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August 2017

Marion Edition - Monthly

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**MANAGING &  
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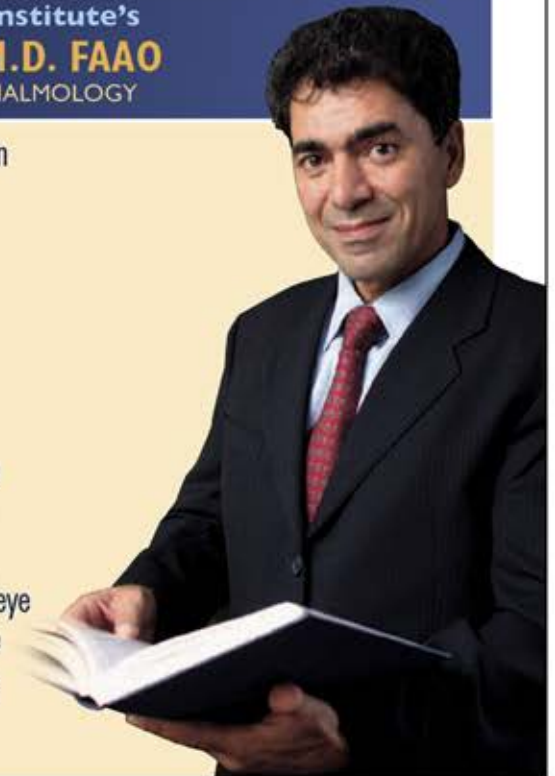
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Highly trained technologists - RAO's team of radiologic technologists is trained and experienced in an array of diagnostic imaging procedures and therapeutic radiation treatments. Each technologist possesses at least two to four years of fundamental education in anatomy, equipment use, patient positioning and comfort, and radiation and other safety protocols. All have passed a national exam certifying his or her qualifications, and receive ongoing education to ensure the highest degree of image quality, accuracy and safety.



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Advanced Vascular Care – RAO's Center for Vascular Health (CVH) offers a spectrum of quality vascular and non-vascular care, for a full range of treatment options. We are a radiologic services provider at both Munroe Regional Medical Center and Ocala Regional Medical Center, two of the most respected facilities in Central Florida.

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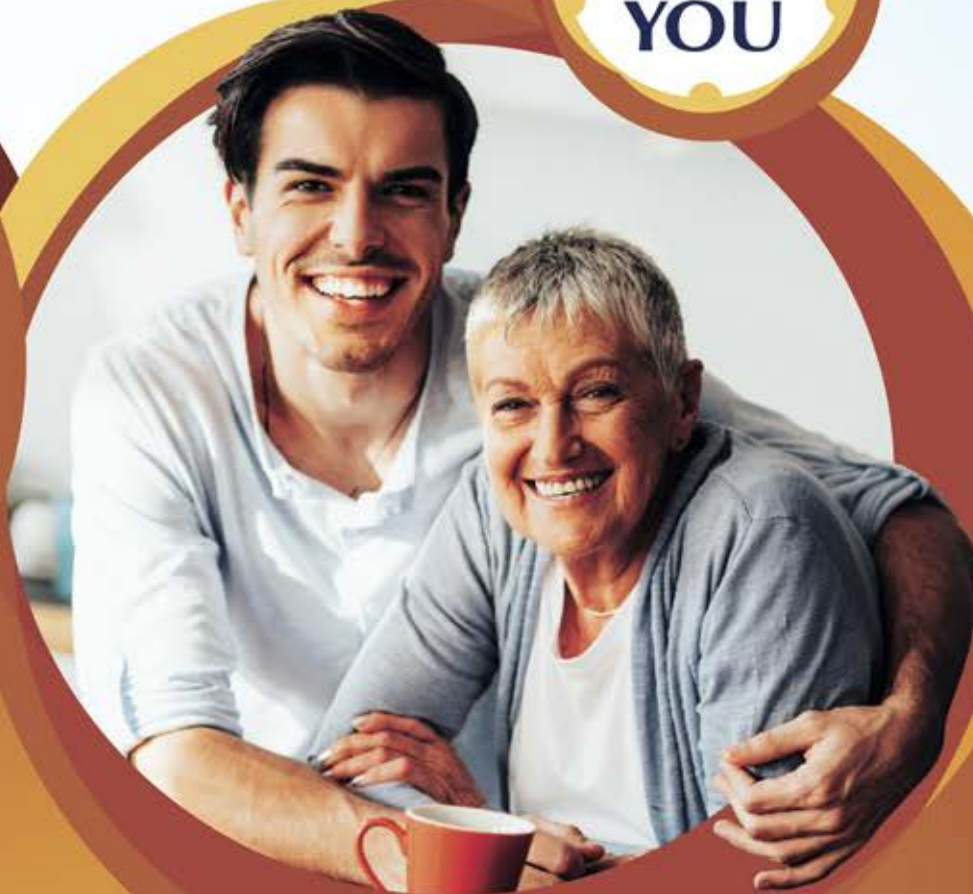
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# MANAGING & TREATING DEGENERATIVE DISC DISEASE

**D**egenerative Disc Disease (DDD) describes arthritis of the spine resulting in low back pain caused by a combination of inflammation of the damaged discs and a lack of spinal stability. In some patients, the pain may travel from the low back down into the hips and buttocks – a condition called sciatica. Unlike most other forms of osteoarthritis, DDD is common even in young adults, most often due to a sudden strain or impact injury, but naturally people tend to become more susceptible to it as they get older.

“The good news is that the vast majority of DDD cases respond well to conservative, nonsurgical therapies and pain episodes can be avoided or significantly reduced with positive lifestyle changes,” says ONC board certified neurosurgeon Antonio DiSclafani, MD.

ONC has successfully treated numerous DDD patients using safe, nonsurgical methods, such as physical therapy exercises, including a routine of stretches aimed at improving the flexibility and motion of the spine and low back muscles and ligaments, hamstrings (rear thigh muscles), and psoas major muscles of the hips, as well as low back and abdominal strengthening exercises to bolster spine and posture support. “I often partner with local physical therapists who can provide one-on-one training customized for each patient and his or her condition,” says Dr. DiSclafani. “That way patients can take their time and really get a feel for what they should do at home to manage and prevent pain episodes.”

For immediate relief, some patients may use OTC pain relievers like acetaminophen (Tylenol) or NSAIDs (aspirin, ibuprofen, naproxen.) In some cases Dr. DiSclafani may use a prescription-strength anti-inflammatory medication, a narcotic pain reliever, an oral steroid or a muscle relaxer, depending on the patient's pain level, medical history and present circumstances. If pain doesn't respond to medication, some patients get lasting relief from epidural steroid injections, which can be performed up to three times a year. “Patients who respond to injections often

get enough pain reduction to start moving again, which is important in healing and pain prevention,” he says.

Other recommendations may include heat and/or ice application, therapeutic massage, acupuncture, electrical nerve stimulation and other passive treatments.



Just as important to pain management therapy is adopting a healthier lifestyle, which, for many, takes quite a bit of adjustment. “The lifestyle changes I recommend can be difficult for some patients,” notes Dr. DiSclafani, “but the benefits extend beyond just managing low back pain to promoting better health and well-being overall, so their importance cannot be overstated.”

**The healthy habits Dr. DiSclafani recommends include:**

**Achieving and maintaining a healthy weight** – excess weight can place undue stress on muscles and ligaments. Losing even ten pounds can reduce the burden on the low back.

**Staying or becoming active** – combining low-impact aerobic exercises like walking, stationary biking and water aerobics with strengthening and stretching techniques promotes healing and helps prevent pain flare-ups.

**Good posture** – slumping, slouching and improper lifting can irritate discs and their related nerves and muscles. Proper standing and sitting postures relieve disc pressure, and make you look and feel better, too.

**Quitting tobacco** – tobacco use, whether smoking, vaping or chewing, limits circulation, slows healing and weakens bones. The link between regular tobacco use, delayed healing and chronic pain is so well documented that some insurance companies won't cover certain spinal treatments unless a patient quits using it.

In the uncommon cases where a patient's severe or unremitting pain doesn't respond to conservative treatments, Dr. DiSclafani may discuss surgical options. “Happily, most patients with DDD never need to go that route,” he says. “With time, commitment and some healthier habits, most people experience significant relief from pain, improved function and a renewed enjoyment of life, proving conservative treatments really work.”

If chronic low back pain is slowing you down, don't wait – call ONC today and get started on safe, effective treatment designed to make degenerative disc pain a thing of the past.

## ANTONIO DISCLAFANI, MD

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

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

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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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# HOW HEAT AFFECTS YOUR HEART

Dr. Sivasekaran, MD

**A**ugust is "Safety Month" and while we take the time to consider all of the preventative ways to protect ourselves, we often overlook the negative effects that these hot summer months have on our cardiovascular systems.

