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Health & Wellness[®] MAGAZINE

January 2017

Marion Edition - Monthly

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Without Surgery

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This Year!

**GOOD TIMES,
BAD TIMES:**
The Rolling Stones &
The Rise of Stem Cells
for COPD Treatment

THYROID
Awareness Month

WEIGHT LOSS
Surgery Options for
the New Year

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LUNG CANCER SCREENING CAN HELP LONGTIME SMOKERS BREATHE A LITTLE EASIER

STOP LUNG CANCER BEFORE IT STOPS YOU

Are You a Longtime Smoker? This Simple Scan Can Save Your Life.

Lung cancer is the #1 leading cause of cancer death in the US, above breast, prostate and colorectal cancers. The vast majority of cases occur in heavy smokers.



Who is Considered a Heavy Smoker?

The American Cancer Society considers someone to be at high risk of developing smoking-related lung cancer when they share the following traits:



Ages 55-77



Currently smokes or has quit within the past 15 years



Has smoked tobacco for 30 or more "pack years," which is the number of packs smoked per day times the number of years smoked

Unfortunately, by the time symptoms appear, lung cancer has usually spread outside the lung, making it difficult or impossible to treat.

Early detection is the key to surviving lung cancer.

If you're 55 or older and a heavy or longtime current or former smoker, talk to your doctor about a screening chest scan called Low Dose Computed Tomography (LDCT). This painless, noninvasive test uses up to 90% less ionizing radiation than standard CT scans, and can capture lung cancer in its earliest stages when it is easiest to treat.

With your doctor's referral, your scan may be 100% covered by Medicare.



People 50 and older with a 20-pack-year smoking history combined with at least one other risk factor, such as a personal or family history of lung disease, **are also considered high risk**. Talk honestly with your doctor. If LDCT is right for you, your doctor can refer you to RAO for advanced LDCT services. Our team of Board Certified radiologists will work directly with your doctor to review your results and ensure you're getting the best possible care.



Don't Wait!

Talk to Your Doctor About Lung Cancer Screening.



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"My doctor is very kind and caring. He always makes time for me and answers my questions without rushing. The nurses and staff members are also wonderful! I love them all!"

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Thyroid Awareness Month

During your yearly physical, did you ever wonder why the physician places their hand on your throat and asks you to swallow? Given that January is Thyroid Awareness Month, this is the perfect time to explain this common test.

Your doctor is checking for thyroid nodules. Although thyroid nodules are extremely common and usually benign, there are growing numbers of people with thyroid cancer and other thyroid issues.

The thyroid is a butterfly shaped gland. It produces two main hormones that regulate body temperature, metabolism, heart rate and other factors. These two hormones are T3 and T4.

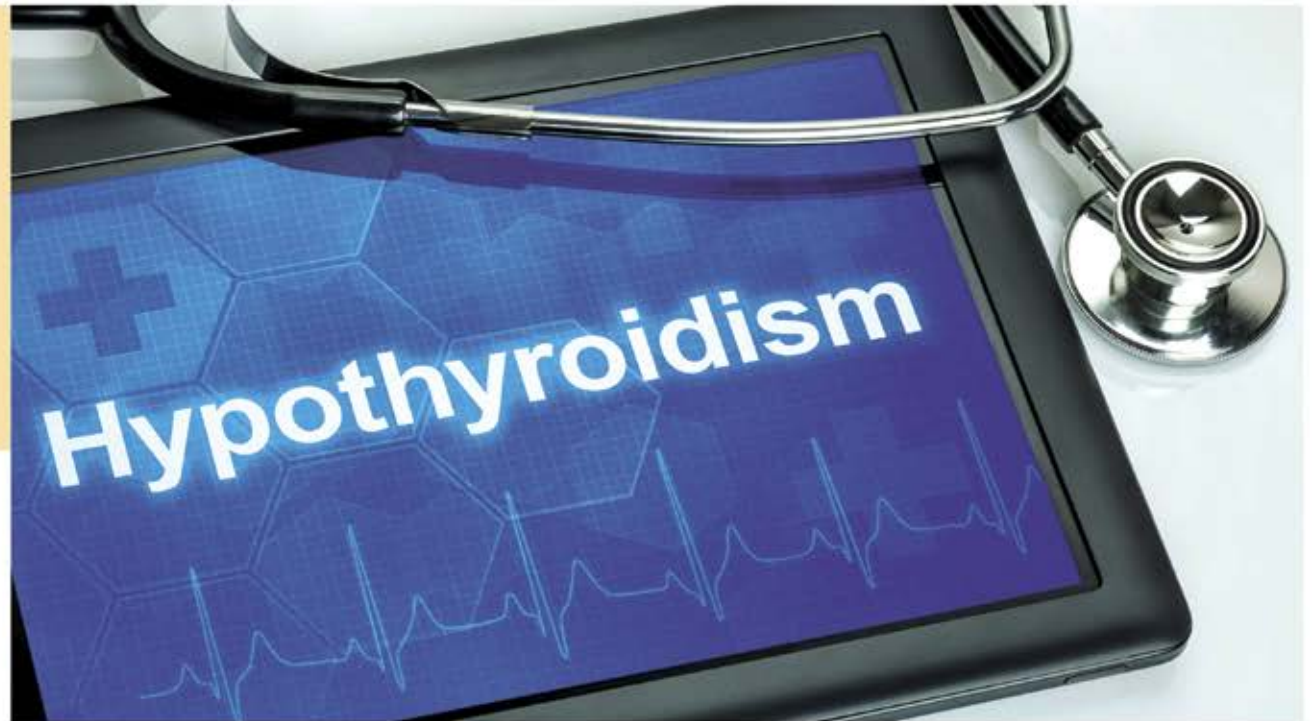
In recent years there have been several celebrities that have shared their personal stories of thyroid issues. Most recently, Supermodel, Gigi Hadid shared that she suffers from Hashimoto's Disease, which is an autoimmune disease that attacks the thyroid.

Along with cancer and Hashimoto's, thyroid nodules could suggest that that you may suffer from hyperthyroidism or hypothyroidism. If left untreated, thyroid issues can lead to dangerous conditions like AFIB, blood disorders and heart disease.

HYPERTHYROIDISM SYMPTOMS:

- Overactive appetite
- Fatigue
- Anxiety
- Nausea
- Lack of concentrate
- Irregular heartbeat
- Sleep disturbances
- Dry/Brittle & hair breakage
- Itchy dry skin

With **Hyperthyroidism**, an overproduction of the T3 and/or T4 hormones causes the body to react to the over secretion of the thyroid hormones in negative ways. The most common form of this disorder is



Grave's disease, which is an autoimmune disease. Grave's causes the body to attack it's on thyroid gland. Other causes can be from genetic mutations (can run in families), and tumors in the ovaries or testes.

HYPOTHYROIDISM SYMPTOMS:

- Tendency to be cold
- Dry itchy skin
- Swollen eyes
- Forgetfulness
- Lack of concentration
- Lack of appetite
- Weight gain
- Fatigue
- Menstrual changes
- Hair loss
- Depression & anxiety

With **hypothyroidism**, the thyroid is underactive, producing too little T3 and/ or T4 hormones. The causes of hypothyroidism are autoimmune diseases, like Hashimoto's, surgical removal of the thyroid (cancer patients), environmental radiation exposure, or radiation treatment of the thyroid. Although there is no cure, there are many different medications available to successfully treat hyperthyroidism and hypothyroidism.

RATNASABAPATHY SIVASEKARAN, MD

Dr. Sivasekaran is a comprehensive internal medicine physician that understands the commonality of

thyroid issues, and is always conscientious of these conditions for his patients overall wellbeing. On a routine basis, he checks his patient's neck and thyroid both visually and then digitally by having them swallow to check for nodules. If they are of concern, he will run further tests if necessary. Although the hormones levels tend to fluctuate, a simple blood test can be performed to check your T3 and T4 status.

Dr. Siva has been in practice for fourteen years. He earned his Honors Bachelors of Science in Biology from University of Waterloo, Canada. He went on to earn his Doctor of Medicine from St. George's University School of Medicine graduating on the Dean's List. He is American Board of Internal Medicine certified. Dr. Siva has affiliations with AMA, AHA and Marion County Medical Society. He opened his own private practice in Ocala in 2006, and he has privileges at all hospitals and nursing homes in Ocala for continued care of his patients.

To find out more information, please contact Dr. Siva's office at **(352) 369-5300**, or visit **DrSivaOcala.com**

 *Siva M.D. P.A.*

Office Location:

2845 Southeast 3rd Court
Ocala, FL 34471

Breast Density – What It Is and How It May Affect You

If you're a woman who has had a screening mammogram and you live in a state that requires patients to be notified about their breast density (or have simply heard the term "breast density"), you likely have questions about what it is and what it means to your overall health.

