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August 2017

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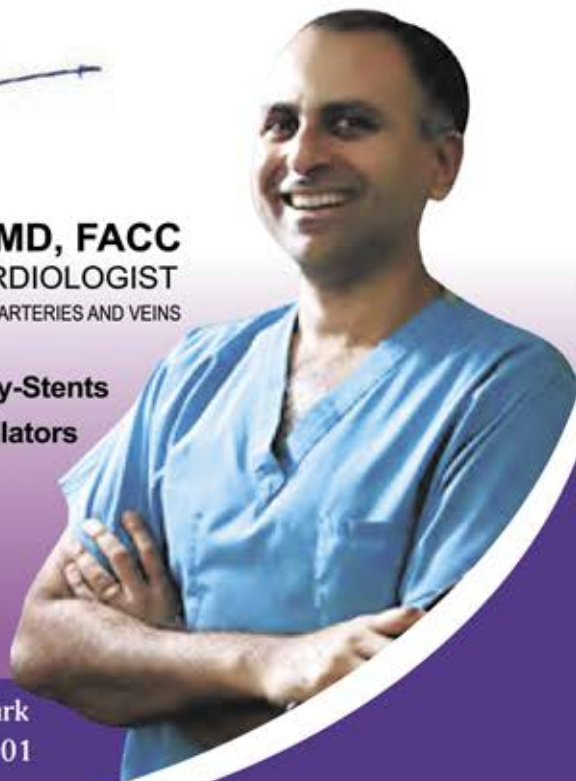
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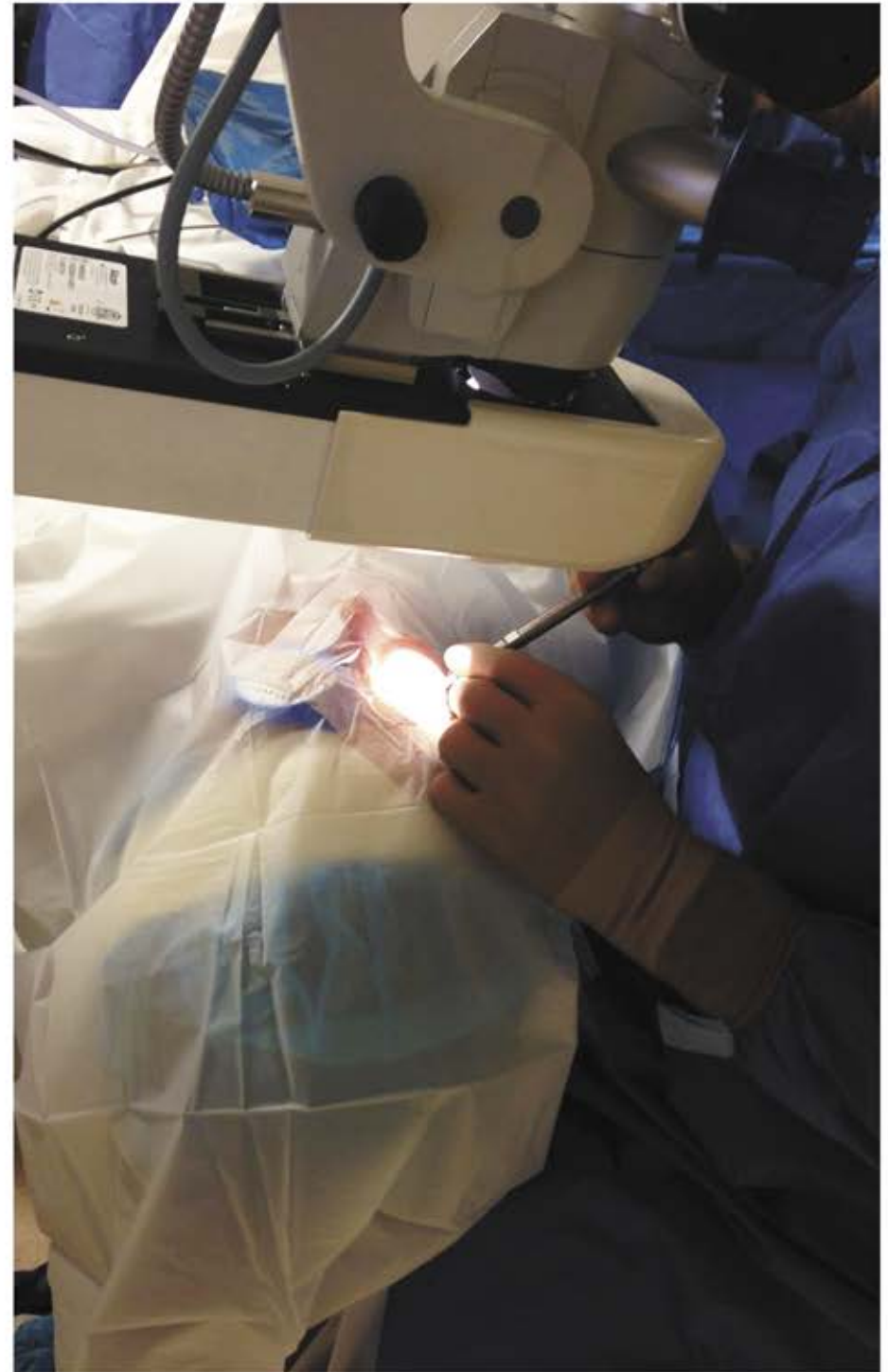
According to the American Academy of Ophthalmology, nearly 22 million Americans age 40 and older have cataracts, a clouding of the natural lens of the eye. Since the first cataract extraction surgery in the mid 1700s, cataract surgery has become the most frequently performed and, with a 98% success rate, the most effective, operation in the United States.

