

CENTRAL FLORIDA'S

# **Health & Wellness** MAGAZINE<sup>®</sup>

December 2016

Lake/Sumter Edition - Monthly

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Through the Holidays

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Is The Only Way to  
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**THINK AGAIN**

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# Contents

December 2016

**6** ICCC Offers Tips for Cancer Patients on How to Enjoy the Holidays

**7** Convenient Access to Emergency Care Now Available

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

**9** Alternative Treatments Help Improve Quality of Life

**10** Stop Overlooking Signs of Incontinence

**11** Think Surgery Is the Only Way to Treat Spinal Stenosis? Think Again

**12** Staying Fit Through the Holidays

**13** Understanding Chronic Venous Insufficiency

**14** Stem Cells: Setting the New Standard for Treatment of Orthopedic Conditions

**16** The Big (But Tiny) Secret to Healthier & Happier Living

**18** Getting the Most from Relationships as We Live Longer

**19** Dry Skin or Athlete's Foot? Diabetic Patients, Beware!

**20** Energy Pulses Naturally Help the Body Repair and Heal Itself

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

**22** Progesterone VS. Progestin

**23** Selling Your Home During the Holiday Season

**24** Physio Med's Vestibular Rehab

**25** Tips for Preserving Eye Health

**26** Is Your Swing Hurting Your Back Or Is your Back Hurting Your Swing?

**28** Fish Oil, Salmon Oil, Cod Liver Oil, Krill Oil: What's the Difference?

**30** Visiting Loved Ones at Care Facilities During the Holidays

**31** Spiritual Wellness: The Greatest Love Story

## CONTACT US

Owner  
**Cristan Gensing**  
[cristan@gwhizmarketing.com](mailto:cristan@gwhizmarketing.com)

CREATIVE DIRECTOR  
**Sonny Gensing**  
[sonny@gwhizmarketing.com](mailto:sonny@gwhizmarketing.com)

EDITOR - Lisa Minic



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# InterCommunity Cancer Center Offers Tips For Cancer Patients On How To Enjoy The Holiday

**T**he busy holiday season is once again upon us. While most of us look forward to spending time with family and friends and enjoying the festivities that go along with this special season, it can be a difficult time for cancer patients and their loved ones. The typical holiday rush and added pressure that comes along with it often leave cancer patients and their families feeling left out and depressed, as they struggle to balance the reality of cancer with the expectations the holidays bring.

"Having cared for thousands of cancer patients over the years, we know a positive attitude plays a vital role in healing," said Dr. David Catalano, radiation oncologist at InterCommunity Cancer Center (ICCC) in Lady Lake, FL. "That's why it's important to be proactive about managing the holidays, rather than being overwhelmed and giving in to depression and feelings of sadness."

## Take steps to organize holiday activities

Here are a few things patients and their loved ones can do to make the holiday a bit more manageable, supporting wellness for the entire family:

### • Don't try to do everything you usually do

Consider scaling back this year, and concentrate on those things that are the most rewarding to you and your loved ones. Entertaining, going to parties and traveling for the holiday can be quite stressful, so pick and choose your activities carefully to prevent becoming overwhelmed and too tired.

### • Look for easier ways to do things

If you are not an online shopper, now is the time to try it. Catalog shopping is also a great solution, as well as gift cards. Consider buying your holiday treats this year, rather than baking them. If you normally host a big holiday dinner, ask someone else to step in and handle it this year, or suggest going to a restaurant instead.

### • Ask for help getting things done

Friends, neighbors and relatives are usually glad to help out when asked, so don't hesitate to call on your support network. They care about you and your loved ones and want to help. In fact, a lot of times these people really appreciate being asked to pitch in, as they feel like they are doing something positive to help you rather than just standing on the



sidelines. Let them know if you need a hand decorating or cleaning your house, running errands, wrapping gifts or helping with other activities.

## Be Thankful For The Small Things

Sometimes it's hard to be thankful for everyday blessings when you are battling such a tough opponent as cancer, but doing so can pay big dividends. Take a few minutes every day to push aside the darkness and negative feelings that often accompany this disease, and look for the good things that happened during the day, even if they are small events. Maybe you felt good today, or you spent time with someone you care about, or your test results were promising. These little things all add up, contributing to a positive outlook and outcome, so learn to acknowledge and celebrate these small gains whenever they occur.

"With the end of the year approaching, it's a good time to think about the many blessings of the past year," noted Dr. Catalano. "All of us at ICCC are so grateful to our patients and their loved ones, past and present, who have honored us by allowing us to care for them during their cancer journey. We are also grateful to this wonderful community that embraces us and our patients every day, and to our referring physician partners who play such a vital role in the care we provide. May all of you have a joyous, happy and healthy holiday."

For more information about InterCommunity Cancer Center, visit [www.ICCCVantage.com](http://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 Dr. David Catalano has exceptional expertise in treating breast, lung, prostate, gynecologic, skin and other cancers. ICCC is affiliated with Vantage Oncology which, along with The US Oncology Network, is part of McKesson Specialty Health's physician-led network of integrated, community-based oncology practices. This affiliation provides 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 focusing 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, peer-collaborated care. This empowers ICCC to offer academic-quality treatment in a community-based setting, providing exceptional cancer care close to home. To learn more, visit [www.ICCCVantage.com](http://www.ICCCVantage.com).

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# Convenient Access to Emergency Care Now Available

**R**esidents of Marion, Lake and Sumter Counties gained additional access to emergency care when Ocala Health opened its new Summerfield ER, a freestanding ER located on Hwy 441 adjacent to the Del Webb Spruce Creek community approximately six miles north of The Villages. The nearly \$10 million project employs approximately 40 full-time healthcare professionals.

It is estimated that the new Summerfield ER will serve more than 15,000 patients in its first year!

"The new Summerfield ER facility allows us to provide critical healthcare services in a more convenient setting for our patients," said Chad P. Christianson, CEO, Ocala Health. "We continually monitor development in Marion County, and our hospitals are seeing an increased number of patients from the Summerfield area. This new facility provides emergent care more closely to where our patients and their families live."

Summerfield ER, a 24/7 freestanding emergency room, offers all the resources you need for acute care of a serious illness or injury. The 10,500-square-foot facility brings comprehensive emergency services that are available at Ocala Regional Medical Center and West Marion Community Hospital to the residents of Summerfield, south Marion County, and north Lake and Sumter Counties.

#### Summerfield ER Features:

- 24/7 adult and pediatric emergency care
- 11 patient care rooms
- Diagnostic imaging including CT Scan, ultrasound and x-ray
- Laboratory services
- Dedicated, multidisciplinary team including physicians and nurses
- 40 full-time employees including nurses certified in Advanced Cardiac Life Support and Pediatric Advanced Life Support



The Summerfield ER is staffed around the clock by physicians, nurses and healthcare professional specifically trained to deliver emergency medical services at a moment's notice.



## Ocala Health

### Summerfield ER

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Ocala Health encompasses Ocala Regional Medical Center, a 222 - bed facility located in the heart of Ocala, and West Marion Community Hospital, a 94-bed hospital located in West Marion County. Ocala Health has the only Commission on Cancer approved cancer center in Marion County. The hospitals offer a host of other quality and award winning services including bariatric surgery, orthopedic care and joint replacement, robotic surgery, cardiac and vascular services including open heart surgery and interventional procedures, emergency, neurological and rehabilitation services. Ocala Regional Medical Center is also a Level II Trauma Center. Ocala Health's outpatient facilities include Family Care Specialists, a primary care network of seven locations throughout Marion County; Advanced Imaging Centers with two locations; a freestanding Wound and Hyperbaric Center; a Senior Wellness Community Center; and four surgical and physician specialty practices.



