

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

February 2017

Lake/Sumter Edition - Monthly

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An Easy Exam Can Protect You from Permanent Vision Loss

American **HEART HEALTH** Awareness Month

THE MIRACLE DRUG

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CONTENTS

February 2017

6 The Miracle Drug: Low Dose Naltrexone (LDN)

7 65 or Older? An Easy Exam Can Protect You from Permanent Vision Loss

8 Time to Reclaim What Childbirth, Aging Have Taken Away

10 Stress Incontinence Is Nothing to Sneeze At

11 Don't Let Sciatic Nerve Pain Get in the Way of Your Life

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

13 February is American Heart Health Month

14 It's Cool to Eliminate Stubborn Fat

16 The Smile Prescription

18 Unique Stroke Symptoms in Women

19 Dry Skin or Athlete's Foot?

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

21 Clear Facts About Cataracts

22 ICCC Promotes National Cancer Prevention Month by Encouraging Healthy Habits

23 Heart Awareness Month

24 Eliminate Pain and Accelerate Natural Healing with Electricity, Even if Nothing Else Works!

26 Estate Planning with Dementia on the Rise

27 Is Your Fish Oil Rancid?

28 Medications and Foods to Avoid if You Have Heart Disease

29 A New Frontier: The Moon Landing & The Rise of Stem Cells for COPD

30 What is Lymphedema?

31 Proven Knee Arthritis Treatment

32 Don't Pay Thousands for Spinal Decompression

34 2017 Cardia Arrest and CPR Fact Sheet

35 Spiritual Wellness: Is Your Heart Hurting?

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CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR - Lisa Minic



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The Miracle Drug: Low Dose Naltrexone (LDN)

For 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.



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65 OR OLDER?

AN EASY EXAM CAN PROTECT YOU FROM PERMANENT VISION LOSS.

Age-related Macular Degeneration, or AMD, refers to the deterioration of the macula, and is the leading cause of vision loss in people over age 65. At the front of the eye sit the cornea, pupil and lens, which direct light to the back of the eye to the retina. The retina is made up of two areas, the macula, which sits at center, and the peripheral retina, which gives us our peripheral vision. "The macula is the area devoted to our central pinpoint vision," explains Lake Eye Ophthalmologist Dr. Scot Holman. "It enables us to focus on details so we can read, perform intricate tasks, drive and recognize facial and other features. With AMD, the macula begins to deteriorate as we age, resulting in blurring, distortion or darkness in the center area of vision. You may look at a painting, for example, and see its borders clearly but find the center elements are blurred, warped or darkened. This tends to cause people to depend more on their peripheral vision than their center vision."

There are two forms of AMD, the atrophic or "dry" form, which affects about 90% of AMD patients, and the less common exudative, or "wet" form. "The dry form of AMD describes deposits accumulating on the retinal tissues over time, interrupting their ability to function normally," says comprehensive ophthalmologist Dr. Shelby Terpstra. In wet AMD, abnormal blood vessels form in the tissues behind the macula, leaking fluids that blur and distort vision.

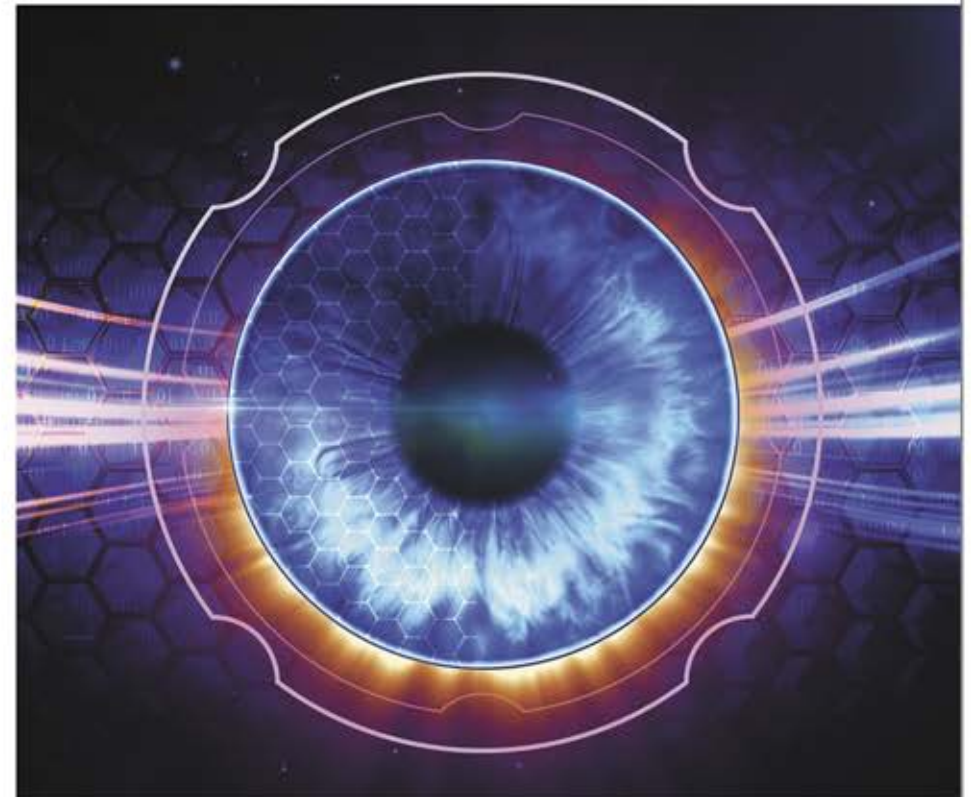
"AMD usually develops slowly, causing gradual sight impairment that people often ignore until it becomes truly disruptive," says Dr. Terpstra. "This is unfortunate because, while AMD can't be cured, it can be effectively managed, so early detection is important in helping prevent serious and permanent damage to central vision."

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"In some cases AMD develops quite rapidly and with little warning," adds Dr. Holman, "so if we can get patients 65 and older to come in and see us every one to two years, that's ideal. It enables us to perform a simple test for AMD and employ effective treatments to help preserve eyesight. When we're able to discover AMD before the patient notices something is wrong, we can take measures to keep the disease at bay and help prevent vision loss altogether."

If you're 65 or older and haven't seen an ophthalmologist in the past one to two years, or have noticed changes in your central vision, it's time to get your eyes checked by a Board Certified ophthalmologist to help ensure your vision remains healthy, clear and bright through your lifetime.

So don't wait! Call Lake Eye Associates today to schedule a comprehensive eye health check-up.



TIME TO RECLAIM WHAT CHILDBIRTH, AGING HAVE TAKEN AWAY



If you're a woman of a certain age ... or you have given birth to a child or two ... you know things change "down there." You've likely been told there's nothing to be done about it, short of surgery. So you've been living with the effects of those changes: vaginal dryness, pain during intercourse, the inability to achieve climax and urine leakage.

It's time to take it back, with ThermiVa.

