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May 2017

Lake/Sumter Edition - Monthly

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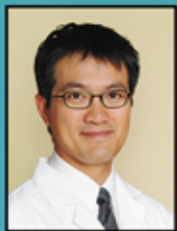
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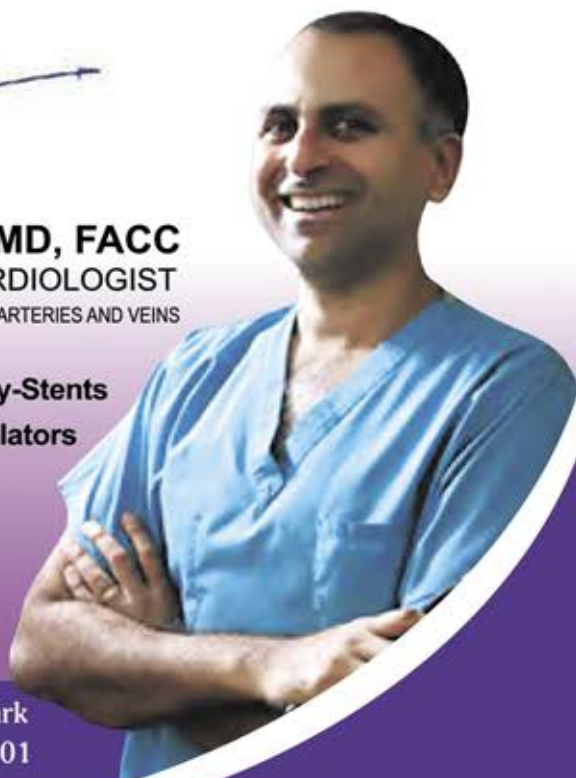
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MORE THAN RELIEF OF SYMPTOMS, A POTENTIAL CURE FOR AIRBORNE ALLERGIES



Ah, the coming of spring and its blooming flowers, outdoor activities...and sneezing, congestion, itchy eyes and sore throats due to environmental allergies. And for some, there's little relief indoors, where dust, mold and pet dander seem to waft and lurk from floor to ceiling.

Symptom relief has long been limited to avoiding allergy triggers by hiding indoors and shying away from animals, or taking allergy medications, whose drawbacks include drowsiness, dizziness, dry mouth, nausea and confusion, just to name a few.

Many people looking for long-term remission of allergies have sought out immunotherapy via prescription allergy shots, which require visiting an allergist one to two times a week for three to five years or more, but this treatment comes with pronounced risks, making it unsuitable for infants

and young children, asthmatics and people with a history of anaphylaxis or taking certain medications.

Now there's a safe, all-natural, painless alternative to suffering from environmental allergies: allergy drops. Taken daily under the tongue, allergy drops work by introducing tiny amounts of allergens into the system. Over time, the body learns to accept pollen, dust, dander and other allergens and stops creating defenses against them. For the majority of patients, four years of allergy drops are sufficient to send their treated allergies into remission. Side-effects are rare and typically minor, making allergy drops safe even for young children and people on medications.

Locally, specialized allergy testing and drops are available from Dr. Mark Vocci at Lake Eye Associates, an ophthalmology practice with four offices including one at The Villages' Sharon L. Morse Medical Center. Why does a Board-certified Ophthalmologist offer allergy drop treatment? "Many of my patients were complaining of sinus congestion and itchy, watery eyes due to environmental allergies," says Dr. Vocci. "Rather than send them away to allergists, I researched how to do more than just treat a patient's symptoms, but to also provide safe, natural, long-term and possibly permanent allergy remission without painful and potentially risky allergy shots."

In addition to providing customized drops, Dr. Vocci performs allergy skin testing. "Testing isn't what it once was - it no longer involves protracted, uncomfortable skin scratching or multiple needle injections to identify allergens. The next-generation allergy testing I perform is painless and takes only 15 minutes, and it accurately isolates which environmental triggers a patient reacts to. Once we have the allergens identified, the drops are customized to contain a tiny dose of all of them, and a few drops taken under the tongue daily from the comfort of home supplies just enough exposure to cause the body to inure to them over time. Once that happens, no more immune system overreaction, and no more symptoms," says Dr. Vocci. "Most patients notice a real improvement after three to four months."

The methodology of teaching the body to adapt to allergens is the same idea that has been successful for decades via allergy shots, but shots come with considerable discomfort, inconvenience, cost and potential problems. "No one wants to take time out of their day to wait in an office for a painful shot in the arm once or twice a week for years on end," says Dr. Vocci. "Not only is it time-consuming and miserable, but the co-pays can really add up quickly."

While allergy testing is covered by most medical insurance providers, allergy drops typically are not. However, as Dr. Vocci points out, "I monitor progress only once every three months, so office visits are few and far between, which greatly reduces co-pay costs, travel expenses and lost hours compared to shots, saving most patients considerable expense." "The cost is less than most people spend to receive allergy shots or get adequate medications. And the reported patient satisfaction level is much higher for allergy drops than either shots or medicine, which is the most important gauge of all."

If you suffer from environmental allergies and would like to know more about the possibility of saying goodbye to them forever, help is here in the neighborhood at Lake Eye Associates.



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— JOHN AND GERRY TOBIA

As our eyes age, they become more vulnerable to problems like chronic dry eye, cataracts, low vision and other disorders. Left untreated, some diseases can cause permanent vision impairment, even blindness. But fear not – there's an easy way to help preserve healthy vision throughout your lifetime: regular comprehensive eye exams.

"Eye exams let us diagnose diseases like cataracts, age-related macular degeneration, diabetic eye disease, glaucoma and other issues before they produce symptoms," says Board Certified ophthalmologist Dr. Mark Vocci. "Discovered early, nearly all eye diseases can be corrected or arrested, so if you haven't seen an ophthalmologist in awhile, it's time to make an appointment. We also diagnose and treat common issues like dry eye and sagging eyelids, which can impact appearance as well as eye health."

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Arterial and Venous Circulation Dangers

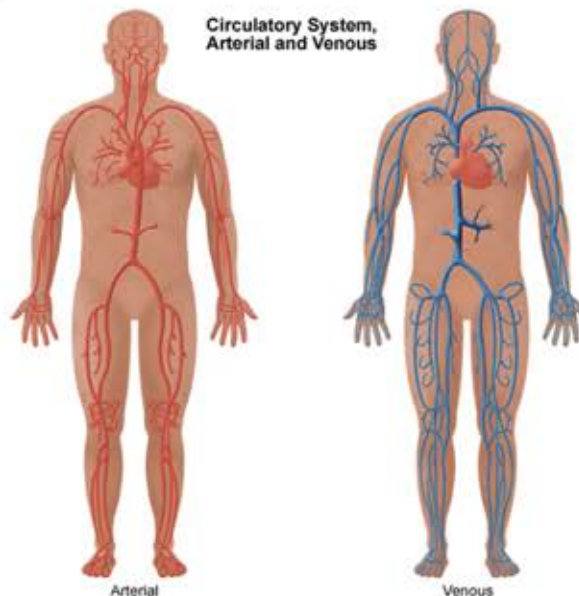
By Bryan Carter, MPA-C, Phlebology-Surgery

Blood being carried toward the heart is called venous and blood being carried away from the heart is called arterial. Because proper blood circulation aids the body's flow of nutrients and oxygen to the heart, brain and other organs, it's imperative to maintain and improve our arterial and venous blood flow as we age.

Maintaining a healthy diet is critical to keeping your lipid levels in good balance, coordinately it will assist in supporting the vascular structures through nutrient and antioxidant-dense foods. The Heart of the Villages cardiology team members recommends a low-fat diet full of healthy fruits and vegetables and lean protein. Staving off Atherosclerosis, or the hardening of the arteries due to plaque build-up can be achieved through medications as well.

One of the most effective, natural ways to achieve healthy circulatory functioning is to exercise. Along with resistance training, any form of cardiovascular activity will improve the blood flow and dispensing of nutrients. The key here is to get your heart rate up because when the heart muscle contracts at a higher rate, there is an increase in blood volume, allowing the blood to move more swiftly through the circulatory system. This will give the veins and arteries an upgrade in performance level.

What are some of the ways that you can incorporate cardiovascular exercise? Well, that answer depends on your level of health, fitness, and overall wellness. If you are someone that likes to take a jog, keep doing that, but maybe try to increase your distance on a gradual level. If you aren't a person that normally exercises, perhaps turning on your favorite music and dancing in the living room will do the trick. If you go to social clubs, maybe dancing with your spouse, or friends will be enough to get your heart rate up, all while your having fun. There is nothing better for the body and mind, then taking a good walk. Just make certain that the walk is brisk enough to increase your heart beats per minute. As the hot summer approaches, maybe taking a refreshing swim in the pool, or doing some water aerobics would be enjoyable for you. There are so many options to choose from, and thankfully many of them are low-impact to help alleviate injury to your joints and bones. Always remember to speak to your physician before starting any new exercise program.



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

Sometimes venous insufficiency is more of a cosmetic issue and poses little health concerns. This is usually noted in spider veins, which is when the tiny capillaries are damaged, but when the veins are damaged, this can cause varicose veins, which can lead to a much more severe health issues. Neither of these should be taken lightly. A medical professional will be able to report whether or not your symptoms are superficial, or dangerous and in need treatment.

Symptoms of venous insufficiency:

- Leg pain while standing or sitting, which subsides after resting for an extended period of time
- A sensation of tightness & burning may occur in the leg or foot
- Swelling of the calves, which dissipates after elevation
- Dark veins
- Dry, itchy skin

- Ulcer can occur near the ankle and are often painless, but have a dark rim

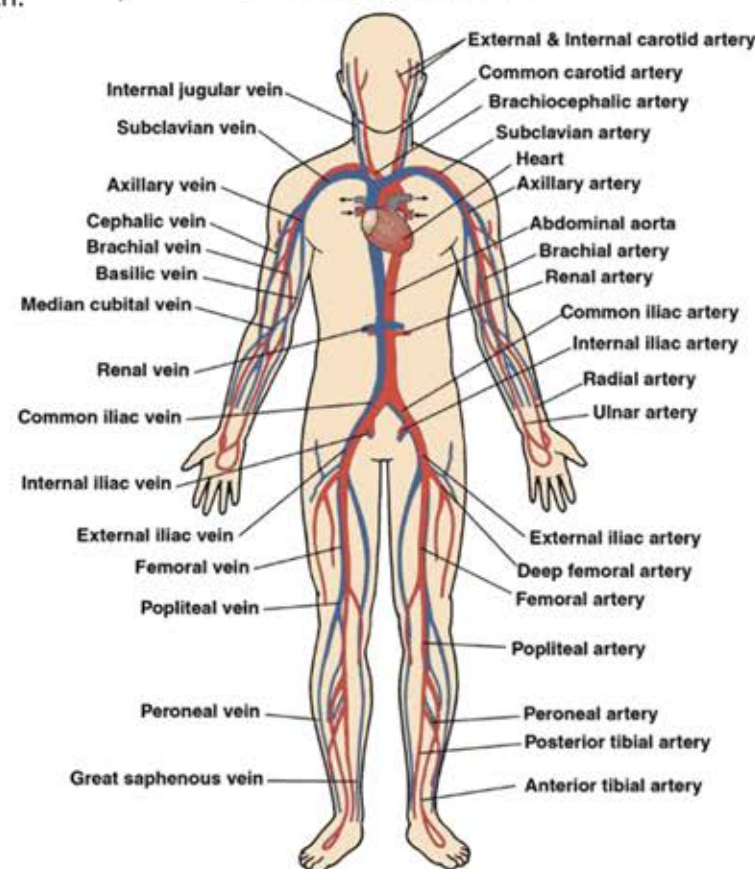
Arterial insufficiency, or more commonly referred to as Peripheral artery disease (PAD), is a narrowing of the blood vessels that supply blood, oxygen, and nutrients to the legs. This is caused by atherosclerosis. With decreased blood flow, comes insufficient nourishment to the tissues and nerves. This can lead to severe medical conditions. Currently, 8.5 million Americans have PAD.