## 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**

**A**lthough colonoscopy exams prevent many colon cancer deaths<sup>1</sup> and are the gold standard, for detecting colorectal cancers,<sup>2</sup> the procedure is not completely effective in preventing cancer cases.<sup>3</sup> 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.**

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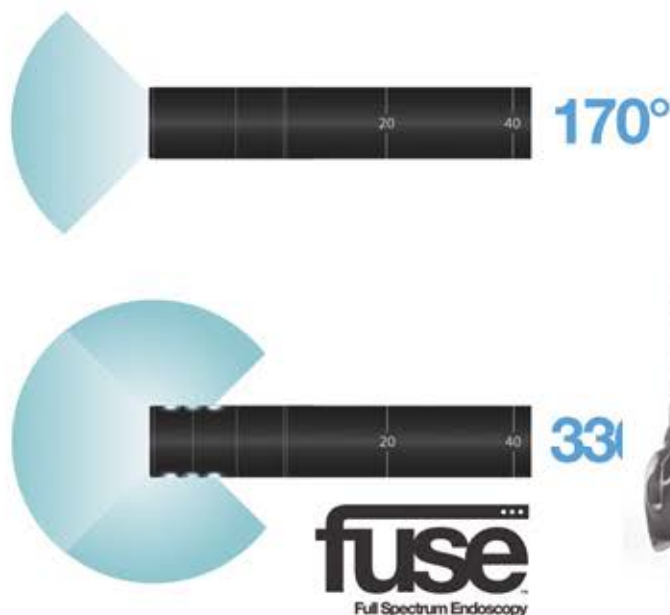
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# ALTERNATIVE TREATMENTS HELP IMPROVE QUALITY OF LIFE

By Phoebe Brown - Staff Writer

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

Movies like *Dallas Buyers Club* illustrate the struggles of being diagnosed with a chronic, progressive disease with few treatment options. The main character, Ron Woodroof, was diagnosed with acquired immune deficiency syndrome (AIDS) in

1986. At the time, there were limited treatment options available. Even with a terminal diagnosis, Woodroof refused to succumb to AIDS without a fight. He started to research various medicine and drug combinations, none of which were available in the United States at the time.

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

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

([www.lunginstitute.com](http://www.lunginstitute.com)), treats people with COPD, emphysema, pulmonary fibrosis, interstitial lung disease and other chronic lung diseases using stem cells from the patient's own body.

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

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

Although Woodroof lacked alternative treatment options in the United States, there are options available for people with chronic lung diseases. With clinics nationwide, the Lung Institute has treated over 3,000 patients. A recent study produced by the clinic indicated that 83 percent of patients saw an increase in quality of life after stem cell treatment, and 49 percent of those who took a pulmonary function test reported an increase in lung function. With medical advancements like stem cell therapy, addressing the disease at its source offers people an alternative that is helping them regain their quality of life.

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



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



# STOP OVERLOOKING SIGNS OF INCONTINENCE

**U**rinary Incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life for patients. Incontinence is classified as stress, urge, mixed and overflow.

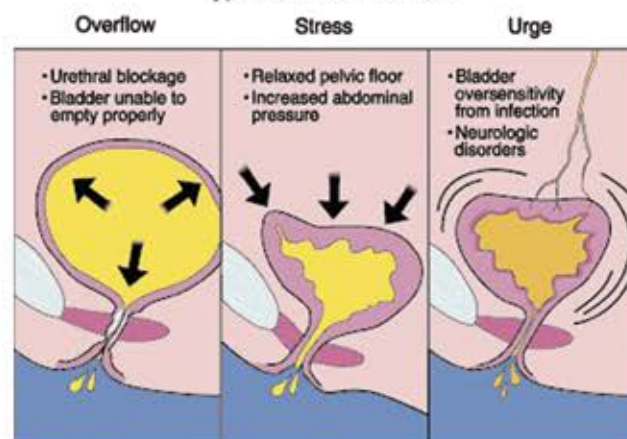
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UI) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily.

## Accidental urination can be triggered by:

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

## Types of Incontinence



There are two bladder abnormalities that are associated with UI: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer's disease
- Multiple sclerosis
- Parkinson's disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors

DO can occur due to multiple conditions, and many times as a sequel of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder overactivity. Conditions that can lead to DO include:

- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease



Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence.

The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.



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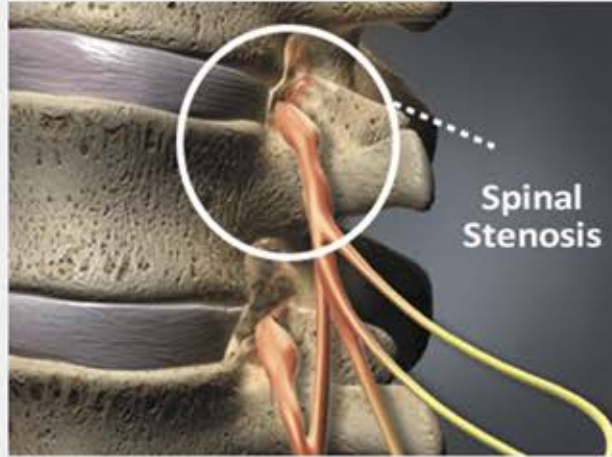
# THINK SURGERY IS THE ONLY WAY TO TREAT SPINAL STENOSIS? THINK AGAIN.

**S**pinal stenosis is a condition in which the open spaces within the spine become narrowed, irritating or pressing on the nerves along the spinal cord and causing neck, back, arm or leg pain, muscle weakness, numbness, tingling or hot/cold sensations in the back, neck or extremities. It is typically caused by arthritic changes due to aging, heredity, injury or overuse, or by thickening of the ligaments supporting the spine. Spinal stenosis tends to occur in people 50 and older in areas of the spine that get the most use, such as the neck and lower back. Spinal stenosis can refer into the arms or legs, causing pain, numbness or loss of coordination, and into the bowels, causing bladder or bowel control problems. Left untreated, muscle weakness and loss of sensation in the extremities may become permanent, so early treatment is important.

People suffering from stenosis of the spine obviously want to know what can be done to limit symptoms and prevent worsening of the condition. Luckily, there are effective treatments for spinal stenosis, most of which are non-invasive. "Most people don't need to have surgery for spinal stenosis," says Dr. Antonio DiSclafani, a neurosurgeon with Ocala Neurosurgical Center (ONC). "Pain and other symptoms can be effectively managed using other proven techniques."

Treatments include medication, steroid injections and physical therapy to build strength and stability and improve flexibility. "Patients are often surprised by the relief they can get by sticking to a prescribed regimen of simple exercises combined with pain relief protocols," says Dr. DiSclafani.

In the less-common situations where surgery becomes necessary, there are highly effective operations designed to reduce pressure on the spinal cord and nerve roots, including those that create more room within the spinal spaces, decompress



vertebrae, or fuse bones together to improve spinal stability and strength. Complications from these surgeries are uncommon and usually temporary, but patients should note that recuperation time for spinal stenosis surgery can be anywhere from six months to a year. "Because it involves a rather lengthy recovery time, we at ONC always elect to start with the most conservative treatment options available, and perform surgery as a last resort," says Dr. DiSclafani. "Most patients experience a big improvement in their mobility, stability and comfort without surgery, which is what it's all about. Surgery can be a tremendous relief for people who don't respond to other therapies, but most folks are surprised by what a little guidance and care can do to get them back to living comfortably and fully."

If your doctor has diagnosed you as having spinal stenosis and you're looking for safe, proven symptom relief as well as treatments focused on preventing the worsening of your symptoms, call the experienced and dedicated professionals of Ocala Neurosurgical Center. It's one small step that can produce big relief.

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**352-622-3360**



**ANTONIO DISCLAFANI, MD**

- In practice of neurosurgery since 1988. Joined Ocala Neurosurgery Center in 1993
- Board Certified in Neurological Surgery by the American Board of Neurological Surgery
- Medical Degree from the University of Texas Health Science Center in Houston
- Residencies at the University of Tennessee & St. Jude Hospital in Memphis
- Member, Alpha Omega Alpha Honor Medical Society
- Fellow, American College of Surgeons
- Fellowships in neuro-oncology, University of California at San Francisco & St. Jude Hospital in Memphis
- Certified by the National Board of Medical Examiners
- On staff at Munroe Regional Medical Center & Ocala Regional Medical Center

*Dr. Antonio DiSclafani, his partner neurosurgeons, Dr. Mark Oliver and Dr. Daniel Robertson, and their talented support team are dedicated to providing unsurpassed diagnostic and therapeutic care for a range of neurological and spinal disorders. Our foremost mission is to help you return to a life of health, comfort and vitality.*



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# STAYING FIT THROUGH THE HOLIDAYS

It's that time of year! The time of year where we make glorious memories with friends and family, and it's also the time of year that we inevitably pack on the pounds. Although, that's not necessarily the way that it has to go for you, because Lifestyle Solutions MedSpa has some beneficial tips for maintaining and even possibly losing weight along the way.

## A few guidelines to keep you on track

- Drink plenty of water
- Eat the vegetable crudité platter instead of the fried appetizers
- Work out in the morning of a big event or family get together
- Eat a healthy breakfast and lunch before the big meal. Don't wait to stuff yourself full later in the day.
- Eat one plate. Don't reach for seconds
- Enjoy one small dessert if you so desire
- Limit your alcoholic beverages
- Get back on track the very next day!

