

CENTRAL FLORIDA'S

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

February 2017

Marion Edition - Monthly

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**FREE**  

**DECODING  
HEART  
DISEASE**

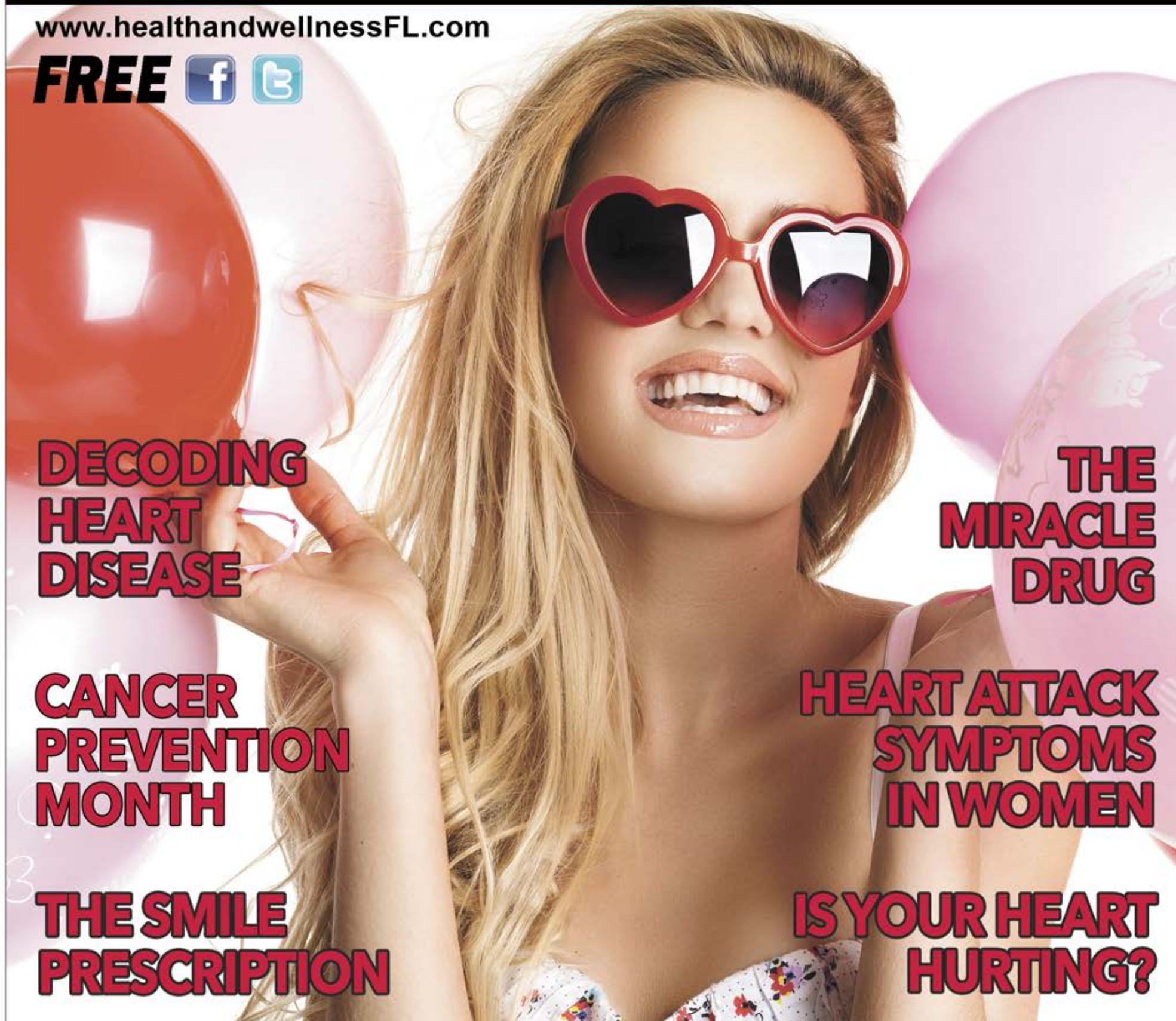
**CANCER  
PREVENTION  
MONTH**

**THE SMILE  
PRESCRIPTION**

**THE  
MIRACLE  
DRUG**

**HEART ATTACK  
SYMPTOMS  
IN WOMEN**

**IS YOUR HEART  
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*– Doris Nogueira*

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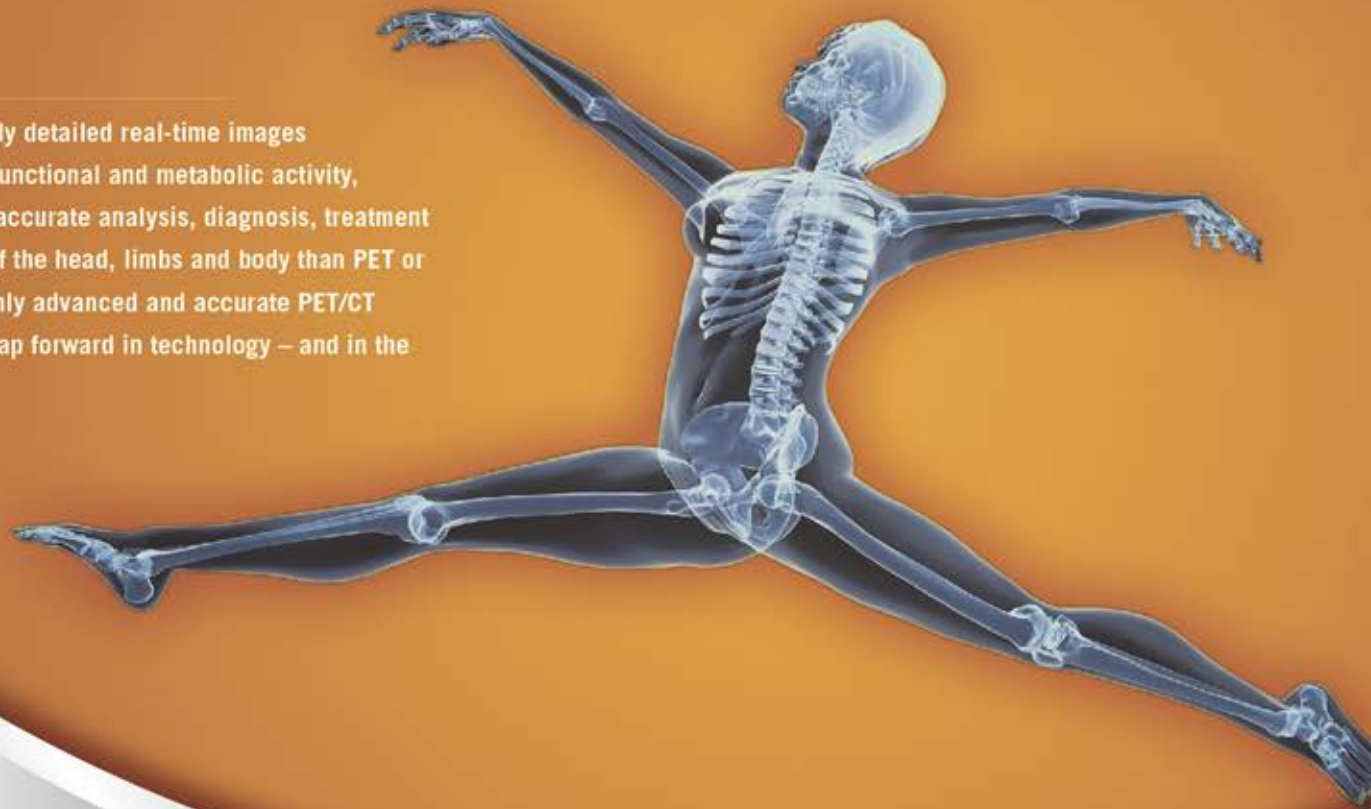




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Dr. Sivasekaran, MD

# DECODING HEART DISEASE

**T**here are many things that can affect your risk for developing heart disease. Three of them you cannot control—your age, your gender and your family history. However, there are several other things you can do to help you avoid a heart attack or stroke, such as maintaining a healthy weight, exercising regularly and quitting smoking.

When it comes to heart disease, there are four numbers that make all the difference. Your blood pressure, cholesterol levels, body mass index (BMI) and fasting blood glucose offer an accurate glimpse of overall heart health. By comparing your numbers with healthy target ranges, you can evaluate your heart disease risk and take steps toward a healthier lifestyle.