Cataract surgery involves removing the damaged natural lens and most commonly replacing it with a corrective lens called an intraocular lens implant, or IOL. Though the first lens implant was done back in 1949, IOLs didn't become the norm until the 1970s. Now Americans receive more than a million IOLs annually. Naturally, IOLs have progressed through the decades, and today there is a wealth of choices, including lenses that address astigmatism and even provide multifocal vision correction.

Now comes the latest advance in IOL technology, the first and only FDA-approved extended depth-of-focus lens, the Tecnis® Symfony. Unlike other multifocal lenses, the Symfony uses diffractive technology to extend the focal point and create a unique "defocus curve," for continuous, seamless vision correction at all distances, much like a normal healthy lens. "Extended depth-of-focus lenses provide the closest approximation to natural sharp eyesight," says Board Certified ophthalmologist and eye surgeon Scot Holman from Central Florida's Lake Eye Associates. "Research demonstrates that 85% of patients can achieve 20/20 distance, intermediate and near vision with the Symfony IOL, meaning most can get rid of glasses entirely or use them only occasionally for detailed, up-close tasks. That's remarkable."

Lake Eye Associates is the first practice in Central Florida to offer the lens and to perform this procedure, which fellow eye surgeon Dr. Scott Wehrly describes as "the greatest advance in intraocular lens implants in the past decade." Available in Extended Range for patients with no or mild astigmatism and Extended Range TORIC for those with moderate to severe astigmatism, the Symfony lens provides unparalleled correction of presbyopia, or deterioration of near vision, a common problem among middle-aged and senior populations. "The Symfony also shows a low incidence of halo and glare, which is a huge advance in IOL quality and performance," says Lake Eye cataract surgeon Dr. Vinay Gutti.

For patients undergoing cataract surgery, the Tecnis® Symfony offers those whose conditions qualify for the new lens the chance to enjoy exceptionally crisp, clear vision, some for the first time in their lives. Says Dr. Wehrly, "This is an exciting development in IOLs and Lake Eye is proud to be the premier provider of this amazing technology."



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High Blood Pressure is Dangerous to the Heart Do You Know Your Numbers?

Chances are that you know someone with high blood pressure; maybe you have the condition as well. If you haven't checked your blood pressure recently, you should make it priority to do so at your next doctor visit. Long term, uncontrolled or untreated high blood pressure can cause wide range of changes in the anatomy of the heart and kidneys. Cardiovascular diseases triggered by the direct or indirect effects of high blood pressure, is known as hypertensive heart disease. These heart diseases include angina and coronary artery disease; heart failure; and hypertrophy of the heart muscle (heart muscle thickening).

Causes of Hypertensive Heart Disease

High blood pressure is the major triggering factor of hypertensive heart disease and is the subsequent cause of death. In general, high blood pressure is a serious condition associated with high pressure within the arterial blood vessels. As a result, the workload of the heart is increased and it pumps harder in order to keep pace with this pressure. Due to the excessive pressure within the blood vessels, the major vessels of the heart (coronary arteries) tend to rupture and damage over time. This promotes the development of arterial plaque due to the deposition of collagen and subsequent clot formation inside the blood vessels. Subsequently, the heart muscle thickens and the patient tends to develop serious life threatening complications.

