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Contents

October 2016

6 Heart Attack Symptoms

7 Leg Pain

8 Regain Your Mobility for a Better Quality of Life

9 Do You Know Your Testosterone Level?

10 Vaccines and Stem Cells

12 The Real Fountain of Youth: Blood Flow

13 A Fungus Among Us

14 Get Rid of Lumps, Bumps and Growths on Your Skin

16 ICCC Honors Breast Cancer Patients and Survivors During Breast Cancer Awareness Month

18 One-On-One Physical and Occupational Therapy

20 It's Cool to Eliminate Stubborn Fat

21 Stop Wasting Money on Temporary Fillers

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

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

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

26 Shoulder Pain

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

29 Important Things to Know About Home Inspections

30 Viscosupplementation

31 Topical Pain Relief Compounds: Targeted Treatment - Rapid Recovery

32 Breast Cancer Awareness Month

33 Tips for Preserving Eye Health

34 Your Dreams with Our Exceptional Service

35 Spiritual Wellness: Hungry Heart

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Heart Attack Symptoms

How to Recognize a Medical Emergency with Dr. T.E. Vallabhan

Chest pain can happen to anyone and is fairly common. Differentiating between various types of chest pain can be confusing. Most heart attacks start slowly, with mild discomfort or pain however, other heart attacks are rapid and intense. Is it a heart attack? Indigestion? Or something different altogether? Dr. Vallabhan, recently shared some lifesaving tips:

Be Aware of Your Symptoms

Certain lifestyle habits, hereditary traits, and risk factors increase the likelihood of heart attacks. Smoking, obesity, diet, stress, high blood pressure and cholesterol are risk factors that are controllable. Some risk factors are not such as age and genetics. Being aware of common symptoms and knowing when to seek help are of the most important ways to control the damage and minimize the complications of heart disease.

Don't Wait!

Dr. Vallabhan explained that heart attacks typically feel like heavy chest pressure, as if someone were sitting on your chest, and are often accompanied by sweats, nausea, and tingling in the arms, and jaw. However, not everyone experiences the same symptoms. Unusual symptoms are particularly common in women.

Symptoms can vary in intensity. For some the symptoms are mild, while for others the pain is more severe.

Prevention is the best form of medicine and that applies to chest pain and heart disease as well. Maintain a healthy, nutritious diet focused on vegetables and lean sources of protein. Do not smoke. Treat and monitor your high blood pressure if you have been diagnosed with that condition. Be aware of your family history and exercise regularly.

Dr. Vallabhan also noted that chest pain doesn't always signify a heart attack. There are many different causes, including complications in the lungs, GI tract and blood vessels. Dr. Vallabhan helps provide clarity, regarding concerning and confusing symptoms. If you are unsure whether your symptoms need to be formally evaluated, simply visit Dr. Vallabhan today.

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LEG PAIN

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

Diagnosing Leg Pain

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

Tests Include:

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

Most Common Causes of Leg Pain

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



Peripheral Arterial Disease or PAD

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

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

PAD Causes and Symptoms

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

PAD Treatment Options

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

Venous Insufficiency

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

Causes and Symptoms of Venous Insufficiency

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

Eliminate Veins Without Surgery

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

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

Choose a Specialist Dedicated Exclusively to Vein Treatment

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



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Bio

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



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

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Knee replacement surgery was first performed in the U.S. in 1968. Since then, improvements in surgical materials and techniques have greatly increased its effectiveness and safety in the operating room. According to the Agency for Healthcare Research and Quality, and the Journal of the American Medical Association more than 600,000 knee replacements are performed each year in the United States.

Whether you have just begun exploring treatment options or have already decided to have total knee replacement surgery, the information presented here will assist you in achieving a safe, less painful, and more efficient recovery in the privacy of your own home.

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Physical therapy is famously painful for total knee patients; the primary methods of therapy have not been updated in a generation and deliver mediocre results. Knee pain, stiffness and swelling can last for weeks if not months. Every knee replacement patient must work through these challenges to get back to activities of daily living, like doing housework, playing with grandchildren or getting back on the golf course.

Until now your only choices for recovery were traditional manual physical therapy or a, now discredited, recovery tool called the continuous passive motion machine (CPM). After 10 years of research and years of clinical trials there is a new in-home tool that is vastly superior to convention recovery programs. Introducing the X10 Knee Recovery System™.



The X10 Knee Recovery System™ is a newly patented knee recovery program that takes advantage of modern computer and sensor technology to deliver a safe, nearly pain-free, complication-free recovery in the privacy of your own home. X10™ clients can achieve full functional mobility within weeks rather than the usual months.

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DO YOU KNOW YOUR TESTOSTERONE LEVEL?

Tired? Are your endurance and strength declining? Have you noticed a decline in your sexual function and less interest in your sex life?

Every man could answer “yes” to at least one of these questions after age 40. Common symptoms of low testosterone can also result from a myriad of lifestyle, social, emotional, and behavioral issues.

It is a provider’s goal to “treat the whole patient,” so we strive to identify and address the underlying cause of symptoms and provide treatment options using a multi-dimensional approach. For decades, it was believed low testosterone was responsible for the above ... but not much else. Physicians were taught a decline testosterone was “normal” as men aged.

These beliefs have substantially changed in the last five years.

We now know a condition known as “metabolic syndrome” is intimately linked to low testosterone. Metabolic syndrome is a constellation of diabetes (or insulin resistance), hypertension, elevated triglycerides (fat levels in the blood), abdominal obesity and low testosterone. It’s estimated as many as 25 percent to 45 percent of American men over 40 may have metabolic syndrome and therefore a significantly elevated risk of stroke and heart attack.

How testosterone interacts with obesity, diabetes and cholesterol is not fully understood. It is also unclear whether low testosterone is the cause of the increased risk or it is involved in some other way. Clearly, low testosterone is more than simply a factor in declining strength and sexual performance.

Testosterone is essential for male development, libido and erectile function. Because of the success of medications such as Viagra in treating erectile dysfunction, low



testosterone is often overlooked. However, low testosterone is a common cause of poor or declining response from ED medications and should always be considered when evaluating ED. Testosterone replacement may be all that’s required to restore sexual function.

The good news is that managing low testosterone is easier and simpler than ever before. There is a multitude of choices for medical management of testosterone replacement therapy and includes treatment

with patient instructed self-injections, pellets, creams, gels, and patches. Testosterone replacement therapy is a maintenance therapy that requires every individual, along with the help of their provider, to consider which treatment options would be best suited to ensure treatment success. Long-acting testosterone pellets are a great option for those patients that do not want the hassle of daily or weekly applications. The pellets are about the size of a grain of rice and placed under the skin in the hip area, about where the corner of your pants back pocket is located, during a simple office procedure every three months.

Managing testosterone levels requires a thorough knowledge of treatment risks and benefits. Men with an enlarged prostate may be at greater risk for obstruction of the urine flow. Baseline levels should be checked in the early morning as levels normally decline in late afternoon or evening.

A thorough physical examination and additional blood tests are also important to evaluate low testosterone levels. Urologists specialize in evaluating and treating low testosterone, prostate disease, voiding, erection and testicular health, all of which can be influenced by testosterone levels. Additionally, testosterone treatment should be considered only if prostate cancer is not present.

Identifying low testosterone is as simple as a blood test. Modern management includes a variety of treatment options to fit every man’s needs. It is important for men to know their testosterone level and be informed of the treatment modalities available to them. Normal testosterone levels can be an important aspect of maximizing longevity and maintaining quality of life.