ThermiVa is a new, minimally invasive, non-surgical treatment that uses radiofrequency to gently heat the vaginal and labial tissues, stimulating collagen production, tightening tissues, increasing nerve sensitivity and improving moisture balance.

Women are raving about ThermiVa and its life-changing results.

"One woman we treated, who at age 55 had been tolerating painful intercourse for six years, told us the treatment had been a miracle for her and her husband," said Dr. Christopher Walker, a nationally recognized Gynecologist, Urogynecologist, Cosmetic Gynecologist, and Robotic Surgeon or UroGyn.



This award-winning practice is the largest urogynecology practice of its kind. It boasts several divisions in its spa-like environment:

Comprehensive gynecological care (fibroids, heavy bleeding, tumors, recurrent UTIs, annual well-woman exams)

The best in urogynecology (robotic surgery, female bladder/fecal incontinence, bladder prolapse, mesh consultations)

Cosmetic gynecology (tightening of the vaginal region and bladder muscles)

Vaginal rejuvenation (low libido, vaginal tightening, labiaplasty to reduce vaginal appearance)

Abnormal vaginal bleeding

Sexual dysfunction

"Another woman we treated had never been able to achieve climax. After just one treatment, she could achieve orgasm most of the time and after three treatments reports she's able to climax 100 percent of the time," Walker said.

How ThermiVa works

ThermiVa uses radio frequency energy (RF) to achieve its outstanding results. RF has been successfully used in medicine for more than 75 years, for cauterizing blood vessels, treating heart arrhythmias and sleep apnea, to produce MRI images, to assist in wound healing and to destroy tumors.

At low energy levels, RF is used in cosmetic procedures to tighten the skin, reduce fat and promote healing. It is this level of RF energy that is used by ThermiVa, achieving a heating range of 40 to 42 degree Celsius (104 to 107 F).

The RF energy is directed at the treatment area using a slender wand and most women report no discomfort. Treatment takes about 30 minutes. There is no down time, no recovery period and women can resume their normal activities immediately, including sexual activity.

"Women experience significant results after the very first treatment," Walker noted, "with continuing improvements after the second and third ThermiVa treatment." Results last from nine to 15 months, with one treatment recommended annually thereafter.

Don't let embarrassment get the best of you Painful intercourse, vaginal dryness and stress incontinence are more common than most women realize, Dr. Walker noted. "Thirty-three percent of premenopausal women and 50 percent of menopausal women experience atrophic vaginitis," he said. Further, 57 percent of women age 40 to 60 have stress incontinence.

"Women know they have these problems but many are afraid to acknowledge them, or discuss them with a healthcare provider. Some may have been given options – such as surgery – that they just were not interested in. ThermiVa offers them a new solution, one that works without surgery, without down time, without a lot of hassle," he said.



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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; 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.¹

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.



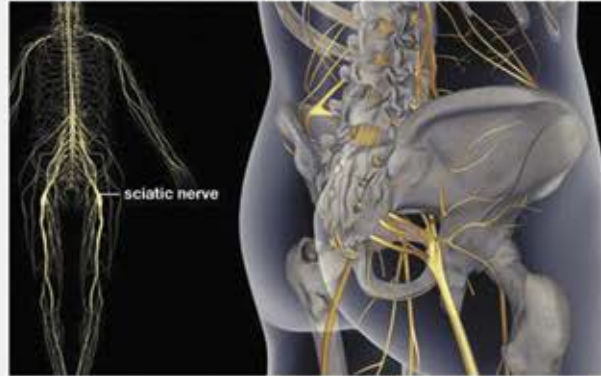
DON'T LET SCIATIC NERVE PAIN GET IN THE WAY OF YOUR LIFE

Anyone 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
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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.



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

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.

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February is American Heart Health Month

It's February, which reminds us all that we celebrate Valentine's Day this month, but more importantly than the merely giving of chocolates and roses, this holiday it's imperative to consider the fact that our hearts are what really matter. Since heart disease is still the leading cause of death in both men and women, what better way to understand and implement heart healthy prevention?

Since it is an awareness month of our heart's health, here are a few tips to get us going:

- Exercise multiple times per week
- Eat a healthy diet
- Cut down on stress levels
- Avoid excessive alcohol consumption
- Stop smoking
- Get professional help for cutting out narcotics and other drugs
- Practice relaxation methods
- Get physical examinations and regular checkups recommendations

Exercise is a critical factor in our heart's health. It's recommended that we get 2.5 hours of moderate exercise weekly or 1.5 hours of active cardiovascular exercise per week. It's okay to do a combination of the two, by walking one day for 20 minutes and sprinting the next for 30. No matter what you decide, you should always consult your physician before embarking on any workout plan. Along with cardiovascular uptake, exercise helps to increase the oxygen in our blood, and this is relevant to our overall heart health.

Eating a healthy diet is strongly recommended for many health benefits, but in terms of keeping our hearts ticking along, a diet low in saturated fat, high in vegetables and fruits, legumes, healthy oils like olive oil and avocado is key. Also consuming less unhealthy carbohydrates and more low-fat proteins like fish and poultry are critical. If you have high blood pressure, minimizing salt is also highly significant. Instead of salt try substituting with lemon or spices and herbs.

In our days filled with the high demands of work and family, stress can cause many issues that aggravate our health. Trying to find a way to minimize stress can be very helpful. One way is to exercise, as this blows off a lot of frustration.



Finding time to decompress, either with a long walk, meditation, prayer or taking a peaceful bath can be beneficial.

If you smoke, stop now. Smoking causes an array of adverse health effects including increasing plaque build up in our arteries, raising bad cholesterol, decreasing good cholesterol, and damages the vessel walls to name a few. If you smoke your chances of a heart attack are extremely high, smoking causes 6 million deaths per year. Talk to your physician about a specific smoking cessation plan for you. This holds true for any drug addictions that you may have. Do not wait; get help today.

There are specific test and screenings that your physician can provide to decipher how healthy your heart is and what the next steps should be. These include blood tests, stress tests, EKG's, Holter monitors, vascular ultrasounds, and scans.

To find more information on Dr. Vallabhan, you local cardiologist please call **(352) 750-2040** or visit them online at, **www.drvcardio.com**.

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.



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Dr. Thiruvallur Vallabhan is devoted to keeping your heart at its healthiest. Dr. 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.



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It's Cool to Eliminate Stubborn Fat

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

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

Key Benefits of CoolSculpting:
It involves no needles, surgery or downtime.

Since the CoolSculpting Procedure is non-invasive, patients can resume daily activities including work and exercise, immediately following treatment.

It's safe.

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

It's convenient.

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

The results are dramatic.

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

How CoolSculpting Works

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

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

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

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

Of note, we offer the latest FDA-cleared CoolSculpting technology which targets that undesirable "double chin" and is producing very rewarding results all without surgery or downtime!

For more information, or to schedule a consultation, call Lifestyle Solutions MedSpa at 352-368-2148 today! The only thing you've got to lose is stubborn fat!