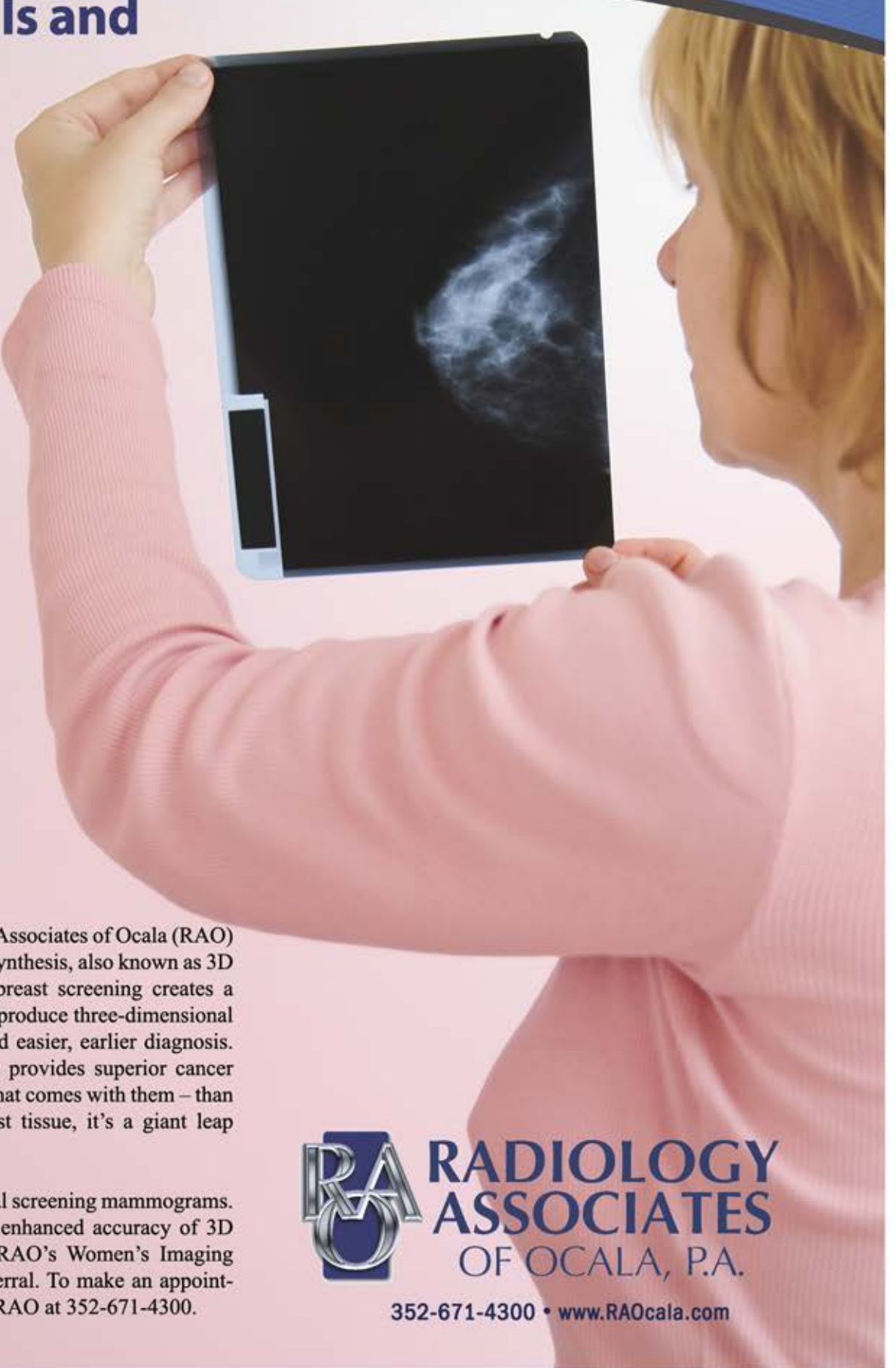
It is estimated that as many as 47% of women have dense breasts, which indicates breast tissue that is closely compacted, oftentimes making it radiopaque, a medical term meaning it is invisible to radiation. In short, the denser one's breast tissue, the less visible lesions are to mammographic imaging.

Dense breast tissue presents an increased risk of film mammography missing abnormal cells within normal tissue, meaning breast cancer, especially early cancer, may be hidden from view during screening. Because dense breast tissue contains more epithelial cells than fatty tissue does, and breast cancers most commonly affect epithelial cells, dense breasts may also present an increased risk of cancer, making early detection especially important. Therein lies the problem for women with dense breast tissue: there may be an elevated risk of cancer, and the cancer may be harder to spot.

The widespread replacement of film mammography with digital mammography has helped improve detection, but there is still concern about possible errors resulting in trying to assess a three-dimensional object like a lesion with the two-dimensional image provided by a standard digital mammogram.

The good news is that the Board Certified doctors of Radiology Associates of Ocala (RAO) offer the latest advance in mammography, Digital Breast Tomosynthesis, also known as 3D mammography™ exams. This revolutionary FDA-approved breast screening creates a series of images that are reconstructed on a computer screen to produce three-dimensional images of breast tissue, for clearer, more accurate imaging and easier, earlier diagnosis. Five different clinical studies have shown that tomosynthesis provides superior cancer detection and far fewer false positives – and the inherent stress that comes with them – than standard digital mammography. For women with dense breast tissue, it's a giant leap forward in early detection.

RAO and the American College of Radiology recommend annual screening mammograms. If you have dense breasts or other reasons for preferring the enhanced accuracy of 3D mammography™ exams, you can make an appointment at RAO's Women's Imaging Center or TimberRidge Imaging Center without a doctor's referral. To make an appointment and find out if your insurance covers tomosynthesis, call RAO at 352-671-4300.



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Good Times, Bad Times:

The Rolling Stones & The Rise of Stem Cells for COPD Treatment

In the early 60s, America was given its first taste of the British Invasion. It was February 9th and a young British rock band named *The Beatles* had just finished a performance on the Ed Sullivan show to a crowd of screaming fans. The young men were a spectacle to see. Dressed to the nines in tailored suits, pristine haircuts and performing their dance moves with a boyish pep, The Beatles represented the essence of true gentlemen.

While women in the audience fainted, and girls at home swooned, a storm was brewing back home in England. This storm was a band that would be considered the true “bad boys” of Rock & Roll as well as the “World’s Greatest Rock & Roll Band.” Its name was *The Rolling Stones*.

In an entrance that rivals even The Rolling Stones, the advancement of stem cell therapy—particularly by clinics such as The Lung Institute (lunginstitute.com)—and its use in the treatment of chronic lung diseases such as chronic obstructive pulmonary disease (COPD), interstitial lung disease (ILD) and pulmonary fibrosis, has upset the previous norm of traditional treatment options and the field of medicine at large.

Working to address disease progression directly, stem cell therapy removes the naturally occurring stem cells from the body’s blood or bone marrow and reintroduces them into the lungs, where they come to rest, potentially promoting healing and reducing inflammation from within, with the ultimate goal of easing breathing and improving quality of life. This is revolutionary for those who once felt they were out of options.

In operation for over three years, the Lung Institute currently specializes in this form of treatment and has effectively increased the quality of life of over 3000 patients and is proud to exhibit a success rate of 83%. Believing in the tenet of “pushing the status quo” clinics like the Lung Institute work to provide hope to a group that may have otherwise given up.



Much like how The Rolling Stones changed the music world, stem cell therapy is shaking up lung disease as we know it.

Lung disease can be a difficult disease to live with, challenging the very idea of regaining one’s previous quality of life. Whether developed through smoking, hazardous air quality or genetics, a diagnosis of lung disease can seem nothing short of unfair. However, in the words of the immortal Mick Jagger, “You can’t always get what you want. But if you try sometimes, you just might find, you get what you need.”

Hope has arrived.

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

Radioactive Iodine Therapy for the Thyroid

January is National Thyroid Awareness Month

Weighing less than an ounce, the thyroid is a tiny gland in the neck that is made up of two lobes. It controls metabolism, body temperature, muscle strength and proper function of organs, like the heart, kidneys and reproductive tissues. The two major hormones that are secreted by the thyroid called T3 (triiodothyronine) and T4 (thyroxine) are essential for a well functioning body. When these two hormones are not flowing within normal limits the thyroid will cause a multitude of disorders.

The thyroid gland needs iodine to successfully and properly function. Because your thyroid gland naturally absorbs and synthesizes iodine, this is what creates the proper amounts of the T3 and T4 hormones that the body requires.

If you are experiencing thyroid disease or cancer, a capsule called Radioactive Iodine Therapy is the standard treatment for most cases. The Radioactive Iodine capsule or liquid oral form of the medication, also referred to as RAI, contains iodine in a radioactive form that works synergistically with your body. The RAI accumulates and pools directly into the thyroid gland and from there, it goes to work without affecting the rest of your organs. As opposed to conventional radiation therapy, the concentration of the iodine is ideal for thyroid problems. That is why RAI is the leading treatment option for thyroid cancer and other thyroid issues.

WHAT CAN RADIOACTIVE IODINE THERAPY TREAT?

Hyperthyroidism
Thyroid cancer (Metastatic papillary cancer & Metastatic follicular cancer)

TREATING CANCER

According to the American Cancer Society, approximately 63,000 patients will be diagnosed with thyroid cancer this year. In thyroid cancer patients, depending on the type and severity of



the cells in the thyroid that are causing the over secretion of the hormones, and it destroys those cells. The thyroid gland will shrink and the symptoms of hyperthyroidism will subside over a 4 to 6 month period.

