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January 2017

Lake/Sumter Edition - Monthly

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This Year!

**THE SMILE
PRESCRIPTON:**
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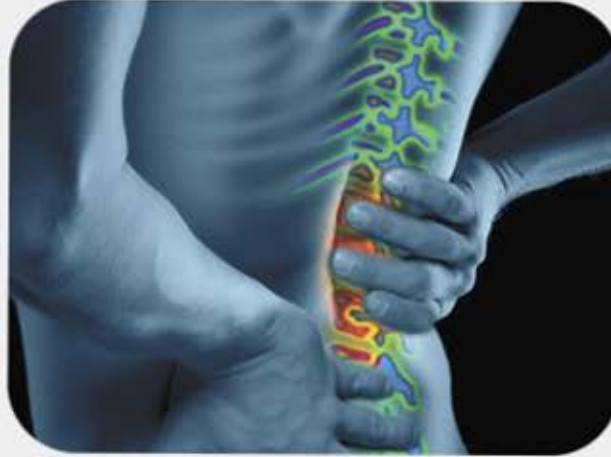
GET CHRONIC LOW BACK PAIN UNDER CONTROL WITHOUT SURGERY

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.



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So when your vision or your style need an update, remember it's all here at Precision Optics, inside every Lake Eye location, serving Leesburg, The Villages, Lady Lake and Tavares.



Happy New Year! Cheers to Your Heart!



It's that time of year again, where we all make those perpetual New Year's resolutions. Along with the normal, lets get fit and lose weight mantra, its important for people to seriously take their heart into consideration.

Along with a good nutrient dense diet and regular exercise, stopping smoking should be your number one priority for 2017, if you or someone you love is a smoker.

Most people are familiar with the negative affects that smoking has on your lungs and the increase in cancer related diseases, but often times they are unaware, or less concerned with the damage that smoking does to your heart.

Smoking cigarettes and other forms of tobacco causes toxic chemicals to enter your lungs and travel throughout your body. All smoking affects your heart negatively and causes damage. But the good news is, no matter how long or how much you've smoked, quitting will benefit you immensely. It's never too late to stop smoking.

Smoking correlates to the heart and vascular issues following:

- Causes inflammation in the arteries
- Increases heart rate
- Causes sticky plaque buildup in your arteries (both coronary & peripheral)
- Raises LDL (bad cholesterol)
- Lowers HDL (good Cholesterol)
- Blood vessel walls become stiff and damaged
- Creates abnormal heart rhythms
- Increases blood pressure
- Creates undue stress on your heart
- Causes blood to thicken
- Lowers oxygen levels in blood

The chemicals in the smoke are what cause atherosclerosis (arterial plaque). These chemicals negatively affect cholesterol levels and fibrogen levels, which is a blood-clotting agent. These disturbances can lead to stroke, aortic aneurysms, peripheral vascular disease, heart attack and abdominal aortic aneurysms just to name a few.

Realistic advice to help you quit smoking:

- Pick a date to quit
- Get rid of all tobacco & lighters
- Plan ahead. Talk to your doctor now about smoking cessation programs, treatment options and medications.
- Let your family and friends know that you're quitting
- Find a new hobby to stay busy
- Avoid the same old routine that allowed you the convenience of smoking
- Keep track of the money you save, write it down everyday and make a tally
- At the end of each week that you continue to not smoke, treat yourself to something nice.
- Don't give up! It's not easy, but it's worth it to quit.

By quitting smoking you reduce your risk of coronary heart disease, stroke and cardiovascular disease.

Statistics According to the U.S. Department of Health and Human Services:

- Within 20 minutes of quitting, your heart rate will decrease
- Within 12 hours of quitting, the carbon monoxide levels in your blood will decrease to normal
- Within 3 months of quitting, your risk of a heart attack decreases and your lungs will begin to work better
- After 1 year, your added risk of coronary artery disease is half that of someone who smokes
- After 5 years, your risk of stroke is the same as that of a nonsmoker
- After 10 years, your lung cancer death rate is about half that of someone who smokes
- After 15 years, your risk of coronary artery disease is the same as that of a nonsmoker

Dr. Thiruvallur Vallabhan is a Board Certified Cardiologist and his mission is to provide The Villages and its surrounding communities with the highest quality cardiac care in a welcoming environment. He and his staff are dedicated to fulfilling the specific cardiac needs of each patient.

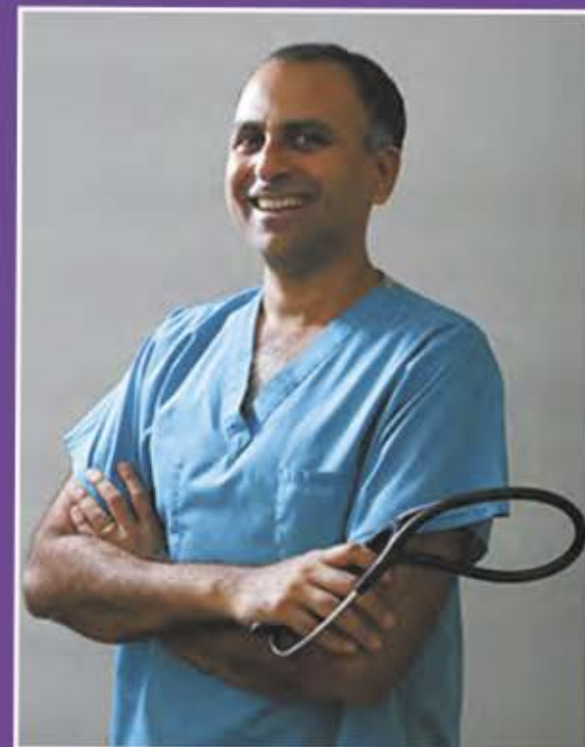
This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.

Dr. Vallabhan

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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.