## BMI

Calculated using your height and weight, BMI helps you determine how much body fat you carry. A BMI between 18.5 and 24.9 indicates a healthy weight. A person is considered overweight if his or her BMI is 25 or higher and obese if BMI is 30 or higher.

## Cholesterol

Cholesterol comes in two main forms: high-density lipoprotein (HDL) and low-density lipoprotein (LDL). While HDL helps keep your heart healthy, LDL can contribute to blockages. Adults age 20 and older should have a cholesterol screening at least every five years. Total cholesterol levels should be lower than 200 mg/dL, triglycerides lower than 150 mg/dL, LDL cholesterol levels lower than 100 mg/dL, and HDL cholesterol levels higher than 40 mg/dL in men and 50 mg/dL in women, according to the American Heart Association.

## Blood Pressure

When blood pressure is higher than it should be, your heart has to work harder to pump blood, which can damage your arteries. Normal, healthy blood pressure is defined as a reading of 120/80. A blood pressure reading of 140/90 indicates hypertension, or high blood pressure.

## Fasting Blood Glucose

Healthy adults ages 45 and older should have a fasting blood glucose screening at least every three years. A healthy fasting blood glucose level falls between 70 and 100 mg/dL.

Taking charge of your heart health begins with understanding your heart disease risk. To learn your numbers, speak with your doctor.



## WHAT'S YOUR SCORE?

If you currently don't have symptoms of heart disease, you still may worry about the likelihood of having a heart attack. A CT calcium scoring screening is an easy way to determine if you are at risk. This non-invasive test takes only a few minutes, but it can help you and your doctor make important decision about how to lower your risk for heart disease.

Men and women with the following risk factors may benefit from this screenings:

- Diabetes
- High cholesterol
- High blood pressure
- Cigarette smoking
- Being overweight or obese
- Physical inactivity
- A family history of heart attack

*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.*

## RATNASABAPATHY SIVASEKARAN, MD

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

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

*Siva M.D. P.A.*

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# February is Cancer Prevention Month

These days, most of us are deeply aware of the importance of staving off cancer to the best of our ability, but how are we really doing in that department?

## Cancer Prevention Quiz

1. Would you say that your diet is mostly fruits and vegetables, or made up of processed convenient foods?
2. Do you drink more than one alcoholic beverage per day or more than seven drinks per week?
3. Do you smoke?
4. Do you exercise regularly?
5. Do you avoid excessive sun exposure, or protect yourself with sunscreen frequently?
6. Do you keep stress levels at a minimum?
7. Do you get the required amount of sleep?
8. Do you have regular cancer screenings?

Looking at the list, I'm certain there are probably a few things that we could use a little more help with, like keeping stress levels down, which is not easy to do in our fast-paced world. And given all of our daily sun exposure here in Florida, it's important to remember to not only wear your sunscreen but also to reapply it every 2 hours. This sunblock is not only imperative for direct sun exposure, but includes extended periods of sitting by a window as well.

One of the most overlooked preventative methods on this list is probably getting regular cancer screenings. For women, these include mammograms, cervical cancer screenings through pap tests, skin cancer screenings and colorectal screenings. For men, it's skin cancer screenings, colorectal and prostate screenings. If you have a family history of any cancer, for example, thyroid cancer, it's a good idea to start screening for those particular cancers early.

These tests should be performed annually, or at your physician's recommendations. For example, when a small rectal polyp is present,

it grows at an extremely rapid rate. These polyps are what cause colorectal cancer, so getting a colonoscopy is a very straightforward and crucial step. Despite the embarrassing connotations that follow this procedure, it literally can save your life if you are diagnosed with polyps.

Women that receive annual pap tests are preventing cervical and other genital cancers. When these precancerous lesions are discovered early, they can easily be removed and monitored right in your gynecologist's office. Cervical cancer is a fast-growing disease that can lead to death if not caught in its pre-stages.

There are vaccines available today that can help individuals at high risk for hepatitis B the HBV vaccine will help lower their risk of liver cancer. There is also the HPV vaccine that is highly recommended for teen girls and boys to prevent the HPV virus that causes cervical and genital cancers.

## What should we be eating?

Avoiding processed food like lunch meats, hot dogs and smoked meats, minimizing excessive dairy, cutting out chemical laden carbohydrates like most bread, desserts, enhanced colored foods with dye and frozen foods will keep you healthy. A simple diet of fresh vegetables, fruit, fish, poultry, legumes, nuts and some red meat is a good rule to follow. Cutting out things like butter, especially margarine, and unhealthy fats is imperative in keep cancer cells at bay. A healthy alternative to saturated fats is olive oil, avocado, and natural nut-butters. It's always best to speak with your physician about a diet that's right for you.

21st Century Oncology is committed to cancer prevention and keeping patients comfortable and informed. Your questions and concerns are highly valued, and your physician will explain your screening, testing, or procedures to you in detail.



With over 30 years of experience in radiation oncology, 21st Century Oncology offers exceptional cancer treatment, close to home in Citrus and Marion Counties.

For more information on their services, locations or staff, please visit [www.21co.com/centralfl](http://www.21co.com/centralfl), or call the Ocala office at (352) 291-2495, or the Beverly Hills office at (352) 746-1100.



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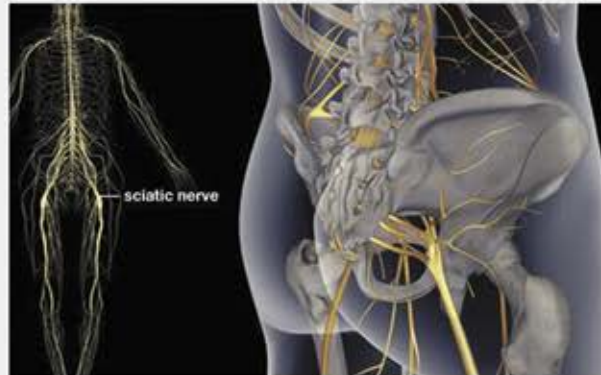
# DON'T LET SCIATIC NERVE PAIN GET IN THE WAY OF YOUR LIFE

**A**nyone who has suffered from sciatica, a symptom referring to the pain that starts in the low back and radiates into one or both hips, buttocks and legs, knows how miserable it can be. Sciatica can manifest itself as anything from a stabbing, shooting pain to a burning ache that makes it difficult to get comfortable to a tingly sensation or weakness in the legs, or a combination of all of these sensations. Sciatica isn't a disease, but rather the symptom of a mechanical dysfunction affecting the nerves in the lower part of the spine.

When there is disorder or inflammation in the low back, the spinal nerves that pass into the legs can become irritated or pinched. The most common cause of sciatica is a herniated or "slipped" disc, where two adjacent vertebrae undergo enough pressure that the cushioning gel between them is forced outward. This "gel" can press against the nerves running from the low back into the legs.

Other common causes of sciatica are injury or inflammation of the piriformis muscle that sits within the buttocks, and can radiate pain into the hips and legs; spondylolisthesis, a condition wherein two vertebrae are pushed out of line and impinge a nerve; and spinal stenosis, which is a narrowing of the spaces within the spine that can cause friction against nerve roots. "A physical exam and appropriate diagnostic tests can help us determine the specific cause of sciatic pain so that an effective course of treatment can be developed," says Board Certified neurosurgeon Mark Oliver from Ocala Neurosurgical Center (ONC). "Luckily we have tremendous success with non-invasive treatments for sciatica, making surgery unnecessary for most sufferers."

Treatment for sciatica includes a change in resting platforms and/or postures, physical therapy and medication to relieve pain and reduce inflammation. "We outline a series of stretching and strengthening exercises and corrections of bad habits that can reduce pressure on low back nerves and eliminate



sciatic pain now and help prevent its recurrence," says Dr. Oliver. "With a little commitment, these methods can have a remarkably positive impact."

In certain cases, patients can also benefit from spinal injections of an anti-inflammatory steroid directly into affected areas of the spine. Once the inflammation is under control, pressure on spinal nerves is relieved and pain subsides.

"When other protocols fail to provide adequate relief, a patient may benefit from surgery," says Dr. Oliver. "The surgical team at ONC performs something known as a laminectomy, in which the lamina, the back part of the vertebra that covers the spinal canal, is removed, creating more open space for the spinal nerves, and microdiscectomy, in which pieces of a herniated disc that are irritating the nerves are removed. Both can be highly effective solutions when more conservative methods prove to be inadequate."