With weather approaching the upper 90's and on some days, triple digits, the heat can be unbearable at times and downright dangerous, this is particularly the case when we factor in the high level of humidity.

Our bodies self-regulate heat by sweating and also through radiating heat back into the atmosphere. When we sweat, we also perspire potassium and sodium. Both of these minerals help to control nerve function, water balance, and heart rhythm. If you suffer from any heart conditions, the loss of these minerals can be detrimental to your cardiac condition.

Sweating can quickly escalate into dehydration; therefore it's critical to stay hydrated with cool water, not sugary drinks. If we become dehydrated, we increase our risk of raising the blood pressure and having heart palpitations.

When our bodies are hot, the skin radiates heat into the air to normalize our body temperature. When the air is sweltering, our bodies can no longer reduce its high temperature this way, as it has nowhere to radiate the heat into or to take in cooler air from, as the temperature is greater than your bodies.

Warm weather makes the heart pump faster, which requires more oxygen. When it's hot, and we can't cool down, or breathe efficiently, we complicate the heart's normal functioning, by putting undue stress on its muscle contractions.

**The warning signs of heat stroke or other heat-related disorders are:**

- Muscle cramping
- Heart palpitations
- Dizziness
- Fainting
- Headache
- Nausea
- Fatigue

If you experience any of these symptoms, it's imperative to get to a cool place, drink cool water and call 911 if symptoms persist.



## Ways to stay cool and avoid the heat-related heart issues

- Drink extra water
- Talk to your physician about reducing your diuretic pills
- DO NOT exercise in the heat
- Avoid the hottest times of the day (10:00 am to 4:00 pm)
- Eat plenty of cooling foods like vegetables and fruit
- Stay in an air-conditioned room
- Avoid caffeinated and sugary drinks

Not everyone has air conditioning, so it's critical to find a public place with cool air, like a library or shopping mall to stay safe in during the hottest days. Drinking electrolyte-enhanced water will also help to replace any lost minerals. Additionally, if you have congestive heart failure, you should talk to your cardiologist about specific ways to stay cool that will not interfere with your fluid and sodium intake issues.

*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](http://DrSivaOcala.com)

 *Siva M.D. P.A.*

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

# Early Cancer Detection Saves Lives

The development of improved screening tests for various types of cancer means that physicians can now identify and diagnose cancer at an earlier stage, many times, before any symptoms are present. Early detection is important because when abnormal tissues or cancers are found early, they are easier to treat. Some screening methods are quite simple, such as skin cancer checks or breast self-examination, while others, such as certain genetic tests, are extremely sophisticated. Whether easy or more complicated, regular screenings for cancer have been shown to be effective in reducing the number of cancer deaths, according to the American Cancer Society (ACS).

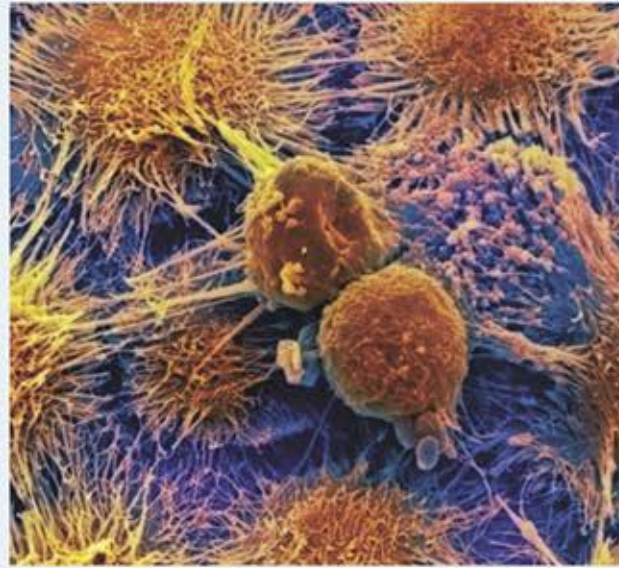
## Recommended Cancer Screening Tests

**Skin Cancer:** Screening for skin cancer involves checking your skin and any moles, or having a doctor check them, for changes that could be signs of cancer. An annual skin check by a dermatologist or regular physician is recommended for those with a family history of skin cancer.

**Breast Cancer:** In addition to monthly self-examinations, the ACS recommends that, starting at age 40, all women should have annual screening mammograms; other health organizations call for mammograms every two years, starting at age 50, but stopping screening after age 75. Talk to your doctor about what is right for you, based on your own family health history and your cancer risk factors.

**Cervical Cancer:** An annual Pap test is advised for all women, beginning at age 21. Women from 21 to 29 should have a Pap test every three years. Beginning at age 30, ACS recommends a Pap test, combined with human papilloma virus (HPV) testing, every five years. Testing should continue until the age of 65. Following these guidelines can also increase the likelihood of finding pre-cancers, which can be treated to prevent cervical cancer from developing.

**Colorectal Cancer:** Colonoscopy screening for colorectal cancer should start at age 50, and be done every 10 years, unless recommended more often by your doctor, until age 75. This type of screening not only detects cancer early, but, in many cases, it can help to prevent cancer from developing, as it identifies polyps (abnormal, precancerous growths within the colon), which your doctor can remove.



*Better screening techniques for cancer have helped decrease the incidence of cancer deaths.*

**Lung Cancer:** Low Dose CT scanning is recommended for some people who are at higher risk for lung cancer. This group includes adults, ages 55 to 80, who have a 30 pack-year smoking history and who currently smoke, or have quit within the past 15 years. To determine a pack-year score, multiply the number of packs smoked per day by the number of years smoked. (For example, smoking two packs of cigarettes per day for 12 years would result in a 24 pack-year score.)

**Oral Cancer:** Screening for oral cavity and oropharyngeal cancer may be done during a routine check-up by a dentist or medical doctor. The exam will include looking for lesions or abnormal-looking areas in the mouth and throat. This is a very important screening when one considers that 75% of all head and neck cancers begin in the oral cavity.

**Prostate Cancer:** The PSA test is used to screen men for prostate cancer; however, it is not clear if the benefits of testing all men outweigh the risks, such as finding and treating slow-growing cancers that do not require treatment. It is important to talk with your doctor about the risks and potential benefits, based on your personal and family history.

## 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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# IMPROVE YOUR THYROID FUNCTION AND LOSE WEIGHT

**Y**ou've done your homework and tried every weight loss program you could find. Nothing worked for your weight loss, or if it did, it didn't work for long. You lost weight only to regain it. Or you sacrificed for months without shedding a pound.

Doctors and others told you that you didn't have will power, and you started to believe them. You questioned yourself. Is this weight loss problem in my head or is it in my hormones?

Would you be surprised to learn that an estimated 30 million Americans are unsuccessful at weight loss because of an existing thyroid problem, and not because of a lack of will power or discipline?

Weight loss is regulated by the thyroid. The thyroid gland is the primary regulator of your body's metabolism. If it does not function properly people can have weight loss as well as weight gaining issues.

It plays a distinct role in maintaining body temperature, can adjust the metabolic rate of every cell, controls neurotransmitters in the brain altering your moods, appetite, behavior and emotions.

When the thyroid isn't doing its job, many people have significant hair loss, or feel cold even though it is warm. When thyroid hormones aren't regulated the result is often depression, forgetfulness, irritability and trouble losing weight.

An underactive thyroid doesn't support your body's metabolic rate and you can become overweight even if you only eat a little food. If you have an underactive thyroid, without treatment weight loss seems hopeless.

Weight loss is difficult or nearly impossible when your metabolism slows to a crawl. You feel fatigued, and your mind acts like it is in a fog.

Most people do not realize how much thyroid imbalance can effect and change their quality of life. If you are one of those who have struggled with weight loss for many years, you may find relief when you get the proper testing and make the appropriate lifestyle changes.

## Addressing Underlying Cause is Important to Losing Weight

Lifestyle Solutions MedSpa's physician directed weight loss programs enable their physician to monitor and regulate hormone levels, administer required hormone therapy and recommend appropriate individualized lifestyle changes to reactivate the thyroid with the goal of ultimately allowing the body to lose and maintain a healthy weight. The programs focus on addressing not only your weight loss goals, but on treating the underlying cause of your inability to lose and maintain a healthy weight.

"We understand your health and weight struggles", says Dr. Michael Holloway, the MedSpa's Medical Director and founder. "Making the appropriate realistic, healthy and sustainable lifestyle changes will many times reset the thyroid gland and improve one's overall metabolic rate, energy levels and success with shedding those undesirable pounds often without the need for additional medication."

Whether your thyroid is not functioning properly, or you are suffering from diabetes-related issues, high blood pressure, fatigue, or a host of other conditions, our physician-directed programs can help get your health and weight back on track.