Good Times, Bad Times:

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

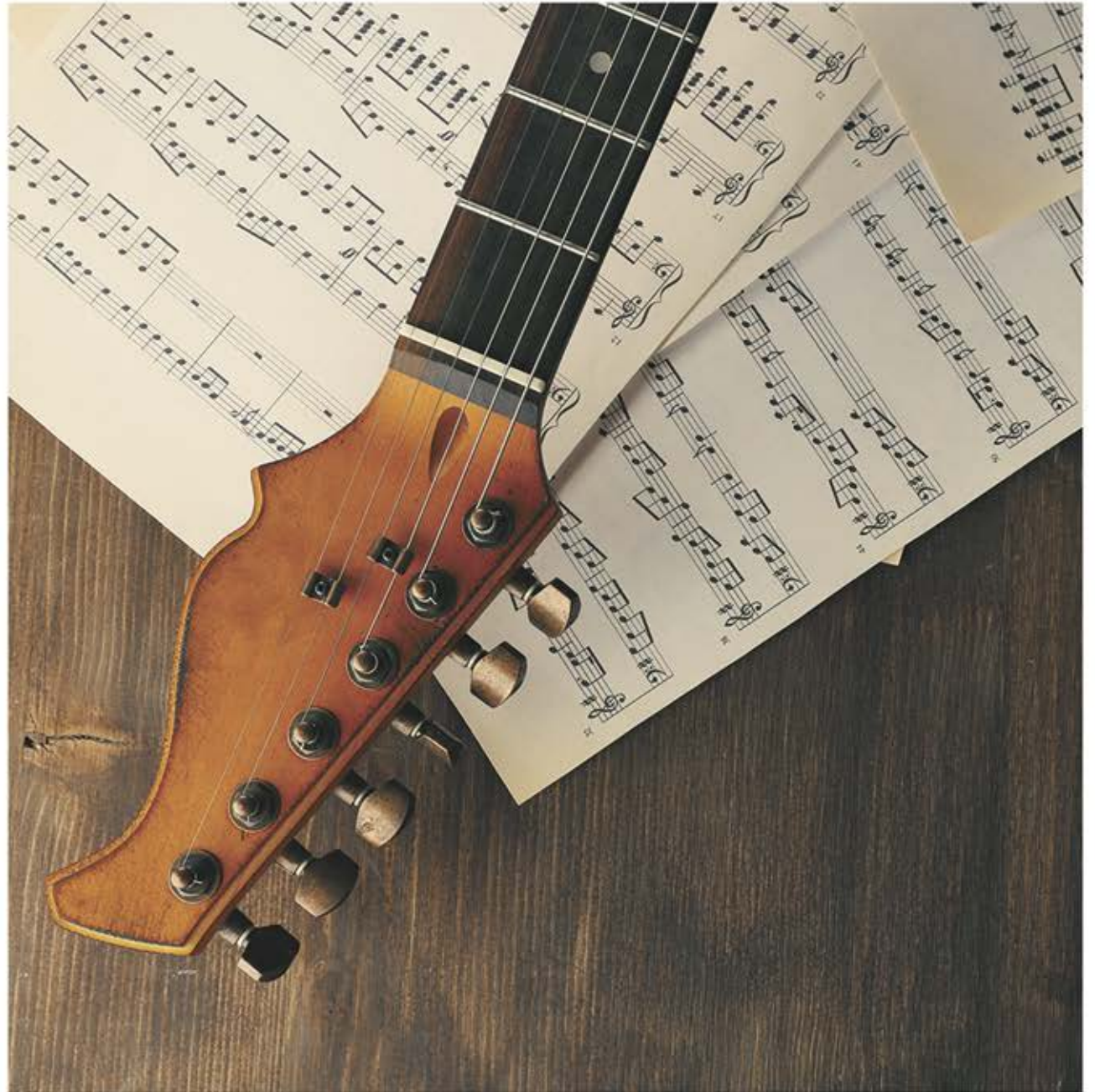
In the early 60s, America was given its first taste of the British Invasion. It was February 9th and a young British rock band named *The Beatles* had just finished a performance on the Ed Sullivan show to a crowd of screaming fans. The young men were a spectacle to see. Dressed to the nines in tailored 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.

InterCommunity Cancer Center Promotes Prevention and Screening During Cervical Health Awareness Month

Cervical health is an important concern for women of all ages. An estimated 12,000 women are diagnosed every year and approximately 4,000 women will die as a result of cervical cancer. Cervical cancer is the second most common type of cancer among women. Fortunately, it is also preventable and treatable thanks to improved screening. InterCommunity Cancer Center (ICCC) wants women to take this message to heart during Cervical Health Awareness Month this January.

Women in the Lady Lake and Leesburg communities are encouraged to get screened for cervical cancer and the human papilloma virus (HPV). According to the National Institutes of Health, cervical cancer develops slowly, starting as a precancerous condition known as dysplasia. These abnormal cells are easily detected through a Papanicolaou (Pap) test and can be treated effectively.

Are You At Risk?

Approximately half of all women diagnosed with cervical cancer are between 35 and 55 years of age. Because about 20 percent of diagnoses are made in women older than 65, it is important for women to continue cervical cancer screening until at least the age of 70.

While age, smoking, and being overweight contribute to a woman's risk of developing cervical cancer, infection by the human papilloma virus (HPV) is the most important risk factor for cervical cancer. Infection is common with HPV, a group of more than 150 related sexually transmitted viruses, which can result in warts, abnormal cervical cells and ultimately, cancer. Generally, a person's immune system will help clear the infection by itself; however, in some cases the infection does not go away. Chronic infection, especially when it is caused by certain high-risk HPV types, can eventually cause cervical cancer.

Screening Saves Lives

Largely responsible for a 70 percent decrease in cervical cancer mortality in the United States over the last 50 years, cervical screening has proven to be a model for successful cancer prevention. This decline is primarily due to the widespread use of the Pap test to detect cervical abnormalities and is considered an integral part of women's preventive health care – much like the mammogram for the early detection of breast cancer.



In addition, women over the age of 30 should talk to their doctor about whether they should also have the HPV test. Used to detect the presence of HPV, the test can help identify women at risk for developing cervical cancer when used in combination with a Pap test.

“Regular screening with the Pap and HPV tests is proven to help prevent cervical cancer. If we can find abnormalities in the pre-cancer stage, it can be treated, essentially stopping cervical cancer before it can start. Most invasive cervical cancers are found in women who have not had regular Pap tests. This is why we strongly encourage women to be proactive about their cervical health,” said Dr. David J. Catalano, medical director and radiation oncologist at ICCC.

