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March 2017

Lake/Sumter Edition - Monthly

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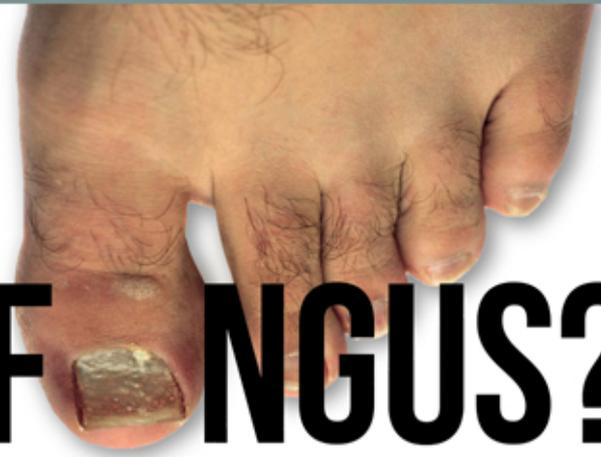
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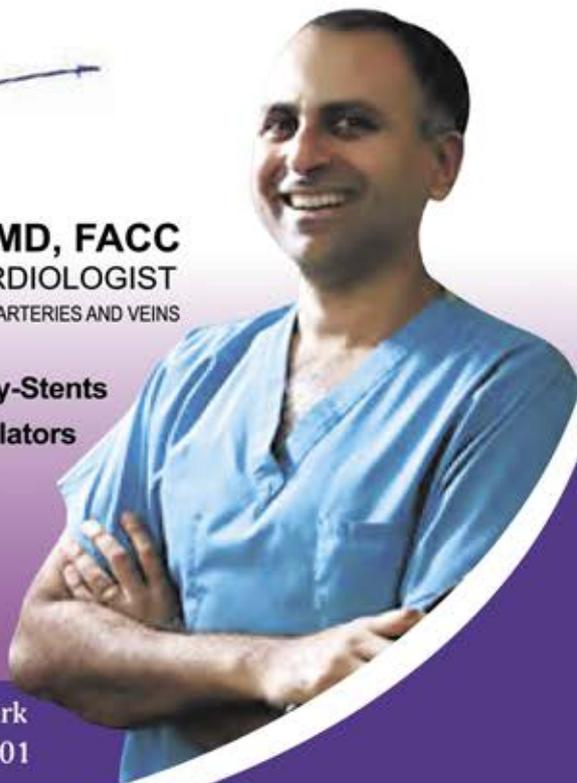
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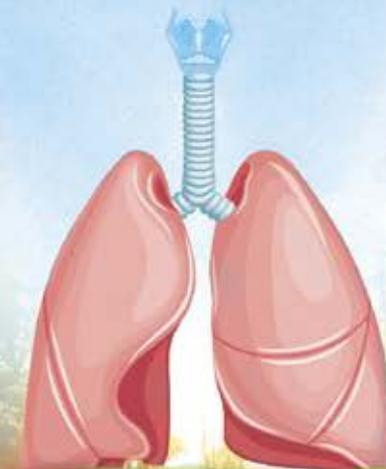
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Central Florida's Health & Wellness Magazine can be found in over 900 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

If you suffer from varicose and spider veins, you are not alone.

WHAT ARE VARICOSE VEINS?

Although veins and arteries are both part of the circulatory system, they work in very different ways from each other

WHAT CAUSES VARICOSE VEINS?

Some predisposing factors include aging, standing occupations, and leg injury or trauma.

WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

"Do veins require treatment?" and "What treatment is best?"

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

WHAT RESULTS CAN YOU EXPECT?

Technological advances in evaluation and treatment methods allow spider and varicose veins to be treated more effectively and safely than ever before.



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GENERAL EYE CARE

Vision is such a natural and integral part of our lives that we seldom think about it until something goes awry and we lose clarity or comfort to the point where it impacts our lives. Most people are born with or develop vision that is less than 20/20, and there are easy fixes to relieve symptoms, including glasses and contacts. But more serious problems can lurk beneath the surface and, unless they're caught in time, cause permanent harm.



"When caught early, nearly all eye diseases and disorders can be prevented, corrected or arrested," says Lake Eye ophthalmologist Dr. Mark Vocci. "So it's important to discover them early with regular eye exams."

Which type of exam you need and who should perform it can be confusing. Let's start with explaining which vision professional does what.

Ophthalmologist - Whether an MD or a DO, an ophthalmologist is a medical doctor and eye surgeon who has completed four years of medical school, a year of internship and at least three years of hospital-based residency training in the diagnoses and surgical and nonsurgical treatment of eye diseases. Ophthalmologists who sub-specialize undergo at least one to two years of Fellowship training in their chosen specialization(s).

"Ophthalmologists do everything from routine health exams to assessing eyelid function to measuring intraocular pressure," says Dr. Vocci. "From there we recommend any needed procedures, from glasses to prescription eye drops to surgery for problems like cataracts. Regular ophthalmology appointments are your eyesight's best friend."

The American Academy of Ophthalmology recommends seeing an ophthalmologist as follows:

Infants: Within the first 3 months, again between 6-12 months old, and again between 3 - 3 ½ years old.



A HISTORY OF BRILLIANT VISION
DEFINING THE FUTURE OF EYE CARE



Adults: At least once between ages 20 - 29, at least twice between ages 30 - 39, every one to two years between ages 40 - 64, and every year at age 65 and older.

People with risk factors for glaucoma, including those of African descent and/or with a family history of the disease, should see an ophthalmologist every three to five years between ages 20 - 29 and every two to four years ages 30 - 39.

Optometrist - An OD is a state-licensed doctor of optometry qualified to examine the eyes for the presence of refractive problems and prescribe corrective glasses or contact lenses.

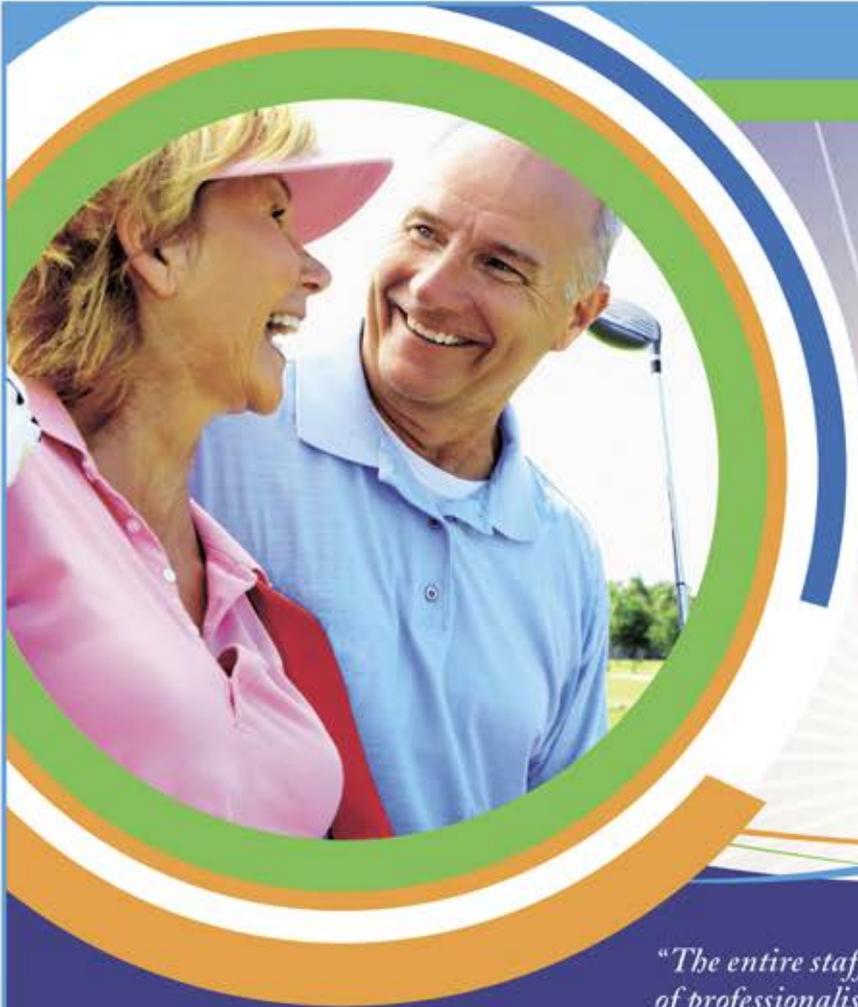
Optician - Once you have a prescription from your ophthalmologist or optometrist, an optician will help you select the right eyeglasses and/or contact lenses and ensure their proper fit and use.

For most people, a regular check-up with an ophthalmologist and prescription for corrective lenses are enough to protect and restore crisp, clear vision. Says Dr. Vocci, "Regular eye exams are good preventive medicine and will help maintain healthy vision throughout your lifetime."

So if you haven't seen an ophthalmologist in a while (or ever), make a call to Lake Eye Associates, and prepare to see the world in a whole new light.

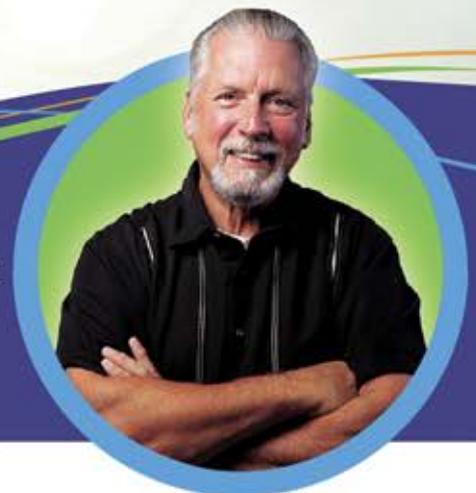
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"The entire staff treat you tremendously! They are the epitome of professionalism. Before [eyelid surgery] I looked like my father and after, I look like a whole new person. I would recommend Dr. Terpstra to anyone." — MIKE FLASCH



Over time, gravity can cause your eyelids to sag, get puffy or turn outward, creating vision problems and making your face look more tired and haggard than you feel. The good news is that you don't have to suffer from disabling and disfiguring eyelid problems, thanks to a safe cosmetic surgery called blepharoplasty.

Board Certified Doctor of Osteopathic Medicine Shelby Terpstra is highly experienced in cosmetic and reparative blepharoplasty, and has returned clear vision, a refreshed appearance and self-confidence to hundreds of patients. "Most report seeing, looking and feeling better than they have in years," says Dr. Terpstra. "Blepharoplasty can be truly rejuvenating." In some cases the surgery is covered by insurance, so call today to schedule an appointment and learn what blepharoplasty can do to improve your vision and your life.

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March Towards Healthier Cholesterol Levels with Food

Because March is National Nutrition Awareness Month, along with a good exercise routine and regular check ups with your physician, cholesterol levels can naturally be lowered with the proper foods.

A big part of lowering your LDL or low-density lipoprotein is through adding soluble fiber, omega 3 fatty acids, monosaturated fatty acids or MUFAs, powerful antioxidants and lutein to your diet. Some of the following foods listed below can literally lower your "bad" cholesterol levels by 5-10% within just a few weeks. But in order for these nutrients to make the most effective decrease in your cholesterol, you must adhere to an overall healthy diet. You can't eat fried chicken and then eat an apple and think you'll get the benefit. You'll need to make a plan to eliminate the processed foods in your diet.

- Cholesterol Lowering Foods
- Garlic
- Oatmeal and Oat bran
- Pears
- Apples
- Prunes
- Beans
- Red wine
- Fatty fish (salmon and sardines)
- Nuts
- Black tea
- Spinach
- Olive Oil

Garlic can limit plaque buildup in the arteries and should be consumed raw if possible. You can achieve this by adding a few minced cloves at the very end of your cooking or add it to your salsa, salad dressings, or hummus spread.

