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Health & Wellness[®] MAGAZINE

July 2017

Marion Edition - Monthly

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TO BACK
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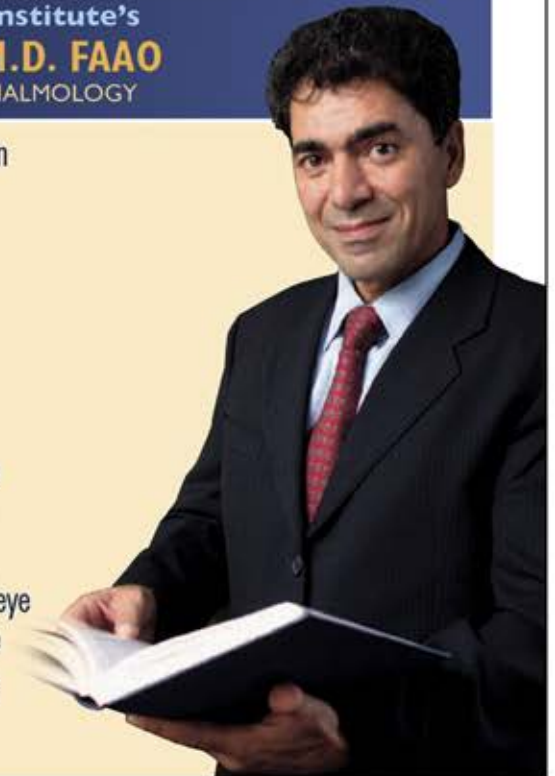
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Second opinions

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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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PARATHYROID 4D-CT

AN ADVANCED TOOL FOR EARLY DETECTION

The parathyroid glands located in the neck are tiny, about the size of a grain of rice, and yet they have a big responsibility. They produce a hormone designed to regulate the balance of calcium necessary to support a host of functions, including blood pressure and clotting, strong bones and teeth, healthy brain function, muscle contraction, insulin utility and much more.

Because proper calcium levels contribute so heavily to overall health and bodily function, problems with the parathyroid gland can lead to a variety of problems. Hyperparathyroidism, whether primary, secondary or caused by a benign tumor called a parathyroid adenoma, is over-activity of the parathyroid gland(s),

which causes an excess of parathyroid hormone to be released into the bloodstream, resulting in too much calcium in the system. This condition may produce no symptoms or a host of them, including kidney stones, frequent urination, exhaustion, depression, forgetfulness, joint/bone pain and, ironically, osteoporosis. For many patients, hyperparathyroidism may manifest itself as an overall feeling of being unwell with no obvious cause.

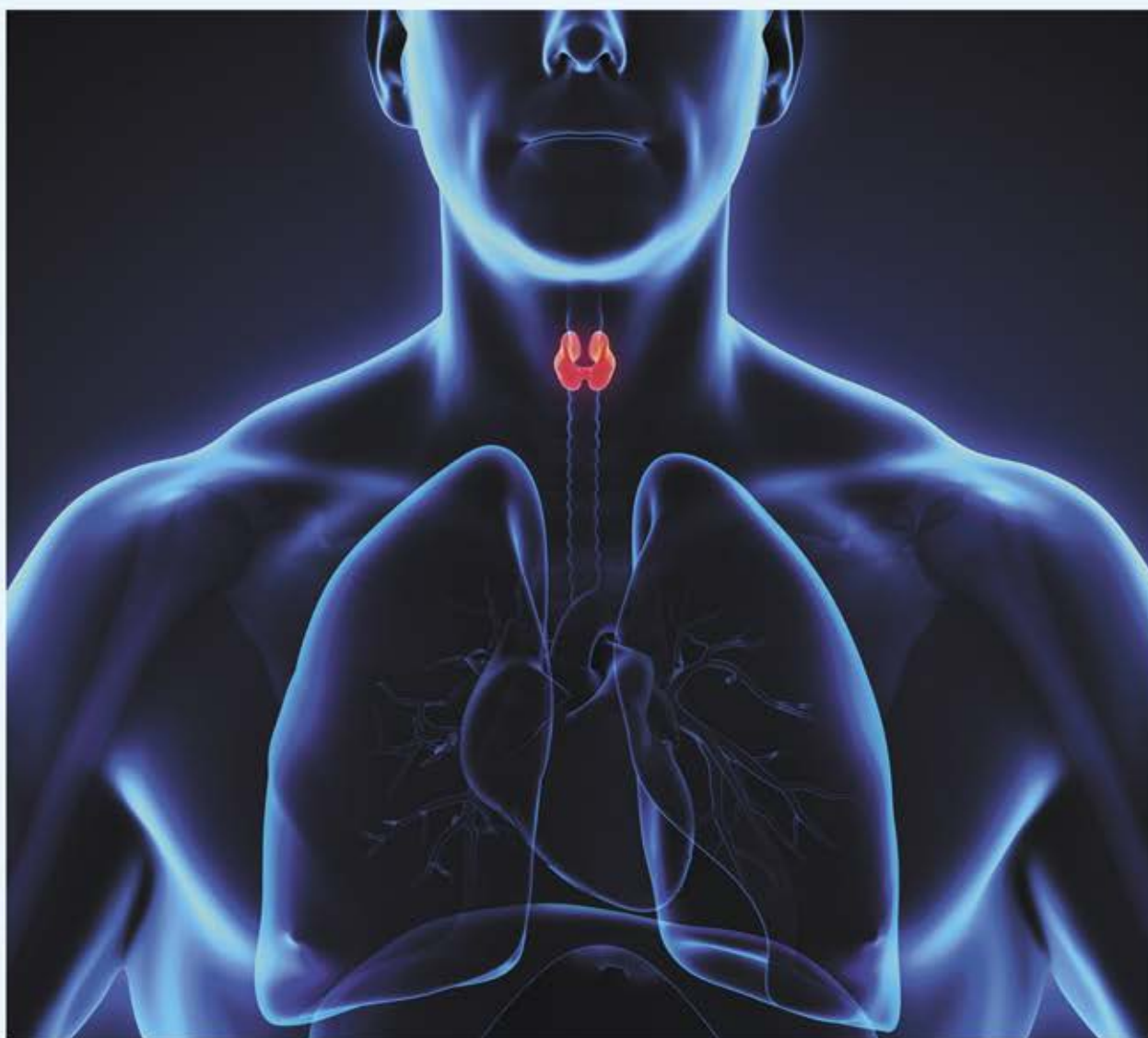
The Board Certified radiologists of RAO are proud to utilize the latest advance in early parathyroid disease detection, the Parathyroid 4D-CT, a specialized four-dimensional imaging system that can discover abnormal parathyroid glands and tumors

earlier and smaller than ever before. Performed with or without iodine-based intravenous contrast dye, 4D-CT goes beyond 3D imaging to include multiple phases, adding time elapse as another dimension in discovery, for amazing clarity of the parathyroid glands and any lesions, abnormal positioning and other irregularities.

Parathyroid 4D-CT is particularly useful in cases where surgery, thyroid disease or anatomical issues have rendered less detailed imaging systems, like ultrasound and sestamibi, incapable of discovering abnormalities, resulting in negative readings. In fact, 4D-CT can prevent the need for invasive exploratory surgery as well as assist in the planning of necessary surgeries, including re-operations of patients who have been designated ineligible for further surgical treatment, providing for many a new possibility of a cure.

RAO's team of sub-specializing radiologists read all imaging results in-house, to provide faster, more accurate analyses. The scan itself takes only minutes, but with prep and contrast phases the appointment may last an hour or more. In most cases, 4D-CT is covered by insurance. Patients with mild to moderate kidney disease may still be eligible for this scan.

If you have unresolved parathyroid disease or unexplained symptoms that may be related to it, talk to your doctor or call RAO for more information about how we may be able to help in your diagnosis and treatment.



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from left to right: Ryan K. Tompkins, MD, Fredric C. Wollett, MD and Brian Cartwright, MD

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INTRODUCING A SHORTER PATH TO BACK PAIN RELIEF

TRANSFORAMINAL INTERBODY FUSION

Patients with severe lower back or leg pain and dysfunction related to a pinched nerve caused by a degenerative spinal condition like spinal stenosis, spondylolisthesis or a herniated disc have earnestly sought treatments to relieve pain and restore mobility. One method that has proven effective for many patients is a procedure called Posterior Lumbar Interbody Fusion, or PLIF, in which two large incisions are made along the spine and the surrounding muscles are detached to allow removal of the damaged disc and then a bone graft is inserted into the empty disc space to stabilize the spine. This highly invasive procedure comes with significant risk and potential complications, as well as a recovery time of a year or longer.