At Lifestyle Solutions MedSpa, we dig deep to find the underlying causes of your health issues and weight problems, then our physician and dedicated staff work directly with you to correct your health problems.

Using a physiological approach (meaning we treat your **WHOLE** body, not just the symptoms you are experiencing), our physician will determine the cause of your symptoms then prescribe



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For more information on the programs available at Lifestyle Solutions MedSpa or to schedule a consultation, call 1-844-LIFESTYLE today!

# STRESS INCONTINENCE IS NOTHING TO SNEEZE AT

“Stress incontinence” is a reality for millions of women in America today. The “stress” is not emotional or mental pressures. Rather, it’s physical pressure put on the bladder that can cause urine leakage. Something as simple as a sneeze or a cough might trigger a leak. Standing up suddenly, lifting something heavy, exercise; anything that puts pressure on a bladder can be problematic.

Stress incontinence is the most common form of incontinence in women. It’s an unwelcome embarrassment for 1 in 4 women aged 15 through 44—1 in 3 women aged 45 to 64. It is so embarrassing in fact, that fully *two out of three women never mention it to their doctors*. Those who do, wait an average of *over six years* before seeking help.<sup>1</sup>

The good news is, when they finally do speak up they discover that their problem is, for the most part, easily cured. Often all it takes are a few lifestyle changes—exercise, lose weight, quit smoking, forgo the diet soda refills—and voilà—no more problem! Here’s why....

The root cause of stress incontinence comes from weak pelvic floor muscles, simple as that. How you came to *have* those weakened muscles could be from pregnancy and/or childbirth, carrying excess weight, decreased estrogen levels due to peri-menopause or menopause, or simply aging.

## SO, HOW DO YOU FIX IT?

Weight loss may be one of the most effective ways to drastically improve or even “cure” stress incontinence. According to Kristene Whitmore, M.D., chair of urology and female pelvic medicine and reconstructive surgery at Drexel University College of Medicine in Philadelphia, “Dropping pounds eases the pressure on your bladder and pelvic floor.... In one study, women who lost 17 pounds reduced leaking episodes nearly 50%. Even those who lost a mere three pounds were 28% drier.”

1. <http://www.goodhousekeeping.com/health/a13570/urinary-symptoms/>

Also, watch what you drink—sip don’t chug—and you can also make a huge difference. Coffee is a major culprit. If you must drink it, think moderation. Water or herbal teas are better but even those need to be sipped over time. Finally, cut back or eliminate those elements in your diet that are known to irritate bladders: caffeine, carbonation, alcohol, artificial sweeteners, citrus and tomato juice.

One word—*kegels!* Many are already familiar with these go anywhere, exercise anytime little gems. Kegels are pelvic floor strengthening exercises. A doctor or physical therapist can show you how to perform the moves correctly to derive the most benefit. Keep at it daily for six to eight weeks to give the exercises the best chance to work.

All of the above are steps you can take to mitigate the effects of or even cure stress incontinence on your own. If those prove less than satisfactory, treatment can become more aggressive with a little help from your doctor. There are devices available he or she can prescribe to help.

A vaginal pessary is a specialized device shaped like a ring with two bumps on it. It is placed around the urethra to support the bladder and reduce leakage during activities. A urethral insert is another choice. Similar to a small tampon, it’s inserted for extra help when certain physical activities are anticipated—though it can be worn all day if desired.

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Surgery is the final choice available to someone suffering from the effects of stress incontinence. There are several procedures that can be performed. Consult with your doctor to see which one he or she may recommend.

The bottom line is, stress incontinence is more inconvenient and embarrassing than it is life threatening. Clearly, there are options out there. Most are non-medical lifestyle changes a person can adopt to take control of their particular situation. Many will greatly reduce or even eliminate the problem altogether. And while stress incontinence is nothing to sneeze at...it’s not a condition you’ll have to live with, either.



# Get to Know Your Eye Lens Implant Options

**D**uring 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  
**800.489.1129**  
3230 SW 33rd Rd, Ocala, FL 

## 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".

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# Weight Loss Surgery

By Juan C. Gutierrez, M.D.  
Board Certified in General Surgery

**W**ere you one of the millions of people across the United States that unknowingly joined together in making that all-too-common resolution, “This is the year that I’m finally going to lose this extra weight!” How is that going? Some will succeed, but unfortunately, many will not despite a valid effort at healthy eating and regular exercise. This should never be regarded as a failure – our bodies are programmed to store fat, and some of us do it better than others. If you have a body mass index greater than 30 or are more than 100 pounds overweight, there is no better time to consider your weight loss options for the coming months.

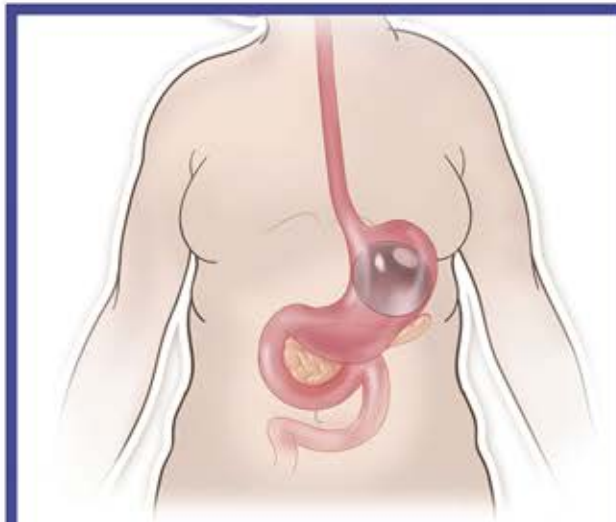
Obesity has become a major health crisis in this country – approximately 78.6 million U.S. adults are considered obese. The greatest dangers of obesity are the associated medical problems such as heart disease, stroke, type 2 diabetes mellitus, sleep apnea, gastroesophageal reflux disease (GERD), and certain types of cancer. Obesity is no longer considered a cosmetic issue that is caused by overeating and a lack of self-control, but rather a chronic, progressive disease resulting from multiple environmental and genetic factors, affecting all ages, races, and levels of income. Like any other disease, there are effective treatments for obesity when diet and exercise aren’t enough. In fact, the National Institutes of Health recognizes that long term weight loss is nearly impossible for those affected by severe obesity by any means other than metabolic and bariatric surgery.





There are several surgical options available, which must be personalized to each individual patient. The two most common operations being performed at most centers today are the sleeve gastrectomy and the Roux-en-Y gastric bypass. The sleeve is performed removing the outer two-thirds of the stomach and creating a thin banana-shaped stomach with much less room for solids and liquids. The gastric bypass reduces the size of the stomach to a small pouch and bypasses some of the small intestine to avoid the food stream and enzymes needed for digestion and absorption. Regardless of the operation performed, most patients can expect to lose at least 60-70 percent of their excess weight, as well as see an improvement or even a complete resolution of most of their obesity-related medical conditions.

The field of bariatric surgery has seen significant advances with the development of minimally invasive techniques. These procedures are now performed with tiny instruments through 5 or 6 small incisions less than one half-inch long. This results in less scarring for the patient as well as decreased pain after the surgery, decreased risk of hernias and wound infections, and a quicker return to work and normal activities. Most patients are able to go home in one or two days.



**Here at Munroe Regional Medical Center, we are proud to be the area's first and only institution to offer the weight loss balloon procedure as an alternative to traditional surgery for select patients. The FDA has recently approved this less-invasive, non-surgical weight loss option for patients that need to lose less than 100 pounds. Under light sedation a balloon is inserted through the mouth and into the stomach and filled to the size of a softball. There are no incisions and no pain - the procedure takes around 20-30 minutes and the patient is able to return home the same day. It is left in place for six months and works by causing a feeling of fullness and decreasing the amount that one can eat. The most common side effect reported was nausea immediately following the procedure, which can be controlled with medications if needed.**

The patient also receives an individually tailored support program through a team of experts – which may include a dietitian, psychologist and exercise physiologist – to help keep them motivated, coordinate their program and help them work through weight loss barriers to meet their long-term weight loss goals. After 6 months the balloon is then removed, and patients continue on a diet and exercise plan with excellent long-term results. In fact, U.S studies have shown that within only six months, most patients lose an average of 300% more weight with the balloon procedure than is achieved with diet and exercise alone. For more than 20 years, the global medical community has been using intragastric balloons to help thousands of people lose weight. More than 220,000 balloons have been distributed worldwide in over 80 countries. It has been proven to be both safe and effective through numerous long-term scientific studies conducted worldwide.

Make the decision to take an active role in your health for a better life. If you are concerned about your weight and the impact it may be having on your health, schedule a consultation today to see if weight loss surgery or the new non-surgical gastric balloon may be right for you.