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Vaccines and Stem Cells: Secret Weapons in the Fight Against Lung Disease

By Cameron Kennerly - Staff Writer

Once a year around the end of October, the U.S. will enter flu season, sparking millions of parents and grandparents to pull their children kicking and screaming all the way to the doctor's office. Although any needle is an unwelcomed one, we tolerate these injections because at our hearts, we just want to be healthy. However, what is often unknown—or worse neglected—is that seniors have an inherently weaker immune system, leading to increased rates of medical complications and death from viruses like the flu—particularly those suffering from lung disease such as chronic obstructive pulmonary disease (COPD), pulmonary fibrosis and emphysema.

Although many of these deaths are preventable, fortunately, the answer is simple: get vaccinated.

The relationship between vaccines and health cannot be understated, particularly for seniors suffering from respiratory illness, who are inherently at a higher risk of illness. For those who live with a debilitating lung disease, exacerbations or flare-ups can be both physically and mentally exhausting. Exacerbations further lung degeneration, and when coupled with fatigue and a consistent shortness of breath, chronic lung disease is an extraordinarily difficult disease to live with. Throw in the flu and these factors produce a potentially lethal combination.

Although flu shots are known to reduce flu-related hospital admissions by up to 77%, when it comes to combating lung disease, there are few options available that directly address more than disease symptoms. However, as medicine has continued to advance, stem cell therapy and clinics such as the Lung Institute (lunginstitute.com) have come to the forefront as a method of treatment.



Like the flu vaccine, stem cell therapy has begun to revolutionize the treatment of respiratory illness.

With a success rate of 83% over three years of operation under the highest safety standards, the Lung Institute has been able to increase the quality of life for over 2,500 patients. Using stem cells as the body's natural repair mechanism, stem cell therapy serves to promote healing from within, reduce lung inflammation, dilate airways and works to improve quality of life and pulmonary function in those with chronic respiratory illnesses.

Emerging from a time when epidemics wiped out a significant percentage of the population every century, science has taken humanity into

a golden era of medicine and personal health-care. Although neither the flu nor chronic lung disease possess a known cure, through the combination of vaccines and stem cell therapy, it's possible to dramatically affect the lives- and lifespan—of one of our nation's most susceptible demographic.

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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THE REAL FOUNTAIN OF YOUTH: BLOOD FLOW

Many experts determine one's health on the mere presence (or lack of) disease in one's body. However, a single snapshot any given moment isn't necessarily the best indicator of your body's true state of health.

Our ability to heal – the foundation or true health, (as this is vital to every body function) is a process dependent on healthy blood flow to deliver oxygen and nutrients necessary to the area that needs healing. If this process is interrupted, it can slow or prevent healing entirely.

Luckily, there are things we can do to enhance blood flow. Regular exercise, maintaining a nutritious diet, massage, even a hot bath can temporarily help. PEMF is another popular and successful route used around the world in both the medical and nonmedical field.

In reality, we are only as healthy as our cells. They are constantly fighting battles, healing wounds, struggling to maintain order, and recovering from a range of internal and external stressors.

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Having healthy cells is not a passive process. Active, regular tuning-up of our cells is not only feasible, but also necessary to slow aging and reduce the risk of cell dysfunction. Imperceptible cell dysfunction that is not corrected early can lead to disease. Fine-tuning can be done daily in only minutes, using pulsed electromagnetic fields (PEMFs). In addition, when there is a known imbalance (when symptoms are present) or there is a known disease or condition, PEMF treatments, used either alone or along with other therapies, can often help cells rebalance dysfunction faster.

PEMFs work to:

- Reduce pain, inflammation, the effects of stress on the body, and platelet adhesion.
- Improve energy, circulation, blood and tissue oxygenation, sleep quality, blood pressure and cholesterol levels, the uptake of nutrients, cellular detoxification and the ability to regenerate cells.
- Balance the immune system and stimulate RNA and DNA.
- Accelerate repair of bone and soft tissue.
- Relax muscles.

The Proof is in the Blood



Cells **BEFORE**
PEMF Therapy

Cells **AFTER**
PEMF Therapy

PEMFs have been used extensively for decades for many conditions and medical disciplines, and results can be seen in animals as well as humans. The National Institutes of Health have made PEMFs a priority for research. In fact, many PEMF devices have already been approved by the FDA, some specifically to fuse broken bones, wound healing, pain and tissue swelling, and treat depression. Most therapeutic PEMF devices are considered safe by various standards and organizations.

If you would like to discuss how PEMF could help you or your loved one's blood flow, call 352-633-1049 today.

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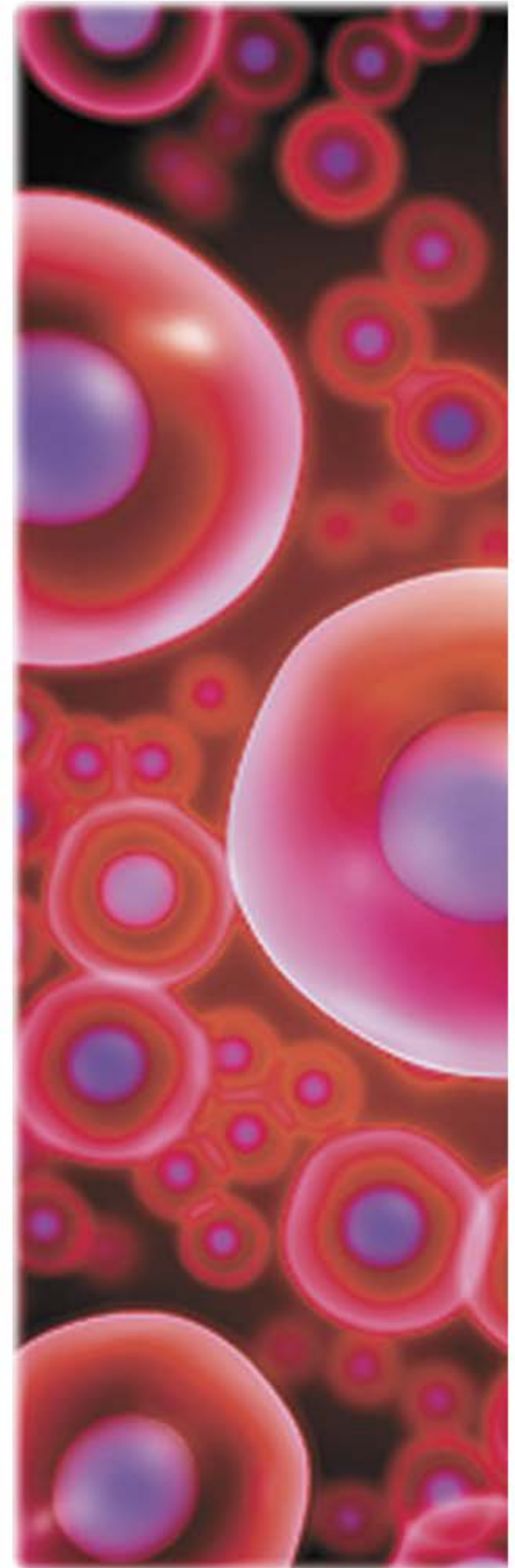
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Call for a free consult and to determine what solutions are available for you.



A FUNGUS AMONG US

PinPointe® FootLaser™ is the only FDA-approved laser treatment for toenail fungus.

Stop suffering the pain and embarrassment of unsightly nail fungus. PinPointe FootLaser is the easy and convenient procedure that helps turn your discolored and disfigured nails into clearer, healthier looking nails.

Nail fungus can be both unattractive to look at, as well as painful to deal with. Our PinPointe laser treatment is a procedure that can make your discolored or disfigured toenails cleaner and healthier.

This in-office procedure is virtually painless, has minimal side effects, and typically takes only about 30-minutes to complete.



With this procedure, Dr. Bidelspach uses a laser that targets fungus living in and under the nail. The laser passes through the nail without causing any damage to it or to any of the surrounding skin. While the nail may not become clear instantaneously, results can be apparent after the nail has grown out.