Whatever the cause, sciatic pain can drastically impact one's quality of life. If you suffer from chronic or recurring sciatic pain, talk to your doctor about a referral to Ocala Neurosurgical Center. It could mean saying goodbye to sciatica and hello to more comfortable and active living.

**Ocala Neurosurgical Center**  
**OcalaNeurosurgicalCenter.com**  
**352-622-3360**



**MARK D. OLIVER, MD**

- In practice of neurosurgery since joining Ocala Neurosurgery Center in 1998
- Board Certified in Neurological Surgery by the American Board of Neurological Surgery
- Medical Degree from the University of Alabama School of Medicine in Birmingham, AL
- Chief Resident at the University of South Florida College of Medicine in Tampa with specialized training in complex spinal disorders
- Fellowship in neuroscience spinal cord injury at Eastern Virginia School of Medicine in Norfolk, Virginia
- Certified by the National Board of Medical Examiners
- On staff at Munroe Regional Medical Center & Ocala Regional Medical Center

*Dr. Oliver is a member of the American Association of Neurological Surgeons, the Florida Neurological Society, the Florida Medical Association and the Marion County Medical Society.*

*Dr. Mark Oliver, his partner neurosurgeons, Dr. Daniel Robertson and Dr. Antonio DiScalafani, 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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# Radiology Subspecialties – Extra Training and Education Make the Difference

**M**any people may not realize that a radiologist is a licensed physician who has completed four years of medical school, a year of internship and four years of residency in general radiology. Some undergo a year of fellowship as well. Such extensive education and training is necessary to deftly diagnose, manage and treat disease and utilize the latest advances in technology and procedural applications. Many of Radiology Associates of Ocala's radiologists have earned sub-specialty fellowships, ensuring expertise and hands-on experience in their respective areas of study.

Some radiologists venture even further to earn a Certificate of Added Qualification from the American Board of Radiology, which denotes proficiency and ongoing education in his or her field(s). This supplementary education supports a radiologist's mastery of complex and sophisticated evaluations and treatments designed to detect and manage specific diseases and disorders. RAO's Drs. Kerry Raduns, Ralf Barckhausen, Malcolm Williamson, and Amanda Aulls have each earned a Certificate of Added Qualification in the subspecialty of neuroradiology, a discipline that addresses diseases of the brain, neck, sinuses and spine, and conditions related to the central nervous system, such as stroke, seizure disorder, cancer and trauma. RAO's Board Certified team of subspecialty radiologists has the enhanced training and experience to utilize the latest and most advanced diagnostic tools, including MRI, CT, angiography, myelography and others, to diagnose disease and work directly with neurologists and surgeons to help plan any necessary treatment.



RAO Drs. Kerry Raduns, Kareem Bohsali, and John Scales have earned Certificates of Added Qualification in Interventional Radiology, a discipline devoted to a wide range of vascular and non-vascular diseases affecting the abdomen, pelvis, thorax and limbs, and provide outpatient options for treatment that are quicker, safer, less invasive and more cost-effective than traditional surgery. Our doctors employ progressive techniques like angioplasty, angiography, ablation and embolization to diagnose and treat patients without invasive surgery, as well as use pinpoint image guidance for procedures like biopsies, stent placement, vertebroplasty, thrombolysis, fluid drainage, fibroid treatment, hepatic and renal treatments, and nerve pain therapy.

The extra training and testing not only help deliver optimal treatment, they also add an extra measure of security for patients. After all, when you need a diagnostic or therapeutic service, you want to know your doctor is exceptionally trained, experienced and qualified. It's our commitment to safety, security and accuracy that makes RAO the preferred provider of diagnostic and interventional radiology services for countless medical practitioners throughout Central Florida.



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# The Miracle Drug: Low Dose Naltrexone (LDN)

**F**or many years, naltrexone dosed at higher strengths of 50 mg per day has been used to treat opioid, heroin and alcohol addictions; however, over 20 years ago, a new development arose with a low dose form of naltrexone. In very low strengths of 1.5 mg to 4.5 mg, naltrexone has been proven to relieve chronic pain and control the body's reactive immune response present in countless autoimmune diseases. Low dose naltrexone (LDN) has shown to be an effective medication in reducing inflammation associated with so many chronic disease states. This fact alone is advantageous for our overall health.

## Disorders LDN Benefits (NOTE: This is not an exhaustive list.)

- Certain Cancers
- Celiac Disease
- Crohn's Disease
- Parkinson's
- Alzheimer's/Dementia
- Autism
- Diabetic Neuropathy
- Psoriasis
- Irritable Bowel Syndrome (IBS)
- Colitis
- Hepatitis C
- ALS
- Autoimmune Diseases
- Multiple Sclerosis (MS)
- Rheumatoid Arthritis
- Lupus
- Fibromyalgia
- HIV/AIDs

Endorphins are opiate-like substances produced naturally in the body. Endorphins are commonly known for their effect in eliciting a high or elated feeling and reducing pain. Low dose naltrexone works by increasing the levels of endorphins produced by our bodies. It accomplishes this by binding to opioid receptors. When naltrexone binds to the opioid receptor, it dislodges our body's natural endorphins. As a consequence of this increased displacement and receptor sensitivity, receptor production is increased in an effort to capture more endorphins. In turn, an increased production of natural endorphins occurs to compensate for the increased production and sensitivity of receptors. When naltrexone's short-lived receptor blockade wears off, the endorphins that were produced bind to receptors in stem cells and immune cells to stimulate their development, differentiation and function. This is why low dose naltrexone has proven so revolutionary in providing



symptom relief and delaying progression of a variety of disease states, including HIV, cancers, fibromyalgia, Crohn's disease and psoriasis. Low dose naltrexone is proving to be a therapeutic breakthrough in diseases in which there is an immune component.

LDN is typically prescribed to be taken at bedtime. The reason behind this time sensitive dosing is due to the fact that 90% of the body's endorphins are made in the middle of the night between the hours of 2 and 4 in the morning. When taken at bedtime, low dose naltrexone can increase endorphin production by as much as 300%! Unlike the 50 mg dose given for addiction therapy, low dose naltrexone is concise in occupying opioid receptors for only long enough to jumpstart our bodies into producing more endorphins naturally.

Any physician can prescribe low dose naltrexone to a patient that is suffering from any of the above-mentioned conditions; however, not just any pharmacy can dispense the medication. Because low dose naltrexone is not commercially available, it will need to be compounded by a compounding pharmacist. Based on the doctor's specific dosing requirements, the compounding pharmacist will compound the medication into a convenient capsule. Along with personalized dosing, there are numerous benefits to having your prescriptions tailored to your specific needs and compounded by a compounding pharmacist, cost savings being one of the biggest perks. As if LDN could get any better, a one month supply costs only \$35, making it a very affordable option for patients suffering from immune related conditions.

It is important to choose a reputable compounding pharmacy when having any medication compounded, including low dose naltrexone. 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.

If you have further questions regarding the miracle drug, low dose naltrexone, be sure to reach out to Custom Meds' compounding pharmacist, Jessica DiLeo. She has the answers!

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



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# 9 Reasons to Lose Weight That Have Nothing to Do with Fitting into Your Skinny Jeans

By Dr. Dean Lombardo - LIVE LEAN!

“There’s no doubt that dropping weight will make you look and feel better, but there are numerous other benefits that you can realize on your weight loss journey that have nothing to do with how you look in your skinny jeans.”

**W**hile keeping your eyes on the big prize, it may help you to realize that even small changes in your weight may improve blood sugar, blood pressure, heart health, reduce cholesterol, and decrease your chances of developing diabetes. We’ve shared many motivational tips, but did you know that when you lose 10% of your body-weight, you are instantly healthier?

## Less Asthma and Allergy Symptoms

The link may not be immediately obvious, but new research has found that for some people, being overweight can make their asthma and allergy symptoms worse. Carrying excess weight on your body puts a burden on the adrenal glands, and your adrenal glands help manage asthma and allergies. In addition, being overweight strains your respiratory system and can make allergy symptoms worse.

## Arthritis Relief

Not only does losing weight help relieve arthritis pain, it can also help keep you from developing arthritis—the less you weigh, the less stress on the joints. In addition, recent studies have shown that when you have arthritis and you lose weight, your pain is reduced and your joint functionality is significantly improved.

## Less Foot Pain

You may not really think about it, but excess weight can put a lot of pressure on your feet, even if you don’t have arthritis. In a recent study, people who had lost an average of 90 pounds found that their incidence of foot pain lowered by 83%. Understandably, since your feet support your entire body, and therefore your entire bodyweight. Relief from foot pain is motivation enough for losing weight.