Signs and Symptoms of Hypertensive Heart Disease

The symptoms of hypertensive heart disease vary from patient to patient. A combination of symptoms including shortness of breath, chest pain with following mild physical activity or at rest, sweating, nausea, dizziness, light-headedness, rapid or irregular pulse, cough with bloody mucus, feet and ankle swelling, and palpitations may be present. Not everyone with hypertensive heart disease experiences symptoms, after all, high blood pressure is often called "the silent killer."

Treating Hypertensive Heart Disease

The treatment of the hypertensive heart disease depends on diagnosis and root cause of the condition. Treatment is generally aimed at controlling the high blood pressure. Effectively lowering the high blood pressure can significantly minimize the

symptoms of heart disease. Medications, lifestyle alterations, and surgery are the most common ways to control and prevent hypertensive heart disease.

Recommended Foods to Control and Prevent Hypertensive Heart Disease

Appropriate intake of right foods is critical to control hypertensive heart disease. The main goal of food intake is to deliver high fiber, lean protein, natural foods such as whole grains, fruits and vegetables to the body. Increasing intake of calcium, healthy fats (olive oil, flax seed oil, mustard oil), omega 3 fatty acids (obtained from sea foods, kelp, salmon, sun flower seeds, flax seeds, nuts, olives, tuna), whole grains (barley, wheat, oats, and rye) and soy can aid in lowering and managing blood pressure.

In contrast, if you have high blood pressure, you should avoid oily foods, foods containing trans fats, fried foods and salty foods. Intake of sodium (salt) should be limited as it increases the salt and water retention in the body and predisposes you to kidney disease. High cholesterol containing foods such as red meat, egg yolk, oily foods, sweets and fatty animal products should be avoided as well.

Hypertensive heart disease symptoms are present in 7 out of 100 people and are the leading cause of death throughout the world. Don't become another statistic simply because you don't know what your blood pressure is. It is recommended that adults have their blood pressure checked regularly at least every two year.

Seeing a heart doctor can help determine if you need to change your lifestyle to prevent heart problems down the road. Knowing your family's medical history can help you better understand your own risk for having issues with your heart as well.

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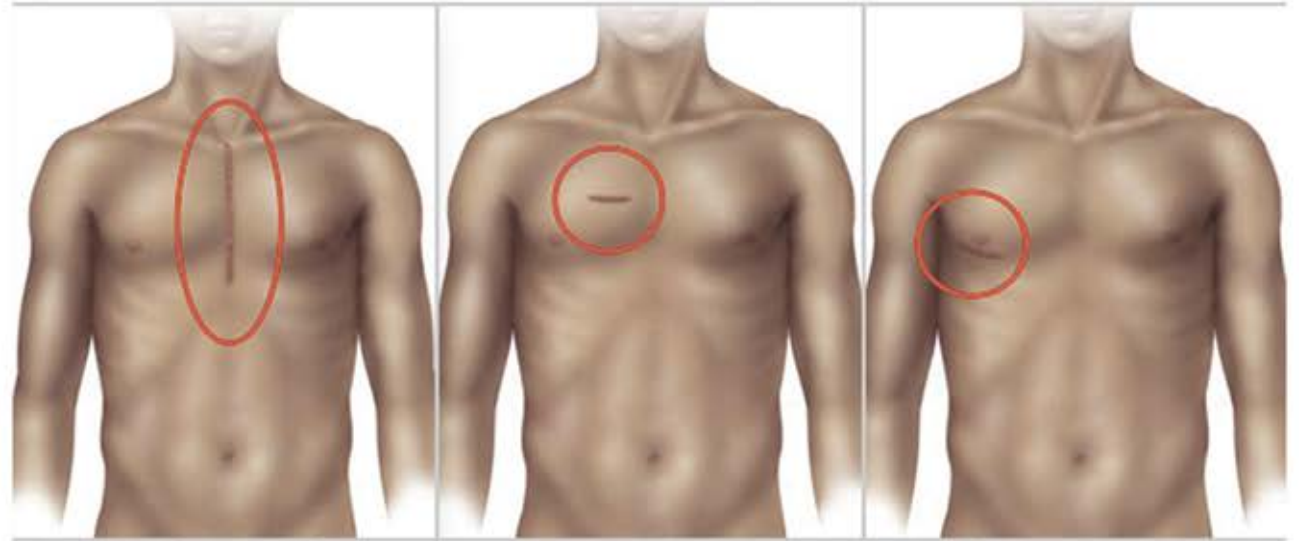
Treating Heart Valve Disease with Minimal Access Surgery