In both cases, the therapy is noninvasive and administered in the office, allowing the patient to return to their normal activities in a timely manner without the side effects of traditional radiation and/or chemotherapy.

the cancer, either a lobectomy will be performed, or a thyroidectomy.

The lobectomy removes the tumor and the surrounding soft tissue margins within the lobe of the thyroid. The thyroidectomy removes the entire thyroid and soft tissue margins. What's unique about Radioactive Iodine Therapy is that it's a much easier process, since the patient can conveniently swallow the capsule in their doctor's office, and because of the uptake of the iodine in the thyroid; the rest of the body remains unaffected. The patient will have protocols in place as to not contaminate or expose others to the radiation that's traveling through their body. After the radiation reaches the thyroid, the excess radiation is eliminated through the urine. The patient will be evaluated in an ongoing basis to ensure the cancer cells were destroyed and that they do not return.

TREATING HYPERTHYROIDISM

Hyperthyroidism is an overactive thyroid that produces too much of the T4 hormone. It can cause weight loss, rapid heartbeat, puffy eyes, sweating and a multitude of other symptoms. If left untreated, hyperthyroidism can lead to life threatening issues, like stroke and heart disease. With hyperthyroidism, the Radioactive Iodine capsule is given in the same manner and with the same protocols as with cancer patients, but the therapy distinctly treats

At **21st Century Oncology**, your questions and concerns are highly valued and your physician will explain the radioactive iodine therapy to you in detail, or another appropriate treatment option concerning your specific needs.

With over 30 years of experience in radiation and oncology, 21st Century Oncology is the expert in their field. They have over 180 treatment centers and over 947 physicians worldwide. For more information on their services, locations or staff, please visit www.21stcenturyoncology.com, or call the Ocala office at (352) 291-2495, or the Beverly Hills office at (352) 746-1100



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REVERSE HOLIDAY WEIGHT GAIN THIS YEAR!

Now that it's the new year! We look back on the past holiday where we made glorious memories with friends and family, but it's also the time of year that we look at how we have inevitably packed 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 New Year, not that it's an excuse for completely overindulge during the holidays, 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 new year is here and your determination and planning ahead, will help you to concur 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 dieticians 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.

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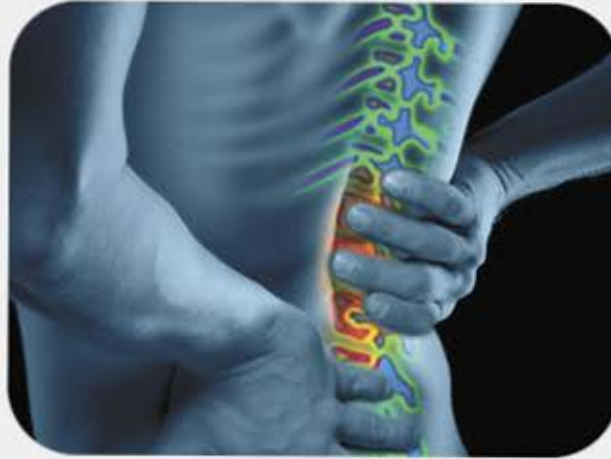
GET CHRONIC LOW BACK PAIN UNDER CONTROL WITHOUT SURGERY

Oh, how an aching back can impact every element of your life. More than 3/4 of Americans experience low back pain at some point in their lives, and roughly half of sufferers have recurring episodes. Some people have chronic low back pain, which can result in a frustrating search for a comfortable position to work, relax or sleep, oftentimes without success. The causes of low back pain are many, but among the most common are those related to the bones of the lower back and the cushioning discs between them. When these are damaged in any way, pain can range from a dull ache that won't go away to debilitating pain that holds a sufferer in constant agony.

One common cause of low back pain in middle-aged and older people is osteoarthritis, which affects about 27 million Americans. Over time, the cartilage that serves as a shock absorber between the bones of the lower spine can wear away, resulting in a condition known as spondylosis.

Pain can be invited by doing anything for too long – whether it's an activity, standing, sitting or even lying down. Poor posture and improper body mechanics can also place undue stress on the lumbar spine. When the small discs between the spinal bones are worn or damaged to the point where their cushioning gel center is pushed outside the disc, the gel can press against and inflame the nearby nerves. This condition is known as a herniated or slipped disc. Once the cushion between the bones is eroded or damaged, bones in the low back may slip out of alignment, causing a condition known as degenerative spondylolisthesis, which can create mild to serious pain, spasm and/or weakness in the low back and legs.

Serious cases of spondylosis can result in spinal stenosis, a narrowing of the spaces in the spine that can press against or pinch the nerves serving the lower back and legs, causing aching, burning, shooting or stabbing pain, numbness, weakness and clumsiness.



“Whatever the cause, low back pain can be a miserable problem that seriously interferes with a person’s quality of life,” says Ocala Neurosurgical Center’s Board Certified neurosurgeon, Dr. Daniel Robertson. “Luckily, we at ONC have a host of nonsurgical methods to diagnose and treat low back pain that really work. These range from medication and physical therapy to epidural injections or nerve root blocks. Once we have determined the cause of low back pain, it’s easier to understand the most effective course of action to arrest pain and help prevent its recurrence.”

What makes the medical team of ONC uniquely qualified to provide effective low back pain relief is our three neurosurgeons’ 7 years of neurosurgical residency training, including 2 1/2 years of specialized focus, full Board Certification, and 68 years of collective experience helping people escape pain and dysfunction and return to more normal, active and satisfying lives.

If you suffer from chronic low back pain, it might be time to reach out to the caring professionals of ONC. We’re here to help.

Ocala Neurosurgical Center
OcalaNeurosurgicalCenter.com
352-622-3360



DANIEL P. ROBERTSON, MD

- In the practice of neurosurgery since 1994. Joined Ocala Neurosurgery Center in 2004
- Board Certified in Neurological Surgery by the American Board of Neurological Surgeons
- Bachelor of Engineering Degree from Duke University
- Medical Degree from the University of Tennessee
- Residency in neurosurgery at Baylor College of Medicine in Houston, Texas
- Member, Alpha Omega Alpha Honor Medical Society
- Fellow, the American College of Surgeons
- Certified by the National Board of Medical Examiners
- On staff at Munroe Regional Medical Center & Ocala Regional Medical Center

Dr. Robertson is a member of the American Association of Neurological Surgeons, the Congress of Neurological Surgeons and the Marion County Medical Society.

Dr. Daniel Robertson, his partner neurosurgeons, Dr. Mark Oliver and Dr. Antonio DiSciafani, 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.



DANIEL P. ROBERTSON, MD | ANTONIO DISCLAFANI, MD | MARK D. OLIVER, MD

Dr. Lombardo

LIVE LEAN!

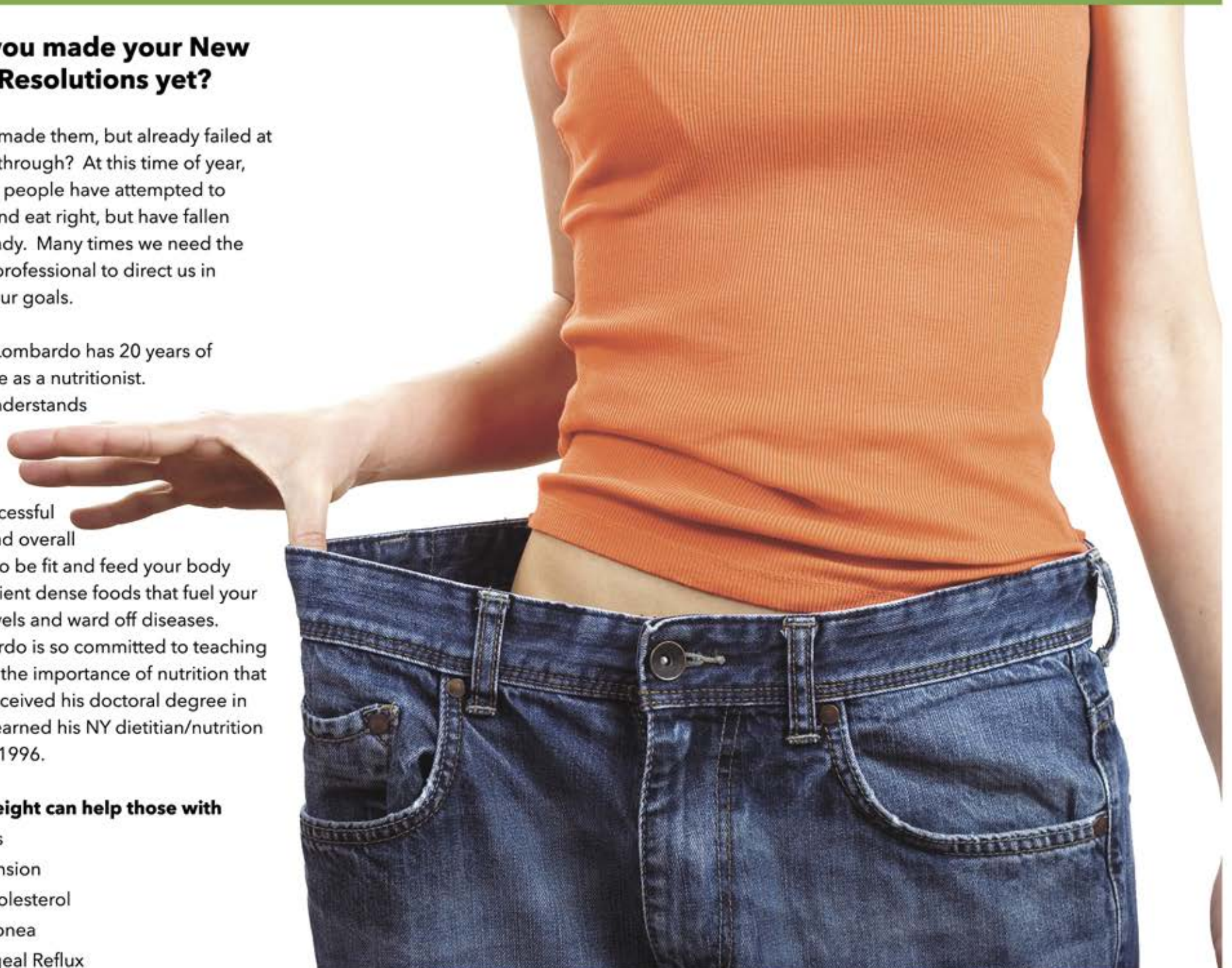
Have you made your New Year's Resolutions yet?