## Glowing Skin

There are numerous ways being overweight may affect your skin, the body’s largest organ. Both skin elasticity and color can be altered by lack of proper nutrition, and a diet high in carbohydrates and sugar can cause pale skin and skin tags. Darkness around the eyes can also signal poor nutrition such as iron deficiency, diabetes, protein anemia, or stress.

## Better Mood

When you are overweight, your entire system will be out of balance, including the hormones that affect your mood. Losing weight may increase your overall sense of well-being and decrease feelings of depression. Many overweight people suffer from extreme depression, and depression may increase a person’s chances of being overweight, setting up a cycle that is hard to break.

## Improved Cognition and Memory

A recent study found that older adults that were overweight scored worse on cognitions tests than adults that were at a healthy weight. New research suggests that being overweight weakens the blood-brain barrier, and this allows substances manufactured by fat to go to the brain. Researchers also discovered that 12 weeks after weight loss, memory significantly improves.

## Sounder Sleep

If you’ve ever suffered from insomnia, you understand the benefits on a good night’s sleep. During sleep, your cells are repaired and your brain processes and remembers the day’s events. In fact, the most common prescription for sleep apnea is weight loss. In studies involving people with diabetes and sleep

apnea, those who lost a greater amount of weight had the most significant drop in sleep apnea symptoms. And it only takes a weight loss of 5% in obese people to start seeing results.

## Reverse Type 2 Diabetes

You’ve probably heard or read about the global epidemic of type 2 diabetes and its link to obesity. What may be a surprise to many may be how effective losing weight can be at reversing the impact of Type 2 diabetes. In fact, many people can avoid the disease altogether by achieving and maintaining a healthy weight. Studies have shown that type 2 diabetics on a solid eating plan, were able to normalize their blood sugar and insulin levels within seven days. If you have type 2 diabetes, reversing the condition and avoiding future complications could just be the best benefit of your weight-loss journey.

## Economic Savings

Slimming your waist can plump up your wallet. When you calculate the cost of medical bills, missed days at work, short-term disability, low-productivity, workers compensation, and more, there is a real difference between the financial health of obese people and their healthier-weight peers.

There’s nothing wrong with wanting to look good in your clothes, but the harsh reality is that being overweight can take up to 20 years off of your life. Happily, reducing your weight by even 5% can have a positive effect on your health and is a great beginning for your transformation. If you are ready to start your weight loss journey.



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



**LIVE LEAN!**

Take Control Today

**Call to schedule a complimentary consultation or attend a FREE seminar.**

Dr. Lombardo and his highly qualified friendly staff are ready to answer your questions and concerns. To find out more, please visit Dr. Dean Lombardo’s website; [www.drdeanlombardo.com](http://www.drdeanlombardo.com), or call their office at 888-383-9197 for an appointment.



# 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!***

**D**r. 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.<sup>11</sup> —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  
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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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# A New Frontier: The Moon Landing & The Rise of Stem Cells for COPD Treatment

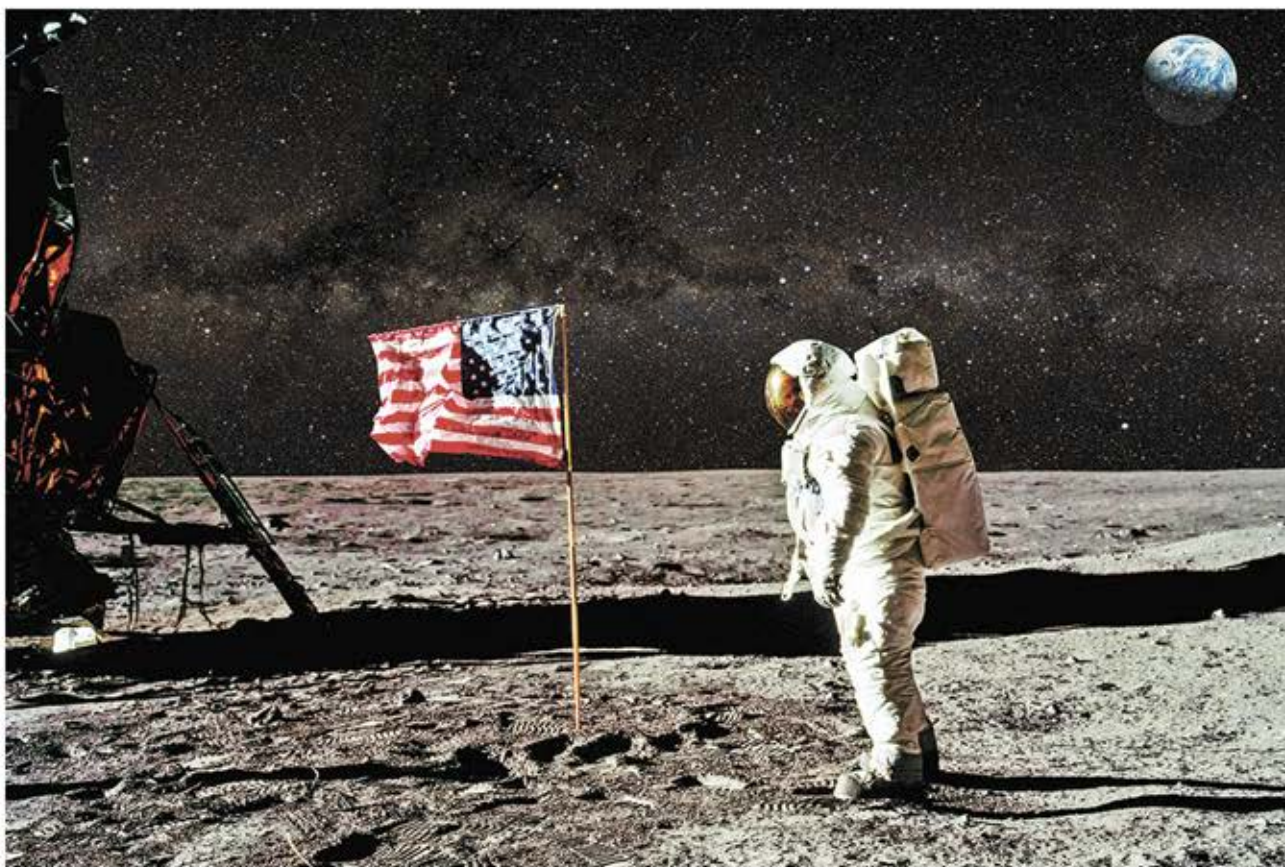
On July 20th, 1969 America did the impossible: it landed two men on the moon. To say this was an unfathomable concept for its time would be an understatement. In a time where basic computers filled entire buildings, the technology and know-how to launch a manned flight seemed decades beyond our grasp.

In truth, the Apollo Program was an extraordinary undertaking, exorbitantly expensive and on its surface only justified by the intensity of America's competition with the Soviet Union. In 1967, two years before the Apollo 11 mission would land Buzz Aldrin and Neil Armstrong safely on the Moon's surface, the Apollo 1 spacecraft developed a cabin fire during a launch rehearsal test, killing all three crew members aboard. Spaceflight could be a lethal game of trial-and-error, and a single miscalculation could mean the difference between life and death.

In one of the seminal triumphs of mankind, America pushed the bounds of innovation as the world watched in awe. It had conquered a new frontier. And though the Space Race ended in 1972, today we face a new frontier in the field of medicine – treating chronic obstructive pulmonary disease (COPD)—and thanks to clinics such as the Lung Institute ([lunginstitute.com](http://lunginstitute.com)) the solution may have just landed.

Across the globe 600 million people suffer from COPD, and that number is rising. As a degenerative lung disease that develops from prolonged smoking or extended exposure to other air pollutants, a declining quality of life is an unfortunate reality for those with lung disease. With no known cure, treatment options are often disappointingly limited, and traditional medications fail to address more than the relief of symptoms.

Today in the field of medicine, something exciting is happening. Using stem cells extracted from a patient's own blood or bone marrow, clinics like the Lung Institute are using these specialized cells to promote the body's natural healing process, helping to relieve inflammation within the lungs and slow disease progression. Addressing COPD, interstitial lung disease (ILD) and pulmonary fibrosis, stem cell therapy is poised to challenge the



**The triumph of the 1969 Moon Landing was an achievement not only for America but for humanity itself. Today, stem cell therapy may be on its way to making a similar impact on history as we know it.**

status quo of traditional treatment options, and bring a higher quality of life for those with chronic lung disease.