The good news is that there is a newer procedure designed to provide the same benefit with far less risk, damage to healthy tissue, scarring and recovery time. Transforaminal Lumbar Interbody Fusion, or TLIF, is a spinal fusion technique designed to stabilize the spine, remove or correct the injured part of the disc, and provide shock absorption between the spinal bones as well as prevent vertebrae from rubbing together, thereby alleviating pressure on the related nerves.

TLIF utilizes a posterior approach to the affected disc space through openings between the vertebrae called the intervertebral foramen. Unlike PLIF, TLIF requires only a single incision and partial facet resection, protecting key elements of the spine while avoiding lengthy incisions and muscle detachment along both sides of the spinal column.



The single entry point of the TLIF surgery requires specialized surgical instruments to gain access through disc spaces, and implants specifically designed for this procedure. TLIF also requires a surgeon with precise training and experience in the surgery, such as Ocala Neurosurgical Center's board certified neurosurgeon, Dr. Mark Oliver.



"Compared to the PLIF procedure, TLIF is far less invasive, minimizes damage to nerve roots, ligaments and other tissues, comes with far less risk, and requires far less recovery time. It is a huge breakthrough for patients suffering from herniated discs, stenosis or slipped vertebrae."

As a surgeon who has performed many TLIF procedures, Dr. Oliver has discovered outcomes are improved by inserting an expandable cage made of allograft bone, PEEK or titanium between the bones to help reestablish and maintain a more generous space between the vertebrae, and help decompress pinched nerve roots. This method also aids in stabilizing the surrounding ligaments, which adds strength to the affected area and helps restore a more normal spinal alignment in patients with spondylolisthesis.

"For patients suffering from disabling pain or dysfunction in the low back or legs related to certain spinal disorders whose symptoms are not relieved through non-surgical methods, TLIF presents a real hope for relief without the elevated risk, scarring and protracted healing produced by previous procedures."

Most TLIF patients require only a one-to two-day stay in the hospital and can begin physical therapy the day after surgery. Most can return to routine low-strain daily activities within four to six weeks. Satisfaction surveys indicate that roughly 80% of TLIF patients are satisfied with the outcome of this procedure and its ability to relieve pain and restore function.

To find out more about TLIF surgery, talk to your doctor or call **ONC** at (352) 622-3360.

MARK D. OLIVER, MD

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

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

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



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Get to Know Your Eye Lens Implant Options

During my 30-year journey in eye surgery, no story has been as dynamic and exciting as the story of the human eye natural lens, its disorder called cataract, and our relentless effort to improve the process by which the cataract is evacuated and replaced with a man-made intraocular lens, and to fine tune the materials and the design of the intraocular lens implant that we place in the eye when we remove the cataract.

The story begins here. The human eye has a lens that sits behind the pupil that inspired the design of the camera with a lens behind the shutter. This lens is made up of a protein similar to egg white: when it is fresh it is transparent and when you cook it, it clouds up. With time the protein that makes up the human natural lens "cooks", a cataract develops, and our vision suffers. The young natural lens is a creative marvel: it focuses at distance and very quickly can zoom close up to a clear image that is devoid of unwanted optical aberrations. However, as the natural lens ages it begins to lose some of its remarkable capabilities in a process called the dysfunctional lens syndrome (DLS). This syndrome begins with the gradual loss of accommodation (zoom) due to the loss of the natural lens elasticity that is typically first noticed around age 40 and eventually mandates the use of reading glasses. DLS progresses as the lens begins to lose its transparency and some unwanted optical phenomena emerge such as glare and halos but the vision overall remains "good enough" with glasses. Some people at this point elect to have a highly successful procedure to replace the dysfunctional natural lens with a multifocal lens implant to restore their ability to see without glasses. Eventually the lens becomes cloudy enough that it affects the person's ability to carry on his or her activities of daily life: this cloudiness is what we call cataract. At this point, the changes in the lens are deemed medically significant and the person may elect to have insurance based cataract surgery. Cataract surgery in a nutshell is a procedure in which the old dysfunctional cloudy natural lens is replaced with a man-made intraocular lens IOL.

This IOL has come a long way since its inception some Eighty years ago. The first models of these lenses were rigid and optically low tech. Today's IOLs are by far some of the most technologically advanced marvels and are generally divided into two basic groups. The first is an IOL that is monofocal: it corrects the vision at distance but the patients still requires reading glasses. The second is a multifocal IOL that is typically designed to focus at distance and near and can reduce or eliminate entirely the need to wear glasses for any visual tasks.



This multifocal group has a number of different types: some are most suitable for golfers and active outdoors types, others for serious cell phone and computer users and others for avid small print readers. It is particularly crucial to match the person with the type of lens implant that most fulfills his or her visual requirements.

The field of intraocular lens implants is crowded with numerous offerings. I tell patients that there are many shapes and models of lens implants just as there are many different models of cars on the highway: putting the best implant in the patient's eyes that best fit his or her visual demands guarantees a comfortable "ride".

Intraocular lenses differ in rigidity (rigid versus flexible), whether they are one or three pieces, whether they are made of silicon or acrylic or some other material, whether they are spherical or aspherical, and whether they are monofocal or multifocal. These offerings are wonderful in the sense that at the time of surgery we can pick out the lens implant that best matches the patient. For instance, patients with potential retinal problems are not suitable for silicon implants because if ever they needed retinal surgery requiring the use of silicon oil, the presence of a silicon implant affects overall visualization. Whereas multifocal implants are a technological wonder, giving most patients the ability to see distance and near without glasses, they are not suitable for everyone. For example I do not use multifocal implants in patients with macular degeneration or diabetic retinopathy because such patients will not reap the full benefits of such implants and single vision implants may offer such

patients better quality vision. I perform cataract surgery one eye at a time not only as a precaution against infections as these have become quite rare with modern facilities and techniques, but also because when the first eye is done, we obtain measurements after the surgery that we take into account when performing the surgery on the second eye to insure that both eyes work optimally to give the patient the best vision possible.

Few patients ever ask me what implant I plan to use for them when I perform their cataract procedure in terms of material and design. However, I have tried through my writings, lectures, and patient care to increase awareness of implant differences, as I believe truly that the more informed the patient is, the better choices they will make for his or her eye health. We ophthalmologists are some of the most detail oriented professionals as our world is not measured in feet or inches but in microns. When that quality is combined with a well-informed eager-to-learn patient the result are good choices that make the patient very happy and rewards the ophthalmologist as he or she see that the fruit of their long years of education and training is making a positive difference in the world.

352.237.0090 Dr. Latif Hamed, M.D. FFAO
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Latif Hamed, M.D. FFAO Florida Eye Specialist Institute



Latif Hamed, M.D. FFAO

Dr. Latif Hamed, Florida Eye Specialist Institute, is Board Certified by the American Board of Ophthalmology and is also an examiner for that Board. He specializes in advanced laser, surgical and medical eye care. Dr. Hamed is a former professor and Chief of Division at UF Shands.

He has been recognized multiple times by his peers in "Best Doctors of America".

Dr. Hamed's office at 3230 SW 33rd Road in Ocala, is equipped with the most advanced diagnostic equipment and newest procedures, allowing him to offer his patients the newest way to reduce or eliminate glasses. New patients are welcome. Most insurance plans are accepted and filed for you.

Know the ABCs of Skin Cancer

Skin cancer is by far the most common type of cancer in the United States, and while some types of skin cancer can be easily treated, other types can be more dangerous. There are three main types of skin cancer — basal cell, squamous cell and melanoma. The type of skin cancer one has affects treatment options and prognosis (outlook). It's best to get an annual checkup for skin cancer from a physician or other professional; and, no matter what type, skin cancer should always be taken seriously.

Basal cell skin cancer is the most prevalent and least dangerous type of skin cancer. It generally appears on the head, neck or upper torso, and it grows slowly. Spots, blemishes, freckles and moles are signs of sun-damaged skin. They are usually harmless, but if you notice them changing, see a doctor.