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The Smile Prescription:

The Secret to Happiness is Under your Nose

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

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

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

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

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

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

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



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

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

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

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

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

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

Saturday Smile

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

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

"What is it?" they say with excitement.

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

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

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

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

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

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

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

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

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

"No problem," I said.

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

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

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

What Is the Point of Smiling So Much?

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

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

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

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

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

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

Living In Captivity

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

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

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

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

ABOUT DR. RICH CASTELLANO

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



Dr. Castellano



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Unique Stroke Symptoms in Women

It is important to recognize stroke symptoms and act quickly.

Common stroke symptoms seen in both men and women:

- Sudden numbness or weakness of face, arm or leg – especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Women may report unique stroke symptoms:

- Sudden face and limb pain
- Sudden hiccups
- Sudden nausea
- Sudden general weakness
- Sudden chest pain
- Sudden shortness of breath
- Sudden palpitations

Call 9-1-1 immediately if you have any of these symptoms.

Recognize the Signs of Stroke F.A.S.T.

Every minute counts for stroke patients and acting F.A.S.T. can lead patients to the stroke treatments they desperately need. The most effective stroke treatments are only available if the stroke is recognized and diagnosed within the first three hours of the first symptoms. Actually, many Americans are not aware that stroke patients may not be eligible for stroke treatments if they arrive at the hospital after the three-hour window.

If you think someone may be having a stroke, act F.A.S.T. and do this simple test:

F—FACE: Ask the person to smile. Does one side of the face droop?

A—ARMS: Ask the person to raise both arms. Does one arm drift downward?

S—SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T—TIME: If you observe any of these signs, call 9-1-1 immediately.

NOTE THE TIME WHEN ANY SYMPTOMS FIRST APPEAR. If given within three hours of the first symptom, there is an FDA-approved clot-buster medication that may reduce long-term disability for the most common type of stroke.

Learn as many stroke symptoms as possible so you can recognize stroke as **FAST** as possible.

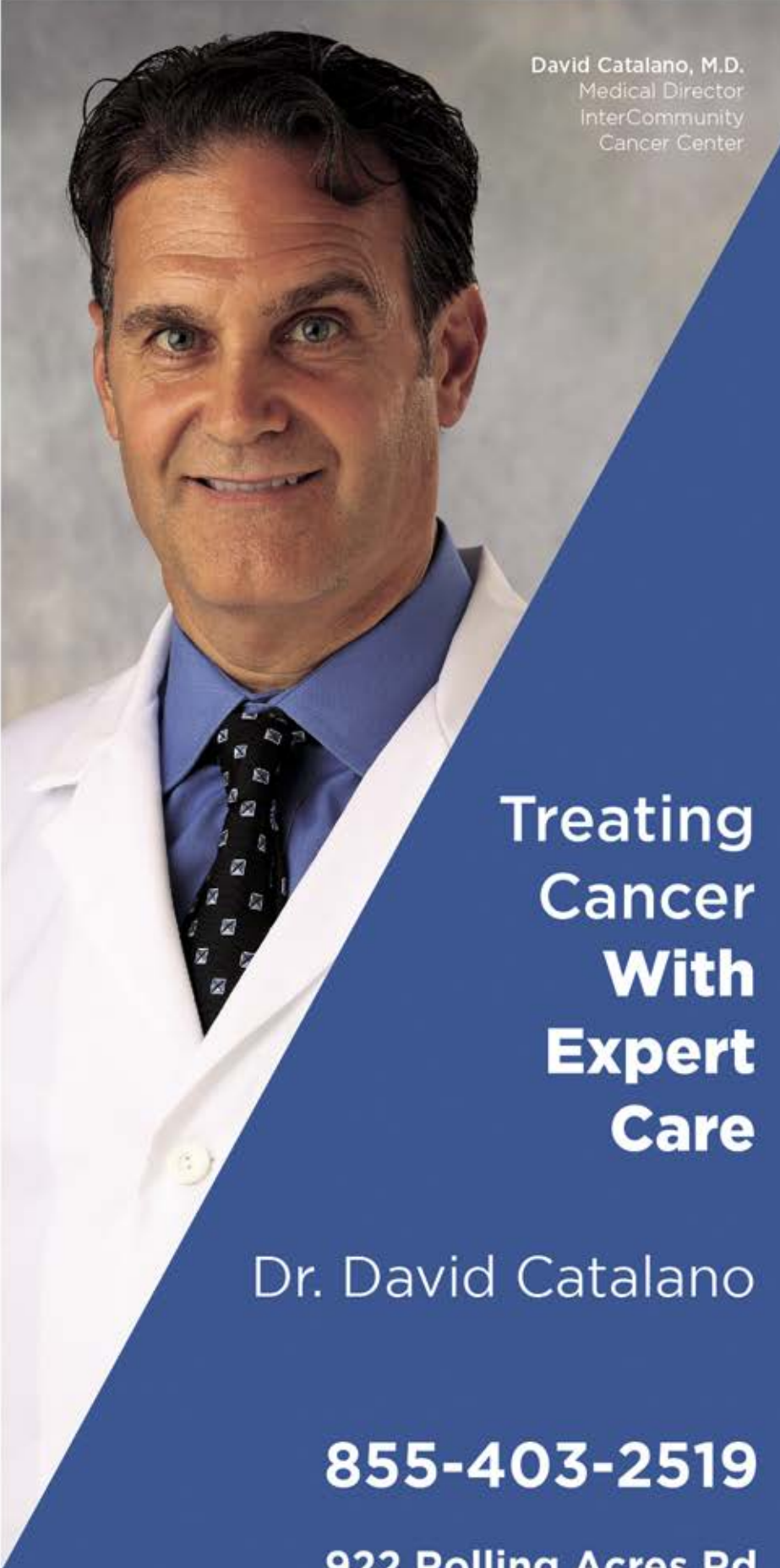
Understanding the Warning Signs is Key

“Understanding the warning signs is important because there are treatments we can give for stroke. If you understand the warning signs and get to the hospital quickly we can even possibly reverse the stroke itself,” says Dr. Dawn Kleindorfer, assistant professor of neurology at University of Cincinnati School of Medicine.

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.



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

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

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

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

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

Dr. John Bidelspach

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

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

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



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

OMI PEMF Therapy a Healthier Body

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

The Benefits of PEMF

Many research studies have demonstrated that magnetic fields have the potential to reduce the sensations sensed by the nerve cells and eventually ward off pain. The damaged nerve cells can repair itself when in influence of magnetic fields.

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



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

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

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

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Clear Facts About Cataracts

A cataract is the most common cause of vision loss in people over age 40 and is the principal cause of blindness in the world. In fact, there are more cases of cataracts worldwide than there are of glaucoma, macular degeneration and diabetic retinopathy combined.

Today, cataracts affect more than 22 million Americans age 40 and older. And as the U.S. population ages, more than 30 million Americans are expected to have cataracts by the year 2020.