As the field of regenerative medicine has grown and advanced, the Lung Institute—which currently specializes in the treatment of lung disease—has operated for over three years, and has worked to increase the quality of life of over 3,000 patients. Proud to exhibit an 83% success rate, the Lung Institute lives by the tenet of “pushing the status quo” in order to bring hope to people who may otherwise have given up.

Whether in medicine or spaceflight, innovation takes courage, not only to visualize the impossible, but to create it. For those with the memory of where they were when America first landed on the Moon, the feeling that anything was possible was inescapable. We had seen the impossible accomplished right before our eyes.

Although at times, the conceit of man can serve to be the catalyst of our own downfall, when combined with the bold and pioneering spirit synonymous with American ingenuity, history is made. The next frontier is neither Mars nor the outer limits of the universe; it is our health. As we continue to push innovation for the benefit of mankind, we are guided by the immortal words of John F. Kennedy:

“We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard.”

And that is the American way.

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



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# Why Limit **Sugar** Consumption?

By Ali Nasser, M.D. FACC  
Cardiologist

**F**ood manufacturers of processed food, soft drinks and artificial fruit juices with added sugar, are not required to list how much sugar is added versus natural sugar contents. Food makers can also use sweeteners (alcohol sugar) that aren't technically "sugar." The body doesn't distinguish between natural or added sugars, so paying attention to total sugar is the key while buying sugary items.

Soft drinks are a prime source of extra calories in the United States that contribute to weight gain, without any nutritional benefits. Studies indicate sweetened beverages are less filling than the solid condiments, therefore causing people to continue to feel hungry after drinking such sugary drinks. Food manufacturers are coming under increased scrutiny for their contributions to the development of type-2 diabetes, heart disease, and other chronic conditions, such as obesity, a major health problem in the United States. Obesity is a definite cause of cardiovascular disease and many other systemic morbidities, beginning with dental and gum disease, sleep apnea, joint disease, high blood pressure, cancers, depression, gallstones, and impaired quality of life, not to mention the rapidly increasing cost of health care. The best indicator of obesity is measuring the waist circumference at the naval above belt-level. A waist circumference of greater than 38 inches in men and 36 inches for women is associated with a higher risk of obesity and all of the above mentioned morbidities and heart disease.







Nurses' Health Study showed that women who consumed large quantity of sugary items had an increased risk of heart disease and obesity. Shorter-term studies show consistent adverse effects of high sugar consumption on lowering HDL (good cholesterol), which could accelerate coronary artery disease. High sugar consumption can worsen diabetes control and its complications, and it will lead to formation of the harmful chemicals made of sugar with proteins and fats which is harmful to arteries, brain and in particular, the kidneys.

**May be Plump but Malnourished:** Diets high in sugar may cause malnutrition as well. The prevalence of obesity in the United States in 2012 ranged from 20% in Colorado to 35% in Louisiana. Majority of these individuals, though overweight, were found to be malnourished in various forms. High sugar diet adversely affects nutritional adequacy due to intake of pure calories without essential nutrients such as vitamins and minerals. Education and culture play an important role for shopping and cooking, and since sugary foods are less expensive, they tend to become the main ingredients on dinner tables in our society. Dinners are mostly cooked using macaroni-and-cheese mixes or mashed potato and white bread with high fructose syrup additives and processed ingredients. Expensive items such as fresh fruits and vegetables are eaten less due to socioeconomic issues. Low Fat or Fat-free foods

(Skimmed milk, low fat yogurt) are often high in calories because of added sugar to improve taste and they may create a false sense of security in the consumers and higher amount of intake.

**How to Lower the Risk?** Risks may be lowered by education and legislation. American Heart Association dietary guidelines stress consumption of fresh fruits, vegetables, grains, and less harmful complex carbohydrates so that nutritional requirements for vitamins and minerals are met. Foods high in added-sugar displace wholesome foods (e.g., soft drinks displace milk and natural juice consumption) and contribute to additional calories that lead to obesity and malnutrition.

When dietitians advise having complex carbohydrates, they are usually referring to whole grain foods that are less harmful. However, refined or simple carbohydrates (more harmful), can result in harmful blood sugar spikes. When it comes to picking starchy foods, such as rice, bread and any other products made from flour, it's best to opt for whole grain versions with higher fiber contents (look for greater than 5 grams of fiber per serving). Adults need from 25 to 40 grams of fiber daily. Whole grain foods (high fiber) impact upon blood glucose rise is more slowly (less harmful) than simple carbohydrates.

Mexico's 10% tax on soft drinks led to 6% reduction in consumption. The United Kingdom is on its way to levying taxes by end of this year as well.

**How Much Complex Carbohydrate?** Generally speaking, complex carbohydrates should supply about half the daily required calories on your plate (1,000 calories/day). One fourth a plate can hold items, such as reduced calorie whole wheat bread, brown rice, potatoes or whole wheat pasta. You can accomplish both by eating a diet rich in colorful veggies, whole grains and nuts. The last quarter can be some grilled or baked meat, poultry or fish (size of the palm), or you can choose a vegetarian protein source such as lentils or beans. Eggs can be an important and nutritious source of proteins as well. An egg contains 7 grams of proteins and no sugars.



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# STRESS INCONTINENCE IS NOTHING TO SNEEZE AT

**“Stress incontinence” is a reality for millions of women in America today.** The “stress” is not emotional or mental pressures. Rather, it’s physical pressure put on the bladder that can cause urine leakage. Something as simple as a sneeze or a cough might trigger a leak. Standing up suddenly, lifting something heavy, exercise—sex; anything that puts pressure on a bladder can be problematic.

Stress incontinence is the most common form of incontinence in women. It’s an unwelcome embarrassment for 1 in 4 women aged 15 through 44—1 in 3 women aged 45 to 64. It is so embarrassing in fact, that fully *two out of three women never mention it to their doctors*. Those who do, wait an average of *over six years* before seeking help.<sup>1</sup>

The good news is, when they finally do speak up they discover that their problem is, for the most part, easily cured. Often all it takes are a few lifestyle changes—exercise, lose weight, quit smoking, forgo the diet soda refills—and voilà—no more problem! Here’s why....

The root cause of stress incontinence comes from weak pelvic floor muscles, simple as that. How you came to *have* those weakened muscles could be from pregnancy and/or childbirth, carrying excess weight, decreased estrogen levels due to peri-menopause or menopause, or simply aging.

## SO, HOW DO YOU FIX IT?

Weight loss may be one of the most effective ways to drastically improve or even “cure” stress incontinence. According to Kristene Whitmore, M.D., chair of urology and female pelvic medicine and reconstructive surgery at Drexel University College of Medicine in Philadelphia, “Dropping pounds eases the pressure on your bladder and pelvic floor.... In one study, women who lost 17 pounds reduced leaking episodes nearly 50%. Even those who lost a mere three pounds were 28% drier.”

1. <http://www.goodhousekeeping.com/health/a13570/urinary-symptoms/>

Also, watch what you drink—sip don’t chug—and you can also make a huge difference. Coffee is a major culprit. If you must drink it, think moderation. Water or herbal teas are better but even those need to be sipped over time. Finally, cut back or eliminate those elements in your diet that are known to irritate bladders: caffeine, carbonation, alcohol, artificial sweeteners, citrus and tomato juice.

One word—*kegels*! Many are already familiar with these go anywhere, exercise anytime little gems. Kegels are pelvic floor strengthening exercises. A doctor or physical therapist can show you how to perform the moves correctly to derive the most benefit. Keep at it daily for six to eight weeks to give the exercises the best chance to work.

All of the above are steps you can take to mitigate the effects of or even cure stress incontinence on your own. If those prove less than satisfactory, treatment can become more aggressive with a little help from your doctor. There are devices available he or she can prescribe to help.

A vaginal pessary is a specialized device shaped like a ring with two bumps on it. It is placed around the urethra to support the bladder and reduce leakage during activities. A urethral insert is another choice. Similar to a small tampon, it’s inserted for extra help when certain physical activities are anticipated—though it can be worn all day if desired.

  
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Surgery is the final choice available to someone suffering from the effects of stress incontinence. There are several procedures that can be performed. Consult with your doctor to see which one he or she may recommend.

The bottom line is, stress incontinence is more inconvenient and embarrassing than it is life threatening. Clearly, there are options out there. Most are non-medical lifestyle changes a person can adopt to take control of their particular situation. Many will greatly reduce or even eliminate the problem altogether. And while stress incontinence is nothing to sneeze at...it’s not a condition you’ll have to live with, either.





