

CENTRAL FLORIDA'S

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

April 2017

Marion Edition - Monthly

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**FREE**



**5 REASONS  
TO USE IN-  
HOME CARE**

**EFFECTIVE RELIEF  
for Carpal Tunnel and  
Cubital Tunnel Syndromes**

**REDUCING STRESS  
Isn't As Hard As You Think**

**DIAGNOSING  
ARTHRITIS**

**URINARY  
INCONTINENCE**

**HEAD, NECK &  
ORAL CANCERS  
Often Found in Routine Exams**



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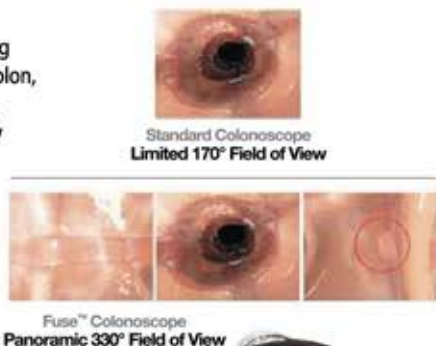
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*"Thanks to the care I received from my doctors, nurses and staff at Florida Cancer Specialists, my husband and I just celebrated our 39th wedding anniversary."*

*– Barbara Renzi, FCS Patient*




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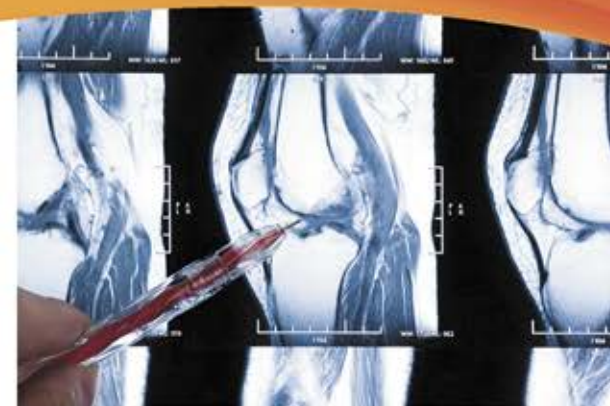


# Diagnosing Arthritis

**A**ccording to the Centers for Disease Control and Prevention, 23% of American adults, or roughly 53 million people, suffer from arthritis, a disease encompassing more than 100 different types, all of which cause inflammation in one or more joints. Over 30 million adults suffer from the most common type, osteoarthritis, which is a degenerative disease caused by injury, overuse and aging. Osteoarthritis sufferers often have little to no cartilage left to cushion bones as they move against one another, and the resulting wear can cause pain and inflammation from mild to so severe it is debilitating. Other types such as lupus and rheumatoid arthritis are autoimmune diseases and can occur in younger people. Arthritis in any of its forms can cause joint pain, stiffness, swelling, locking, tenderness and/or weakness.

The Board Certified radiologists of Radiology Associates of Ocala (RAO) have many years of experience evaluating arthritis and working with referring doctors to determine what type of arthritis a patient has, and what steps should be taken to relieve pain and prevent or delay disability.

The doctors of RAO utilize the most advanced diagnostic technologies available to uncover the type, cause and exact location of arthritis within a joint or joints using x-ray, computed tomography (CT) and magnetic resonance imaging, or MRI, including our upgraded Oasis 1.2T Open MRI at TimberRidge. MRI technology uses a magnetic field and radio frequencies to send data to a computer, where it is compiled to produce highly detailed images of the joint(s) being analyzed. In addition to capturing information about bones,



MRI can also provide defined images of surrounding soft tissues, such as muscles, cartilage, ligaments and tendons, delivering comprehensive information about not just the joint itself, but all the components that might be affected. MRI can be used to get extensive information about the spine, shoulders, knees, hips and other joints, and pinpoint arthritis and its accompanying factors, including joint structure and alignment, the narrowing of spaces between joints, bone spurs and more. MRI can capture osteoarthritis earlier in its course than other diagnostic tools, making it a valuable test for people who are just starting to feel the limitations posed by arthritis, as well as those who have lived with arthritic pain for months or years.

The key to relief and a return to more active living is to get an accurate diagnosis. Once arthritis is discovered, it can be managed using oral and/or injected medication, physical therapy, changes in diet and exercise, and, in extreme cases, surgeries like joint fusion or replacement.

If you suffer from joint pain and inflammation, talk to your doctor. Treating it now may help you avoid or delay more serious problems down the road.



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*from left to right:* Ryan K. Tompkins, MD, Amanda Aulls, MD, Medical Director and Lance P. Trigg, MD



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## EFFECTIVE RELIEF FOR CARPAL TUNNEL AND CUBITAL TUNNEL SYNDROMES

**T**he median nerve is a major player in the movements of your hands. This nerve travels from your forearm down into your hand through a narrow space in your wrist called the carpal tunnel. When injury, medical conditions (diabetes, arthritis, pregnancy) or inflammation occur, they can impact the carpal tunnel and make the space tighter. This leads to impingement and irritation of the median nerve. A patient can experience pain, tingling, numbness, weakness, twitching and lack of coordination of the thumb and first three fingers of the hand. This is known as carpal tunnel syndrome and is especially common among people who perform the same hand and finger movements over and over again, as with computer-focused/typing jobs, assembly-line tasks, cooking/baking jobs and other duties where the hands are held forward from the body and the wrists are bent at an angle for long periods.

The ulnar nerve is another nerve that serves the hand. It controls the pinky finger and partly controls the ring finger. The ulnar nerve travels through the cubital tunnel just under the bone inside the elbow, sometimes called the "funny bone." It courses through the inside of the forearm to the outer side of the hand. The ulnar nerve regulates certain fine hand movements and enables a strong grip. When the ulnar nerve is irritated or inflamed because of injury, compression from leaning on the elbow, sleeping in certain positions, or performing tasks requiring arms to be bent for long periods, it can cause problems in the hand characterized by numbness, tingling or pain in the ring and pinky finger. In addition, the patient may have an inability to perform more complex hand and finger movements including maintenance of a tight grip.

Because the median nerve and ulnar nerve are linked to nerves that exit from the cervical spine (neck), injuries like whiplash and disc compression can lead to the development of one or both of these syndromes.

If you have symptoms of either carpal tunnel or cubital tunnel syndrome that last for more than a few weeks, it is important to see your doctor to confirm a diagnosis. Delays in treatment can result in muscle wasting and hand weakness.



Mild cases of these syndromes can be successfully treated with conservative care, including rest, medication, stabilizing splints and adopting better ergonomic positioning while performing tasks.

The Board Certified neurosurgeons of Ocala Neurosurgical Center have diagnosed and treated countless patients for carpal tunnel and cubital tunnel syndromes. Most treatments are conservative and provide relief without surgery. When surgery is necessary, our surgeons have extensive experience opening up cramped tunnel spaces, relieving pressure on affected nerves and helping to stop further damage to the nerves and muscles they serve.

If you have questions about carpal or cubital tunnel therapy, please contact the caring professionals of ONC. We're here to help you get back to living life without pain.