By Omeni Osian, MD
Ocala Health Heart & Lung Surgery

Heat surgery is common throughout the world with over 700,000 heart surgeries performed each year. Of those, 250,000 are heart valve repair or replacement surgeries. Traditionally, valve repair and replacement is completed by separating the chest bone and accessing the valve through an opening in the chest wall with a vertical incision running approximately 8-10 inches long. However, over the past two decades, through advances in medicine and patient demand, small incision surgery, sometimes referred to as "minimal access surgery" is now commonly being used to repair or replace heart valves with as little as a 3-4 inch surgical incision between the ribs.

There are four heart valves that control the flow of blood through a heart. They are called the aortic, mitral, pulmonary and tricuspid valves. The aortic and mitral valves are the two most common valves requiring surgical intervention. Heart valve disease occurs when one or more of the four heart valves is not fully doing its job, and causes blood to leak or flow in the wrong direction or a valve becomes narrowed, preventing the flow of blood through the heart. Valve-related problems can be due to birth defects, infections, a heart attack, or more commonly, age-related calcium deposits accumulating on the valve. Typical symptoms of valve disease include shortness of breath, fatigue, chest pain or pressure, episodes of passing out, and leg swelling. When left untreated, damaged valves can lead to congestive heart failure and a decrease in life expectancy.

Laparoscopic surgery has been successful in many other surgical specialties. This is also true for heart valve surgery, and therefore it is becoming more and more common throughout the world. When using smaller incisions to repair or replace a heart valve, the need to completely separate the breast bone ("crack the chest open") is eliminated. Many studies have shown there are a number of benefits to this smaller incision surgery for valve repair and replacement, including less surgical trauma to the body, less pain and discomfort, shorter ICU and hospital stays,



Traditional Open-Heart Surgery

Minimally Invasive Valve Surgery

less costs, shorter ventilator time, decreased blood loss, decreased wound infection and complications, overall better cosmetic outcomes, and faster return to daily activities and active lifestyles.

The most common approach for minimal access valve surgery involves a small 3-4 inch incision in the right chest. The exposure requires dividing a single rib or space between the ribs for valve exposure. An additional 1-3 inch incision is made in the groin to allow for heart lung bypass during surgery. Using this exposure, surgeons can replace a leaky or very stenotic aortic valve. Leaky mitral valves can be repaired or replaced through the small incisions as well as a stenotic mitral valve. Small incision valve surgery procedures allow surgeons and cardiologists to manage patients who may not be good candidates for conventional large incision surgery due to other health issues or restrictions.

In addition to minimal access valve surgery, catheter-based valve surgery can be offered in select patients who are higher risk for conventional surgery. Together, a heart surgeon and cardiologist thread a

self-expanding valve through a catheter placed in the groin or chest in order to fix severely stenotic aortic valves. Some mitral valve disorders can be managed in patients deemed too high-risk for surgery using this catheter-based procedure.

Advances in medicine have benefited many surgical patients with less invasive approaches. This is also true in patients who need heart valve repair or replacement. There are different minimal access surgery techniques used in valve disease, allowing for higher risk patients to tolerate a small incision surgery. Smaller and less invasive surgeries allow patients to recover easier, quicker, and return to their active lives in a shorter period of time.

When it comes to valve disease, patients are in a better position today to choose a treatment plan that best suits them, and to consider minimal access surgery. Minimal access surgery may not be appropriate for all centers, surgeons or patients. However, given the many benefits, patients with valve disease may want to consider discussing minimal access surgery with their healthcare specialists.



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MANAGING & TREATING DEGENERATIVE DISC DISEASE

Degenerative 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

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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

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WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

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

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
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WHAT RESULTS CAN YOU EXPECT?

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Advancements in Dental Impressions

If you've ever needed a crown (cap), bridge, implant, braces, or dental appliance you have experienced the dreaded impression. You know the feeling of sitting in the dental chair, head tilted back and the goopy material fills the overly large impression tray that is inserted into your mouth, stretching out your lips and oozing down the back of your throat. You sit there trying to control your gag reflex, as the minutes seem to turn into eternity before they remove the tray and say, "I might need to take another one. This one is not showing enough of the gum tissue that I needed."

Let's be honest, no one likes getting dental impressions, but there is good news! New high-tech advancements have been made and are incredibly consistent in producing the highest quality replica of your teeth and gums by utilizing a scanning system.