While not as dangerous as melanoma, squamous cell skin cancer can spread to other parts of the body over some months. It usually appears as a thickened, red, scaly spot that may bleed easily, crust or ulcerate. It is generally found on those areas of the skin that are most often exposed to the sun.

Risks and Warning Signs of Skin Cancer

Most moles, brown spots and other growths on the skin are usually harmless; however, it's a good idea to have an annual skin check by a professional health care provider. Older adults, people who are fair-skinned, and those who have a lot of moles are generally at greater risk, so it's important to know your skin well and recognize any changes that you see on your body.

Here's an easy way to recognize if a mole or other skin lesion may be cancerous — just remember the ABCs of skin cancer:

Asymmetry: One half of the mole or lesion doesn't match the other.

Border: The shape or edges of the mole are irregular.

Color: The color of the mole or lesion is not uniform.

Diameter: The mole is larger than 6 mm (about the size of a pencil eraser).

Evolving: The size, shape or color of the mole or lesion changes.

Knowing these skin cancer ABCs will help you to spot most skin cancers — but it's important to remember that not every skin cancer will show every one of these signs. It is safest to consult your doctor whenever you are unsure.

Causes of Skin Cancer

Like all other types of cancer, skin cancer occurs when there is damage to the DNA of normal cells, resulting in uncontrolled growth of these damaged or mutated cancer cells. According to the American Cancer Society, causes of skin cancer can include:

- **Ultraviolet (UV) exposure** – The sun is the best-known source of UV radiation, but UV rays also come from artificial sources, such as tanning beds.
- **Genetics** – In a small percentage of skin cancers, risk factors can be inherited. Be sure to tell your physician if you have a family history of skin cancer.
- **Immune system suppression** – Some conditions, such as HIV/AIDS, and also certain medications can suppress the body's immune system, which normally fights cancer.
- **Radiation exposure** – In addition to the sun, other forms of radiation, such as X-rays or therapeutic radiation, may adversely affect skin cells.

With all types of cancer, including skin cancer, early detection and diagnosis can make a big difference in outcome. If you suspect that you may have skin cancer, have your physician check it out immediately. Most skin cancers are easily treated and often cured; and for those more serious types, such as melanoma, the earlier it is discovered and treatment begins, the better the outcome.

World-Class Cancer Treatment Close to Home

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

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



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5 Potential Health Crises Home Inspections Prevent

A home inspection is one of the most important steps in the home buying process, but some real estate agents might encourage their customers to skip it to cut closing costs. A good REALTOR®—one who has your best interest in mind—will never advise bypassing a home inspection. Why? Because we don't just care about our bottom line; we care about you. Skipping a home inspection might not only result in costly home repairs—it could severely impact your health. Here are five serious health hazards a home inspection can prevent

1. Mold-related illness

All kinds of mold love Florida's warm, moist climate, and inadequate moisture control inside a home can quickly lead to an infestation. The damage may even go unseen, as mold can grow easily within walls, ceilings, and air ducts. Various types of mold can produce chemicals called mycotoxins that may cause respiratory irritation, rashes, shortness of breath, headaches, and fatigue in people exposed to them. Small children, the elderly, and those with compromised immune systems may be especially at risk. A home inspection will check for moisture and mold issues, ensuring your new home is mold-free.

2. Water contamination

Waterborne illness is unthinkable in 21st century America thanks to modern advances in sanitation, but when sewage and septic systems break down or are improperly installed, a serious outbreak can occur. Waterborne pathogens can cause such illnesses as Legionnaire's disease, typhoid, cholera, and dysentery. Home inspectors check to make sure sewage and sanitation systems are functioning properly, keeping your drinking water nice and clean.

3. Hazardous materials

Some homes, especially older ones, may be built with materials now known to pose health risks to residents. One of the most well known and dangerous of these is asbestos, a toxic mineral that can cause mesothelioma, lung cancer, and respiratory problems. It was widely used in home construction until the late 70s, when the public became aware of its dangers. A home inspector may check an older home for the presence of asbestos, but newer homes are not at usually at risk. However, all homes may be at risk for radon and carbon monoxide, two odorless and invisible gasses that can be deadly in high concentrations. Inspectors usually offer radon and carbon monoxide testing services, and it's wise idea to add them to your inspection package if you can.



4. Rodents and pests

Most home inspections will look for pests or potential sources for pests. These include rats, mice, roaches, termites, mosquitoes, and a host of other unpleasant Florida bugs. It's not just a matter of keeping icky bugs away, but keeping you healthy. Rats and mice can spread disease, as can the ticks and fleas they carry. Properties that hold a lot of standing water can serve as breeding grounds for mosquitoes, which can infect both humans and livestock with potentially deadly diseases like West Nile and encephalitis. Being aware of pests and pest attractants in your home is the first step to protecting yourself and your property.

5. Disaster-related injuries

While you might have an impressive stock of food, water, and important hurricane supplies, do you know if your home is as hurricane-ready as you are? Many storm-related injuries aren't caused by the weather itself, but a home's inability to withstand it. Home inspectors in Florida keep an eye out to make sure roofs and support areas are built to stand up to the sustained winds and rain of tropical storms, ensuring you'll be safe and sound when the next hurricane comes your way. They'll also check for the more subtle ways nature might be working against your home, namely settling caused by sinkholes. Most sinkholes in Florida don't spontaneously swallow homes whole, but gradual sinking can compromise several elements of your home's infrastructure, potentially putting you at risk. Getting a home inspection will reveal whether or not sinkholes are a concern for your property.

For more information about how home inspections can protect your health and your property, contact a team member at Showcase Properties of Central Florida! We're dedicated to helping you buy and sell with confidence, and are always here to ensure you get the best real estate advice.



Dawn Trigg

Broker Associate, REALTOR®

Dawn is a GRI REALTOR® and broker associate with Showcase, and a 30-year Ocala resident. She holds bachelor degrees in Health Science from UF and Elementary Education from Saint Leo's University. In New York, as well as Florida, she developed a career as a dental hygienist and transitioned to education in the early 2000s. She has previously taught at Grace Christian School here in Ocala. A wife of 32 years and mother of two, Dawn enjoys being active in her community by holding memberships to several local organizations: she previously held board positions with the Junior League of Ocala and the Pioneer Garden Club, was an executive with Marion County Medical Society Auxiliary, and was a board member of Grace Episcopal School. Currently, she is a member of the Ocala Marion County Board of Realtors, and attends First United Methodist Church of Ocala.

Dawn's love of real estate stems from the social and human aspects of the profession, and she thoroughly enjoys meeting new people. Continuing her education in real estate is also crucial to her as a professional in the field. She utilizes her growing knowledge and active listening skills to help her customers achieve their goals, and brings her emphasis on personal integrity and honesty to bear on every transaction she makes.



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Urinary Incontinence

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

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

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

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



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

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

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

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

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



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Advances in Robotic Assisted Surgery

What you should know about your options

It may still sound a little futuristic to some, but more than 3 million people worldwide have had remarkable outcomes due to the advanced technology and sophistication of robotic-assisted surgery.

In short, robotic surgery is a minimally invasive method that typically utilizes three small ports, as opposed to a full incision. The 3D video technology is magnified to the highest-definition. The surgeon controls tiny instruments that can twist, bend and rotate in ways that no human hand could ever orchestrate the conventional surgical instrumentation. The physician can visualize the field at a greater magnification and has unprecedented control from the monitor to move the tools with ease. It is by far one of the most significant advancements to affect the medical world over the past century.

There are multiple procedures that the robotic-assisted surgical device can perform; bariatric procedures include the following: sleeve gastrectomy, gastric bypass and duodenal switch. Along with these bariatric procedures, a comprehensive range of general surgical treatments are also available including; thyroid-parathyroid surgery, breast surgery, abdominal surgery, hernia repairs, and colon/rectal surgery.

The Benefits of Robotic Surgery

- Quicker recovery times
- Shorter hospital stay
- Minimal scarring
- Minimal discomfort
- Proven results
- Advanced outcomes

The robotic device consists of four arms, three of the arms are for surgical instruments, and the fourth arm is for the camera that registers ten times the magnification of traditional laparoscopic cameras. The surgeon is in the operating room right next to the patient, controlling the movements of the arms from a console. During the surgery, the surgical movements are precise and meticulously measured.