**Ocala Neurosurgical Center**  
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**MARK D. OLIVER, MD**

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

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

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



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# Head, Neck and Oral Cancers Often Found in Routine Exams

April is the national awareness month for Oral Cavity and Oropharyngeal (Head and Neck) Cancers. While not as common as some other types of malignancies, these cancers can often be discovered during routine screening exams by a dentist, medical doctor, dental hygienist, or even by self-exam.

According to the American Cancer Society, some of the early warning signs and symptoms can include:

- A sore in the mouth that does not heal (most common symptom)
- Pain in the mouth that doesn't go away (also very common)
- A lump or thickening in the cheek
- A white or red patch on the gums, tongue, tonsil, or lining of the mouth
- A sore throat or a feeling that something is caught in the throat that doesn't go away
- Trouble chewing or swallowing
- Trouble moving the jaw or tongue
- Numbness of the tongue or other area of the mouth
- Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
- Loosening of the teeth or pain around the teeth or jaw
- Voice changes
- A lump or mass in the neck
- Weight loss
- Constant bad breath

Of course, many of these symptoms can also indicate conditions other than cancer; that is why it is so important to get regular dental and physical checkups. See your dentist or medical doctor right away if any of these symptoms lasts for more than two weeks.

The average age for oral or head and neck cancers is around 60; however, about 25% of these cancers occur in people 55 and younger, although rarely in children. About 49,600 people in the United States will be diagnosed with some type of oral/head and neck cancer in 2017, with the incidence in men almost double that in women. The most common type of head and neck cancer is squamous cell carcinoma, which starts in the cells that line all parts of the nose, mouth and throat. If detected early, before it has spread (metastasized), the outcomes for patients can be very good. Over the past thirty years, death rates from these types of cancers have been decreasing.

## What Causes Oral Cancer?

All cancers are caused by genetic changes in the DNA (deoxyribonucleic acid) inside our cells. DNA is the chemical in our cells that contains the genetic information needed for many factors, including how cells function. Just as every human being has unique DNA, or a distinctive genetic code, so does every malignant tumor. Cancer actually develops due to a genetic mutation, or damage to the DNA in our cells.

One of the factors that can increase your risk of mouth cancer is tobacco usage of any kind; this includes cigarettes, cigars, pipes, chewing tobacco and snuff, among others. Heavy alcohol use and excessive sun exposure to your lips can also increase your risk. In recent years, there has also been a rise in cases of oropharyngeal cancer linked to infection with human papilloma virus (HPV) in Caucasian men and women.

## World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/ hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

## Clinical Trials Lead to Tomorrow's Treatments and Cures

Through a strategic partnership with Sarah Cannon, one of the world's leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In 2016, 84% of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.



*World Class Medicine. Hometown Care.*

*Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location, that deliver the most advanced and personalized care in your local community.*

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# Urinary Incontinence

**H**aving an overactive bladder is nothing to be ashamed of. In fact, nearly 15 percent of women are dealing with it on a chronic basis. As you may suspect, it is more prominent in women due to pregnancies, menopause, and the unique structure of the female urinary tract.

Stress Urinary Incontinence (SUI) is a specific type of problem that is caused by movement or exertion. Certain movements can result in excess pressure on the bladder; which results in unintentional urine loss. In a healthy individual, the muscle surrounding the urethra, called a sphincter, is responsible for containing urine within the bladder. Our bladder walls are made up of muscles that must be relaxed for the bladder to expand. When incontinence occurs, it is because the muscles have been weakened and cannot maintain their normal function. Various events can lead to this condition; childbirth, trauma to the pelvic region, and even chronic coughing from smoking. Knowing the mechanics of urinary incontinence helps us to find a proper treatment.

The most troubling part of having an uncontrollable bladder is that it can happen at virtually any time, day or night. It can occur during laughing, sneezing, or working out. Anytime we experience strenuous physical activity could be the next embarrassing accident. As with most medical problems, being healthy can drastically reduce our risks. Being overweight can increase abdominal pressure making matters worse. A bad habit like smoking can induce coughing; which can weaken the abdominal muscles. There are different treatments available for this condition; ranging from Kegel exercises to surgery.

Kegel exercises are the clenching and unclenching of the pelvic muscles. It is accomplished by "bearing down" and releasing. Also, the use of Botox is an option. When we hear the word "Botox", it is generally attributed to the removal of wrinkles. However, in this case Botox is used to treat and reduce daily bladder leakage.



Botox has been FDA approved for incontinence sufferers and has shown great success. It works by injecting the Botox into the bladder muscles; this allows them to relax and store more urine with less stress. Botox is not a permanent solution and needs to be re-injected every 9 to 12 months.

Durasphere injections are another option; they are bulking agents that consist of non-migratory and non-absorbable prolytic-coated graphite beads in a gel. A mouthful to say, but it's actually a quite simple procedure to help control uncontrollable bladder leakage. The bulking agents are injected straight into the urethra to fill up the space that permits urine leakage. The injection actually thickens the bladder

making it more easily retain a healthy amount of urine. The pyrolytic carbon has been used in the medical field for over 30 years in implantable medical devices and it is non-reactive to tissue. This treatment is a safe and effective, minimally invasive, outpatient procedure option for urinary incontinence.

When it comes to treating urinary incontinence, the InterStim device is the most technologically advanced. This product has been used for over 15 years with over 100,000 individuals undergoing the procedure. The small device is surgically placed underneath the skin to stimulate the sacral nerves, the nerves that control the bladder. It blocks communication between the brain and the bladder. About the size of a pacemaker, this device sends electrical pulses down to the nerves of the pelvic floor. This is a method to reduce the contractions of an overactive bladder.

Urinary incontinence is not something that will go away on its own. Proper treatment is the only way to alleviate the symptoms. If you have any questions regarding incontinence, you can contact Advanced Urology Institute at (855) 298-2273.



**855-298-CARE**

**Advancedurologyinstitute.com**



# Am I a Candidate for Dental Implants?

**G**enerally speaking, if you have lost teeth you are a candidate for dental implants. It is important that you are in good health, however, as there are some conditions and diseases that can affect whether dental implants are right for you. For example, uncontrolled diabetes, cancer, radiation to the jaws, smoking, alcoholism, or uncontrolled periodontal (gum) disease may affect whether dental implants will fuse to your bone. It is important to let your dental surgeon know all about your medical history (past and present) together with all medications you are taking, whether prescribed, alternative (herbal) or over-the-counter.

Where and how implants are placed requires a detailed assessment of your overall stomatognathic system ("stoma" - mouth; "gnathic" - jaws), within which the teeth function. This will necessitate compiling records that include study models of your mouth and bite, and specialized radiographs (x-rays), which may include 3D scans known as computerized tomograms (CT scans). Planning with the help of computer imaging ensures that dental implants can be placed in exactly the right position in the bone.

## How and why is bone lost when teeth are lost?

Bone needs stimulation to maintain its form and density. In the case of alveolar (sac-like) bone that surrounds and supports teeth, the necessary stimulation comes from the teeth themselves.