**Juan C. Gutierrez, M.D.**  
Bariatric and General Surgeon

*Dr. Gutierrez is board-certified in general surgery by the American Board of Surgery and is an Assistant Professor of Surgery at the University of Central Florida. He specializes in minimally invasive approaches to both bariatric and general surgical procedures.*



**1511 SW 1st Avenue**  
Ocala, FL 34471  
352-368-1661.



# Four Stress-Busters For Home Sellers

**By Dawn Trigg**  
Broker Associate, REALTOR®

**S**elling your home is an exciting endeavor and an important milestone in your life—not to mention potentially lucrative! However, it can also be stressful and nerve-racking. Worrying over the sale of your home is natural and expected, but it doesn't have to get out of control. Here are some quick, easy ways you can maintain optimum mental health while dealing with negotiations, inspections, and appraisals.

## 1: Meditation

The practice of meditation can seem mystifying and arcane, but it's actually deceptively simple—and its cognitive benefits have been well known for centuries. All you need is a quiet space and a few minutes to yourself. Sit with your legs crossed, and focus on your breathing. Breathe into your diaphragm through your nose slowly and evenly for five to ten minutes to clear your mind, reduce feelings of anxiety, and get back at it refreshed.

## 2: Gentle Exercise and Cardio

Get rid of that excess nervous energy by engaging in some gentle, low-impact exercise. Even light exercise releases endorphins that make your brain happy and helps your body better adapt to stress. Exercising in a natural setting is even better, since outdoor vistas tend to create a meditative state of mind called involuntary attention in which our minds can wander but our senses are engaged in the present moment. When you're stressed, try some light yoga or go for a walk at your favorite spot.

## 3: Visualization

A similar practice to meditation, visualization is known to elicit relaxation response in the body and mind. It's also very simple: make yourself comfortable in a quiet place, then imagine yourself relaxing in a peaceful scene of your choice. You can also focus on positive, goal-focused imagery like selling your home, or picturing yourself in your dream home.

## 4: Potassium Consumption

Stressing out with no time to take a meditation or yoga break? Grab a banana. Bananas (as well as sweet potatoes, yogurt, and winter squash) are rich in potassium, a nutrient that helps your body regulate blood pressure and recover more quickly from stress. Incorporate potassium-containing foods in your meals throughout the selling process to help your body and mind cope.



Selling your home should be an exciting, happy time for you and your family. Keep your selling stress low by hiring a Showcase team member to make sure you get exactly what you want from the sale of your home. Let us deal with the hard stuff so you don't have to!



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# Kids in Special Situations

## Helping autistic children benefit from interactive communication

Did you know that 1 in 68 children have Autistic Spectrum Disorder (ASD)? After High School, 35% of young adults with ASD have never had a job or have continued their higher education degree. Unfortunately, it's exceedingly rare for elementary and high school students with ASD to be full-time in a general education classroom with other "neurotypical" students.

In 2011, the Executive Director, Geeta Minocha founded the Kids in Special Situations (KISS), 501(C)(3) nonprofit organization, which offers a well-needed alternative for children with Autism Spectrum Disorder (ASD) in regards to social interaction.

Because the public school system is sometimes lacking in their ability to provide significant interaction between students with ASD and their typical peers, Kids in Special Situations (KISS) fills in the gap by providing an integrative platform for elementary-age students with autism spectrum disorder. These hosted events allow children with ASD to learn active ways to communicate with their peers, which will enhance their school activities, assist them in communicating with others throughout their lives, and also helps them establish socialization skills that will last into their future. Neurotypical peers that want to be involved will facilitate playing games, sharing, interacting, and helping those with ASD by offering genuine support during the events. Proactive, positive behaviors contribute to encouraging the development of communication, language, and basic social skills.

### KISS's Purpose

Geeta Minocha states, "While the Individuals with Disabilities Education Act (IDEA) ensures that students with cognitive disabilities have access to free public education, our public schools are not always able to integrate these children with their peers in general-education classrooms. This integration has long been seen as vital to the success of students with autism spectrum disorder (ASD); by interacting with abled peers at an early age, those with mild impairments are able to learn social cues that they'll utilize in jobs and relationships for the rest of their lives. Kids in Special Situations (KISS) is here to fill the gap left in the public school system and provide an integrative platform for elementary-age students with ASD so that they can develop effective communication skills and thrive in school and beyond.

*While we initially began with the intention of servicing the Central Florida ASD community, the general scarcity of similar integrative platforms has become a much more pressing problem. Our vision is a country in which every child with a cognitive disability is given an equal opportunity to form lasting relationships with his or her peers. We hope you'll join us on our journey to make this a reality."*

For years, research has been conducted on the effects of socializing children with ASD with their typical peers. It's proven effective in helping the autistic child to model the reactions, actions, and responses of children their age. It's best to start socializing them at an early age between 3-8 years old, but it's never too late to get your child comfortable in these learning situations.

Children with ASD react best when the socialization is done in a fun environment and one that also allows them to take the lead in certain circumstances. At KISS, their events are themed to coincide with the time of year; for example, an upcoming fall and winter holiday event will utilize cookie decorating in groups or pairs; turkey bowling as a team, and many other activities that allow the children to interact with each other in an exciting environment. Many community businesses donate food for the events, and sometimes a mascot or two will be there to take pictures with the kids and of course to amuse the children.

### They Need You!

KISS's mission is to grow not only locally, but also to be able to provide other cities and states with the same educational and socialization benefits that the children in Marion and Lake Counties are obtaining.

They need your help. There are many ways that you can get involved. If you'd like to donate or volunteer, please view their website at [kidsinspecialsituations.org](http://kidsinspecialsituations.org), visit their Facebook page, or follow them on twitter @KISSOrg.



# The Process of Root Canals Explained

**R**oot canals are often the one dental procedure that cannot defy its bad reputation, but you can rest assured that having a root canal procedure is just as simple a process as having a filling placed. The common signs of needing a root canal are pain when eating or drinking something hot. The tooth is made up of enamel, then a layer of dentin (softer/spongier bone), then the dental pulp, which is connective tissue and nerve bundles that elongate into the roots of the tooth. A root canal is usually recommended when you have an infection in the pulp of the tooth.

So, how did the infection take place? Well, normally it's caused by decay (cavity) in the tooth or microleakage around a filling that allowed bacteria to enter through the dentin and into the pulp of the tooth. Once the infection is in the nerves or root system, no manner of antibiotics will be able to reach the infection, so having a root canal is imperative. If left untreated, a painful abscess will form at the base of the roots, deep in the bone and can cause further infection to contaminate the mandibular (bottom) or maxillary (upper) jaw bones. It will also cause the tooth to decay more rapidly and may cause severe swelling of the face.

## The Procedure

Your dentist will drill a hole through the center of the tooth and remove any surrounding decay. Tiny files that have threads, much like teeny, flexible screws are placed into the root(s) of the tooth. These small files can bend and flex with the natural contour of your roots, so they are able to adhere to the damaged nerves and extract the tissue that needs to be removed. This is not painful, as you will be totally numb, and once the procedure is over, you will no longer have nerves in the tooth to cause pain.

If the infected tooth had been ignored for an extended period of time, the root canal would also remove the abscess that may have formed. If this is the case, then antibiotics will be prescribed to make certain that no other recurring infections take place in and around the jaw bone.

Before filling in the roots with tiny rubber like nerve replacements, the roots will be totally cleansed and irrigated. After your root canal procedure, a temporary filling will be left in place. This will allow time for the tooth to completely calm down before a permanent filling is put in place.



Many people need to have a crown (cap) placed on the tooth because decay was rampant and left too little tooth structure to maintain the ability to prevent breakage from wear and tear.

The only alternative to a root canal procedure is a tooth extraction. If you decide to get your tooth extracted, it's a wise choice to have an implant (titanium post and porcelain crown) placed. If you leave an open space in between teeth, the teeth will shift on their own, trying to fill in the interproximal space and also the occluding teeth (bite) will either drop down or lift up out of the jaw bone, to try and properly occlude with their natural bite. If this happens, then you potentially could lose multiple teeth. Staying on top of your dental health through cleanings, x-rays, and dental examinations are critical to avoid in-depth procedures and to maintain a healthy mouth that's free of decay, bacteria, and oral cancer.

## Belleview Dental Center

All of the providers at Belleview Dental Center are highly trained in treating root canals. Having qualified, skilled, on-site dentists is an essential consideration when choosing the right dental group for your needs and convenience. When you receive dental care from the providers at Belleview Dental Center in Belleview, FL, you have the confidence of knowing you are receiving care from highly skilled dentists at a family practice that was established over 35 years ago in 1982.