Symptoms of arterial insufficiency:

- Leg pain and cramping when walking, usually in the calf
- Pain dissipates quickly after resting
- Loss of hair on legs and feet
- Pale skin
- Dry, itchy legs
- Ulcers can develop on feet and legs; these are usually resistant to healing

Although venous and arterial insufficiency can happen to anyone, the most common factors that put you at risk for vein issues are family history, smoking, being overweight, and a sedentary lifestyle.

Circulatory System



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Because the veins and arteries balance each other out, when a person experiences chronic symptoms, it's critical to see a physician. If the veins are damaged, it's not unusual that the arteries are not pumping blood efficiently either. Chronic venous insufficiency must be treated to prevent further damage to your circulatory system and your overall health.

Treatment Options for Venous Insufficiency

- Medical Grade Compression Stockings/Socks
- Leg Elevation
- Increase Excise
- Endo Venous Thermal and Chemical Ablation
- Isolated Vein Phlebectomy

Treatment options for Arterial Insufficiency

- Peripheral Vascular Stent
- Angioplasty
- Bypass Grafting
- Worst Case-Amputation

At the Heart of The Villages, Bryan Carter specializes in venous issues and takes great pride in getting to know his patients on an individual level. He is a previous Army combat medic who obtained his Masters in Physician Assistant studies with a thesis in Venous Disease and Treatment. He's always staying ahead on the most up-to-date treatment modalities and has had specialized Vein Disease training at Harvard. Mr. Carter has been treating vein problems since October 2002 and was one of the first Physician Assistants to perform thermal ablation—a treatment that soon made traditional vein stripping extinct. Bryan has personally trained physicians, physician assistants and nurse practitioners throughout Florida and Georgia and is an active member of the American College of Phlebology. He is also one of only a few to be inducted into the American Venous Forum.

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Chest Pain? Call 911 Immediately

Although chest pain can sometimes be triggered by some non-threatening disorders like excessive gas, anxiety, acid reflux or muscle strains, you cannot afford to waste precious time, if chest pain occurs.

Chest pain can be related to the following serious complications, a rupture of the aorta, angina, or myocardial infarction (heart attack).

The majority of patients in the emergency room with chest pain are most likely having a heart attack, and the proper testing is done immediately upon your arrival. The medical staff knows that in these situations, minutes can make a huge difference in your survival rate and can help to prevent the percentage of damage to your heart if diagnosis and treatment are performed early.

If you have chest pain, call 911! Do not delay in calling for help. The seconds you waste can be the difference between life and death.

The most common signs of a heart attack are:

- Chest pain
- Fatigue
- Lightheaded/fainting
- Chest tightness
- Sensations of squeezing, pressure or fullness in the chest
- Shoulder pain
- Neck pain
- Arm numbness
- Shortness of breath
- Sweating
- Nausea

In some cases, approximately 35% of the population suffering from a heart attack will not have any chest pain. This is usually the case for most women, compared to men. Women tend to experience excessive fatigue and neck pain when having heart problems.

The most advanced technology can diagnosis the area in the heart that is affected by the blockage through both non-invasive and invasive procedures. Diagnostic angiograms and PET scans can determine exactly where the treatment needs to be placed. You may be diagnosed with a complete blockage (STEMI) or a partial blockage (NSTEMI).



Treatment options are:

- Clot-dissolving medications
- Stents
- Drug-Eluted stents
- Balloon Angioplasty
- Coronary artery bypass grafting

Ways to help prevent a heart attack, or other heart disorders:

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

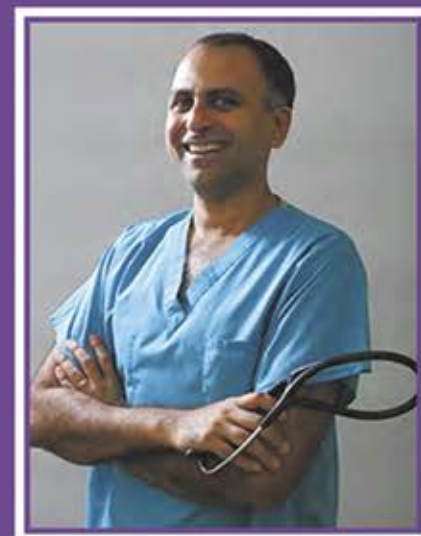
To find out more information about Dr. Vallabhan, your local specialists in the diseases of the heart, veins, and arteries, please call **(352) 750-2040** or visit them online at, **www.drvcardio.com**.

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



It's all about your heart.

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



Dr. Vallabhan

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Falling is not “normal!”

By Cory Hewitt, RN, BSN, TCRN - Ocala Health VP of Trauma Services

May is national Trauma Awareness Month. Over 10,000 baby boomers are turning 65 every day. As this expanding demographic grows, healthcare is forced to redefine commonly held concepts. A commonly held myth is it is “normal” for elderly patients to fall. Falls are all too common in the geriatric population and they can have devastating consequences. Falls are the leading cause of accidental death for adults over the age of 65. According to a recent study, only 15-20% of patients who are hospitalized due to a fall will live more than one year after the injury. Falls are estimated to cost the United States health care system almost \$55 billion by the year 2020. Despite the serious nature of these injuries, there are many practical steps we can take to decrease the risk and consequences of a fall.

The first step in making improvements in our lifestyles is to identify what type of conditions can put us at a greater risk. The more risk factors that apply, the greater chance you have of falling. Some of the factors not in our control are our age and sex. Symptoms from illnesses or even side effects of medications for treating high blood pressure can commonly affect balance. While this list can help us identify our risk of a serious fall, we need to look a little deeper into each of them. We will find there are many changes in our lifestyles that can decrease the impact on our overall risk.

As we age, we notice a distinct and increasing change to our vision, hearing, muscle tone and reflexes. Mixing alcohol and medications greatly increase risks

RISK FACTORS FOR FALLS

- AGE ABOVE 50
- FEMALE
- PREVIOUS FALL
- CONFUSION
- DEBILITATED
- MULTIPLE MEDS
- ARTHRITIS

leading to a dangerous fall. It is extremely important that everyone speaks with their primary doctor and pharmacist about the side effects of medications they may be taking. Not only can your medications cause sedation or dizziness but also can increase your need to urinate which can increase the risk of falling when you need to go urgently in the middle of the night. Your physicians may be able to adjust the type of medications, the frequency, or timing of when you take the medication.

Bone frailty is an increasingly important area in preventative medicine. Starting at age 35, all adults will start to lose bone density (osteoporosis). Men can lose 20-30% while women can lose up to 50% of the strength of their bones. These weaknesses can usually be seen with increasing number of fractures to the upper femur (hip), wrist, and lower back. The most effective way of combating this is through dietary changes. Staying well hydrated and having a diet rich in calcium and vitamin D can slow down bone loss. The National Institutes of Health (NIH) recommends 1500 mg of calcium daily. The average intake for elderly Americans is less than 800mg. Increasing intake of dairy products, fortified orange juice, low-fat yogurt, grains and cereals can help bridge this gap. Many people take calcium supplements to help but this should only be done after speaking with your primary physician or pharmacist.




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Summerfield ER

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Summerfield, FL 34491



Another way to mitigate the risk of falling is to look at the environment where we live. The majority of serious falls happen in the bathroom and kitchen. A common side effect of blood pressure medicine is postural hypotension, which causes us to get light-headed or even pass out if we sit up or stand too quickly. To help increase the safety for those middle of the night trips, make sure that the floor is clear of objects and remove throw rugs. Have night lights positioned so that you can clearly see all obstacles. Add non-slip surfaces to all stairs and try to make them light colored. Install hand railings to both sides of all stairs. Use a cane or walker if your doctor recommends them.

Finally, one of the most effective ways to keep healthy is to stay active. The best forms of exercise will include increasing balance, core strengthening and improved coordination. A good example would be water aerobics or Tai Chi. The most important thing is that you involve yourself in an activity you enjoy! Not only will you have fun, but you will continue to be active and healthy for much longer. An active lifestyle will improve flexibility, increase muscle tone, help control your weight and blood sugar and decrease stress. While exercising, make sure you wear supportive shoes with good rubber soles, hydrate well, warm up and cool down, and stop if you have chest pain, shortness of breath or discomfort in the chest or jaw area. Speak with your physician about what kind of exercise and activity is right for you.

With a few changes in your lifestyle and home, you can greatly decrease your risk of falling. Key points to remember are to stay actively engaged in physical exercise and social interactions. Make sure you are speaking with your physician and pharmacist often. Stay involved, stay active, stay aware and help us fight the epidemic of elderly falls!

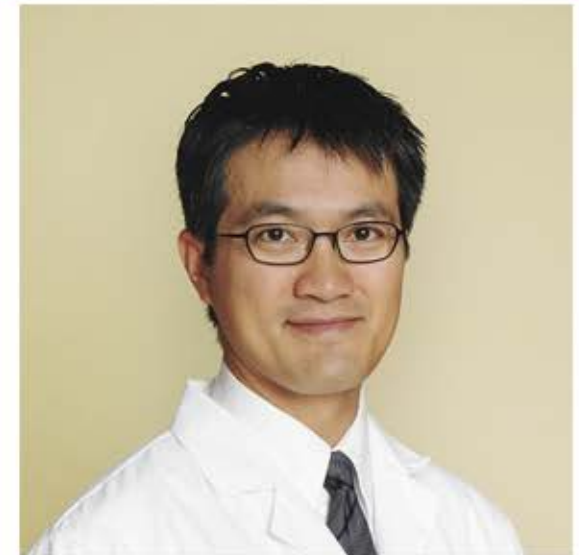
May is Melanoma Awareness Month

Skin Cancer Screenings

Did you know that 1 in 5 people develop skin cancer?