Have you made them, but already failed at following through? At this time of year, numerous people have attempted to exercise and eat right, but have fallen short already. Many times we need the help of a professional to direct us in meeting our goals.

Dr. Dean Lombardo has 20 years of experience as a nutritionist. He also understands that for every client, the key to successful healing and overall health, is to be fit and feed your body good nutrient dense foods that fuel your energy levels and ward off diseases. Dr Lombardo is so committed to teaching his clients the importance of nutrition that after he received his doctoral degree in 1990, he earned his NY dietitian/nutrition license in 1996.

Losing weight can help those with

- Diabetes
- Hypertension
- High Cholesterol
- Sleep Apnea
- Esophageal Reflux



These conditions can contribute to

- Heart attacks
- Strokes
- Heart and Kidney damage

Although Many of us tried them, your answer is inevitably not through yet another fad diet. The answer is simple. Under a doctor supervised weight loss program, your outcomes will surpass your own weight management attempts. Dr Lombardo utilizes specific programs designed specifically for you and your exclusive body in mind. When appropriate, Dr Lombardo also recommends supplementation to his clients for quick and lasting results.

Many times clients have had previous success on fad diets, but their bodies have become intolerant to losing any more weight. This is called a plateau. This is when customized regimens, technology and expert advice are the most beneficial method to get your body back into burning those fat cells.

For the past several decades, Dr. Lombardo has helped his clients learn how to transform their lives. A healthy diet and appropriate exercise can help clients lose 20-35 pounds in less than 2 months.

How many calories do you burn?

How many calories you burn in the past, has been a guessing game. A Resting Metabolic Rate (RMR) provides an exact measurement of just how many calories you burn at rest. In order to lose weight, you must burn more calories than you absorb. Pinpointing your RMR helps you know how to balance what you eat with what you burn.

Dr. Lombardo has many years of experience to help patients finally get the weight off and keep it off.

**About Dr. Lombardo**

Dr. Dean Lombardo became licensed as a Certified Dietitian/Nutritionist (NY) in 1996 after receiving his Doctoral degree from NY Chiropractic College in 1990. Dr. Dean's fascination with science and nutrition goes back to the influences of his electrical engineer father and self-styled "nutritionist" grandfather.

"My grandfather suffered with Hypertension, Obesity and many other medical conditions. He turned to nutrition at age 60 to take control of his failing health. To his credit, he achieved vibrant health, living well into his 90's! He lived with us. Having him in the family was quite a life altering experience. He impressed on me that healthcare would change to a prevention model and that better health through nutrition would be on the front lines as it is today."

Dr Lombardo's Experience and Knowledge of Nutrition is Extensive

His private nutrition practice focused on the nutritional treatment of Diabetes, Hypertension, High cholesterol, Intestinal conditions, Kidney disease, Obesity and more. Equally as important as treatment is the education. His approach is very straight forward and delivered in simple terms. "I just love to talk about anything related to nutrition, diet and taking control of your life. The whole process should be informative and fun. A little humor goes a long way".

Since 1996, Dr Lombardo was the nutritionist for a primary care facility Plaza Medical & Diagnostic (NY) and experienced/treated a wide variety of conditions. He logged in over 10,000 hours in the nutritional treatment of Diabetes, Obesity, Kidney disease, High cholesterol, breathing disorders (COPD), Sleep Apnea and those undergoing Cardio and Pulmonary Rehabilitation.

He did Cardiac Nutrition work for NY Langone Medical Center (Huntington NY), helping their patients with High cholesterol, Stents, Valve replacements, Coronary artery bypass and those who have suffered a Heart attack. He also lectured monthly at the Cardiology department on a wide variety of nutritional topics.

Since November of 2011, Dr Lombardo has sat on the Board of Directors of Long Island Post-Ops, offering long-term nutritional strategies for the bariatric surgery patient and those experiencing post-surgery weight gains.

Since retiring from his New York Nutritional practice in 2015, he has focused solely on weight loss and wellness. "Rather than treat the disease conditions, I focus on body fat reduction. Obesity has now reached epidemic proportions according to the Centers for Disease Control (CDC). When we lose excess body fat, most nutrition related conditions begin to diminish, even disappear.

Dr Lombardo's weight loss programs are comprehensive, individualized and focuses on the Long-Term solution to losing weight and keeping it off. His post-weight loss education support for clients is second to none. "The approach has to be individualized as people have different blood values, different, body types, different metabolic rates, different activity levels and different medical conditions. The one size fits all approach is just not enough". He lectures on a variety of nutritional topics ranging from Proteins, Fats, Carbohydrates, Cholesterol, Calories, Controlling appetite and Why Most Diets Don't Work and are Dangerous. LIVE LEAN!

Dr. Lombardo and his highly qualified friendly staff are ready to answer your questions and concerns. To find out more, please visit Dr. Dean Lombardo's website, or call their office for an appointment.

888-383-9197
www.drdeanlombardo.com

1740 SE 18th Street, Building 900, Suite 901, Ocala, FL 34471

Weight Loss Surgery Options for the New Year

By Juan C. Gutierrez, M.D.
Board Certified in General Surgery

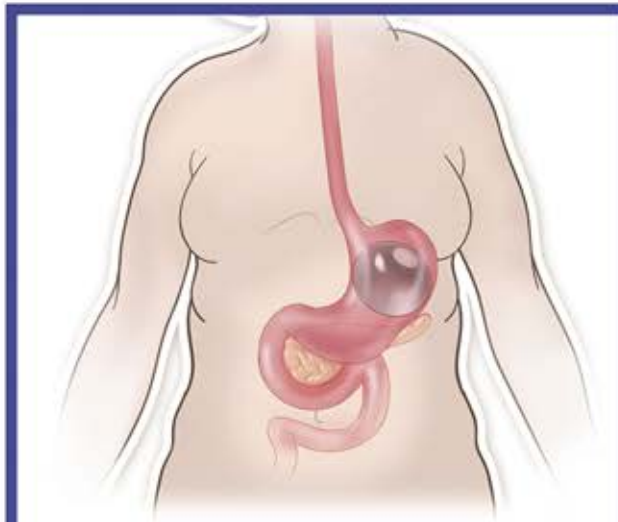
In the final hours of December 31, 2016, millions of people across the United States will unknowingly join together in making that all-too-common resolution, "This is the year that I'm finally going to lose this extra weight!" Some will succeed, but unfortunately, many will not despite a valid effort at healthy eating and regular exercise. This should never be regarded as a failure – our bodies are programmed to store fat, and some of us do it better than others. If you have a body mass index greater than 30 or are more than 100 pounds overweight, there is no better time to consider your weight loss options for the coming months.

Obesity has become a major health crisis in this country – approximately 78.6 million U.S. adults are considered obese. The greatest dangers of obesity are the associated medical problems such as heart disease, stroke, type 2 diabetes mellitus, sleep apnea, gastroesophageal reflux disease (GERD), and certain types of cancer. Obesity is no longer considered a cosmetic issue that is caused by overeating and a lack of self-control, but rather a chronic, progressive disease resulting from multiple environmental and genetic factors, affecting all ages, races, and levels of income. Like any other disease, there are effective treatments for obesity when diet and exercise aren't enough. In fact, the National Institutes of Health recognizes that long term weight loss is nearly impossible for those affected by severe obesity by any means other than metabolic and bariatric surgery.



There are several surgical options available, which must be personalized to each individual patient. The two most common operations being performed at most centers today are the sleeve gastrectomy and the Roux-en-Y gastric bypass. The sleeve is performed removing the outer two-thirds of the stomach and creating a thin banana-shaped stomach with much less room for solids and liquids. The gastric bypass reduces the size of the stomach to a small pouch and bypasses some of the small intestine to avoid the food stream and enzymes needed for digestion and absorption. Regardless of the operation performed, most patients can expect to lose at least 60-70 percent of their excess weight, as well as see an improvement or even a complete resolution of most of their obesity-related medical conditions.