When a tooth is lost, the lack of stimulation causes loss of alveolar bone. There is a 25% decrease in width of bone during the first year after tooth loss and an overall decrease in height over the next few years.

The more teeth lost, the more function lost. This leads to some serious aesthetic and functional problems, particularly in people who have lost all of their teeth. It doesn't stop there. After alveolar bone is lost, the bone beneath it, basal bone - the jawbone proper - also begins to resorb (melt away).

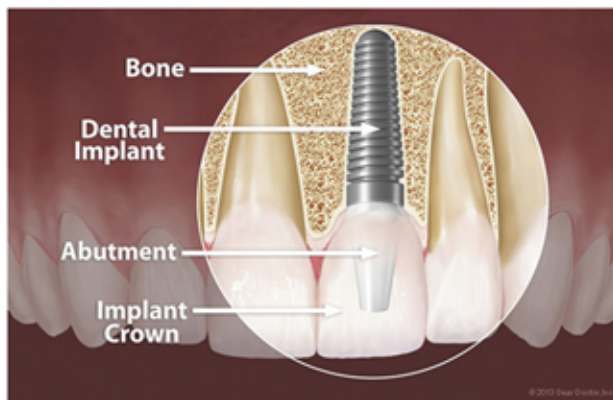
## How can bone be preserved or re-grown to support dental implants?

Grafting bone into the extraction sockets at the time of tooth loss or removal can help preserve bone volume needed for implant placement.



Surgical techniques are also available to regenerate (re-grow) bone that has been lost to provide the necessary bone substance for anchoring implants. In fact, a primary reason to consider dental implants to replace missing teeth is the maintenance of jawbone.

Bone needs stimulation to stay healthy. Because dental implants fuse to the bone, they stabilize it and prevent further bone loss. Resorption is a normal and inevitable process in which bone is lost when it is no longer supporting or connected to teeth. Only dental implants can stop this process and preserve the bone.



## How are dental implants placed and who places them?

It takes a dental team to assess and plan dental implant placement and restoration - the fabrication of the crowns, bridgework or dentures that attach atop the implants and are visible in your mouth. The dental team consists of a dental surgical specialist - a periodontist, oral surgeon, or a general dentist with advanced training in implant surgery; a restorative dentist, who plans and places the tooth restorations; and a dental laboratory technician who fabricates the components to attach a new tooth to an implant.

Placing dental implants requires a surgical procedure in which precision channels are created in the jawbone, often using a surgical guide. The implants are then fitted into the sites so that they are in intimate contact with the bone. They generally require two to six months to fuse to the bone before they can have tooth restorations attached to them to complete the process.

Bellevue Dental Center is family-owned and dedicated to delivering the best in general, restorative, implant, and cosmetic dental care for your entire family as well as same day emergency services and extended office hours. Their mission is to ensure your dental experience is positive and stress free. You will enjoy compassionate, comfortable dental care designed to provide a lifetime of optimal oral health. Together with our periodontist, all of the doctors at Bellevue Dental Center have extensive experience with placing and restoring dental implants. Bellevue Dental Center has a long heritage of dentists with a great deal of trusted experience. Your smile will be in good hands with Dr. Henry Sweeny Sr., Dr. Henry "Bo" Sweeny Jr., Dr. Samuel Sweeny and their dedicated staff.



**352.245.1188**

**bellevuedentalcenter.com**  
10600 SE Hwy 441, Bellevue, FL 34420



## About Dr. Henry A. Sweeny Jr.

*Dr. Henry A. Sweeny Jr. joined Bellevue Dental Center in July of 2003 after graduating from Dental School. He is fondly known to his patients as Dr. Bo. He attended the University of Florida and received a Bachelor of Science in Nutritional Sciences, a Masters of Science in Food Science and Human Nutrition and continued at the University of Florida to complete his Doctor of Dental Medicine. Throughout his extensive career, Dr. Sweeny has attended continuing education courses and has focused on comprehensive training in Implant Placement and Implant Restoration. He also has completed advanced education in Cosmetic Dentistry. Dr. Sweeny is a member of the American Dental Association, Florida Dental Association, and the International Team for Implantology. Dr. Sweeny's practice also includes General Dental Procedures, Root Canals, Oral Surgery, Extractions, and Dentistry on Children. He has a particular passion for Implants and Oral Surgery. Dr. Sweeny is an avid fisherman and in his free time he also enjoys golf, hunting, exercising, volunteering in the community, and can frequently be seen attending University of Florida Gator football games. He works alongside his Father, Henry A Sweeny Sr. DMD and his Brother Samuel J Sweeny DMD at this treasured local Dental Practice.*



# With Inner Engineering - Reducing Stress Isn't As Hard As You Think

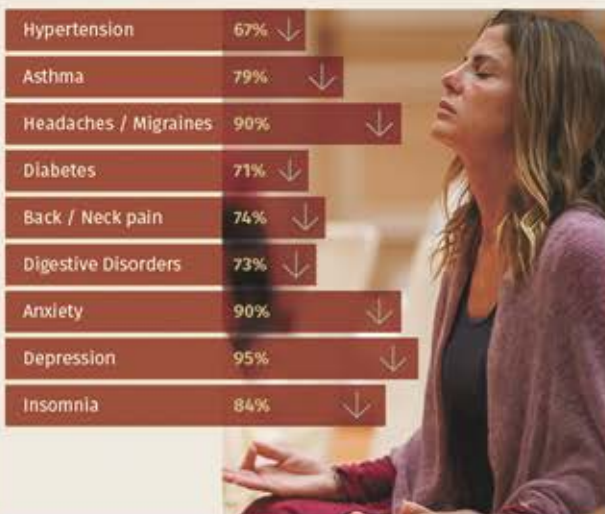
**S**tressed out? If so, you're not alone; the American Psychological Society reports that almost a quarter of adults in the U.S. are under extreme stress. The silver lining is that finding your way out—transmuting your stress into happiness; pain into peace—may be easier than you think.

Perhaps you have explored methods to improve your health or mental clarity, or simply to create more energy and provide relief from daily stress. Research data has shown that simple yoga practices can relieve physical and emotional ailments and leave you feeling more relaxed and peaceful.

Explains Sadhguru, founder of the nonprofit Isha Foundation and one of the world's foremost authorities on yoga, "As we have physical science to create external well-being, there is a whole inner dimension of science to create inner well-being. I call it Inner Engineering." Inner Engineering is a world-renowned program that cultivates peace from the inside out. As the name implies, it's all about building our inner framework in such a way that external situations no longer dictate our happiness. It's all about seeing the world through a different, nonreactive lens.

Inner Engineering is a distilled essence of yogic science – a thorough overhaul of the body, mind, emotions and life energy. This practice incorporates the breath, providing access to your deepest life energies and making them vibrantly alive.