Nail fungus is difficult because the infection is under and inside of the nail, which makes it hard for some products to reach and destroy the infection. Products such as medicated nail polish or oral medications may be associated with side effects or serious drug interactions. Home remedies such as using bleach, vinegar, mouthwash, or household cleaners to resolve the problem are often tried but, ultimately, fail to resolve it.



Why should I use PinPointe?

Not only is nail fungus unpleasant to look at, but it can also lead to serious health problems for patients with diabetes or immune disorders. PinPointe treats the source of the fungus under and inside the nail—an area where many other products cannot reach.

PinPointe laser treatment is:

- **Painless:** This treatment is a virtually pain-free experience for most patients.
- **Side Effect-Free:** Any side effects from PinPointe are extremely minimal.
- **Effective:** PinPointe can reach fungus in areas where other products can't.
- **Fast:** Treatments typically take only around 30 minutes to complete.



Dr. John Bidelspach

Dr. B graduated from the Ohio College of Podiatric Medicine in 1990. He completed his residency in California at the Loma Linda Foot Clinic. He is licensed in both Florida & Georgia and has been in private practice since he moved to Florida in 1993.

Dr. B will be utilizing the same business model of the NLFC's practice and incorporating his own style as well. The practice will be renamed to "Coast2Coast Podiatry Group". Together the two of them have 50 years of Podiatry experience.

Coast 2 Coast Podiatry Group

The Villages Main Office: (Just West of Rolling Acres)
Heart Rhythm Associates, 781 HWY 466
Lady Lake, FL 32159

(888) 505-0592

www.coast2coastpodiatrygroup.com

Get Rid of Lumps, Bumps and Growths on Your Skin

There are several growths and lesions on the skin that are very common and benign (non cancerous). Lumps and bumps such as moles, skin growths (cysts, angiomas, milia, skin tags, warts and lipomas), and darkened spots like freckles are very common growths on the body, face and scalp.

Moles: Moles (nevi) are clusters of pigmented cells that commonly appear as small, dark brown spots and can develop anywhere on your body. Moles come in different size, color and surface (flat or raised, smooth or wrinkled).

There are several different options and reasons for mole removal. Some patients want their mole removed because they do not find it aesthetically pleasing. Other patients see changes in the mole that follow the signs of skin cancer detection which warrants removal (see below). Treatments available for mole removal include cosmetic (laser), cryosurgery (freezing), cauterization (burning) or excision. All moles that are removed by our professional staff will be checked to determine its condition and best method of removal. In some cases a biopsy of the mole will be performed to determine its possible precancerous likelihood.

ABC's of Skin Cancer Detection

Asymmetry: One half doesn't match the appearance of the other half

Border: The edges are irregular, ragged, or blurred.

Color: The color or pigmentation is not uniform and/or has shades of tan, brown, or black; is sometimes white, red, or blue.

Diameter: The size of the mole is greater than 1/4 inch (6 mm), about the size of a pencil eraser.

Evolving: The mole over time changes shape, size, color, etc.

Cysts: Cysts are closed pockets of tissue that can be filled with fluid, pus or other material. They feel like large peas under the skin surface. They are a result of either infection; clogging of oil glands or around foreign bodies, like earrings. All skin related cysts are noncancerous.

While most cysts are painless, the location or size may warrant treatment as they will not go away on their own or over time. Treatment options available are draining, injection of cortisone or an actual excision.



Angiomas: An angiomas surface. Some of the more colorful types of them are spider, cherry, or senile. While their cause is unknown, treatment is not necessary unless they bleed or are irritating, although some patients prefer treatment if it is not aesthetically pleasing. Treatment options are cryosurgery (freezing), electrodesiccation (electronic destruction) or radiation.

Milia: Milia are tiny white bumps that appear on or around the chin or nose, but can also appear on the cheeks and forehead. They are formed when keratin (a substance produced by the skin) becomes trapped beneath the outer layer of skin. Milia are harmless and common with infants, but can occur with adults that have encountered skin damage (blisters, poison ivy, chemical burns, extensive sun exposure, etc.)

While most milia will dissipate on their own, potential treatment options if warranted include microdermabrasion, glycolic acid peels and other exfoliation options.

Lipomas: Lipomas are harmless, slow-growing fatty lumps that are most often located between your skin and the underlying muscle layer. They are easily identifiable as they move with slight finger pressure, doughy to touch and usually not tender. They are commonly found in middle aged people. Their cause is not well known but appear to be hereditary.

Treatment is not generally necessary for lipomas unless it is in an uncomfortable location, painful or growing. Steroid injections, liposuction or surgical removal are the common forms of removal.

Skin Tags: Skin tags are not dangerous, but can be irritating if in contact with anything (jewelry, clothing, etc). They are small flaps of tissue that

hang off the skin often found on the chest, armpits, neck, back, under the breasts or in the groin area. They appear most often in women (especially with weight gain) and in elderly people.

Bothersome skin tags can easily be removed with a variety of methods like cutting, freezing (cryosurgery) or burning (electrosurgery) with minimal discomfort by the professional staff at Phoenix Skin Dermatology.

Warts: A wart is generally a small, rough growth, typically on your hands or feet, but often other locations that can resemble a cauliflower or a solid blister. They are caused by a few types of the virus called 'human papillomavirus' (HPV). HPV enters and infects your body through broken skin. Some warts will warrant immediate attention if located near genitals, especially women as it could lead to cervical cancer.

Most warts will go away on their own, but after months or years. Medical treatment of warts include: topical applications, injection, cryotherapy (freezing) or surgical removal.

If you have unwanted or unsightly lumps, bumps, or growths and would like them removed, call the Dermatology Center today at (352) 750-4614.



Dr. Virginia Schekorra
Board Certified Dermatologist AAD



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

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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.

InterCommunity Cancer Center Honors Breast Cancer Patients and Survivors During Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, a time set aside every year to focus on increasing awareness of breast cancer. It's also a special time to honor the 2.8 million women in the U.S. living with the disease, as well as to remember the 40,290 who died from it last year.

According to American Cancer Society estimates, here in Florida 2,880 mothers, sisters, aunts, grandmothers and wives will die from breast cancer this year, and 16,770 more will be diagnosed with the disease. It is the most common cancer among American women, except for skin cancers, and about one in eight U.S. women will develop invasive breast cancer during her lifetime. That's roughly 12 percent of all women. Breast cancer is a disease that touches many of us.

Are You At Risk?

Just being a woman puts you at risk to a certain degree. The disease is 100 times more common in women than in men, possibly due to estrogen and progesterone hormones which may promote breast cancer cell growth. Risk increases as women age, and roughly two out of three invasive breast cancers are found in women 55 or older.

The presence of certain hereditary genes, such as BRCA1/2, can also increase risk for the disease, as well as for other cancers. Genetic testing can determine if a woman carries a mutated BRCA1/2 gene, but tests are only recommended for women who meet specific criteria. Your doctor can help determine if testing would be beneficial.

African American women are more likely than white women to develop advanced-stage breast cancer diagnosed at a young age, and they also have a higher mortality rate.

Risk Factors You Can Change

While certain risk factors can't be changed, such as being a woman, aging or carrying a specific gene, you can lower your risk for breast cancer by:

- Maintaining a healthy weight after menopause
- Staying active —The Women's Health Initiative found 1¼ to 2½ hours a week of brisk walking reduced risk by 18%
- Stopping hormone replacement therapy
- Reducing alcohol consumption
- Stopping smoking

What Symptoms May Indicate Breast Cancer?

The most common symptom is a breast lump or mass, which is usually painless. A hard mass with irregular edges is more likely to be cancerous than those that are soft or rounded. Less common symptoms include breast changes, such as: thickening or swelling, tenderness, skin irritation, or nipple abnormalities. Breast pain is usually caused by benign conditions and is not a common indication of breast cancer.