The field of bariatric surgery has seen significant advances with the development of minimally invasive techniques. These procedures are now performed with tiny instruments through 5 or 6 small incisions less than one half-inch long. This results in less scarring for the patient as well as decreased pain after the surgery, decreased risk of hernias and wound infections, and a quicker return to work and normal activities. Most patients are able to go home in one or two days.



Here at Munroe Regional Medical Center, we are proud to be the area's first and only institution to offer the weight loss balloon procedure as an alternative to traditional surgery for select patients. The FDA has recently approved this less-invasive, non-surgical weight loss option for patients that need to lose less than 100 pounds. Under light sedation a balloon is inserted through the mouth and into the stomach and filled to the size of a softball. There are no incisions and no pain - the procedure takes around 20-30 minutes and the patient is able to return home the same day. It is left in place for six months and works by causing a feeling of fullness and decreasing the amount that one can eat. The most common side effect reported was nausea immediately following the procedure, which can be controlled with medications if needed.

The patient also receives an individually tailored support program through a team of experts – which may include a dietitian, psychologist and exercise physiologist – to help keep them motivated, coordinate their program and help them work through weight loss barriers to meet their long-term weight loss goals. After 6 months the balloon is then removed, and patients continue on a diet and exercise plan with excellent long-term results. In fact, U.S studies have shown that within only six months, most patients lose an average of 300% more weight with the balloon procedure than is achieved with diet and exercise alone. For more than 20 years, the global medical community has been using intragastric balloons to help thousands of people lose weight. More than 220,000 balloons have been distributed worldwide in over 80 countries. It has been proven to be both safe and effective through numerous long-term scientific studies conducted worldwide.

As the New Year begins, make the decision to take an active role in your health for a better life. If you are concerned about your weight and the impact it may be having on your health, schedule a consultation today to see if weight loss surgery or the new non-surgical gastric balloon may be right for you.



Juan C. Gutierrez, M.D.
Bariatric and General Surgeon

Dr. Gutierrez is board-certified in general surgery by the American Board of Surgery and is an Assistant Professor of Surgery at the University of Central Florida. He specializes in minimally invasive approaches to both bariatric and general surgical procedures.



1511 SW 1st Avenue
Ocala, FL 34471
352-368-1661.

The Smile Prescription:

The Secret to Happiness is Under your Nose

Did you know that smiling and laughing are programmed into our brain?

I love this story; it is going blow your mind on how this works!

Dr. Itzhak Fried is a neurosurgery professor at UCLA. What he found is literally shocking in every sense of the word. Dr. Fried's team delivered electricity to a woman's brain to stimulate smiling and laughing! It sounds like a taser that makes you laugh!

As the story goes, the test subject was instructed to perform unrelated tasks, such as reading, counting, or moving her hands and feet. When they delivered very small amounts of electricity to the front of her brain, she consistently demonstrated a smile.

At higher currents, a "robust and contagious laughter" was induced, and the higher the current, the longer the duration and intensity of the laughter. This laughter was accompanied by a sensation of mirth and merriment, and when the current got high enough, she would stop performing all other activities while laughing. When the laughter was stimulated with electric shocks, she associated whatever she was doing at the time with being "funny." Stand-up comics around the world are dying to learn about this technology!

If the test subject was reading about a horse and received the stimulation, she thought the horse was funny. If she was talking to people in the room during stimulation, she thought the people were funny. If you let this sink in, the implications are astonishing. Our brain is like a computer, and brain cells (neurons) work using electricity and chemicals (neurotransmitters is the fancy word for these chemicals in our brain). This electrical and chemical stimulation creates "shocks" in our brain all the time, and we use these shocks to control our body to move, sing, read, laugh, eat, play, or sleep. Just like this young lady, we can give ourselves "Smile Shocks" and stimulate our own brain to feel however we want to feel. We can choose what we find to be funny or not funny. And we can rehearse and strengthen the behavior patterns and neural networks that we choose with these brain shocks. Kind of creepy, and the good news is that you don't need to hook batteries up to your head to make this happen. Just practice your smile and give your brain a smiling power surge!

Basic neurophysiology tells us that stimulating (or shocking) the brain is how we get better at a musical instrument, sport, language, or any discipline for that matter.



By constantly stimulating a specific area of our brain, we consistently improve that behavior. It is like building a muscle. The more you stimulate it, the more that area develops. Doesn't it feel good to be stimulated? So let's make sure we stimulate ourselves (shock our brain) in behaviors that are favorable and serve us. This strategy also works when you stimulate and reinforce behaviors relating to anger, sadness, depression, and rage. And, all of our brain stimulation ultimately comes from within.

So here is the question: Are you controlling what stimulates your brain? Or, are you letting other people or external factors shock your brain and control what stimulates your behaviors?

Who is minding your mind? If you don't mind your mind, someone else will start controlling it. Frankenstein had the bolts on the sides of his neck just in case his brain needed a jumpstart. Just think of people in the same way, and sometimes they need a "smile shock" to get their smile going. Always keep your jumper cables handy!

We can Jumpstart a Smile in Anyone! The Evidence Is In!

Now you can understand why this is so important to me. The evidence is clear that smiling and creating positive meaning in your life will make you happier, reduce your stress, and help you live longer.

On the other hand, lack of smiling correlates to feelings of sadness, depression, and a shorter life span. This is so important, we have created a simple five step fun process that everyone can follow to enhance their smile. Isn't it fun to learn about the magic in life?

Saturday Smile

Here's a story I would like to share with you to raise awareness about smiling. So I'm feeling good because it's a Saturday morning. :) My wife and daughter like to sleep in so I pack my noisy boys into the car to go get breakfast. My dad used to bring us doughnuts on Saturdays, so I can't help but take the kids to the bakery. We are in the car, and it is a little too early in the morning for the boys to really get into their fighting (if you have kids you understand), and I propose a game to keep them occupied.

I put my best smile on, "Hey you guys, want to play a game?"

"What is it?" they say with excitement.

"As we drive, let's watch these people walking and exercising. Let's see how many we can count that have a smile on their face!" "Okay!" they say with the energy like we were going to Disney World. If they were dogs their tails would be wagging like crazy. It may just be the thought of pastries getting their blood sugars up, but I will take what I can get. We look at the walkers, runners, bikers, and stroller-pushing pedestrians. One, two, three, and so on.

"Do you see any smiling faces?" I say.

"No Dad..." Not a single smile. "Wait a minute...that kid tripped over and fell into the bushes, so his sister started laughing at him." On a beautiful, sunny Saturday morning in Florida, in a picturesque neighborhood with trees and golf greens, only the sister with the clumsy brother was smiling.

We get all the way to the bakery, passing at least thirty people. "I wonder why people don't smile more." My kids and I ponder. The facial expressions of choice were neutral, downward gazes, or mildly pained.

We walk into the bakery smiling, with a sense of adventure as we count faces (my kids were more focused on the doughnuts). People were there, eating, drinking coffee, reading the paper, listening to classical music overhead, and chatting. The young girl behind the counter had a slight smile ready for us. Everyone else was looking downward at their food, newspaper, or electronic gadget of choice. All of the other workers were moving like robots: cleaning, organizing, preparing, working, doing something, being busy, but not smiling. No one looked like they were having fun or enjoying life. I call it robot-face, or bot-face for short.

We walk up to the counter to give our order. I have a soft smile as my boys order, and they can be so wiggly as they talk—you know how little kids somehow cannot just stand still? They are being so cute that the teenage girl behind the counter starts smiling even bigger. Now we are getting somewhere!

I smile and tell her, "Hey, we've been people watching today to see who is smiling, and you are the only one in the store that has a smile on their face—and you have a GREAT smile!" She immediately breaks out into a great big smile and says,

"Thank you!" What a nice gift she gave us with her smile!

I told her, "Keep smiling, and make sure you share it with everyone!" As I put the change in the tip jar, she laughed and said, "Thank you for the tip!"

"No problem," I said.

She looked at me and said, "No, the tip about smiling. You are right, I do need to smile more. I don't want to look like a zombie. That is a tip that I can use all the time!" And she gave me her biggest smile yet.

We all enjoyed a smile together, and our morning was a memorable one.

It certainly made my boys happy, though I'm not sure if it was the smiling, the pastries, or the sugary sprinkles on top (sprinkles somehow make us smile too.)

What Is the Point of Smiling So Much?

I was shocked to realize that so many people walk around with a blank face, so I started counting to see if I was just fooling myself. I have counted smiles in grocery stores, parks, shopping malls, theaters, restaurants, airports, popular theme parks, indoors, and outdoors. Out of a hundred, the most common number of smiling faces I count is three!! The highest I got was ten, and that was in a restaurant when people were really yucking it up (was it the wine?). A survey of 2,000 people showed that adults smile on average seven times per day.¹¹ —REALLY?!?

One of the reasons we may not recognize this lack of smiling is because it is socially inappropriate to look at people's faces when they are not addressing us.

Just consider if you are glancing around the room and someone makes eye-contact while you are looking at them. We often divert our eyes and look the other way to avoid embarrassment. So, even if someone is wearing a blank face, it is almost a reflex for us not to check out their face too much. We don't want to be rude! These social rules make us less aware of how many people wear flat faces in their daily activities. I have a question for you. Have you ever noticed how many (or how few) people are smiling around you? Or how often YOU smile through the course of a day?