Munroe Regional Medical Center (MRMC) has an advanced team of surgeons and staff that are highly-trained and experienced experts in robotic-assisted surgery. MRMC has the latest model robot in the area and is looking forward to answering any questions or concerns you may have regarding your upcoming surgical needs.

Munroe Regional Medical Center offers outpatient, inpatient emergency care, and surgical care. As your community healthcare provider, the Joint Commission accredits Munroe Regional Medical Center.

At Munroe Regional, they provide you with the best medical care available and identify the most appropriate setting and level of care for you. They are committed to restoring your health as quickly and comfortably as possible, and have been consistently recognized for this dedication.

If you or a loved one has any health concerns or would like to know more about robotic-assisted surgery, please consult Munroe Regional Medical Center to schedule an appointment and discuss your surgery options.



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JULY IS UV SAFETY MONTH

Summer is Here and so is the Risk of Sun Exposure!

By Thi Tran, DO and Joann Heim

Warmer weather more often than not, means more time outdoors in the sun. Although some exposure to sunlight can be enjoyable and beneficial, too much can be harmful. When you experience overexposure to ultraviolet (UV) radiation from the sun, it can lead to a very uncomfortable and painful sunburn. Too much exposure can also lead to more serious health problems, eye damage, suppression of one's immune system, premature aging of the skin and skin cancer.

Did you know just 1 sunburn increases your chance of skin cancer & melanoma?

According to the Skin Cancer Foundation, 85% of melanoma can be attributed to exposure to ultraviolet (UV) radiation from the sun. 1 in 5 Americans will develop skin cancer in the course of a lifetime. The rise in the incidence of skin cancers can be related to the increasingly popular outdoor activities and recreational exposure. The American Cancer Society states, although it is largely preventable, it is the most common form of cancer diagnosed annually.

Should you avoid the outdoors?

Of course not - Enjoy the outdoors! According to the CDC, being physically active outside is healthy and can help prevent conditions like obesity. But it is also important to be sun smart when playing and working outdoors.

According to The Skin Cancer Foundation - Mohs surgery is on the rise, for good reasons: It has the lowest recurrence rates, highest cure rates and best cosmetic results of any skin cancer treatment.

UV Safety Basics:

Protecting your skin from the sun is important year-round, but when you're spending more time outdoors throughout the summer months, it becomes even more important.

ABCDE's of Melanoma

- **A for Asymmetry** - Normal moles or freckles are typically symmetrical. In cases of skin cancer, spots will not look the same on both sides.
- **B for Border** - Moles, spots, or "beauty marks" are typically round and of no cause for concern. Those with a with blurry and/or jagged edge can be a sign of a cancerous or pre-cancerous growth.
- **C for Color** - A mole that has more than one color should be considered suspicious.
- **D for Diameter** - If a growth is larger than a pencil eraser (about 1/4 inch or 6mm), it needs to be checked by a doctor.
- **E for Elevation** - Elevation means that the mole or growth is raised and has an uneven surface.

Detect

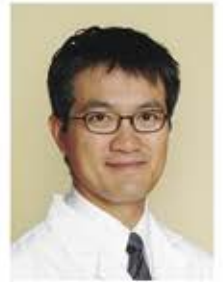
- Self-checks - look for any new moles or lesions. A new or changing mole should be evaluated by a dermatologist.
- Get a professional skin cancer screening once a year.

Because early detection is the key to successful treatment, Village Dermatology continues to emphasize the importance of regular skin cancer screenings, knowing that proactive prevention is the smartest of strategies.

Applying sunscreen every morning before going outside should be as natural as brushing your teeth.

THI T. TRAN, DO

Dr. Tran has dual-board certification in Dermatology and Mohs Micrographic Surgery. He is a fellow of the American Osteopathic College of Dermatology and American Academy of Dermatology & ASMS.



He did his undergraduate work at Case Western Reserve University, and received his medical degree from Ohio University. 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.

Pocket Guide	
Types and Advantages of Broad-Spectrum Sunscreens	
Product Type	Use
Waterproof	* Recreational/Sports Activities * Outdoor Occupations
Daily Use Moisturizer	* Under makeup * Aftershave
Dry Lotion	* Avoiding eye stinging * Less heavy application
Zinc & Titanium	* For Skin sensitivity
Oil-free Gel/Lotion	* For oily skin type * For acne prone skin
Spray	* Ease of application * Hairy area
Stick	* Lips * Eye area * Kids * Hands-Free
Reminder: Reapply every 2 hours	

Prevent

- Apply a broad-spectrum sunscreen with SPF of 30 or higher - Reapply ever two hours
- Wear an SPF lip balm
- Wear protective clothing - wide brim hat, sunglasses and lightweight long sleeves
- Seek shade
- Avoid the sun between 10:00am to 4:00pm, even when it's cloudy

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CHILDHOOD OBESITY

Being overweight can cause serious long-term health issues, but the statistics of childhood obesity are staggering. More than 100 million children worldwide are considered obese, and in the United States, 1 out of 3 children are diagnosed as clinically overweight.

Over the past few years, there has been nearly a 20% increase in the obesity rate of children and teens. This is calculated by the BMI (body mass index) of children being above the 85th percentile in comparison to children of the same sex and age in weight.

Why are so many kids having trouble with weight gain? Two major offenders are not being active enough and eating an unhealthy diet full of sugar, fat and complex carbohydrates.

Many children do not move enough throughout the day; they live sedentary lives, so much so that they can be equally compared to the inactivity level of older adults in their 60's and 70's. Some children sit in front of the television, computers, or play electronic gaming devices far more frequently throughout their day than they get exercise. They need more physical movement to burn calories adequately.

Childhood obesity can lead to the following diseases and disorders:

- High blood pressure
- Diabetes
- Asthma
- Sleep apnea
- Musculoskeletal disorders
- Arthritis
- Heart disease
- Cancer
- Stroke

The CDC (Center for Disease Control) states, "Childhood Obesity and Child Wellbeing has immediate and long-term impacts on physical, social, and emotional health. For example:

- Children with obesity are at higher risk for having other chronic health conditions and diseases that impact physical health, such as asthma, sleep apnea, bone and joint problems, type 2 diabetes, and risk factors for heart disease.



• Children with obesity are bullied and teased more than their normal weight peers, and are more likely to suffer from social isolation, depression, and lower self-esteem.

• In the long term, childhood obesity also is associated with having obesity as an adult, which is linked to serious conditions and diseases such as heart disease, type 2 diabetes, metabolic syndrome, and several types of cancer."

Getting your child the proper help now is critical for them to be able to live long-lasting, healthy, productive lives. There is a time when professional medical assistance is essential. If your child needs help losing weight and building their confidence, Lifestyle Solutions can help. They have trusted reliable expertise in evaluating the medical needs and concerns of the child, as well as preparing a diet; supplement and exercise plan for their specific requirements.

At Lifestyle Solutions MedSpa, their philosophy is that successful weight management is the result of simple changes, healthy lifestyle choices and knowledgeable support. By utilizing a medically based multi-disciplinary approach, they have developed a comprehensive program using state-of-the-art techniques combined with tried-and-true weight loss methods to help you achieve your goals and maintain them. Their skilled team

of physicians and lifestyle coaches is led by the highly experienced bariatric physician, Michael Holloway, M.D., along with Executive Director, Shannon Holloway, both of whom are dedicated to providing highly personalized care. The program offers weekly consultations with a physician and certified Lifestyle Coaches as well as customized food and exercise plans individualized to meet the needs of the individual. Minor children will need to be accompanied by a parent or legal guardian on the initial visits and possibly throughout the program in order to achieve ultimate success. Additionally, Lifestyle Solutions MedSpa offers aesthetic enhancement services including facials, Botox and Restylane injections, and other face and body contouring, anti-aging treatments to help you look and feel your best.

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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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.

Female Continence & Pelvic Surgery Center
1050 Old Camp Road, Suite 206, The Villages, FL 32162
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DECODING HEART DISEASE

Dr. Sivasekaran, MD

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

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

BMI

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

Cholesterol

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

Blood Pressure

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

Fasting Blood Glucose

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

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



WHAT'S YOUR SCORE?