The biggest tip of all is to go easy on yourself. It's the Holidays, not that it's an excuse to completely overindulge, but it is a time for rejoicing, reflecting, socializing and enjoying family and friends. So, not that you should go "all-out" and ruin all of your hard earned work at staying healthy, but you do deserve to enjoy yourself. Whether that's a glass of wine, a piece of pie, or a boat load of gravy, just remember that the following day, you have to hit the workout routine and healthy eating plan hard. It's all about getting back in the saddle again.

You'll most likely feel a bit sluggish or tired, but that's ultimately the carb and fat pardon that you allowed yourself. This sometimes is a good trick for your metabolism. It's what many people refer to as "The good workout for your metabolism." This absolutely cannot be common place though, otherwise known as, "the downward death spiral of eating." The fact that it may or may not trick your metabolism into burning more fat, is of great debate, and is most likely just an excuse to eat the foods that are normally off limits. But truth be told, in some cases it actually might spike your metabolisms response in just the right way the following day with a better outcome once you resume your normal routine and exercise plan.



So never fear, the holidays are here and your determination and planning ahead, will help you to conquer the battle of the bulge.

At Lifestyle Solutions MedSpa, their philosophy is that successful weight management is the result of simple changes, healthy lifestyle choices and knowledgeable support. By utilizing a medically based multi-disciplinary approach, they have developed a comprehensive program using state-of-the-art techniques combined with tried-and-true weight loss methods to help you achieve your goals and maintain them. Their skilled team of physicians and lifestyle coaches, are led by highly experienced bariatric physician, Michael M. Holloway, M.D., along with Executive Director Shannon M. Holloway, which are both dedicated to providing highly personalized care. They offer weekly consultations with Lifestyle Coaches and customized food and exercise plans created by dietitians that take into account

your preferences and are designed to keep you motivated. Additionally, they offer aesthetic enhancement services including facials, Restylane® and Botox® injectable and other body contouring anti-aging treatments to help you look and feel your best.

***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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# UNDERSTANDING CHRONIC VENOUS INSUFFICIENCY

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

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

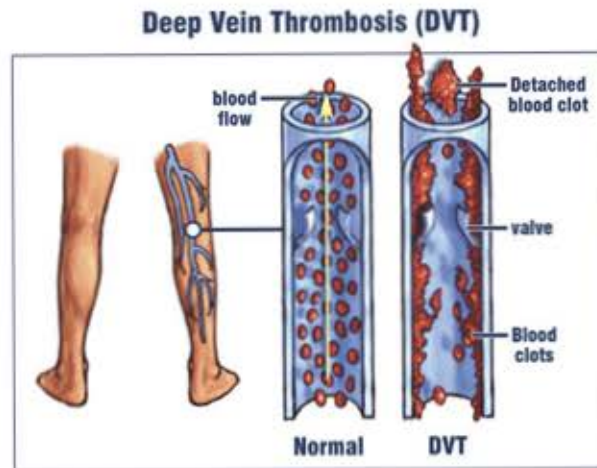
When your leg veins cannot pump enough blood back to your heart, you have chronic venous insufficiency (CVI). CVI is also sometimes called chronic venous disease, or CVD. You have three kinds of veins: superficial veins, which lie close to the skin, deep veins, which lie in groups of muscles, and perforating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

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

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

## What causes Chronic Venous Insufficiency?

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



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

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



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The treatment for varicose veins is a covered procedure if medical necessity is met.

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

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

## Symptoms of Chronic Venous Insufficiency

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

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

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

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

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

Source: Society of Vascular Surgery



# Stem Cells—Setting the New Standard for Treatment of Orthopedic Conditions

## WHAT ARE STEM CELLS?

Over the past several years, stem cell and PRP (Platelet Rich Plasma) therapy have soared in popularity and are highly sought after treatment options, as a natural and non-surgical alternative to treat many common orthopedic conditions.

Our bodies naturally produce stem cells. Because micro-damage occurs constantly, all body tissues are struggling to keep up with growth and healing in the face of continual wear and tear. In normal healing, platelets from the blood travel to the injured area to stop the bleeding. They then initiate three phases of healing: inflammation, proliferation and remodeling. Released growth factors from the platelets serve as signals to orchestrate the needed repair to the damaged area and begin to regenerate new tissue. Stem cells are also called to the area. Sometimes this process is impaired and unable to overcome the process of degeneration. As we get older, wear and tear begins to outpace growth and healing. Stem cells become less abundant and less effective.

Stem cells obtained from the patient's bone marrow and concentrated platelets from the blood can be injected into the injured region(s) under precise ultrasound and/or X-ray guidance to assist the body in healing the chronic injury and improving the pain and function.

## TREATABLE TISSUES

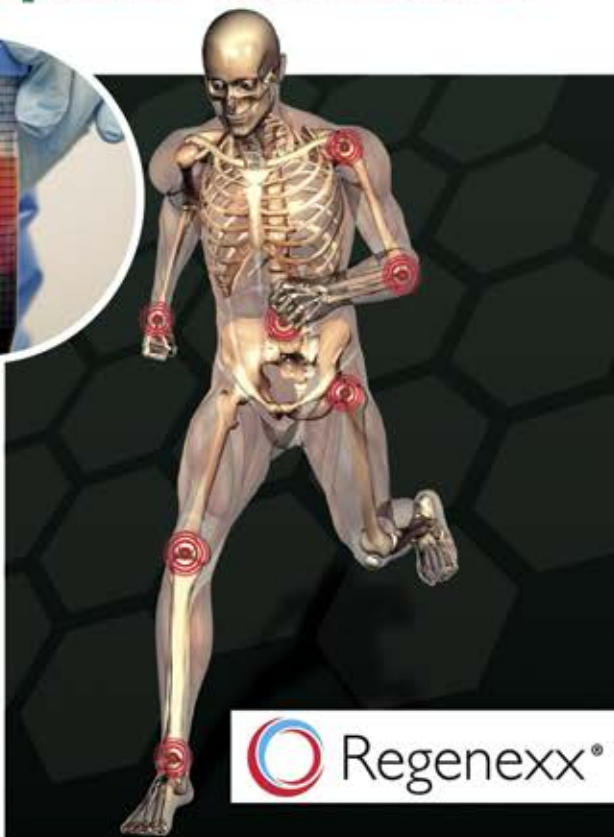
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Nerves • Bone • Meniscus/Labrum  
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## CAUTION—NOT ALL STEM CELLS AND STEM CELL DOCTORS ARE THE SAME

Patients should be vigilant when choosing physicians for this type of therapy. Because patients are requesting stem cell and PRP injections for their orthopedic problems, many medical offices are beginning to offer this treatment strategy. Unfortunately, many practitioners are poorly qualified and misguided. Some of these injectors are doing it blindly, without image-guidance and with inferior laboratory techniques resulting in poorer quality stem cell and PRP solutions. Others are treating everything under the sun with "stem cells". This should be a red flag.

## THE REGENEXX DIFFERENCE

Since 2005, Regenexx has led the way in advancing this new field of Interventional Regenerative Orthopedics with a fervent commitment to researching and publishing the scientific and



clinical data – more than 50% of the world's orthopedic stem cell research has been published by Regenexx. Affiliated doctors are highly trained musculoskeletal experts who are skilled at precise image guided injections utilizing ultrasound and X-ray. This exclusive group of doctors have been hand-picked to be part of this network and then further trained in highly refined procedural and laboratory techniques.

With Regenexx, all patients are tracked by a team of professional researchers in the only national registry database of its kind, containing nearly 40,000 procedures. With this, safety and outcomes can be better analyzed and followed. No other stem cell organization offers this combination of successful persistent effort.

The Regenexx SD procedure can provide 10 to 20 times the amount of stem cells obtained than by any other available techniques. The stem cells are taken from the bone marrow, through a virtually painless harvesting procedure. Beware of doctors offering fat derived stem cell procedures for orthopedic problems. This is a clear violation of FDA regulation. Fat derived stem cells are also much less studied, are less effective than bone marrow derived stem cells for orthopedic tissue, and are associated with more procedural complications. And be very wary of doctors offering "amniotic" or "placental stem cells". Laboratory research by Regenexx has found these products to be devoid of actual living stem cells.

## Dr. James Leiber

James Leiber, DO, is the founder and medical director of New reGeneration Orthopedics of Florida. He is a former officer, physician, and educator in the Air Force, including personal physician to the **vice president and president at the White House**. He is triple board certified in: Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine, and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).