Soluble fibers are found in foods like beans, apples, pears, prunes and oats. When bile acids are removed from your blood, the liver must use cholesterol to produce more bile. This is where soluble fiber comes into play. It binds to the bile acid and therefore lowers the cholesterol in the body.

Oats contain a compound called beta-gluten. When digested, beta-gluten essentially absorbs LDL in the bloodstream. People that eat oatmeal or oat bran several times a week can see a significant improvement in their cholesterol level.

Fatty fish contain omega 3 fatty acids, which also aid in lowering LDL. They are a healthy alternative to saturated fats that are found in other animal protein and lard.



Red wine is thought to help to lower cholesterol through the polyphenol antioxidants. It's best to drink in moderation, as too much wine has a counter effect on the heart.

Spinach and other leafy greens contain an antioxidant called lutein. Lutein is a powerful anti-fat lipid element that when eaten on a regular basis can reduce your cholesterol considerably.

Black tea, in particular, has been shown to reduce LDL by up to 10% in as little as a month in some patients. Drinking it iced or hot, you can't go wrong, but keep the sugar to a minimum, as sugar counteracts the effectiveness of the compounds in the tea.

Avocado and olive oil are excellent forms of MUFAs or monosaturated fatty acids. These MUFAs lower LDL by replacing saturated fats like butter or margarine. Avocado is also an outstanding source of fiber.

It's always best to speak directly with your physician before completely changing your diet or exercise program. Your doctor will construct a precise plan to suit your specific needs and incorporate some of the foods mentioned above along with a coordinated strategy.

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.

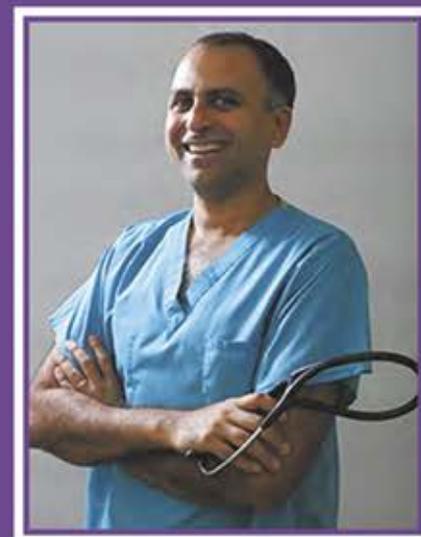
To find out more information about Dr. Vallabhan, your local specialists in the diseases of the heart, veins, and arteries, please call **(352) 750-2040** or visit them online at, **www.drvcardio.com**.

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.



It's all about your heart.

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.



Dr. Vallabhan

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Early Detection of Colorectal Cancer Saves Lives

By Vipul Patel, MD – Medical Oncologist at Florida Cancer Specialists

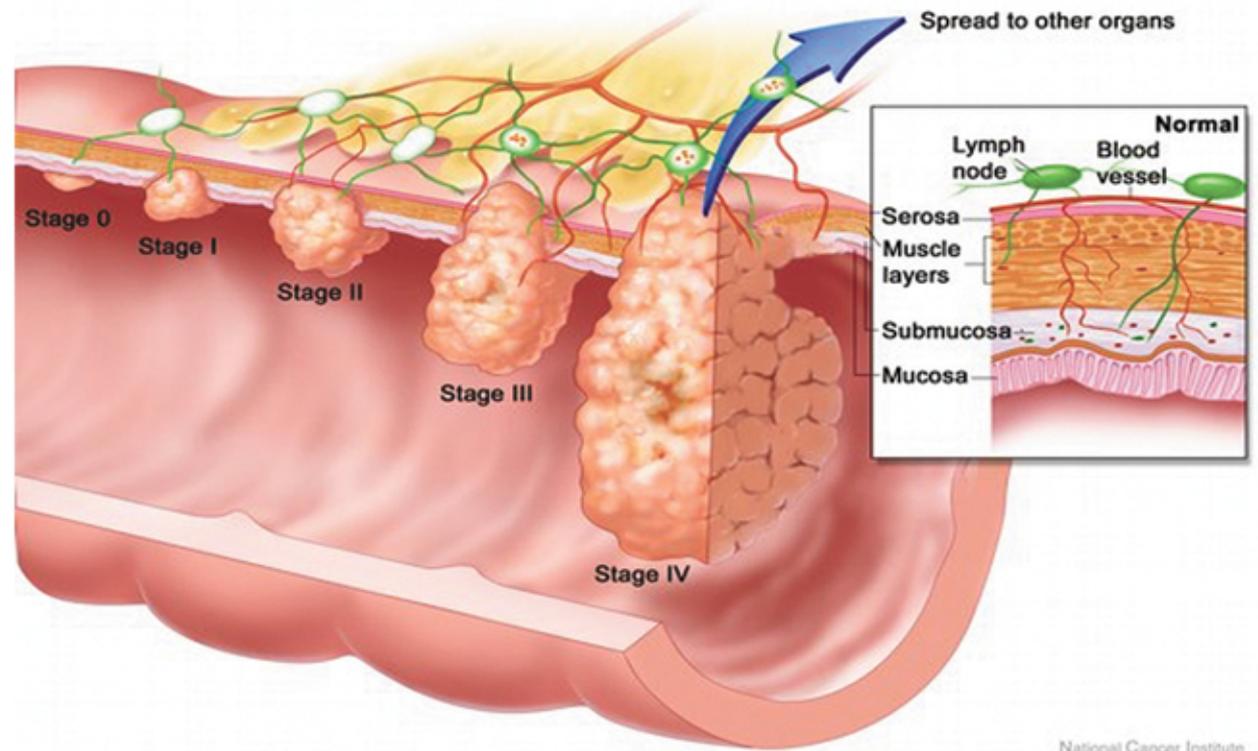
As an oncologist, I know how a cancer diagnosis changes everything – not only for the patient, but also for his/her family and close friends. That is one reason why I want to spread the word that finding cancer at an early, or even pre-cancerous, stage can make a huge difference in the outcomes for patients. There are many screenings or tests that can detect cancer at an early stage, including several for colorectal cancer.

According to the American Cancer Society (ACS), colorectal cancer is the third leading cause of cancer-related deaths in women in the United States and the second leading cause of cancer deaths in men. However, the number of deaths from colorectal cancer has been dropping steadily in both men and women for several decades. One of the reasons for this decline is early detection. ACS guidelines recommend that, starting at age 50, people who are not at an increased risk due to family history, get a screening for colorectal cancer.

March is Colorectal Cancer Awareness Month

Almost all colorectal cancers begin as precancerous polyps (abnormal growths) in the colon or rectum. Most polyps take 10-15 years before developing into cancer and they may not cause any symptoms until the cancer is well-established. That's why screening is so important. With regular screenings, most polyps can be found and removed before they turn into cancer, therefore preventing cancer from occurring. Screenings can also find colorectal cancer at an early stage, where there is a greater chance that treatment will be most effective and may even result in a cure.

If there are any symptoms, they may include blood in your stool, stomach pain or cramps that don't go away or unexplained weight loss; however, these symptoms can also signal other conditions unrelated to cancer. Only a screening can determine whether the cause of these symptoms could be cancer. Talk with your doctor about which screening is right for you – and which you are most likely to use.



There are several types of screenings for colorectal cancer, including:

- **Stool Tests** – to detect blood in the stool. Most of these tests can be performed in your home.
- **Flexible Sigmoidoscopy** – Your doctor will check for polyps or cancer inside the rectum and the lower third of your colon.
- **Colonoscopy** – Your doctor will check for polyps or cancer inside the rectum and your entire colon. During the test, the doctor can also remove most polyps and some cancers if they are found.



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Risk Factors

Although it is not a certainty, family history is one of the greatest risk factors for many types of cancer. If you have a family history of colorectal polyps or cancer, you may want to begin screening earlier than age 50, or even receive genetic counseling to review your family medical history. Other risk factors include inflammatory bowel disease, such as Crohn's disease or ulcerative colitis, and certain genetic syndromes, such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer, also known as Lynch Syndrome. If you have any of these conditions, talk with your doctor about how to reduce your risk. Research is also underway to learn if lifestyle choices such as diet and exercise can also reduce your risk of colorectal cancer.

If everyone over age 50 had regular screenings to detect pre-cancerous polyps, we could reduce the incidence of this disease by about 50%. In addition to early detection, treatment for colorectal cancer has vastly improved over the last few decades. As a result, there are now more than a million survivors of colorectal cancer in the United States.

STOP LOOKING FOR THAT RESTROOM!

It's a subject that most women find embarrassing. Urinary incontinence. No one is talking about it, so they think they're alone. That their situation is unique. But if you were the only one suffering – why would there be so many TV commercials for products like Depends and Poise pads?

More than 13 million American women – of all ages – suffer from some form of incontinence. There are four main types – stress incontinence, urge incontinence, functional incontinence and mixed. Mixed means simply that two or more types are present, usually stress and urge.

If you're one of those women who is suffering alone, wearing ugly underwear, taking prescription medication, avoiding life or running to the restroom every few minutes, take heart. There is a new, non-surgical treatment available that works. Not only that, it can enhance your sex life, too

It's called ThermiVa. ThermiVa is a new, minimally invasive, non-surgical treatment that uses radiofrequency to gently heat the urethra, 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.

"We've had patients in our practice who were desperate," Every time they coughed, laughed or sneezed, they'd leak. It was embarrassing and they felt like they couldn't participate in normal daily activities for fear they would have an accident."

After just one ThermiVa treatment, they noticed significant improvement, he said. "and after the full course of treatment, they no longer worried about leaks or loss of control. It's a life-changing treatment."

ThermiVa is recommended for women with mild to moderate stress, urge or mixed incontinence, Walker said.

Not only does ThermiVa help with urinary incontinence, it can improve your sex life. "The vaginal muscles are fuller, tighter and more responsive after treatment,"

Moisture balance is improved and women report increased sensitivity during intercourse.

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 both internally and externally using a slender wand. The treatment is very comfortable, lasting 30 to 45 minutes. There is no down time, no recovery period and women can resume their normal activities immediately, including sexual activity.

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. Thirty-three percent of premenopausal women and 50 percent of menopausal women experience atrophic vaginitis. 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.

If you would like to know more about ThermiVa and how it can help you reclaim the things time and childbirth have taken from you, please visit our website at besturogyn.com.



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The Overlooked Dangers of Venous Insufficiency

By Bryan Carter, MPA-C, Phlebology-Surgery

Various forms of venous issues affect 25 million Americans. Their legs are swollen, achy and they have a heavy sensation. When our veins are working properly, they pump blood back to the heart. Valves in the veins are made to open and close in one direction, if these valves or the wall of the veins are damaged, the blood is unable to work against gravity, and the result is a pooling of the blood in our legs. This pooling is called stasis and can present significant risks to our health.

Sometimes venous insufficiency is more of a cosmetic issue and poses little health concerns. This is usually noted in spider veins, which is when the tiny capillaries are damaged, but when the veins are damaged, this can cause varicose veins, which can lead to a much more severe health issues. Neither of these should be taken lightly. Bryan Carter, a vascular trained PA for 15 years, mentions that many people walk around with obvious signs of vein disease while others hide it deeper inside the leg and have no clue of the problem escalating in the legs.