Mammography Saves Lives

Mammography is a valuable screening tool that can find cancer early, especially in women over 50. InterCommunity Cancer Center (ICCC) in Lady Lake, Fla., recommends women begin having mammograms at age 40 if they are at average risk, and then continue with annual screenings.

"I encourage women to be proactive about their breast health by getting regular screenings," said Dr. Hal Jacobson, medical director and radiation oncologist at ICCC. "The earlier breast cancer is found, the more treatable it is. I also urge women to protect their health by making lifestyle changes to reduce their risk for breast and other cancers."

Over the last decade, many innovative breast cancer treatments have been developed, offering new hope and healing to patients fighting this disease. InterCommunity Cancer Center has been at the forefront of bringing advanced radiation therapies for breast cancer to the region, giving patients the opportunity to receive these promising treatments close to home where they have the support of family and friends.

"We have made tremendous progress over the past few years in treating breast cancer with new radiation therapies," noted Dr. Jacobson. "It is very rewarding to bring these new treatments to our community so patients have convenient access to the latest therapies that offer the best outcome and quality of life."





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

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

Lady Lake
922 Rolling Acres Road
Lady Lake, FL 34748

(352) 674-6300
www.ICCCVantage.com



You are cordially invited to the InterCommunity Cancer Center’s

*6th Annual
Survivor’s Reunion*

Friday, November 18, 2016

5 PM to 7 PM

American Legion Post

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Lady Lake

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Food & entertainment will be provided.

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352-674-6340

Pre-register at www.icccvantage.com

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

ONE-ON-ONE

Physical and Occupational Therapy

Physical therapy is treatment designed to help people live a full, active life: to move easily through their required activities as pain-free as possible. Physical therapists are trained to evaluate individual problems, interpret how the body adapts to those problems, and to provide treatments that help prevent further injury.

Physical therapists are trained to identify deficiencies in the biomechanics of the body.

Working with a physical therapist can target specific areas of weakness in the way our bodies work. They can relieve stress and help the body function without pain. Occupational therapists are trained more specifically on hand, wrist, and shoulder dysfunctions.

They are able to develop a treatment plan that includes pain relieving modalities, hands-on treatments such as soft tissue and joint mobilization, and provide exercise programs that help return patients to their previous level of function. The ultimate goal of physical therapy is to allow patients to return to their lifestyles with less pain, and to live without the need for further treatment.



Mike Smith, Vestibular Certified Physical Therapist

Can you benefit from physical therapy?

Most people can benefit from therapy. Although most of our patients are referred by a physician, not all insurances require one. Physical therapists can treat people with or without injuries, and chronic and acute problems. There is not a "one size fits all" treatment. Instead, physical therapists believe that treatment should be based on the individual – their lifestyle, issues, goals, and other factors.

Physical therapists treat the whole body. Many physical therapy patients receive manipulation/mobilization, and personalized strength training as part of the holistic approach to strengthen the body, rid the patient of pain and prevent reinjury.



Wim Vergauwen, Certified Manual Therapist



Vance Forde,
Physical Therapy Assistant

An additional goal is to empower the patient with self-treatment by educating them on specific exercises to perform on their own.

Physical therapy can be a very successful alternative to surgery. Many surgeons require at least a trial of physical therapy prior to surgery. Of course, some conditions require surgery and physical therapy in combination.

Physical therapists are the best-trained practitioners of rehabilitation of post-surgical problems.

Physio Med provides Physical and Occupational Therapy and Rehabilitation for:

- Osteoarthritis
- Neurological Disorders
- Vestibular and Balance Disorders
- Numbness, Tingling, and Neuropathy
- Lymphedema
- Sports, Auto, and Personal Injuries
- Post Surgical Rehabilitation
- Headaches & Migraines
- Hand & wrist injuries

The One-On-One Difference

The Physio Med Rehab therapists pride themselves in providing one-on-one care that is patient-centered and customized to your individual needs. We help you to understand how your condition is affecting your life. We teach you to restore function and achieve your goals. We will get you back to work, back to play, and back to living.



Nancy Schmeltzer, Occupational Therapist

Our qualified licensed Physical Therapists utilize a functional approach to rehabilitation. Each patient is given a thorough evaluation and a treatment plan is developed based on your individual needs.

Our experienced Physical Therapists are expertly trained in evaluation human movement and body mechanics. We specialize in identifying and detecting muscle imbalances and joint dysfunctions that lead to injury.

Our staff is highly skilled in detecting postural imbalances, muscle weakness, flexibility concerns, joint breakdown, repetitive trauma, improper body alignment and poor functional movement patterns.

At Physio Med we not only treat the condition, we determine the cause of the problem. Once we have established the cause, the therapist develops an extensive treatment plan consisting of manual therapy and a sound corrective exercise program. This program is geared to train the body how it is used in everyday life (or in a specific sport).

Our therapists educate patients about their injuries and explain what to expect from their rehab process. Patients are taught a thorough home exercise program before they are discharged giving them the tools they need for continued success.

Wim Vergauwen, MPT, CMT explains the importance of one-on-one care, "We follow each patient through every exercise to ensure they are performing it correctly because if not they will not fully benefit from the therapy. We are trained to look at the whole body and assess the patient at every therapy session because one problem can lead to another. We want to prevent future issues while correcting current ones."

Our therapists provide a personal, hands-on, involved approach to customer patient care. Professionals that will give you all the support you need to heal while in a friendly, comforting environment. More importantly, at Physio Med, we believe in bringing you a one-on-one experience. "It is important that each patient has the full attention of their therapist during their appointment. A patient should never have to share the time of their therapists."

If you are recovering from an injury or have any of the conditions listed above that can be relieved with physical therapy, contact your physician to request a referral, or contact Physio Med for more information, and to schedule a consultation (352) 365-1114.

Wim Vergauwen, MPT, CMT - Owner
Certified Manual Therapist



Wim was born in Belgium and received his Master's degree in Physical Therapy in 1991 from the University of Leuven, Belgium. He also received his European Master's degree of Adapted Physical Activities in 1992 in Copenhagen, Denmark. Wim has more than 25 years experience in outpatient facilities. He is respected throughout his field for his competence and expertise in the treatment of spinal disorders. Wim has been an adjunct instructor for the Physical Therapy program at the University of Central Florida, and as a Certified Manual Therapist, he has also been an instructor of continuing education courses.

Scottie Bull, PT, CLT-LANA - Owner
Certified Lymphedema Therapist



Scottie received her Bachelor's degree in Physical Therapy from the University of Central Florida. She has been an outpatient therapist since her graduation on 1997. She has over 20 years of experience in outpatient rehabilitation settings and in 2001 she began specializing in the treatment of Lymphedema. That same year, she implemented a Lymphedema support group which continues to meet monthly. In 2009, Scottie met her professional goal of achieving national certification as a lymphedema therapist from the lymphology Association of North America (LANA). Currently, she is the only LANA certified therapist in Lake County.



PHYSIO MED
Outpatient Rehabilitation Center
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Lifestyle Solutions MedSpa

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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CALL NOW TO RSVP - LIMITED SEATING

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|-----------------|--------------------------------------|-----------------|-------------------------------------|
| Oct 11th | Holiday Inn Conference Center, Ocala | Nov 8th | ImageLift Office, The Villages |
| Oct 25th | Waterfront Inn, The Villages | Nov 15th | Gabby's Event Center, Clermont |
| Nov 1st | Stonecrest Country Club, Summerfield | Nov 30th | Citrus Hills Country Club, Hernando |



Dr. Castellano



THE VILLAGES // 8630 East County Road 466
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Patient and any other person responsible for payment has a right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination, or treatment that is performed as a result of and within 72 hours of responding to ad for the free, discounted fee, or reduced fee service, examination or treatment.

