyaluronan the poor quality hyaluronan in a painful arthritic joint.

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 **(352) 775-3339** to schedule a no-cost, no-obligation consultation today!

352-775-3339 | www.PhysiciansRehabilitation.com

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

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



www.PhysiciansRehabilitation.com

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

Locations:

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

Orthopedics | Osteoarthritis Treatments | Physical Therapy
Platelet Rich Plasma | Vax-D Spinal Decompression

We are Medicare providers and accept most insurance plans.

Clear Facts About Cataracts

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

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

Types of cataracts include:

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

Symptoms and Signs of Cataracts

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

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

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

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

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



What Causes Cataracts?

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

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

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

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

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

Preventing Cataracts

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

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

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

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

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

Treating Cataracts

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

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

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

Call and Schedule your Eye Exam Today!
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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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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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Eliminate Your Low Back Pain at Little to No Cost!

Compton Chiropractic is now offering Insurance Approved Braces including Medicare!

By Daniel Taylor, DC, Compton Chiropractic Care

Are you suffering from low back pain? Are you tired of taking pain medication and muscle relaxers that only provides temporary relief? Looking for other ways to relieve back pain without invasive surgery? If you answered yes to these questions, then we can help. Compton Chiropractic is now offering back and knee braces as a non-invasive alternative to relieve back pain and facilitate healing and rehabilitation at little to no cost to our patients.

How does it work?

Back and Knee pain without support causes constant pressure on the joints and muscles. If left untreated, the pain will progressively get worse and quality of life suffers. Our braces are designed to fit any body type and deliver localized compression directly to those overworked muscles and joints while relieving spasms and reducing pain. Current clinical research has shown that supporting these regions can reduce pain, improve functional status and postpone or prevent the need for medication and surgeries. The self-adjusting braces contour precisely to your body for maximum support and pain relief. The lightweight design allows users to wear the braces comfortably while providing maximum support.



Indications for Back Brace

Post-operative Lumbar immobilization
Herniated Discs
Degenerative Disc Disease
Spinal Stenosis
Postural support
Instability

Lumbar Muscle weakness
Chronic low back pain
Arthritis
Trauma
Spondylolisthesis
Compression Fractures

Indications for Knee Braces

Osteoarthritis of the Knee
Post-Operative Knee
Ligament Tear/instability
Painful Range of Motion

Patello-Femoral Syndrome
Chronic Knee Pain
Meniscal tear/instability
Locking Disorders

Compton Chiropractic provides high quality braces at little or no cost to our patients. Medicare and other insurance companies routinely cover the cost of these items because they provide support, relieve pain, and decrease the need for expensive surgeries and pain medications. So no matter if you are looking for extra support while playing golf and pickle ball or just want to avoid surgery; with the proper brace we can get you back to the greens in no time. If you or a loved one could benefit from one of these braces, please call us today (352-391-1126) to setup a free consultation with one of our Doctors.

What makes Compton Chiropractic different from other Chiropractors?

The Doctors at Compton Chiropractic are graduates from Palmer College of Chiropractic and have been serving The Villages since 2006. The Doctors are integrated with several local primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively. The physicians at Compton Chiropractic treat patients as an extension of their own family.

Call Today:
352-391-9467

FREE
consultation

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Every patient gets a detailed initial evaluation including a complete history, orthopedic and neurological testing. With a proper diagnosis, our patients will receive a proper treatment plan. With a proper treatment plan, patient's pain is decreased in shorter periods of time.

Compton Chiropractic is also proud to announce that it's Office is Medicare accredited by The Healthcare Quality Association on Accreditation (HQAA). Only a small percentage of Offices in the country hold this unique accreditation which allows us to be a dispensing location for approved Medicare braces.

TESTIMONIALS

"I suffered from sciatica for 10 years until a friend told me about Dr. Compton. After 8 treatments and a brace, I was back on the golf course and out of pain." - L.R.

"My knee pain was debilitating until Dr. Compton introduced me to a brace that literally takes the pain away. My knee feels young again and I couldn't be happier." A.A

"The Doctors are all amazing and actually care for patients like they were family." - A.O.

"I was referred to Dr. Compton by Medicare after an operation. I needed a brace to help me recover and Compton Chiropractic treated me wonderfully." - C.S.

"The Doctors and staff at Compton Chiropractic are knowledgeable and efficient. They are always highly recommended." -Local Family Physician

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Dr. Brett Compton
Chiropractic Physician
Palmer Graduate
U.F. Graduate - B.S. Nutrition
Military Veteran

Dr. Brent Compton
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Biology Sciences

Dr. Daniel Taylor
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Molecular & Microbiology Sciences

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.

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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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.

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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.

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- 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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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

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