When I ask people how many smiles they think they will see in the next hundred people they come across, some say as high as seventy-five percent! Most of us tend to overestimate how much other people (and ourselves) smile. When you realize that so few people smile during their daily activities, it is not so surprising that stress and depression are such a problem today.

Now, consider the opposite of this blank-faced scenario. What if we walked around with a BIG smile on our face? What if we are just happy to be alive, happy we are not in the hospital, or happy that we have two hands, and we show this on our face with a grateful grin?

People will think there is something wrong with us, or that we are drunk, or up to something! It should be the other way around! The world would be a better place if more people walked around with smiling faces, and there were fewer flat expressions to be seen.

Living In Captivity

Take a moment to think about the simple things we do on a daily basis. If you go to the gym, there are usually some very motivated people there working out early in the morning. Their drive is admirable, though their faces don't usually look very happy. We go to the grocery store, surrounded by more choice.

The hypnosis of daily activities can make us look like we are automatons, or on cruise control. We can appear devoid of joy, happiness, or gratitude for the blessings we have. The bottom line is, people don't tend to look that happy, even though we live with some of the greatest financial, technological, and informational abundance in the history of the world! People often look like they are living in captivity. When we go to the zoo, we sometimes feel bad for the animals and say, "Wow, those animals don't look that happy." Yet, the animals in the zoo look through the bars at the humans and say, "Wow, those people don't look that happy." Who is the one living in captivity?!? Maybe that is why it makes us so sad when we feel for the animals at the zoo. On some level, most of us know what it means to be restricted, constrained, or held back from what we really need. People are held captive in their minds from what they want most—to smile and be happy.

Are you going to take control of your life, or are you going to live in the captivity of the auto-pilot mind? Break through the bars, take the Smile Challenge to heart, find your Smile Buddies, and claim the freedom, happiness, and smiling in your life now!

.....Enjoyed this post? Great!
The above post is an excerpt from
"The Smile Prescription" by
Dr. Rich Castellano and is available to
purchase NOW from Amazon and
Barnes & Noble

ABOUT DR. RICH CASTELLANO

Wall Street Journal best-selling author, Dr. Rich Castellano (also known as "The Smile Dr.") is a double board certified facial plastic surgeon and facial analysis expert. He travels the country training doctors, healthcare providers, and entrepreneurs in innovative non-verbal communication found in his bestseller, *The Smile Prescription*. Dr. Castellano is currently the #1 Double Board Certified Facial Plastic Surgeon Bellafill injector in the world, and the #1 Radiesse injector in the Tampa Bay Area. He is the first facial plastic surgeon in the world to regularly broadcast his surgeries and procedures LIVE to thousands of viewers across the globe on Periscope.tv and FB. Dr. Castellano has made hundreds of live appearances including guest interviews on *The Daily Buzz*, FOX, NBC, ABC, CBS, and numerous other media outlets.



Dr. Castellano



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Sacral Neuromodulation for Urinary and Fecal Incontinence

Have you tried treatment for overactive bladder, urinary incontinence or fecal incontinence and still suffer from any of the symptoms below?

- Urgency to get to the restroom in time
- Increased frequency of urination
- Getting up at night 2 or more times to urinate
- Wearing adult protective undergarments or pads
- Inability to empty your bladder completely
- Curbing your usual activities because you must be near a restroom at all times
- Loss of bowel control or fecal soiling

If you are a man or woman who said yes to any of these then you should know about an advanced therapy that can drastically improve your quality of life.

Commonly used therapies such as behavioral modification, bladder training and medications are a first line of therapy for overactive bladder (OAB). Unfortunately in many patients these do not work or don't work well enough. Some patients may not be able to tolerate the common side effects of medications such as dry mouth, dry eyes or constipation.

Fecal incontinence (FI) can occur alone or in combination with OAB and can be a socially devastating problem. After conservative measures such as fiber therapy, biofeedback or medications have failed many FI patients are left feeling hopeless. Fortunately, the FDA has recently approved the use of sacral neuromodulation specifically for FI in the United States. It has been used successfully in Europe for years and over 100,000 implants have been placed to date. Studies have shown that 83% of patients with FI experienced a >50% reduction in fecal incontinence episodes per week.

Sacral neuromodulation (SNM) allows regulation of the nerves that go to the bladder and bowel. This works by sending messages back to the brain to regulate the "on-off" switch for bladder and bowel



function. A simple way to think of SNM is as a pacemaker for the bladder and bowel. It can help improve your pelvic floor function and possibly return it to normal function.

SNM is approved by the FDA for the treatment of refractory OAB, urge incontinence, urinary retention and now fecal incontinence. Currently one company (Medtronic, Minneapolis) produces this SNM device for international use under the name Interstim. It is also used successfully to treat bowel dysfunction including severe constipation and fecal urgency, frequency and fecal soiling. This is possible because there are nerves in the pelvis that work on both the bladder and bowel.



855-298-CARE
Advancedurologyinstitute.com

SNM is a very appealing option to patients due to its high success rate (up to 83%) and a unique trial phase. This trial phase of 3-7 days is called a percutaneous nerve evaluation (PNE) and is a simple procedure that places a thin temporary lead next to the nerve that controls bladder and bowel function. This can be placed using local anesthesia or with light sedation, and takes only minutes to perform. This gives the patient the ability to "test

drive" the device without going through the full implant. It also helps patients to gain insight on just how much the Interstim could help them. At the end of the trial the leads are removed in the office without damaging the nerve.

If the PNE is successful in reducing symptoms it is likely that the full implant will work in these patients. The Interstim uses an implantable lead and small battery that are placed for long term treatment of OAB, urinary retention and or fecal incontinence. Once placed, the Interstim can last up to 10yrs depending on its use. The battery can be easily changed under local anesthesia. After implantation, the Interstim is virtually undetectable even in a bathing suit.

If you or someone you know has refractory over active bladder or fecal incontinence sacral neuromodulation may be the answer. Experienced physicians can have success where others have failed.

A full range of treatments for OAB, urinary incontinence and sacral neuromodulation for fecal incontinence are offered by Advanced Urology Institute. If you would like more information regarding these or any other urologic concerns please call 855-298-CARE or www.Advancedurologyinstitute.com.

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

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



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

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

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

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

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

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



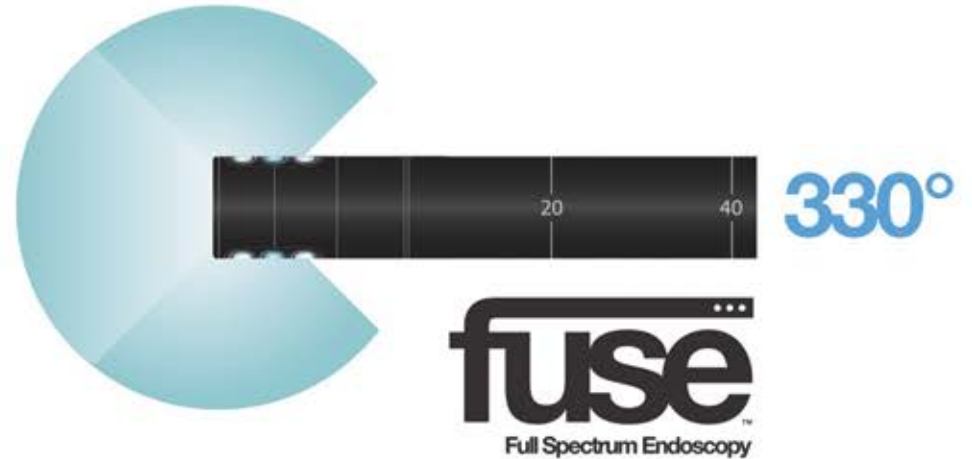
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The Fuse system recently received FDA 510(k) clearance for marketing in the U.S. “As an early adopter of the innovative Fuse system, Gastro-Colon Clinic is at the forefront of U.S. healthcare providers offering the best technology and procedures for 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.

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Dr. Anand Kesari**

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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
Degenerated/Bulging/Torn Discs**

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, or make an appointment by calling (941) 357-1773. 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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Using Omega-3 Supplements to Treat Dry Eyes

By Anne-Marie Chalmers, MD

If you stare at a computer screen all day, have reached the plus-55-years-old stage of life and have had a cataract operation, it's likely you have all the makings of a serious dry eye problem.

And you are not alone. Americans spend an astounding \$3.8 billion on dry eye symptom relief every year. Unfortunately, the majority of dry eye treatments options, such as saline solutions and topical lubricants, can be inconvenient and uncomfortable to apply. In addition, the results are often disappointing.

New research on the dry eye front is prompting more ophthalmologists and optometrists to recommend another treatment option: Increase the intake of omega-3 from fish and fish/cod liver oil.

Why would getting enough omega-3 be important for helping treat dry eye symptoms? Because at the heart of most dry eye problems, chronic inflammation is wreaking havoc.

Inflammation in the Dry Eye

A long list of drugs, dry heat or air conditioning, long term contact lens wear, smoking, and diseases like Sjogren's Syndrome all contribute to increasing the prevalence of dry eyes. However, the principal cause of dry eyes seems to be the dysfunction of the Meibomian gland, thanks to chronic inflammation.