Types of cataracts include:

- A **subcapsular cataract** occurs at the back of the lens. People with diabetes or those taking high doses of steroid medications have a greater risk of developing a subcapsular cataract.
- A **nuclear cataract** forms deep in the central zone (nucleus) of the lens. Nuclear cataracts usually are associated with aging.
- A **cortical cataract** is characterized by white, wedge-like opacities that start in the periphery of the lens and work their way to the center in a spoke-like fashion. This type of cataract occurs in the lens cortex, which is the part of the lens that surrounds the central nucleus.

Symptoms and Signs of Cataracts

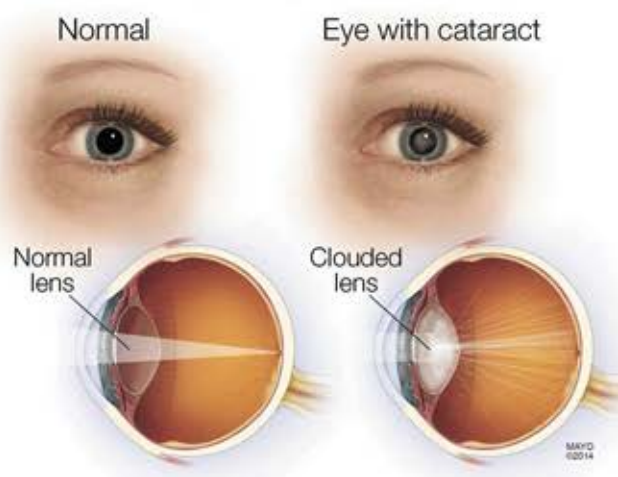
A cataract starts out small and at first has little effect on your vision. You may notice that your vision is blurred a little, like looking through a cloudy piece of glass or viewing an impressionist painting.

A cataract may make light from the sun or a lamp seem too bright or glaring. Or you may notice when you drive at night that the oncoming headlights cause more glare than before. Colors may not appear as bright as they once did.

The type of cataract you have will affect exactly which symptoms you experience and how soon they will occur. When a nuclear cataract first develops, it can bring about a temporary improvement in your near vision, called "second sight."

Unfortunately, the improved vision is short-lived and will disappear as the cataract worsens. On the other hand, a subcapsular cataract may not produce any symptoms until it's well-developed.

If you think you have a cataract, see an eye doctor for an exam to find out for sure.



What Causes Cataracts?

The lens inside the eye works much like a camera lens, focusing light onto the retina for clear vision. It also adjusts the eye's focus, letting us see things clearly both up close and far away.

The lens is mostly made of water and protein. The protein is arranged in a precise way that keeps the lens clear and lets light pass through it.

But as we age, some of the protein may clump together and start to cloud a small area of the lens. This is a cataract, and over time, it may grow larger and cloud more of the lens, making it harder to see. No one knows for sure why the eye's lens changes as we age, forming cataracts. But researchers worldwide have identified factors that may cause cataracts or are associated with cataract development. Besides advancing age, cataract risk factors include:

- Ultraviolet radiation from sunlight and other sources
- Diabetes
- Hypertension
- Obesity
- Smoking
- Prolonged use of corticosteroid medications
- Statin medicines used to reduce cholesterol
- Previous eye injury or inflammation
- Previous eye surgery
- Hormone replacement therapy
- Significant alcohol consumption
- High myopia
- Family history

One theory of cataract formation that's gaining favor is that many cataracts are caused by oxidative changes in the human lens. This is supported by nutrition studies that show fruits and vegetables high in antioxidants may help prevent certain types of cataracts (see below).

Preventing Cataracts

Though there is significant controversy about whether cataracts can be prevented, a number of studies suggest certain nutrients and nutritional supplements may reduce your risk of cataracts.

One large, 10-year study of female health professionals found that higher dietary intakes of vitamin E and the carotenoids lutein and zeaxanthin from food and supplements were associated with significantly decreased risks of cataract.

Good food sources of vitamin E include sunflower seeds, almonds and spinach. Good sources of lutein and zeaxanthin include spinach, kale and other green, leafy vegetables.

Other studies have shown antioxidant vitamins such as vitamin C and foods containing omega-3 fatty acids may reduce cataract risk.

Another step you can take to reduce your risk of cataracts is to wear protective sunglasses that block 100 percent of the sun's UV rays when you are outdoors.

Treating Cataracts

When symptoms begin to appear, you may be able to improve your vision for a while using new glasses, strong bifocals, magnification, appropriate lighting or other visual aids.

At HindSight Eyecare, our comprehensive eye exam not only includes an evaluation of vision accuracy, but also an analysis of many other potential eye health issues, including cataracts.

Your eyes are a window into many health issues that are not necessarily vision related. Your exam will include an evaluation for early signs of conditions such as hypertension, diabetes or glaucoma.

Call and Schedule your Eye Exam Today!
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InterCommunity Cancer Center Promotes National Cancer Prevention Month by Encouraging Healthy Habits

By this time of the year, many of us are already struggling to keep our New Year's resolutions, especially those dealing with adopting a healthier lifestyle. February is National Cancer Prevention Month, so it's a good time to recommit to our goal of making and maintaining some lifestyle changes that can lead to a longer, healthier life.

According to the American Institute for Cancer Research, approximately one-third of all cases of the most commonly diagnosed cancers in the U.S. could be prevented by embracing some simple lifestyle changes—that correlates to roughly 374,000 cases of cancer that could be avoided.

"People can greatly reduce their cancer risk by adopting a healthy lifestyle as early as possible in life," said Dr. David Catalano, medical director and radiation oncologist at InterCommunity Cancer Center in Lady Lake, Fla. "Not only do positive habits reduce cancer risk, they also help decrease the chances of getting many other serious health conditions, such as heart disease, high blood pressure, diabetes and other chronic diseases that can shorten lifespan and reduce quality of life."

Simple ways to reduce your cancer risk Here are a few basic things all of us can do that will put us on the right path to decrease the risk of cancer:

Don't use any tobacco product

Smoking has been linked to many different types of cancer, including lung, mouth, throat, larynx, pancreas, bladder, cervix and kidney. Chewing tobacco is equally dangerous. Exposure to second-hand smoke should also be avoided.

Maintain a healthy weight

This is probably the toughest item on the list, as most of us carry additional weight that is extremely difficult to lose and even harder to keep off. However, staying at the proper weight is one of the most important things a person can do to lower the risk of cancer, as obesity is strongly linked to many different cancers.

Eat a healthy diet

Try to adopt a diet rich in vegetables, fruits, whole grains and legumes. Limit processed meats and red meats. The Mediterranean Diet is a great plan to help learn new, healthy eating habits, as it focuses heavily on plant-based foods.



Limit alcohol consumption

Cancer risk increases with the amount of alcohol consumed and the length of time the person has been drinking. Moderation is best.

Get regular physical activity

Get a minimum of 30 minutes of activity a day for at least five days a week; the more, the better. Regular activity helps regulate hormones that are linked to increased cancer risk. It also helps fight obesity.