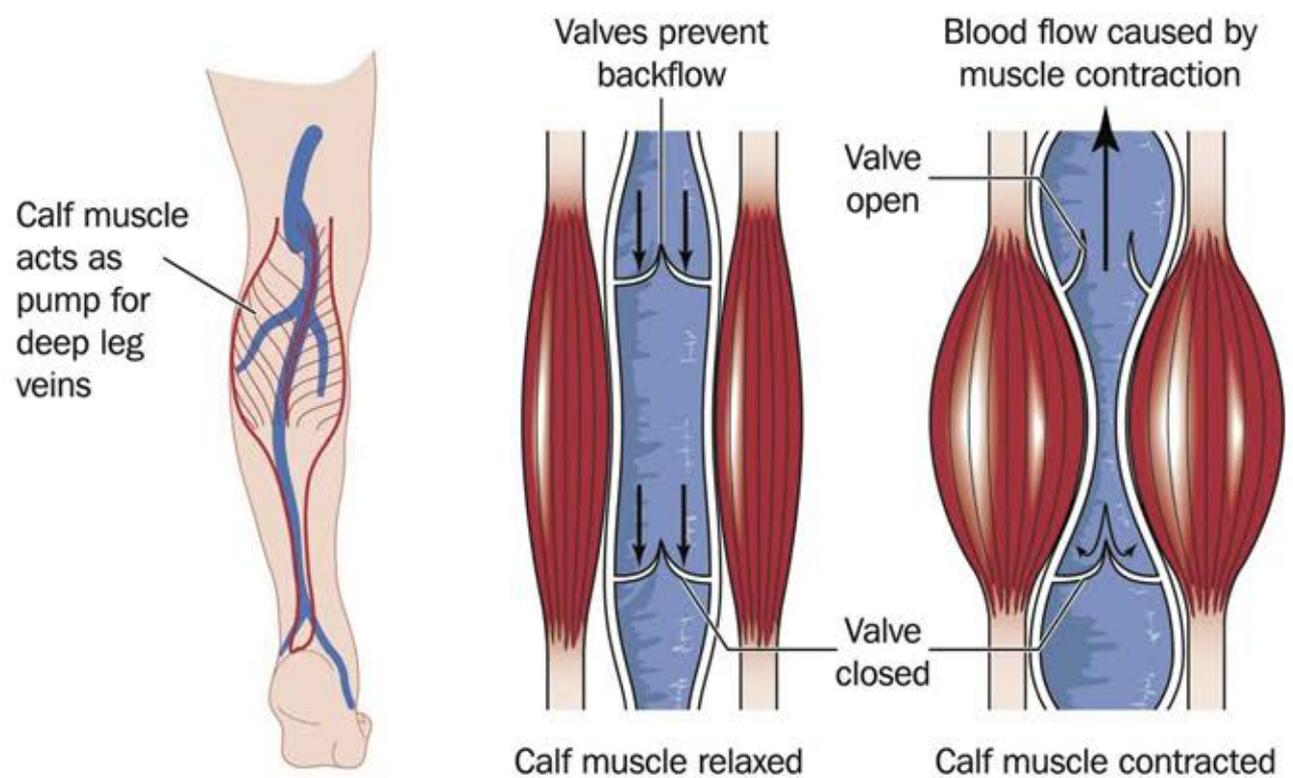
Symptoms of venous insufficiency:

- Swollen legs
- Discoloration on skin (brown or red)
- Tingling/burning/itching sensations
- Heaviness
- Aching
- Cramping

Although it can happen to anyone, the most common factors that put you at risk for vein issues is being a female over the age of 50, pregnancy, sitting for extended periods of time, a family history of varicose veins, smoking, being overweight, and a sedentary lifestyle.

Some people develop ulcerations, or sores on the lower legs and ankles, due to the low level of oxygen in the veins and the uptake of white blood cells. These ulcers and other vein signs can be painLESS or extremely painFUL, resistant to healing and can make one more susceptible for infection and cellulitis

Because the veins and arteries balance each other, when a person has chronic signs and symptoms they most likely can have arterial problems as well. Together, the leg circulation begin to fail exponentially.



Both chronic and acute symptoms could be a sign or lead to a DVT (deep vein thrombosis). DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep in within the legs. Vascular malformations, pelvic tumors or sitting for long periods of time are some of the risk factors that go along with DVTs.

Celebrity and Pro Tennis player Serena Williams suffered a DVT, which led to a pulmonary embolism. Thankfully she had a successful emergency surgery that saved her life. Shortly after having heart surgery, television host, Regis Philbin, also suffered from a DVT.



Heart
OF THE VILLAGES

Bryan Carter, MPA-C

8575 NE 138th Lane
Lady Lake, FL 32159

(352)-674-2080

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FREE SEMINAR

March 24th at 8:30pm

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The Villages, FL 32159

He developed pain in his calf, and after further investigation, the clot was discovered. Fortunately, he too was treated and had a successful outcome.

Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death. These are grim statistics since the treatment is minimal and so readily available to patients. Mr. Carter feels a more proactive approach, than a reactive one, could save more lives. Speaking to your medical provider is critical if you or a loved one has any of the above mentions signs or symptoms.

Treatment Options for Venous Insufficiency Mr. Carter recommends:

- Use of support socks/stockings, leg elevation and daily exercise as much as possible
- Then treatments with venous ablations performed in the office.

If you have any concerns regarding your leg health, call the Heart of The Villages today for an appointment.

InterCommunity Cancer Center Encourages Education About Detection and Treatment of Colorectal Cancer

March is Colorectal Cancer Awareness Month, and InterCommunity Cancer Center in Lady Lake, Fla., encourages education about colorectal cancer including prevention, early detection and advanced treatments.

Screening and Early Detection Key to Effective Treatment

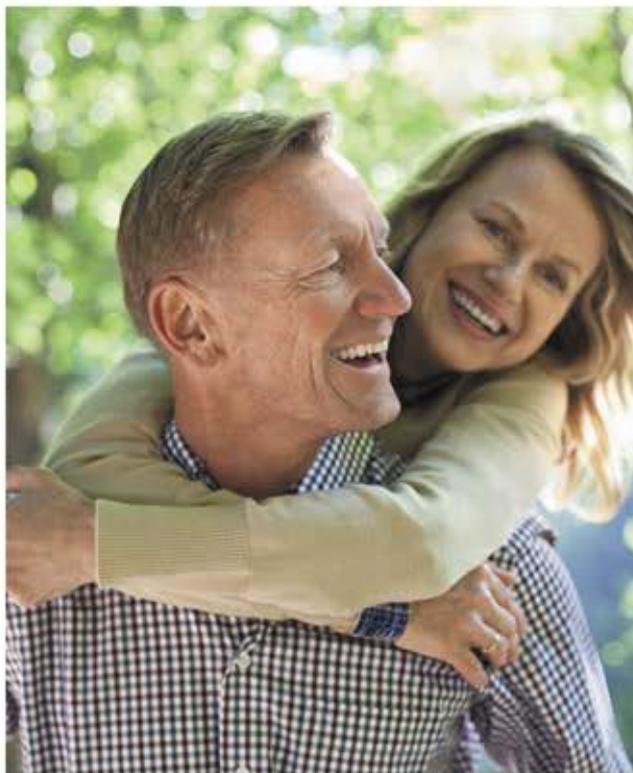
Colorectal cancer, or cancer of the colon and rectum, is the third most common cancer, excluding skin cancers, diagnosed in both men and women in the United States. The American Cancer Society estimates 135,430 new cases of colorectal will be diagnosed in the United States in 2017.

Since very few symptoms are associated with colorectal cancer, regular screening is essential. Screening is beneficial for two main reasons: if polyps that lead to the cancer are detected and removed, and if the cancer is detected in its early stages it is more curable.

"Between 80-90 percent of patients are restored to normal health if the cancer is detected and treated in the earliest stages," said Dr. David Catalano, medical director and radiation oncologist at InterCommunity Cancer Center. "However, the cure rate drops to 50 percent or less when diagnosed in the later stages."

Current screening methods for colorectal cancer include fecal occult blood testing (a simple test to detect hidden blood in the stool), flexible sigmoidoscopy (a visual examination of the rectum and lower portion of the colon), double contrast barium enema (barium x-ray), colonoscopy (a visual examination of the entire colon) and digital rectal exam. Medicare and many health insurance plans cover colorectal cancer screening costs.

InterCommunity Cancer Center recommends a discussion with your physician to determine whether colorectal cancer screening is right for you and how often you should be screened.



Risk factors include being overweight, physical inactivity, certain diets such as those high in red or processed meat, smoking and excessive alcohol use. Some people are at a higher risk and should be screened before the age of 50, including those with a personal or family history of inflammatory bowel disease; colorectal cancer or polyps; or ovarian, endometrial or breast cancer.

Colorectal Cancer is Treatable

High-dose radiation therapy in conjunction with chemotherapy has shown to be a successful, non-invasive treatment to manage early stage colorectal cancer. In addition, colon cancer is often treated by surgically removing the affected part of the colon, followed by radiation treatments and/or chemotherapy to help prevent the cancer from spreading or returning.

InterCommunity Cancer Centers offers Intensity Modulated Radiation Therapy (IMRT) in the treatment of colorectal cancer. IMRT is an effective treatment

used to administer targeted, conformal radiation therapy using thousands of small laser beams rather than a few large, uniform beams to deliver a uniform dose of radiation to the tumor while protecting the healthy and sensitive surrounding tissue.

"Because of the precision involved with IMRT, we can use higher doses of radiation to more effectively treat the cancerous tumor in a very precise location," said Dr. David Catalano, radiation oncologist at ICCC. "At the same time, other organs and tissues are not affected by the radiation, reducing the side effects and improving the patient's quality of life."

To schedule an appointment or consultation with Dr. Catalano call 855-403-2519.

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. As part of The Network, ICCC 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.

Colorectal Cancer Risk Factors

The risk of developing colorectal cancer increases with age. Overall, the lifetime risk of developing colorectal cancer is about 1 in 21 men, or 4.7 percent, and 1 in 23 women, or 4.4 percent. All men and women age 50 and older are at risk for developing colorectal cancer and should consider whether or not to be screened.

InterCommunity
Cancer Center

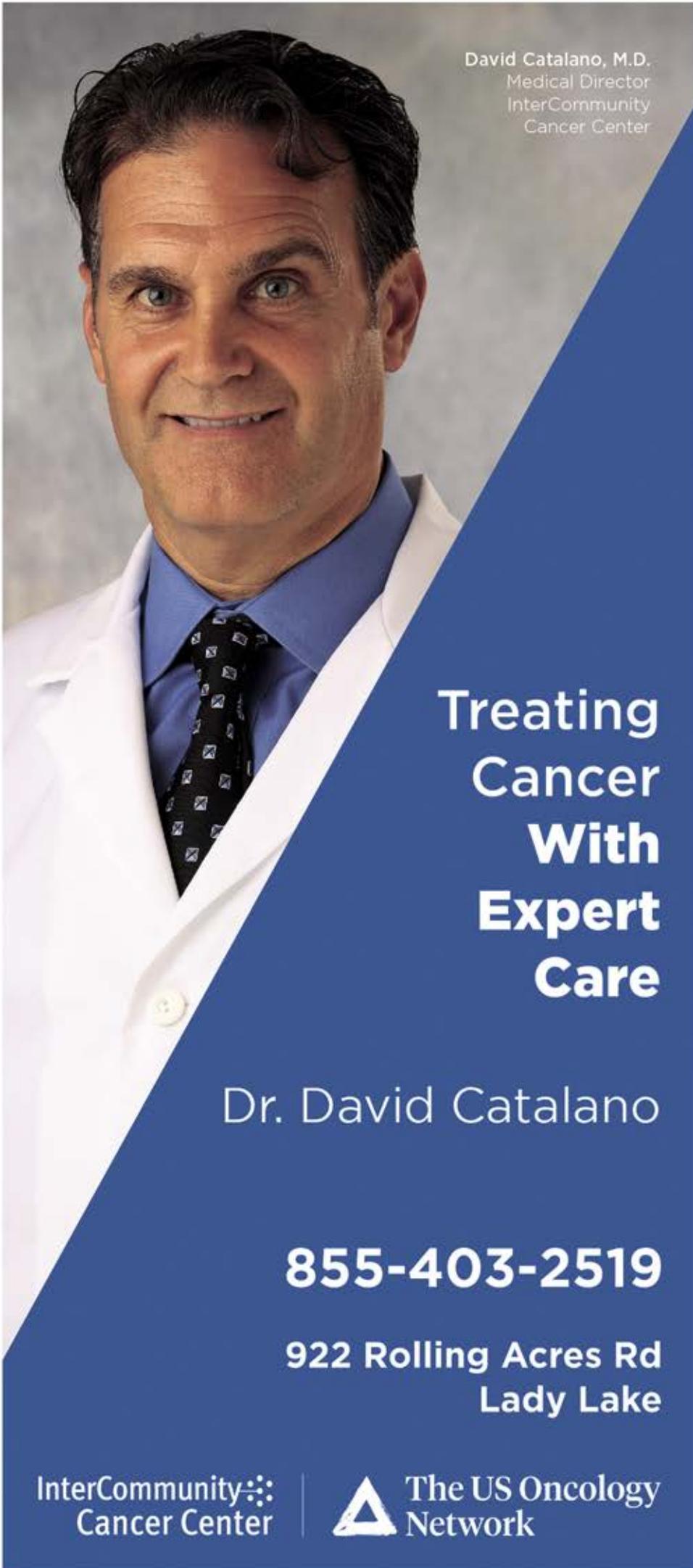
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How to Avoid Prostate Cancer and Other Prostate Problems

If you are a man approaching middle age, make it a priority to get to know, love, and care for your prostate. Ignore this little organ at your peril! Roughly half the male population of North America and Western Europe will have enlarged prostates by their mid-50s. And prostate cancer remains frighteningly common.