The Meibomian glands are located behind the eyelids. Their role is to produce the fats for the tears, which prevents the tears from evaporating and leaving the eye surface unprotected.

Inflammation disturbs the production and secretion of the lipids emitted by the Meibomian glands. The Meibomian glands create a mixture of lipids containing cholesterol wax esters, diesters, triacylglycerol, free cholesterol, phospholipids and free fatty acids. When the inflammation kicks in, however, the quality of that lipid mixture is changed, making it stiffer and more viscous. As a result, the lipids cease to effectively protect the tears and eye surface, resulting in familiar dry eye symptoms.

Omega-3: The Body's Natural Inflammation-Damper

It is worth noting most patients with dry eyes have an overproduction of inflammation signals, meaning the patient's inflammation response is going into hyperdrive.



But what do the omega-3 fatty acids have to do with the Meibomian glands? Scientists speculate that the omega-3 fatty acids work in two different ways to reduce inflammation in the eye. First, the omega-3s suppress the inflammation within the Meibomian glands by inhibiting the inflammation signals. In addition, they also help the meibum lipids become more fluid.

The Research on Omega-3 and Dry Eyes

Besides exploring the theory behind how omega-3 works in the eye, researchers have also been studying the practical application of omega-3 supplementation on patients with dry eye symptoms.

So far, the results are quite promising. To name just a few:

One 2015 study suggested that omega-3 supplements could help relieve computer-related dry eye symptoms, adding more data to a growing body of research. A 2013 placebo controlled, double blind randomized study found that 65 percent of patients who received omega-3 supplements experienced significant improvement of their dry eye symptoms within 3 months.

Furthermore, an investigation on Meibomian gland cells showed that EPA and DHA from fish oil reduced inflammation markers. In addition, the researchers found that the EPA and DHA increased the production of Resolvin D1. This is significant since Resolvin D1 helps restore the tissue back to its non-inflamed state.

At Omega3 Innovations, we have also been doing our own research on dry eyes. In the spring of 2015, a pilot study using one vial of Omega Cure® Extra Strength (3000 mg EPA/DHA) once a day found that 70% of the participants experienced relief from the symptoms of chronic dry eyes within three to four weeks.

Quality, Consistency and Dose Matter

While the research on omega-3 supplements and dry eyes is exciting, it is important to keep in that mind that quality, consistency and dose do matter. Some studies suggest the anti-inflammatory effects of omega-3 don't kick in unless you get a dose equal to at least 2700 mg of EPA/DHA (roughly 8 – 10 regular fish oil capsules) daily.

In addition, as the studies above suggest, consuming enough omega-3 isn't a quick fix when it comes to improving dry eye symptoms. It may take anywhere from 3 to 12 weeks of consistent daily use before you start feeling a difference. Finally, using an oil with a low oxidation level (meaning a fresh oil) will increase the potency factor.

Considering the Future of Dry Eye Treatment Options

With the increasing use of computers and an ever-aging population, the number of people affected by dry eyes symptoms will undoubtedly continue to grow. To combat the issue, we will need lower cost, effective treatments options.

Looking at above research, omega-3 supplementation could be one such answer – and one that could have a bigger health impact than treating the eyes. As one of the participants in our study commented, using Omega Cure Extra Strength not only reduced her need for eye drops and gave her more comfort when using contact lenses. It also helped improve her focus and made her skin and hair softer.

About Anne-Marie Chalmers, MD

Anne-Marie Chalmers, MD, is the co-founder and president of Omega3 Innovations. Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. In Norway, Dr. Chalmers practiced emergency, family, and preventive medicine for many years. Her research and development work has included nutraceuticals (especially omega-3) and medical delivery device systems to facilitate ingestion of multiple medication combinations.



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Recommended by Chiropractors

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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.

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A Compounded Thyroid Medication Made Specifically For You

The thyroid is a tiny butterfly shaped gland in the neck that is made up of two distinct lobes. The thyroid gland predominantly produces thyroxine (T4) which is converted to the active form of thyroid hormone, triiodothyronine (T3), primarily in the liver.

Hyperthyroidism is a condition where the thyroid is overactive in producing thyroid hormone. Hyperthyroidism can be brought on by genetic conditions, an autoimmune disease that makes the body attack its own thyroid, or it can be exacerbated from tumors in the reproductive glands. The symptoms of a hyperactive thyroid are an unusually large appetite, nervousness, anxiety, weight loss, nausea, vomiting and dry hair and skin.

Hypothyroidism is defined as low levels of thyroid hormone caused by an underactive thyroid gland that is incapable of producing enough T4 to keep the body optimally functioning or has difficulty converting T4 into the active form, T3. Some common causes of hypothyroidism include cancer, removal of the thyroid gland, autoimmune diseases, environmental toxins and radiation therapy. Some factors affecting the conversion of T4 to T3 include liver disease, nutrient deficiencies, medications and stress. When thyroid hormone levels fall too low, the body's processes tend to slow down causing symptoms, such as sensitivity to cold, weight gain, constipation, dry skin, brittle nails, depression and swollen, puffy eyes.

While the most common test for thyroid disorders is a TSH (thyroid stimulating hormone) level, there are other levels that should be reviewed in order to have a complete picture of thyroid function. It is important to also look at free T3 and T4 levels, reverse T3 and thyroid antibodies.

Compounded Thyroid Medications vs Manufactured Pharmaceuticals

While prescribing manufactured T4 (i.e. Synthroid) may help for most hypothyroid patients, it may not address every patient's needs. For patients who

have difficulty converting T4 to T3, they get the most benefit from the addition of both T4 and T3. Again, it is vitally important to look at each patient on an individual basis and prescribe according to that patient's specific levels. A tailored regimen for addressing a patient's thyroid function is ideal.

This can easily be accomplished by a compounding pharmacist collaborating with the patient's physician in tailoring a regimen to the specific needs of the patient. Compounded thyroid medications contain a specific ratio of T4 and T3 based on patient lab values.

Commercially available thyroid medications contain fillers and excipients that may not be well tolerated by all patients. Through compounding, these fillers and excipients can be removed, allowing patients to receive the benefits without the reactions to these additives. Furthermore, many patients experience side effects from manufactured thyroid medications since they are immediate release and are formulated to release the active drug, in this case thyroid hormone, immediately after oral administration. This sudden increase of thyroid hormone can cause side effects, such as heart palpitations and flushing. A compounding pharmacy, however, can compound thyroid hormone as a sustained release capsule. A sustained release capsule is designed to release the active drug at a predetermined rate in order to maintain a constant drug concentration for a specific period of time with minimum side effects.



It is important to choose a reputable compounding pharmacy when having any medication compounded, including thyroid hormone. Custom Meds has achieved PCAB accreditation. The Pharmacy Compounding Accreditation Board (PCAB) only grants accreditation to those pharmacies that pass a set of rigorous standards, including using only high quality pharmaceutical grade chemicals, frequently testing finished products to ensure potency and purity, passing a thorough on-site inspection and continually training and educating its pharmacists and technicians.

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.



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THE ASSET PROTECTION PROVISIONS OF YOUR ESTATE PLAN MAY BE YOUR MOST IMPORTANT LEGACY

By Katina H. Pantazis, Esq.

In my experience, the goal for many of my clients in estate planning is to preserve accumulated wealth in an effort to provide security to their survivors. In this day in age of market instability and economic uncertainty, our survivors are going to need all the help we can give them.

Most revocable trusts are promoted solely for the purpose of avoiding probate. These “will substitutes” typically direct the successor Trustee to distribute the remaining trust assets to the named beneficiaries in a lump sum, free of trust. Although this approach offers protection from the expense and delay of probate, it does not protect beneficiaries from their creditors or even themselves.

One option to provide your beneficiaries with as much financial security as possible is not to give them unfettered control of their inheritance immediately upon your death. Rather, keep their inheritance in trust for their long term benefit. Give an independent trustee discretion to determine when and in what amount a distribution should be made. An independent trustee will provide or obtain professional portfolio management, which helps to avoid issues caused by your beneficiaries’ potential mismanagement of trust funds. Giving the trustee discretion to make, or not make, distributions, will also protect your beneficiaries from their creditors, including future ex-spouses, and even predators.

A discretionary distribution trust also offers you an opportunity to shape the behavior of younger beneficiaries by offering incentives for the achievement of certain goals. For instance, upon graduation from college, you can direct that the beneficiary receive a trust distribution to help with the purchase of a car or furniture for an apartment. You can also direct distributions of principal to begin when the beneficiary reaches retirement age. Of course, it is always advisable to include a provision for distributions in the event of a bona fide hardship or emergency.

You can use a discretionary distribution trust to pay tuition for grandchildren and more remote descendants, to pay a beneficiary’s health insurance premiums, deductible and out-of-pocket medical expenses, and to provide income replacement to the beneficiary for participation in employer sponsored medical and retirement plans.

You earned the wealth you have accumulated. You made sacrifices to save. You also exercised restraint in investing towards a better future for yourself and your loved ones. The final step in providing financial security to your loved ones is a simple one... asset protection provisions of your estate plan may be your most important legacy.