There are different types of skin cancer, and melanoma is, by far, the most harmful of them all. Every hour a person dies of melanoma, and this year alone, it is estimated that over 132,000 new cases of melanoma will be diagnosed. On average skin cancer screenings take about fifteen minutes. These few minutes of your time could potentially save your life.

In addition to diagnosing melanoma, a thorough skin cancer screening and examination can detect many other skin disorders. There are more than 3,000 different skin disorders than are diagnosed by dermatologists. It is recommended that you have a skin screening at least once a year. And, because some forms of skin cancer grow very rapidly, if you are experiencing any new forms of lesions, bumps, moles that are of concern, you should schedule an appointment with your dermatologist immediately.

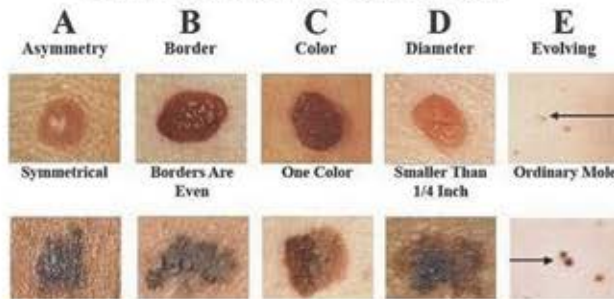


THI T. TRAN, DO

Dr. Tran has dual-board certification in Dermatology (since 2004) and Mohs Micrographic Surgery (since 2007). He is a fellow of the American Osteopathic College of Dermatology and American Academy of Dermatology. He did his undergraduate work at Case Western Reserve University, and received his medical degree from Ohio University College of Osteopathic Medicine. Dr. Tran completed his residency and post-graduate training in medical and surgical dermatology at Nova Southeastern University in Florida, where he served as Chief Resident

Dr. Tran has been published in leading dermatology journals and has presented at national conferences for the American Osteopathic College of Dermatology and the American Academy of Dermatology. He is renowned for his work in Mohs micrographic surgery and facial reconstructive repair for skin cancer surgery, and his practice fostered the development of the Il Duomo Sim Skin model. Dr. Tran was nationally recognized with Most Compassionate Doctor and Patients' Choice Award, as a reflection of the high quality of care that he and his staff provide.

The ABCDEs of Detecting Melanoma



The symptoms to look for in moles or lesions are outlined in this simple acronym, ABCDE:

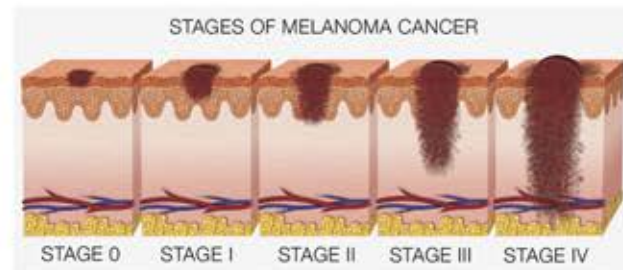
- A**—Asymmetry
- B**—Border Irregularity
- C**—Color—Variegated or a Halo Effect
- D**—Diameter
- E**—Evolving

In Addition to the symptoms above, there are supplementary signs to look for, which include:

- A**—Amelanotic (Pink or Red Lesion)
- B**—Bleeding/Bump (Raised Lesion)
- C**—Color Uniformity

The best way to prevent skin cancer is to take a hands-on approach to protecting yourself.

- Avoid the sun between 10:00 am and 3:00 pm
- Wear sun protective clothing (hats, long sleeves)
- Apply sunscreen with **SPF of 30** or higher every two hours
- Avoid sitting by windows that allow in UV light (wear SPF)
- Get regular skin cancer screenings and exams



Because early detection is the key to successful treatment, continual emphasis on the importance of regular skin screenings are critical to your health. Proactive prevention through sun protection and early diagnosis continue to be the smartest strategies.

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 & COSMETIC SURGERY, LLC

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TREATMENT FOR CERVICAL SPONDYLOTIC MYELOPATHY

Cervical spondylotic myelopathy is a rather complex name for one of the most common disorders in people ages 55 and older: age-related damage to the spinal cord in the neck. With age, heredity, overuse, misuse or lack of use, the cervical spine can develop arthritis and degeneration of the discs, bone spurs and thickening of the neck ligaments. These problems can create a narrowing of the space in the spinal canal, a condition called stenosis. This narrowing can crowd the fluid-filled space that protects the spinal cord from trauma, and constrict the sensitive fibers of the cervical spine.

Even though the affected fibers are in the neck, they transmit electrochemical signals down to the arms, hands and all the way into the legs. Once these fibers are compressed or damaged, a number of unpleasant and sometimes serious symptoms can result, including tingling, numbness, weakness and/or clumsiness of the hands, leg stiffness, poor balance, and neck pain. Some patients may experience urinary urgency or incontinence. Symptoms of cervical spondylotic myelopathy can be mild to severe, single or multiple, worsening or stable. Left untreated, they tend to progress over time and in some cases damage is permanent, so an accurate diagnosis is the first step in successful treatment.

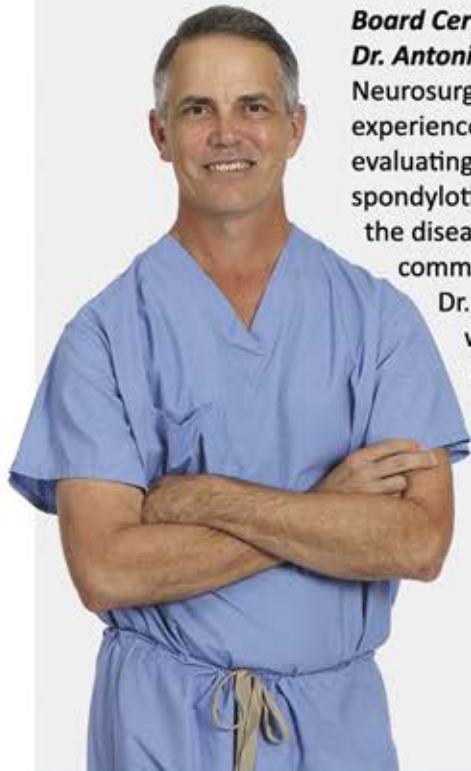


Among the tests Dr. DiSclafani uses to identify cervical spondylotic myelopathy are magnetic resonance imaging, or MRI, an ionizing-radiation-free scan that provides excellent clarity of the cervical spinal cord and spinal canal, discs, ligaments and nerves. He also utilizes a highly specialized type of x-ray called post-myelography computed tomography, or myelo-CT, which, with the aid of a contrast agent injected into the fluid surrounding the spine, can reveal the presence of bone spurs, bulging discs and other causes of irritation or compression of the nerve fibers or the spinal cord itself.

Once a diagnosis has been made, Dr. DiSclafani outlines treatment options designed to relieve symptoms and limit further damage. Most commonly treatment will involve reducing the pressure on the nerves through decompression surgery, which comes in several varieties, the best of which varies from patient to patient, depending on the location and cause of the myelopathy. Dr. DiSclafani has performed many surgeries to treat cervical spondylotic myelopathy, including anterior cervical discectomy and fusion, anterior cervical corpectomy, cervical laminectomy and fusion, cervical laminectomy and cervical laminoplasty. Occasionally, Dr. DiSclafani combines procedures to provide the best outcome.

If you have symptoms of cervical spondylotic myelopathy, you owe it to yourself to discover the cause and ways to find relief and protect against further damage. The caring professionals of Ocala Neurosurgical Center are happy to discuss your situation with you. We invite you to give us a call.

Board Certified neurosurgeon, Dr. Antonio DiSclafani, of Ocala Neurosurgical Center is highly experienced in diagnosing, evaluating and treating cervical spondylotic myelopathy. Because the disease produces symptoms common to several others, Dr. DiSclafani's familiarity with the disorder calls him to utilize the latest technologies to differentiate it from other conditions.



ANTONIO DISCLAFANI, MD

- In practice of neurosurgery since 1988. Joined Ocala Neurosurgery Center in 1993
- Board Certified in Neurological Surgery by the American Board of Neurological Surgery
- Medical Degree from the University of Texas Health Science Center in Houston
- Residencies at the University of Tennessee & St. Jude Hospital in Memphis
- Member, Alpha Omega Alpha Honor Medical Society
- Fellow, American College of Surgeons
- Fellowships in neuro-oncology, University of California at San Francisco & St. Jude Hospital in Memphis
- Certified by the National Board of Medical Examiners
- On staff at Munroe Regional Medical Center & Ocala Regional Medical Center

Dr. Antonio DiSclafani, his partner neurosurgeons, Dr. Mark Oliver and Dr. Daniel Robertson, 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.

Ocala Neurosurgical Center
 OcalaNeurosurgicalCenter.com
 352-622-3360



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

Guard Against Skin Cancer While Enjoying Summer Fun

May is Melanoma and Skin Cancer Awareness Month, and InterCommunity Cancer Center in Lady Lake, Fla., wants to remind everyone about the importance of protecting their skin from the harsh rays of the sun. Cumulative exposure to ultraviolet radiation (UV) from the sun or other sources is the number one cause of skin cancers. That's why it's critical to always apply sunscreen when outside enjoying summer activities—even on cloudy days.

The back is the most common location for melanoma, the deadliest form of skin cancer. Adequately applying sunscreen to your own back is difficult, so see if someone can lend a hand. Unfortunately, 37 percent of people rarely or never apply sunscreen to their back. A broad spectrum sunscreen with a sun protection factor of 15 or higher should be used on all exposed skin whenever you are outside—including cloudy days.

Preventing Skin Cancer

In addition to applying sunscreen, there are other things you can do to guard against skin cancer, such as:

- Staying out of the sun from 10 am to 4 pm when UV rays are strongest
- Never using tanning beds or sun lamps
- Avoid getting a sunburn
- Wearing protective clothing to cover as much skin as possible. Tightly woven fabrics in dark colors are best
- Protecting the head and eyes by wearing a wide-brimmed hat and sunglasses

Even if you have carefully practiced sun safety all summer, it's important to continue being vigilant throughout the year by examining your skin head-to-toe once a month, looking for any suspicious lesions. Have someone else examine hard to see areas, such as your back. Unexplained sores, unusual looking moles, lumps, blemishes or changes in how the skin looks or feels may indicate skin cancer, or be a warning that it might be developing. Lesions that change, itch, bleed or don't heal are also alarm signals. Self-exams and screenings by a healthcare provider can help identify skin cancers early, when treatment is most effective.



InterCommunity Cancer Center recommends consulting a dermatologist immediately if you notice anything changing, itching or bleeding on your skin.