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



352.245.1188

[belleviewdentalcenter.com](http://belleviewdentalcenter.com)  
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## About Dr. Henry A. Sweeny Jr.

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

# Hormonal Disturbances?

**Pellet Therapy is the advanced treatment option women are asking for!**

**A**s we age, women tend to produce fewer and fewer hormones each year after the age of thirty. Females are predisposed to experience an imbalance of estrogen and testosterone, which can lead to hot flashes, night sweats, anxiety, depression, brain fog, weight gain, loss of muscle, irritability and bone deficiency. Bone loss in women can exacerbate stress fractures caused by osteopenia or osteoporosis.

Hormonal levels can be adjusted through bio-identical hormone therapy, which alleviates or in many cases eliminates the associated symptoms and life fluctuations surrounding hormones. There are even studies now that suggest bio-identical hormones can help reduce the risk of Alzheimer's and dementia.

## Bio-Identical Hormones

In the U.S., bio-identical Hormone Therapy (BHT) has been used since the 1930s. And based on hundreds of current medically thorough studies, the results for patients overall quality of life and dramatic changes in their hormonal symptoms are astounding.

Bio-identical hormones are equal to our body's natural hormones on a molecular level. The difference between synthetic and identical hormones is that synthetic hormones do not match human hormones on a biological level.

Bio-identical hormones are made from plant sources and are readily received by the body as natural and normal. They are much more therapeutic and effective than synthetic hormonal substances.

## Why Testosterone?

Females need a steady level of testosterone and estrogen in their bodies for overall health and well-being on many levels. However, a common misconception is that women need high levels of flowing estrogen. This is not the case. Consequently, female bodies need circulating testosterone, which enables the body to produce and regulate how much estrogen is necessary. In short, testosterone naturally regulates estrogen levels within the cellular structure.

Many women are skeptical of testosterone therapy for menopausal symptoms because they believe it's just for men. But testosterone is vital for females, and your physician highly regulates the dosing. It is essential for women to have appropriate testosterone levels to naturally control their estrogen because as we age, our testosterone levels are continuously decreasing.



## Low Testosterone Can Lead To:

- Heart Disease
- Metabolic Syndrome
- Depression
- Diabetes
- Obesity
- Cognitive Decline
- Lack of libido

## Hormonal Pellet Therapy

Pellet Therapy is a bio-identical hormone treatment that is time-released. It's a small pellet the size of a grain of rice, and is placed in a very tiny incision in the upper buttocks region of the hip. Females need approximately one pellet, which lasts for about three to four months. Most patients have their pellets replaced just four times per month.

## Other Forms of Hormonal Replacement

When hormones are injected, you receive a large dose into your body immediately, and that can be overwhelming to your cells. When taking the pill form of hormones, the levels are broken down in the liver and never fully reach the bloodstream to make a significant impact. When using creams, the dose is not well regulated, since absorption is dependent upon the individual's skin and various health factors.

## Dr. Nwaubani

The most effective form of bio-identical hormone therapy is in pellet form. Dr. Nwaubani, runs in-depth hormonal lab panels on all of her patients before and throughout treatment to determine any imbalance, and also to track the patients progress.

Dr. Nwaubani states, "The passion for the preservation of femininity and female sexuality has never been stronger than now, and as I look back to the last 18 years, I am both exhilarated and completely awed by the advances and strides the sub-specialty has made. I am really humbled to be a part of it all.

I treat all my patients the way I love to be treated, or, even more so, the way I'd love my mother or sister to be treated: like a woman, a very special woman. The impact I am able to make to enhance the quality of the lives of these women is PRICELESS."

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## Uzoma Nwaubani MD - "Add Life To Your Years"

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

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

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# EXECUTIVE FUNCTIONING IS AT THE HEART OF AN ADHD DIAGNOSIS

## How Parents/Educators Can Support Students with ADHD

By Jane N. Hannah, Ed.D

Over summer break, I was in a hospital elevator carrying a new book on Attention Deficit Hyperactivity Disorder (ADHD), and a person on the elevator inquired about the book. She commented that her son was just diagnosed with ADHD, which sparked a conversation between the two of us.

This scenario is not uncommon. There is great interest among parents to learn as much as they can about ADHD, especially if their child is one of the 9% of school-age children who is diagnosed with the condition. You may also be among those who have heard comments, such as “ADHD is a made-up condition” or that “there was no such thing as ADHD when I was a child.” In reality, ADHD has been observed and diagnosed for over 100 years; however, it has been called by many different names. As early as 1940, it was referred to as Minimal Brain Syndrome, in 1957 it was called Hyperkinetic Impulse Disorder, and in 1994, it was changed to Attention Deficit Hyperactivity Disorder. Even now, professionals are considering a new model for ADHD.

Throughout most of these 100 years, the emphasis has focused primarily on the behavior problems associated with ADHD. Over the last few years, a new understanding of ADHD has gained attention.

Thomas E. Brown, Associate Clinical Professor at Yale University School of Medicine, reports that recent scientific research is pointing to the belief that ADHD is a “developmental impairment of the brain’s self-management system, its executive functions” (Brown, 2013). Dr. Brown goes on to add that this new understanding is not as much about behavior but more about chronic difficulties with the executive functions of the brain. This new model is not yet refined, but many professionals in the field believe it holds merit.



**What is executive functioning?**

Vohn and Baumeister (2004) report that executive functions manage the brain's cognitive functions and provide the mechanism for self-regulation. In 2009, Brown identified the following six characteristics that are needed for the executive system to function well:

1. Organizing, prioritizing, and activating the brain to work
2. Focusing, sustaining and shifting attention to tasks
3. Regulating alertness, sustaining effort and processing speed
4. Managing frustration and modulating emotions
5. Utilizing working memory and accessing recall
6. Monitoring and self-regulating action

As is recognized, there is great variability in the strengths and talents among individuals with ADHD, but Dr. Brown suggests that the person with ADHD manifests chronic problems in a number of the characteristics listed above. Brown's model of executive functions that are impaired in the person with ADHD is derived from clinical studies of child, adolescent and adult patients diagnosed with ADHD as defined by the DSM III/IV criteria (Brown, 2013, pg. 25).

**If ADHD is a developmental impairment as described above, does this mean it will change with age?**

As the diagnostic criteria for ADHD is listed in DSM-5, the symptoms of the condition must be present by the age of 12 years. With this proposed understanding, symptoms of ADHD as it relates to executive function may not emerge until challenges are encountered. For example, a young child may not demonstrate problems with organization and a number of the other characteristics listed because of the nature of school and age expectations. However, when he or she reaches middle school age, executive functions must be utilized every day; thus, ADHD may not become evident until the challenges in middle school arise.

Dr. Brown also notes that it may be developmental in another sense. He quoted the research of Shaw, Eckstrand and Sharp (2007) as they used longitudinal imaging methods to compare brain development in children who were diagnosed with ADHD. They found that the "essential infrastructure of executive functioning (in children with ADHD) reached maturity about



three years after their peers" (Brown, 2013, pg. 31). An earlier study completed by Weiss and Hechtman (1993) found that many individuals who were diagnosed with the hyperactive type of ADHD functioned quite well in adulthood, and the symptoms of ADHD no longer impaired their functioning. Thus, this new understanding would find support for this being a developmental impairment.

**What can parents and teachers do to assist a child with executive functioning deficits?**

There are a number of strategies that support improvement. Teachers can use visual supports to remind students of events or steps that are needed to maneuver throughout the day. This may include a visual daily schedule that is posted on the board and agendas that are introduced before instruction begins. Teachers can also use pictorial representations for the steps in the editing process, such as checking punctuation, capitalization and spelling. Other strategies that may support a child include:

- Help your child organize his/her space and reduce the amount of clutter in the environment;
- Teach your child routines that allow him/her to maneuver throughout the day without reminders;
- Schedule weekly times to clean out the desk, binder and backpack;
- Role-play and practice rules and routines until they are internalized or become a habit;
- Play games that require a child to stop and start on command (e.g., FREEZE and Red Light, Green Light);

- Use color to help a student with organization (e.g., red for science, yellow for math);
- Teach a child to use self-talk to help analyze, plan, organize and regulate communication (e.g., "What do I want to say? How should I organize it?");
- Write appointments, assignments, and other activities on Post-it notes and stick the notes on a large calendar prominently displayed in the home. To help further, the Post-it notes can be color-coded by activity, such as green for school, blue for sports (Singer, 1999).

Most teachers never receive training in executive function, yet with deficits in these complex cognitive functions, children struggle in so many areas of learning, behavior, organization and attention. As Dr. Brown describes, "this new model includes problems with modulation of emotions, motivations, sleep and alertness, and multiple aspects of working memory" (pg. 39). We know that punishments for disorganization and excuse-making for misbehavior are not the answers, but we can have significant influence on a child's future by implementing approaches to instruction that will help a child be successful when their executive functions are impaired.