The dental scanner is a digital dental impression unit that is a smart investment for dental offices to provide increased patient comfort level as well as increased impression accuracy.



How does it work?

It's similar to an intraoral camera that dentists use to take pictures of your teeth but operates using a laser scanner that directly records your teeth, their surfaces, the gum and soft

tissue borders, as well as intricate measuring capabilities to provide the best outcome for your restorations. The images are recorded on the screen and saved to a file that can be uploaded directly to the dental lab where your bite-guard, retainer, inlay or crown can be fabricated. This allows a shorter waiting period for your permanent restoration or aligner and alleviates the possibility of any issues taking place with mailing your impressions or stone models.

The technician or dentist will place the laser into your mouth and record the four different quadrants in small units. Although the process is detailed, it usually takes under usually a few minutes to complete. It's totally pain-free and best of all; you will not have any impression material choking you. Additionally, you will eliminate the opportunity for any operator error.



The Laurel Manor Dental Difference

Laurel Manor Dental always puts their patients first. That is precisely why they have selected in the digital impression scanner specifically for your convenience and to be a more eco-friendly office. Along with this contribution, they have also added a highly-regarded dentist to their team.

Dr. Christopher Williams is a native of the sunshine state. He graduated from the University of Florida at Gainesville with a Major in Biology and a Minor in Human Nutrition before pursuing his dental education at the University of Florida College of Dentistry.



While in the College of Dentistry, Dr. Williams gained valuable experience in externships focusing on Orthodontics and Periodontics. Upon receiving his Doctorate of Medical Dentistry, he received the UFCD Professional and Clinical Excellence Award. After graduation, he completed an Advanced Education in General Dentistry

Certificate program at the University of North Carolina College of Dentistry in Chapel Hill.

Dr. Christopher Williams has always been dedicated to giving back. Whether it was volunteering for hurricane cleanup as a youngster in West Palm Beach, organizing oral health programs at local schools, or providing free care to underserved patients in Guatemala, he is committed to using his skills to help others.

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



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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:

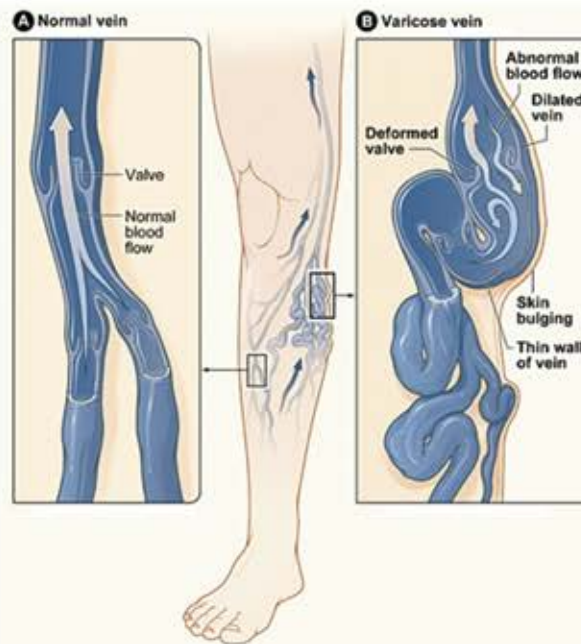
1. Heart Failure—Heart is not pumping efficiently
2. Medication side effects—Especially blood pressure medicines
3. Kidney function decline
4. Liver function decline
5. Lymphatic functional decline
6. Infections
7. Most critical—blood clots in the legs

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.



Bryan Carter, MPA-C

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www.heartofthevillages.com

To Vaccinate or Not to Vaccinate, That is the Question!

The next flu season will soon be among us. With each year passing, viruses mutate, adapt, and become more virulent, causing more illness, and sometimes hospital visits. Protecting against some of these dangerous infections often begins by getting ourselves properly immunized. Immunizations help our own body produce essential antibodies that help fight the infection when we do fall ill. Without them, our immune systems are vulnerable to attack and can result in significant illness.

This article will highlight some of the most important immunizations for the adult population in The Villages and surrounding areas. We will take a quick glance at them and other important safe guards to keep us healthy in the long haul. Remember, primary prevention is always better than secondary or tertiary measures.