Risk Factors

Factors that may increase risk for melanoma and other skin cancers include: fair skin, a history of one or more sunburns, excessive exposure to ultraviolet light, living closer to the equator or at a higher elevation, having more than 100 moles or unusual moles, a family history of melanoma, and a weakened immune system.

Radiation Therapy Effective for Treating Certain Types of Skin Cancer

ICCC offers the Freiburg Flap Procedure for the treatment of skin cancer, an excellent treatment option that is especially effective for cancers on curved areas of the body, like the head, face, neck, foot and ankle. It can wrap around irregular surfaces, conforming to any part of the body while providing exceptional dosing control.

“The Freiburg Flap Procedure allows us to provide patients highly customized treatments that yield significant results in six to eight visits versus the 20 to 25 required for traditional external beam radiation,” explained Dr. David J. Catalano, medical director and radiation oncologist at ICCC. “Patients do very well with the treatments, and the procedure can be used for all different types of skin cancers. It is exciting to offer this treatment that provides excellent results while minimizing disruption to the patient’s normal lifestyle.”

Know the ABCDEs of Melanoma

- A = Asymmetry:** one half is unlike the other half
- B = Border:** an irregular, scalloped or poorly defined border
- C = Color:** is varied from one area to another; has shades of tan, brown or black, or is sometimes white, red, or blue
- D = Diameter:** Greater than the size of a pencil eraser when diagnosed but can be smaller
- E = Evolving:** a mole or skin lesion that looks different from the rest or is changing in size, shape, or color

ABOUT INTERCOMMUNITY CANCER CENTER

InterCommunity Cancer Center (ICCC) has more than 30 years of experience providing quality, personalized cancer care in the Lady Lake and Leesburg communities and has treated more than 10,000 patients. Medical Director and Radiation Oncologist Dr. David J. Catalano has expertise in treating breast, lung, prostate, gynecologic, skin and other cancers.

ICCC is an affiliate of The US Oncology Network (“The Network”). This collaboration unites ICCC with more than 1,400 independent physicians dedicated to delivering value-based, integrated care for patients — close to home. Through The Network, these independent doctors come together to form a community of shared expertise and resources dedicated to advancing local cancer care and to delivering better patient outcomes. The US Oncology Network is supported by McKesson Specialty Health, whose coordinated resources and infrastructure allow doctors in The Network to focus on the health of their patients, while McKesson focuses on the health of their practices.

For more information, visit www.usoncology.com.

InterCommunity
Cancer Center

The US Oncology
Network

Lady Lake
922 Rolling Acres Road
Lady Lake, FL 34748

(352) 674-6300
www.ICCCVantage.com



David Catalano, M.D.
Medical Director

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The ABCDEs of MELANOMA

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:

- A - Asymmetry** – One half is unlike the other half
- B - Border** – Irregular, scalloped or poorly defined border
- C - Color** – Varied from one area to another; shades of tan and brown, black; sometime white, red or blue
- D - Diameter** – While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller
- E - Evolving** – A mole or skin lesion that looks different from the rest or is changing in size, shape or color 1 in 5 Americans will develop skin cancer in their lifetime



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- Apply Broad Spectrum Sunscreen with SPF of 30 or Higher

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Gum Line Restoration Through a Tiny Pinhole

By Lucia Roca, DDS, MDS, Board Certified Periodontist



It's important to visit your dentist on a regular basis to keep your teeth healthy. Many people overlook that keeping your gum (gingival) tissues healthy are just as essential.

One of the common issues that hygienists and dentists see with their patients is over brushing. If you're not brushing with a soft toothbrush and taking your time to clean each surface of every tooth gently, then you most likely are aggressively over brushing your teeth.

You may be confused about the proper way to brush, and in turn, you could be causing extreme damage to your gingival tissue. Have you noticed any recession on your gum line? Do the roots of your teeth show? If you answered yes to those two questions, you may be a little self-conscious about your smile, and not aware of the potential infection and bacteria that could harbor under the gum line and increase the amount of recession that you already have.

Up until recently, there was only one treatment option for gum line shrinkage or recession. That procedure was accomplished through skin grafting.

Essentially part of your palate (upper mouth) skin was cut away with a scalpel and then grafted into place with sutures to the receded areas. It's not the worst-case scenario, but many patients are reluctant to have a surgical procedure out of fear.

There is a new technique that's showing countless successful results for patients with recession. It's called a Pinhole Technique. A dentist that has received a great deal of notoriety for this new procedure, and has since certified other dentists to perform his technique developed it. Eliminating the need for autogenous gum graft, cutting, and sutures; this method is accomplished by making a tiny pinhole above the receding area and loosening the gum tissue. The dentist will then move the gingiva and reposition it to cover the roots of the exposed area of the teeth, creating a normal gum line. Collagen strips are placed around the teeth, keeping the gum line in place. The patients will see immediate results and will experience little to no bleeding, swelling or pain. The tiny pinhole heals quickly, within 24 hours and the collagen strips are resorbable and do not need to be removed. The strips will help the body to produce more natural collagen, and therefore healing will be rapid.

At Laurel Manor Dental, they are highly trained in treating receding gingival tissue, and they take great pride in your getting you to your most advantageous dental and oral health. Laurel Manor Dental goes one step further because they have an onsite specialist in periodontal disease. Her name is Dr. Lucia Roca, and she is also certified in the Pinhole Technique.

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

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

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

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A Knee Replacement Implant Made Specifically For You

If you were having a custom kitchen designed by an expert builder, they wouldn't just buy a marble countertop off the shelf somewhere; they would have it measured precisely, finely cut, trimmed and polished before installing it in your highly-anticipated new kitchen. If we are so meticulous about our homes, then why would we let a surgeon choose an "off the shelf" knee replacement for our unique, precious, irreplaceable bodies?

Ironically, the typical knee replacement implant is selected from a base range of sizes. The surgeon has to manually try to make the adjustments during the procedure to fit your specific anatomical bones and inner knee space. With this type of implant, there is usually an issue of the implant hanging over the bone or falling short (underhang), which leaves bone exposed. If your implant isn't aligned properly, you will most likely have major issues with mobility and comfort. This is precisely the reason that 1 in 5 patients are unsatisfied with their knee replacement.

Clinical studies have demonstrated that these compromises on fit can cause residual pain after surgery. A medical device company called, ConforMIS designs partial and total knee implants to fit the patient specifically. Using proven techniques for standard knee replacement, coupled with their exclusive CT scan and 3D modeling technique, called an iFit Image-to-Implant® technology, they create a customized knee to fit your body.

There are also alternatives to having a total knee replaced. For example, many patients are unaware of the fact that they can receive a partial implant. Arthritic damage to one side of the knee is common, so utilizing an implant customized for the medial or lateral deteriorated area is sometimes a better option than a total knee replacement depending on your individual circumstances.

If you are a candidate for a partial knee implant, with the ConforMIS technique, your surgeon would be able to preserve your tendons and ligaments, as well as part of your natural knee bone. This will allow quicker healing, better progress; and preserving bone will provide more natural knee for any future treatments that may be necessary.



Polyethylene is the material that is used in almost all knee implants. Polyethylene allows the joint of the implant mechanisms to move freely. However, the polyethylene sits on a metal platform like a fulcrum, cushioned in between bones. This can cause a great deal of wear and tear on the material of the implant.

ConforMIS manufactures its material differently, and eliminates the typical deterioration through a unique process that makes for less contact stress throughout the knee. Its technology creates a

material that is stronger and more durable than polyethylene implants.

To find out more about ConforMIS, or your other orthopedic needs, please call Advanced Orthopedic Institute at (352) 751-2862

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Energy Medical (EMed)

*Leading the way in Bio-Energetic pain relief and accelerated healing
Helping the body repair and heal itself naturally*

Along with proper nutrition, exercise, energy and rest, staying hydrated is the key to accelerated healing. Before reaching for fancy vitamin or electrolyte infused drinks that are often filled with sugar, plain water will usually do the trick to keeping you well hydrated. Dehydration is when our body has lost required H₂O, and it can be extremely dangerous, causing permanent damage to our cells, organs and musculoskeletal system. Unfortunately, it's quite common not to feel thirsty until we're already dehydrated. Once this happens, the negative endangerments to our organs and vital systems have already begun. Dehydration can cause the joints, skin, and eyes to lose lubrication. It can cause organs to fail, constipation, liver and kidney ailments, Urinary tract infections, muscle damage, heatstroke and heart failure.

Dehydration Symptoms:

- Dry mouth
- Headache
- Fatigue
- Dizzy
- Nausea
- Cramping muscles
- Wrinkled (pruney) fingertip pads
- Bladder pain

Each year during the summer months, more than 8,000 children and teens and over 10,000 adults are admitted to the emergency room due to dehydration.

The Best methods to staying hydrated are:

- Avoiding excessive exercise
- Avoiding over sun exposure
- Limiting caffeinated drinks
- Avoid excessive sodium
- Limit Alcohol intake
- Drink plenty of water
- Keep salt, sugar and water intake in balance

Restoring and optimizing health with technology:

Along with staying hydrated, accelerated healing is highly achievable with bio-energetic technology used to re-normalize a multitude of particular medical issues. Because of the fact that the cells in our bodies function, and signal to each other through intricate electrical (bio-energetic) transmitters when our cells currents are damaged or dying, the electrical current levels in the cells diminish, and the cell will begin to emit toxicity through chemical reactions into our bodies. These tiny electrical (micro-current) signals are measured with EKG's, EMGs, EEGs and nerve conduction tests, reading the electrical properties of the heart, muscles, brain and nerves. When the proper micro-current pulses are restored and stabilized, our bodies will start to eliminate pain, inflammation and the progression of damage, injuries, aging and disease.

So if we are all being diagnosed electrically why aren't we being treated electrically? Micro-current therapy has been around for many years, but not all micro-current devices are created equally. Most micro-current (T.E.N.S.) devices simply trick the brain into not feeling pain but don't address the root cause.

Energy Medical (EMed) has a unique, and superior micro-current system for accelerated healing called Acuscope Myopulse (AMT). AMT is based on physics and uses artificial intelligence to normalize tissue at a cellular level and address the root cause. All the functions of the body can be normalized, as long as the pathology has not progressed too far.

Until recently AMT was reserved for top athletes and celebrities for its healing and anti-aging benefits. AMT is now available to the general public. The process is easy and takes a short period of time to improve our cells electrical functioning. During the procedure, small probes are applied to specific areas of the body, and low-level micro-current is stimulated through and controlled by a technician.

AMT triggers the body's own natural healing mechanisms by:

- Normalizing inflamed (low-resistance) tissue so that it no longer redirects required (normal) electrical impulses away from needy or damaged (high-resistance or electrically compromised) cells
- Normalizing damaged (high resistance or electrically compromised) cells so that they can hold the normal electrical charge needed to make enough of the chemicals responsible for producing cellular energy, the fuel needed for repair

Energy Medical is a leader in the field of electric medicine and specializes in eliminating pain and accelerated healing. Using various advanced, electromagnetic-pulsed-frequency waveforms, Energy Medical therapists excel at re-normalizing tissue and cellular function. The results are dramatic pain relief, increased energy and levels, improved mental clarity, and much more. It sounds complicated, but it's really quite simple, quick and highly effective.