For the earliest stages of cervical cancer, radiation therapy may be used as the primary treatment or used in conjunction with surgery. Radiation therapy uses high energy X-rays to kill cancer cells. InterCommunity Cancer Center, which has been at the forefront of bringing advanced radiation therapies to the area, uses both external Intensity-Modulated Radiation Therapy (IMRT) and internal brachytherapy, to treat cervical cancer.

“At ICCC, we are proud to make advanced radiation therapy options like IMRT available to patients in our community, which allows us to deliver the most accurate treatments possible while preserving healthy tissue,” noted Dr. Catalano. “The result is that our patients have access to best outcomes and the best quality of life.”

For more information about InterCommunity Cancer Center, visit www.ICCCVantage.com.

ABOUT INTERCOMMUNITY CANCER CENTER

InterCommunity Cancer Center (ICCC) has more than 30 years of experience providing quality, personalized cancer care in the Lady Lake and Leesburg communities and has treated more than 10,000 patients. Medical Director and Radiation Oncologist Dr. David J. Catalano has expertise in treating breast, lung, prostate, gynecologic, skin and other cancers. ICCC is affiliated is part of The US Oncology Network, which is supported by McKesson Specialty Health and is a 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 800,000 patients annually, enabling highly effective, peer-collaborated care empowering 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.

**InterCommunity
Cancer Center**

A Vantage Oncology Cancer Center

Lady Lake
922 Rolling Acres Road
Lady Lake, FL 34748

(352) 674-6300
www.ICCCVantage.com



Memory Care at Freedom Pointe at The Villages

No decision seems harder than moving a cognitively challenged parent into a memory care community, and yet it may well be the most loving thing one can do. Particularly when you choose Freedom Pointe at The Villages.

In this safe and loving harbor for residents with dementia or Alzheimer's, we honor the strengths and abilities of each individual, while supporting families and friends on this journey.

Our Program

In our unparalleled Memory Care program, associates are trained to support those in memory care with more than their substantial medical skills—they serve with compassion. We invite you to rest easy knowing that your loved one lives at Freedom Pointe at The Villages., celebrating all that life still offers: days filled with purpose, new interests and new friends.

Memory Care Services and Amenities at a Glance

- An ever-changing menu of delicious and nutritious meals.
- Life Enrichment program with over 20 activities to choose from each and every day.
- Highly-trained associates that take respect and quality care to heart.
- 24/7 attention. Always a discreet helping hand in a moment's notice.
- Available services: MD, therapy, support groups, dermatology, auditory clinics, psychology, podiatry, and equipment repairs.

Caring Makes All the Difference

For residents who need help with the progressive limitations of aging, a special kind of person steps up. The specially-trained associates at Freedom Pointe at The Villages. offer a dedication that matches their expertise to bring the gold standard of care to those with Alzheimer's or related dementia.

Most important, the care is centered on the person. Although our caregivers clearly understand the role diagnosis plays, each resident is seen as an individual first, one whose unique self is recognized and honored.



Our philosophy has always placed the resident first, and always will. And it starts with the desire of our caregivers to help residents and families celebrate those moments of grace when a resident's personality shines through, once again.

For more information about the services available at Freedom Pointe at The Villages, call 352-674-3100 today to schedule a tour of our community.



1550 El Camino Real, The Villages, FL 32159
352.674.3100 | brookdale.com

Convenient Access to Emergency Care Now Available

Residents 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

14193 S US HWY 441
Summerfield, FL 34491
ocalahealthsystem.com

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.

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

**Ligaments • Tendons • Joints/Cartilage • Muscles
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.



New reGeneration Orthopedics of Florida

2401 University Parkway Suite 104
Sarasota, Florida 34243
www.NewreGenOrtho.com
info@newregenortho.com

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.

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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See Our Article On Page 25



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

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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



Dr. Castellano

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.



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UROGYN SPECIALISTS OF FLORIDA

LADIES, YOUR GYNECOLOGY VISITS just keep getting better.

Not only is society and the media less apprehensive to talk about vaginal health issues, but advancements in medical technology are helping countless women who have been suffering for years – mostly in silence. Indeed, you can't watch television these days without a spokeswoman talking about such things as leakage, dryness, or intercourse pain, many adding humor to once closeted, yet common issues.

Leading the charge to help women in Central Florida is Christopher Walker, M.D., founder of UroGyn Specialists of Florida, who has treated women with gynecological, vaginal mesh removal and urogynecological matters for more than 20 years. In fact, Dr. Walker is one of only a handful of physicians who specialize in gynecology, urogynecology (female bladder/fecal health) aesthetic medicine (laser spa for face and body) and vaginal rejuvenation, all under one roof. Dr. Walker attracts patients from all over the nation and worldwide.

"Consequently, our patients can avoid having to visit multiple physicians to get the help they need. Patients get three providers in one — a gynecologist, female urologist and cosmetic gynecologist, ultimately saving patients time and money, and protecting their privacy," Dr. Walker said.

Dr. Walker is double board-certified in gynecology and urogynecology, which puts him in the unique position to treat not only the gynecological needs of his patients, but also the urogynecological needs, such as dysfunction of the pelvic floor and urinary incontinence. He is an award-winning physician, receiving Top Doctor Awards and Most Compassionate Awards from both patient and peer reviews.

"We're excited that we can perform procedures all under one roof," said Sarah St. Louis, M.D., a board-certified urogynecologist and the newest member of the growing UroGyn family of experts.

Women's gynecological needs change throughout their lives, and Dr. Walker and his highly qualified team aim to provide the best experience for their patients, regardless of what stage of care they are seeking.