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# If You Can Squeeze it, We Can Freeze it.



## Lifestyle Solutions MedSpa

### It's Cool to Eliminate Stubborn Fat

**E**ating nutritious food, exercising regularly, and maintaining a healthy body weight are important for a balanced and active lifestyle. However, many individuals who are at or close to their ideal weight discover that even with adherence to a strict diet and exercise routine, stubborn pockets of fat remain. Often located on the hips, thighs, abdomen, flanks, and chin, these fatty deposits may even be the result of genetic predisposition rather than excess consumption or inactivity. To assist our patients in treating these areas of concern, Lifestyle Solutions MedSpa offers FDA-cleared, non-surgical CoolSculpting® treatments that can help to re-contour the body and reduce excess fat.

CoolSculpting is a revolutionary, non-invasive contouring treatment that freezes stubborn fat, which then is naturally eliminated from your body. This clinically proven procedure selectively reduces fat layers in problem areas using a patented cooling technology. CoolSculpting requires no needles, no special diet, no supplements, no surgery, and most importantly, no downtime. It's safe, FDA-cleared, effective, and does exactly what it is supposed to do. CoolSculpting gently cools unwanted fat cells in the body to induce a natural, controlled elimination of fat cells. This reduces bulges in treated areas of the body without harming surrounding tissue.

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CoolSculpting patients can sit or lie comfortably and read, work on their laptop or even nap during the procedure. The procedure is performed in a medical office setting, under the supervision of a physician specializing in cosmetic procedures. CoolSculpting is safe because the delivery of precise cooling affects only targeted fat cells, leaving adjacent tissue unharmed and intact.

#### It's convenient.

Procedures last about one to two hours, so treatments can easily be performed during a lunch hour or without major disruption to the day.

#### The results are dramatic.

Patients can expect to start seeing results in as little as three to four weeks with maximum results obtained within three to four months following treatments.

#### How CoolSculpting Works

During the procedure, a non-invasive applicator delivers precisely controlled cooling to the treatment area to specifically target underlying fat, leaving surface skin tissue unaffected. When fat cells are exposed to extreme cold, a process of natural removal is triggered, which gradually reduces the thickness of the fat layer. The result is a visible reduction in fat bulges.

Each CoolSculpting procedure results in undeniable reduction of fat in the treated areas, and patients can start to see results as soon as three weeks following treatment, with the most dramatic results occurring over a period of two to four months in most patients.

This non-invasive approach uses no needles, incisions, or other invasive measures, and the procedure generally requires little to no downtime. Furthermore, CoolSculpting® is designed to focus energy deep within the skin, leaving the surrounding tissue unharmed. In most cases, a single CoolSculpting® treatment to each area can provide effective results, although individual experience may vary and more treatments may be required to obtain ideal results.

Your time is important to us, and if you're considering treating more than one area for instance either both flanks or thighs we offer Dual-Sculpting at no additional charge. A second CoolSculpting® machine allows us to address multiple areas of concern in half the time, helping to increase efficiency and improve your overall experience. Our skilled aesthetics team can help patients develop a customized procedure plan that addresses their individual concerns and cosmetic goals.

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

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

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

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# THERAPEUTIC OPTIONS TO IMPROVE BLOOD CIRCULATION

By Alyssa Parker

**B**lood circulation is one of the most important components of our overall health and well-being. When clinical symptoms begin to arise due to poor circulation it's vital to seek preventative treatment options to avoid further complications. Common signs and symptoms that occur are fluid accumulation in a limb, a feeling of heaviness or tightness, thickening of the skin, pain or redness in affected limb. Blood circulation is driven by our heart which supplies our entire body with blood through the blood vessels. When the normal anatomy and function of our venous system has been disrupted that may lead to conditions such as venous insufficiency and lymphedema.



Chronic venous insufficiency (CVI) is when blood is unable to circulate from the lower limbs back to the heart. CVI is caused by incompetent valves and venous hypertension, in both parts of your venous system. The venous system is comprised of two parts, deep circulation and superficial circulation which are interconnected by perforating veins. Your venous system is an important component to delivering blood to the heart, then passing it through the lungs to obtain oxygen. The oxygenated blood is then delivered to the lower limbs.

Venous hypertension leads to secondary Lymphedema from the lymphatic system's inability to keep up with an abnormally high demand of protein rich fluid. Lymphedema is chronic swelling from protein-rich fluid accumulation in the tissue. Lymphedema occurs secondary to CVI when the lymphatic system is obstructed causing damage, blockage, or abnormal development. Primary Lymphedema can be hereditary or congenital condition, where an individual is born with a compromised lymphatic system. Signs and symptoms of this condition may take years to manifest in an individual.

## RISK FACTORS

Once your circulatory system has been obstructed leading to venous insufficiency or lymphedema this may lead to an interruption in the venous and lymphatic flow. Both diseases are manageable and treatable however there is no cure for either one. Risk factors may include

- Unknown swelling of a limb
- Family history
- Invasive surgical procedure i.e. radical cancer surgery
- Chronic open wounds
- Decreased mobility
- Infections such as cellulitis/ lymphangitis
- Skin changes such as discoloration or hardening

## THERAPEUTIC OPTIONS:

### COMPRESSION PUMP

Understanding the ongoing management of both venous insufficiency and lymphedema are important in preventing irreversible damage to the body. Compression therapy along with proper nutrition a healthy diet and exercise are the foundation of a treatment plan. Compression stockings are often difficult to get on with little results for chronic swelling. Diuretics may be harmful for long term treatment. Compression devices are widely recognized and highly effective treatment. 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. A pneumatic compression device mimics the muscle contraction that

naturally occurs when performing a cardiovascular activity. Compression Devices are a recognized treatment option by Medicare and many commercial insurers.

## WOUND HEALING

Chronic wounds are a huge burden on patients as well as health care providers. With poor blood circulation our body's ability to heal itself becomes less efficient. Compromised skin integrity from poor circulation will progress without treatment. At Acute Wound Care we provide patients with specialty dressings that heal the wound quickly and effectively direct to the home.

Remember it is important to seek treatment options to avoid further complications. The compression pump and specialty wound dressings are a therapeutic option 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. Our highly trained staff will assist you in finding the appropriate treatment that will offer you a better quality of life.



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For more information and articles on this topic, Google "Acute Wound Care" or visit [www.AcuteWoundCare.com](http://www.AcuteWoundCare.com) or call and speak with a specialist.

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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



**A**lthough colonoscopy exams prevent many colon cancer deaths<sup>1</sup> and are the gold standard, for detecting colorectal cancers,<sup>2</sup> the procedure is not completely effective in preventing cancer cases.<sup>3</sup> For this reason, Gastro-Colon Clinic has invested in an innovative technology that significantly improves the accuracy of colonoscopy exams and can greatly reduce the number of potentially pre-cancerous lesions missed by standard, forward-viewing endoscopes.

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

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

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

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

3 Brenner H, Chang-Claude J, Seiler CM, Stürmer 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.



Dr. Anand Kesari

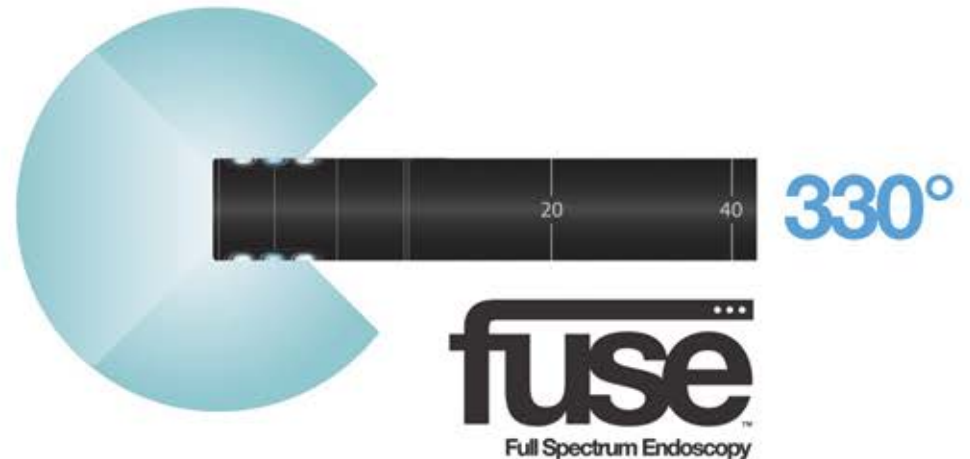




## Standard Colonoscope Limited 170° Field of View



## Fuse™ Colonoscope Panoramic 330° Field of View



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.