Energy Medical:

- Specializing in pain relief and accelerated healing
- Helping you look better, feel better and perform better
- Is the leader in the field of electric bio-energetic medicine
- Provides highly effective, fast and lasting results
- Offering free consultation to design a plan to address the root cause of an issue and not just mask symptoms
- Helps people improve quality of life
- Helps people increase energy levels, blood flow, natural healing, and detoxification
- Utilizes advanced, artificial intelligence, electromagnetic-pulsed-frequency-waveform technologies to safely restore health without drugs or surgeries



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Connection Between Food and Your Physical & Mental Health

What's for dinner? This question is coming up in regards to mental health. More research is finding that a nutritious diet isn't just good for the body; it's great for the mind, too. Recent studies have shown the risk of depression increases about 80% when you compare teens with the lowest-quality diet, to those who eat a higher-quality, whole-foods diet.

Sadhguru, yogi, mystic and the foremost authority on yoga and Mark Hyman, American physician and bestselling author, explore the connection between the food that we eat and our physical and mental health, as well as possible approaches to change our food system.

Mark Hyman: One of the questions that came from the audience is about the connection between our mind, our mood, our emotional state, our mental health, and the food we eat. Everything from ADD to bipolar disease, to depression could be linked to that. So, what is the connection between our body and our mind?

Sadhguru: The yogic system does not identify body and mind as two different entities. Your brains are part of your body. It is just that what we generally refer to as mind is a certain amount of memory and intelligence. Between the rest of the body and the brain, which has more memory, which has more intelligence? If you look at it carefully, your body's memory goes back millions of years. It clearly remembers how your forefathers were. The mind cannot claim that kind of memory. When it comes to intelligence, what is happening in a single molecule of DNA is so complex that your whole brain cannot figure it out.

In the yogic system, there is a physical body and there is a mental body. There is an intelligence and memory running right across the body. People generally think the brain is everything just because it handles the thought process. And because of this separation of body and mind, a large number of people in the West are taking antidepressants at some point in their life.

The type of food we eat has a huge impact on the mind. An average American is said to consume 200 pounds of meat per year. If you bring it down to 50 pounds, you will see 75% of the people will not need antidepressants anymore. Meat is a good food to survive if you are out in the desert or the jungle. If you are lost somewhere, a piece of meat will keep you going, because it provides concentrated nourishment. But it should not be a daily food that you eat when there are other choices.

There are many ways to look at this. One thing is animals have the intelligence to know in the last few moments that they are going to get killed, no matter how cunningly or how scientifically you do it. Any animal that has the capacity to express some kind of emotion will always grasp when it is going to be killed.

Suppose all of you come to know right now that at the end of this day, you are going to get slaughtered. Imagine the struggle that you would go through, the burst of chemical reactions within you. An animal goes through at least some fraction of that. This means when you kill an animal, the negative acids and whatever other chemicals are in the meat. When you consume the meat, it creates unnecessary levels of mental fluctuations.

If you put people who are on antidepressants on a conscious vegetarian diet, in about three months' time, most of them will not need their medication anymore.

For most of those who have become mentally ill, the illness has been cultivated – there is nothing pathologically wrong with them. Such a large percentage of people cannot be mentally sick unless



we are culturing it within our social fabric. We should never let commercial forces determine the quality of our lives. Commerce is there to serve humanity. But right now, we have structured the economic engine across the world in such a way that human beings are here to serve the economic and commercial process.

It is not in the hands of the politicians and policy-makers alone. If everyone realizes their physical and particularly their mental health improves when they change what they eat and how they eat, we will also change the politicians.

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This course provides tools and solutions to create your life the way you want it. It imparts practical wisdom to manage your body, mind, emotions, and the fundamental life energy within. To learn more visit: www.InnerEngineering.com or contact us at tampa@ishausa.org/ 813-413-1661.

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MonaLisa Touch Therapy for Vaginal Dryness and Pain

As women age and approach the menopausal years in their late 40's and early 50's, estrogen levels rapidly decline. The result is a long list of changes that may affect the woman's overall health and quality of life. These may include painful vulvar and vaginal dryness with intercourse, urinary frequency and incontinence, and relaxation of the vaginal walls. For decades, the treatments for these conditions tended to center around hormone replacement therapy with various forms of estrogen. However, many women fail to respond to estrogen, are reluctant to use any form of estrogen due to potential risks, or may be prohibited from using estrogen as instructed by their physicians. There were few if any other effective options for these women . . . until now.

MonaLisa Touch is an innovative laser procedure, designed and produced by DEKA (Italy), that delivers fractional CO2 laser energy to the vaginal wall tissue. This is the same type of laser technology used in many facial "rejuvenation procedures" performed by dermatologists and plastic surgeons, so it has already been studied extensively and deemed safe for sensitive parts of the body. The Mona Lisa Touch procedure offers significant advantages over current treatment options as it addresses the issues that cause vaginal dryness and pain, rather than simply working on the symptoms.

The Science: How Does It Work? The MonaLisa Touch laser stimulates fibroblast cells in the vaginal tissue to promote a natural regeneration process, mainly by increasing the formation of collagen and other important "building block" molecules, and by restoring the pre-menopausal blood supply. In as little as 30 days after treatment there is formation of new tissue in the vaginal walls and the protective mucosa recovers volume, hydration and elasticity. The MonaLisa Touch creates longer-lasting relief than current treatments and offers a safe and a life-changing option for patient groups who were previously not suitable for existing treatments.

Who Is It For? Any woman suffering from painful vaginal dryness and it's associated symptoms – women who have had their ovaries removed, menopausal women, breast cancer survivors and all other women who are prohibited from using estrogen products. Dr. Nwaubani also uses it to treat lichen sclerosis and other vulvar benign dermatological conditions.



If you want to regain the harmony of your womanhood, do not hesitate to contact Uzoma Nwaubani, MD.

Is it Safe? It is FDA approved, and has been proven clinically effective and safe in numerous studies by leading researchers in the United States and around the world.

What Should I Expect on the Day of My Appointment? The MonaLisa Touch procedure is performed in an office environment without the need for anesthesia and with virtually no pain or side effects. It is quick (it takes approximately 5 minutes), resulting in virtually no down time. It is able to yield noticeable results after the first treatment (3 treatments are recommended). Most patients are able to return to their daily routines immediately.



Uzoma Nwaubani MD - "Add Life To Your Years"

Dr. Nwaubani is a Nigerian born medical doctor. She obtained her medical degree (MD) from the University of Nigeria and completed an OB/GYN residency at New York University, followed by a Fellowship in Urogynecology/Pelvic Reconstructive Surgery at Mt. Sinai College of Medicine. Prior to starting her residency training, she worked as an Obstetrician and Gynecologist in the Caribbean Island of Trinidad and Tobago, and also as a Clinical Instructor in Histology/Pathology at St. Georges' University School of Medicine.

Dr. Nwaubani's professional interest include Urogynecological surgery, minimally invasive pelvic surgery, prolapse and incontinence management, Gynecological evaluations and surgery, female pelvic medicine and wellness, menopausal medicine and urogynecological research and education.

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MIT Medical Imaging & Therapeutics

Dr. Mark Jacobson

What does “therapeutics” in medicine mean?

This week, I am deeply moved by the loss of one of my patients. This one, in particular, left an impression on all of my staff. His relentless endearing spirit regardless of his pain and suffering, never ceased to amaze us. When his wife called with the news, we all felt as though another member of our MIT family had been lost. The solemnness passed throughout every department once again, as we tried to continue about our day, offering hope and kindness to our other patients, who look to us for diagnoses and treatments, and a little “extra attention,” that we often provide, to help them overcome their ailments. Although it is advised not to get attached, sometimes, it is impossible not to, especially if they have spent years and numerous procedures with me. Getting acquainted with my patients helps ease their anxiety. Allowing them to talk and express themselves is often something they don’t get a chance to do as they are rushed from appointment to appointment. In my practice, developing a personal relationship with patients is the norm. What kind of doctor would I be if I couldn’t provide a comforting voice, and tender touch in addition to my medical expertise? Not only do they get a lot from me, but each one unknowingly teaches me a little something which I can apply towards my other patients. The art of listening is somewhat of a dying art among physicians. Patients really deserve to be heard.

To offer a patient therapeutic care often means to keep them comfortable by reducing and hopefully eliminating their pain. For those who are healthy but might be suffering from an injury or chronic pain, oftentimes, there is permanent healing through injections or minor surgical repairs, but then there are those who are afflicted with a terminal illness. Although I feel privileged to assist in the management of my patients during these situations, no matter how sick they have become overtime, we are never really prepared for the news of their passing. We all hope we can all live forever, but unfortunately, we can’t, and it is always a very sad day, and a feeling of loss not only for their families at home, but for those of us who have tirelessly tried to ease their suffering. The tears, hugs, smiles and laughter throughout their journey bring us close to them and their families and so it is often a family member who calls or visits to tell us unfortunate news, oftentimes seeking the support and comfort they also received when they accompanied their loved one during visits to my office.



My oncology patients come to me from many specialties. Perhaps, pain can send them to an urgent care center, who sends them to me for imaging studies, or a primary care doctor may order a CT or MRI because something hurts, a gynecologist orders a mammogram and a suspicious lesion is found. As an interventional radiologist, I can perform a biopsy and send the specimen to a lab that will establish the underlying diagnosis. If it is positive for cancer, the referring physician often consults with me to determine who is the best oncologist to treat them. Very often, the patient returns to me, and I will place a port or PICC line so the patient may receive chemotherapy or other infusion therapy. They may return for numerous followup imaging tests, and minor surgical procedures along the way. I am overjoyed when they recover and continue leading a healthy life, which is the case for many, but for others, their journey is not so simple. Some develop fluid around their lungs, called pleural effusions, or they may develop fluid in their abdomen, called ascites. Using ultrasound guidance, I can drain these fluid collections in the comfort and privacy of my center. These procedures give them relief so they will breath, sleep, eat and perform better, and can continue to live a good quality of life and not have to feel home bound.

There are many advantages to coming to an outpatient center, instead of a hospital. For one thing, it is small and personable. You will see the same doctor and staff

who will develop a relationship with you, and oftentimes get to know your family members. This is important, because the same doctor will recognize minor changes in your condition that may often go unnoticed in situations where there is no such continuity of care. Outpatient centers rarely have antibiotic resistant organisms such as MRSA, VRE, (In our four years, we have had zero cases) so it is especially healthier for those who are immunocompromised. It’s also comforting to return to the same center and people, knowing what to expect! Simply to be treated in such an environment is restorative to the body and spirit, which in and of itself, is therapeutic!