Avoid too much sun exposure

Stay in the shade during the hottest part of the day when UV rays are strongest. Avoid lying in the sun or using tanning beds. Use sunscreen every day with a sun protection factor (SPF) of 15 or higher, even on cloudy days. Protective clothing should still be worn, even if sunscreen is used. Tightly woven fabrics in dark colors offer the best protection. Wear a wide-brimmed hat and sunglasses to protect the head and eyes.

Get regular physical exams and cancer screenings

Many different cancers, including skin, colon, cervix and breast, have very effective screening procedures that can find cancer early when treatment is most effective. Get regular physical exams and talk to your doctor about the best screening schedule that takes into account your individual risk for various cancers.

"National Cancer Prevention Month is a great time for all of us to jump start our commitment to leading a healthier lifestyle," said Dr. Catalano. "I urge everyone to be proactive about their health. Just by taking small steps every day, great progress can be made."

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 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.

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February is Heart Awareness Month

Siva Gummadi, MD - Cardiovascular Institute of Central Florida

Cardiovascular disease is the most common cause of death in men and women. It is a broad term used to describe a disease process that occurs within the heart and the blood vessels of the body. The heart is a muscle and can be thought of as a pump that perpetually pumps blood with each heart beat to the entire body. The left side of the heart pumps oxygenated blood throughout the body through the arteries. After all the organs have extracted the oxygen from the blood, the blood flows back into the right side of the heart through veins where it is pumped into the lungs to become oxygenated after which it flows back into the left heart and the process starts again. The heart muscle gets its own oxygenated blood via the coronary arteries. Fatty plaque deposits can develop within the coronary arteries resulting in obstruction of flow. This process is called atherosclerosis and can occur due to multiple reasons. These include having high blood pressure, diabetes, high cholesterol, smoking, age and male gender.



Angina is a term used to describe symptoms that occur when there is significant obstruction of flow in the coronary arteries. Most commonly the patient will feel heaviness or tightness in the center or left side of the chest that often radiates to the left arm or jaw. It can be associated with nausea, sweating, or shortness of breath. "Stable angina" occurs when symptoms occur with exertion and resolve at rest. When the plaque tears or ruptures, the body tries to mend it by forming a clot. In doing so, there is further obstruction in flow in the coronary artery and this results in a heart attack. In certain at-risk patients, a daily aspirin is recommended to prevent this clot formation, thereby preventing a heart attack.



When a heart attack occurs, the angina symptoms can occur at rest and usually do not resolve without further medical attention. It is best to dial 911 to facilitate treatment. If the heart attack involves the blood clot causing a total or 100% blockage, the patient is rushed to the cardiac catheterization laboratory where an interventional cardiologist will perform an invasive procedure to open up the blockage using balloons and stents to prevent or reduce damage to the heart muscle. The earlier the blockage can be opened, the less damage to the heart muscle. If there is significant damage to the

heart muscle then the patient will be at risk for congestive heart failure. Regardless of the outcome, a cardiologist will prescribe medications to help prevent future heart attacks as well as help remodeling of the heart muscle and improve heart function.

Similar to having plaque in the coronary arteries, plaque can build up in other arteries of the body. This is known as peripheral artery disease (PAD). Symptoms of PAD are manifest depending on which vessels are involved. The carotid arteries supply oxygenated blood to the brain and obstruction of flow can result in a transient ischemic attack (TIA) or stroke. Having disease in the arteries to the legs can result in discomfort in the muscles of the legs and can limit a patient's ability to walk. If a patient has PAD, he or she is at very high risk of developing coronary artery disease and heart attack. Thus, appropriate preventative measures need to be taken.

Patients that are at risk for cardiovascular disease or are having worrisome symptoms are referred to a cardiologist for diagnostic evaluation. The initial evaluation of a patient usually involves a visit with a cardiologist during which pertinent questions are asked by the cardiologist and a physical examination is performed. Following this, diagnostic testing may include electrocardiogram, echocardiogram, and nuclear stress test. Depending on the findings, further testing may include cardiac catheterization and medical therapy.



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Eliminate Pain

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Are you still suffering in pain no matter what the doctors prescribe? If so, you're not alone. According to The National Institute of Health and WebMD, over 100 million Americans suffer with chronic pain every day no matter what the doctors prescribe.

But there is good news! You can be pain-free, because now the world's most advanced electro-therapy technology (AMT), which once reserved for the elite of Olympic, and professional sports, entertainment for the past 30 years is now available to the general public in central Florida for the very first time ever, thanks to Energy Medical at The Villages.

Why Just Manage Your Pain When You Can Eliminate It?

Using two devices, the Electro-Acuscope and Myopulse, (AMT) therapist are easily able to address every part of the body from head to toe in a safe and pleasant, non-invasive manner. AMT doesn't just mask the pain or trick the brain into not feeling pain, it electrically normalizes tissue so it can quickly heal and eliminate the pain permanently. How does it work?

Electricity Flows Through Every Healthy Cell in the Body

The human body actually runs on electricity. Energy flows in distinct pathways throughout the entire body powering every cell, muscle, organ and brain function. Each cell holds a charge, just like a battery, and operates like a little battery driven pump, electrically pumping nutrients into each cell, converting them to energy (in order to do work), and then electrically pumps out metabolic waste to be carried out of the body. This is the cycle of cellular life. When the batteries get weak cell function diminishes. It's all energy, and it's all measurable electricity. Whenever there is pain, disease, injury or weakness there is always a corresponding weakness in the electrical properties of the cell / tissue.

Using electro-physiological instruments such as EKGs, EMG, and EEGs physicians measure the electricity of the heart, muscles and brain. With this in mind, it only makes sense to ask, "If we are all being diagnosed electrically, why then aren't we being treated electrically"?

The human body has an amazing ability to heal itself, if it only has enough electrical energy.

The Electro-Acuscope is a pain-management device designed to specifically treat neurologic tissues, and read all body tissues and systems as well. The Electro-

Myopulse specializes in treating connective tissues such as bone, muscle, tendon, ligaments and skin. Together they are a full body treatment system, designed to eliminate pain, accelerate natural healing, increase energy levels and improve detoxification. In other words AMT will help you to look, feel and perform better.

Electricity is the health secret of the ages, successfully treating many conditions without medication or surgery.

Not All Energy Devices Are Created Equal.

The Electro-Acuscope and the Electro-Myopulse are unique micro-current instruments unlike any other micro-current devices available today. They operate at especially low currents and more importantly, are both input and output devices with the ability to read electrical impedance & capacitance, analyze and respond back with precise inverted electrical signals at more than a hundred times per second. *No other micro-current device simultaneously reads and treats tissue!*

Electricity is the key to life and health.

What Is Pain and Why Does It Hurt?

Health is all about the flow of energy and fluids throughout the body. Whenever the flow is restricted, by disease, injury, scar tissue, arthritis, etc., the cells stop functioning properly. Basic physics teaches us that resistance to the flow of energy or fluids always creates heat - heat induces inflammation - inflammation increases sensitivity - and increased sensitivity results in the sensation we know as pain. The more resistance, the more sensitivity or pain. AMT addresses the inflammation by addressing the root cause of the resistance.