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
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**Office:
352-350-1525**



**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 Associations 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



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

Coach Jimmy K

Tired of weekly doctor's visits and dealing with pain until your next appointment? Are you looking for a proven, natural, non-invasive and drug-free alternative to aid with your health conditions? Look no further, the DENAS PCM6 device is available to you at the Denas Pain Relief Store. This device is designed to address pain, promote energy, and speed up healing using a natural pain-free approach. The DENAS PCM 6 device can take care of those issues helping you repair, heal and restore naturally.

DENAS PCM 6 is a superior advanced SCENAR device that is a compact portable solution that fits in your hand at home or on the go. No special medical education is required for effective use of the device. Denas technology helps you overcome acute or chronic health issues and restore body's lost functions from conditions that started years ago. The DENAS PCM 6 has many natural healing capabilities without the use of drugs.



Denas delivers when others fail.

The DENAS device uses a mild electrical signal that's placed over a person's skin on areas of pain. The dermal nerve receptors in the skin send these signals through the central nervous system to the brain. The neuro-electrical impulse mirrors the body's natural nerve signal so the body accepts it as organic and natural which explains the rapid and effective results. The brain reacts by releasing neuropeptides natural healing and regulatory substances, including some of the strongest known painkillers such as endorphins. It differs from TENS machines, because it encourages the body to heal itself, whereas TENS uses electrical signals to temporarily block pain signals from reaching the brain.

40 years of clinically proven results

While the FDA has approved SCENAR for muscle re-education, bio-feedback, and the treatment of pain. Russian physicians have long used SCENAR to treat virtually all organ systems: musculoskeletal, nervous, digestive, pulmonary and cardiovascular. With over forty years of published research and

proven results in hospitals and clinics throughout Russia, Europe, and the United Kingdom. Russian experience demonstrates SCENAR effectiveness in close to 90% of all patients treated, with full healing noted in two out of every three patients, and significant improvement and recovery in the rest. DENAS SCENAR is now available so you can enjoy the benefits of this affordable pain relief device that is Drug free, safe & effective.

Recommended by Chiropractors

Hi I just wanted to drop a quick thank you to Coach Jimmy K. The products his store offers and the superior service is unparalleled. Denas products are world renown for quality and innovation. Feel confident in your purchase from Coach Jimmy K. I have used these products with great success in my practice. I also teach Acupuncture and these devices are great for acupuncture without needles. These products are excellent for practitioners and easy to understand for personal use at home. They work great, provide amazing results and save the Doctor's time.

*Dr. Timothy Ramos Sr, BS, DiHom, LAc, FIAMA, DC
- Alabama*

The Vertebra 2 - Worlds Most Advanced Device for Chronic Back Pain & Injuries

Utilizing 48 separate electrodes the Vertebra 2 pulses random frequencies into the spinal vertebrae while continually reading the body's reaction through a biofeedback program. This helps release neuropeptides and endorphins that helps the body repair internal issues without the use of drugs or invasive surgery. The perimeter electrodes work to help internal organs to regenerate, repair and return to a homeostasis balance. There are 5 different programs to choose from and is user friendly for both professional and personal use. Praised by Chiropractors and Acupuncturist worldwide for the amazing results they have achieved using the Vertebra 2.



OMI PEMF Therapy a Healthier Body

Oxford Medical Instruments (OMI) PEMF Therapy System is an affordable home use and professional device. This system utilizes the same pulsed electromagnetic field technology as the more expensive systems like the Medithera, QRS, Bemer and IMRS2000 and is just as effective at a fraction of the cost thus saving you thousands of dollars over the other PEMF companies that pay MLM distributors high sales commissions. (OMI) PEMF Therapy Systems are available as a Full Body Mat, PulsePad or Therapy Ring.



Benefits of PEMF

Magnetic fields are also known to stimulate the acupuncture meridians and are even more beneficial than the therapy itself. They can stimulate the endorphins & bring about hormonal changes in the body. Magnetic fields cause a lot of activities occur simultaneously at the cellular levels within the body. However, even the body decides the activity that needs to take place immediately and ignores the rest. The body decides what needs to happen within the body and what not during the healing process.

The magnetic fields offer several benefits to the body during the treatment process. They reduce the muscle tension, stimulate the immune system, improve circulation, improve the cell function, detoxify the body, improve sleep, enhance the rate of nutrient uptake, balance the endocrine systems, balance acupuncture meridians, reduce stress, reduce inflammation and also regenerate tissues within the body.

For more Information about The OMI PEMF Systems and the DENAS PCM 6 call Coach Jimmy K and staff at 503-395-4142.



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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 Zuber AG, Winawer SJ, Waye JD, et al. Colonoscopic Polypectomy and Long-Term Prevention of Colorectal-Cancer Deaths. *N Engl J Med* 2012; 366:687-696
 2 Rockey DC, Paulson E, Niedzwiecki D, et al. Analysis of air contrast barium enema, computed tomographic colonography, and colonoscopy: prospective comparison. *Lancet*. Jan 22-28 2005;365(9456):305-311
 3 Brenner H, Chang-Claude J, Seiler CM, Sturmer T, Hoffmeister M. Potential for colorectal cancer prevention of sigmoidoscopy versus colonoscopy: population-based case control study. *Cancer Epidemiol Biomarkers Prev*. Mar 2007;16(3):494-499.



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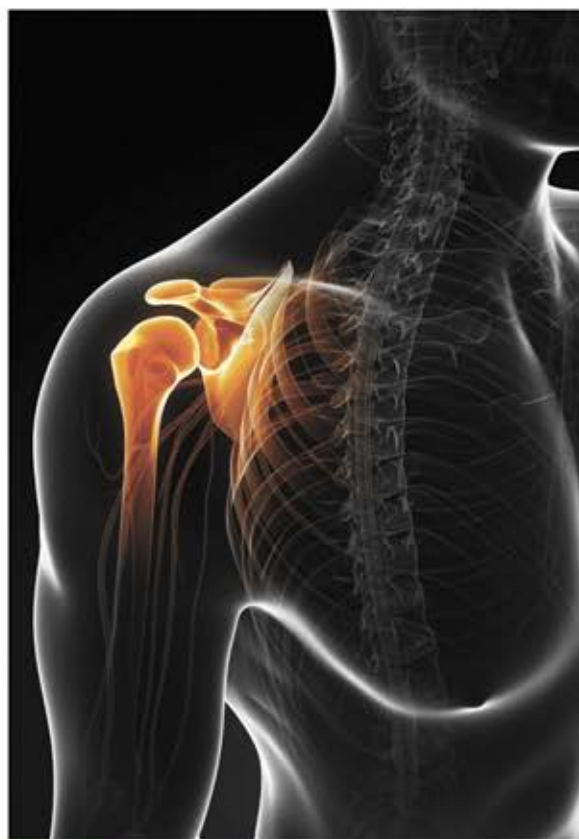
Shoulder Pain

By Compton Chiropractic Care

Shoulder pain affected 14 million people in 2003, and that number has increased as the population has aged. Today estimates suggest that shoulder pain affects 49% percent of the population in America over the age of 60. A large majority of those affected will seek a surgical procedure at some point to alleviate the pain. Unfortunately painful and expensive surgery is not always successful in resolving shoulder symptoms. In some cases, surgery can cause more harm than good due to nosocomial infections (infection caused by hospital stay). The goal in treating all patients is to use the least invasive treatment methods first. For years this has meant many sessions of physical therapy but recently an increasing number of patients are discovering for themselves that DC's (Doctors of Chiropractic) can successfully treat many causes of shoulder pain. Currently there is an increasing trend for patients with joint pain to see a Chiropractor prior to surgery. Research shows these patients report better results that last longer than with medication and therapy alone.