Among the therapies offered safely onsite in the offices of UroGyn Specialists of Florida are the following:

Gynecology

- Ablation: menstrual symptom relief
- Essure: permanent contraception
- Fibroid treatment: assisted with onsite ultrasound

Urogynecology

- Incontinence relief: treatments offered for a range of dysfunction
- Vaginal mesh removal: national experts in care of complications from prior mesh insertion

Sexual Wellness

- Computerized Kegel therapy: computer-aided rehabilitation of pelvic floor muscles
- ThermiVa: nonsurgical rehabilitation of pelvic floor muscles and vaginal tightening
- Labiaplasty: cosmetic enhancement of the vaginal area
- Bioidentical hormone therapy: natural relief of menopause symptoms

Anti-Aging/Aesthetic Medicine

- New laser treatments for wrinkles, loose skin
- Vampire Facials, using your own DNA to boost collagen
- Endymed, new answer to liposuction without the scars
- O-Shot (enhance your libido)

"This is a judgement-free zone," Dr. Walker said. "Our job is to listen to all of your concerns. This intimate conversation is very normal talk in our office."

The state-of-the-art facility offers compassionate, expert care in treating vaginal and bladder health. Dr. Walker calls his practice the all-in-one gynecology team capable of serving women from puberty to post-menopause. To make it even more convenient, Dr. Walker now has six locations in the area, including Orlando, Lake Mary, Ocoee, Poinciana, Kissimmee and their newest location in The Villages, located inside Mulberry Integrative Medicine.

Dr. Walker believes women should not be embarrassed or uncomfortable when it comes to addressing or discussing vaginal health, since most women have the same concerns.

If having sex is an issue, whether due to discomfort, changes in appearance, loss of feeling due to childbirth or menopause, or simply a lack of drive, the UroGyn Specialists staff invites you to schedule a consultation. Many of the reasons for discomfort can be addressed through simple in-office procedures, and if the libido needs a kick start, the Ultimate O-Shot can do the trick.

Dr. Walker can also help with vaginal prolapse issues due to weakened muscle tissue. This usually occurs after childbirth or post-menopause. In fact, Dr. Walker has a team of physiotherapists capable of offering computerized Kegels to address this problem.

With a new surgical center and the latest in cosmetic/wellness therapies, there is no need to visit multiple physicians. UroGyn Specialists of Florida is the go-to practice for today's woman.



910 Old Camp Road, Suite #192
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UroGyn Welcomes Dr. Sarah St. Louis

UroGyn Specialists of Florida, the multiple award-winning practice that serves Central Florida women with both gynecology and female urology care, is very pleased to announce the recent addition of Dr. Sarah St. Louis, FACOG, to the Lake County office, located in The Villages.

Sarah St. Louis, M.D., FACOG, joined the practice of UroGyn Specialists of Florida and opened the newest UroGyn location in The Villages, (inside Mulberry Integrative Medicine) in October 2016. She received her medical degree from Howard University College of Medicine, and completed residency in obstetrics and gynecology at Hofstra Northwell School of Medicine in New York with subspecialty training in urogynecology and reconstructive surgery at Atlantic Health System in New Jersey. Dr. St. Louis has published numerous abstracts and peer-reviewed publications on women's health care. She is dedicated to caring for each individual woman and working together as a team. The daughter of well-known Orlando neurosurgeon Dr. Phillip St. Louis, she brings her father's passion for medicine to the care of women's health concerns. Dr. St. Louis has expertise in pelvic floor rejuvenation, bladder function and sexual wellness and is the only board-certified urogynecologist in Lake County.

Please help welcome Dr. St. Louis to the area by making an appointment today. Call **407-3330-GYN (496)** or book online 24/7 at **BestUroGyn.com**.



UroGyn Specialists has 6 locations to serve patients conveniently throughout Central Florida.



Your all-in-one Gynecology Team

(From left to right) Minedy Laracuente, ARNP; Krissi Koch Reeber, PA-C; Kathy Puig, ARNP; Dr. Christopher A. Walker, FACOG, FICS, FPMRS; Dr. Nyarai Mushonga, FACOG; Parul Patel, ARNP and Dr. Sarah St. Louis, FACOG


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After 17 years, used in over 4,000 hospitals and medical facilities, in over 40 countries, documented in over 400 independent studies done internationally, with 115 published on the National Institute of Health's website, as well as 40 (PubMed) medical journals, and over 1 million happy users proving the effectiveness of BEMER (Bio-Electro_Magnetic-Response) therapy. The technology is so effective NASA is now using it the space suits of astronauts to enhance their health, and protect them from the harmful effects of being in space.

BEMER, Physical Vascular Technology is finally available in Central Florida.



Safe & Effective Results

BEMER therapy is so safe, it is recommended for people with pacemakers, pregnant workmen and newborn babies. To obtain optimal results you simply lay or sit on the mat for eight minutes twice a day in the morning and evening. After only four weeks you can sleep on the device, continually improving your health every day, while you do nothing but sleep at night.

BEMER ENHANCES:

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- CARDIAC FUNCTION
- PHYSICAL FITNESS, ENDURANCE, STRENGTH AND ENERGY
- CONCENTRATION, MENTAL ACUITY, STRESS REDUCTION AND RELAXATION
- SLEEP MANAGEMENT

*Extreme Dermatitis
(82 year old female patient)*



BEFORE BEMER



15 DAYS LATER

Your body is designed to self-heal. So let it! BEMER supports the body's inherent ability to repair and regulate itself.

Health is our most valuable possession. When we are ill, we want to re-gain our health as soon as possible; when we are healthy, we strive to maintain our good health as much as possible. Every living organism constantly produces, absorbs and distributes energy. These processes are kept in order and balance by natural self-regulating mechanisms.

Industrialization and socio-economic developments over the years have led to decreased production and utilization of vitally necessary energy in our bodies, mainly through lack of exercise, poor eating habits, unhealthy lifestyles, stress, and negative environmental changes. As a result, the self-regulating mechanisms that order and optimize our energy household have been brought to their limits.

Bio-Electro-Magnetic-Energy-Regulation – BEMER therapy- utilizes the therapeutic effects of a low grade pulsating electromagnetic field. The electromagnetic energy of this field is the same principle used by nature from the beginning of time to maintain life and vitality in human organisms.

What makes BEMER therapy unique is the utilization of a very specific, patented broad spectrum impulse, developed in 1998 by physicist and biologist Professor Dr. Wolf Kafka. All metabolic and regulatory functions of the human body, specifically that of microcirculation, react positively to the electromagnetic field created by this impulse. As a

result, the body's oxygen supply improves, and with it the production of energy in the form of ATP (Adenosintriphosphate) – the power source of energy at the cellular level).