Influenza A/B vaccine:

This is commonly known as the Flu shot. Although Flu shots are recommended annually for all ages 6 months and above, they are specially emphasized for adults over 50 years, and children 6-59 months in age, due to vulnerable immune systems. Immunization can reduce illness by 50-60% according to the CDC. If you have a mild/moderate/severe egg allergy, talk to your doctor about where you may appropriately receive the vaccination. For patients 65+, CDC has also made new recommendations to consider the "HD" or high-dose Flu shot, due to poorer immune systems above 65 that don't mount sufficient immunity with a regular dose Flu shot. These vaccines take about two weeks to build immunity, and are typically administered in September of each year for the upcoming flu season.

Pneumonia vaccines:

Pneumonia can be a very common cause for hospitalizations and complications in the older populations. There are essentially two vaccines for pneumonia; the PPSV-23, and PCV-13. If you're less than 65 years in age, you should receive at least 1 dose of PPSV-23, but after 65 you should receive both forms of vaccines 1 year apart for complete immunity. However, if you are immunocompromised, or have other chronic medical conditions, your primary care provider may recommend additional dosing for adequate immunity.



Shingles vaccine:

We all know a friend, a neighbor, or a family member who has had Shingles; a blistering rash that can be excruciatingly painful. The purpose of the vaccine is to reduce recurrence of shingles, reduce duration of illness at a future episode, and also to prevent a complication that causes persistent pain in the location of the rash days/months/years after the rash goes away (post-herpetic neuralgia). The Shingles vaccine is recommended for patients over 60 years who have had chickenpox when they were younger. If you are uncertain about having chickenpox as a kid, your doctor can perform a blood test to confirm. It is a live virus vaccine, so people who have certain types of medical illness or are receiving certain medications that compromise immune systems, may not receive the vaccine. Talk to your doctor, to know if it is safe for you to have it.

Tetanus booster:

Tetanus; is a condition that causes severe muscle stiffness and sometimes fatal illness, from a toxin that is produced by the tetanus bacterium. It usually enters the body through an open wound. A tetanus booster vaccine is recommended every ten years for adults. Your doctor may recommend that you get a Tdap vaccine that covers not only tetanus, but also diphtheria and Pertussis. Pertussis (whooping cough) cases were reported in many populations a few years ago, and hence the CDC recommended the Tdap for older adults. Due to insurance coverage issues for this

vaccine, you may have to have an open wound to receive a booster or Tdap vaccine. Note: if you do have a wound that is considered significantly dirty, your healthcare professional may recommend you still get the booster, even though it may not be 10 years since your last dose.

I hope this information was helpful. Talk to your doctor about getting these vaccinations. Depending on your circumstances, pregnancy status, medical conditions, these recommendations may have some changes. Also depending on your current employment and intended travel plans, your doctor may recommend other additional vaccinations. Remember, prevention is always better than cure.

Tuan K. I. Dean, MD

Tuan Dean is a Family Practice physician who graduated from Ross University School of Medicine. He completed his clinical internship and residency at University of Massachusetts Medical School. Dr. Dean currently practices family medicine, at the Lady Lake and Tavares location of Internal Medicine Practices.



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What if Your Back Pain is a Spine Compression Fracture?