What is the Prostate?

The prostate is a gland, about the size of a walnut, found just below a man's bladder. It releases seminal fluid, and during orgasm, contracts to allow ejaculation. Unfortunately, as men age, the prostate often enlarges, sometimes up to four times the size it would be in a healthy 20-year-old. This is largely the consequence of natural hormonal changes, especially the decreasing levels of testosterone and its conversion into DHT.

Tips to Avoid Prostate Trouble

Prostate trouble can be distressing (having to get up three or four times a night to urinate, suffering from unwanted leakage at work, and so on), as can the medical examinations and treatments. To avoid these problems, not to mention prostate cancer, try the following:

1) Exercise Regularly.

Exercise helps boost the immune system and reduce stress. But make your exercise gentle. Do not take up cycling or riding horses, as these activities can damage the prostate. Yoga is particularly good. If you attend a class, ask your teacher if there are any exercises she would recommend, especially those that target the pelvic area.

2) Reduce the amount of eggs you consume.

Researchers at Harvard University conducted a study into 1,000 men in the early stages of prostate cancer. They found that those who ate an egg a day doubled the risk of their cancer metastasizing. The culprit is thought to be a compound known as choline. According to Dr. Michael Greger,



an American physician and author of How Not to Die, who quotes from the Harvard study in his book, choline may also increase your chances of developing prostate cancer in the first place.

3) Eat plenty of seeds.

Sunflower, sesame, pumpkin, and above all, flaxseeds are all good for the prostate. They are packed with essential fats, but more importantly, they contain zinc, which is vital for a healthy prostate. Flaxseeds are also packed with lignans, proven to slow the growth of prostate cancer cells in petri dishes and possibly in human bodies as well.

4) Eat lots of tomatoes.

Tomatoes contain lycopene, a substance known to prevent prostate cancer. But to enjoy maximum benefit, you need to cook them, as the lycopene is

released when tomatoes are heated. Since garlic and olive oil are also good for the prostate, try frying tomatoes in a small amount of good-quality olive oil along with chopped garlic. If you prefer not to fry them, you can grill or even bake them.

5) Take a zinc supplement.

Zinc supplements have been shown to slow benign prostatic hypertrophy (BPH), a condition which involves the enlargement of the prostate. Zinc interferes with the conversion of testosterone into DHT, a hormonal trigger for prostate enlargement. And zinc deficiency is common among those diagnosed with prostate problems. However, make sure you buy a good quality brand.

6) Take a turmeric supplement.

Turmeric, hailed by some as nature's wonder drug, may also have benefits for the prostate. Curcumin, found in turmeric, is thought to inhibit the compounds responsible for prostate enlargement. Those who take turmeric supplements also reduce their risk of incontinence and urinary infection. When the prostate goes wrong, it tends to become swollen and inflamed; turmeric is a well-known anti-inflammatory.

7) Take a PSA test.

This stands for Prostate Specific Antigen. If your PSA levels are elevated, this may mean your prostate is becoming enlarged; it may even indicate the early stages of cancer.

Difficulties with the prostate are so common that most men will experience them at some point, even if it is merely the annoyance of having to urinate several times a night. Unfortunately, modern medicine is still far too reactive. In other words, the medical establishment waits for you to get sick, then treats you. The key is to not get sick in the first place. And that is especially true of the prostate.



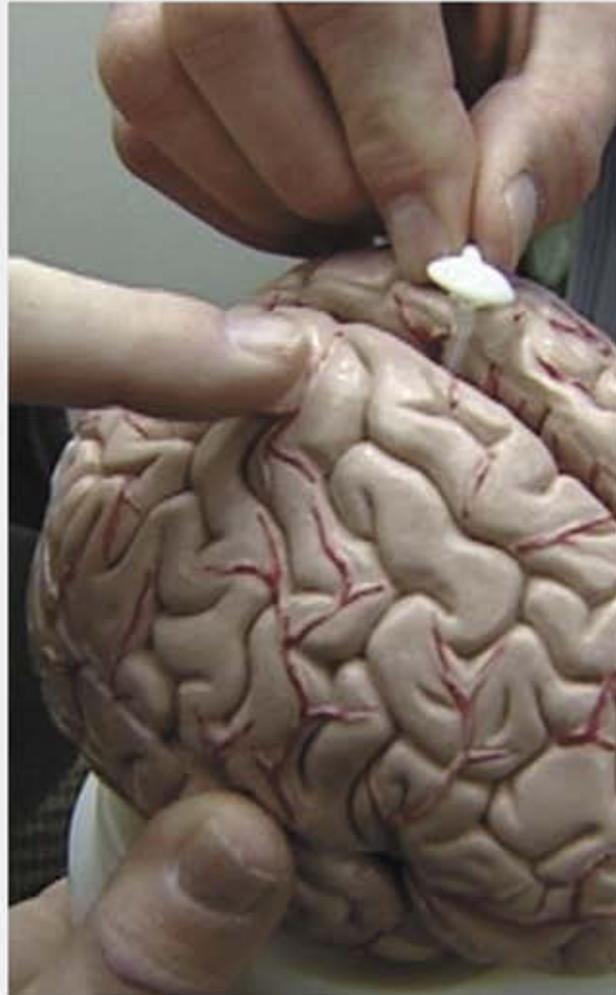
TREATING NORMAL PRESSURE HYDROCEPHALUS WITH SHUNT

Each year, about 70,000 patients are diagnosed with hydrocephalus, commonly known as “water on the brain.” It can be a congenital condition, that is, one can be born with it, but in adults hydrocephalus is usually the result of injury or trauma to the brain, such as with a concussion or direct impact, certain diseases like meningitis, conditions like a bleeding blood vessel, or a blockage that causes an increase in the cerebrospinal fluid (CSF) that flows through your brain and spinal cord. When the flow of CSF is interrupted or the brain overproduces it due to inflammation, the excess fluid can cause difficulty with walking and memory.

If your doctor has diagnosed you as having hydrocephalus and prescribed a shunt be placed to divert the excess spinal fluid to your peritoneal cavity and help relieve pressure on the brain, you doubtless have questions about the procedure. In this article, we provide a brief overview of the treatment and what to expect.

The shunt allows increased fluid flow away from the brain, where it can be absorbed by the body. In most cases, the shunt is permanent and will be monitored regularly by your doctor or ONC surgeon to ensure it doesn't become blocked or infected.

Of course the idea of having a device inserted into one's brain can be a cause for concern for any patient. The caring, exceptionally experienced doctors and trained staff of ONC understand that you have questions and trepidations about this highly specialized procedure, and we are eager to address them with sensitivity and patience.



If you'd like to know more about shunt placement for hydrocephalus for yourself or someone you care about, please contact us. Our knowledgeable professionals are here to provide the information you need to help you feel more informed and in control.

Call us – we are ready to help.

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DANIEL P. ROBERTSON, MD

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

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

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



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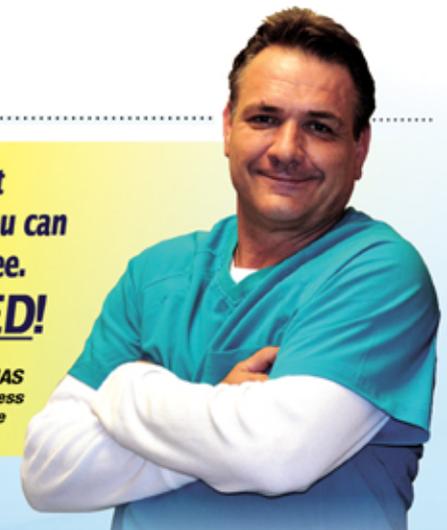
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Your Happiness - What is the Cost?

Have you ever taken a moment to observe a child playing? With an empty box, or a metal pot, or some water and dirt they can create an adventure. They are naturally joyous.

As we grow up, the cost of our happiness increases. We may route our happiness through earning an education, having a family, developing social relationships, or even by keeping busy doing various activities. Happiness may become dependent on someone else, or by doing or obtaining something. But you become naturally happy, you make better decisions, and your life becomes enriched and effortless.



What is Happiness? – Hear from a Yogi, Sadhguru

“When do you really feel well in your life? When you’re really happy, you’re well. Even if you’re physically ill you’re still well. Isn’t it? Fundamentally, well-being means a certain level of joyfulness, a certain exuberance of life. What is happiness? We can say happiness is this or that, but in terms of life, your life energies are happening in a more exuberant way than it normally happens. Depression means your life energies have become in a very low state. Happiness means your life energies are exuberant.”

“Everybody has been happy, but the problem is they’re not able to maintain it. All this effort of life, everything that you did; education, career, business, family, whatever you did, was in pursuit of happiness. Everything that humanity has done on this planet is in pursuit of happiness.”

Sadhguru is a realized yogi, mystic and visionary who has dedicated himself to the elevation of the physical, mental, and spiritual well-being of all people. He is an author and opinion maker who is regularly invited to speak at leading prestigious international forums and conferences such as World Peace Summit at the United Nations and the World Economic Forum.



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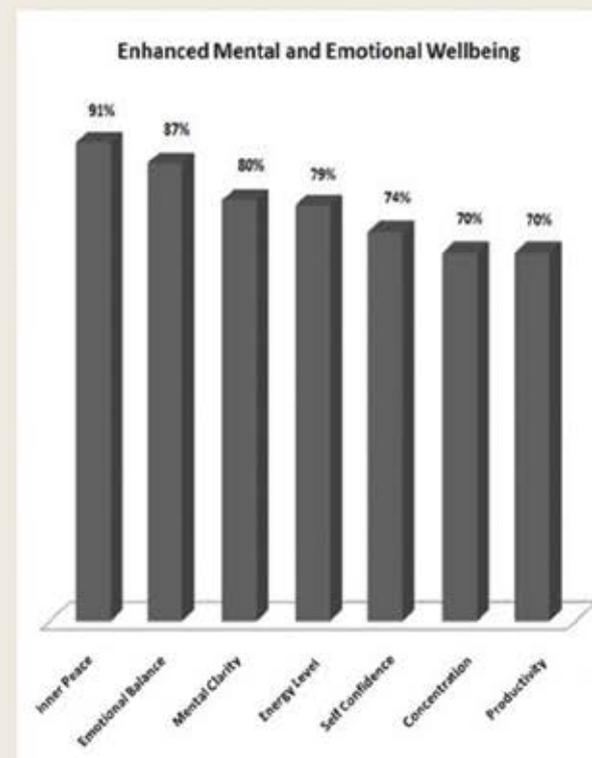
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“I am happy on a daily basis, moment to moment, as I realize that this moment is the one that counts. My clients are happier and my employees are like new people. I am gladly rubbing off on everyone and I love it” - Roisin Daly

“The significant changes I have noticed is the change in my mood and way I see life and everybody. - Gerson Vargas

“I am having a love affair with everything. Noticing things in everyday life that I haven't noticed before. I am more patient. It will take commitment and practice for this to be my natural state all the time.” - Valerie Berry

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THE WAR ON LUNG DISEASE: Traditional Treatments vs Stem Cell Therapy

War is hell—particularly when the battleground is inside your own lungs. Unfortunately, for millions of Americans, chronic lung diseases such as COPD, pulmonary fibrosis and emphysema seem to be winning that war. Across the U.S. 6.3% of the adult population (roughly 15 million people) have been diagnosed with COPD—a prevalence that is predominantly seen within adults older than 65.