Electricity Is The Missing Component In Western Medicine.

The efficacy electro-therapy goes back thousands of years in history. Acupuncture, which has been used since ancient times in China, is all about using static electricity to help normalize tissue. In ancient Greece, Egypt and Rome people used to soak their feet in pools with electric eels and torpedo fish and let the mild electrical currents come thru the water and up feet and legs to relieve pain.

The term electricity is actually a medical term, first coined in the early 1600s by Queen Elizabeth's royal physician, Dr. William Gilbert to describe medical therapies. He is known as the Father of Electricity. However today because of the influence of powerful drug companies and insurance interests and political oversight electro-therapies are mostly overlooked in favor of other highly profitable substances.

How To Avoid Unnecessary Surgeries and Other Dangerous Side Effects

Besides eliminating pain, AMT has helped many people avoid surgeries, recover faster when surgery was necessary, lessen medication dependencies, increase energy levels, return to favorite activities and improve their overall quality of life. Visit www.EnergyMedical.net to see recent local testimonials.

Over prescription is rampant, according to experts. A new report finds that U.S. doctors are too quick to prescribe drugs, and often give little thought to side effects and non-drug alternatives. Nearly half of all Americans have used at least one prescription drug in the past month. Many are being exposed to dangerous side effects, some fatal, even though they are receiving few or no benefits from the drugs.

Even though medications aren't always needed, it does take more than just eating right and a healthy diet to achieve and maintain a pain-free life. Adequate and uninterrupted energy flow throughout the body is necessary to eliminate pain, and live an energized life.

As the number of patients successfully being treated with electric therapy increases, the medical field is embracing AMT as an efficient and cost effective treatment option.

Electricity is the future of effective medicine.

AMT Is The Worlds Most Advanced Electro-Therapy.

Used for more than 30 years by top athletes and entertainment celebrities because it accelerates the body's natural ability to heal, and allows them to function at peak performance. Today doctors around the world are acknowledging the importance of electro-therapy, and the undisputable results being delivered with AMT, even when nothing else worked.

It can do the same for you, just look at our website to see the dramatic results your friends and neighbors are receiving. www.EnergyMedical.net

Using AMT, the team electro-therapists at Energy Medical is ready to eliminate your pain for good. Feel more youthful, more mobile, and more comfortable today.

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ESTATE PLANNING WITH DEMENTIA ON THE RISE

By Katina H. Pantazis, Esq.

Dementia 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.

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

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Is Your Fish Oil Rancid?



Think 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 you 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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MEDICATIONS AND FOODS TO AVOID IF YOU HAVE HEART DISEASE

Every 42 seconds, someone in the United States has a heart attack. Each minute, another person in the country dies from a heart disease-related condition. For both men and women, heart disease is the leading cause of death in America, killing 25 percent of all people.

February is American Heart Month, a reminder to protect heart health and make small lifestyle changes to control blood pressure, eat well and exercise — all steps that can add up to a lifetime of good heart health.

High LDL cholesterol, high blood pressure and smoking are chief risk factors for heart disease, and the Centers for Disease Control and Prevention (CDC) reports that almost half of Americans have at least one of these three risk factors. Obesity, diabetes and excessive alcohol use also increase the likelihood for heart conditions such as heart attack, stroke, arrhythmia, peripheral artery disease and cardiac arrest.

“For many people, heart disease can be successfully managed with wise health habits and medications,” said Glenn Fechtenburg, RN with Right at Home of The Villages, Lake and Sumter Counties. “But those who have heart disease do not always realize that some common foods, nutritional supplements and other medications can cause serious complications.”

A number of drugs and foods counteract heart medications and should be avoided or consumed in lower amounts, Fechtenburg, RN notes. These include the following:

• **Certain fruits and vegetables.** Grapefruit and pomegranate are culprits in interacting with medications to lower high cholesterol (Lipitor, Zocor). Leafy, green vegetables rich in vitamin K such as spinach and kale pose problems for people on blood thinners. Individuals taking anti-coagulant medications including Coumadin or its generic name Warfarin need to find a careful balance of what and how much of high-K veggies they can eat. The key is to be consistent with your diet of green leafy veggies if on Coumadin. High-sodium and high-fat foods including aged cheese, bologna, sausage and pepperoni also can raise blood pressure.

• **Vitamins and herbal/nutritional supplements.** Many physicians and nutritionists recommend that a wholesome, varied diet is the best way to benefit from a well-rounded amount of vitamins. If you do have a heart condition and take vitamins or herbal/nutritional supplements, beware of which ones cause blood pressure to rise and can interfere with heart medications. Popping a multivitamin may cause more harm than good.

• **Nonsteroidal anti-inflammatory drugs (NSAIDs).** Some common NSAID medications for arthritis and overall pain relief, including aspirin, ibuprofen (Advil, Motrin) and naproxen (Aleve), may cause the body to retain fluids and blood pressure to elevate. Higher blood pressure and slower-working kidneys can trigger a heart attack or stroke. An anti-inflammatory option is acetaminophen (Tylenol), but ask your doctor what's best for your body. Never take more than the doctor-prescribed amount of aspirin to prevent a stroke or heart attack.

• **Cough and cold medications.** These products may contain NSAID ingredients and decongestants that are known to raise heart rate and blood pressure or prevent some heart medications from working correctly. Check the dosage instructions for over-the-counter (OTC) drugs prior to purchasing them, because warnings are now included on some products to not take them if you have high blood pressure.

• **Antibiotics.** The U.S. Food and Drug Administration (FDA) warns that Zithromax, commonly called a Z-pack, may lead to abnormal — and sometimes fatal — heart-beat changes in people at risk for heart problems.

• **Weight-loss drugs.** Appetite suppressants are stimulants that increase blood pressure and put more stress on the heart. Heart patients should always consult with their doctor about taking any weight-loss supplements.

• **Migraine medications.** Some migraine medicines can narrow blood vessels throughout the body. Tightened vessels push blood pressure higher, even to dangerous levels.

• **Alcohol.** For some people, consuming a low or moderate level of alcohol can protect against heart disease and stroke, but heavy drinking or binge drinking can damage the heart muscle and cause heart failure. Anyone with a history of cardiovascular disease should seek professional medical advice before using any amount of alcohol.

Fechtenburg, RN recommends that heart disease patients be in regular communication with their doctor regarding diet, prescription and OTC medications, vitamins, and supplements. Cardiovascular patients are also advised to be extra diligent during holidays and other celebrations when food and alcohol moderation tends to wane.

Ever since President Lyndon B. Johnson in 1964 declared February as American Heart Month, the annual campaign brings to the forefront that heart disease can often be prevented with regular physical exercise, a balanced diet, and an awareness of foods, medicines and other products that heighten cardiovascular risks.

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. 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.