Percent of people reporting improvements with regular kriya practice



**Inner Engineering**  
with Sadhguru  
Tampa  
Convention Center  
April 29-30, 2017

In April, Sadhguru himself will be presenting the Inner Engineering Completion program in Tampa. This event offers a unique opportunity to receive this life-nurturing science live – from an authentic source. (Completing Inner Engineering Online, a seven-session online course, is a prerequisite for this program.) People from all over the world will travel to this event since Sadhguru conducts only few sessions every year across the globe. The event is on April 29-30 at the Tampa Convention Center. Inner Engineering can be attended by anyone age 15 and above. If you would like to attend, please visit [InnerEngineering.com](http://InnerEngineering.com) or call 813-413-1661 to register.

We cannot prevent "stressful" situations from coming into our lives, but we can use ancient yogic sciences and our own inner wisdom to control how we react to them. It's a muscle that gets stronger the more we use it. Through meditation, we learn to rejuvenate our presence so that our mind, body and emotions are harmoniously aligned.

Inner Engineering is an antidote to the stresses of modern life, and offers simple but powerful processes from yogic science to purify the system, enhance mental and physical health and well-being, and bring about a greater sense of balance.

Whether you're a seasoned yogi or a novice, Inner Engineering will meet you where you are, laying the groundwork for happier, more intentional living. For those seeking professional and personal excellence, this program offers keys for meaningful and fulfilling relationships at work, at home, in the community, and within one's self.



*"The perspective and practices that Sadhguru has given, gives you the strength and stability to go through the day without getting overly disturbed by stress. My equanimity and sense of calmness in the face of all that life throws at me has certainly improved a lot."*

– Ravi Venkatesan, Author & Former Chairman, Microsoft India



*"Sadhguru, you have been an inspiration to me. I mean a true inspiration. I hope everybody comes to Isha in one way or another."*

– Donna Karan, Founder of DKNY, Fashion Designer & Humanitarian

[InnerEngineering.com](http://InnerEngineering.com)  
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# The Very Greatest: The Final Fight of Muhammed Ali and the Future of Stem Cell Therapy for COPD

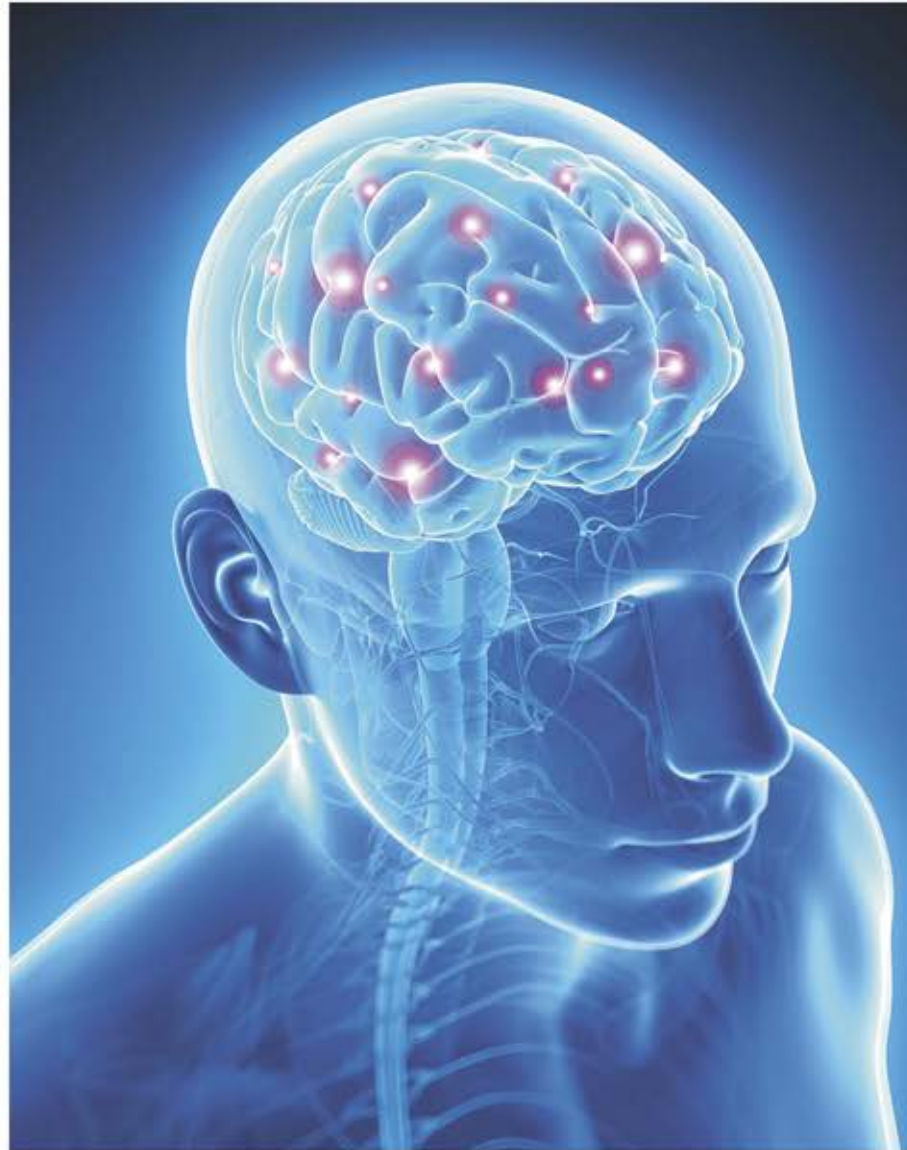
There isn't much debate when it comes to the legacy of Muhammed Ali. He was, as he often claimed, "the greatest" boxer of his era, winning his first Olympic Gold medal at the age of 18. And, he was a rebel too. As a civil rights vanguard, he blatantly refused the draft leading to his arrest and the stripping of his boxing titles at the age of 24. He would go on to spend five years of his fighting prime behind bars until 1971. And what did he do when he got out?

*He fought for ten more years.*

Despite showing signs of Parkinson's disease as early as 1979, he kept fighting until 1981. He wouldn't be officially diagnosed until 1984.

Parkinson's is a degenerative cognitive disorder brought about by the progressive loss of dopamine, affecting the brain's motor skills and causing muscle rigidity, slowness of movement, tremors and problems with gait and posture. Having a dramatic effect on the quality of life of those who live with Parkinson's, 60,000 Americans are diagnosed with the disease every year. Although currently there is no known cure, stem cell therapy and its ability to replicate needed cells (in this case dopamine cells) have shown great promise in treating Parkinson's and other quality of life related conditions, such as chronic obstructive pulmonary disease (COPD).

In similarity to Parkinson's, COPD is a degenerative lung disease that can have a significant effect on quality of life, ultimately inhibiting an individual's energy, mobility and ability to breathe unobstructed. Across the U.S., COPD is the 3rd leading cause of death, affecting more than 15 million Americans. Fortunately, however, clinics like the Lung Institute ([lunginstitute.com](http://lunginstitute.com)) are working on it. As the field of stem cell therapy has continued to advance, our understanding of how the duplication of vital cells within the body can treat disease has increased exponentially.



In the fight against COPD, stem cell therapy may just be the ace in your corner.