Worse still, as the disease's symptoms of fatigue, coughing and shortness of breath can often mimic the natural aging process, it's estimated that another 25 million Americans are currently undiagnosed. As the third leading cause of death in the U.S.—with 730,000 COPD-related hospitalizations in 2011 alone—this a national problem, a problem that is often tragically ignored.

Whether we know it or not, this is a war against lung disease, a war that will inevitably touch our lives or the lives of those we love.

So, what are we doing about it?

Sadly, not that much. In the fight against lung disease, though there are a variety of traditional treatment options, these weapons can have their benefits and downsides. As an obstructive lung condition that creates a feeling of breathlessness, traditional medications have included inhalers, medications and supplemental oxygen. Though these treatments can open airways, calm down aggressive symptoms, and in the case of oxygen, address oxygen deprivation directly, these standard treatments are not without their drawbacks.

To start, these medications can be exorbitantly expensive over time—particularly on fixed incomes—creating situations where prescriptions are given up completely rather than forfeit the cost of another refill. In other cases, the side-effects of medications can be worse than the symptoms they're designed to combat, causing weight loss or gain, nausea, headaches and dizziness. Supplemental oxygen, however, can become an anchor, reducing the mobility and quality of life of those who become tied to it.



The war against lung disease won't be fought with inhalers or pills, but with stem cell therapy.

In the final months of World War II, Japan was undaunted. Facing an interminable war in the Pacific with a force that found the concept of surrender to be nothing short of a disgrace, America faced an enemy unwilling to yield. With a continuing war set to cost millions of Japanese and Americans lives, America needed a breakthrough. That breakthrough—the breakthrough to end the Pacific War—was the A-bomb.

Today, the breakthrough needed to end the war on lung disease may be just as significant; its name is **stem cell therapy**.

Within recent years, the development of regenerative medicine (the practice of using the body's own cells to heal itself) has exploded, allowing innovative upstarts like the **Lung Institute** (lunginstitute.com) to enter the fight.

As opposed to traditional treatment options, stem cell therapy involves the careful separation of stem cells (the body's natural healing mechanism) from a patient's blood or bone marrow, returning them

into the bloodstream where they come to rest within the lungs. Working to relieve inflammation (which opens the airways and allows easier breathing), these specialized cells may also aid in slowing disease progression—a feat that few, if any, traditional medications can attest.

In the climax of WWII, time and the decision to act were the deciding factors of world history. In the war against chronic lung disease, speed and commitment are paramount in combatting disease progression and worsening symptoms.

In the face of fear and uncertainty, the choice to act is courage. Courage is victory.

And, victory is peace.

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.

Meet the Medical Director of MIT

My decision to develop a multi-modality imaging center in the tri-county area is influenced largely by my passion to provide top quality medical imaging and interventional care to a community which I have called home for nearly 20 years. As a resident of Lake County, and the son of a long-term Villages resident, I am acutely aware of the needs of the senior community, and the demand for a boutique-style, state-of-the-art radiology and vascular center, where patients can actually consult and develop a personal relationship with their radiologist physician, who will help formulate an individualized treatment plan.

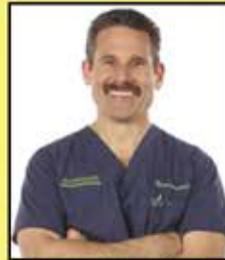
Having worked as an interventional radiologist in the tri-county area since 1997. I have served on numerous hospital committees, including the board of directors of both Leesburg and The Villages hospitals, I have established enduring relationships with many local business leaders, hospital administrators, and hundreds of local physicians. In addition, prior to opening MIT in 2013, for 5 years I performed onsite diagnostic and interventional radiology at nine hospitals in central and southwest Florida, and provided tele-radiology support to several additional hospitals throughout Florida, Kentucky, Ohio and Pennsylvania. First-hand exposure to a multitude of healthcare systems has allowed me to incorporate a variety of the most desirable attributes of each, into a practice of my own. Through my travels, I have personally come to know many of the region's top medical specialists with whom I have developed an extensive professional network; an invaluable resource to my patients and referring physicians.

I am confident that my proven track record of providing outstanding diagnostic and interventional radiology to the Central Florida region, as well as my intimate familiarity with the local medical climate, affords me the unique opportunity to provide an exceptional level of personalized service in a warm and inviting setting. Our constellation of customer service oriented staff, leading-edge technology, and unwavering focus on the patient, allows MIT to consistently deliver the 'highest definition' care.

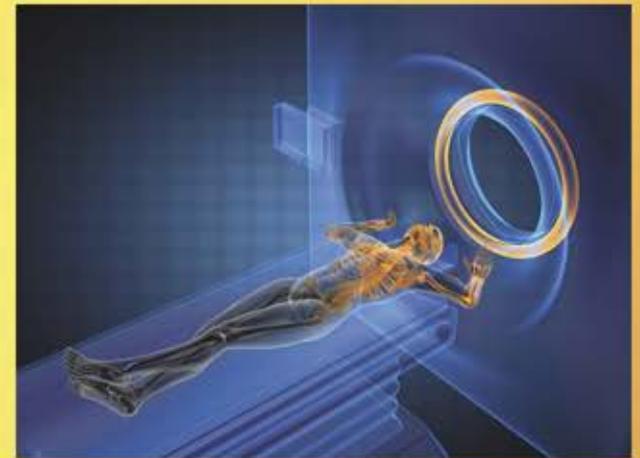
Many of you may not be familiar with the term Diagnostic Radiology. Until recently, a diagnostic radiologist was mainly known in hospital circles as the physicians' physician. In other words, the specialist other doctors call upon to help determine what is wrong with the patient. How does this occur? We interpret MRI, CT, Ultrasound, X-ray and other medical images, review clinical and laboratory data and interview patients to determine what symptoms they are experiencing, so that the pieces of the puzzle can be put together in context, establishing the proper diagnosis and allowing for development of an appropriate treatment plan.

Oftentimes, treatment can also be provided by Interventional Radiologists, performing minor procedures utilizing imaging guidance, or the assistance of a real-time X-ray machine, called a C-Arm, or an MRI, CT or Ultrasound. This is the beauty of my profession. I can diagnose and treat as well! My subspecialty is vascular and interventional radiology. What does all this mean? First I am a diagnostic radiologist. I attended College, and then medical school for 4 years, and completed a 4-year residency in diagnostic radiology to learn all about disease processes in the body and how they can be visualized in the images produced by various machines. I need to know how they correlate with symptoms and health history to create a story. Furthermore, after a year of training in surgery and a year of fellowship in vascular and interventional radiology, I earned the title of Interventional radiologist and am board certified in both specialties. Few people have heard of this subspecialty because we are typically found in hospitals, working "behind the scenes" using fine needles and guidewires with the guidance of imaging equipment to perform cutting edge procedures which were once open surgeries requiring extensive recoveries. Interventional radiologists pioneered many of the procedures you are familiar with today, such as vein ablation, angioplasty and stenting, and biopsies of organs deep inside the body, just to name a few. If you research Interventional radiology in Wiki-pedia, you will be astonished by the devices, procedures and technology this specialty has developed in the last 50 years, truly revolutionizing medicine.

Interventional Radiologists pioneered endovascular surgery, which has become the alternative to open vascular procedures, using guidewires and real-time image guidance to achieve excellent outcomes with fewer complications and shorter recovery times. Oncologists refer patients for biopsies, port placements, drainages of abnormal fluid collections and for interventional therapies known as thermal ablation to treat a variety of primary and metastatic tumors. Neurologists use Interventional Radiology for the treatment of stroke, carotid artery stenosis, spine fractures and to obtain spinal fluid for testing. OB/GYNs send women for treatment of uterine fibroids, pelvic congestion syndrome, and procedures such as hysterosalpingograms and fallopian tube recanalization to evaluate and treat infertility. Nephrologists use interventional radiologists to treat renal artery stenosis, place dialysis catheters and nephrostomy tubes and to keep dialysis fistulas and grafts functioning. These are just a few ways in which an interventional radiologist can offer patients non-surgical treatment options. As the specialty continues to evolve, modern Interventionalists are now able to provide direct patient care by performing in-office procedures that were once only available in a hospital setting.



Dr. Mark Jacobson



At MIT, not only do we perform diagnostic imaging, but we are uniquely set up to also perform a multitude of in-office interventional procedures. These procedures are performed by expert hands, and with the safest imaging equipment, utilizing extremely minimal or no radiation while communicating with you and your other doctors. Our down to earth team is devoted to your physical and emotional well-being and will take the time to explain every test, process, and option, so you'll know that you are among trusted, experienced, professionals who genuinely care about you. We welcome any partners, family or friends you wish to include in your healthcare decision making if it helps you feel more comfortable and safe.

MIT opened its doors in 2013, and is one of the few independently owned (not owned by a hospital) Interventional Radiology centers in the country to offer such procedures outside of a hospital. Advantages include avoiding the risk of hospital acquired infection by drug resistant organisms - a huge plus for immune compromised patients - as well as time-efficient scheduling and delivery of services, at considerable cost savings. Furthermore, all our physicians are American trained and Board Certified.

Our center is certified by the Florida Department of Health Board of Surgery, and Accredited by the American College of Radiology. Our latest achievement, after just 3 years in service, is to have been selected to be as a training center for Interventional Radiology Fellows from Shands University of Florida Medical Center.

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Avoiding Oral Pain? Don't Suffer in Silence!

Today, there are so many advancements in dentistry that make getting your dental health issues taken care of—a breeze. If you have dentures and over the years they've become loose, or are causing sore spots on your gums, it's because they don't fit properly any longer. When teeth are missing, the bone in the mandible (lower jaw) and the maxilla (upper jaw) will start to deteriorate over time. Once this takes place, you'll need to have your dentures adjusted. This is a simple fix.

There is not much worse agony, then when your mouth has some sort of pain. Whether it's from the aching nerve endings in a tooth, swollen sore gingival tissue, loose teeth, or an ill-fitting denture, don't suffer in silence, because oral pain can easily be treated.

If you'd like to feel more confident about your smile and enjoy the comfort of not having dentures or partials, then getting dental implants is the best solution. Over the past several decades, dental implantology has advanced into one of the leading procedures performed conveniently right in the dental office. It's now safer and easier than ever to get permanent replacements for a single tooth, or for multiple ones. In some cases, where patients have full dental arches needing to be replaced, dental implants can be strategically fixed into the bone, which will be the foundation that the dentures adhere to. This actually helps to salvage the healthy bone that you have within your jawline, much more so than with dentures alone. This is because the dental implants stimulate your bone and will contribute to the new regenerate of bone due to the bite occlusion and proper pressure needed for this formation. This process is called an implant-supported denture.

Using cone beam scanners, lasers and digital radiography, this cutting-edge technology, allows dental implants to be placed optimally without the need of scalpels or sutures. After the titanium posts are placed, your bone will integrate even more securely over a short period of time, making the "roots" of the implant strong and firm. In many cases, these teeth will be stronger than the patient's original tooth structure. The crown or prosthetic teeth are made to match your other teeth in size and shape. To the visible eye, these crowns will appear to be your beautiful natural teeth.