Dr. Leiber specializes in Interventional Regenerative Orthopedics with years of experience and is honored to have been the **first Regenexx Network Provider in Florida since 2012** offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under precise image guidance utilizing ultrasound and fluoroscopy (X-ray).

These types of injections are natural and safe having the potential of re-growing normal tissue and eliminating the need for surgery in many cases. Conditions treated involve ligament, tendon, joint, muscle, nerve and spine related pain. For more information on these procedures, visit [www.NewreGenOrtho.com](http://www.NewreGenOrtho.com), or make an appointment by calling (941) 357-1773. [info@newregenortho.com](mailto:info@newregenortho.com)

In research by Regenexx, patients with knee osteoarthritis showed that greater than 90 % feel major improvement with several years of lasting results, even with "bone on bone" arthritis using Regenexx protocols. Many conditions can be successfully treated, ranging from tendon and ligament tears to arthritis to disc herniations, and avascular necrosis (death of bone).

Additionally, Regenexx performs culture-expanded treatments in which isolated stem cells are grown to much larger quantities before precise placement – and can be cryopreserved, saving them for future treatments. This procedure (Regenexx-C) takes place in Regenexx's Cayman Island facility and can be the best choice for certain advanced conditions.

For patients suffering from pain related to chronic injury, the first step to improving their quality of life is to talk to an experienced Regenexx physician who can provide accurate and realistic expectations regarding these new and exciting treatment options.



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Julia Gilleen, MD explains, "It's so rewarding to offer an individualize hormone treatment that gets people feeling like themselves again!"

## TRUSTED

It is important to look for the trusted and certified BioTE® seal when choosing a hormone specialist. This insures the highest quality products, training, and delivery techniques are being used for optimal hormone balance.

## IMBALANCE SYMPTOMS

There are many symptoms that men and women, including some doctors simply chalk up to "It's just because you are getting older." 80+ years of data support otherwise according to BioTE® founder and CEO **Gary Donovitz M.D.**, Certified BioTE® provider Cory Rice explains, "By the time we reach 30, our bodies usually produce fewer of these important hormones we rely on to remain energetic, less moody, maintain mental clarity, and a host of other symptoms that we are now able to assist. All thanks to hormone optimization." Age-related illness prevention can also play a part as benefits of optimized hormones, such as Alzheimer's disease and even osteoporosis.

**Michael DuChamp** states, "Years ago my wife and I were searching for a way to feel better as we were experiencing many of the symptoms common to both men and women. One of our patients was doing BioTE® and it changed her life. She felt better, looked better, and it helped her over-all sense of well-being. Both myself and my wife became BioTE® patients and experienced the same success. I now have a passion for changing patients overall health and well-being."

"My goal is to help my patients live their lives to the fullest" says Robert Lenington, MD. "BioTE is the therapy that makes the most difference with most consistent outcome. It is life changing for my patients."



**Cheryl Potter, M.D.** concludes, "Having this option available in our practice has made a difference for many of our patients to enjoy a full and active lifestyle."

## Imbalanced Hormones?

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- Age-Related Illness

## Provider Spotlight:

**Occupation:** "Family Nurse Practitioner. I have the opportunity to teach, encourage, motivate and engage others in taking responsibility for their own health. My approach is holistic and encompasses mind, body and spirit."



**What is a Nurse Practitioner?** "A Nurse Practitioner can serve as a primary care provider in many areas of health care. Screening and individual counseling is performed in order to help identify any problems that might require early medical intervention in order to prevent more serious or permanent health conditions."

**Years of Experience:** 16 years helping patients in the Central Florida area. As a result of nutritional counseling and self-care skills learned in my practice, many patients have become so healthy that I was able to transition my "sickness-based" practice to a "wellness practice."

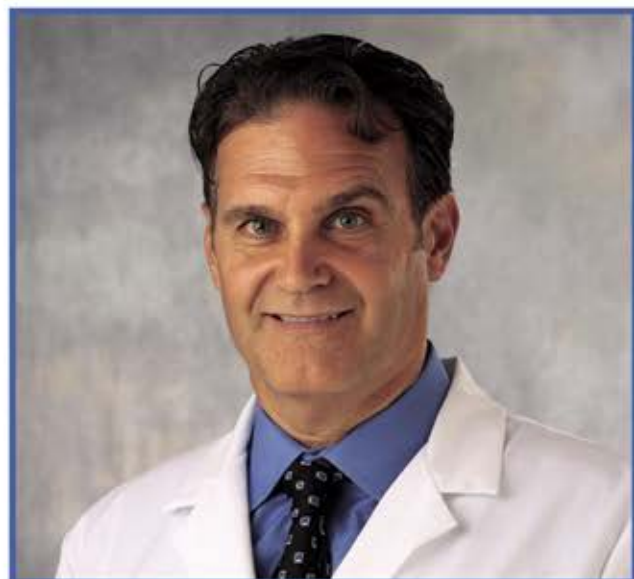
**Most Rewarding Part Of Your Job:** "I find nothing more rewarding than to be part of the process that unfolds when a person decides to take personal responsibility for their own health and makes changes to improve the quality of their life because of something that I might have said, explained, described or recommended."

**Additional Certification:** Board Certified Fellow in Anti-Aging and Regenerative medicine

**On Your Career In Wellness:** "It has been a wonderful experience for me, both personally and professionally to carry out a life long dream of helping people learn how to take responsibility for their own health."



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# GETTING THE MOST FROM RELATIONSHIPS AS WE LIVE LONGER

**Y**ou know the saying, "Only the good die young," but that's just an old wives tale. Being one of the leading plastic surgery offices in the Tampa Bay area, this "Getting the Most out of Relationships" article may sound like a strange topic to address for Image Lift Facial Plastic Surgery. After all, they typically deal with making people more beautiful, addressing cosmetic concerns, like making noses straighter, creating facial balance, plumping with fillers, neck lifts and tackling anti-aging. Nevertheless a good deal of their practice includes medically necessary plastic surgery. They have an all-encompassing practice and they proudly do it with the utmost care and expertise.

The issue at hand is not just to look younger, or to improve upon a preexisting cosmetic issue, but it's how can we live longer, and how can we get the most out of the relationships in our lives? Isn't that essentially what most of us want? If you ask yourself the ultimate question, your answer most likely is that you want to live to a good ole age, not too old, but old enough to see the important things in your families lives, and to make a difference in this world.

The latter is of extreme importance for most people. They want to believe that they've made a difference in the world's advancement somehow. They want to be loved and to have given love. But do you want to know what's the most beneficial thing for your overall health and longevity? It's being able to give to the needy, show love and compassion to others, and to connect with people through genuine acts of kindness. That's it! It's a simple model of what life is about. You give and you most likely receive, even though the receiving part is discretionary, of course.

There are multiple studies on individuals that have lived past the age of 100. Although very important for overall health, these individuals usually were not that focused on eating well, or vigorously exercising daily. What they all typically have in common is that they were great humanitarians, and they were well loved, because they showed love.



It's a simple cause and effect. Most of these people did not set out to be loved and receive it in return, and that's the key! They just wanted to be a resource for others around them and to make the world a better place right in their own backyards with selfless ambition.

Do something great today—love someone that doesn't necessarily fit your normal criteria. Make a difference in someone's life. It's the perfect time of year to offer up your talents, your comforting words or your empathy. Do something that will bless you more than you intended, because you just might be surprised at how internally good it makes you feel to help someone in need. The longer you live, the more good you can do! You'll not only feel better, but you'll look more beautiful to others as well.

Rich Castellano, M.D. is an experienced facial rejuvenation artist, whose specialties include the latest laser and filler techniques. He has developed a specialized approach for effective results, giving him a reputation as a highly referred facial plastic surgeon.

Attending the University of South Florida for both his undergraduate degree and medical school, he completed his surgical training at the prestigious Indiana University School of Medicine.

He went on to complete a fellowship year in Facial Plastic and Reconstructive Surgery studying with some of the world's greatest experts in the field.

Dedicated to delivering world-class care to his patients, he utilizes his extensive experience in office-based facial plastic surgery to ensure the best outcomes. He has performed over 10,000 cosmetic procedures of the face and neck, making him one of the most experienced facial plastic surgeons in the U.S. today.

Rich Castellano, M.D. is a native of Tampa, Florida and is a family man blessed with a wonderful wife and three beautiful children. He is a practicing student of meditation and an avid reader. He and his wife also participate in mentoring efforts with an extensive list of worldwide contacts.