The Anatomy:

The adult shoulder joint is an interesting joint from a physiological and anatomical perspective. Shoulder joints aka glenoid-humeral joints are a ball and socket connection much like your hip joint. Unlike a hip joint however, the shoulder is composed of an oversized ball on the humerus and an undersized socket made by the scapula and clavicle. Due to the size difference the ball does not lock into the socket. Rather is held in place by many muscles and tendons known as the rotator cuff. These muscles and tendons cover the head of your upper arm bone and attach it to your shoulder blade, keeping your arm bone centered in the shoulder. The human shoulder joint by its very nature is an unstable joint leading to over a dozen common injuries.



Why Chiropractic:

On a daily basis Chiropractors and medical doctors work together to achieve overall health for their mutual patients. Currently, DC's are known as musculoskeletal specialists in the medical field and work with every joint in the body not just the spine. Chiropractic is now a popular alternative to painful expensive surgical procedures and pain pills. Chiropractic has become so extremely popular that millions of patients seek care on a daily basis. DC's, like surgeons, treat the cause of pain rather than giving medication or injections which have become common short term fixes. They will however work with your primary physician should medication be indicated during the course of care.

Commonly Treated Shoulder Problems:

- Frozen Shoulder
- Bursitis
- Rotator Cuff Sprain/Strain
- Adhesive Capsulitis
- Partial Rotator Cuff Tear
- Joint "locking" or "Popping"
- Restricted Motion

Other Commonly Treated Conditions Affecting the Arm:

- Thoracic Outlet Syndrome
- Golfers Elbow
- Nerve Entrapment
- Carpal Tunnel
- Tennis Elbow
- Radiculopathy
- Herniated Disc

What's the Difference Between Chiropractic and Therapy

DC's are physicians and receive more education than therapists. These days the line between the two professions is becoming blurred as therapists begin to use care protocols that Chiropractors have used for decades. Therapists are usually involved in treatment of shoulder pain however there is a key component to treatment that they cannot deliver. Manipulation of the glenoid-humeral and scapula-thoracic joints is paramount in many shoulder injuries. Only a trained Doctor of Chiropractic is capable of delivering a manipulation with attention to depth, speed and force. Additionally, patients do not need to be referred to a DC as they do a therapist. This drastically simplifies the scheduling and insurance process for the patients.

What makes Compton Chiropractic different?

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. 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 and has been Medicare accredited by The Healthcare Quality Association on Accreditation (HQAA) to dispense braces for the spine and extremities. Only a small percentage of Offices in the country hold this unique accreditation. So stop suffering and contemplating and call us today to schedule a visit. (352) 391-9467.

Compton Chiropractic Care
352-391-9467

COMPTON CHIROPRACTIC CARE

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

Our Philosophy

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

Our Facility Offers

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

Accepting

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



TESTIMONIALS

• *When I first walked into Compton Chiropractic, I was skeptical and my arm would hardly move without pain. In six visits I was 100% better and back to pickle ball.*

-T.T.

• *This office has the best docs and staff.*

-D.A.

• *Very caring and professional treatment. I will recommended to all my friends. Thank you!*

- K.W.

Doctor Compton's office is located in The Palm Ridge Plaza off CR 466 and they accept all major insurances. Office hours are M-F from 9am to 5 pm and Saturdays 9-2.

Compton Chiropractic added on another physician, Dr. Daniel Taylor to their practice. With three physicians on staff, Compton Chiropractic can now more effectively serve it's increasing patient base.

Feel free to set up a free consultation to meet with one our doctors in order to determine what treatment plan may be right for you!

New Patients Welcome!

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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

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

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

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

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

Who Can Benefit From AMT?

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

What Types of Pain & Medical Issues Does it Help?

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

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



Are There Side Effects?

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

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

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

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



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

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Important Things to Know About Home Inspections

If you're hiring someone to inspect the home you want to buy, or you're a seller trying to find out if there are any hidden problems that need fixing before you put your home on the market, here are five things you need to know:

1. You can choose your home inspector.

Your real estate professional can recommend an inspector, or you can find one on your own. Members of the National Association of Home Inspectors, Inc. (NAHI), must complete an approved home inspector training program, demonstrate experience and competence as a home inspector, complete a written exam, and adhere to the NAHI Standards of Practice and Code of Ethics.

2. Home inspections are intended to point out adverse conditions, not cosmetic flaws.

You should attend the inspection and follow the inspector throughout the inspection so you can learn what's important and what's not. No house is perfect and an inspection on any home is bound to uncover faults. A home inspector will point out conditions that need repair and/or potential safety-related concerns relating to the home. They won't comment on cosmetic items if they don't impair the integrity of the home. They also do not do destructive testing.

3. Home inspection reports include only the basics.

A home inspector considers hundreds of items during an average inspection. The home inspection should include the home's exterior, steps, porches, decks, chimneys, roof, windows, and doors. Inside, they will look at attics, electrical components, plumbing, central heating and air conditioning, basement/crawlspaces, and garages.



They report on the working order of items such as faucets to see if they leak, or garage doors to see if they close properly. Inspectors may point out termite damage and suggest that you get a separate pest inspection. The final written report should be concise and easy to understand.

4. Home inspectors work for the party who is paying the fee.

The NAHI Standards of Practice and Code of Ethics clearly state that members act as an unbiased third party to the real estate transaction and "will discharge the Inspector's duties with integrity and fidelity to the client." A reputable home inspector will not conduct a home inspection or prepare a home inspection report if his or her fee is contingent on untruthful conclusions.

The inspector should maintain client confidentiality and keep all report findings private, unless required by court order. That means it is your choice whether or not to share the report with others. If you're a seller, you don't have to disclose the report to buyers, but you must disclose any failure in the systems or integrity of your home.

5. Inspectors are not responsible for the condition of the home.

Inspectors don't go behind walls or under flooring, so it's possible that a serious problem can be overlooked. Keep in mind that inspectors are not party to the sales transaction, so if you buy a home where an expensive problem surfaces after the sale, you won't be able to make the inspector liable or get the inspector to pay for the damage. In fact, you may not be entitled to any compensation beyond the cost of the inspection.

As a buyer, you need the home inspection to decide if the home is in condition that you can tolerate. You can use the report to show the seller the need for a certain repair or negotiate a better price. You can also take the report to a contractor and use it to make repairs or to remodel a section of the home.

One thing you should not do when buying a home is skip having the home inspected because of cost or undue pressure by the seller. A home inspection is reasonable, it can save you money in the long run, and it's required by many lenders, particularly for FHA loans. There's a reason why buyers should beware, and a home inspection gives you the information you need to make a sound buying decision.

If you are planning to buy or sell a home in the near future and have questions about the local market, call The Trout Team at 352-208-2629.

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email: judy@judytroutrealestate.com



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Your Knees

Walking, standing and exercising puts a lot of strain on our knees. For example, a person that weighs 150 lbs. walking up a flight of stairs will put approximately 500lbs of pressure on their knees with each step. Not only is the knee the most intricate of all the joints in the body, it is also the most susceptible to arthritis. There are multiple types of arthritis that affect the knees, but osteoarthritis (OA) is by far the number one type that surpasses all others.

What is Osteoarthritis (OA) of the Knee?

Cushioned in between the 3 bones of the knee (the femur, tibia and patella) is an articular cartilage, which acts a shock absorber. This cartilage is smooth and susceptible to much wear and tear, and once this starts to happen, the cartilage literally begins to break down and wear away. This can cause soreness, swelling and stiffness, and it is the beginning stages of osteoarthritis, or damaged and inflamed cartilage, leading to bone rubbing against bone., which in turn causes bone spurs and a great deal of discomfort.