The key distinction of stem cell therapy compared to other forms of treatment rests in the fact that stem cells emphasize the body's natural healing process. As these stem cells are pulled from a patient's blood or bone marrow, they can then be reintroduced into the body intravenously where they come to rest within the lungs, potentially reducing local inflammation, symptom expression and promoting healing from within.

In 1996, Muhammad Ali lit the torch for the Atlanta Olympics. His arm shook throughout the entire procession. He never even tried to hide it. He didn't

care. Ali was a strong advocate for stem cell therapy and its potential to treat his Parkinson's, but more than anything he believed in leading the path for others by championing his disease. He was a fighter and a consummate showman who never backed down from a challenge.

Diagnosed at the age of 42, he would live nearly half of his life with Parkinson's, lending his name and wealth to the development of a treatment that would allow those who suffered from the disease a chance to reclaim their lives.

As stem cell therapy continues to develop, it too, has shown the propensity to restore hope to those with few options. It has given inspiration back to those who may have otherwise given up.

Despite his tough talking and raucous nature, Ali held a soft heart for the potential of every individual, once stating:

*"He who is not courageous enough to take risks will accomplish nothing in life."*

Regardless of the obstacles that stand before you, keep swinging.

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





# WHAT WE SHOULD KNOW ABOUT ZIKA VIRUS?



By Jennifer Toro-Galarza, M.D.  
Internal Medicine - Munroe Regional Medical Center

**Z**ika virus is a mosquito-borne disease that was first documented in a human in 1952. Nowadays the virus has made its way to the Caribbean, South America and now has arrived to the United States. In order for us to be prepared against it we should know how this virus spreads, its manifestations, possible complications and what to do to decrease its incidence. The first identified outbreak in United States is documented in Florida Miami Dade and Broward counties this June 2016. Recently the CDC announced advisory to people who are traveling to South Florida in regards to blooming Zika virus in the area. Florida health department has confirmed around 783 cases of this virus involving all the counties of Florida. So what should we know about zika virus in order to be prepared?

It can be transmitted due to a bite of an infected mosquito, mother to fetus transmission, sexual intercourse, blood transfusions, organ transplant and laboratory worker exposure. We need to be paying attention to the transmitter of this disease which is the Aedes species mosquito which is also known to be the vector for dengue and chikungunya which are very similar to Zika. If we all take the precautions recommended by the CDC we could limit the spread of it.

Now we know how it is transmitted, what if you have been exposed? Most people who contract Zika Virus may be asymptomatic, however carry the infection. Symptoms of Zika are very similar to those from a dengue virus, which are: low grade fever that typically lasts from 2-7 days, a rash, pain in your small joints (hands and feet), muscle aches, headache and red eyes. Adults and children may present with similar symptoms and immunity occurs following infection. In order to be informed we need to recognize these symptoms and seek help with our provider in order to get tested. At this moment there are no vaccines for it and to treat the condition is mainly done so through symptom relief. The FDA has approved several diagnostic tests which are based on molecular testing. Now is



even recommended that all pregnant women who have recently spent any time near the Miami-Dade county be tested for Zika virus even if asymptomatic.

The reason why this virus is worrisome is not the actual disease which is self-limited but it's complications which can be very serious. It has been associated with a congenital malformation called microcephaly. Microcephaly means that a fetus head is not fully developed and in consequence may have smaller brain that will result in developmental delays. Other complications of microcephaly are: hearing loss, seizures, speech problems, vision problems, balance and coordination problems. Also pregnant women might be at risk of fetal loss secondary to this infection. Due to this a lot of warnings have been made in regards to pregnant females traveling on their first trimester to any area below 6500 feet which have mosquito transmission ongoing. The list of territories with warnings of Zika virus keep on growing so it is wise to visit the website of the CDC to get the full list before traveling.

A more serious complication associated to Zika virus is Guillain-Barre syndrome. This is an autoimmune mediated neuropathy which manifests as fairly symmetric ascending muscle paralysis. The weakness that develops in Guillain-Barre can vary from leg weakness that can make it difficult to walk, to more serious extent where there is complete paralysis of our diaphragm which is one of the muscles that helps us to breathe. In other

words this paralysis may lead to death or other complications. This is a medical emergency that needs to be taken promptly to an ER. Other serious conditions associated with Zika are meningoencephalitis and brain ischemia.

**What should we do to prevent an epidemic?**  
This is where we as an individual play our part to decrease its incidence. First of all, since we know this disease is mainly transmitted by a mosquito we can start by decreasing the likelihood of a mosquito bite. Use EPA (Environmental Protection Agency) registered insect repellent, when outdoors wear long sleeved shirts, use air conditioning when available, use screens on windows and doors, remove standing water container and cover tightly water storage containers. If you have to travel make sure to check for travel notices and plan ahead. Since it has been found that the virus can be transmitted through sexual intercourse it is also recommended to practice safe sex using barrier contraception which can decrease incidence of zika virus. Pregnant women should avoid traveling to areas where zika contact is a possibility and if they have to do so they should contact their healthcare provider. In conclusion, we should all be informed in the developments of these virus and how it can affect us.



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## Alcohol Awareness Month

# The Acceptance of Alcohol is Leading to More Dependence Issues and Health Concerns

By Dr. Sivasekaran, MD

In our social culture, drinking with family and friends is common for celebrating special occasions and in some instances coping with life. Drinking alcohol has become extremely accepted in our society, and with that acceptance and desensitization of the harmful effects, comes a lot more alcohol abuse than most people are aware of, or willing to acknowledge.

We all know the guidelines of the healthy version of drinking. A glass of wine or liquor for women and two for men is usually the allotted daily amount recommended for the health benefits to transpire. Despite the health claims in moderate drinking, not everyone should drink. Do not drink if you are pregnant or trying to become pregnant, take medications that counteract with alcohol, have a medical condition that alcohol effects negatively, or if you plan to operate machinery or drive a vehicle.

Alcohol plays a significant role in your bodies overall health. A full 24 hours after an episode of drinking, your immune system is more susceptible to disease and infection.

Your brain can be severely affected by alcohol. Have you ever woken up dizzy, with a headache, unable to remember everything that happened the night before? This is due to the negative effect that alcohol has on our brains. The neurons and neurotransmitters in the brain are responsible for a multitude of functions from memory recall, motor senses, to movement and coordination. These tiny pathways and transmitters can show both short-term and long-term damage after bingeing or prolonged alcohol use.

Disclaimer: The results of this self-test are not intended to constitute a diagnosis of alcoholism and should be used solely as a guide to understanding your alcohol use and the potential health issues involved with it. The information provided here cannot substitute for a full evaluation by a health professional. Test © 1984 updated 2015 NCADD. All rights reserved



After drinking, the brain's neurotransmitters will try to compensate and "fix" the damage that has affected its functions, but with this often comes more damage like increased withdrawal symptoms or hangovers, an increased tolerance level, and the need for more alcohol or dependence on the substance.

The functions that are damaged by alcohol abuse are often longstanding. If you stop drinking, some of the damage will lessen, or improve like problem-solving, memory recall, attention span, and motor functions, but this will take time. Researchers usually see improvements to the brain after several months or years after abstinence takes place.