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Dr. John Bidelspach

# DRY SKIN OR ATHLETE'S FOOT? DIABETIC PATIENTS, BEWARE!

**A**thlete's foot is a common, fungal skin infection we see in our patients. A majority of cases begin between the toes and spread to the bottom of the feet.

Athlete's foot is caused from fungus growing on the top layer of your skin. It is contagious and you can get it from touching the affected area of a person who has it, and more commonly, from contaminated surfaces such as damp floors in public showers or locker rooms.

Anyone can get athlete's foot, but it is more severe for a diabetic. Naturally, patients with diabetes have a weaker circulatory system along with an impaired immune system. This causes a higher risk for infection. Athlete's foot is a concern for diabetics because their skin lacks hydration, making dry skin prominent.

Many diabetics confuse athlete's foot as being dry skin on their feet. Because athlete's foot has similar characteristics to dry skin such as peeling, cracking, redness, blisters, breakdown of the skin, itching and burning, it is understandable as to why these two conditions can be confused. If untreated, athlete's foot can lead to a severe bacterial infection of the foot and leg.

## Risk Factors

- Men are more susceptible than women
- Having athlete's foot before
- An impaired immune system
- Living in a warm, damp climate
- More common in adults than children

Depending on the severity of the fungus, athlete's foot can lead to blisters, cracked skin and open wounds. With a diabetic foot, a wound as minor as a blister can cause a lot of damage. Diabetes decreases blood flow, which causes healing time for injuries to be slower.

Diabetes also enables infections to spread quickly, which is a concern as it is one of the most common complications of the diabetic foot. If an infection becomes too severe there can be extreme consequences, even as far as amputation.



## Tips for Treating a Diabetic Wound

- 1. Take care of the wound immediately.** Even a minor wound as small as a blister or cut can become infected if bacteria are allowed time to build up after injury.
- 2. Clean your wound.** Only use water to get the dirt out and then apply antibiotic ointment to prevent infection and cover with a sterile bandage. Don't use soap, hydrogen peroxide or iodine as these can irritate the injury.
- 3. Keep pressure off wound.** If your wound is on the bottom of your foot, stay off of it as much as possible.
- 4. See your podiatrist.** Don't risk an infection, see your doctor for minor skin problems or areas of interest before they become severe.

## Prevent Athlete's Foot from Occurring

You CAN prevent athlete's foot from happening. A major prevention tip is to keep your feet dry and examine them each day. Fungus thrives in warm, damp areas.

Also, wear shoes or sandals that allow your feet to breathe. Having a tight fit prevents moisture from escaping and creates an opportune place for fungus to live. It will also help to stay away from cotton socks! Cotton socks actually ABSORB your sweat and are slow to dry. If you wear cotton socks and don't change them at least twice a day you can provoke blisters and provide a moist area for fungi to grow.

Bamboo socks are a great, eco-friendly alternative. Bamboo socks are woven from bamboo viscose fibers, which help pull moisture away from your feet. They also feel soft against the skin, repel odors and contain antibacterial prosperities!

If you happen to get athlete's foot, good news is that it is treatable. Antifungal medicines are used on the skin as a first choice of treatment. These can be provided in prescription and nonprescription forms. If your case is severe enough, your doctor may prescribe oral antifungals. When treating athlete's foot, it is critical that you use the full course of the medicine. If you stop taking the treatment because you see an improvement, there is a chance the fungi will return.

While patients with athlete's foot are more prone to contracting it again, if you follow the preventative steps of cleaning your feet, making sure they are dry and checking your feet daily, your chances will decrease. You should also integrate a natural skin care line into your daily regimen that has both antifungal and antibacterial properties, like Doc Kelly's Apothecary creams and soaps.

Consult your podiatrist if you see any warning signs. If you are diabetic, be sure to have yearly check ups with your podiatrist to ensure the health and safety of your feet.

## 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.

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- 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.

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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.



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Magnetic fields can reduce pain equivalent to 10 milligrams of morphine. They even have the potential to target pain in specific areas. Whether it is at a local level or any organ of the body or the entire body, magnetic fields can significantly reduce the pain levels in the body. Use of magnetic fields for treating pain can effectively reduce the level of medications.



Magnetic fields just don't come in contact with the damaged cells and heal the pain. They even reduce the swelling associated with the pain. Swelling needs to be treated or else it can cause the natural chemicals accumulate near the damaged cells and can increase the levels of acidity in the area. Magnetic fields also improve the circulation in the area and help in flushing out the excess chemical mediators from the area to be treated. Poor blood flow can also cause pain in the body. Magnetic fields can treat this condition too, by enhancing the circulation of blood.

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 DENAS PCM 6 visit [www.denaspainreliefstore.com](http://www.denaspainreliefstore.com) or call Coach Jimmy K direct at 503-395-4142. Remember to ask The Villages special bonus gift with your order (\$100.00 Value).*



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# Progesterone VS. Progestin (Bio-identical or Synthetic)

## Hormonal Imbalance

As we age, women will start to experience symptoms of hormonal imbalance, which can be related to perimenopause, menopause, postmenopause, giving birth or from a hysterectomy.

Females tend to experience an imbalance of estrogen, testosterone and progesterone, which can lead to hot flashes, night sweats, anxiety, depression, brain fog, weight gain, loss of muscle, irritability and bone deficiency. Bone loss in women can exacerbate stress fractures caused by osteopenia or osteoporosis.

Optimizing hormone levels through bio-identical hormone replacement therapy can alleviate or in many cases eliminate these symptoms. There are even studies now that suggest bio-identical hormones can help reduce the risk of Alzheimer's and dementia.

## What Are Bio-Identical Hormones?

In the U.S., bio-identical hormone replacement therapy (BHRT) has been used since the 1930s. Results from hundreds of current medical studies looking at the use of BHRT show astounding improvements in patients' overall quality of life and their hormonal symptoms.

Bio-identical hormones are equivalent to our body's natural hormones on a molecular level. The difference between synthetic and bio-identical hormones is that synthetic hormones do not match human hormones on a biological level. For example, a very common synthetic estrogen cream that many physicians prescribe is made from a pregnant horse's urine. Most people can see why this substance would not be fully accepted by the body.

Bio-identical hormones are made from natural plant sources and are readily received by the body since they are identical to those hormones that the body produces for itself. Dosing or the amount of hormones being taken by a patient is just as important. When we are replacing the body's hormones, it would make sense to use physiologic doses or doses that are similar to the amounts of hormones naturally made in the body prior to menopause and not imbalanced or overly potent synthetic versions.



## Progesterone vs Progestin

Oftentimes, the terms progesterone and progestin are used interchangeably; however, there is a huge difference between the two. Progesterone, and not progestin, is the natural bio-identical form of the hormone as opposed to progestin, which is the synthetic version found in manufactured products like Prempro.

Progesterone can be best thought of as a hormone balancer, especially for estrogens. It enhances the positive effects of estrogen while preventing any negative effects of estrogen dominance. Progesterone is the precursor, or hormone from which most of the other hormones are derived, including the estrogens and testosterone. Progesterone has a number of very important jobs in the body, including normalizing blood sugar levels and maintaining pregnancies. It also has a natural calming effect and diuretic properties.

On the contrary, synthetic progestin does not have as many benefits. In fact, it has more negative effects, such as miscarriages, weight gain, decreased sex drive, increased risk of breast cancer, high risk of fractures and osteoporosis, increased blood clotting risks, anxiety, depression, migraine headaches and other health related disorders.

## Progesterone After a Hysterectomy

Opposite of what some uninformed physicians believe, women that have had a hysterectomy see just as many benefits with progesterone therapy. It has been widely studied and proven that bio-identical hormone replacement therapy with progesterone is just as important and beneficial for their health even after a hysterectomy. For women, progesterone is essential for all of life's stages, and it provides beneficial results outside of the uterus since progesterone receptors are imbedded in almost every cell in the body. Ultimately, women without a uterus still need progesterone therapy.

## Progesterone After a Hysterectomy

Obviously, hormone replacement with bio-identical progesterone versus synthetic progestin is the best option considering it looks and acts just like the progesterone we make in our bodies. When hormone balance is achieved with bio-identical hormones, fewer side effects if any are observed. Just think, natural hormones have undergone safety and efficacy trials for as long as humans have walked the earth!

Custom Meds is an independently owned compounding pharmacy that has been in business since 1985. 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. Custom Meds is dedicated to working with the patient and the prescriber to customize a medication to meet the patient's specific needs. To find out more about bio-identical hormone replacement therapy or their many services, please call or stop by and see them today.