HCC #233221 AHCA HHA # 299994223

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) 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 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 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.

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 to find out if you qualify for these new treatments.

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LAW

Katina Pantazis, P.A.



WHAT IS LYMPHEDEMA?

By Scottie Bull, PT, CLT-LANA

Lymphedema is an accumulation of lymphatic fluid in the tissue spaces that cause swelling, most often in the arm(s) and/or legs(s), but may also involve the trunk. Swelling may develop when lymph vessels are missing, impaired or damaged, or after lymph nodes are removed.

Symptoms of Lymphedema:

1. Increased swelling of limb(s)
2. Tightly fitting clothes
3. Feeling of heaviness
4. Possible episodes of infections

COMPLETE DECONGESTIVE PHYSIOTHERAPY

Presently, the most effective and least invasive approach recommended by physicians is Complete Decongestive therapy, which is a non-invasive, safe, and effective method to reduce swelling. Complete Decongestive Therapy is a combination of manual lymphatic drainage (Vodder Technique), bandaging/compression, remedial exercises and hygiene/skin care.

Since there is no cure for lymphedema, the goal of physical therapy is to reduce the swelling and maintain the reduction.

Treatment is performed in two phases. The duration of Phase I is approximately 1-4 weeks, depending on the severity of the condition. The treatment is done 1 time a day, 5 days a week. The goals in Phase I are to mobilize the accumulated protein-rich fluid and to initiate the reduction of fibrosclerotic tissues. In Phase I short stretch bandages will be applied to the affected extremity to prevent reaccumulation of fluid between treatments. During Phase I patients are also instructed in proper skin care, application of night bandages (once discharged from therapy), wearing of compression garments, remedial exercises, etc.

The goal of Phase II is the preservation and improvement of progress made in Phase I. Phase II begins once the fluid reduction plateaus. Phase II is performed in the patient's home. Prior to discharge from Phase I, patients will be custom fitted for a compression garment. During Phase II, patients will wear a compression garment during the day and may need to utilize short stretch bandages or a specialized garment at night to maintain reduction achieved in Phase I.



MANUAL LYMPH DRAINAGE (MLD)

Manual Lymph Drainage is a very gentle manual technique consisting of four basic strokes. MLD re-routes the lymph flow around the blocked areas into more centrally located healthy lymph vessels that drain into the venous system.

The first step of MLD is to stimulate the lymph vessels in the non-affected trunk quadrant which results in a suction effect on the lymphatics of the affected trunk quadrant.

In the second step, fluid is pushed from the congested quadrant into the quadrant that is free of edema via tissue channels, initial lymphatics and lymph vessels.

COMPRESSION THERAPY

Elastic fibers of the skin are damaged in lymphedema, therefore, it is necessary to apply compression to the affected area to prevent reaccumulation of fluid. Compression Therapy increases the tissue pressure, which results in lower effective ultrafiltration and better reabsorption on the venous end of the blood capillaries. It also promotes the filling of initial lymph vessels, improves the function of the muscle pumps and helps to reduce fibrosclerotic tissue. In Phase I of therapy, compression is applied via short-stretch bandages. These short stretch bandages will be worn during the day and night. In Phase II, compression garments are worn during the day and it may be necessary to wear a specialized garment or bandages at night.

The compression class and type of garment depends on the severity of the swelling, the patient's age, and any other relevant factors.

EXERCISES

Remedial exercises aid the effects of joint and muscle pumps and should be performed by the patient wearing the compression bandage or the garment.

Patients are treated on an outpatient basis. Medicare and most private insurance companies will cover costs of treatment.



WHO'S QUALIFIED TO TREAT LYMPHEDEMA?

In many parts of the world (including the U.S.) there are no mandated training standards for lymphedema therapists, so anyone with a physical therapy or occupational therapy license can set up shop as a lymphedema therapist with little or no SPECIFIC training in the pathology or treatment of LYMPHEDEMA.

Since this lack of standardized competency can seriously affect the outcome of your treatment, a licensing organization called the Lymphology Association of North America (LANA) has stepped in and set up standards and a testing system to certify a minimal level of training, knowledge and experience. These standards are endorsed by the National Lymphedema Network (NLN) as well.

Although the LANA standards are strictly voluntary at this time, you will want to be sure that any lymphedema therapist you see meets those standards. Call before you go and ask about their training and LANA certification.

HOW DO YOU FIND A TRAINED THERAPIST?

There are several on-line resources to help you find a therapist in your area who has the recommended training.

- The LANA web site, www.clt-lana.org, lists therapists in the U.S. and Canada.
- The National Lymphedema Network, www.lymphnet.org, also has a therapist locator guide.
- The academy of Lymphatic Studies, www.acols.com, is another web site you will find qualified therapists.

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 in 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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Currently, an estimated 27 million people suffer from knee osteoarthritis making it one of the most common causes of disability in the U.S. It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis. Patients with chronic joint pain often think nothing can be done to help them except surgery.

A person with knee pain knows how often it gets in the way of doing the things they want and need to do in daily life. Because the knee is a weight bearing joint, knee pain affects almost everything we do that requires mobility, including those things most of us have usually taken for granted.

For many knee pain makes it hurt to walk, stand, stoop, get out of a chair, or to go up and down stairs. Additionally, routine activities of living, work, social and recreational activities are often inhibited, restricted or avoided because of knee pain.

If you have tried other treatments and experienced little to no relief, you may still be a candidate for our treatment program. Call 855-276-5989 to schedule a no-cost, no-obligation consultation today!

At Physicians Rehabilitation, it's very important to understand we are not just addressing knee pain. Our goal is to give you the best chance we possibly can of preventing knee replacement surgery in the future, which is what knee arthritis frequently evolves into if left undetected and unaddressed. We are proud to offer a less invasive approach to relieving knee pain to avoid surgery.

For this reason, we encourage you to schedule an appointment to determine if you are a candidate for Viscosupplementation treatment for knee arthritis, you can always have more radical procedures performed later if necessary. However with knee replacement surgery, once done there is no turning back to a more conservative approach. Knee replacement surgery is indeed necessary for some people with extreme conditions that Viscosupplementation is unable to help, but as we have seen with many of our patients a total knee replacement is a very extreme measure to take without considering all your options for a condition as common as knee arthritis.



Will Insurance cover this Treatment?

Yes, most major insurances and Medicare will pay for this treatment.

What are other people saying about it?

"My knee feels great. I had already had a total knee replacement and wanted to try something rather than go through another painful surgery and difficult recovery. After completing the program, I can now dance again which I have not done in years, and my lifestyle is on its way back to normal." -Elizabeth B.

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Our goal is to decrease the inflammation, promote healing, and eliminate your pain.