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This article is intended for informational use only and is not for purposes of providing legal advice or association of a lawyer - client relationship.

Katina H. Pantazis, Esq.

Katina H. Pantazis, Esq. was born in Augusta, Georgia. She has had the opportunity to live in multiple states: Georgia, Kansas, Mississippi, and Florida. Katina earned a Business degree from Stetson University in DeLand, Florida, in December of 2004. She completed this degree early; knowing that law school was in her future she chose to take a year between college and law school working as a paralegal to gain some hands on experience. This skill set solidified her decision to become an attorney.

Katina earned her Juris Doctorate from Mississippi College School of Law in May of 2009. Law school allowed for many priceless experiences including a study abroad program in Spetses, Greece, where she studied comparative international law. As well as a third year internship with the Middle District of Florida Federal Public Defenders Office located in Tampa. However, the catalyst that landed Katina in the field of law she practices today was receiving the Elder Law Scholarship in her second year of law school. This was the beginning of her journey into estate planning. She immediately fell in love with the work and most importantly the clientele.

Katina has been practicing in Florida for over six years and has practiced as her own firm Katina Pantazis, P.A. for over two years. She practices out of the Villages office and works in estate planning and wealth preservation. Katina considers this her dream job – helping people secure their future, both for themselves and their loved ones.

Katina is also deeply involved in the community. She is a respected member of the Florida Bar, Marion County Bar Association, Lake County Bar Association, Sumter County Bar Association, and Rotary Club of The Villages. She also serves on the board of the Arnette House in Ocala, Florida and still active with her Sorority, Pi Beta Phi. She spends her free time participating in co-ed intramurals including flag football, basketball, soccer and volleyball. She also enjoys running, kickboxing, yoga and crossfit.

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5 Ways to Cure Stress

By Teri Claassen

"I just want to go back to bed and get away from all of it. I can't handle this stress!" Complaints to resolve, picking kids up from practice, returning the text from my friend who feels like I'm ignoring her, mediating the explosive fight between my kids, making a meal for the teacher who just had a baby, and a husband who wants some time with me, too.

Does this sound like you? No one can escape stress. Whether it's related to your marriage, parenting, work, friendships, or finances, at some point you will be faced with common life stressors.

Many times stress is out of our control, but in some cases, we have more control than we think. Setting boundaries is a way to avoid and decrease stress. When we set limits around us, we teach others what we need and how to be in a healthy relationship with us. Boundaries protect us from over-committing, getting burned out, damaging our relationships with resentment, and being hurt.

If you are looking for a cure for your stress, try some of these boundaries:

1. Don't Try to Make Everyone Happy

It is impossible to make everyone completely happy. Most of the time when you try, you sacrifice things that are important to you. I've worked with many clients who struggle with setting this boundary and end up full of resentment. Save yourself some stress by prioritizing things that matter most to you and negotiating the things that are less important. This trap and others can lead to self-destruction.

2. Say No

When going through busy seasons, balance is key to keeping your stress low. You can spread out the

busyness by saying "no" to things that will put you over the edge. When I am overly busy, I have to find the best "yes" when making choices with my time. There are so many good opportunities I could say yes to, but not all of them are what is best. If you tend to say yes to everything, it's time to set some boundaries to keep you from over-committing.

3. Plan a Rest Day

A "no" day is a day of rest where you say no to the demands that everyone puts on you. Maybe it's realistic to make it a half-day if you can't take a full one. Plan this day to include some positive self-care. Make sure you use the time to relax and do something fun. A day like this can rejuvenate you just enough to make it through a stressful time.

4. Set Realistic Expectations

You are not a super hero. I repeat, you are not a super hero. Your life does not have to be perfect. It never can be, so stop trying and lower your expectations to something you can make happen. When you set expectations too high, you will often feel like a failure and increase your stress. Set some appropriate boundaries with yourself by saying no to a picture of perfection.

5. Practice Emotional Boundaries

Emotional boundaries are ones you set internally when dealing with others. These protect you from being let down by others by expecting them to be who they are. Family and other relationships aren't always positive and can be painful. When you expect people to be who they are, you will find yourself saying, "Of course they did that" instead of "I can't believe they did that." Having healthy emotional boundaries will decrease your stress and leave you less rattled by relationship struggles.



Ways to Recharge and Take Better Care of Yourself

- Sit down for 5 minutes in silence. Just sit and be.
- Take a bath or hot shower before bed.
- Read a fictional book for fun.
- Watch one of your favorite movies or cartoons from when you were a kid. Let your mind drift into nostalgia.
- Listen to your favorite music and sing along—loudly!
- Sit outside in silence and listen to the sounds of nature.
- Ask for help. Life is not meant to be lived alone.
- Go to bed early.
- Say no. Don't overcommit.
- Set realistic expectations for yourself. Say no to your internal perfectionist.
- Memorize your favorite Bible verse. Make a song out of it. Write it down and post it all around you.
- Pray without distraction. On your knees. Out loud. Without multitasking.
- Do a prayer walk in your home. Walk from room to room and pray over each space in your home. Pray for your kids in their rooms, your marriage on your bed, and in your family room for your family's growth.
- Have a regularly scheduled time to meet up with a girlfriend. Make it a priority.
- Put down your technology. It is one of my worst time wasters that I always regret.
- Exercise regularly. Even if it is just a quick 5-minute power walk. Everyone has time for that!
- Eat to live, don't live to eat. It's more than just eating healthy. It's about shifting your mindset of why you eat.
- Make a list of 5 things each day you are thankful for. Gratitude changes your attitude.
- Laugh out loud. Whether it's by watching funny videos or reading something, be intentional to make yourself laugh.

Don't Pursue Your Passion

By Alex Anderson

There is a danger in pursuing your passion... it assumes that you can only have one. This drove me nuts in a reversed kind of way. I knew what my passion or calling was...to be a minister. The only problem was...so was being an entrepreneur, musician, writer, father and husband.

The pressure to excel and become the 'best' has always been there.

As a child my dad would say to me, "Son, I cannot tell you what to do with your life (your calling or passion), that's between you and God, but what I do want you to do is to promise me that you will be the best you can be at whatever you choose."

I love my dad and want to honor him, right? Make him proud of me.

So now I have to hear from God about my calling or passion... and keep my promise to my dad to be the best at whatever this passion is.

It's like I having to pick a major in college...but for the rest of my life. How intimidating. Our culture has this compelling imperative to find the 'one' thing and die there.

The advantage of being fifty-five and able to look back has helped me adjust my thinking and lifestyle without disappointing God or my dad.

Passion is a feeling and not a plan. Feelings can change over time or even in a moment. At any given time we can be passionate about a person, place or thing and then change when we find a newer, shinier, person, place or thing.

So I believe pursuing your passion, or ultimate calling, is dangerous. I believe this because it can cause you to stay in a perpetual state of pursuit of something you may never find.

I mean face it...when you are pursuing that one ultimate passionyou will most likely not try some things because you are afraid to risk the chance of getting on the wrong bus of life and winding up in the wrong place one day...feeling stuck.



You don't find your passion first then live your life... you find your passion as you live your life.

All you need to live your life and find your passion along the way is a reason to get up every morning and take a shower and go and engage others in a way that adds value to their life, and then get a paycheck for it. It really is that simple. And there's a sneaky code word for this amazing, revelatory process.

It's called a job.

I know it makes some people throw up in their mouth to say that word. But it's true. When we get up, take a shower and go someplace and create value for someone else...it starts a waterfall of positive affects in our lives. It is truly amazing what can happen when we can get over ourselves and take the humble position of serving others.

When we open ourselves up to the possibility of serving others by adding value to their lives...all sorts of creativity starts flowing and if we are not careful we may find ourselves actually having fun...at our job. Imagine that! And the more fun you have creating value while serving others, the more successful you become.

The key is to start right where you are with the job you have. Make each day your masterpiece with the part that you have control over. As for the parts you don't have control over, ask God to help, and if you expect Him to, He will.

I love this promise in the Bible because it gives me great peace and comfort that God has my back when I don't have a clue as to what to do next.

**Trust in the Lord with all your heart;
do not depend on your own understanding.
Seek his will in all you do,
and He will show you which path to take.
Proverbs 3:5-6NLT**

Rarely have I seen an individual's passion fuel success. Most of the time success fuels your passion.

This is why some years ago I decided that...**Success is the progressive realization of a life-giving goal** and not the goal itself. The goal maybe obtained or even changed over time. But the day in, day out pursuit is where the real fun is.

I was talking to Dr. Mark Rutland, a former president of Oral Roberts University, and he said that he once thought that great ideas or new passions were the building blocks of success, but after four decades of being in very successful leadership, he said that the daily follow-through on a goal was the real stuff of success.

The good news is that God uses everyday life to confirm your calling or passion. If you are too focused on only one thing you may miss the thing that really rings your bell. This is not only true for your life's work and contribution to the world...but for love, friends and happiness.

So don't pursue your passion...let it pursue you!

To your spiritual health,
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The signs of a heart attack can be different in women.

In fact, some women can experience a heart attack with no chest pain at all. So know the signs. If you feel them, get to an emergency room – fast. Call 911 and know that you can count on the Accredited Chest Pain Center at Munroe Regional Medical Center.



Munroe Regional Medical Center

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