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

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

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

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

RATNASABAPATHY SIVASEKARAN, MD

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

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

 *Siva M.D. P.A.*

Office Location:
2845 Southeast 3rd Court
Ocala, FL 34471

PERIODONTAL DISEASE AND DIABETES Have Something In Common

In recent studies, it has been reported that almost 50% of the U.S. adult population has some form of periodontal disease. That means one out of every two adults over the age of thirty is suffering from some form of gingival bacterial infection. And depending on whether it is mild, moderate, or severe, these people can experience different degrees of mouth soreness, loose teeth, and discomfort.

It is widely reported that people with diabetes are one of the major groups affected by periodontal disease. Individuals with diabetes have many co-morbidities that correlate to the issue of their high blood sugar. Researchers suggest that periodontal disease increases high blood sugar, making individuals with uncontrolled diabetes at greater risk for infections and complications. These infections and complications in turn increase the severity of the periodontal disease which inevitably leads to bone destruction and loss of teeth.

A person with any form of gum discomfort, bleeding or bad breath, should consult a dentist about getting those conditions treated right away. Often, just getting a deep scaling, which is a cleaning that goes a little deeper under the gum line, will correct mild to moderate periodontal disease. Loose teeth and infection in gingival tissues can be easily treated by a periodontist (periodontal gum specialist) using techniques such as deep scalings, gingival grafts, laser treatment, and other pocket reduction procedures.

There are things that an individual can do to prevent gum disease at home. The obvious is regular tooth brushing. That means a good two-minute brushing routine that gently cleans all surfaces of the teeth. The importance of flossing cannot be stressed enough. Dentists and hygienists convey this message regularly to their patients, but unfortunately in our fast-paced lives, many people think it is too time-consuming to floss daily. The reality



is it only takes a minute to floss. When flossing is neglected, food and bacteria can be harbored in the interproximal space between teeth thus leading to periodontal disease. Consistent home care coupled with visiting your dentist on a regular basis is vital to keeping your gums healthy.

It is highly recommended if you have diabetes that you be extra meticulous about brushing and flossing, as well as keeping your blood sugar levels under control. The normal fasting blood sugar levels are anywhere from 70-99 mg/dl. The normal A1C, which measures the blood glucose level, should be below 5.7%.

People living with diabetes should consult with their primary care physician or endocrinologist on how to keep their blood sugar levels at the lowest rate possible. Depending on the type and stage of diabetes indicated, this is usually accomplished through dietary changes, exercise, and medications.

All of the providers at Belleview Dental Center are highly trained in treating periodontal disease. Belleview Dental Center has an added benefit with a periodontal specialist onsite. This allows both the periodontal specialist and the other doctors to work together, rather than patients referred to another location for periodontal procedures. Having a periodontist onsite is another essential service to consider when choosing the right dental group for your oral health needs and convenience. When you receive dental care from the providers at Belleview Dental Center, you have

the confidence of knowing you are receiving care from highly skilled dentists in a family practice established since 1982.

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



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10600 SE Hwy 441, Belleview, FL 34420



About Dr. Henry A. Sweeny Jr.

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



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."

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

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

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



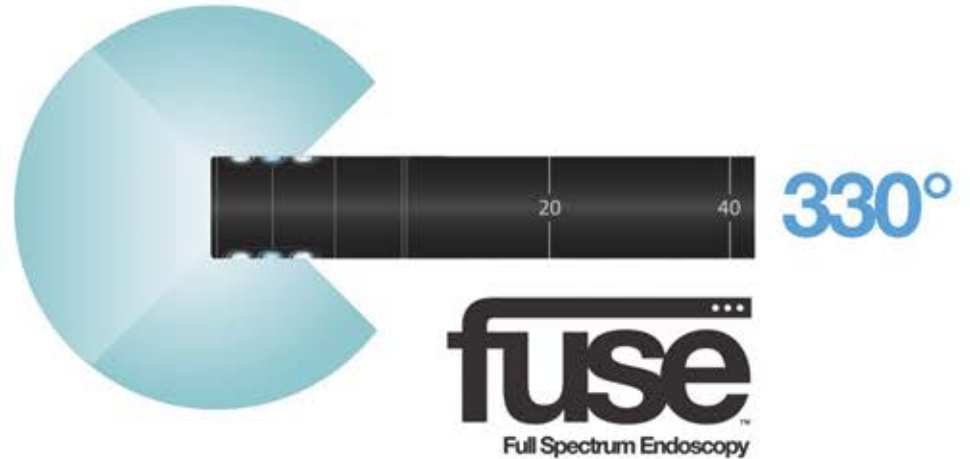
Dr. Anand Kesari



**Standard Colonoscope
Limited 170° Field of View**



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



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

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

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



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

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

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

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

OCALA

7535 SW 62nd Court, Ocala, FL 34476

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10435 SE 170th Place, Summerfield, FL 34491

SUMTERVILLE

1389 S, US 301, Sumterville, FL 33585



(352) 237-1253

www.gastro-colon.com

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.

Leg Swelling Causes and Concerns

By Bryan Carter, MPA-C, Phlebology-Surgery

It's all too common for many people to walk around daily unable to see their ankles, and yet, they don't realize the seriousness of the bigger problem happening on the inside. Other individuals may be so affected by the swelling of their ankles and calves that they cannot walk or even get their shoes on.

It is normal to experience a little ankle and leg edema, and it is even expected after a long holiday weekend when we've eaten more foods with a high sodium content, and have had a few extra alcoholic beverages than normal. But the Edema should be resolving overnight. If not then other considerations are to be presumed. One of the most common causes of leg swelling by far is bad veins circulation.

Other Common Causes:

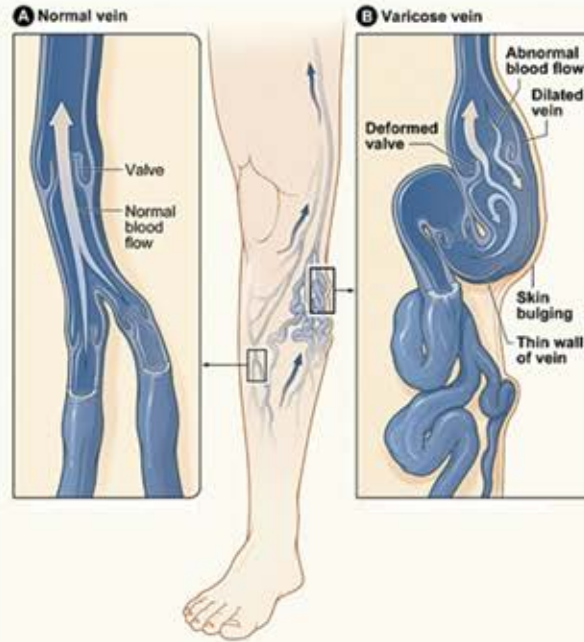
1. Heart Failure—Heart is not pumping efficiently
2. Medication side effects—Especially blood pressure medicines
3. Kidney function decline
4. Liver function decline
5. Lymphatic functional decline
6. Infections
7. Most critical—blood clots in the legs

If someone does have leg swelling, many tests are available to find the cause. One of the most important causes is the possibility of a leg blood clot from the "damaged



veins" or the Venous Insufficiency. This is the most critical possibility, due to the likelihood of it being life-threatening.

First, see your primary care physician, they should evaluate you with checking your blood work, examining your legs, checking medications and simultaneously getting you referred to a cardiology /vascular office to evaluate you for heart function and a leg ultrasound to rule out the potential blood clot and to check for Venous insufficiency. This Venous insufficiency study is a specialized test that hospitals and your local imaging centers are not accustomed to. This test is a very detailed ultrasound, and it's utilized to determine the functional status of the veins as well as to find any blood clots in the veins.



Vein Disease:

Should your test come back positive for Venous Insufficiency, that means your veins have either been damaged to the point where the valves do not control the blood flow back up to the heart, or the Veins have been significantly stretched out. With both of these diagnoses, again the same situation hold true; your valves can not control the blood flow back to the heart.

Genetics are the number one cause of Venous Insufficiency along with secondary complications like, standing or sitting for extended periods of time, trauma to the legs, obesity, pregnancies, as well as other possibilities.