Drinking can increase your risk of certain cancers, like breast cancer, oral, esophageal, liver and throat cancer. It also harms the blood vessels in your pancreas, which inhibits digestion and damages the liver. The livers of alcoholics usually develop fatty deposits known as steatosis or fatty liver disease. These implications can contribute to more severe disorders like cirrhosis or fibrosis of the liver.

Heavy drinking also damages the heart, which can lead to heart palpitations and irregular beating, high blood pressure, heart attack, stroke, and cardiomyopathy.

There are benefits to moderate drinking, but the problem is that with the acceptance and social aspect of alcohol, many people are at risk of becoming dependent on it for one reason or another. It's quite common to start out drinking socially and to then need it more often as your tolerance level increases.

April is Alcohol Awareness Month, and the National Council on Alcohol and Drug Dependence shines a light on the first weekend in April every year as the weekend of abstinence. If you have trouble avoiding alcohol for those three days, they encourage you to speak to your physician or therapist about getting help.

The following is a test provided online via the National Council on Alcohol and Drug Dependence, Inc. at NCADD.com.



**Office Location:**

2845 Southeast 3rd Court  
Ocala, FL 34471

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

## Am I an Alcoholic?

1. Do you try to avoid family or close friends while you are drinking?
2. Do you drink heavily when you are disappointed, under pressure or have had a quarrel with someone?
3. Can you handle more alcohol now than when you first started to drink?
4. Have you ever been unable to remember part of the previous evening, even though your friends say you didn't pass out?
5. When drinking with other people, do you try to have a few extra drinks when others won't know about it?
6. Do you sometimes feel uncomfortable if alcohol is not available?
7. Are you more in a hurry to get your first drink of the day than you used to be?
8. Do you sometimes feel a little guilty about your drinking?
9. Has a family member or close friend expressed concern or complained about your drinking?
10. Have you been having more memory blackouts recently?
11. Do you often want to continue drinking after your friends say they've had enough?
12. Do you usually have a reason for the occasions when you drink heavily?
13. When you're sober, do you sometimes regret things you did or said while drinking?
14. Have you tried switching brands or drinks, or following different plans to control your drinking?
15. Have you sometimes failed to keep promises you made to yourself about controlling or cutting down on your drinking?
16. Have you ever had a DWI driving while intoxicated or DUI driving under the influence of alcohol violation, or any other legal problem related to your drinking?
17. Are you having more financial, work, school, and/or family problems as a result of your drinking?
18. Has your physician ever advised you to cut down on your drinking?
19. Do you eat very little or irregularly during the periods when you are drinking?
20. Do you sometimes have the shakes in the morning and find that it helps to have a little drink, tranquilizer or medication of some kind?
21. Have you recently noticed that you can't drink as much as you used to?
22. Do you sometimes stay drunk for several days at a time?
23. After periods of drinking do you sometimes see or hear things that aren't there?
24. Have you ever gone to anyone for help about your drinking?
25. Do you ever feel depressed or anxious before, during or after periods of heavy drinking?
26. Have any of your blood relatives ever had a problem with alcohol?

If you find that you answered yes to some of the questions, it is most likely that you should seek help from a professional.



**RATNASABAPATHY SIVASEKARAN, MD**

*Dr. Siva is a comprehensive internal medicine physician that understands the complexities of colorectal cancer and is experienced in helping his patients get the preventative care that is essential for their health. Dr. Siva has been in practice for fourteen years. He earned his Honors Bachelors of Science in Biology from University of Waterloo, Canada. He went on to earn his Doctor of Medicine from St. George's University School of Medicine graduating on the Dean's List. He is American Board of Internal Medicine certified. Dr. Siva has affiliations with AMA, AHA and Marion County Medical Society. He opened his own private practice in Ocala in 2006, and he has privileges at all hospitals and nursing homes in Ocala for continued care of his patients.*



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### It's Cool to Eliminate Stubborn Fat

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

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

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

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

#### It's safe.

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

#### It's convenient.

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

#### The results are dramatic.

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

#### How CoolSculpting Works

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

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

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

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

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

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# STRANGELY RELATED

## The Link Between High Cholesterol, Hypertension and Diabetes in Medical Weight Loss.

By Dr. Dean Lombardo - LIVE LEAN!

### Strangely Related

Researchers have long known that there is a strong link between hypertension (high blood pressure), hyperlipidemia (high cholesterol), and adult onset (Type II) diabetes. The complex relationship between them is still being studied, but we do know that patients with all three tend to have difficulty managing them. Like a row of dominos, changing the status of one tends to have an impact on one or both of the others.

Cholesterol is a wax-like, fat-like substance found within the cells of your body. Some of your cholesterol comes from food, while your body also produces cholesterol. Your body uses cholesterol to function in many ways, not the least of which is making hormones, cellular membrane functions, creating the chemical compounds that help you digest food, and producing Vitamin D.

Because of its wax-like behavior, though, too much can gather in globules inside of blood vessels. As more and more layers are laid down, blood vessels become narrower and narrower. This buildup can actually block the flow of blood into the heart, brain, or other organs. This is one of the reasons that high cholesterol is associated with an elevated risk for cardiovascular disease.

Diabetes, on the other hand, is a disease in which the body either no longer responds to insulin (used to metabolize carbohydrates, among other things), or cannot produce enough. In some cases, the pancreas is damaged by an autoimmune response or an accident. In others, the pancreas "burns out," and is unable to produce insulin at all, leading blood sugar levels to rise. High blood sugar levels can damage and weaken tissues and organs, as well as hardening of blood vessels. This hardening of the arteries is called atherosclerosis.

High blood pressure occurs when the pressure, or force, of your blood moving through your circulatory system puts pressure on blood vessels. This can weaken them and damage organs as well. If the levels become and stay too high, blood vessels may leak or rupture, or create blood clots.



### The Perfect Storm Inside the Body

Picture a garden hose. If the hose becomes partially plugged or the tube is narrowed (like with cholesterol buildup), greater force is exerted when the water shoots out (high blood pressure). If you add a substance that is then weakening the hose (high blood sugar), you can easily see that it is very likely the hose will leak or completely rupture somewhere along the line. Of course this is a very simplified analogy, but it gives you an idea of what makes this particular triad very dangerous.

The good news is that weight loss (nutrition and diet) can play a role in helping you to manage these conditions. This is especially true when added to other lifestyle changes, such as regular exercise or quitting smoking.

If you have questions about the complicated relationship between **Diabetes**, **High blood pressure** and **High cholesterol** and need help managing your weight, please contact **Dr. Dean Lombardo** at **Live Lean!** You can reach Dr. Lombardo at (352) 425-7648. Dr. Dean Lombardo serves **Ocala, FL** and the surrounding area. To learn more about Dr. Lombardo's seminars, visit [www.drdeanlombardo.com](http://www.drdeanlombardo.com).



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



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## LADIES, YOUR GYNECOLOGY VISITS just keep getting better.