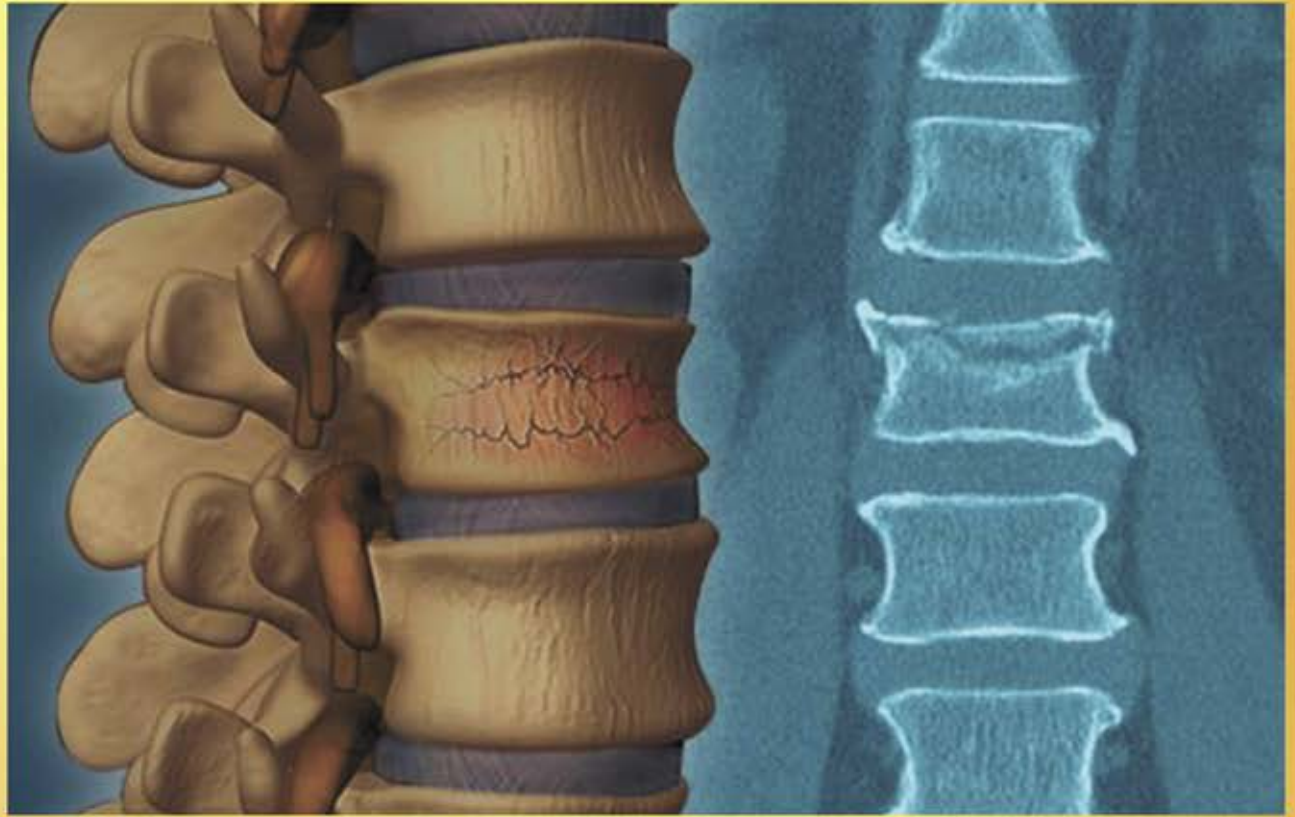
What if you develop sudden onset severe back pain, more unbearable than you ever imagined? If your pain is new or feels different from the chronic back pain you may already be experiencing - which is currently being treated with exercise, pain medicines, and injections - it is recommended that you visit your doctor or urgent care center immediately, because you may have a vertebral compression fracture in your spine. If you are able to pinpoint your pain with the touch of a finger to a specific vertebra, it is important to act quickly or it may become too late to repair it.

What is a compression fracture and why is time of the essence? A compression fracture is when a vertebrae cracks and becomes compressed or somewhat flatter than it was before the fracture. Think of an elderly person with a hunchback or curved spine. A hunchback, medically known as kyphosis, is often caused when the bones become frail and brittle from osteoporosis (loss of bone density) and the vertebrae begin to fracture one by one. As these vertebrae fracture, they become misshapen. The rectangular vertebrae become triangular or wedge-shaped, eventually creating a curve in the spine.

Once a vertebrae fractures it will heal on its own, but it takes several weeks or even months to do so, during which time the pain is often unbearable. In the past, doctors would put patients in a brace and prescribe medication, often in the form of narcotics, to help ease this pain. When the compressed vertebrae heals on its own, it heals in its compressed state or compresses even further, sometimes flattening completely and reducing the height of the individual. At this point, nothing can be done to restore its integrity since the bone has hardened, making it impossible to fix.

Compression fractures can also be caused by an impact such as a fall, or from cancer which has metastasized to the spine. Unfortunately for many, a compression fracture can be a first indication of cancer, so do not ignore this sign - get a consultation immediately. If you had an X-ray, CT, or MRI indicating a compression fracture, insist that your physician acts quickly to refer you to a specialist for a kyphoplasty or vertebroplasty.

With a procedure called kyphoplasty, kyphosis can be a thing of the past! A Kyphoplasty procedure can stop pain instantly in over 95% of patients, as well as prevent further collapse of the vertebrae. During the procedure, the physician uses image-guidance in the form of a C-ARM (which is a live X-ray) to obtain access and inject a plastic cement into the vertebrae to restore the integrity of the bone, often stopping pain completely and preventing further damage. The procedure is performed under conscious sedation and



takes approximately 30 minutes under the expertise of an experienced specialist, such as an Interventional Radiologist. Although other specialists are now performing this procedure, an Interventional Radiologist should be your first choice, as they pioneered the procedure, and any image-guided procedure should always require a person trained in radiation safety.