As you notice the swelling worsening, more and more irreversible damage is occurring under the skin plus you're increasing the risk of potential blood clot formation.

As seen below in the picture the swelling can progress to the varicose vein's and then leading to the stasis dermatitis skin discoloration and then Venous ulceration and skin breakdown which can lead to cellulitis.



Treatment Options:

If you do have a positive test confirming Venous Insufficiency, treatment options are much better than in the years past. No vein stripping is needed, and diuretics are NEVER a long-term treatment option. Daily use of medical grade and accurately measured support socks are the initial start to control the Venous insufficiency. Daily Pool exercising is highly beneficial, as well as intermittent leg elevation. All of these will aid in keeping the edema control.

The best outcomes for Venous insufficiency are with treatment options that include Venous thermal ablation and Venous chemical ablation. There are no sutures and no down time, and best of all, these procedures are performed in the office. You are able to resume normal routine activity right after your treatment.

At the Heart of the Villages, Bryan Carter specializes in venous issues and leg health, taking great pride in getting to know his patients on an individual level. He is supported by a full-service cardiology practice. Mr. Carter is a previous Army combat medic who obtained his Masters in Physician Assistant studies with a thesis in Venous Disease and Treatment. 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.

To find out more, please visit their website at heartofthevillages.com, or call their office to schedule your appointment at, (352) 674-2080.



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Orthopedics and the Advantages of Stem Cell Therapy

Over 35 years ago, stem cells were studied for their positive regenerative effects at the University of Cambridge. Since that time, stem cell regenerative medicine has come a long way with numerous research trials and studies that show the efficacious benefits to various age groups, and for many different medical issues. Stem Cell treatment can ease arthritis and chronic pain. It can also restore and heal injuries like bunions, rotator cuff, tendon and ligament tears, as well as labral and cartilage damage.

In orthopedics stem cells are typically derived from fat, bone marrow and the blood platelets of the adult patient, but when were dealing with age related injuries or aging degenerative effects like arthritis, the stem cells from a 70-year-old, are not going to be as beneficial in healing the body. At the Advanced Orthopedic Institute (AOI), the surgeons are dedicated to giving you the best quality care with top outcomes, and that's precisely why they use OrthoFlo by Mimedex. OrthoFlo is a stem cell allograft taken from amniotic fluid.

Mimedex cites the following:

"OrthoFlo is an amniotic fluid allograft that is provided lyophilized, and is intended for homologous use to:

- *Protect & cushion*
- *Provide lubrication for enhanced mobility*
- *Modulate inflammation*

OrthoFlo is a human tissue allograft that is derived from amniotic fluid, donated by mothers delivering healthy babies by scheduled Caesarean section.

Amniotic fluid, in utero, naturally functions to protect, cushion and lubricate.1 Key elements of amniotic fluid include growth factors, carbohydrates, proteins, lipids, electrolytes, and other nutrients, as well as hyaluronic acid (HA), a principle component that provides viscosity and lubrication in the synovial fluid that surrounds joints.



OrthoFlo is an amniotic fluid allograft, which helps to cushion, lubricate and protect the joint. OrthoFlo is procured and processed in the United States according to standards and regulations established by the American Association of Tissue Banks (AATB) and the United States Food & Drug Administration (FDA)."

Along with OrthoFlo, Advanced Orthopedic Institute also uses Mimedex's AmnioFix.

"AmnioFix® is a composite amniotic tissue membrane minimally manipulated to protect the collagen matrix and its natural properties. AmnioFix® reduces scar tissue formation, modulates inflammation in the surgical site, enhances healing, and acts as a barrier."

After years of accomplishment, Stem cell therapy is being utilized in many different medical specialties as it's finally receiving the credentials that it has proven to provide. Scientists are discovering new ways that stem cells are able to assist in healing. One of these ways is to fight viruses. Stem cells are also being made into vaccines and immunotherapeutic treatment. In orthopedics, stem cell therapy provides the following advantages:

Stem Cells Benefits

- Allows the body to heal itself naturally
- Reduces treatment time
- Quicker recovery time
- Restores degenerative tissue
- Lowers risk of infections
- Often alleviates surgery completely
- Can be used to improve healing rate after surgical procedure

AOI is at the forefront of orthopedics. Dr. John T. Williams, Jr. specialties are hip and knee replacements and knee revisions Dr. Alfred J. Cook, Jr., specializes in sports medicine, shoulder surgery and replacements, rotator cuff repairs, knee procedures including arthroscopy. Both doctors also use innovative early prevention treatments for arthritis.

To find out more about stem cell therapy, or your other orthopedic needs, please call Advanced Orthopedics Institute at (352) 751-2862.



(352) 751-2862

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CBD (Cannabidiol) Medical Marijuana without all the hassle or side-effects



Cannabidiol (CBD) is making headlines all over the world for its ability to treat and alleviate symptoms of numerous medical conditions effectively.

There is a many reasons why hemp was the first crop to ever be cultivated over 10,000 years ago, and consumed by every culture, on every continent thru-out history. After 80 years of prohibition hemp products are finally available once again to the American people. Certain specifics are important to clarify when describing cannabis treatments and products.

CBD or THC?

To start, CBD has none of the psychoactive (mind-altering) effects of THC that's found in marijuana. Scientists, botanists, and pharmacology professionals have spent years creating plant varieties that produce large amounts of CBD and extremely low to zero THC properties. These plants are then cloned as hybrids, creating the most health beneficial oil that can be extracted and utilized without any of the "mood changing" effect.

What is CBD? and how does it benefit every cell organ and system in the body?

CBD has become a highly sought after compound in recent years, taking the natural products industry by storm after receiving highly publicized exposure in the media. CBD interacts with the body through the endogenous cannabinoid system (ECS) or endocannabinoid system. It's clear that the endocannabinoid system is one of the most important regulatory systems in the human body, but most people do very little to support the health of this system, because cannabinoids have not been part of the average diet.

Newly discovered Endocannabinoid system

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD oil (cannabinoids)

through merging directly with our cells. Our natural endocannabinoid system works synergistically with CBD, creating a multitude of beneficial reactions in the body.

Case studies and benefits of CBD

There are countless ongoing peer-reviewed studies on the medical outcomes of utilizing Cannabis as a drug therapy in patients that have Multiple Sclerosis, HIV/AIDS, Cancer, and cognitive damage, Rheumatoid Arthritis, PTSD, Epilepsy, ALS, Crohn's, Parkinson's, Dementia, and many other disorders. Search The NationalInstitute of Health's PubMed.org to see over 5,800 published, peer reviewed studies.

Recent studies have shown the following Health Benefits of CBD:

- Alleviates Seizures
- Anti-inflammatory response
- Anti-muscle spasm
- Anti-nausea
- Anti-psychotic
- Anti-tumor factors
- Brightens skin
- Cancer cell death
- Cancer cell growth inhibitor
- Fights viral infections
- Improves sleep
- Promotes pet health and reduces anxiety
- Reduces anxiety
- Reduces beta-amyloid plaque
- Reduces cognitive impairment
- Reduces Seizures/anticonvulsant
- Reduces inflammation
- Relaxes muscles
- Relieves pain

History of Medical uses of Cannabidiol

Over 4000 years ago, Asian Emperors used cannabis for its healing properties, noting exceptional improvements in edema issues. In ancient Greece and Egypt, cannabis is reported in many manuscripts, describing its use for medical conditions such as eye disease, joint inflammation and as an anesthetic. Over 300 years ago, in one of Oxford's medical professional journals, it was touted as a means to reduce depression. Cannabis has even been reported to reduce the menstrual complications of Queen Victoria. In the early 1900's, the United States began growing cannabis for pharmaceutical companies to formulate into medications.

The laws and regulations on Cannabidiol and HEMP oils are continually updated, as federal regulatory officials better understand the advantages of CBD. It is used legally in many states, including Florida.

Purity, Testing & Serving Size

Because Hemp is a well known bio-remediator, which means it absorbs toxins from contaminated soil (i.e. pesticides, toxic waste, fertilizers, & radiation etc.) **it's important to where your hemp is grown and how it's processed.**

Energy Medical is a proud distributor of Kannaway CBD products.