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Prostate Health Update

Throughout their lifetime, some men may experience issues directly related to the prostate gland, necessitating a visit to their local urologist or primary care physician. What is the function of the prostate and what are the symptoms that men should be aware of to maintain proper health?

In essence, the prostate is an accessory sex gland. It is a walnut size organ that sits below the urinary bladder, in front of the rectum and surrounds the urethra. Its prime function is to supply the majority of the fluid for the male ejaculation and aid in the transportation of spermatozoa. There are 3 very common maladies that all men, and their loved ones, should be aware of.

Prostatitis

Prostatitis, or inflammation of the prostate gland, is more often diagnosed in the younger male population. It is often categorized as chronic or acute, bacterial or non-bacterial. There are a myriad of symptoms that men may experience: uncontrolled or continuous urge to urinate, pelvic or rectal discomfort, burning while urination, pain in the lower abdomen, groin or scrotum, fever, blood in the ejaculation (hematospermia) and difficulty urinating to name a few. It can often times be brought on by excessive amounts of caffeine, stress and over the counter decongestants. It is not thought to be sexually transmitted and treatment is aimed at reducing the offending agents, antibiotics when indicated, anti-inflammatory agents such as ibuprofen and warm tub baths.

Benign prostatic hyperplasia (BPH)

Benign prostatic hyperplasia (BPH) or enlargement of the prostate is probably the most common entity that will afflict many men. For the most part, BPH is a function of aging and will occur in most men, although the rate is variable. The most common symptoms that men will experience are difficulty or straining to urinate, reduction in the force of their urinary stream, the feeling of incomplete emptying of their bladder, getting up at night to go to the bathroom, blood in the urine, incontinence of urine and, in severe cases, a complete inability to urinate, requiring a trip to the emergency room. In past years, treatment was always surgical. Over the past 3 decades, however, medical therapy is the recommended first



line of choice. There are 2 basic classes of drugs that may be beneficial, one that relaxes the prostate and the other that will physically shrink the prostate. Approximately 70% of men will initially respond to institution of medical therapy. However, some may still require surgical intervention and many advances have been made in that area and often times can be performed as an outpatient.

Prostate cancer

Prostate cancer is the most common solid tumor in men over the age of 50. There will be approximately 240,000 new cases diagnosed this year. It is also the

second leading cause of cancer specific death behind carcinoma of the lung. Men who are at an increased two-fold risk of developing prostate cancer are those with a family history on their father's side and African American men. Unfortunately, most men with prostate cancer DO NOT HAVE SYMPTOMS. Early detection of the disease can be easily accomplished with a digital rectal exam (DRE) and a simple blood test, prostate specific antigen (PSA). Despite the United States Preventive Services Task Force (USPSTF) recommendation in 2012 not to have PSA's checked routinely, it has been proven that judicious use of the test, especially those at higher risk, does result in an increased survival for men with prostate cancer caught early. As a specialty, the urology community recommends discussing the benefits of annual PSA testing and DRE with your physician starting at age 50 and possibly earlier in those men with an increased risk profile. Fortunately, early diagnosed prostate cancer is very treatable and, in select cases, active surveillance may be all that is required.

If you have any questions regarding your prostate, you can contact Advanced Urology Institute at (855) 298-2273.



855-298-CARE

Advancedurologyinstitute.com

The War On Lung Disease: Traditional Treatments vs Stem Cell Therapy

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

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

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

So, what are we doing about it?

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

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



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

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

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

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

As opposed to traditional treatment options, stem cell therapy involves the careful separation of stem cells (the body's natural healing mechanism) from a

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

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

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

And, victory is peace.

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



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Coach Jimmy K

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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.

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The Benefits of PEMF

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

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



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

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

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

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



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The Smile Prescription:

The Secret to Happiness is Under your Nose

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

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

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

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

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

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

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



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

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

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

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

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

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

Saturday Smile

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

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

"What is it?" they say with excitement.

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

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

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

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

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

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

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

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

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

"No problem," I said.

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

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

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

What Is the Point of Smiling So Much?

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

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

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

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

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

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

Living In Captivity

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

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

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

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

ABOUT DR. RICH CASTELLANO

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



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Lifestyle Solutions MedSpa

It's Cool to Eliminate Stubborn Fat

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

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

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

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

It's safe.

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

It's convenient.

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

The results are dramatic.

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

How CoolSculpting Works

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

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

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

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

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

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

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Calling Florida Families in Need of Child Medical Bill Support

UnitedHealthcare Children's Foundation offers grants to help cover medical expenses not covered or fully covered by health insurance

South Florida families in need of financial assistance to help cover a child's medical care costs have a new found friend with the UnitedHealthcare Children's Foundation's grant program.

Qualifying families can receive up to \$5,000 per grant with a lifetime maximum of \$10,000 per child to help pay for their child's health care treatments, services or equipment not covered, or not fully covered, by their commercial health insurance plan.

How the grants can be used

Families frequently use the UnitedHealthcare Children's Foundation medical grants to help pay for treatments associated with medical conditions such as cancer, spina bifida, muscular dystrophy, diabetes, hearing loss, autism, cystic fibrosis, Down syndrome, ADHD and cerebral palsy, to name a few. The grants have also been used for physical, occupational and speech therapy, counseling services, surgeries, prescriptions, wheelchairs, orthotics, eyeglasses and hearing aids. If there is a financial need, UnitedHealthcare Children's Foundation hopes to help out.

In Florida alone, the Foundation has awarded more than 735 grants since 2013. Nationally the number exceeds 13,000 since 2007 valued at more than \$35 million. It now has a goal to surpass 20,000 grants by Jan. 1, 2020.

UnitedHealthcare South Florida CEO Nicholas Zaffiris is joining the campaign to encourage families to apply. "Please join us in sharing the news that child medical grants are available so together we can help more children and families in Florida as well as across the U.S." said Zaffiris.

Eligibility

To be eligible for a grant, a child must be 16 years of age or younger. Families must meet economic guidelines, reside in the United States and have a commercial health insurance plan. Grants are available for medical expenses families have incurred 60 days prior to the date of application as well as for ongoing and future medical needs. Families do not need to have insurance through UnitedHealthcare to be eligible.

How to apply

Applications and additional information is available at www.UHCCF.org.

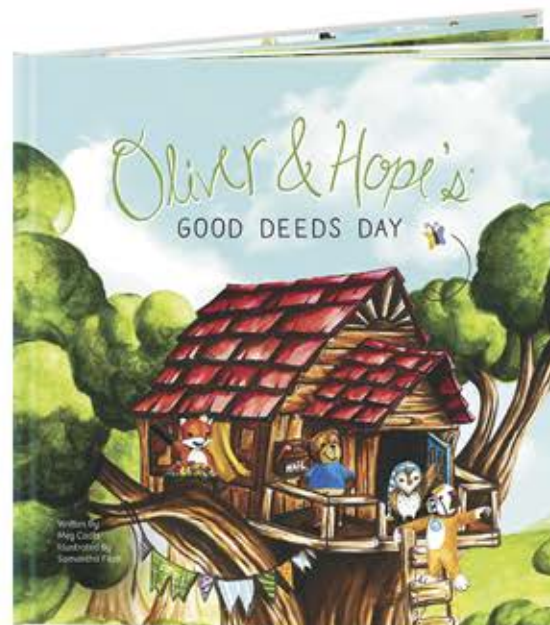


GRINS² PROGRAM

The UnitedHealthcare Children's Foundation (UHCCF) is proud to announce the Grins2 Program! It's your chance to donate a Grins to Go® gift bag or an Oliver™ Bear to one of the participating organizations across the country. When you do, one child receives a dose of happiness and another child will be impacted through a UHCCF medical grant, made possible by the funds raised by those who purchase the gifts for personal donations or through corporate giving.

Each Grins to Go drawstring bag is filled with an assortment of popular toys and activities designed for boys and girls between the ages of 5 and 12. The plush Oliver Bear is one of the stars of the Oliver & Hope® storybook series and he can be donated for only \$15!

Sales from the recently released "Oliver & Hope's Good Deeds Day" – and the other books and toys from the collection – fund grants offered by UnitedHealthcare Children's Foundation to help families pay for their children's medical expenses not covered or fully covered by their health insurance plan. All four books are available at Amazon through UHCCF.org/shop for \$16.95 each (hardcover) and \$5.99 (paperback).



Oliver & Hope's Good Deeds Day book cover

Pay it forward: How you can help

Don't need a grant but want to help spread the word or help support the children's medical grant program?

Here's how you can help:

- Become an ambassador by visiting www.UHCCF.org today and sign up to receive foundation announcements and information, including examples of messages that can be easily shared via social media
- Like the UnitedHealthcare Children at www.facebook.com/uhccf
- Help support medical grant funding by purchasing children's story and joke books and toys, available via Amazon or uhccf.org sales of which go to the grant program
- Become a Grins2 Program supporter: Purchase a Grins to Go bag (or more) that are filled with books and toys and delivered to children battling life threatening illnesses across the country. It's 2 for 1 smiles with the child receiving a dose of happiness and another the benefit of additional funds from these purchases for medical grant outreach.

 **UnitedHealthcare**
www.uhc.com

NATIONAL MENTAL HEALTH AWARENESS MONTH CARING WELL FOR AMERICA'S SENIOR ADULTS

True: An estimated 20 percent of people age 55 and older experience some degree of a mental health issue.

True: The risk for mental illness increases with age.

False: Mental and emotional health conditions are well-diagnosed and quickly treated.

Each year, nearly 44 million adults in America experience mental health concerns ranging from anxiety and depression to post-traumatic stress and suicidal thoughts. In 1946, President Harry Truman signed the National Mental Health Act, which helped establish the National Institute of Mental Health. By presidential proclamation, May is designated as National Mental Health Awareness Month, a call for helping those living with mental health conditions to get the resources and acceptance they need. Older Americans in particular are vulnerable to unrecognized and untreated forms of mental illness.

Depression is the most common mental health condition among America's seniors. Other prevalent cognitive and emotional health problems among the elderly include dementia, bipolar disorder, obsessive compulsive disorder and social phobia. More serious diagnoses such as schizophrenia and personality disorders persistently diminish the quality of life and daily functioning for seniors.

The Centers for Disease Control and Prevention (CDC) reports that annually about one-quarter of U.S. senior adults commit suicide — men 85 years and older are four times more likely to take their life than any other age group. Mental health struggles often adversely affect the overall health of aging adults. Depressed seniors or those dealing with emotional concerns neglect eating well, getting regular exercise, maintaining the home and interacting socially.

"The stigma of mental illness weighs heavily on America's older generation," said Glenn Fechtenburg, RN, Right at Home The Villages, Lake & Sumter Counties. "A perceived negativity about mental health can lead to people avoiding seniors or assuming elders are unstable, simpleminded or even dangerous. A lack of understanding can fuel judgment and discrimination. This is why gaining accurate facts about mental illness is important for each affected individual and society in general."