## Gastro-Colon Clinic Dr. Anand Kesari

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# ESTATE PLANNING WITH DEMENTIA ON THE RISE

By Katina H. Pantazis, Esq.

**D**ementia is a syndrome that causes deterioration of an individual's cognitive function. As the baby boomer generation ages, the number of people who are affected by dementia continues to increase. Perhaps the more alarming statistic, the number of dementia cases being diagnosed among individuals in their 50s is also on the rise. Although you may never have to deal with the challenges that a diagnosis of dementia can bring, it is still vital that you complete your estate plan early, while you have the mental capacity legally required to make estate planning decisions.

In order to effectively have a choice in the medical care you will receive, along with the financial decisions that must be made on your behalf, in the event you become mentally incapacitated, you must have a Designation of Health Care Surrogate, Living Will, Durable Power of Attorney, and Declaration of Preneed Guardian prepared by a qualified legal professional.

A Designation of Health Care Surrogate names the individual(s) you would like to make medical decisions for you once you become incapacitated, and provides said individual(s) with HIPPA authorization.

A Living Will describes what type of medical care you would like to receive, and under what circumstances you would like medical care to be stopped, when you are at the end stage of life.

A Durable Power of Attorney names an individual or individuals to serve as attorney-in-fact for you, allowing said individual or individuals to manage those matters affecting your property and possessions. Essentially, your attorney-in-fact has the power to act on your behalf with respect to various transactions. These transactions can be specified based on your individual wants and needs. Being a "Durable" Power of Attorney means that your attorney-in-fact is authorized to continue to act while you are incapacitated (in the event a guardian is not appointed for you).

Now, what happens when someone close to you gets upset that they are not named in your health-care documents or your power of attorney document? That person may file a petition with the

the court asking to be in charge of your financial affairs and healthcare decisions. In this instance, it would be helpful to have a Declaration of Preneed Guardian in place. A Declaration Naming Preneed Guardian nominates an individual to act on your behalf in the event you are in need of a court-appointed guardian. Although it is not binding on the court, by suggesting to the court your preference for a guardian in this manner, your family may avoid some of the administrative burden associated with a court proceeding to determine a guardian.

***In preparing to have the above documents created, there are some important things to consider:***

1. Where would you like to live and receive treatment? For example, would you like to receive care in your home, or be moved to a specific assisted living facility?
2. Who do you trust to make financial and medical decisions for you?
3. How will you pay for your care?

It is important to note that you must possess adequate mental capacity to create legal documents such as a Designation of Health Care Surrogate, Living Will, Durable Power of Attorney, and Declaration of Preneed Guardian. After a diagnosis of dementia, it may be impossible for you to execute these documents or even amend existing ones.

If you have been deemed incompetent and have not executed a Designation of Health Care Surrogate or Durable Power of Attorney, an individual would have to seek a legal guardianship over you in order to make medical or financial decisions on your behalf.

***Below are the legal documents we recommend for everyone to have in place:***

- Durable Power of Attorney.
- Designation of Health Care Surrogate.
- Living Will.
- Declaration Naming Preneed Guardian.

Start planning now. Decide who will be in charge of your financial affairs or decisions relating to your health care. Acting now ensures you will have these documents in place long before the need for them arises.

## **Katina H. Pantazis, Esq.**

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

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

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

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

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# Is Your Fish Oil Rancid?

**T**hink fish oil. If your gut reaction is “yuck,” you are in good company. Whether it’s from remembering Grandma’s cod liver oil or taking the foul horse-pills in the cupboard, the majority of us believe that fish oil ought to taste bad. We put up with the fishy taste and smell because, well, it’s hard to argue with the health benefits substantiated in thousands of research studies.

But the truth is omega-3 supplements should not taste like yesteryear’s salmon. If your omega-3 supplement smells like rotting fish or gives you nauseating ‘urpy reminders all day, you most likely have a rancid product on your hands.

*Here is what you need to know about freshness and fish oil:*

## Purity Versus Freshness

The scientific world and the general public have long focused on purity as the major indicator of quality. Your omega-3 product having low toxicity levels is certainly important. And today, most respectable omega-3 manufacturers provide a certificate of analysis that shows the levels of toxins and heavy metals in the oil.

However, the “purity” of a product says nothing about the freshness of the oil. Studies from Canada, New Zealand, Norway and other nations indicate that the freshness of an oil could determine whether or not you experience the benefits of omega-3.

## What is Rancidity?

Fish oil, unlike many other oils, has a chemical structure that makes it highly susceptible to oxidation. The oxidation process begins as soon as the fish is caught and continues as the oil is exposed to oxygen, heat and light. As the oil oxidizes, it releases a distinct pungent odor and off-flavors. Most likely, you’ve run into this problem before, either with sour milk or fruits and vegetables left on the counter for too long.

## Why Freshness Matters

Aside from tasting and smelling bad, rancid fish oil is a big problem.

First and foremost, rancid fish oil is less effective than taking fresh fish oil. There are two members within the omega-3 family that offer important health benefits: DHA and EPA. As fish oil begins to oxidize, or become rancid, the DHA/EPA levels drop, rendering the oil less potent.

Still worse, scientists believe that consuming rancid fish oil could be harmful. Instead of providing heart protection, oxidized oils may actually increase the rate of atherosclerosis (buildup of plaque in the arteries). In animal studies, oxidized fatty acids have been found to cause organ damage and inflammation, among other problems. In addition, researchers speculate that consuming oxidized oil may cause carcinogenesis. This is why it is vital that to consider the freshness level of your fish oil supplement.

## How to Combat Rancidity in 5 Steps

While rancid fish oil is unfortunately all too common, fresh fish oil can provide consumers with a relatively inexpensive, safe way to improve health. To name just a few of the commonly cited benefits of getting enough omega-3, they include lowering triglyceride levels and blood pressure, facilitating recovery from traumatic brain injury and stroke, and improving focus and mental health.

To ensure you experience the benefits, seek out a good quality product by doing the following:

### Step 1: Evaluate your current product.

The best way to tell whether or not your omega-3 supplement is fresh is to put it through the taste and smell test. If you have capsules, break them open. If your nose gets a whiff of a strong fishy smell, then throw your capsules away and get something else.



### Step 2:

#### Make smart purchases.

Fish oil is a food substance that is highly perishable, just like milk or seafood. To a certain degree it can be stabilized, but beware of labels that have a two to three year expiration date. These products have likely been sitting on the shelf for years, and almost certainly contain rancid oil.

Another good idea is to ask manufacturers to share their fish oil’s oxidation numbers, better known as the peroxide, anisidine and TOTOX values. These values will give you a good picture of your oil’s freshness level. Remember, the lower these numbers are, the better.

### Step 3: Remember that bigger is not always better.

Look for small containers, not supersized bottles, when buying fish oil. The longer a fish oil is stored, even in gelatin capsules, the greater the chance it will become rancid over time.

### Step 4: Keep it cold.

Buy fish oil that you can store in the freezer or refrigerator. Low temperatures slow down the enzymatic time bomb that is ticking away.

### Step 5: Use it or lose it.

When you first buy fish oil, don’t let it sit around. Use it up within a few weeks. Too often, people hoard old capsules, thinking they are saving money. But remember, you wouldn’t save old fish in the refrigerator, hoping to someday eat it. Think of fish oil supplements the same way, and throw old product out.

## 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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# Heart Attack Symptoms in Women

**W**e've all seen the movie scenes where a man gasps, clutches his chest and falls to the ground. In reality, a heart attack victim could easily be a woman, and the scene may not be that dramatic.

"Although men and women can experience chest pressure that feels like an elephant sitting across the chest, women can experience a heart attack without chest pressure," said Nieca Goldberg, M.D., medical director for the Joan H. Tisch Center for Women's Health at NYU's Langone Medical Center and an American Heart Association volunteer. "Instead they may experience shortness of breath, pressure or pain in the lower chest or upper abdomen, dizziness, lightheadedness or fainting, upper back pressure or extreme fatigue."

Even when the signs are subtle, the consequences can be deadly, especially if the victim doesn't get help right away.