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

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

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

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

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

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



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

#### Gynecology

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

#### Urogynecology

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

#### Sexual Wellness

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

#### Anti-Aging/Aesthetic Medicine

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

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

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

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

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

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

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



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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!***

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

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

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

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

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



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

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

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

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

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

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

### **Saturday Smile**

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

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

"What is it?" they say with excitement.

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

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

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

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

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

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

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

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

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

"No problem," I said.



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

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

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

**What Is the Point of Smiling So Much?**

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

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

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

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

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

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

**Living In Captivity**

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

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

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

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

**ABOUT DR. RICH CASTELLANO**

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



*Dr. Castellano*



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

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



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

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

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

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

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

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



Dr. Anand Kesari

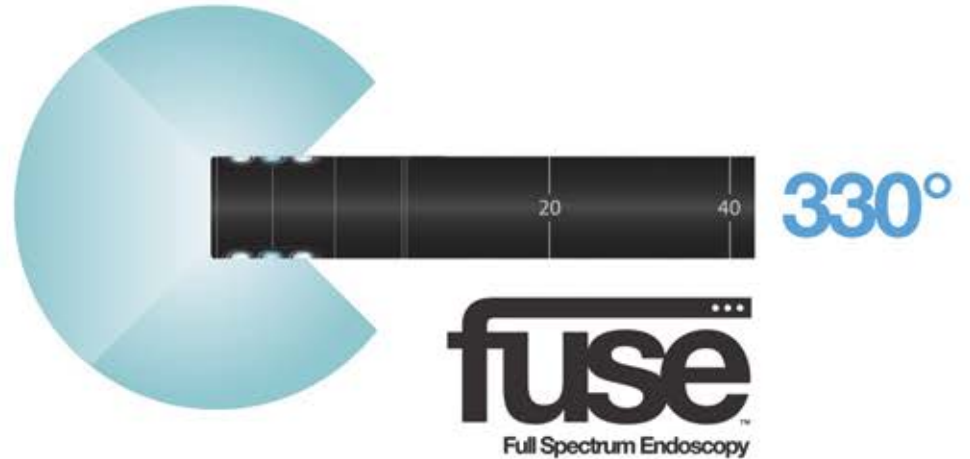




**Standard Colonoscope  
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**Fuse™ Colonoscope  
Panoramic 330° Field of View**



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

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

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



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

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

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

**Gastro-Colon Clinic  
Dr. Anand Kesari**

**OCALA**  
7535 SW 62nd Court, Ocala, FL 34476

**SUMMERFIELD**  
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# What Exactly Is Omega-3?

By BO MARTINSEN, MD

**W**hen I started giving lectures about omega-3 for physicians 15 years ago, few health care providers had heard about these molecules. Some doctors thought I was preaching voodoo medicine, while others politely thanked me for sharing the information.

Today, the situation is quite different. The majority of Americans have heard about omega-3 and know that it is good for your health. Still, most people's knowledge of omega-3 is limited, even among health professionals.

Let's start with the essentials:

## Omega-3: A Family of Fat Molecules

Omega-3 is a family of at least 11 different fat molecules. You may have heard of the key family members, including EPA, DHA, and ALA omega-3s. Each member of the molecule group has a unique structure and function. But they all feature a carboxyl group (COOH) at one end of the molecule and are characterized by extreme flexibility.

Due to their multiple double bonds, these long-chained molecules can twist and change their spatial structure in a fraction of a second, depending on the closeness and interaction with other molecules. This flexibility is crucial for the omega-3s to fulfill one of their primary roles in the body – helping maintain a well-functioning cell membrane.

## Omega-3s in the Cell Membrane

Omega-3 fatty acids act as gatekeepers to the cell and regulate the passage of both nutrients and waste products across the membrane. Moreover, omega-3s promote signaling between cells by providing the structure and connection to cell membrane receptors. These receptors sit like parts to a jigsaw puzzle on the surface of the cell membrane, waiting for particular hormones and metabolites to lock in place.

Now imagine what happens to the cell when you remove omega-3s from the equation and replace them with trans and saturated fats. The cell membrane stiffens, preventing good nutrient exchange. You could almost say the cells become starved from the lack of the omega-3s. As for the receptors, they no longer have a place in the cell membrane. Instead, like a dilapidated house, you end up with a membrane that's full of holes and barred windows and doors.

Unfortunately, this is the case for most people who don't eat fatty fish regularly or take effective doses of omega-3 supplements. And as some researchers have speculated, long term omega-3 deficiency has serious consequences. One Harvard study speculated that omega-3 deficiency could account for some 96,000 deaths every year.

There's another point to remember in this discussion too: Omega-3 is such an important part of the cell's metabolism that the molecules are consumed relatively quickly.



Unlike minerals, such as calcium, which typically stay in the bone for a relatively long time, the cells need a regular supply of omega-3. This explains why it's important to get a certain amount of omega-3 every day for optimal cell functioning.

## Why Omega-3 Helps Combat Inflammation

Besides maintaining the cell membrane, omega-3 molecules have important anti-inflammatory functions too. The omega-3 molecules help control the body's inflammation response by several different mechanisms.

First and foremost, the omega-3s balance the pro-inflammatory omega-6s, which are found in most vegetable oils and all our processed foods. While we need a certain amount of omega-6s in our diet, consuming excessive amounts of omega-6 creates havoc. The consequence of getting too much omega-6? Swelling, pain and loss of joint functioning – all marks of inflammation. Long term, that chronic inflammation fuels the fire for chronic diseases, like Alzheimer's, arthritis, heart disease and even certain types of cancer.

Researchers have also discovered that the EPA and DHA omega-3s create the building blocks for new metabolites that have the ability to stop ongoing inflammation, especially in the brain. Several pharmaceutical companies are now focusing their research on these newly discovered metabolites with the hope of turning them into patented medicines. But there is one problem connected to this approach. Each of the members of the omega-3 family produces a multitude of active metabolites that create a balanced physiological response. By singling out just one of the molecules, the pharmaceutical companies could potentially disrupt the omega-3 family's beautifully synchronized cascade of health benefits. This is precisely why I am passionate about full-spectrum fish oil, which delivers not just one omega-3 molecule, but a range of naturally occurring fatty acids.

## Other Ways Omega-3 Works in the Body

Scientists have also suggested several other ways that omega-3 fatty acids make a difference for our health.

Some scientists, for instance, believe that a main function of omega-3 is to protect the cholesterol in the body from oxidation. By being in position to be oxidized first, the

omega-3s let the cholesterol remain in its pure, unadulterated state, thus preventing the buildup of plaque in the arteries. It's important to note, however: If the omega-3 molecules are already oxidized/rancid, they are not able to serve this function.

Another theory centers on the omega-3s role in manipulating gene expression, or determining which genes are expressed and which genes remain dormant. Precisely how omega-3 works in regulating gene expression, we do not know yet. But two hypotheses on the table suggest that 1) the omega-3 molecules either directly interact with certain genes or that 2) the omega-3 molecules interact with other substances that in turn trigger certain genes and impact gene expression. Hopefully, more research on this fascinating topic will come soon.