Older adults often face a number of life stressors that heighten psychological distress. Many seniors experience chronic pain, restricted mobility, bereavement, loneliness and a loss of independence — all which can impact mental and emotional health. Countless older military veterans carry post-war wounds to their psychological health. In addition, medical conditions such as diabetes and heart disease can worsen depression and other mental health disabilities in seniors.

The National Alliance on Mental Illness estimates that one in 25 Americans lives with a serious mental health condition. While only about 60 percent of individuals with a mental illness receive mental health care, effective treatments are available for the majority of mental health conditions. A first step is to meet with a physician or mental health practitioner, but common recovery measures combine medication and psychotherapy. Treatment and disease management depend on the underlying condition.

Warning signs of mental illness are not always easy to detect, but Fechtenburg, RN pinpoints the following behaviors as signals that something may be amiss with one's mental well-being:

- Ongoing sadness or feeling blue
- Extreme mood swings including euphoric highs
- Intense worry or fear
- Uncontrolled, compulsive actions such as overspending or excessive cleaning
- Heightened irritability or anger
- Confusion or lack of concentration
- Sleep difficulties
- Trouble perceiving reality such as having delusions or hallucinations
- Marked changes in eating habits
- Several physical illnesses without obvious causes (headaches, vague aches and pains)
- Suicidal thoughts
- Withdrawal from family and friends
- Overuse of alcohol or drugs

An elder may have limited access to care or may be in denial about mental challenges, but family members and a supportive circle of extended family can secure help for their loved one. Fechtenburg, RN recommends that family caregivers connect with a number of support resources, including the Right at Home RightConversationsSM guide (www.rightathome.net/right-conversations) that helps an ailing senior and concerned family caregivers engage in constructive dialogue about a need for care assistance. As a leader in senior care services, Right at Home assists elders and adult disabled clients with comprehensive care needs from medication monitoring and meal preparation to surgery recovery and transportation.

To better manage mental health, patients and their loved ones are encouraged to learn identifying triggers and stressors that aggravate the condition. Developing a written recovery and wellness plan may also help.

"National Mental Health Awareness Month is a reminder to not let illness of any type define a person," Fechtenburg, RN notes. "There may be a time in life when any of us could need support with managing our mental health. Those living with mental health conditions, and their families as well, need to know they are not alone. We can all look out for each other in safeguarding and improving our emotional and mental health."

For additional information about National Mental Health Awareness Month and mental health resources, visit Mental Health America at <http://www.mentalhealthamerica.net/may> or MentalHealth.gov at <https://www.mentalhealth.gov>. RightConversationsSM guide - <https://www.rightathome.net/right-conversations>

About Right at Home

Founded in 1995, Right at Home offers in-home companionship, personal care and assistance to seniors and disabled adults who want to continue to live independently. Right at Home's global office is based in Omaha, Nebraska, with offices located in 45 states nationwide and throughout the world. For more information on Right at Home, visit About Right at Home at <http://www.rightathome.net/about-us> or read the Right at Home caregiving blog at <http://www.rightathome.net/blog>. To sign up for Right at Home's free adult caregiving e-newsletter, Caring Right at Home, visit <http://caringnews.com>.



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

The Villages, Lake and Sumter Counties office of Right at Home is a licensed home health agency that specializes in helping seniors stay independent in their home. All caregivers are directly employed and supervised, each of whom is thoroughly screened, trained, and bonded/insured prior to entering a client's home. Our services range from providing transportation to and from appointments to full one on one nursing care for you or your loved one. For more information, contact Right at Home of The Villages, Lake and Sumter Counties at WWW.RAHFL.com, 352-835-0101 or by email at Info@rahfl.com

Getting the Root of Your Lower Back Pain with RFA

When you're dealing with chronic back pain, little else in life can be enjoyed. The agonizing and sometimes debilitating discomfort can cause us to lose out on the important things, like spending time with our families, being productive at work and even the simplest daily activities can require monumental strength to muster through them. One of the most widespread causes of lower back pain is osteoarthritis of the spine. This causes the joints and discs cartilage to break down. Often times, bone spurs will occur, which lead to nerve pressure on the spinal column. Nerve pain will cause numbness, weakness, pain and tingling in the arms, neck, and legs.

When pain medications, NSAID's, physical therapy and other alternative treatments nose-dive, patients should know that a minimally invasive procedure is commonly used to treat the nerves in the lower back effectively

Unlike traditional back surgery, which can be intimidating for many patients, a minimally invasive procedure using light sedation and local anesthesia called lumbar radiofrequency ablation is the answer that many individuals are waiting for to alleviate their back pain.

The nerve endings in our bodies are directly sensitized by neurotransmitters in the brain. This is how they communicate with us, letting us know that something is awry in our bodies. With lumbar radiofrequency ablation, the nerves that are damaged, narrowed, or impinged, are injected with a low-level of localized heat, causing the nerve to stop sending signals to our brain through an interruption in the nerve conduction.



This procedure is completely safe and effective. It has been used for many years with long-lasting results for people suffering from low back pain. During the procedure, the patient will lie on their stomach, and the neck and spinal area will be treated with a pre-procedural antiseptic. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are then located through a probe that is inserted through a tiny needle into the spinal area. Once the damaged nerve(s) are determined, a small-ablated lesion is created through the controlled heating of the probe through medium frequency alternating current. This will alleviate the pain signals to the brain, allowing the patient to be essentially pain free. The entire procedure takes approximately 30-90 minutes and patients can resume normal activities within a short period of time.

Radiofrequency ablation (RFA) is able to treat other areas in the body as well. It is commonly used for headaches, facial pain, complex regional pain syndrome, peripheral neuropathies, trigeminal neuralgia, disc denervation, stroke-related pain, and neck pain.



Daryoush Payman, M.D.
Dr. Daryoush Payman has been treating patients with acute and chronic low pain back pain for over 17 years.

Dr. Payman performed his residency training at The George Washington University in Washington D.C. After graduating from the George Washington University, Dr. Payman Scored in the Top One Percent in the nation on the American Board of Anesthesiology Board Exam. During the following years, he spent his time helping patients return to their lives, pain-free, and happy, by utilizing the most state of the art interventional techniques.

Dr. Payman shares the philosophy of trying to achieve results by identifying the cause of low back pain, neck pain, and arthritis of the joints. He then plans an interventional approach unique to each individual patient tailored to addressing the source of the lower back pain. He specializes in Anesthesiology and Interventional Pain Management, where a solution to the problem is approached with procedures to tackle the root of the pain, not just to mask the symptoms with narcotics.

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



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

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

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

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

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

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

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

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

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

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

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

Gastro-Colon Clinic Dr. Anand Kesari

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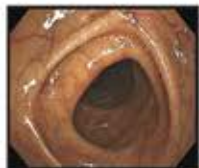
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Tips for Preserving Eye Health

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

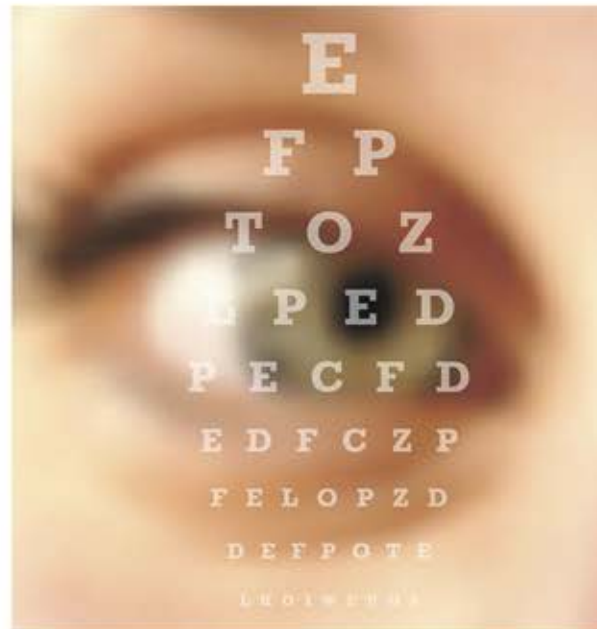
Vision problems such as glaucoma, cataracts, age-related macular degeneration, and diabetic retinopathy are common among older adults. You can't prevent your eyes from aging, but you can slow age-related damage by taking care of your eye health.

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

Increase consumption of fruits and vegetables.

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

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



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

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

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

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

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

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

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

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Lose Weight Fast Without Exercise with Physician Assisted Weight Loss!

By Compton Chiropractic Care



Dr. Compton and his office in The Villages, FL is now the exclusive provider of the Ideal Protein weight loss system which provides you pre-packaged meals coupled with your own groceries that will have the weight falling off of you in no time. Ideal Protein is a scientifically researched solution to safe weight loss with a four-stage, low carbohydrate, ketogenic diet. Currently more than 3,000 medical practitioners in the U.S. and Canada offer the Ideal Protein protocol to their patients to lose weight and reverse metabolic syndrome - the cluster of conditions that are associated with heart disease, stroke and diabetes.

Compton Chiropractic Care has three chiropractic physicians and two weight loss coaches, all with backgrounds in nutrition and medicine to help facilitate a specialized plan to ensure your health is optimized. Each patient's health conditions, medications, bloodwork, recent cardiovascular and metabolic paneling is reviewed before starting the Ideal Protein protocol. Ideal Protein is a scientifically researched solution to safe and effective weight loss.

The Initial Consult

At Compton Chiropractic Care, your initial consult will be a focused medical evaluation for diseases related to obesity and causative factors, along with a physical examination. In addition, we will obtain a weight history, which includes past diet attempts, and conduct thorough goal and expected outcomes. Many patients come to the clinic with undiagnosed diabetes, high cholesterol, thyroid disorders, abnormal liver tests or obstructive sleep apnea. On your initial visit if you have not had recent bloodwork or an EKG performed, our medical staff will ensure these tests are completed before starting the protocol so that you may safely begin the program.

Overall, Compton Chiropractic Care's Ideal Protein Weight Loss Protocol will include:

- Weekly progress measurements and one-on-one nutrition counseling with a weight loss consultant
- Behavior Modifications
- Pre-packaged Meal Replacement Plans



It Just
MAKES SENSE!

Here's what you can expect

- A nutrition program which includes a wide variety of spicy, sweet and salty gourmet foods
- Sensible, Physician-Supervised weight loss protocol that takes your current medical conditions into consideration
- Reductions in weight have significant health benefits for high blood pressure, cholesterol reduction, metabolic disease management, diabetes and lowering A1C levels
- Expert guidance and professional support under the tutelage of your personal weight loss coach
- Unlike fad diets, the Ideal Protein Protocol has a beginning, middle and an end
- Four distinct and unique stages help assist you in making permanent lifestyle changes, facilitating your optimal health

Attend a Free Workshop!