**Jessica DiLeo, PharmD** is a compounding pharmacist at Custom Meds, Inc. in Inverness, Florida. Dr. DiLeo received her doctorate of pharmacy in 2009 from the University of Florida and eventually became the owner of Custom Meds Compounding Pharmacy in 2011. She can be contacted at [jessica@custommeds.com](mailto:jessica@custommeds.com).



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# SELLING YOUR HOME DURING THE HOLIDAY SEASON

**I**t's the time of year that calendars are packed with holiday parties, budgets are strained by gift-giving and the roads are covered in freshly fallen snow. Alas, 'tis not the season for real estate. But the good news is that the few brave house-hunters who do venture out are serious about buying a house and stylish trimmings will make them want to ring in the new year in your home.

Holidays can be personal on a lot of levels, but you want to make sure your decor is neutral. You want to romance your buyer, not invite them to your Christmas party.

## TRY THESE TIPS TO GET BUYERS IN THE RIGHT SPIRIT:

- **Clean and stage.** "Before you decorate, your house needs to be staged," Powers says. If your living room is already piled high with clutter and tchotchkes, your ceramic reindeer collection is only going to add to the sense of overcrowding.
- **Create a cozy vibe.** The less-is-more mantra of home staging may tempt you to forgo holiday cheer this year. But a few subtle touches like a bowl of pinecones, an evergreen wreath, or a pot of cider simmering on the stove can create a warm and festive feeling in your home.
- **Complement your palette.** Before you start untangling your tinsel, make sure your holiday collection matches your current decor. If your living room is painted a soothing ocean-blue hue, skip the clashing red garland and opt for white snowflakes or a silver glass-ball wreath. If you've got an earthy color scheme, accent with rich tones like cranberries, forest greens and gold.
- **Accentuate the positive.** Too many trimmings may distract buyers, but the right accessories can draw attention to your home's best features. Dangle mistletoe in an arched doorway, or display your menorah on the ledge of a bay window; just don't block a beautiful view with stick-on snowflake decals or clutter an elegant fireplace with personalized stockings.
- **Go light on lights.** Step away from the inflatable snowman, Clark Griswold. One man's "merry" is another man's "tacky," so tone down any garish light displays while your home is on the market. (No, your neighbors didn't pay us to say that.) Instead, use simple string lighting to play up your home's architecture or draw attention to the gorgeous fir tree in your front yard.
- **Be an equal-opportunity decorator.** Leave the life-sized Nativity scene in storage this year, because overtly religious flourishes may be off-putting to some buyers. "You want to keep neutrality throughout, so you can attract any type of buyer," Powers says. Not sure what qualifies? Powers adds, "No matter what your religion is, you're not going to feel offended by a nutcracker."
- **Mind the tree.** A tall Christmas tree can help you show off your two-story great room, but make sure the wide base won't overwhelm the floor space. If your living



area is on the small side, save space with a skinny tree. Swap the gaudy heirloom ornaments and trim your tree in a cohesive theme such as icicle lights and silver tinsel, for example, or blue and gold glass balls.

- **Clear the clutter.** A few decorations can stir the holiday spirit, but don't feel obliged to hang every last ornament. "A lot of people, when they decorate, tend to use all the extra space in their house," Powers says. "You still want each space to look as spacious as possible." Limit yourself to a few hints of holiday flair, but stash the rest in the basement for now. If you start to miss your Santa figurines, just remember that with a little luck, you'll be celebrating next year's holidays in a new home. And you can decorate that place any way you please.

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## Physio Med's Vestibular Rehab

By Michael B. Smith  
Vestibular Certified Physical Therapist

**T**he term Vestibular refers to what is more commonly known as the "inner ear". The Vestibular system is made up of an identical left and right structure which consist of 3 circular canals connected to a chamber like structure. The Vestibular system is one of three key components to our balance system.

Vestibular problems present in two primary ways: Benign Paroxysmal Positional Vertigo (BPPV) or Vestibular hypofunction.

BPPV occurs when calcium crystals in the main chamber of the Vestibular complex become dislodged and enter into one of the fluid filled circular canals. The symptoms of this are typically an acute case of Vertigo (room appears to be spinning) with any of the following movements, rolling over in bed, lying down, sitting up, and bending over. It can be accompanied by minimal to severe nausea.

Vestibular issues are usually caused by age related changes or head trauma. BPPV can typically be treated in 2-3 treatments by identifying the problematic side and the affected circular canal, and moving the head through a prescribed set of movements to move the crystals out of the circular canals.

The second most common type of Vestibular problems is vestibular hypofunction. The left and right vestibular complexes work together to give the brain information about balance and how we are moving around. A hypofunction occurs when one side is not sending information at the same rate as the other side. The symptoms of a Vestibular hypofunction typically includes increased staggering while



Mike Smith, Vestibular Certified Physical Therapy  
Treating a Patient for BPPV

walking, dizziness, and loss of balance when looking from side to side. Some may experience trouble standing with their eyes closed (washing your hair in the shower) and/or difficulty standing and walking in a dimly a room.

Vestibular hypofunction is treated with a combination of strength training, compensatory strategies, and Vestibular adaptation to improve the function of the Vestibular system and improve your other balance systems related to vision and strength.

If either of these conditions sounds familiar, contact your primary care provider to request a referral, or our office for further information.

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.



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# Tips for Preserving Eye Health

**W**ith 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.

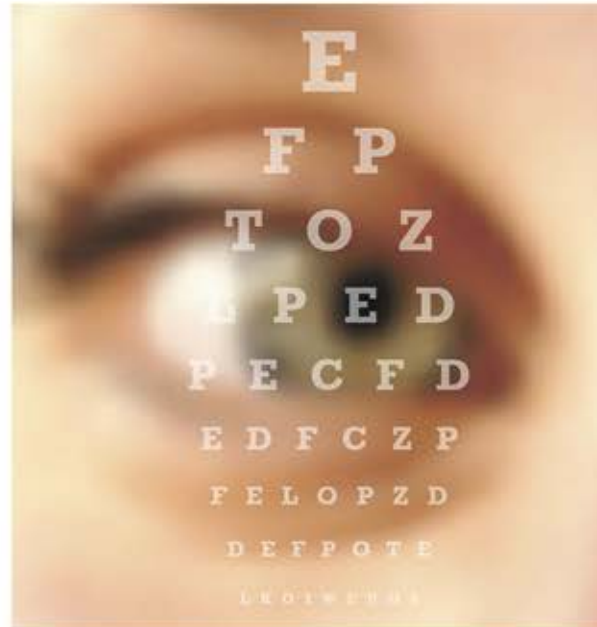
Vision problems such as glaucoma, cataracts, age-related macular degeneration, and diabetic retinopathy are common among older adults. You can't prevent your eyes from aging, but you can slow age-related damage by taking care of your eye health.

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.

**Call and Schedule your Eye Exam Today!**  
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By Daniel Taylor DC

**I**t's a beautiful Sunday afternoon on the golf course; the greens are freshly cut and the sun shining. You drive up to the tee box for the first shot of the day. You bend over to put the tee in the ground and out of nowhere the stabbing, knife-like low back pain hits you hard.

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

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

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

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

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

- Tiger Woods.



**Common golf related diagnosis include:**

• **Sacro-iliac (SI) joint dysfunction:** This basically means that the SI joint has lost its normal fluid motion due to a fixation. Typically 2-4 visits can solve this complaint.

• **Facet Syndrome:** Facets are the name for the joints in the spine. At times these joints can experience abnormal motion (commonly from a golf swing) and become fixated. Very similar to SI joint dysfunction and often the two conditions exist concurrently. Again 2-4 visits usually.