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- 6150 Diamond Centre Ct. Bldg. 100 Ft Myers, FL 33912 - (239) 768-6396
- 5668 Strand Ct., Naples, FL 34110 - (239) 687-2165
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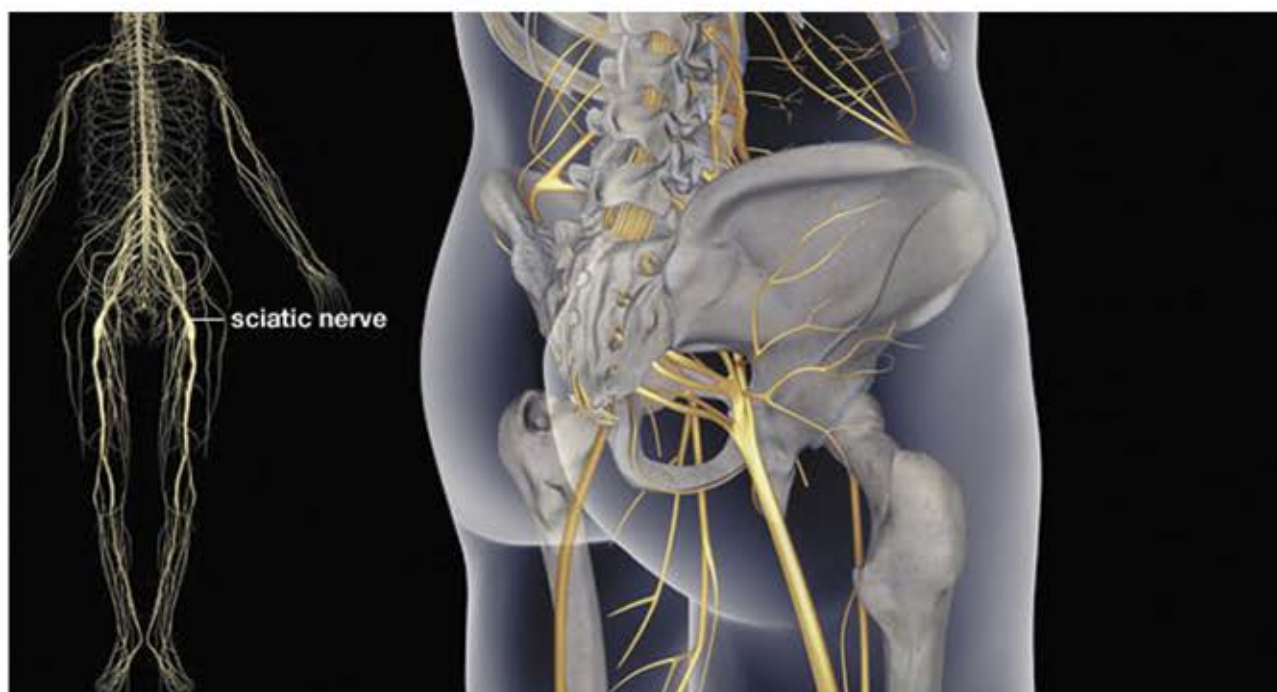
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By Compton Chiropractic Care

Currently there are millions of Americans who suffer from low back and leg pain. A recent survey showed, a large majority of these patients are over the age of 65. When you figure that the Villages has a population exceeding 100,000 and a majority are over the age of 65 then it becomes easier to understand why so many local residents experience this pain. In fact, seven out of ten patients who walk into Dr. Compton's office complain of low back or sciatic pain. It is common knowledge that Chiropractors treat low back pain among other muscular skeletal complaints. What is not well known is that there are over a dozen different techniques and treatment plans to treat the same condition. Different Doctor's feel one technique is better than another but the proof is in the pudding. What makes a Doctor truly unique and beneficial to their patients is being able to properly diagnose a condition the first time and realize when a particular protocol is not working and escalate care to the next level.

Sciatica is defined by The Mayo Clinic as: *Pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one side of your body.*

Sciatica most commonly occurs when a herniated disk or a bone spur compresses part of a nerve. This causes inflammation, pain and often numbness in the affected leg. Although the pain associated with sciatica can be severe, most cases resolve with conservative chiropractic care in a few weeks. Interestingly enough; due to the anatomical location of the sciatic nerve, sciatic type pain can also be caused by Piriformis syndrome or sacro-iliac joint dysfunction. These two conditions masquerade around with similar signs and symptoms and can lead to improper diagnosis and treatment. This means patients spend money and do not get better, never a good thing.



The Doctors at Compton Chiropractic are board certified and have degrees from Palmer College (The First Chiropractic Medical School). Among other common conditions they treat low back and sciatic pain on a daily basis with great success. The Doctors are integrated with several local primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively.

These days it's hard to walk around the golf course and not hear someone talking about their "sciatica". Unfortunately, the great game of golf tends to wreak havoc on ones spine and muscular systems. This is one reason why many top pro golfers (Tiger Woods, Tommo Armour) among other athletes have a chiropractic physician on staff. Certainly if professional golfers with great swings utilize chiropractic care, then local residents who have trouble swinging could potentially benefit more.

Compton Chiropractic has been serving The Villages since 2006 with knowledgeable Doctors and friendly staff who treat sciatica pain on a daily basis. They primarily utilize "Cox Flexion Distraction Technique" which was developed by Dr. James M. Cox in the early 1960's as a non-surgical method of treating disc related injuries. Since that time Doctors of different specialties around the country have studied and utilized these methods with great success.

Many residents are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc and stenosis. Many are also aware that surgery has been the most common treatment for these injuries in the past. However, years of research and technology have pushed us into the 21st century and now there is hope for those who suffer from this debilitating pain. It is now commonplace in medicine to try the most conservative means of treatment first. This approach is a win: win for patients and doctors alike because it means less wasted time and money.

COMPTON CHIROPRACTIC CARE

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

Our Philosophy

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

Our Facility Offers

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- On-site digital x-ray
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- Clinical Nutrition
- Quality care without the wait

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- Medicare • Blue Cross Blue Shield • Cigna, Aetna
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Dr. Compton shares the ways that many residents have become his patient's:

First:

- Some patients come directly to our office as referrals are not necessary.
- Others tend to start at their Primary care Physicians office (PCP). The PCP will evaluate and treat with medication. Then the patient presents to our office.

Second:

- We evaluate and treat the patient while working with the PCP if indicated.
- We treat as needed based on the patient's presentation (3-10 visits). Should we fail to see results quickly we recognize the need to progress the case. This means advanced imaging and orthopedic consultation.

Doctor Compton states that, "some patients will require surgery for pain relief", however in most cases he can postpone or prevent surgery for his patients.

The Doctors at Compton Chiropractic have received additional education on the Cox Technique among others. This conservative treatment has been shown to decrease disc pressure by approximately 75% thus allowing relief of the signs and symptoms of disc related pain (Sciatica).

The average treatment time is only about 15 minutes and most patients report feeling better in just a few visits.

Patient Testimonial

"I suffered from sciatica for 25 years until a friend told me about Doc. After 4 treatments I was back on the golf course and out of pain." - K.R.

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

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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. To learn more about CPR, please visit heart.org/cpr.

Is your **heart** hurting?

Have you been disappointed in love?

By Cheryl Rogers

When 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.



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