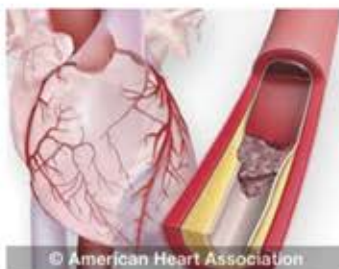
## 'I thought I had the flu'

Even though heart disease is the No. 1 killer of women in the United States, women often chalk up the symptoms to less life-threatening conditions like acid reflux, the flu or normal aging.

"They do this because they are scared and because they put their families first," Goldberg said. "There are still many women who are shocked that they could be having a heart attack."

A heart attack strikes someone about every 43 seconds. It occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because the arteries that supply the heart with blood can slowly narrow from a buildup of fat, cholesterol and other substances (plaque).

Many women think the signs of a heart attack are unmistakable — the image of the elephant comes to mind — but in fact they can be subtler and sometimes confusing.



You could feel so short of breath, "as though you ran a marathon, but you haven't made a move," Goldberg said.

Some women experiencing a heart attack describe upper back pressure that feels like squeezing or a rope being tied around them, Goldberg said. Dizziness, lightheadedness or actually fainting are other symptoms to look for.

"Many women I see take an aspirin if they think they are having a heart attack and never call 9-1-1," Goldberg said. "But if they think about taking an aspirin for their heart attack, they should also call 9-1-1."

## Take care of yourself

*Heart disease is preventable. Here are Goldberg's top tips:*

- Schedule an appointment with your healthcare provider to learn your personal risk for heart disease. You can also learn your risk with our Heart Attack Risk Calculator.
- Quit smoking. Did you know that just one year after you quit, you'll cut your risk of coronary heart disease by 50 percent?
- Start an exercise program. Just walking 30 minutes a day can lower your risk for heart attack and stroke.
- Modify your family's diet if needed. Check out our healthy cooking tips. You'll learn smart substitutions, healthy snacking ideas and better prep methods. For example, with poultry, use the leaner light meat (breasts) instead of the fattier dark meat (legs and thighs), and be sure to remove the skin. For a list of good for your heart recipes, visit [www.recipes.heart.org](http://www.recipes.heart.org).



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1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.

2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.

3. Shortness of breath with or without chest discomfort.

4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you have any of these signs, call 9-1-1 and get to a hospital right away.



# 2017 CARDIAC ARREST AND CPR FACT SHEET



## CPR & SUDDEN CARDIAC ARREST

While the terms **heart attack**, **cardiac arrest** and **sudden cardiac death** are often used as if they are synonymous, they aren't. A **heart attack** occurs when the blood flow supply to the heart muscle through a coronary artery is severely reduced or cut off completely. Typically this is from a clot, leading to damage to the affected muscle. A **cardiac arrest** occurs when the heart has an abnormal rhythm, which causes the heart to quiver so it can no longer pump blood to the brain, lungs and other organs. A heart attack increases the risk for cardiac arrest, but most heart attacks do not lead to sudden cardiac arrest, and cardiac arrest can occur in the absence of a heart attack.

**Sudden cardiac death** is an unexpected death due to a heart problem. It occurs soon (generally within one hour) after heart symptoms begin in a person who may or may not have been known to have heart disease.

**Cardiac arrest** is a leading cause of death in the United States. Each year, more than 350,000 out-of-hospital cardiac arrests occur in the United States. Further, more than 209,000 people annually have a cardiac arrest while in the hospital.

## WHY LEARN CPR?

When a person has a cardiac arrest, survival depends on immediately getting CPR from someone nearby.

Approximately 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.



## BE THE DIFFERENCE FOR SOMEONE YOU LOVE

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.

- 70 percent of out-of-hospital cardiac arrests happen in homes.
- Only 46 percent of out-of-hospital cardiac arrest victims get CPR from a bystander.
- African-Americans are almost twice as likely to experience cardiac arrest at home, work or in another public location than Caucasians, and their survival rates are twice as poor as for Caucasians.

## TAKE ACTION

The American Heart Association trains 17.8 million people in CPR annually. To find a course, please visit: [heart.org/FindACourse](http://heart.org/FindACourse). To learn more about CPR, please visit [heart.org/cpr](http://heart.org/cpr).



FEBRUARY 12-18 IS RANDOM ACTS OF KINDNESS WEEK

RANDOM ACTS OF KINDNESS

# THE HEALTH BENEFITS OF KINDNESS

**K**indness is contagious. The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to “pay it forward.” This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people!

## KINDNESS INCREASES:

### Oxytocin: The Love Hormone

Witnessing acts of kindness produces oxytocin, occasionally referred to as the ‘love hormone’ which aids in lowering blood pressure and improving our overall heart-health. Oxytocin also increases our self-esteem and optimism, which is extra helpful when we are anxious or shy in a social situation.

### Energy

“About half of participants in one study reported that they feel stronger and more energetic after helping others; many also reported feeling calmer and less depressed, with increased feelings of self-worth,” says Christine Carter of UC Berkely’s Greater Good Science Center.

### Happiness

A 2010 Harvard Business School survey of happiness in 136 countries found that people who are altruistic—in this case, people who were generous financially, such as with charitable donations—were happiest overall.

### Lifespan

“People who volunteer tend to experience fewer aches and pains. Giving help to others protects overall health twice as much as aspirin protects against heart disease. People 55 and older who volunteer for two or more organizations have an impressive 44% lower likelihood of dying early, and that’s after sifting out every other contributing factor, including physical health, exercise, gender, habits like smoking, marital status and many more. This is a stronger effect than exercising four times a week or going to church,” Carter adds.



### Pleasure

According to research from Emory University, when you are kind to another person, your brain’s pleasure and reward centers light up, as if you were the recipient of the good deed—not the giver. This phenomenon is called the “helper’s high.”

### Serotonin

Like most medical antidepressants, kindness stimulates the production of serotonin. This feel-good chemical heals your wounds, calms you down, and makes you happy!

## KINDNESS DECREASES:

### Pain

Engaging in acts of kindness produces endorphins—the brain’s natural painkiller!

### Stress

Perpetually kind people have 23% less cortisol (the stress hormone) and age slower than the average population!

### Anxiety

In a University of British Columbia Study, a group of highly anxious individuals performed at least six

acts of kindness a week. After one month, there was a significant increase in positive moods, relationship satisfaction and a decrease in social avoidance in socially anxious individuals.

### Depression

Stephen Post of Case Western Reserve University School of Medicine found that when we give of ourselves, everything from life satisfaction to self-realization and physical health is significantly improved. Mortality is delayed, depression is reduced and wellbeing and good fortune are increased.

### Blood Pressure

Committing acts of kindness lowers blood pressure. When oxytocin is released, it causes the release of a chemical called nitric oxide, which dilates the blood vessels. This reduces blood pressure and, therefore, oxytocin is known as a “cardioprotective” hormone. It protects the heart by lowering blood pressure.

Source: [randomactsofkindness.org](http://randomactsofkindness.org)



# Is your **heart** hurting?

## Have you been disappointed in love?

By Cheryl Rogers

**W**hen your special relationship has ended through death or divorce, you may feel lost. You may feel very much alone, but the Bible tells us you are not.

"The Lord is nigh unto them that are of a broken heart," it says in Psalm 34:18.

Your maker knows exactly how you feel. He knows you like no one else can. Why not reach out to him in your time of need?

We're not talking about church, although you may find comfort there. We're not talking about religion, either.

Many people go to church looking for him. People in church may know him. But we are talking about a relationship with the one who can make you feel complete -- again.

If you know God, and even if you don't, God is the one who can mend your broken heart.

The Bible tells us: "The Lord doth build up Jerusalem: he gathereth together the outcasts of Israel."

"He healeth the broken in heart, and bindeth up their wounds." Psalm 147:2, 3

The Bible tells us in Psalm 146:9: "he relieveth the fatherless and widow."

I encourage you to reach out, to ask God for his help, and to trust him.

After my father died, I asked God to be my father and to deal with my loss for me. I know he has softened the blow, taken the edge off. He can do the same for you.



Man can't be trusted. Adam and Eve gave us a demonstration in the Garden of Eden.

But we can trust God. He is faithful. He is true.

We can even try a simple prayer and see what he does.

Even now, he has a plan for your life.

"For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil,

to give you an expected end. "Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you.

"And ye shall seek me, and find me, when ye shall search for me with all your heart." Jeremiah 29:11-13.

There is no need to feel bad about needing God, or needing God so much. He made you, and all of us, that way.





## The signs of a heart attack can be different in women.

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



**Munroe Regional Medical Center**

[MunroeRegional.com](http://MunroeRegional.com)