The deciding difference of BEMER therapy compared to other methods is that rather than merely treating symptoms, it addresses and supports basic processes in the body, and thus maintains and promotes healthy function. It regulates, stabilizes and supports essential and, if necessary, curative processes within the body.

BEMER therapy is not an "indication based" or ailment-specific.

This means that it does not work JUST on the one problem we might want it to deal with. BEMER therapy is holistic in the true sense of the word. The BEMER's electro-magnetic field is applied to the entire body; meaning it optimizes functions within the body as a whole and not on one specific ailment. This is why any BEMER treatment is of benefit. The different programs and levels fine-tune the treatment, but using a different level, or missing a treatment is not going to be detrimental to the client, it will simply mean that improvement and recovery might be a little slower than would otherwise be the case. There are therefore no rigid and specific protocols for various types of illness.

BEMER therapy increases blood circulation and lymph drainage at the capillary or micro-vascular level, increasing energy in the body at a cellular level, and much more.

The effectiveness of BEMER therapy has been documented as follows by scientific studies at universities and national science institutes worldwide, in accordance to GCP standards:

- Improved circulation, especially micro-circulation
- Strengthened immune system
- Stabilized oxidative balance
- Increased endurance (sport)

Herpes Zoster (Shingles)



Before BEMER



After 3 days

(4 daily applications)

The BEMER has been used successfully for the treatment of the following conditions, amongst others:

- Accelerated recovery from mild to severe burns
- ADD and ADHD in children
- Arthritis
- Asthma
- Backache Burns
- Cancer support
- Chronic and 'Age-Related' conditions
- Chronic Tiredness
- Circulatory Disorders
- Degenerative conditions of the joints and spine
- Depression and anxiety states
- Diabetes and related circulatory complications
- ED, Erectile Dysfunction
- Fibromyalgia Fractures
- Headaches & Migraine Hyper/Hypotonia
- Inflammation
- Immune System Disorders (auto-immune)
- Jet-lag alleviation
- Muscle Tension
- Non-healing wounds, ulcers, pressure sores etc.
- Osteoporosis
- Post-operative care - to reduce swelling & risk of infection
- Pain, chronic and acute
- Rapid regeneration after exercise & sport injuries
- Respiratory Conditions, COPD
- Rheumatism Scar build-up
- Sinus Issues
- Skin conditions, i.e. eczema, acne, psoriasis
- Sleep Disorders
- Sports Injuries
- Swelling
- Varicose Veins
- Wound Healing
- Support for multiple sclerosis & other degenerative conditions
- Tinnitus

BEMER & AMT together, produce astounding results.

The technology used in BEMER therapy, is a perfect compliment to the Electro-Acuscope Myopulse Therapy (AMT) equipment which uses artificial intelligence (read-analyze-respond) to optimize the autonomic nerves system. It produces, similar, and complementary results, by using precise low level electromagnetic fields (instead of micro-current) to stimulate blood and lymph flow to micro circulatory or capillary system of the body.

Diabetes – Leg Ulcer



Before BEMER

After 4 weeks

After 8 weeks

When BEMER therapy is used in conjunction with AMT it is by far the worlds most advance therapy for accelerating natural healing, optimizing health and eliminating pain.

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

Contact Energy Medical at 352-552-1889 today to learn more about providing your body what it needs to heal itself! FREE Consultation and Demonstrations available.



BEFORE BEMER
Extreme Dermatitis
(82 year old patient)



12 DAYS LATER

Psoriasis



DAY 00



DAY 15

15 days Therapy

Energy Medical is proud to announce Multiple Sclerosis Clinical Studies, beginning early 2016. The studies are based on the highly effective use AMT, and BEMER therapy to relieve pain and other symptoms associated with the condition.

<http://www.EnergyMedical.net/emed-videos>

It is a known fact that the degenerative condition of MS is not curable in the allopathic (modern medical) paradigm. This is because modern medicine seeks to manufacture a biochemical intervention (a drug) to encourage healing and/or mask symptoms.

Anyone with Multiple Sclerosis is welcome to participate, and should call our office for further details.

Call 352-552-1889 to learn more about the MS studies or to enroll in one today!

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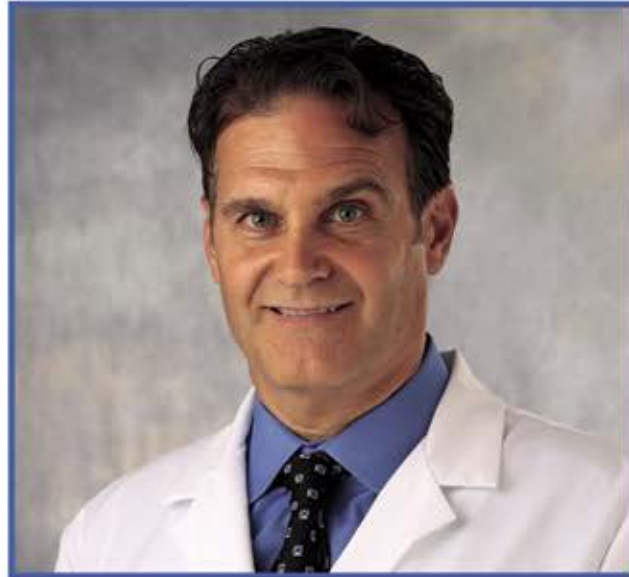
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UNDERSTANDING CHRONIC VENOUS INSUFFICIENCY

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

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

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

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

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

What causes Chronic Venous Insufficiency?