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# AMT (Acuscope Myopulse Therapy)

## Offered by EMED to Alleviate Pain and Much More

In the early 70's a well-known physicist that helped develop the EKG monitoring system made headlines with a new type of electrical micro-current Therapy, which essentially was an electronic acupuncture technique using micro-current technology. At the time his procedure was able to help many patients on all levels, including Olympic athletes. The injured Olympic participants showed promising results and healed quickly. Many went on to win medals, even when they had major injuries affecting their performance levels. Today, his therapy is known as AMT, Acuscope Myopulse Therapy.

### How Does AMT Work?

Accelerated healing is highly achievable through micro-current technology used to heal a multitude of particular medical issues. Because of the fact that the cells in our bodies function, and signal to each other through intricate micro-current transmitters, when our cells currents are damaged or dying (due to injury or disease), the electrical current levels in the cells diminish, and the cell will begin to emit toxicity through chemical reactions in our bodies.

When the proper micro-current levels are improved and stabilized, our bodies will start to eliminate pain, inflammation and the progression of damage to injuries, aging, and disease. Micro-current treatment has been around for many years, but until recently it was reserved for athletes and celebrities for its healing and anti-aging benefits. Now available to the general public, the process is easy and takes a short period of time to improve our cells electrical functioning. During the procedure, small probes are applied to specific areas of the body, and low-level micro-current is stimulated through and controlled by a technician.

Energy Medical (EMed) has a superior micro-current system for accelerated healing called Acuscope Myopulse Technology (AMT). AMT is based on physics. Physical science controls chemistry. All the functions of the body can be normalized, as long as the pathology has not progressed too far.

### AMT Triggers The Body's Own Natural Healing Mechanisms By:

- Normalizing inflamed (low-resistance) tissue so that it no longer redirects required (standard) electrical impulses away from needy or damaged (high-resistance or electrically compromised) cells



- Normalizing damaged (high resistance or electrically compromised) cells so that they can hold the normal electrical charge (-70mv) needed to make enough of the chemicals responsible for producing cellular energy (ATP), the fuel required for repair

Energy Medical is a leader in the field of electric medicine and specializes in eliminating pain and accelerated healing. Using advanced, artificial intelligence and electro-magnetic-pulsed-frequency waveforms, Energy Medical therapists excel at re-normalizing tissue cellular function. It sounds complicated, but it's quite simple, quick and highly efficient.

### How AMT Can Help You

- EMed is the leader in the field of electric medicine, and bio-energetic therapies
- Specializing in pain relief, accelerated healing and performance enhancement
- Helps you look better, feel better and perform better
- Provides highly effective, fast and lasting results
- Increase energy levels, blood flow, natural healing, and detoxification
- Utilizes advanced, artificial intelligence, electro-magnetic-pulsed-frequency- waveform technologies to safely restore health without drugs or surgeries

### EMed's Wellness Program

Decades ago, microcurrent treatment was used for Hollywood's elite celebrities to help their skin and facial muscles tighten through non-invasive micro-

current treatments. It was reserved only for the stars that could afford its high price and secrecy at the time.

Energy Medical, is a total body therapeutic wellness center. along with all of their high-regarded services is now offers complete wellness packages. Since cell regeneration is proven unmatched with AMT therapy, EMed's facial, massage and performance enhancement package normalizes the condition of the skin, returning damaged cells to their own natural healthy state. The Bio-Energetic Face lift will stimulate collagen production, blood flow, and lymph drainage on an accumulative basis. Normal healthy skin will naturally optimize oxygen, nutrient absorption, and moisture levels.

If you'd like to look younger, feel better and enhance your performance level, then AMT treatments are available at your convenience through Energy Medical. They are offering free consultation to design a plan to address the root cause of an issue and not just mask symptoms. Monthly memberships, family and corporate wellness programs are also available.

You really can Look Better, Feel Better and Perform Better without drugs or surgery. Call Energy Medical today and schedule your free consultation. 352-552-1889, or visit [energymedical.net](http://energymedical.net)

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# Medical Marijuana, What is Legal, What Isn't, and Who is Eligible?

**W**ith the ever-changing regulations, laws, and curious citizens, there are basic informative rules of purchasing and consuming medical marijuana that all Florida residents should know. But first, the definition of what "medical marijuana" actually is will be helpful information to differentiate street drugs from those that are deemed for medicinal purposes.

### Medical Marijuana

There are different species and hybrids of the marijuana plant. With strict guidelines, the State of Florida highly regulates how their crops are grown for medical treatment. For instance, some of the plants have much less THC (tetrahydrocannabinol) in them than others. THC is the mind-altering, euphoric component of marijuana that gives the "high" feeling, typically associated with marijuana. However, new laws were put in place that allows recommendations of elevated levels of THC for certain patients with aggressive disorders.

The natural marijuana plant contains both CBD and THC. CBD or cannabinoids can treat many different forms of diseases and disorders with low THC. Our brain and nerve cells have cannabinoid receptors,

so our bodies naturally react to CBD (cannabinoids) and TCH (tetrahydrocannabinol) through merging directly with our cells. Our natural endocannabinoid system works synergistically with CBD and TCH, creating a multitude of beneficial reactions in the body.

### Qualifying Medical Conditions

Currently, there are 12 medical conditions explicitly defined in the Florida medical marijuana initiative. However, the Florida marijuana law also states that any medical condition in which the medical marijuana doctor believes that the medical use of marijuana would likely outweigh the potential health risks for a patient may be used as criteria when certifying a patient for the Florida medical marijuana program. The medical conditions specifically defined in Florida's medical marijuana law are:

- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Seizures
- Crohn's disease
- Chronic muscle spasms
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Parkinson's disease
- Multiple sclerosis
- Any other medical condition that the doctor approves

Certified Associates, LLC has an extended list of qualifying medical conditions that their doctors may use as criteria when certifying a patient for Florida's medical marijuana program. In addition, for any medical condition that may require pain medication, marijuana may be considered as an alternative treatment to prescription pain medications.

### What is a Marijuana Card?

Any person wanting to obtain a medical marijuana card, which is a certificate stating you are eligible to purchase and have medical marijuana, needs to be registered in a State database.

### How can I get registered in the database?

You must visit a Physician that is licensed to recommend medical marijuana. To legally purchase and consume medical marijuana in Florida, the person must have one of the qualifying medical conditions as stated in Florida's medical marijuana law or any other medical condition that a certified marijuana doctor deems appropriate. The person must have a

marijuana evaluation conducted by a marijuana doctor who is licensed by Florida's Department of Health to practice medicine in Florida and who is also certified by the Florida Department of Health's Office of Compassionate Use (OCU) as a marijuana doctor. The marijuana doctor issues a certificate and enters the patient into the Compassionate Use Registry database. Only people who are registered in the Compassionate Use Registry database can purchase and consume medical marijuana in Florida.

A minor can enroll in the Florida medical marijuana program, but must have the written consent of the parent or legal guardian, and must also get a marijuana certification from two doctors instead of one.

### To apply for a medical marijuana card in Florida, you must have the following:

- Proof of Florida residency, i.e. valid Florida ID, driver's license, voter ID, utility bill with the same name on application
- Medical records proving your medical condition
- Signed release of information form
- Certification from a licensed physician registered with the Florida Department of Health's medical marijuana program

### Where can I purchase the Marijuana?

There are highly-regulated medical marijuana dispensaries, which are the only place you can purchase marijuana legally. Marijuana is still listed as a Schedule I narcotic by the US federal government and therefore cannot be sold in pharmacies since pharmacies are regulated by the federal government's DEA. Medical marijuana can only be legally purchased from a licensed medical marijuana grower/dispensary, or MMTC's, as they are known in Florida.