The cone beam scanner is a three-dimensional image of your teeth, soft tissue, nerve endings and bone formation. This advanced 3D technology allows for optimal treatment planning for countless procedures.

A hybrid denture is also an option for individuals that are missing several teeth in a row but do not wish to wear a partial denture because they prefer something more permanent. The hybrid denture is more like a fixed bridge, but it covers the empty spaces between teeth, without having to shave down existing teeth like with a traditional bridge. The hybrid denture adheres securely to the surrounding teeth, making it an ideal choice for many patients.

The best treatment option is, of course, to be proactive in your dental health. If you have loose teeth, or some form of gingivitis, or advanced periodontal disease, then seeing your dentist is critical to avoid losing teeth and also to treat the bacteria in your mouth. Bacteria and gingival disease is a fairly good indicator of your overall health. When your mouth has microorganisms causing disease, getting it treated will prevent it from spreading further into your system.

At Laurel Manor Dental, their dentists are highly trained in these procedures, and they take great pride in your getting you to your most optimal dental and oral health. Laurel Manor Dental goes one step further because they have an onsite specialist in periodontal disease and prosthesis. Her name is Dr. Lucia Roca.



After receiving her Doctor of Dental Surgery degree, Dr. Roca spent an additional three years studying at the University of Connecticut School Of Dental Medicine. She was then accepted into the University of Medicine and Dentistry of New Jersey/Rutgers where she performed clinical research, completed her periodontics residency and earned her Masters of Dental Science degree.

As a member of the American Dental Association and the American Academy of Periodontology, Dr. Roca has worked tirelessly to help bring dental care to those in need from the city streets of Newark, NJ to the rural villages of Guatemala. Her dedication and continual interest in acquiring new dental knowledge have deep ties, as Dr. Roca's parents are both dentists, and she herself is now married to a dentist. Dr. Roca takes satisfaction in explaining the best treatment options for her patients in English, Spanish or Italian!

If you or someone you love is in need of a dental consultation for any of the issues mentioned above, or for other general dental needs or concerns, please call Laurel Manor Dental at (352) 430-1710, or visit laurelmanordental.com.

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NUTRITION & WEIGHT LOSS

We know that most diets don't work, and so do you. With two-thirds of the adults in the United States overweight, and one-third of those classified as "obese," it's clear that what Americans have been doing to control their weight just isn't working. Most diets involve eliminating certain foods or whole food groups all together. Not only is this unhealthy, but it's just plain unrealistic. Weighing and measuring your food may help you lose weight, but really isn't practical as a long-term strategy. Many people return to their "normal" eating habits once they've reached their goals, and the weight just comes back.

Good nutrition is vital to successful weight loss and management, and for good health. Along with weight loss and management, other benefits of good nutrition are: improvement in cholesterol, reduction of blood pressure, and increase in overall energy. Many of us have tried one or more of the different fad diets or in the past have experienced the vicious cycle of unhealthy weight loss/weight regain. Some of the popular diets suggest eliminating certain food groups while others suggest taking mega-doses of vitamins. The fact is, this "yo-yo" cycle often leaves you discouraged and no closer to your weight loss goal. A good weight loss and management program incorporates sound nutrition practices and behavioral changes. To avoid the "yo-yo" cycles and ensure adequate nutrition, a balanced diet, and incorporation of proper nutrition is necessary in making a life long commitment to adopting a healthy lifestyle.

There are three principles of proper nutrition, which include variety, balance, and moderation. Adding a variety of foods to your diet is essential to ensure eating from the five major food groups. Remember, no one food supplies all the nutrients the body needs. A balanced diet supplies the nutrients and calories the body needs if eaten in appropriate amounts. Serving sizes differ for individual needs based on age, gender, and activity level. Many people believe they have to deprive themselves of their favorite foods, but choosing certain foods in moderation is key to successful long-term weight loss.

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Here are some suggested healthy nutrition guidelines:

Read the Nutrition Facts Food Labels. Pay special attention to the fat, sodium, and carbohydrate content when shopping, especially if you have cardiovascular and/or diabetes risk factors.

Choose protein sources from plants and lean sources of meats. A good rule of thumb in selecting meats with less fat is to look for the words "round" or "loin" when shopping for beef, and the words "loin" or "leg" when shopping for pork or lamb. Remember, when shopping for poultry, white meat has less fat than dark meat.

Choose a diet rich in soluble fiber including oat bran, legumes, barley, and most fruits and vegetables. 20 to 35 grams of fiber daily are recommended.

Adopt healthy meal preparation techniques to reduce sodium, fat, and sugar.

Drink at least 8 -10, 8-oz. glasses of water each day.

Limit your consumption of alcohol. It provides empty calories.

Good nutrition takes practice and oftentimes some guidance from an experienced dietitian. There are certainly long term results when you improve your nutrition. Here is a partial list:

- Reduction in blood pressure
- Better control of your blood glucose for those with Type II Diabetes
- Improvement in your cholesterol, Low-density lipoprotein (LDL- bad cholesterol) and High-density lipoprotein (HDL-good cholesterol) and triglycerides
- Increase in energy
- Improvement in self-esteem
- Improvement in overall appearance

You deserve to do something good for yourself so start by improving your eating habits. Resolutions for a healthier you can be made at any time, and the sooner the better.

At Lifestyle Solutions, we thoroughly examine your individual lifestyle and any existing medical conditions, and then analyze this information and use it to formulate your unique treatment program. We'll provide you with the proven tools needed to optimize your success.

When you join our physician supervised weight loss program, you'll get your own Lifestyle Coach who will help you each step of the way. No matter what your goal is, we can help you achieve it. Our Lifestyle Coaches are specially trained to help you figure out what will work best for you. Whether it's determining the best foods, developing great recipes to meet your needs, or cheering you up when you feel down, they are there for you so you never have to feel like you're going through this process alone.



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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
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Dr. Castellano

ABOUT DR. RICH CASTELLANO

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



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7 Myths about Omega-3 Fish Oil

By BO MARTINSEN, MD

Fish oil is now the most commonly used non-vitamin, non-mineral supplement in the USA, according to the National Center for Health Statistics. But as omega-3 has grown in popularity, so has the misinformation and confusion about this powerful nutrient.

Let's clear up some of the most common myths about omega-3 supplements:

Myth 1: Omega-3 coming from plant sources like flaxseed and chia seeds is just as potent as omega-3 coming from fish.

Reading about omega-3 in popular health magazines, we get the impression that there are lots of ways to get omega-3 fatty acids — salmon, flaxseed, walnuts, etc. But not all of these sources provide the same value.

When we talk about omega-3, we're talking about a family of fat molecules. Only fatty fish and breast milk contain all the members of the omega-3 family, including the best known EPA and DHA molecules. On the other hand, plant sources of omega-3, like flaxseed or chia seeds, contain only one type of omega-3: ALA.

In order for the ALA molecules to be effective in the fight against inflammation, they have to be elongated into EPA and DHA molecules. This conversion step is more difficult and limited than most people realize. For example, you'd need to drink about a cup of flaxseed oil to get one teaspoon worth of EPA. This is why eating fatty fish or taking cod liver oil is more effective than flaxseed in putting a damper on inflammation and why the vast majority of omega-3 research has been conducted on fatty fish and fish oil.

Myth 2: The best way to get enough omega-3 is to eat fish regularly.

Eating fatty fish is a wonderful way to increase your omega-3 intake. But it's important to know that the amount of omega-3 you get from eating fish can vary dramatically. Factors like what the fish ate, the time of the year, and how you prepare your meal can have a significant impact on the fatty acid content.

Take, for instance, the question of what the fish ate. Now farm fisheries are a popular source of fish staples like salmon. In October 2016, however, a report from BBC News found that the omega-3 content of farmed salmon has been cut by 50% over the last five years. So depending on the source of your salmon, you may be getting less omega-3 than you expect.

What you do in your own kitchen can also do damage. For instance, some studies suggest that frying fatty fish, like tuna, can reduce the omega-3 content of a fillet by 70 to 85 percent. That's why it's important to be aware of how your cooking techniques can impact the omega-3 content of your meal.



Myth 3: Getting a little omega-3 is better than nothing.

Just as with medications, you need to reach a certain omega-3 dose to experience benefits. What is that threshold dose? For reducing inflammation, numerous studies show that the omega-3 molecules' anti-inflammatory benefits require consuming at least 2700 mg of EPA/DHA daily. In terms of capsules, that's the same as swallowing 8-10 regular fish oil capsules every day or drinking 1 tablespoon of liquid fish or cod liver oil.

If you are getting too little omega-3, it's unlikely you'll see much of a result from the supplement. That's why, if you are first going to spend the money on fish oil supplements, it's best to fully commit to taking an effective dose every day.

Myth 4: Fish oil is supposed to smell and taste fishy.

When you eat fresh seafood, you don't expect it to taste or smell fishy. In the same way, truly fresh fish oil has no fishy taste or smell. If your oil tastes and smells fishy, it has started to oxidize and turn rancid.

Besides tasting and smelling bad, rancid fish oil is concerning from a health perspective. Rancid fish oil is likely toxic, and may increase the risk of cancer and heart disease when consumed regularly. To check whether the oil is rancid, break open the capsule to taste and smell the oil inside. You can also measure an oil's rancidity level by looking at its oxidation values. Fresh fish and fish oil have oxidation levels (specifically a TOTOX value) below 5 mEq/kg.

Myth 5: To determine whether a fish oil supplement is still fresh, you should look at the supplement's expiration date.

Fish oil should be thought of as any other fresh product. If you buy a gallon of milk and let it sit in the sun, it will turn rancid in a few hours, no matter the expiration date. The same rule applies to fish oil. If fresh fish oil is stored in the freezer, it can easily last for up to a year. If you leave fish or fish oil out in the bright sun or exposed to air, it will quickly turn rancid.

Unfortunately, studies show that most fish oils have turned rancid long before their stated expiration date. Therefore, the best way to assess the quality of your fish oil supplement is to use your taste buds — just the same way you would assess another fresh food.

Myth 6: Concentrated fish oils are the best.

Concentrated omega-3 oils are popular because they deliver higher amounts of the effective EPA/DHA molecules per capsule serving size. But concentrated fish oils have a dark side too.

First of all, to create concentrated omega-3 oils, the manufacturer destroys the oil's natural fatty acid balance, leaving consumers without the full spectrum of the omega-3 family, as well as the other nutrients found in the natural oil. Concentrated omega-3 oil is more likely to be rancid because the oil contains more reactive DHA or EPA molecules.

In comparison, natural liquid fish oils allow people to get the same EPA/DHA dose found in concentrated fish oils in just a few teaspoons. And if the oil is fresh, consumers typically have an easy time drinking the oil straight without the need for a capsule encasing.

Myth 7: All these wild claims about the health benefits of fish oil suggest it's just too good to be true.

If a nutrient can help relieve chronic pain and dry eyes, fight depression, improve cognitive functioning, and reduce the risk of dementia and certain cancers, it's got to be too good to be true, right?

To understand why omega-3 delivers many different health benefits, it's important to know how omega-3 works in the body. Omega-3 molecules make up a portion of the cell membrane and are crucial for cell nutrient and waste exchange. In addition, they are involved in the signaling between cells in the brain, help regulate or balance the body's immune system, and act as an attachment system for cell membrane receptors.

It is estimated that omega-3 is involved in more than 10% of all cellular metabolic actions. No wonder fish oil, which is the most potent source of omega-3 fatty acids, can produce varied and widespread effects in the body.

About Dr. Bo Martinsen

Bo Martinsen, MD, is the co-founder and CEO of Omega3 Innovations. Born and raised in Norway, Dr. Martinsen received medical training at the University of Bordeaux in France and at the University of Oslo. Dr. Martinsen has extensive experience practicing general medicine, neurology and preventive medicine, in addition to training in epidemiology (Ph.D program at the University of Oslo) and business administration. He has served as medical consultant to large international corporations focusing on stress management and synergistic medicine.