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



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

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

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

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

Symptoms of Chronic Venous Insufficiency

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

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

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

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

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

Source: Society of Vascular Surgery



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Bio

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



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

Cervical Pain

By Wim Vergauwen, MPT, CMT - Owner
Certified Manual Therapist

Sooner or later everyone gets to deal with some form of neck pain, but rarely something has been done to treat the pain. Often arthritis or muscle spasms are blamed for the cause of neck pain, but in reality chronic neck pain might have a more complex source. Most people take soreness in the neck and shoulders for granted, but untreated neck problems can develop more problems such as referred shoulder pain, numbness and weakness in arms and hands, carpal tunnel problems or even headaches just to name a few. Cervical disc degeneration is common in 60% of the population over 40 years of age and 85% over the age of 60 according to the Mayo clinic. Cervical discs are gel filled cushions separating the seven neck vertebrae with their main function to serve as shock absorbers. X-rays and MRI's show most degeneration of the disc and disc herniation in the most mobile segments of the neck. Typically, the mid cervical spine, C5-6, what happens to be the level where the median nerve exits or better known as the nerve to cause carpal tunnel syndrome. Because of stiffening of the thoracic spine or middle back, our mid neck area starts to move more than what it is created for, causing friction, resulting in wear and tear or degeneration of the disc, disc herniation or spurs which is extra bone forming stimulated by bone rubbing on bone.

It is no coincidence that with the rapid growth of technology and social media in the last 10 years, neck pain, headaches and carpal tunnel problems have been getting more common than ever. These days cervical problems, headaches and rounded thoracic spines and shoulders are also a problem in teenagers. Kids spend hours on any kind of device like phones, iPads, or computers and do not climb trees anymore!!! As a result we see more problems related to poor posture growing on an epidemic rate. The smaller our technologic gadgets are getting, the more our shoulders move forward, our thoracic spine rounds and our head protrudes forward in a slouched posture causing impingement of the mid cervical spine and muscle guarding.

To help neck pain and related problems, medications, injections, hot packs or even surgery is not always the solution because it only treats the symptoms and the end result of years of friction, rather than treating the cause of the problem. Although degenerative disc disease and neck pain can be caused by age, most of the time it is more affected by our lifestyles, posture, repetitive abuse and muscle imbalance. That is why not every 80 year old person with degeneration in the



Wim Vergauwen, MPT, CMT, treating a neck patient

neck has necessarily neck pain or restrictions and a 15 year old might have poor neck mobility, even if the MRI does not show any signs of damage at all. Muscle imbalance mostly gets caused by sedentary lifestyle and using always the same muscles. Think about it, +90% of the time during the day we use our hands in front of us; reading, eating, cooking, doing the dishes, phones etc.

This is where Physical Therapist or Manual Therapists who are trained in working with the spine play a major role. We are specialized in not only mobilizing stiff joints, but also trained to balance out the muscle system, improve posture and to get to the cause of the problem. This approach helps treat compression, impingement, inflammation and train people to prevent neck pain from happening again.



Nancy Schmeltzer, OTR/L, treating a neck patient

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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Recommended by Chiropractors

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

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

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



Benefits of PEMF

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

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

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



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

Dr. John Bidelspach

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



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

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

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

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

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

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

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

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

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

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

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

Gastro-Colon Clinic Dr. Anand Kesari

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

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

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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CARING FOR PARKINSON'S DISEASE PATIENTS

Muhammad Ali, Michael J. Fox, Linda Ronstadt, Johnny Cash, Billy Graham and Estelle Getty are among a number of famous Americans diagnosed with Parkinson's disease, the nervous system disorder that disrupts body movement. Nearly 1 million Americans are living with the progressive condition, and each year, more than 50,000 people in the country are diagnosed. The chronic motor disease mainly affects older adults but can occur at any age. Michael J. Fox was diagnosed at 29 and major league baseball player Ben Petrick at age 22.

Parkinson's disease gradually attacks nerve cells in the brain's mid-portion, decreasing the production of dopamine, a biochemical that helps carry electrical signals to control body motion and emotional responses. Initial symptoms often present with muscle weakness, stiffness, or a slight shaking in a hand or foot. As Parkinson's advances, a person may experience muscle rigidity, tremors, postural imbalance, gait changes and decreased facial expression.

The exact cause of Parkinson's disease is still unknown, but a number of research studies are focusing on a combination of genetics and environmental factors (such as head trauma and exposure to certain pesticides and medications). Although there is no one standard diagnostic test to diagnose Parkinson's, a thorough neurological exam and medical history look for classic disease signs. Patients are also tested for their response to a dopamine-producing medication. If a person experiences significant improvement with a drug that boosts the brain's chemical neurotransmitters, then Parkinson's is typically the diagnosis versus similar conditions, secondary parkinsonism and Parkinson's plus syndromes.

Complications of Parkinson's disease may include swallowing difficulties, sleep problems, bowel and bladder issues, depression, and mood changes. Comprehensive management of the movement disorder specifically addresses exercise, nutrition and medications tailored to each individual. Some patients are candidates for therapeutic surgery, including an implant of an electrode stimulator in the brain to improve motor function or a tube in the stomach for a continual supply of the gold-standard Parkinson's drug, carbidopa/levodopa.

"Presently, there is no cure for Parkinson's disease, but with early detection and individualized treatment, patients can live full, rewarding lives for decades after their diagnosis," said Glenn Fechtenburg, RN Right at Home The Villages, Lake and Sumter Counties. "We have served a number of Parkinson's clients and their caregiver families who find that a strong support system is essential in bolstering the physical limitations and emotional lulls of the disease. Parkinson's affects not just the person diagnosed but also their entire circle of family, friends and loved ones."

In assisting those with the neurological disorder, Fechtenburg advises that family and professional caregivers consider the following care and support approaches:

- **Encourage independence.** Many Parkinson's patients can carry out regular daily functions — they just need more time to complete them. Staying active with an in-motion body is key to combating the muscle constraints of Parkinson's.
- **Stay flexible as the disease fluctuates.** Throughout each day, Parkinson's symptoms can vary as medication takes effect and the person regulates diet, activity and rest. Sometimes Parkinson's is unpredictable, and caregivers help most by choosing to adapt to symptoms as they occur instead of expecting the patient to follow a regimented schedule.
- **Determine reasonable limits.** It's best for the Parkinson's patient and caregivers to discuss activities and lifestyle changes upfront and adjust as needed. For example, lifting heavy objects can throw off balance and cause a fall. Climbing a number of steps or a ladder is not advisable. The key is to keep active without taking on tasks that aggravate symptoms or increase risk for injury.
- **Keep an eye on the emotional downside.** Discouragement, anxiety, depression and apathy are common with Parkinson's patients. The off-kilter brain messaging and physical challenges can throw off the body's ability to stay emotionally level. Mood changes may result from the disease-fighting medications or from the personal loss of a body that does not always cooperate. A caregiver's patience and active listening are invaluable to Parkinson's individuals in weathering their emotions. Meeting with a psychotherapist can also help with the ongoing adjustments to the neurological disease.