Finally, the omega-3s also interact with enzymes in the liver to help reduce triglycerides. But we'll save that topic for another article.

## Fresh, Full-Spectrum, Full Dose

Looking at the many functions of the omega-3 fatty acids, we start to understand why it's important to be concerned about how much omega-3 we consume and what kind of quality we are getting.

If you do not get an adequate dose every day, the omega-3s will not be able to carry out their basic functions in the cell membrane or compete with the plethora of omega-6. If we consume oxidized, rancid oil, the omega-3s will not be able to work properly. And if we get just one type of omega-3, rather than full spectrum of the omega-3 family, we lose the multitude of benefits that come from the different fatty acid and metabolite interactions.

If you are not sure you are getting the full benefits from your omega-3 supplement, ask yourself: Is this fresh? Is this full-spectrum? Am I taking enough every day?

## 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.



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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.



### 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, bio-feedback, and the treatment of pain. Russian physicians have long used SCENAR to treat virtually all organ systems: musculoskeletal, nervous, digestive, pulmonary and cardiovascular. 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.

### Recommended by Chiropractors

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

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

### The Vertebra 2 - Worlds Most Advanced Device for Chronic Back Pain & Injuries

Utilizing 48 separate electrodes the Vertebra 2 pulses random frequencies into the spinal vertebrae while continually reading the body's reaction through a biofeedback program. This helps release neuropeptides and endorphins that helps the body repair internal issues without the use of drugs or invasive surgery. The perimeter electrodes work to help internal organs to regenerate, repair and return to a homeostasis balance. There are 5 different programs to choose from and is user friendly for both professional and personal use. Praised by Chiropractors and Acupuncturist worldwide for the amazing results they have achieved using the Vertebra 2.



### 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.



### Benefits of PEMF

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

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

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



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# 5 Reasons To Use In-Home Care

**T**he physical and mental decline that comes with the aging process affects everyone in a different way. Some seniors find it particularly difficult to cope with the limitations of age. As a result, they may turn to denial and refuse assistance from loved ones. Services that provide in-home care staff offer a gentle alternative to senior homes. Even the most resistant senior will learn to love the benefits afforded by in-home care.



## 1. Stay in a Comfortable Environment

Alternative options to in-home care are often much more disruptive to daily life. Aging inherently involves dealing with increasing amounts of loss, and maintaining a familiar environment in the midst of difficult life changes makes a world of difference.

## 2. Maintain Independence

Loss of independence is a common cause of depression in seniors. Senior depression has lasting implications on long-term health and wellness. Choosing in-home care avoids stripping a loved one of independence before it is absolutely necessary.

## 3. Constant Companionship

Declining health and frailty often prevents seniors from getting out as much as they would like. Having the constant companionship offered by regular visits from in-home care staff is a welcome change that homebound seniors often began to look forward to and treasure.

## 4. Stability Through Routine

Seniors who need an in-home care service often have declining cognitive functions. A home health worker can help them establish a routine and keep a regular schedule for meals and medications. This improves overall health and well-being.

## 5. Home and Hygiene Assistance

A clean house and a well-groomed appearance can do wonders towards enhancing self-esteem and warding off depression. As the aging process imposes physical limits, a decline in ability to take care of basic hygiene and house cleaning follows. In-home care staff helps seniors retain their dignity through a regular hygiene routine and tidy home.

## Quality Care

In-home care is all about making the changes that come with aging much more bearable. A good agency can provide staff that ease the burden of loved ones and improve the daily life of the senior in their care. Care Time strives to keep patients in their home as long as possible. Whether you or the senior in your life needs assistance four hours a day or around the clock, our friendly team can provide the quality senior home care and support you need! Call Care Time at 352-624-0570 to learn more.

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- Quality of Life Care
- End of Life Care



# Declutter Your Heart

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

I'm not a packrat (I'm in denial) but I do tend to pile stuff in my study at home. After a few weeks have gone by I start feeling sluggish when I sit down to write. I look around the room and begin to feel overwhelmed.

I **once blamed** the sluggish, overwhelmed feeling on long work hours, but I noticed I'd feel the same way even after being rested from a few days off. So as usual, I took it to prayer and asked the Lord for wisdom.

I went through the usual suspects: not enough sleep, too much caffeine, too many carbs, not enough exercise, and the wrong time of day. I'm sure each of these were partially the culprit, but what I found to be the real thief robbing me of my energy and focus...was the piles of stuff. The room was full of *unfinished business*.

Things I had started, manuscripts of books I was writing or the beginnings of designs for changing our landscaping would all call my name as I sat down to work in my study.

As it turns out clutter affects us in very negative ways according to Dr. Sherrie Bourg Carter. In her article, *Why Mess Causes Stress*, in *Psychology Today*, she says, "Clutter bombards our minds with excessive stimuli...distracts us...makes it difficult to relax...inhibits creativity and creates feelings of guilt."

Bam! She nailed it. That was what I was feeling. My simple solution was to declutter my study if I was going to write. It worked like a charm.

BUT there is a more **insidious kind of clutter**.

This clutter occurs when you have unfinished business with God.

When you hear the words "unfinished business with God" you might be thinking things like not forgiving someone for hurting you or not giving your tithe regularly at your church. Things that you *aren't doing* that you know you should.



I call it *heart clutter*. This stuff can be deadly so let me explain.

Every one of us humans have God issues (including yours truly). Things that we either don't understand about our lives and God, or maybe more importantly, things we do understand about our lives and God, but just don't like or don't want to accept.

I stood in a cold rain in a cloudy graveyard in Ohio this past year and watched a father's heart get ripped to shreds as he stood staring at the grave diggers throwing shovels full of dirt on his 26 year old daughter's casket.

After everyone else had left the gravesite he stayed to the very last minute to get a final glimpse of his 'little girl' before she was gone from his sight forever. He was beside himself with heartache.

**That's a God issue.**

And if not dealt with, God issues can cause us humans to do some really scary things.

One of my personal practices is to get alone with no distractions and write my "list of concerns." These are piles of stuff that have collected in my heart over the previous months that are important to my life, like my marriage and my children's future.

After I patiently write the list and ensure it has all the things I am concerned about, I then review it again and put a circle to the left of the things I know I have absolutely NO Control Over.

The second thing I do is go over the list again and put a star by those concerns that I absolutely Have Control Over. I then rewrite these on a second page and as I do I mark through them on my first list of concerns.

The only items on my first list NOT marked through are the things I have No Control Over. I choose to give them to God and I imagine that God is taking them one at a time from me until the entire list gone.

As I see God take each concern, I mark through it until my original list of concerns are all marked through and I have no more concerns from that list. God has them and I'm good with that. **It's a choice not a feeling.**

For the second list of concerns, the ones that I Have Control Over, I write the verses from Proverbs 3:5-6 (Google these) at the top of the page and then God and I get busy together on this list.

I highly recommend you do this and *declutter your heart*.

No more unfinished business with God.

To your spiritual health,

**Alex E. Anderson**

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Bayside Community Church

Author, *Dangerous Prayers*

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

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