Call us at 941.485.4400
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Dr. Anand Kesari Offers Innovative Full Spectrum Endoscopy Procedure for Improved Early Detection of Colon Cancer



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

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

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

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

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

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

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

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

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

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

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

Gastro-Colon Clinic Dr. Anand Kesari

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Choosing a Brookdale community means never having to compromise your quality of life. By combining elegant accommodations with fine amenities and features, our Life Care communities nationwide are highly regarded within the neighborhoods we serve.

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As a resident of our community, you'll benefit from:

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- Estate preservation
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- An up-front entry fee will stabilize your future monthly costs, if your level of care increases
- Predictable long-term expenses
- Asset preservation with Entry Fee refund
- Life Care Guarantee*



Independent Living

At Brookdale you can make every moment of your retirement count. That's because the Independent Living experience at Freedom Pointe at The Villages provides dynamic options to make the most of your retirement years. With fine features, distinctive amenities and attentive service, you will feel right at home.

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*This guarantee is subject to the terms and conditions of the Residency Contract. See the Residency Contract for further details.



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

Coach Jimmy K

Tired of weekly doctor's visits and dealing with pain until your next appointment? Are you looking for a proven, natural, non-invasive and drug-free alternative to aid with your health conditions? Look no further, the DENAS PCM6 device is available to you at the Denas Pain Relief Store. This device is designed to address pain, promote energy, and speed up healing using a natural pain-free approach. The DENAS PCM 6 device can take care of those issues helping you repair, heal and restore naturally.



DENAS PCM 6 is a superior advanced SCENAR device that is a compact portable solution that fits in your hand at home or on the go. No special medical education is required for effective use of the device. Denas technology helps you overcome acute or chronic health issues and restore body's lost functions from conditions that started years ago. The DENAS PCM 6 has many natural healing capabilities without the use of drugs.



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.

For more information about the DENAS PCM 6 visit www.denaspainreliefstore.com or call Coach Jimmy K direct at 503-395-4142. Remember to ask The Villages special bonus gift with your order (\$100.00 Value).



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Denas delivers when others fail

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.



40 years of clinically proven results

While the FDA has approved SCENAR for muscle re-education, biofeedback, and the treatment of pain. Russian physicians have long used SCENAR to treat virtually all organ systems: musculo-skeletal, nervous, digestive, pulmonary and cardiovascular.



DIABETIC FEET REQUIRE EXTRA CARE, CAUTION

Dr. John Bidelspach

Diabetes is a serious disease, one that affects the entire body: the kidneys, heart, blood vessels, brain and more. But as a Podiatrist, I'd like to address one of the most frightening aspects of the disease: your feet.

People with diabetes are at significantly increased risk for developing foot problems and suffering amputation of the toes, feet, and even leg. For this reason, it is very important those with diabetes take special care of their feet.

Problems that could be ignored before diabetes cannot be ignored after. Diabetics tend to develop serious foot problems quickly and have more complications as a result than people without the disease. For example, a small irritation like an open blister in a healthy person could become a severe issue to a diabetic.

The key is to view all foot problems as potentially dangerous and to prevent them through diligence and by seeking podiatric care as soon a problem appears.

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.

Coast 2 Coast Podiatry Group

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www.coast2coastpodiatrygroup.com



Pay attention to your feet!

Having diabetes forces you to change your life, including treating your feet like the special structures they are. To keep your feet healthy and whole, I recommend my patients with diabetes:

1. Inspect their feet daily for calluses, cracks or wounds. If you develop any of these, get in touch with your podiatrist right away to have them addressed.
2. Be gentle to your feet when washing them.
3. Moisturize your feet daily, using a product that is free of alcohol. Do not use moisturizer between your toes.
4. Cut your nails carefully and straight across. If you need help cutting your nails, call our office. Medicare will pay for regular trimming of toenails for individuals with diabetes.
5. Never, never, never trim or cut your corns or calluses.
6. Make sure your socks are clean and dry. Change them at least daily (more often if your feet sweat or you work in a dirty area).
7. Make sure your socks are neither too loose (can rub and cause blisters) or too tight (can restrict circulation).
8. Avoid temperature extremes.
9. Inspect your shoes before putting them on. Shake out the inside to remove any pebbles, sand or other objects that might irritate your feet.
10. Keep your feet warm and dry.
11. Break in new shoes slowly and make sure to purchase shoes that fit you properly. If you're in doubt, come see us. We can help make sure you get the right fit.
12. Never go barefoot. Many diabetics don't realize that they may qualify for diabetic shoes and insoles. Don't despair! They are much more fashionable than they used to be and have the extra depth that is required.
13. Make sure to get your feet checked yearly by a Podiatrist.

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- Those seeking detoxification at a cellular level

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AMT has been known to relieve pain and neuromuscular symptoms such as the following:

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- Detoxification
- Disc Injuries
- Headaches
- Hot Flashes
- Lymph Blockage
- Menstrual Cramping
- Pain (acute/chronic)
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- Scar Tissue Repair
- Sciatica
- Sports Injuries
- TMJ
- Tendonitis
- ...and many more

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Are There Side Effects?

There are no long term side effects. Occasionally, some discomfort such as headache, slight nausea or flu like symptoms are apparent. There may even be some increase in pain level at first, fortunately these side effects are rare and usually only follow the first 1-3 sessions.

This is all GOOD NEWS! Any change including temporary discomfort is an indication the body is in a healing crisis detoxifying and regenerating to its normal healthy state.

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



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LAW

Katina Pantazis, P.A.

NATIONAL NUTRITION MONTH — HEALTHY FOOD SHOPPING FOR SENIOR ADULTS

Serving size. Calories. Total fat. Percent daily value. Understanding food nutrition labels can be challenging, and many consumers just figure *why bother?* But for older adults, simply ignoring nutritional information can significantly compromise their health. To help make better food choices and create a healthy eating style, seniors and their family caregivers can turn to National Nutrition Month®. Organized by the Academy of Nutrition and Dietetics, the March event includes recipes, videos, articles and educational tools on ways for people of all ages to adopt good nutrition.

This year's theme is "Put Your Best Fork Forward," a reminder that every bite counts toward a balanced diet. Even small changes in more nutritious meal and snack options add up to long-term health benefits including stronger bones, greater muscle flexibility and increased longevity.

"As we age, we require fewer calories but more of certain nutrients including calcium, potassium and vitamins D and B12," said Glenn Fechtenburg, RN. "Many seniors encounter difficulties when shopping for and cooking nutrient-rich foods, but dietary obstacles are usually quite manageable with a little coaching and assistance. Staying active and independent as an older adult often starts in the grocery store aisle."

Fechtenburg, RN recommends the following tips for helping the elderly shop for well-balanced foods:

- **Understand the basics of nutrition.** The U.S. Department of Agriculture offers ChooseMyPlate.gov, which has nutritional information about the food groups (fruits, vegetables, grains, proteins and dairy) and healthy eating pointers for older adults. Encourage seniors to pay attention to the key components of food labels: calories, sodium, sugars and fats. Help ensure that elders fill half a mealtime plate with fruits and vegetables. At least half of grains served at a senior's meal should be whole grains, and meats should be naturally lean or low in solid fats.

The National Institute on Aging website overviews the importance of reading food labels and including essential nutrients in food selections. Elders with diabetes, high blood pressure and other chronic health conditions are advised to consult with their doctor or a registered dietician on specific foods to include or avoid for healthy eating.

- **Plan first, buy second.** Smart food choices involve planning which ingredients you'll need for recipes and knowing their nutritional value, price and availability. Suggest seniors make a detailed list of foods and beverages to buy for several days at a time. For older adults who typically cook for one or two, consider which foods can be made in larger quantities but safely stored for additional meals. Snacks and desserts are tempting to purchase, especially when they are on sale, but these items should be occasional buys. The outer ring of the grocery store typically stocks more nutritional food selections such as fresh produce, unsalted nuts and low-fat dairy products. Wholesale stores are well-suited for families, but for older couples and individuals, the discounted large-quantity items may spoil before use.



- **Think accessibility.** For getting around the grocery store smoothly, elders may want to rely on a motorized cart or ask an employee for assistance with getting items off shelves. If fatigue sets in while shopping, seniors can rest in a chair at the store's pharmacy, customer service or entryway. Remind older adults to shop when they are well-rested and the shopping center is not crowded with other customers. To help eliminate impulse purchases, encourage seniors to hold off grocery shopping when they are tired, hungry or feel rushed.

- **Consider using grocery apps.** To make food shopping easier, a number of cell-phone and mobile device grocery apps are available to create shopping lists, find coupons and scan barcodes. Several apps integrate menu planning, recipes and meal suggestions. Do a little research to make sure the app is user-friendly to match the senior's tech proficiency.

- **Arrange for assistance.** If grocery shopping with an aging loved one is not possible, perhaps a friend, neighbor or volunteer from a senior center or place of worship can help. Certain chain grocers and supermarkets offer online ordering and home delivery services. Some stores offer free delivery of groceries for seniors, and others charge a nominal fee. Many older adults benefit from professional at-home senior care services like Right at Home, which can provide a helping hand with meal planning, grocery shopping and cooking.

"National Nutrition Month raises awareness for ways to eat well as people age, particularly when dental problems make chewing a painful chore or diseases such as Parkinson's or dementia affect swallowing," Fechtenburg, RN added. "One's sense of taste and thirst can also lessen with age and lead to a disinterest in food or cause dehydration. These special health needs highlight the importance of encouraging seniors to stay engaged with their daily food choices, putting their best fork forward for every snack and meal."

For additional information about National Nutrition Month and healthy eating for older adults, visit www.eatright.org or call the Academy of Nutrition and Dietetics at 1-800-877-1600.

About Right at Home

Founded in 1995, Right at Home offers in-home companionship, 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 independently owned and operated and directly employ and supervise all caregiving staff, each of whom is thoroughly screened, trained, and bonded/insured prior to entering a client's home. 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.

OSTEOARTHRITIS OF THE KNEE - WHY SUFFER NEEDLESSLY?

By Physicians Rehabilitation

Osteoarthritis (OA) is a common illness that causes joints to become stiff and extremely painful. If you have been diagnosed with OA you are not alone. Over 27 million people in the United States alone are reported to have this condition!

Though OA can affect multiple joints in your body, it is most common in the knees, hips, hands, feet and spine. OA causes the smooth cartilage that covers and protects the ends of your bones to break down which can cause your bones to begin to rub together. With knee OA your knee joint is no longer able to naturally lubricate itself and the cartilage no longer cushions the joint like it once did. This results in stiffness, swelling, and pain that can make walking very difficult.

Common Symptoms of OA

- Knee pain when moving, standing, or sitting
- Loss of flexibility in the knee
- Redness and swelling in the knee area

What Causes OA of the Knees?

The actual cause of OA is unknown. However, there are many things that will contribute to getting the disease. Anyone can get OA of the knees, but it is most common in people over the age of 65. The associated conditions of OA include getting older, obesity, previous injury to the knee, or a sports-related injury. OA affects women more than men.

Treatment of Osteoarthritis

The physicians and knee pain specialists at Physicians Rehabilitation use a highly effective, natural osteoarthritis treatment called Supartz, which provides welcomed pain relief for OA sufferers.

Over 99% of patients who utilize our osteoarthritis knee pain protocol receive significant pain reduction, with an average of 77% in reduced pain!*

Supartz is hyaluronate that is injected directly into your knees by a physician. Supartz is an FDA approved hyaluronic acid that is used to treat osteoarthritis (OA) and the associated knee pain. Hyaluronic Acid is a natural substance that is found in large amounts in your joint tissues and joint fluids. It acts as a lubricant and shock absorber inside your knee joint and enables your knees to properly operate. Its formulation is from nature, derived from the rooster comb, purified, sterilized and cross linked to match the viscosity of your naturally occurring synovial fluid.