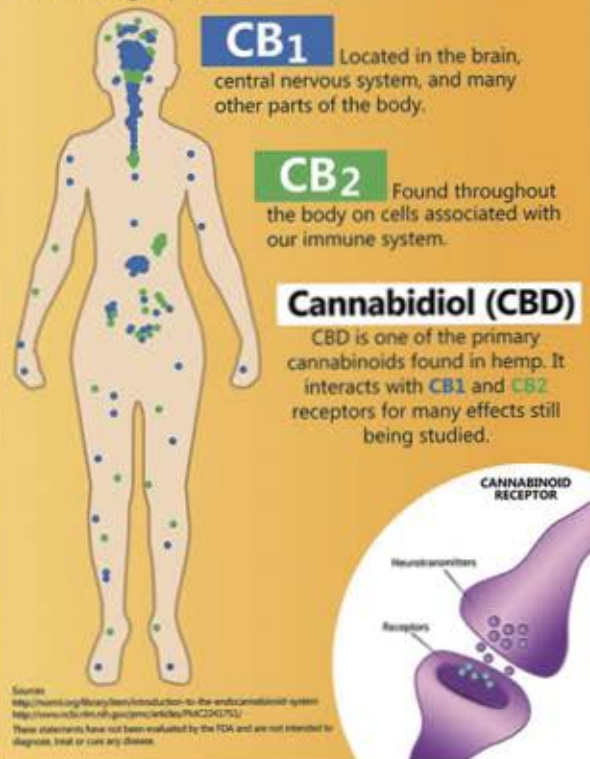
Before a patient can legally purchase medical marijuana in Florida the specialized marijuana physician will enter a recommended dosage amount into the registry. Once the doctor has recommended a dosage the medical marijuana patient can only purchase medical marijuana from licensed MMTC's any marijuana purchased outside of these sources is deemed illegal and is not protected under Florida's medical marijuana

Certified Associates, LLC has the most marijuana-friendly and best marijuana doctors in Florida. Certified Associates, LLC is dedicated to offering their patients the best support. If you have any questions or need help, please feel free to call them anytime toll-free at (844) 420-PASS (7277), or visit [FloridaCard.com](http://FloridaCard.com).

**Certified Associates, LLC's Ocala Office**  
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 Tel (352) 414-4545

## The Human Endocannabinoid System

The endocannabinoid system consists of two receptors, called CB1 and CB2. These receptors are found on cell surfaces and impact various biological processes.



# 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:

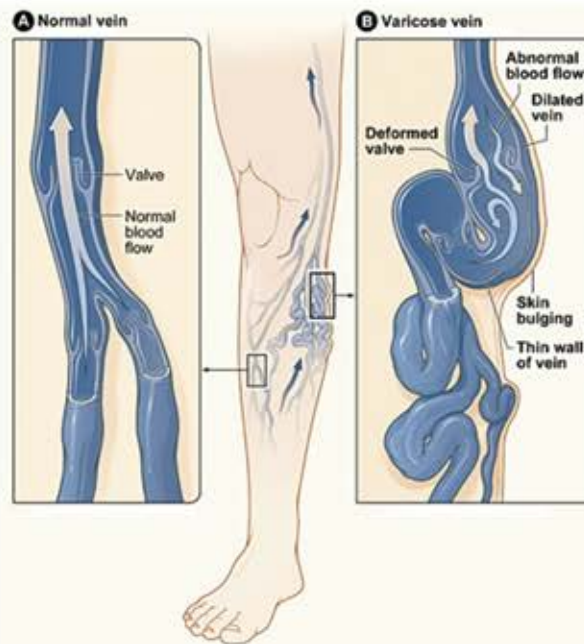
1. Heart Failure—Heart is not pumping efficiently
2. Medication side effects—Especially blood pressure medicines
3. Kidney function decline
4. Liver function decline
5. Lymphatic functional decline
6. Infections
7. Most critical—blood clots in the legs

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](http://heartofthevillages.com), or call their office to schedule your appointment at, (352) 674-2080.



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# How Your Lung Health Affects Your Sleep

**S**leep apnea affects more than 25 million people in the United States. It is a progressive condition that interrupts breathing patterns throughout a person's sleep. People that suffer from Obstructive Sleep Apnea (OSA) may have episodes of stopping breathing up to hundreds of times per night for 10 seconds or longer, and along with this disruption comes many negative side effects and morbidities.



## What Causes Sleep Apnea?

The short answer to sleep apnea's cause is that the airway collapses during sleep due to one or more of the following conditions, obesity, drinking alcohol, smoking, stress, lung disease like COPD, emphysema or asthma, drugs, and various ailments. Once the sleep pattern is disrupted, the lack of oxygen to the brain and heart can cause serious health concerns and implications.

## What are the Side Effects and Complications Associated with Sleep Apnea?

- High blood pressure
- Cardiovascular disorders
- Chronic disease
- Diabetes
- Depression
- Behavioral issues
- Stroke
- Brain health impairment

If not treated, over time, OSA can lead to heart attacks, stroke, diabetes and other serious complications.



## What are the symptoms of Sleep Apnea?

- Snoring
- Gasping
- Dry mouth
- Choking
- Cognitive decline or foggy sensations
- Restless sleeping
- Depression and irritability

## Getting Treatment Makes A Difference in your Lung Health!

The CPAP machine (Continuous Positive Airway Pressure) is a therapy that has proven to be efficacious in helping patients sleep more soundly and with better airflow by blowing a steady stream of air into the nose. The flow of air helps to keep the airway open during sleep. On Neuroimaging, CPAP treatment has shown a significant reversal of brain and cognitive disorders caused by the lack of oxygen to the brain. Getting CPAP treatment and incorporating it into your nightly routine will help to improve your vascular health, lung function, cognitive functioning and other sleep disturbance related health conditions. CPAP therapy can also alleviate pulmonary hypertension.

In addition to the CPAP therapy, losing weight (if obese), stopping excessive alcohol ingestion, sleeping on your side as opposed to your back, meditative relaxation breathing, quitting smoking and eliminating sleep medications or narcotics

## About Dr. Warman

Poonam Warman, M.D. has been practicing medicine for over 25 years. She is one of the only female pulmonologists in the area and specializes in sleep apnea treatment. Dr. Warman treats all aspects of lung disease and disorders. Her patients love the time that she takes to explain their personal situation, and they appreciate her innovative approach to treating diseases by getting to the root issues of the bodies overall condition.

To find out more about Dr. Warman and to schedule your appointment, please call (352) 369-6139

Dr. Poonam Warman's Office Location  
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# Shoulder Joint Replacement

## Groundbreaking Procedures from The Advanced Orthopedic Institute

Living in Florida provides abundant fair weather for all residents throughout the entire year. By way of good weather, adults are staying much more active as they age. In our sunshine state, older individuals are golfing, playing tennis, pickleball, kayaking, swimming and the list goes on and on; but with all of that healthy activity comes injury and wear and tear.

Whether you have had trauma to your shoulder from an accident, or have pain due to advanced arthritis, degenerative joint disease, or soft tissue and ligaments disorders, shoulder pain can be debilitating. If you have tried all of the pain medications, alternative methods, physical therapy and still are having difficulty with range-of-motion or impingements and discomfort, it may be time to speak to your orthopedic surgeon about shoulder replacement surgery, or otherwise known as shoulder arthroplasty.

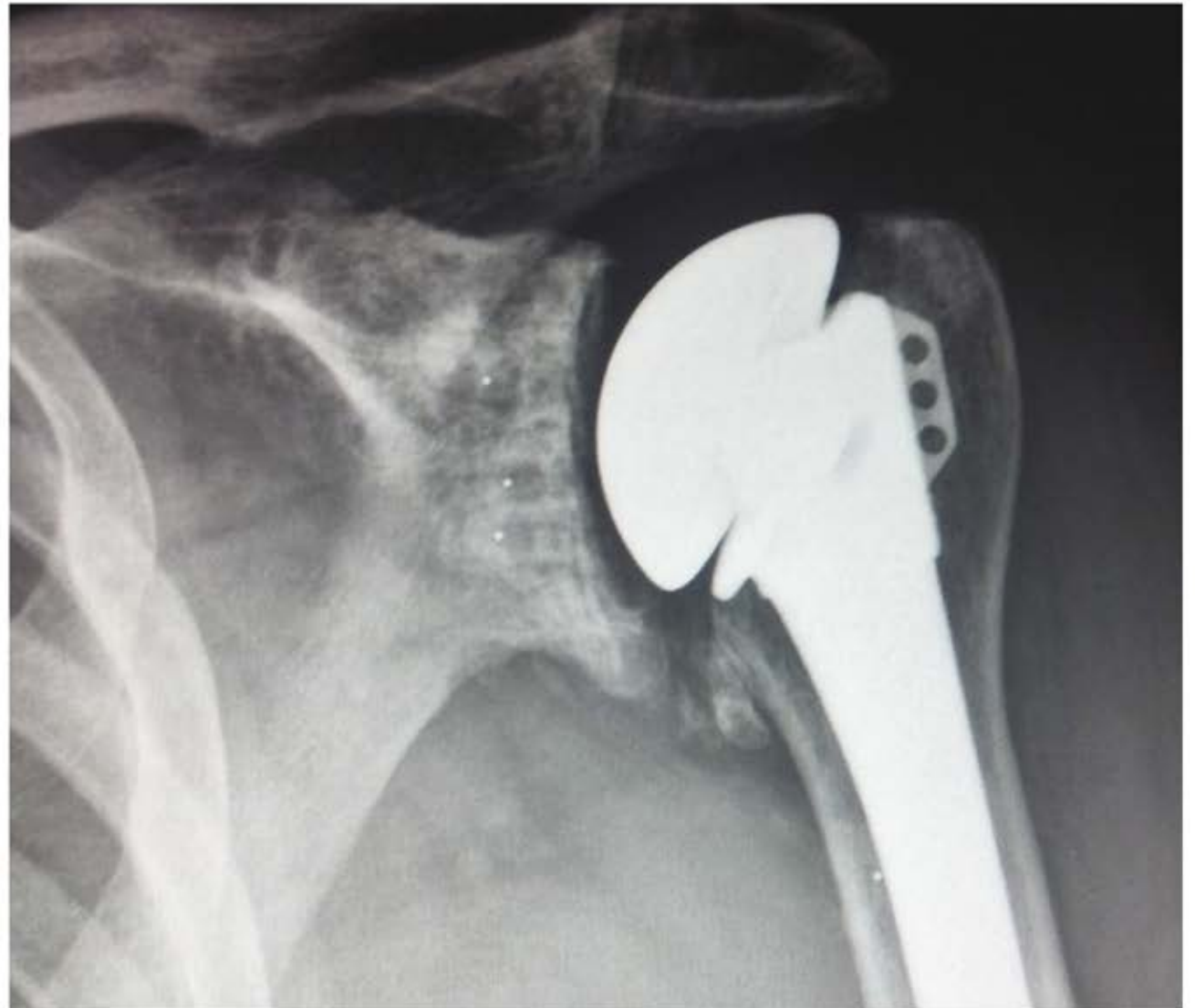
### Typical Shoulder Replacement Surgery