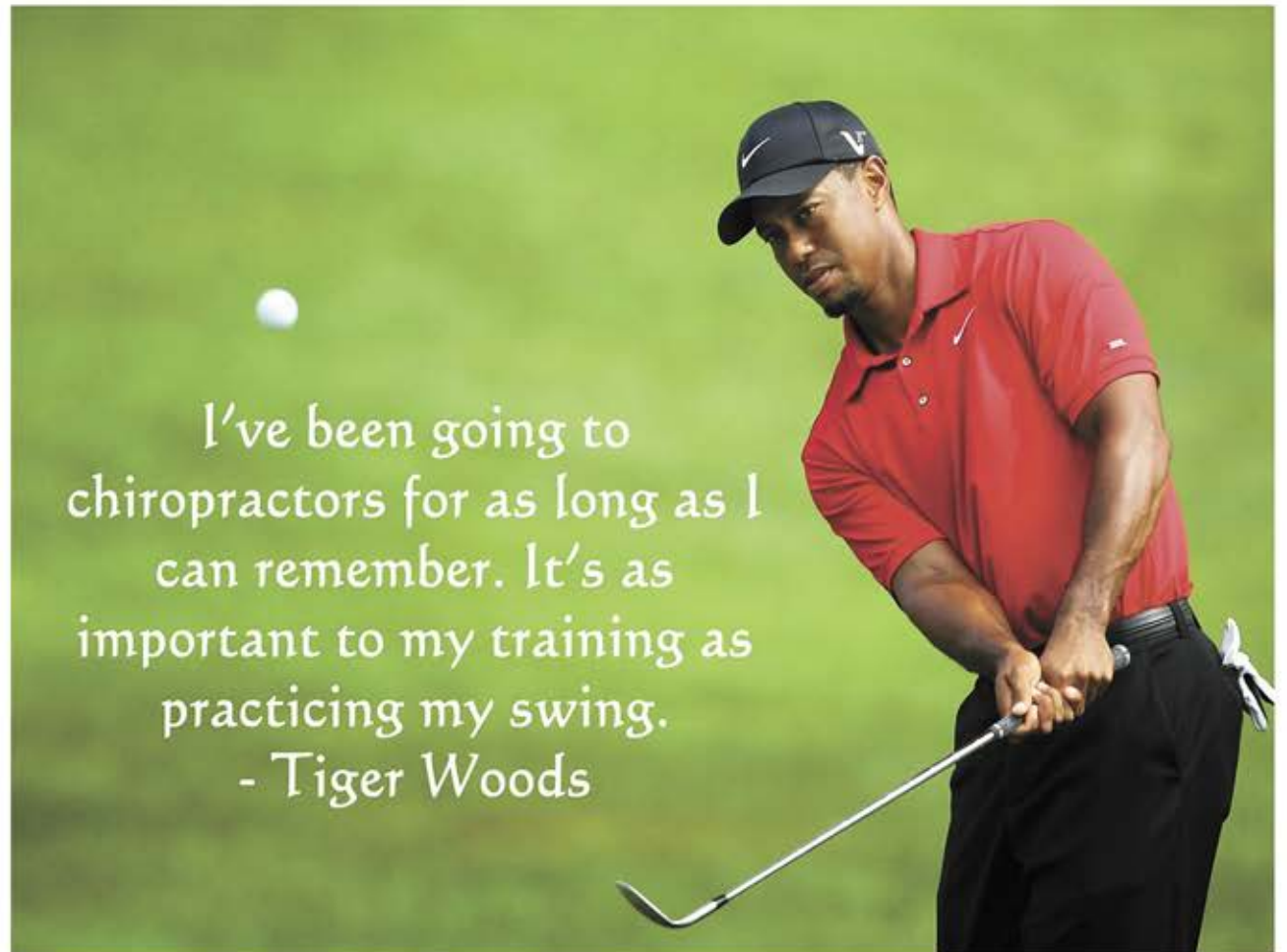
• **Sprain/Strain injuries:** Very common with any athletic event. Typically minor conditions can self-resolve. However proper stretching, support and in office rehabilitation are always recommended

• **Sciatica:** Often the most misdiagnosed disorder on the golf course. Everyone thinks pain down the leg is sciatica. However, there are actually many causes for pain down the leg and a proper diagnosis is essential in order to properly treat the symptoms. This complaint is a large part of our practice. Call today to learn more.

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

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

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



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

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

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B.S. Biology Sciences

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



# Fish Oil, Salmon Oil, Cod Liver Oil, Krill Oil: What's the Difference?

By Bo Martinsen, MD

**T**oday, the omega-3 industry is specializing more than ever. On the supermarket shelf, you don't just find fish oil any longer, but a broad range of products under that main heading.

As we get a greater selection of omega-3 products, how do you decide what to pick? One helpful method is to consider the source of the oil.

## Regular Fish Oil

Fish oil is in many ways a wide category term. It's oil made from fish. If you are talking about fish oil, you could mean an oil coming from a particular variety, including cod or salmon. For the rest of this article, however, I'm going to discuss regular fish oil as a specific category, and one that is manufactured in a different way from cod liver and salmon oils.

The great majority of the world's fish oil is a byproduct of the animal feed industry (1). This includes the capsule products sold at Walgreens and Costco, as well as the fish oil used as a base for pharmaceutical omega-3 oils. The oil comes from anchovy, herring, sardines and mackerel, typically fished off the coast of South America, North Africa or China. While the fish meat gets ground into pellet feed, the oil is multi-purposed. Some of it goes towards fish feed and pet food. The rest is refined and encapsulated for human consumption. As the Norwegian newspaper Aftenposten explained, there's often no quality control differentiation between the oil destined for people and animals before the refining process (2).

This origin story explains why regular fish oils typically taste and smell bad and often produce fishy burps. Since the main goal is to produce fishmeal, the manufacturers have little interest in maintaining the quality of the fish oil. The oil is usually extracted last and often goes rancid within a short period of time. New techniques enable manufacturers to make the oil taste less offensive. However, you can never restore a rancid fish oil back to freshness.

As for the nutritional profile, some of these fish oils have the highest omega-3 content – up to 30% combined EPA/DHA (3). On the other hand, half of the fats are saturated, or the double of what is found in salmon or cod liver oil. Depending on the fish oil product, it typically takes 8 to 10 large capsules to get a daily clinical dose of 3000 mg EPA/DHA.



## Fish Oil Pros

- Contains the most EPA/DHA per oil dose.

## Fish Oil Cons

- Byproduct from the animal feed industry.
- Typically rancid.
- Half of the fats are saturated.

## Salmon Oil

Salmon oil sounds good. You visualize a beautiful salmon fillet, and imagine you get the same quality you would if you ate wild caught fish. The reality is not as pretty. Because salmon is an expensive fish, it's the leftovers – head, intestines and fins – that get turned into the oil, not the fillet. To be fair, those parts of the fish are fine to consume, so no negative comments there.

Most salmon oils, however, come from sea farmed salmon, which nutrition-wise is very different from its wild cousin. The fish delivers the same nutrition it gets, and sea farmed salmon typically gets its omega-3 from pellet feed. But how much omega-3? The problem is, it can be hard for consumers to determine what the farmed fish were fed, especially if the fish came from a foreign country.

What we do know is that sea farmed salmon usually contains much more omega-6 (4) and saturated fats than wild salmon (5). In addition, depending on the type of salmon, the EPA/DHA content is relatively low, typically ranging from 8 to 16% of the oil. That means, you would need twice as many salmon oil capsules to get the same EPA/DHA dose found in regular fish oil capsules.

As for getting a clinical dose of 3000 mg EPA/DHA, you would need around 20 capsules per day. That low dose also makes salmon oil more costly per omega-3 unit than typical fish oil capsules.

On the plus side, sea farmed salmon oil is often fresher than the wild version because the time from harvesting the fish to processing the oil is shorter.

If you happen to find a salmon oil that comes from wild salmon, the fatty acid balance resembles cod liver oil, but contains less omega-3. In addition, wild salmon oil is often rancid because of the long transportation time and because the fish is often stained with blood, which oxidizes the oil.

## Salmon Oil Pros

- Often fresh because the time from harvest to processing is shorter.
- Lower in saturated fats than regular fish oils.

## Salmon Oil Cons

- Typically made from sea-farmed salmon, which can be nutritionally and environmentally problematic.
- Low omega-3 levels compared to other types of fish oil products.
- Typically more expensive per EPA/DHA dose.

## Cod Liver Oil

Cod liver oil is the original omega-3 source. Already in the 1700s, doctors were recommending cod liver oil for patients with joint pains, although its rich history dates back further (6). Considered a safe food product, cod liver oil is especially recommended for children and pregnant women in countries like Norway (it's worth noting, other omega-3 sources do not enjoy the same government-endorsed status) (7).

Part of the reason cod liver oil has been used for so many years is that the oil is easy to extract. The cod liver contains its omega-3 rich oil in small vacuoles. When the oil is extracted, there is limited amounts of rancidity-creating blood present. However, since the oil was historically left in open vats and exposed to heat and oxygen, the poor taste became notorious and limited its popularity. With modern technology and increased focus on freshness, cod liver oil has come a long way. For instance, Omega Cure® cod liver oil is tasteless and can even be used in chocolates or cookies.

Looking at the nutritional profile, cod liver oil is the only omega-3 source that also contains significant amounts of vitamin A and D\*. As for the omega-3s, it typically contains around 20% EPA/DHA, and has only half the amount of saturated fats of regular fish oils. To get a clinical dose of 3000 mg EPA/DHA, you would need to consume one tablespoon (15 ml) of oil or 15 capsules.