Osteoarthritis develops slowly and the pain becomes worse with time. This type of arthritis is also known as degenerative , and it is often associated with the aging process. But consequently, it can also affect younger people too. The pain can be debilitating and interfere with daily activities, affect your ability to work, play golf, walk, and create limited range of motion in your life.

What Can be Done to Alleviate the Pain?

At Physicians Rehabilitation we know the importance of making procedures available to you that do not require surgery. With Osteoarthritis of the knee, our goal is to get you out of pain and back to living your life the way that you deserve.

Viscosupplementation

In our practice, we have seen tremendous results with Viscosupplementation combined with physical therapy. Our success rate to date is at virtually 100 percent patient satisfaction (visit our website for a free downloadable copy of the report). Viscosupplementation is an injectable FDA

approved substance that mimics the synovial fluid found naturally in the joint. Synovial fluid is made up of hyaluronic acid and helps to protect the knee joint. As the cartilage degenerates, and as we age, the synovial fluid becomes thinner, less viscous, and does not act as the protector of the joint. Viscosupplementation is a welcomed benefit for relieving pain, and for getting your knee joint back to doing its job, while acting as a cushion against friction.



The procedure can be done in our office and only takes a few minutes. After locally numbing your knee, the procedure is monitored under a fluoroscopic image, which essentially is a moving X-ray. This allows the physician to see the inside of your knee while it is in motion. The practitioner will have the ability to see exactly where the FDA approved Viscosupplementation is being placed within your knee. You'll receive approximately five injections at one week apart. The results of this virtually pain free treatment may last from 6 months to 2 years! Physicians Rehabilitation has become the expert on providing great results when this process is paired with physical therapy. Many of our patients report feeling pain relief immediately, while others cumulatively see results within a few short weeks.

As mentioned earlier, because our bodies cannot ever regenerate cartilage , this option cannot be overlooked! Why would anyone live with the unbearable pain of OA in the knee? When within a few minutes, you could be well on your way to more flexibility, greater movement with better range of motion, and be pain free.

If you or a loved one is suffering from knee pain caused by OA, please call our office at (855) 276-5989, or visit us online at www.PhysiciansRehabilitation.com for more information.

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941-702-9575

Lady Lake Office:
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Lady Lake, FL 32159
352-775-3339

Sun City Center Office:
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Sun City Center, FL 33573
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TOPICAL PAIN RELIEF COMPOUNDS: TARGETED TREATMENT – RAPID RECOVERY

Pharmacy compounding is the art and science of preparing personalized medications for patients. Compounded medications are “made from scratch” – individual ingredients are mixed together in the exact strength and dosage form required by the patient. This method allows the compounding pharmacist to work with the patient and the prescriber to customize a medication to meet the patient’s specific needs.

At one time, nearly all prescriptions were compounded. With the advent of mass drug manufacturing in the 1950s and 1960s, compounding rapidly declined. The pharmacist’s role as a preparer of medications quickly changed to that of a dispenser of manufactured dosage forms, and most pharmacists no longer were trained to compound medications. However, the “one-size-fits-all” nature of many mass-produced medications meant that some patients’ needs were not being met.

There is perhaps no other specialty that appreciates the problem-solving abilities of compounding more than that of pain management. By the time many chronic pain patients are seen by a pain management physician, they are unable to work due to excruciating pain, are depressed from being in constant pain and are treated like addicts by those who are unfamiliar with chronic pain conditions and its treatment. Often times, the pain management specialist is the chronic pain patient’s last hope for pain relief. By this time, they have tried multiple medications offering little relief. This is when the pain management physician must think outside of the box.



Because patients vary in size, symptoms and pain tolerance, commercially available medications often do not provide appropriate dosage strength for the adequate relief of pain. Through compounding, however, a physician and pharmacist can customize a pain relief formula to meet the patient’s specific needs. Development of topical gels/creams capable of supporting multiple classes of medications while enhancing penetration and subsequent delivery of drug entities across the skin barrier allow for a non-invasive, convenient and relatively adverse event free mechanism for accomplishing this tailored care. In fact, some doctors have found that multi-ingredient compounded topical pain relief formulations provide relief more quickly than their commercially prepared single-entity counterparts.

Delivery systems are specially designed to carry medications through the skin directly to the site of the patient’s pain. Topical delivery has many advantages over traditional oral medications, including:

- Non-addictive
- Direct delivery to the site of the pain
- Minimal absorption into the bloodstream
- Fewer side effects, if any at all
- Reduced possibility of adverse drug interactions
- Reduced organ toxicity
- Decreased inflammation
- Measurable and identifiable pain relief
- Greater effectiveness and results



Another great advantage of compound formulations is that they can be easily adjusted according to the patient’s changing medical needs.

Compounded topical analgesics are extremely effective in relieving the pain that accompanies so many life-limiting and life-threatening diseases. In fact, some doctors believe that in order to help their patients heal, rather than just treat symptoms which provides the illusion of health, the prescribing of a compounded topical pain relief formulation is warranted.

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October is Breast Cancer Awareness Month

Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancerous) if the cells can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. Breast cancer occurs almost entirely in women, but men can get it, too.

Breast cancers in women can start from different parts of the breast. Most breast cancers begin in the ducts that carry milk to the nipple (ductal cancers). Some start in the glands that make breast milk (lobular cancers). A small number of cancers start in other tissues in the breast. These cancers are called sarcomas and lymphomas and are not really thought of as breast cancers.

It's also important to understand that most breast lumps are not cancer; they are benign. Benign breast tumors are abnormal growths, but they do not spread outside of the breast and they are not life threatening. But some benign breast lumps can increase a woman's risk of getting breast cancer. Any breast lump or change needs to be checked by a health care provider to determine whether it is benign or cancer, and whether it might impact your future cancer risk.

Symptoms

Knowing how your breasts normally look and feel is an important part of keeping up with your breast health. Finding breast cancer as early as possible gives you a better chance of successful treatment. But knowing what to look for does not take the place of having regular mammograms and other screening tests. Screening tests can help find breast cancer in its early stages, even before any symptoms appear.

The most common symptom of breast cancer is a new lump or mass. A painless, hard mass that has irregular edges is more likely to be cancerous, but breast cancers can be tender, soft, or rounded. They can even be painful. For this reason, it is important to have any new breast mass or lump or breast change checked by a health care professional experienced in diagnosing breast diseases.

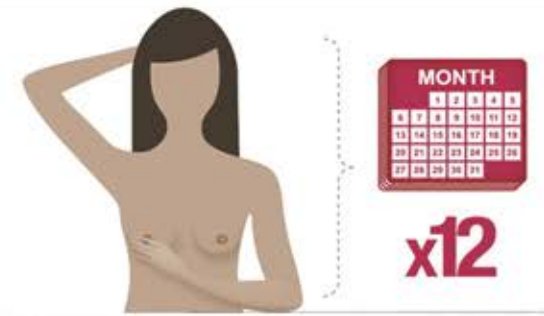


Other possible symptoms of breast cancer include:

- Swelling of all or part of a breast (even if no distinct lump is felt)
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness, or thickening of the nipple or breast skin
- Nipple discharge (other than breast milk)

Sometimes a breast cancer can spread to lymph nodes under the arm or around the collar bone and cause a lump or swelling there, even before the original tumor in the breast tissue is large enough to be felt. Swollen lymph nodes should also be reported to your doctor.

Although any of these symptoms can be caused by things other than breast cancer, if you have them, they should be reported to your doctor so that he or she can find the cause. Because mammograms do not find every breast cancer, it is important for you to be aware of changes in your breasts and to know the signs and symptoms of breast cancer.



Perform a monthly self-examination

Women should perform a self breast-exam each month and any changes or abnormalities should be discussed with a doctor or physician.