The Kannaway Company's products are pharmaceutical grade. Here is what they have to say, "Our CBD hemp oil is sourced from hemp grown in Northern Europe free of pesticides, herbicides, or chemical fertilizers. Because hemp grows quickly and efficiently, sometimes producing two or more harvests a year, and uses very little water, it is environmentally sustainable crop with a number of uses beyond CBD supplements.

Kannaway's hemp oil is put through a stringent Triple Lab Tested™ process to ensure its safety and reliability. Our oil is first tested following harvest, and then again by an ISO/IEC 17025:2005 accredited lab after import into the U.S. The final stage of testing comes after our products are manufactured to check for potency and any possible contamination to provide only products you can trust."

The Kannaway CBD Difference

- Most commercially available CBD products contain 1-5 mg per Serving
- At Energy Medical / Kannaway, CBD Products contain 25-120 mg per Serving
- With an average cost of .11 per mg, Kannaway products are 50% less than most competitors

At Energy Medical, CBD products are available in Oils, Capsules, Salves, and Vapes. These can be administered topically, orally or through the vaporizing method. Product choice and serving size will vary depending on current health conditions and desired outcomes.

Along with the multitude of CBD health benefits, there are also lucrative business opportunities now the prohibition is over. Energy Medical has a unique Brand Ambassador opportunity for you to partake in as these influential products arrive on the forefront of this medical phenomenon.



For more information, please visit their website at CBDtheVillages.com, call them direct at (352) 552-1889, or email them at info@energymedical.net

(352) 552-1889
www.EnergyMedical.net

17820 SE 109th Ave., Suite 106B
Summerfield, FL. 34491
In the Spruce Creek Medical Center
Across from the Walmart on Hwy. 441

Benefits of Home Health Care

It has been proven that home health care is good medicine and that's why CareTime is committed to providing high quality, consistent and compassionate personal and health care services in the home. Being with family and friends in familiar surroundings has a positive effect on patients recovering from illness or surgery. In fact, studies have proven that patients recuperate more quickly in their home environment.

Below are some of the top reasons why people often choose home health care.

- Home care is delivered at home. When we are not feeling well, most of us ask to be at home. We enjoy the sanctity of our residences and the joy of being with our loved ones. When our loved ones are ill we try to get them home and out of the hospital as soon as possible.
- Home care keeps families together. This is particularly important in times of illness. The ties of responsibility and caring can be severed by hospitalization.
- Home care prevents or postpones institutionalization.
- Home care promotes healing. There is scientific evidence that many patients heal faster at home.
- Home care is safe. Many risks, such as infection, are eliminated or minimized when care is given at home.
- Home care allows for the maximum amount of freedom for the individual. Patients at home remain as engaged with their usual daily activities as their health permits.



- Home care ensures the patient is taken care of while preserving their dignity and independence.
- Home care promotes continuity. The patient's own physician continues to oversee his or her care.
- Home care is personalized and tailored to the needs of each individual. Patients receive one-on-one care and attention.
- Home care is often less expensive than other forms of care.
- Home care is the form of care preferred by the American public.
- Home care can prevent re-hospitalization and decrease the need for urgent care.

A locally owned and operated home health agency. CareTime was founded by Patti Yancey, RN, CMC, GCM.

Patti has been caring for the elderly in Ocala and the surrounding areas for over 25 years. She is an expert in the field of home health and geriatric case management. She is a certified care manager, through the National Academy of Certified Care Managers and Geriatric Care Managers and Member of the Aging Life Care Association. Her life long personal and professional relationships in the local area are an asset to her clients.

CareTime will customize your requests to fit your service needs. All requests are handled in a timely and professional manner. Services can range from just a few hours to 24 hours a day, 7 days a week depending on your needs. Around the Clock Care can be provided in shifts or by a live-in caregiver.

To find out more, please visit their website at caretimeflorida.com, or call (352) 624-0570

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- Medication Management
- Hospital to Home Services
- Quality of Life Care
- End of Life Care

Heat and Exercise: Keeping Cool in Hot Weather

Stay safe during hot-weather exercise by drinking enough fluids, wearing proper clothing and timing your workout to avoid extreme heat.

Whether you're running, playing a pickup game of basketball or going for a power walk, take care when the temperature rises. If you exercise outdoors in hot weather, use these commonsense precautions to prevent heat-related illnesses.

How heat affects your body

Exercising in hot weather puts extra stress on your body. If you don't take care when exercising in the heat, you risk serious illness. Both the exercise itself and the air temperature and humidity can increase your core body temperature.

To help cool itself, your body sends more blood to circulate through your skin. This leaves less blood for your muscles, which in turn increases your heart rate. If the humidity also is high, your body faces added stress because sweat doesn't readily evaporate from your skin. That pushes your body temperature even higher.

Heat-related illness

Under normal conditions, your skin, blood vessels and perspiration level adjust to the heat. But these natural cooling systems may fail if you're exposed to high temperatures and humidity for too long, you sweat heavily, and you don't drink enough fluids.

The result may be a heat-related illness. Heat-related illnesses occur along a spectrum, starting out mild but worsening if left untreated. Heat illnesses include:

- **Heat cramps.** Heat cramps, sometimes called exercise-associated muscle cramps, are painful muscle contractions that can occur with exercise. Affected muscles may feel firm to the touch. You may feel muscle pain or spasms. Your body temperature may be normal.
- **Heat syncope and exercise-associated collapse** Heat syncope is a feeling of lightheadedness or



fainting caused by high temperatures, often occurring after standing for a long period of time or standing quickly after sitting for a long period of time. Exercise-associated collapse is feeling lightheaded or fainting immediately after exercising, and it can occur especially if you immediately stop running and stand after a race or a long run.

- **Heat exhaustion.** With heat exhaustion, your body temperature rises as high as 104 F (40 C), and you may experience nausea, vomiting, weakness, headache, fainting, sweating and cold, clammy skin. If left untreated, heat exhaustion can lead to heatstroke.
- **Heatstroke.** Heatstroke is a life-threatening emergency condition that occurs when your body temperature is greater than 104 F (40 C). Your skin may be dry from lack of sweat, or it may be moist. You may develop confusion, irritability, headache, heart rhythm problems, dizziness, fainting, nausea, vomiting, visual problems and fatigue. You need immediate medical attention to prevent brain damage, organ failure or even death.

Pay attention to warning signs

During hot-weather exercise, watch for signs and symptoms of heat-related illness. If you ignore these symptoms, your condition can worsen, resulting in a medical emergency. Signs and symptoms may include:

- Muscle cramps
- Nausea or vomiting
- Weakness
- Fatigue
- Headache
- Excessive sweating
- Dizziness or lightheadedness
- Confusion
- Irritability
- Low blood pressure
- Increased heart rate
- Visual problems



If you develop any of these symptoms, you must lower your body temperature and get hydrated right away. Stop exercising immediately and get out of the heat. If possible, have someone stay with you who can help monitor your condition.

Measuring core body temperature with a rectal thermometer is essential to accurately determine the degree of heat injury. An oral, ear or forehead thermometer doesn't provide an accurate temperature reading for this purpose. In cases of heatstroke, due to confusion and mental status changes, you won't be able to treat yourself and you'll require emergency medical care. The most effective way of rapid cooling is immersion of your body in a cold- or ice-water bath.

In cases of heat exhaustion, remove extra clothing or sports equipment. Make sure you are around people who can help you and assist in your care. If possible, fan your body or wet down your body with cool water.

You may place cool, wet towels or ice packs on your neck, forehead and under your arms, spray yourself with water from a hose or shower, or sit in a tub filled with cold water.

Drink fluids such as water or a sports drink. If you don't feel better within about 20 minutes, seek emergency medical care.

When to see a doctor

If you have signs of heatstroke, you'll need immediate medical help. If your core temperature is less than 104 F (40 C), but it doesn't come down quickly, you'll also need urgent medical attention. In some cases, you may need fluids through intravenous (IV) tubes if you're not able to drink fluids or not able to drink enough fluids.

Get cleared by your doctor before you return to exercise if you've had heatstroke. Your doctor will likely recommend that you wait to return to exercise or sports until you're not experiencing symptoms. If you've had a heatstroke, you may require many weeks before you are able to exercise at a high level. Once your doctor clears you for exercise, you may begin to exercise for short periods of time and gradually exercise for longer periods as you adjust to the heat.