Of course, not all cod liver oils are alike. While Omega Cure is a fresh, full-spectrum cod liver oil, store-bought cod liver oils are typically highly refined and rancid.

#### Cod Liver Oil Pros

- Long history of medicinal use and safety.
- Contains vitamin A and D.\*
- Contains less saturated fats than regular fish oils.
- Often comes in liquid form, which makes it easier to get an effective dose.

#### Cod Liver Oil Cons

- If not manufactured correctly, vitamin A and D content may exceed dietary recommendations.

#### Krill Oil

Although not derived from fish, krill oil is also a popular omega-3 source. How does krill oil compare?

Like regular fish oils, krill oil is a byproduct from the animal feed industry where the main goal is to make feed for chicken or sea farmed fish. Compared to the above fish oil products, however, krill oil is much harder to extract. The manufacturers typically use solvents to extract the oil. In some cases, the use of these chemicals can have serious consequences. In 2012, for instance, chemicals caused a deadly explosion at one krill oil facility (8).

Depending on the product, krill oil typically contains somewhere between 15 to 25% EPA/DHA. Krill oil has become popular because the labels claim you only need one small capsule a day. Looking at the research, however, you have to wonder what that one capsule is supposed to be achieving. Even the krill oil manufacturers' own studies show that you need more

than 4 capsules per day to get any meaningful increase of omega-3 in the body (9). And if you look at the amount of EPA/DHA per capsule, it would take more than 20 capsules to reach a clinical dose of 3000 mg EPA/DHA.

So far, krill oil lacks the scientific support that cod liver oil and fish oil have in spades. The manufacturer's claim that the astaxanthin antioxidant renders additional benefits has not been proven, nor that the special phospholipid form makes any difference in terms of bioavailability relative to other fish oils (10, 11).

The krill oil manufacturers also struggle with rancidity issues. At the cost of 5 times as much per omega-3 unit than regular fish oil, you've got to wonder if krill oil is worth it. Particularly until researchers learn more about its efficacy and safety.

#### Krill Oil Pros

- The jury is still out on this one.

#### Krill Oil Cons

- Byproduct of the animal feed industry.
- Solvents are used to extract the omega-3, raising safety questions.
- Relatively expensive compared to other omega-3 products.
- Not enough studies to support manufacturers' claims of efficacy at recommended doses.



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#### What's the Main Message?

Taking a clinical EPA/DHA dose of any of these omega-3 oils should lower triglyceride levels in the blood. However, the manufacturing methods, the freshness factor, and the nutritional profiles of the oil will also impact clinical effects.

In many ways, we should stop talking about omega-3 in general and start clearly attributing the source of the omega-3 oil and the dose in reporting the results from new studies. Right now, it's as if we are making a judgement about the health benefits of grains, without mentioning whether we're discussing barley or wheat or quinoa, refined grains or whole grains.

As you go forth looking at different omega-3 supplements, consider the source and what that means for the daily dose you need to consume.

\* The vitamin A and D in modern cod liver oils is unfortunately reduced due to necessary refining. One tablespoon of Omega Cure, for instance, contains only 30% of the daily vitamin A recommended and only 10% of the daily vitamin D recommended.

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**D**uring the holiday season our thoughts often turn to visiting friends or loved ones in nursing homes. The visits, while strongly recommended by those involved in healthcare and aging, are sometimes very emotional. It is recommended to first plan ahead to ensure your visit is rewarding for both the resident and yourself.

The following tips should be considered when visiting a long-term care facility to get the most from the visit:

- Check the visiting hours beforehand. If your schedule does not allow you to visit during regular hours, contact the nursing facility social worker or administrator. Do not show up unannounced or just “drop by.”
- Call ahead to the facility to inquire if the resident needs any personal items, clothing or other necessities.
- Arrange a time when the visit will not interfere with meals or medications.
- Let the facility know if you want to share a meal with the resident.
- Inquire about pet visits and limitations. Many residents have “roommates” who may be allergic to animals.
- Children of all ages are generally welcome. Young children rarely react negatively to nursing home residents, but teenagers and older children may need time to adjust.
- Specialized care units may have different visiting hours and regulations. Always call first.
- Always consider including the resident in holiday meals at home and other outings.

If you are visiting for the first time, give yourself a chance to adjust. The surroundings are perceived differently by you more than they are to your friend or relative. Ask the Manager or administrator what to expect.

Most of all, be supportive of the resident and his/her decisions. Consider engaging in activities that are both stimulating and productive.



## *Things to do during the visit:*

- Attend an activity at the facility together
- Take a walk, either inside or outside
- Watch a favorite TV show together
- Read to the resident from a favorite book or magazine
- Reminisce or work on a photo album together
- Write letters or cards together. As people age, handwriting becomes more difficult and less legible. Help with clear addresses on postcards or envelopes.
- Record, either on videotape or audio, the resident's remembrances. You will look back on these moments and cherish them.

Most of all enjoy your time with the resident. Remember – this can be beneficial for both of you, and most importantly, the short time you spend will be cherished for a long time afterward by the resident.

If you have a cold or have flu symptoms, please refrain from visiting at this time, due to the vulnerability of your loved ones and other residents.

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# The Greatest Love Story

By Jodi Thomas

**W**e all love a great Love Story. You've Got Mail. Pretty Woman. Cinderella. Pride and Prejudice. There's just something about these stories when the rich guy falls head over heels for the not-so-rich girl. And yet, there's an even greater love story where the hero left it all—for you and for me.

*For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that you by his poverty might become rich. 2 Corinthians 8:6*

I'm sure you already know this, but Jesus showing up as the babe in the manger was not the first time he appeared on the scene. Jesus, the King of Kings, was in heaven with the Father—in absolute position, power, rule, reign, wealth, luxury, majesty, and on and on. And yet, because the Father loved us, he sent His Son, "that whoever believes in Him would not perish, but have eternal life." (John 3:16) The Prince became the pauper. Jesus left it all—for us. God humbled Himself to become a helpless baby, born not into royalty and luxury, but to ordinary, blue collar parents, Joseph and Mary (Philippians 2:6-8). Creator of the Universe—knit together in Mary's womb—born not in a palace, but a borrowed stable. He grew up a blue collar life, in a dinky little town. Eventually he left that dinky little town, and became homeless by choice, teaching about the Kingdom of God, healing, loving, and serving wherever he went. . . only to be misunderstood, rejected, mocked, betrayed, and ultimately executed. The hands that healed and blessed were nailed to a cross, by the very people He came for. Why? Why would he be willing to do this? Because he loves us—and he wants us to have it all, to be rich. No, I'm not talking Powerball rich. I'm talking true riches. If we choose Christ, Ephesians 1:3 says we have "every spiritual blessing in Christ." This means joy, grace, hope, faith, peace, healing, favor, righteousness in God's eyes, an eternal inheritance—and most of all—the gift of eternal life is ours in Christ. Sinners, stuck in sin, stuck in lying, hatred, jealousy, unforgiveness, gossip, slander, abuse, addiction, selfishness, pride,



arrogance, immorality, idolatry—you name it. . . loved and forgiven by God and granted eternal life. The Prince of heaven set his sights on us—little street urchins of sin—and came after us. He left it all, to give all to us.

And yet, even with these riches, life is hard. I'm sure you've noticed. My friend's husband just left her. Another friend fumbles through Christmas while grieving over her mother dying from ALS earlier this year. Another friend battles cancer—for the 9th year. Oh, and he just had a heart attack. And a stroke. All of these people know and love Jesus. Just because you're in the romance, doesn't mean life is a fairy tale. But it does mean, that no matter what you face and no matter your failures, you are always loved and He is always with you. He is Immanuel—God with us. So even through great suffering, He is with us, giving us His Riches—His peace, grace, mercy, and strength. . . and best of all—Himself.

We get inoculated from the Christmas story because we've heard it so many, many times. But we all need to take some time pondering—pondering the mystery and magnificence of God becoming a baby, to come after me and you—solely because He loves us. As much as some of us love all the Christmas hubbub, Christmas isn't about gifts, Christmas trees, or that dadgum Elf-on the Shelf (may "Elfie" rest in peace, since he has been banished from our house due to parental overload). . . it's about a passionate God pursuing you and me. And that no matter what we go through, He is with us. And unlike all those awesome chick flicks, our Prince of Love gave it all—even his very life—to be with us, forever.

*For more on a relationship with Christ, go to [peacewithgod.net](http://peacewithgod.net).*





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