For additional information on Parkinson's disease resources, contact the National Parkinson Foundation at parkinson.org or 1-800-4PD-INFO (473-4636), and the Parkinson's Disease Foundation at pdf.org or 800-457-6676.

About Right at Home

Founded in 1995, Right at Home offers in-home companionship and personal care and assistance to seniors and disabled adults who want to continue to live independently. Local Right at Home offices are independently owned and operated and directly employ and supervise all caregiving staff, each of whom is thoroughly screened, trained, and bonded/insured prior to entering a client's home. Right at Home's global office is based in Omaha, Nebraska, with offices located in 45 states nationwide and throughout the world.

For more information on Right at Home, visit About Right at Home at <http://www.rightathome.net/about-us> or read the Right at Home caregiving blog at <http://www.rightathome.net/blog>. To sign up for Right at Home's free adult caregiving e-newsletter, Caring Right at Home, visit <http://caringnews.com>.



About Right at Home of The Villages, Lake and Sumter Counties

The Villages, Lake and Sumter Counties office of Right at Home is a locally owned and operated. For more information, contact Right at Home of The Villages, Lake and Sumter Counties at WWW.RAHFL.com, 352-835-0101 or by email at Info@rahfl.com.



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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Katina Pantazis, P.A.

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.

*Areas of Practice:
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Katina Pantazis, P.A.

The Right Food May Be Wrong For You

By Compton Chiropractic Care

You've seen your doctor, but nothing seems to explain the cause of these symptoms. Well get ready to change everything you ever thought you knew about your diet, nutrition and how to be healthy! Compton Chiropractic is now offering a new test that pinpoints exactly what foods are toxic to your body so you can stop feeling lousy, tired moody, or bloated.

Years ago scientists discovered your body has an internal chemical balance that is as unique to you as your fingerprint. Likewise, every food you eat has its own "chemical imbalance"; a unique set of natural or man-made chemicals. As your body reacts differently to each and every food, the food you eat each day will enhance proper body chemistry, or disrupt the correct balance. In fact, 95% of the patients that are tested show that one or more foods they regularly eat cause a toxic reaction in the body. You might not even notice these inflammatory reactions. Most of them work at a cellular level, and may cause symptoms that you will not notice right away. Nutritious foods you eat (like corn, soy, egg whites, green pepper or chicken for example) may actually act like an invader to your body. When you eat foods that form inflammation in your system, those foods can cause harmful, chronic problems with your health.

What can I do?

Compton Chiropractic is now partnering with Immunolabs in order to determine how your body reacts to the foods you eat is through a test called a Bloodprint. This simple blood test pinpoints the foods that support healthy body chemistry and those that are toxic to you.

This is not a standard blood test nor is it a regular food allergy test that most doctors order. While most doctors test life-threatening types of allergic reaction, this bloodprint tests for foods that are slowly causing inflammatory responses in your body. This could explain why you are experiencing chronic pain or flare ups of autoimmune reactions (such as rheumatoid arthritis psoriatic arthritis, multiple sclerosis etc).

What makes immunolabs different to other diet problems?

It is simple, we help you find foods that your body does not want you to ingest. Then, Immunolabs offers a customized meal plan for your exact body chemistry including special reporting available on 154+ foods. Your custom meal plan will include "good" foods and eliminate any toxic foods. This nutritional plan will also work to remove cravings, eliminate binge eating and line up your food intake with your unique body chemistry in order to achieve and maintain your ideal weight as well as

decreasing inflammation in your body. Immunolabs will continue to work with you in order to improve your diet by offering personalized coaching phone sessions with trained health ad-visers and a free online forum.



With foods that support healthy digestion and proper functions you can unleash your physical, emotional, and mental energy. Set up a consultation today so you can start a pathway to experiencing better health and a positive outlook to a new glow in health!

Ask yourself if you experience any of the following:

- **Musculoskeletal:** osteoarthritis, rheumatoid arthritis, multiple sclerosis, gout, neuropathy, thyroid dysfunction, Addison's Disease, diabetes, lupus erythematosus?
- **Digestive Tract issues:** belching, bloated feeling, constipation, diarrhea, nausea, passing gas, stomach pains, vomiting, Irritable Bowel Syndrome, Diverticulitis, Celiac's Disease?
- **Ears:** Drainage from ear, ear aches, ear infections, hearing loss, itchy ears, ringing in ears?
- **Emotions:** Aggressiveness, anxiety/fear, depression, irritability/anger, mood swings nervousness?
- **Energy and activity:** Apathy, fatigue, hyperactivity, lethargy, restlessness, sluggishness?
- **Eyes:** Blurred vision, dark circles, itchy eyes, sticky or swollen eyelids, watery eyes?
- **Dizziness:** Faintness, headaches, insomnia, light-headedness?
- **Joint and Muscles:** aches in muscles, arthritis, feeling of weakness, limited movement, pain in joints, stiffness?
- **Lungs:** Asthma, bronchitis, chest congestion, difficulty breathing, shortness of breath, wheezing?
- **Mind:** Confusion, learning disabilities, poor concentration, poor memory?
- **Mouth and Throat:** Canker sores, chronic coughing, gagging, sore throat, swollen tongue, lips, or gums?
- **Nose:** excessive mucous, hay fever, sinus problems, sneezing attacks, stuffy nose?
- **Skin:** acne, dermatitis, eczema, excessive sweating, flushing/hot flashes, hair loss, hives, rashes itching?
- **Weight:** binge eating, compulsive eating, cravings excessive weight, underweight, water retention?
- **Other:** anaphylactic reactions, chest pains, frequent illness, genital itch, irregular or rapid heartbeat, urgent urination?

If you experience any of these symptoms, then consider the blood print challenge today!