1) In the Shower

Using the pads of your fingers, move around your entire breast in a circular pattern moving from the outside to the center, checking the entire breast and armpit area. Check both breasts each month feeling for any lump, thickening, or hardened knot. Notice any changes and get lumps evaluated by your healthcare provider.



2) In Front of a Mirror

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.



3) Lying Down

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.



Source: Nationalbreastcancer.org
Cancer.org

Tips for Preserving Eye Health

With increasing pollution and levels of dust and grime our eyes need special care and attention. While we typically look after our skin, hair and other parts of the body, we tend to neglect eye care. As we grow older, it is common for our vision to weaken.

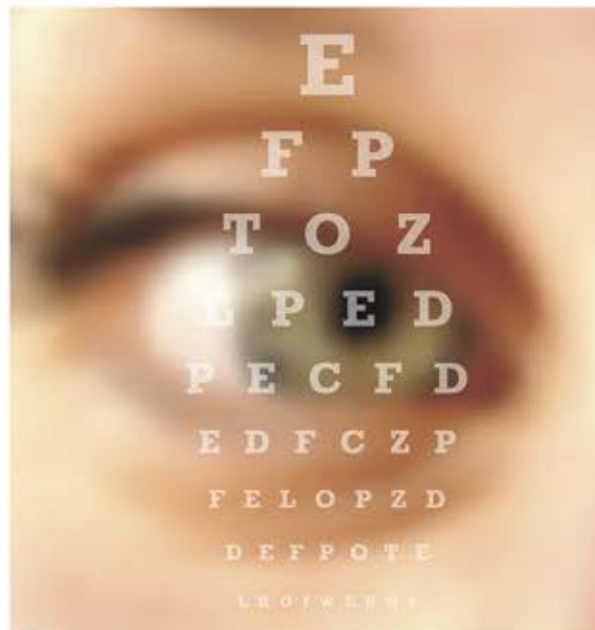
Vision problems such as glaucoma, cataracts, age-related macular degeneration, and diabetic retinopathy are common among older adults. You can't prevent your eyes from aging, but you can slow age-related damage by taking care of your eye health.

The following tips can help you take care of your eyes and preserve clear vision:

Increase consumption of fruits and vegetables.

The first and foremost in eye care is the diet. Make sure that your intake includes plenty of fruits and vegetables specially those with yellow and orange pigments a yellow ones like carrots, mangoes, papaya, corn, squash, and citrus fruits. Leafy dark green vegetables like kale and spinach also promote eye health. All of these foods are rich in beta carotene which helps to have healthy eyes.

Wear sunglasses and a hat. The sun's ultraviolet (UV) rays can damage eyes just as they can damage skin. The best way to protect eyes from sun rays, especially during peak daytime is to wear sunglasses with UV filters. If you plan to be outside for long periods of time, wear a wide-brimmed hat for extra protection from UV rays.



Do not rub. Avoid excessive rubbing of your eyes as the irritation caused due to rubbing or touching will only cause more puffiness. Instead just blink your eyelids. Blinking is a good massage and exercise to the eyes.

Take frequent breaks. Another way to prevent eyestrain is to take frequent breaks from the computer screen, reading materials, and television. It is recommended to look away every 10 minutes for 15 seconds to give your eyes adequate rest.

Turn the lights on. While you won't permanently hurt your eyes by reading or working in a dimly lit area, you can cause temporary eyestrain, which can lead to headaches and fatigue. Protect your eyes by making sure your workspace is adequately lit.

Exercise regularly. Simple every day eye exercises like closing your eyes gently for 30 seconds to relax them in between your work, rotating your eyes often to relax muscles and moving your eyeballs from extreme left corner to the right corner is good for maintaining healthy eyes. To prevent blurred vision follow this simple exercise: hold a pencil at arm's length and slowly bring it towards your nose, keeping eyes focused at all times.

Get adequate sleep. Rest is vital in the eye care routine. It will not only refresh the eyes but also improve their efficiency. Getting adequate sleep keeps your whole body refreshed, including your eyes.

Get regular eye exams. Starting at age 40, get annual eye exams and have your eye doctor look for signs of eye damage. Even if you have no complaints it's important to see a doctor and have a routine eye check up. Many potentially serious vision problems can be successfully treated if they are detected early enough. If you experience cloudy, blurred or double vision, or any other eye pain seek the care of your eye doctor for proper diagnosis and treatment before the problem becomes permanent.

You can't stop time, but you can take care of your eyes so that they remain healthy as you age. Having clear vision is possible at any age. The above eye care tips will ensure that your eyes remain healthy and beautiful for a very long time.

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

The Life Care Program

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

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

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

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

Entry Fee Advantages

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

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



Independent Living

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

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

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

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

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



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



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Hungry Heart

By Alex Anderson,
Senior Associate Pastor at Bayside Community Church

The songwriter and performer Bruce Springsteen was right when he wrote,

"Everybody's got a hungry heart..."

Inside of every human is this need or hunger. Sometimes we try to fill it with love for another person, but for some reason...another person is not the answer.

Sometimes the hungry heart destroys the very things we love and want.

Springsteen goes on to sing,

"We fell in love, I knew it had to end...we took what we had and we ripped it apart...everybody's got a hungry heart...don't make no difference what nobody says...ain't nobody like to be alone...everybody's got a hungry heart."

I do believe our hungry heart is about loneliness, not for another human...but for God himself. We were created in the very image of God (Genesis 1:26) but when man left *God*...man missed, and still misses, God. They had a bond that filled man with joy and satisfied his heart like nothing else.

C.S. Lewis calls this the, "Numinous Awe." It seems to be built into mankind, this *ravenous hungry heart to know God*. And it's so strong nothing can fill it but God himself.

Psalms 34:8 says, "*Taste and see that the Lord is good.*"

And the truth is... If you don't get that deep ravenous hunger in your heart satisfied by Jesus you will starve to death spiritually, while eating everything else.

So how do you do that? How do you find the true satisfaction that calms your hungry heart?



If you are a Christ-follower, then you know how to do this. You...'do again'...something that you have already experienced when you asked God to be your Lord and Savior. You "make up" with God and you're back to stay.

You are so glad to be back together. Glad that God owns you and your life. So you decide to be happy because God owns you and is your life partner (Philippians 4:4).

Feel the pleasure, the joy and the delight again about Jesus being your master. Let this fact cause you happiness, pleasure and delight.

Be full of joy because Jesus paid a high price for your life. (1Corinthians 6:19-20).

Let the reality of what He has done sink over you.

Not only are you in His family now, but you can live the life of a victorious and joyful person of God; with all the rights and privileges of a child of rich royalty.

"You are my child says the Lord...my very rich child says the Lord...let the riches of your heart begin to overflow into all of your life." (3 John 2)

You can, should, and must rejoice always in the Lord...way before anything changes physically in your life.

The seed of hope and joy is there if you have become one with Jesus Christ. His seed is within you. If your hope is nonexistent then find the seed once planted deep in your heart by the Holy Spirit.

Like a precious pearl search for it (Matthew 13:45).

When you find it (that small seed), clean it up. Polish it and put it in the center room of your heart, shine the brightest light you can find on it and let its magnificent beauty captivate you. Stare at it with intentional focus as though you are searching and waiting for hope itself.

Its magnificent light will light up your life.

For it will change everything about you as you clearly see and feel the love that God has shed in your heart...that is for you (Romans 5:5).

It is so worthy of your time my friend to meditate and think about Jesus, again.

Whether things in your life are going well or not...you have the power of a Christ-follower to focus on Jesus...the author and finisher of your faith and the centerpiece of your heart.

Bon Appetit!

To your spiritual health,
Alex E. Anderson
Senior Associate Pastor at
Bayside Community Church
Author, *Dangerous Prayers*
alex.anderson@alexanderson.org
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