Free, no obligation workshops offered twice per month at Compton Chiropractic Care. This is a great way to discover the Ideal Protein Weight Loss Method in a friendly, no pressure environment.

Please call us for workshop times and to reserve your spot today as space is limited!
352-391-9467



Diet

The Ideal Protein weight protocol is a medically derived protocol developed and refined over a twenty year period. Dieters are provided 65% of their weekly groceries in convenient, pre-packaged meals. Dieters will also have a choice of vegetables and lean meat each day to round out their dietary needs. Women typically average between 3 to 5 pounds of weight loss per week, while men can range between 5 to 7 pounds per week. The long term success for dieters is realized through the one-on-one coaching, designed to motivate and educate, ensuring the knowledge and confidence to make better lifestyle choices once Phase Four has been reached. With over 3,000 medical practitioners in the U.S. and Canada offering the Ideal Protein protocol to their patients to lose weight and reverse metabolic syndrome, Compton Chiropractic Care has chosen to align our overall goal for meeting our patient's needs with this highly regarded and successful plan.

Activity Levels

While physical activity is an important addition to any diet as it boosts metabolism and increases weight-loss - it is not necessary on the

Ideal Protein program. Our philosophy is the more healthy you begin to feel once you are experiencing a reduction in weight, the more your energy levels will increase and your need to create and comply with daily activities will simply become a part of your routine. Ideal Protein has specified emails that will help encourage dieters to move as their energy levels increase, but there is no set daily exercise requirement for the protocol.



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"Putting your families health in our families hands"



Dr. Brett Compton

- Doctor of Chiropractic Medicine
- Palmer Graduate
- B.S. in Human Nutrition
- 12 Years Army & National Guard Veteran
- Medical Director



Dr. Brent Compton

- Doctor of Chiropractic Medicine
- Palmer Graduate
- B.S. Pre Professional Biology
- Associate Since 2012



Dr. Daniel Taylor

- Doctor of Chiropractic Medicine
- Palmer Graduate
- B.S. in Molecular & Microbiology

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

Our Philosophy

- Treat patients as individuals identifying their unique needs and set of problems
- Perform a thorough Orthopedic and Neurologic examination with all new patients
- Use the highly reliable and world-renown Palmer "hands on" technique of Chiropractic care
- Provide patients with non-surgical alternatives to pain
- Avoid long-term treatment plans or large out-of-pocket expenses

Our Facility Offers

- Medicare accreditation for DME bracing
- State-of-the-art treatment tables
- On-site digital x-ray
- Physical Rehab suite with cold laser, ultrasound, electrical stimulation, Graston, Kinesio tape, and mechanical traction therapies, blood and urine testing
- Clinical Nutrition
- Quality care without the wait

Accepting

- Medicare • Medicare Replacement Plans
- Blue Cross Blue Shield • Cigna • Humana
- United Health Care plans • Personal Injury
- Medicaid • Workers Compensation

Using Omega-3 Supplements to Treat Dry Eyes

By Anne-Marie Chalmers, MD

If you stare at a computer screen all day, have reached the plus-55-years-old stage of life and have had a cataract operation, it's likely you have all the makings of a serious dry eye problem.

And you are not alone. Americans spend an astounding \$3.8 billion on dry eye symptom relief every year. Unfortunately, the majority of dry eye treatments options, such as saline solutions and topical lubricants, can be inconvenient and uncomfortable to apply. In addition, the results are often disappointing.

New research on the dry eye front is prompting more ophthalmologists and optometrists to recommend another treatment option: Increase the intake of omega-3 from fish and fish/cod liver oil.

Why would getting enough omega-3 be important for helping treat dry eye symptoms? Because at the heart of most dry eye problems, chronic inflammation is wreaking havoc.

Inflammation in the Dry Eye

A long list of drugs, dry heat or air conditioning, long term contact lens wear, smoking, and diseases like Sjogren's Syndrome all contribute to increasing the prevalence of dry eyes. However, the principal cause of dry eyes seems to be the dysfunction of the Meibomian gland, thanks to chronic inflammation.

The Meibomian glands are located behind the eyelids. Their role is to produce the fats for the tears, which prevents the tears from evaporating and leaving the eye surface unprotected.

Inflammation disturbs the production and secretion of the lipids emitted by the Meibomian glands. The Meibomian glands create a mixture of lipids containing cholesterol wax esters, diesters, triacylglycerol, free cholesterol, phospholipids and free fatty acids. When the inflammation kicks in, however, the quality of that lipid mixture is changed, making it stiffer and more viscous. As a result, the lipids cease to effectively protect the tears and eye surface, resulting in familiar dry eye symptoms.

Omega-3: The Body's Natural Inflammation-Damper

It is worth noting most patients with dry eyes have an overproduction of inflammation signals, meaning the patient's inflammation response is going into hyperdrive.



But what do the omega-3 fatty acids have to do with the Meibomian glands? Scientists speculate that the omega-3 fatty acids work in two different ways to reduce inflammation in the eye. First, the omega-3s suppress the inflammation within the Meibomian glands by inhibiting the inflammation signals. In addition, they also help the meibum lipids become more fluid.

The Research on Omega-3 and Dry Eyes

Besides exploring the theory behind how omega-3 works in the eye, researchers have also been studying the practical application of omega-3 supplementation on patients with dry eye symptoms.

So far, the results are quite promising. To name just a few:

One 2015 study suggested that omega-3 supplements could help relieve computer-related dry eye symptoms, adding more data to a growing body of research. A 2013 placebo controlled, double blind randomized study found that 65 percent of patients who received omega-3 supplements experienced significant improvement of their dry eye symptoms within 3 months.

Furthermore, an investigation on Meibomian gland cells showed that EPA and DHA from fish oil reduced inflammation markers. In addition, the researchers found that the EPA and DHA increased the production of Resolvin D1. This is significant since Resolvin D1 helps restore the tissue back to its non-inflamed state.

At Omega3 Innovations, we have also been doing our own research on dry eyes. In the spring of 2015, a pilot study using one vial of Omega Cure® Extra Strength (3000 mg EPA/DHA) once a day found that 70% of the participants experienced relief from the symptoms of chronic dry eyes within three to four weeks.

Quality, Consistency and Dose Matter

While the research on omega-3 supplements and dry eyes is exciting, it is important to keep in that mind that quality, consistency and dose do matter. Some studies suggest the anti-inflammatory effects of omega-3 don't kick in unless you get a dose equal to at least 2700 mg of EPA/DHA (roughly 8 – 10 regular fish oil capsules) daily.

In addition, as the studies above suggest, consuming enough omega-3 isn't a quick fix when it comes to improving dry eye symptoms. It may take anywhere from 3 to 12 weeks of consistent daily use before you start feeling a difference. Finally, using an oil with a low oxidation level (meaning a fresh oil) will increase the potency factor.

Considering the Future of Dry Eye Treatment Options

With the increasing use of computers and an ever-aging population, the number of people affected by dry eyes symptoms will undoubtedly continue to grow. To combat the issue, we will need lower cost, effective treatments options.

Looking at above research, omega-3 supplementation could be one such answer – and one that could have a bigger health impact than treating the eyes. As one of the participants in our study commented, using Omega Cure Extra Strength not only reduced her need for eye drops and gave her more comfort when using contact lenses. It also helped improve her focus and made her skin and hair softer.

About Anne-Marie Chalmers, MD

Anne-Marie Chalmers, MD, is the co-founder and president of Omega3 Innovations. Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. In Norway, Dr. Chalmers practiced emergency, family, and preventive medicine for many years. Her research and development work has included nutraceuticals (especially omega-3) and medical delivery device systems to facilitate ingestion of multiple medication combinations.



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The Fear of the Lord

The phrase, "The fear of the Lord," was one I never liked.

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

Before I was a Christ-follower I thought, "Who would want to be a Christian and serve a god you would have to be afraid of?"

By that time (in my middle teens) I had way too many fears so why would I want to add God to my list? Besides, it seemed to me that those God-fearing people that I was aware of had no fun and they were a somber, sad looking bunch.

They were in church all the time and lived under so many rules that their kids were leaving home to try and find a life with some fun and excitement.

But I did finally come across a few Christ-followers that had smiles on their faces and seem to love and enjoy each other. These were the ones that over time I slowly became friends with and eventually went to their church.

To be honest at first...I didn't like it. But it wasn't because anyone was mean spirited...but because it wasn't like home.

Let me explain...home for me was full of intense negative emotions and not a fun place to be most of the time as a teenager. So any place that was fun or safe was different.

The church was different in a good way. And it took me a while to get used to all the smiling faces and happy people I met...but I really liked it and I wanted this world to be my home. Eventually my new friends came to my home and my family became Christ-followers and my home did become a happy place.

But this "Fear of the Lord" idea didn't sit well with me after I became a Christ-follower either. Before I was a Christ-follower, as I mentioned earlier... "Who would want to be a Christian and serve a god you would have to be afraid of?"

However now as a Christ-follower, I had fallen in love with God. I now knew Him to be the most benevolent and kind being in the Universe. After



praying and accepting His Son Jesus' death as a payment to redeem me for my fallen and hopeless state and now to feel (even 40 years later) His tender and accepting love in my heart...well it changed me. I have never been able to explain exactly what happened, but I knew when it happened as all other Christ-followers do.

Now that I loved God why would I fear Him? It didn't make sense until I understood what the phrase would come to mean to me personally.

Decades ago I work for a national brand restaurant company. I was a project manager traveling from city to city oversee the purchasing of land and construction management. I was quite successful at such a young age.

My wife and I also wanted children and so it was time.

So there I was, I had a great career a beautiful wife, a great church and having kids. I had it all until...I got the call.

Shifts and changes in the market had caused my job to change in such a way that I could no longer have it all. Tough decisions had to be made that changed everything.

One of the most important aspects of our life was our church. We loved our church and only a word from God to move could change that. So I decided to no longer work for the restaurant company and seek local work.

Without realizing it...I was honoring God first. It was a lesson I had learn years earlier about tithing. If I honored God by giving the first ten percent of my income, He was responsible to always take care of my family. God has promises in the Bible about many aspects of our lives and relationship with Him.

So we stayed at our church and within three to four months I got a local job working with some really great people. Was that just plain luck because I was a nice guy?

I don't believe that for moment.

As I mentioned, the Bible is filled with promises for those who love and honor God with their whole life, but here are a few I'd like to leave with you from Psalms 128 (new living translation).

*Blessed are all who fear the Lord.
Blessings and prosperity will be yours.
Your wife will be like a fruitful vine
within your house.
Your children will be like olive shoots
around your table.
May you live to see your children's children.*

It's one thing to love God with your mind and emotions...but "it gets real," when we honor God with our money and life's major decisions.

*To your spiritual health,
Alex E. Anderson
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