Benefits of Supartz Injection Therapy Include:

- Months to years effective pain relief
- Prevents further damage by replacing joint fluid
- Approved by the FDA for OA treatment
- Naturally-derived formulation

How Supartz Works

Supartz is injected by a physician directly into the knee joint using video fluoroscopy (live x-ray) imaging for superb accuracy. When injected, it immediately lubricates the joint and acts as a barrier against bone-on-bone grinding. In doing so, Supartz reduces the source of inflammation and damage caused by grinding and provides long-term pain relief for OA patients.

What to Expect from the Procedure

The knee injections are administered by a physician during a brief office visit. A typical treatment involves the OA patient receiving one injection per week for 5 weeks to achieve the maximum benefit from the treatment, coupled with individually designed physical therapy for creating superior joint healing.

Typical Supartz Injection Session Process

- Sterilization of the knee area
- Small amount of numbing medicine applied
- Lidocaine internal numbing
- Iodine (or other contrast dye) is injected to verify perfect Supartz placement within the synovial capsule
- Video fluoroscopy used to insure a precise injection administered (without use of this method there is a significant chance of missing the synovial capsule and losing benefit of the injection)
- Once completed, the patient is free to resume their normal daily activities

Little or No Side Effects

Though it can only be administered by a physician, Supartz is a naturally derived substance that is not considered a drug. The most common adverse effects reported are injection-site swelling and irritation, like any injection point you may have encountered.

Did you know that our knee protocol is covered by Medicare and most insurance plans? Call today to learn more and to schedule a consultation for your knee, 352-775-3339. *Visit our website for free copy of report www.PhysiciansRehab.com



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The Right Food May Be Wrong For You

By Compton Chiropractic Care

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

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

What can I do?

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

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

What makes immunolabs different to other diet problems?

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

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



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

Ask yourself if you experience any of the following:

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

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

Compton Chiropractic Care
352-391-9467

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Tips for Preserving Eye Health

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

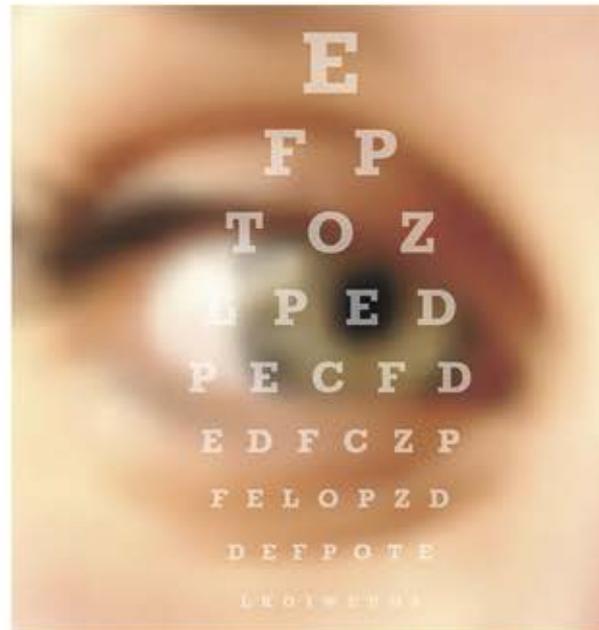
Vision problems such as glaucoma, cataracts, age-related macular degeneration, and diabetic retinopathy are common among older adults. You can't prevent your eyes from aging, but you can slow age-related damage by taking care of your eye health.

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

Increase consumption of fruits and vegetables.

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

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



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

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

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

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

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

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

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

Call and Schedule your Eye Exam Today!
352-399-5412

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<p>Dr. Brett Compton Chiropractic Physician Palmer Graduate U.F. Graduate - B.S. Nutrition Military Veteran</p>	<p>Dr. Brent Compton Chiropractic Physician Palmer Graduate U.C.F. Graduate B.S. Biology Sciences</p>	<p>Dr. Daniel Taylor Chiropractic Physician Palmer Graduate U.C.F. Graduate B.S. Molecular & Microbiology Sciences</p>
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WAS YOUR ESTATE PLAN PREPARED IN ANOTHER STATE?

By Katina H. Pantazis, Esq.

If your estate plan was prepared in another state before you moved to Florida, your documents may need to be updated to comply with Florida law.

To be *valid* in Florida, a *will* must be in writing and be signed by the testator at the end in the presence of two subscribing witnesses who signed as witnesses in the presence of the testator and of each other. However, if a will was validly executed according to the law of the state where it was executed at the time it was executed, it may be *offered* for probate in the State of Florida.

To be *admitted* to probate, the will must be *proved* by the oath of a witness to the will or made self-proving at the time of execution by compliance with Florida law or the law of the State where it was executed at the time it was executed. If the will was not made self-proving, we look to see if the names of the witnesses are legible and evaluate the ease with which those witnesses may be located after your death. If your will is not self-proving and you have no additional changes, we may need to prepare a *codicil* which identifies your prior will by the date of its execution and the names of the witnesses, have you declare that you adopt the provisions of that will as your will, and have you sign it in the presence of two new subscribing witnesses who sign it as witnesses in your presence and in the presence of each other, and then have you and the witnesses execute a certificate in the presence of a notary to make the will self-proving under Florida law.

Other changes may be necessary as well. For example, if the person you have named as personal representative is not a Florida resident, they can serve only if they are related to you by blood or marriage, and only if they have not been convicted of a felony. You may have to change the person you have appointed as personal representative.

Another thing we look for is whether your will includes a power of sale for real property, including homestead real property. If not, a court order will be required for your personal representative to be able to sell the property prior to making distribution to your beneficiaries.

We look at those same items when we review a *trust* executed out of state. In addition, we recommend that you amend the trust to do 4 things: (1) declare that you are now a Florida resident. The purpose of that declaration is so that you may apply for the Florida homestead tax exemption and to provide evidence that your estate is not liable for the payment of a state inheritance tax to the state of your prior residence; (2) make it clear that Florida law will apply to any disputes regarding the validity and interpretation of the trust; (3) incorporate the fiduciary powers provided by Florida Law, including the power to sell and transfer property of the estate without court order; and (4) add a Florida homestead provision so that you can continue to claim the homestead tax exemption.

In addition, there are 3 other documents relating to incapacity planning that you should have reviewed after moving to Florida.

While Florida law recognizes wills and trusts validly executed in other jurisdictions, in some cases, after the attorney reviews the document, a Durable Power of Attorney will need to be updated to a Florida *Durable Power of Attorney*. It needs to be executed with the same formality as a Florida deed.

You will also need an updated *Designation of Health Care Surrogate* which authorizes your health care providers to discuss your medical condition and treatment with the person you have designated as your surrogate, and you may also want to obtain a Florida statutory *Living Will*.

In updating your estate plan, it is always worthwhile to take a look at asset protection issues. Everyone is familiar with estate taxes and how to reduce or eliminate your exposure there. Estate tax planning is focused on protecting your assets before distribution to your beneficiaries. What people tend to overlook is asset protection planning for the beneficiaries who will inherit their wealth, including the spouses they may leave behind. In this uncertain economy, the asset protection dimensions of your estate plan may be your most important legacy.

13710 N. US HWY 441, Ste 500
The Villages, FL 32159
(Just south of Billy's Café)

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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Invited

By Jodi Thomas

Have you ever felt rejected? Or uninvited? Or not included? It's a feeling most of us are familiar with. That awful feeling of finding out there was a function where everyone was invited, except you. Whether it's a group of 3, 13, or 30, it always stings. It leaves you feeling left out, lonely, even less than. There's a super popular book right now that many of my friends are reading that deals with that very issue—*Uninvited* by Lysa TerKeurst.

Recently, I spent some time in Luke 19 and the story of Zacchaeus. You remember the guy. . . you probably sang about him in Sunday school:

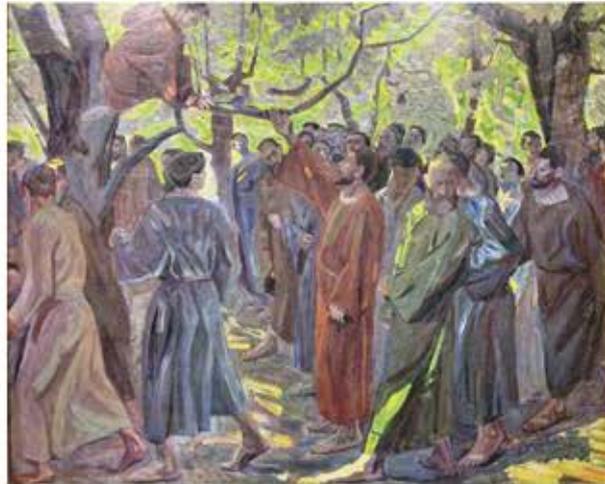
*Zaccheus was a wee, little man,
And a wee, little man was he.
He climbed up in a sycamore tree,
For the Lord he wanted to see.*

Let's revisit Luke 19:

He entered Jericho and was passing through. 2 And there was a man named Zacchaeus. He was a chief tax collector and was rich.

See, we are so overly familiar with this story, that we miss the power of it. There are no words to describe how much the Jews would have hated this guy. He was a traitor—taking money from his own oppressed people on behalf of Rome, skimming from the top to afford him the lifestyle he desired. This is someone who definitely desired lifestyle over relationships. More than likely, he would have been banned from entering the synagogue. Nor did he probably want to. Everywhere he turned, he received the cold shoulder, cold stares, and when it came to social situations, left out in the cold.

Yet, something within him was pricking at his heart. Jesus was coming to Jericho, and for whatever reason, he was drawn to him.



3 And he was seeking to see who Jesus was, but on account of the crowd he could not, because he was small of stature. 4 So he ran on ahead and climbed up into a sycamore tree to see him, for he was about to pass that way.

We learn from the text he was *very short*; more than likely he had Little Man Complex. Certainly he had to be something like the Miles Finch character in the movie *Elf*. Maybe he was bullied or mocked when he was younger because he was so short. But for whatever reason, he became a financial bully later in life. Not only was he physically small, but he was more than likely spiritually small, too. No spiritual giant was he. Proud. Isolated. Sinner. Can you imagine a man like this *climbing a tree*? I sure can't. But his curiosity was greater than his pride. Something was calling him. Or Someone.

5 And when Jesus came to the place, he looked up and said to him, "Zacchaeus, hurry and come down, for I must stay at your house today." 6 So he hurried and came down and received him joyfully. 7 And when they saw it, they all grumbled, "He has gone in to be the guest of a man who is a sinner."

Do you see that? Of all the people in town, Zacchaeus might have been the most hated. He was a spiritual midget and a sin giant. Yet, who did Jesus pursue? Who did Jesus choose to be with? The spiritual leaders of the community? No, the biggest spiritual loser of them all. And Jesus chose to spend the day with him. Not just a moment, but an entire day. Singled out. Chosen. Invited.

I wonder what they talked about. Evidently, it made a real impact.

8 And Zacchaeus stood and said to the Lord, "Behold, Lord, the half of my goods I give to the poor. And if I have defrauded anyone of anything, I restore it fourfold." 9 And Jesus said to him, "Today salvation has come to this house, since he also is a son of Abraham. 10 For the Son of Man came to seek and to save the lost."

See, love changes everything. When we are loved in the midst of our yuck, when we are simply loved with no strings attached, our hearts are healed. Jesus healed sick people, blind people, you name it. Zacchaeus had a sick and blind heart. And Jesus' love healed it. Shown grace and mercy by Jesus, Zacchaeus begins to splash that grace and mercy out onto others.

So, wherever you are in your journey of faith, just know that no matter the sin in your life, no matter the state of your heart, Jesus always looks up into the tree and says to you, "Hurry and come down, for I must stay at your house today." He loves you, and He wants to spend time with you. There is One who never turns you away, who never rejects you, and whose invitation is always open.

Behold I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me.
Revelation 3:20

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