Heat-related illnesses are largely preventable. By taking some basic precautions, your exercise routine doesn't have to be sidelined when the heat is on.

Source: mayoclinic.com

How to avoid heat-related illnesses

When you exercise in hot weather, keep these precautions in mind:

- **Watch the temperature.** Pay attention to weather forecasts and heat alerts. Know what the temperature is expected to be for the duration of your planned outdoor activity. In running events, there are "flag" warnings that correspond to the degree of heat and humidity. For example, a yellow flag requires careful monitoring, and races are canceled in black flag conditions.
- **Get acclimated.** If you're used to exercising indoors or in cooler weather, take it easy at first when you exercise in the heat. It can take at least one to two weeks to adapt to the heat. As your body adapts to the heat over time, gradually increase the length and intensity of your workouts.
- **Know your fitness level.** If you're unfit or new to exercise, be extra cautious when working out in the heat. Your body may have a lower tolerance to the heat. Reduce your exercise intensity and take frequent breaks.
- **Drink plenty of fluids.** Dehydration is a key factor in heat illness. Help your body sweat and cool down by staying well-hydrated with water. Don't wait until you're thirsty to drink fluids. If you plan to exercise intensely, consider a sports drink instead of water. Sports drinks can replace the sodium, chloride and potassium you lose through sweating. Avoid alcoholic drinks because they can actually promote fluid loss.
- **Dress appropriately.** Lightweight, loose fitting clothing helps sweat evaporate and keeps you cooler. Avoid dark colors, which can absorb heat. If possible, wear a light-colored, wide-brimmed hat.
- **Avoid midday sun.** Exercise in the morning or evening, when it's likely to be cooler outdoors. If possible, exercise in shady areas, or do a water workout in a pool.
- **Wear sunscreen.** A sunburn decreases your body's ability to cool itself and increases the risk of skin cancer.
- **Have a backup plan.** If you're concerned about the heat or humidity, stay indoors. Work out at the gym, walk laps inside the mall or climb stairs inside an air-conditioned building.
- **Understand your medical risks.** Certain medical conditions or medications can increase your risk of a heat-related illness. If you plan to exercise in the heat, talk to your doctor about precautions.



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

Coach Jimmy K

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

DENAS PCM 6 is a superior advanced SCENAR device that is a compact portable solution that fits in your hand at home or on the go. No special medical education is required for effective use of the device. Denas technology



helps you overcome acute or chronic health issues and restore body's lost functions from conditions that started years ago. The DENAS PCM 6 has many natural healing capabilities without the use of drugs.

Denas delivers when others fail.

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

40 years of clinically proven results

While the FDA has approved SCENAR for muscle re-education, biofeedback, and the treatment of pain. Russian physicians have long used SCENAR to treat virtually all organ systems: musculo-skeletal, nervous, digestive, pulmonary and cardiovascular. With over forty years of published research and proven results in hospitals and clinics throughout Russia, Europe, and the United Kingdom. Russian experience demonstrates SCENAR effectiveness in close to 90% of all patients treated, with full healing noted in two out of every three patients, and significant improvement and

recovery in the rest. DENAS SCENAR is now available so you can enjoy the benefits of this affordable pain relief device that is Drug free, safe & effective.



Recommended by Chiropractors & Doctors

I am truly amazed at the effectiveness of the Denas PCM 6 in helping my patients overcome chronic pain issues. These devices are safe and easy for my patients to use at home when they need it the most. We've had a 90% success rate dealing with Musculoskeletal disorders and chronic pain. It's a Drug Free, non invasive alternative that is safe and effective. Thanks Coach Jimmy K.

-Dr. Ramon Solis - Internal Medicine, Houston Texas

Patient Female Age 58: complaint migraines and fibromyalgia, not able to engage in life has had 8 years of Botox treatments for migraines and medications for fibromyalgia. Her body has become filled with toxins, and she is having adverse side affects from the Botox and also environmental allergies as well as food. I have treated her on the vertebra and used the goggles with the PCM 6, followed protocol for migraines. We have done an intensive of six treatments ,she has had one only migraine in 3 months, in the past she had at least four a week without the Botox. Currently no flare ups with the fibromyalgia, No migraines, she has began swimming and is taking her first vacation and learning how to scuba. With this treatment anything is possible, the Vertebra 2 and the PCM6 are a God send for people with chronic pain.

Thank you for your continued support
-Practitioner AB Power, Prince George BC

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

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

In my 30 years of practice I have invested in tens of thousands of dollars on machines and devices to help my patients overcome pain and chronic issues. The Denas PCM 6 takes the prize at being the most effective and it's very affordable. In my opinion anyone that has Chronic Pain issues should consider purchasing a PCM 6, it was the best purchase that I've ever made.

-Claudia Suen - Practitioner Hawaii



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

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

For more Information about DENAS PCM 6 call Coach Jimmy K and staff at 503-395-4142



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Heart Talk

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

My dad told me a hilariously funny story that happened when he was about 20 years old. He was riding in the backseat of my grandfather's car with my grandfather, Jeff, driving. Grandpa Jeff's brother Uncle Walter was in the front passenger seat. So to set this up a little more, both Grandpa Jeff and Uncle Walter had suffered hearing loss. Uncle Walter's was more severe but he did not wear any hearing aid devices. He would usually turn his "good ear" towards the person talking and with a little lip-reading understand what was being said.

So according to my dad, while they were riding along, they were having a conversation with both of them talking at the same time. Grandpa Jeff was quite the talker, so he continued on and on about something which Uncle Walter could barely hear out of his good ear which was towards the passenger side window.

Apparently, Uncle Walter heard just enough of Grandpa Jeff's conversation to send him on a rabbit trail of comments back to him. My dad watched this going on for the better part of five to six minutes...of both men in the front seat talking as loud and as fast as they could...at the same time.

Well, my dad was trying to restrain himself from laughing. So he got down in the floorboard and covered his mouth.

The conversation going on in the front seat came to a grand finale of humor when my dad heard Grandpa Jeff say to Uncle Walter, "Well Walter if you'll shut up a minute, I'll tell you something."

My dad could not hold it in any longer. He laughed so hard that his ribs were hurting.

Having watched Grandpa Jeff and Uncle Walter trying to communicate myself, I can see how side-splittingly funny this was to my dad.

Both my Grandpa Jeff and Uncle Walter loved each other dearly, so they never had any ill feelings for each other, but it sure was funny to us kids and my dad to watch them carry on a conversation.

My grandpa and great uncle both had hearing issues that were obstacles that, as they got older, hindered their communication. There are other obstacles that can hinder our communication to others that are even more powerful and can even be dangerous to our relationships.

Those would be what I call heart blockages. Heart blockages are for the most part unintentional and can happen slowly over time. Heart blockages occur when we have unresolved issues that we have not allowed ourselves to share with those we live and work with.

Without a little time to clear the air, we don't always communicate well with one another. It's like the emotions seem to block the words we need at the moment or we just cannot talk at all.

Heart blockages can happen between best friends, coworkers, and even between entire groups of people. And I believe that...

People can't listen until they have been heard. Now I'm like you, I don't want to be blasted by someone who has pent-up heart blockages either. But I have realized that when I give someone a "safe card" to talk first and let them have at it...the following communication seems to be more clear, less emotionally charged and better relationally.

So how does the "safe card" work?

You sit with one other person or a group of people in an uninterrupted environment and you communicate the safe card rules:

- 1-only the person holding the safe card talks
- 2-no one leaves the room until everyone has been heard
- 3-you talk about how you feel
- 4-no criticizing or judging what others say
- 5-you pass the safe card to the left when you are through
- 6-everything said is confidential and stays in that room



The person with the safe card starts by saying..."What I feel like saying is..."

Usually, a few things come from "safe card" talks like:

- Conflicts get resolved
- We develop better listening skills
- We learn to let go of unresolved resentment
- There is a sense of connection and bonding
- Empathy grows within us
- Constructive expression of our feelings
- Mutual respect and understanding grows

These types of heart blockages are not fatal to your physical health, but they can adversely affect a relationship.

Watch over your heart with all diligence, for from it flows the springs of life. Proverbs 4:23 NASB

So here's to a lighter and happier heart that flows with the springs of life.

To your spiritual health,

Alex E. Anderson

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Bayside Community Church

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