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Tips for Preserving Eye Health

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

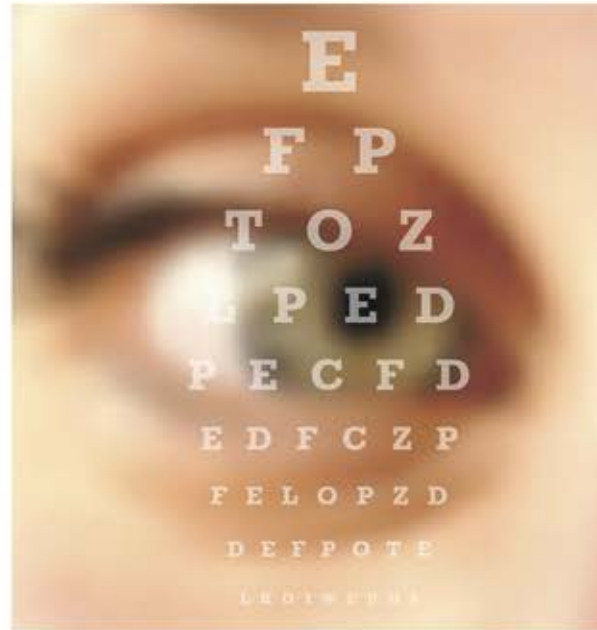
Vision problems such as glaucoma, cataracts, age-related macular degeneration, and diabetic retinopathy are common among older adults. You can't prevent your eyes from aging, but you can slow age-related damage by taking care of your eye health.

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

Increase consumption of fruits and vegetables.

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

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



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

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

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

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

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

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

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

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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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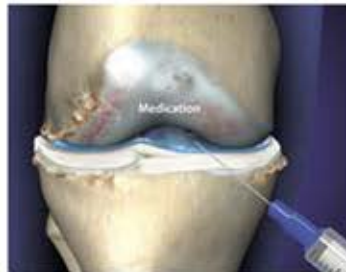
The knee is notorious for pain and injury. Knee pain can occur from an injury or a condition like osteoarthritis, and can impact activities of everyday life. There are many remedies for this condition, including rest, anti-inflammatory medications and using knee braces. For individuals whose knee pain progresses or does not respond to other types of treatment, injections may be an option to help relieve pain and discomfort without requiring surgery.

When regular treatments are not working well enough such as medication management with nonsteroidal anti-inflammatories along with physical therapy, intra-articular injections can be a great option.

There is a substance known as hyaluronic and that is naturally found in the synovial fluid of human knee joints. It works to lubricate and cushion the knee joint, being the human equivalent of "motor oil". In 1997 the FDA approved the first hyaluronic acid preparation made from rooster combs for usage in knee injections for osteoarthritis.

Currently there are multiple FDA approved hyaluronic acid preparations, which are all extracted from rooster combs. They have trade names such as Hyalgan, Synvisc and Orthovisc. While each company counts the benefits of their individual product, research studies have shown that all of them work consistently well while no one particular brand has shown superiority.

These injections are also called viscosupplementation as they restore the normal viscoelastic properties to synovial fluid. This can help protect cartilage, lubricate the joint and improve the shock absorbing effect of the knee. It is also suspected that hyaluronic acid injections may protect cartilage cells and actually promote the formation of more cartilage. This is the subject of a lot of speculation and has not been definitively proven.



Numerous clinical studies have been performed regarding the effectiveness of hyaluronic acid formulations. One of the largest studies in the US showed beneficial effects in 80% of patients for over six months it appears that the combination of joint lubrication along with the anti-inflammatory effects that both come from hyaluronic acid work together to create such effective results.

Knee injections are typically extremely effective. Specifically, hyaluronic acid injections have shown over 80% satisfactory results as well which was maintained for over a six-month time period. These results are often good enough to delay the need for a knee replacement surgery or avoid it altogether. If you suffer from the pain due to osteoarthritis, rheumatoid arthritis or post traumatic arthritis, Physicians Rehabilitation can help.

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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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Compression Devices: Effective Treatment for Limb Swelling

By Alyssa Parker

Many individuals attempt to manage their limb swelling through various treatments such as compression stockings, exercise, diuretics, and elevation with little or no results. Limb swelling, also known as edema, may be a symptom of an underlying medical condition. Some of the most common conditions where limb swelling is the first symptom include venous insufficiency, post operative trauma, infection, and lymphedema. Clinicians may overlook the cause of your swelling; Lymphedema or venous insufficiency is not always evident in their earliest stages. It's important to seek treatment early on to prevent further complications. These conditions can be easily misdiagnosed as acute and minor swelling followed with minimal treatment. Pneumatic compression devices are one of the most highly recommended treatments for these conditions and are recognized by Medicare.



Lymphedema and Chronic Venous Insufficiency

After having a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema. When left untreated common complications include cellulitis or lymphangitis, skin changes such as skin thickening, restricted movement of a limb, or chronic wounds. Aside from surgical procedures and radiotherapy for cancer other known triggers include

vein stripping, peripheral vascular surgery, trauma, inflammation, infection, and insect bites.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities. Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb. From poor circulation shallow wounds may develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

Treatment

A widely recognized and highly effective treatment is using a compression pump. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rhythmic cycle, similar to that of a normally functioning lymphatic system that has not been damaged. This is a great treatment option for patients who have tried compression stocking, elevation, diuretics, or massage with little or no relief. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility.

This is where choosing a physician experienced in recognizing and treating Lymphedema or CVI is critical. Some good questions to ask your physician include:

- Does my family have a history of swelling (Hereditary Lymphedema)?
- Stemmer's sign present?
- Pitting (push your finger into your skin and count how long it takes to return) or skin hardening?
- Hemosiderin staining (port wine skin stains or "red socks") appear from the ankles down
- Traumatic injury or surgery potentially damaging Lymph nodes (Hip replacements, etc)?
- Radiation to Lymph areas?

Remember ANY swelling is an indication of an overloaded Lymphatic system.

The compression pump is recognized by Medicare and covered by many commercial insurers; Actual coverage varies with individual plans. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition.



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For more information and articles on this topic, Google "Acute Wound Care" or visit www.AcuteWoundCare.com or call and speak with a specialist.

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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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