During the standard shoulder replacement procedure, the surgeon will cut off part of the top of your humerus bone, which is located in the joint of the shoulder. The Surgery consists of reshaping the shoulder joint and placing a metal stem (a few inches long) into the shaft of the humerus bone. A metal or plastic plate is then attached to the glenoid socket. These two connected devices will then take the place of the "ball and socket" in the upper shoulder area. Over time, the new joint replacement will allow the shoulder to move more freely and to be free from the excruciating pain that the individual was accustomed to on a daily basis. This surgery is ideal for patients with compressed rotator cuff function.

### Enhanced Shoulder Replacement Surgery

At the Advanced Orthopedic Institute, they have implemented a new procedure, which is an innovative shoulder replacement procedure that is recommended for certain patients that have more of an active lifestyle. This new shoulder system is stemless and allows for more natural movement.

The surgical method that your surgeon suggests will be based upon your condition and the overall health of the bones and joint in the shoulder. The determination will support your best-case scenario and preeminent outcome.



### Shoulder Arthroplasty Recovery

After your surgery, your initial recovery time usually takes about six weeks, but full recovery can take a few months up to a year. Many patients report feeling no pain, and also having an increased range-of-motion very soon after surgery. Your surgeon will also provide you with an exercise and stretching program, along with physical therapy for an allotted period of time.

The Advanced Orthopedic Institute (AOI) handles most aspects of orthopedics, with specialization in total joint replacement. Dr. Alfred J. Cook, Jr., specializes in sports medicine, including shoulder surgery and replacement, rotator cuff repairs, knee procedures and arthroscopy. Dr. John T. Williams, Jr., is a total joint replacement surgeon whose specialties are hip and knee replacements and revisions.

Both doctors also use early intervention treatments for arthritis.

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



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# 5 Reasons To Use In-Home Care

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

## 1. Stay in a Comfortable Environment

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

## 2. Maintain Independence

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

## 3. Constant Companionship

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



## 4. Stability Through Routine

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

## 5. Home and Hygiene Assistance

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

## Quality Care

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

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# YOUR SUPERPOWER

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

I believe the reason God uses me is because I don't know of anyone who needs God's help and love more than I do. There are times I feel helpless and useless. I cannot depend solely upon my abilities nor upon my strength. So because of my weakness, I reach out to Him many times every day in prayer.

## I have a superpower...

And I would have to say it is prayer. I pray like my life depends upon it...because it does. When I pray I'm speaking God's love language. He understands how weak and needy I am. He understands how difficult life can be for me.

Prayer is my way of becoming one with Christ. Prayer is loving Christ. It was even His idea. His disciples asked Him to teach them how to pray. So Jesus gave them the most famous prayer ever...*The Lord's Prayer*...but only to be a guide for our heart to connect with Our Father in Heaven.

Prayer is not about many words spoken in a perfect manner. Prayer is about desire. It is about enlarging our hearts so we may receive more of the love of God that overcomes our weakness and gives us the strength to love without getting tired.

## Pray until you love to pray.

Pray often during the day, as many times as you feel unloved, uninvited, unappreciated, unapproved and useless. Pray until these things dissolve into the love and joy that Christ brings. When prayer becomes your superpower, your heart will be so enlarged that Christ will be at home there. You and He will become friends...everyday talking about what's in His heart and what's in yours.

Time with Jesus through your prayers will keep you from being discouraged and giving up. I know no other way to love others tirelessly. The moments of prayer throughout the day become small drops of oil in the lamp of our lives. Our lamps will burn with the love for others that brings them to Jesus.



## Let your weakness be the key to your strength.

Jesus said to the Apostle Paul, "My grace is sufficient for you; for my strength is made perfect in weakness." And the Apostle's response was, "That makes me glad then. I would rather boast about my weakness so that Christ's power may dwell in me."

Most of us (including yours truly) don't like the pain of transparency when it comes to our weakness and short comings. We don't mind talking about what we have accomplished or what we know, but our miserable little stupid attitudes and mistakes...that stuff is painful for others to see in us.

Not so with Jesus Christ. The useless and miserable parts of our lives are the very things He came to help us walk out of with a smile on our faces. So tell Jesus in prayer about the crap you have done and are maybe in now. Hey, guess what...He knows anyhow so why not start up a conversation with Him about it.

## You don't have to be The Apostle Paul.

When you pray Jesus will say to you..."I can deal with that and I'll go one better... I'll make you stronger than that."

Something will happen when you talk to Jesus all through out the day and I know this to be true because it has happened to me.

You will begin to believe more in His love for you than in your weakness.

That's the secret little thing He does that changes everything about your life.

Enough talking on my part...now it's your turn. It's time for you to talk to Jesus. Whether it's for the first time or the first time in a long time. Either way, it's time.

Love Jesus generously. Trust Him without looking back and without fear. Give yourself completely to him. Don't hold back anything.

And remember...God's Spirit is not way out there in the Heavens...He's closer than you think...just under your skin. Believe that He is the creator of your life...and He is not done with it.

But as always, it's your choice. He's waiting patiently.

*To your spiritual health,*

**Alex E. Anderson**

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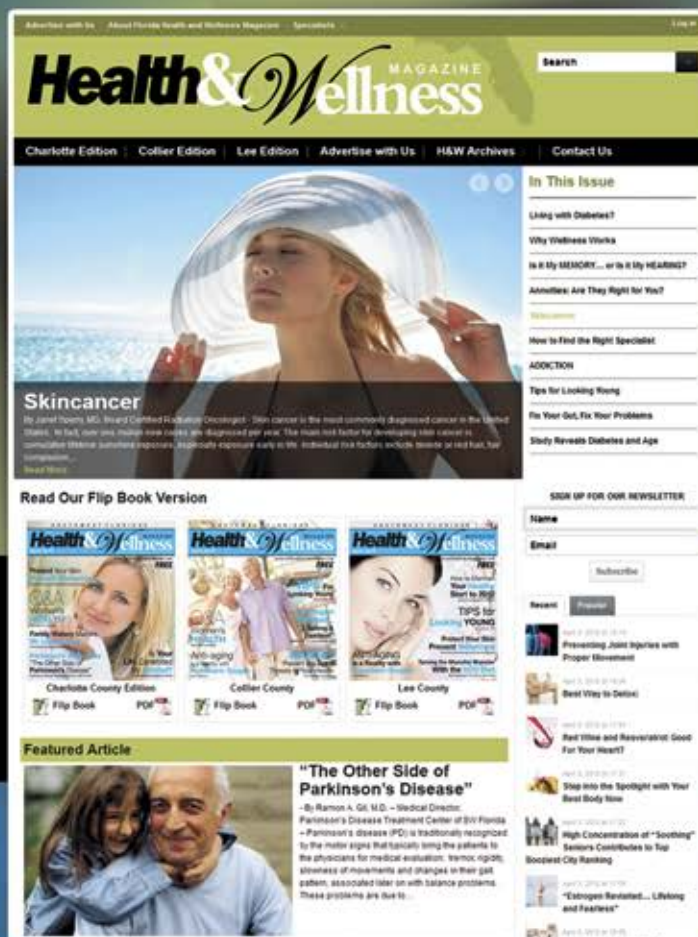
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