Interventional Radiologists believe that limiting X-ray exposure to patients is crucial, which is something often overlooked by other physicians. An Interventional Radiologist such as Dr. Mark Jacobson, uses a mere fraction of the typical radiation exposure used by other specialists, including other radiologists. An Interventional Radiologist also uses minimally invasive surgical techniques with the least number of punctures (usually one per vertebra) and the smallest needles possible, thereby enhancing safety and reducing healing and recovery times.

In the case where a compression fracture is caused by a cancerous lesion, an Interventional Radiologist can also biopsy the bone and perform a radiofrequency ablation to alleviate pain prior to the kyphoplasty (this is not a replacement for, but complimentary to radiation treatments, because if a patient is in less pain, the treatments can be tolerated better). This is why it is imperative to understand that not just anyone should perform your kyphoplasty, but someone trained in identifying the difference between a simple fracture caused by osteoporosis, and a fracture caused from a possible cancerous lesion. A trained expert will be able to offer to you the best options available.

About Dr. Mark Jacobson

Dr. Jacobson performs hundreds of kyphoplasties each year in his Lady Lake center and is the "go-to provider" for this procedure, not only because of the number of procedures performed and numerous happy patients, but also because of his participation in the research of radio-frequency ablation of cancerous spine tumors. Local, as well as out of town physicians entrust Medical Imaging & Therapeutics for treatment of their patients' spine fractures. MIT is affiliated the University of Florida College of Medicine as an Interventional Radiology training center for physicians in the interventional radiology residency and fellowship program.



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InterCommunity Cancer Center Appreciates Oncology Nurses!

A cancer diagnosis is a devastating, life-changing event. Dealing with cancer and the physical, emotional and financial issues that often come with it can be extremely challenging. Luckily, oncology nurses are there to help patients along the way.

InterCommunity Cancer Center would like to honor these medical professionals who are the unsung heroes of cancer care. Oncology nurses make a difference in patients' lives every day by being their advocate and educator, guiding them through treatment, celebrating their victories, and providing comfort in times of need. Oncology nurses juggle an overwhelming number of tasks and give tirelessly of themselves in ways patients and families never see—all while remaining faithful to their core mission of ensuring the patient gets the best care possible.

Assessing and educating patients is a big part of the oncology nurses' job, and they spend time with each new patient getting them started off right in their treatment. This enables the nurse to find out what concerns the patient may have and explain the care he or she will be receiving. Some patients don't fully comprehend their condition or else believe they already know all about the treatment. The oncology nurse plays a vital role by assessing what the patient really knows, correcting any misinformation, and providing the information needed to truly understand their cancer care regimen. This is an ongoing process that continues throughout treatment.

Advocating for the patient is possibly the most important role of oncology nurses. They are skilled at looking at the patient holistically to determine their needs and how they can help. While the cancer center provides care to industry standards, with cancer patients the care team must go beyond that to make sure the patient's financial and emotional needs are met as well. Oncology nurses have a wide range of knowledge and are highly trained, so if a concern is raised, they know how to handle it or where to find a resource to help if the problem is outside of their area. They are committed to ensuring patients know their needs will be met and they will be taken care of by a team of highly trained professionals who care deeply about their well-being. They also support families, as the patient's loved ones are significantly impacted as well when cancer strikes.

An oncology nurse must also be a jack of all trades, handling a wide range of tasks. One minute the nurse might be coordinating a patient's care, making appointments with specialists to make sure there are no gaps in treatment, and the next minute he or she might be calling charities to get medications paid for or filling out insurance forms. Oncology nurses strive to ensure patients complete treatment with the least amount of stress, so they often step forward to handle tasks that can be a burden to a patient who is already distressed and overwhelmed by treatment. They must also possess a deep understanding of the clinical aspects of their field, and spend time and energy on continuing nurse education to stay abreast of new developments. Over the last several years, dozens of complex new cancer treatments have become available that must be administered to patients with exacting accuracy, making the nurses' job even more demanding.



Melody Gerger, RN

Oncology nurses face tremendous pressures and obstacles every day, handling them with efficiency and a "can do" attitude. What's the biggest challenge they face on the job? Melody Gerger, an oncology nurse at InterCommunity Cancer Center shares her view on the subject: "Every day the challenges are different for each patient, caregiver, and family member. As a nurse, I am always here for my patients in real time. I'll catch things

like medication errors, as well as brain-storm with family to determine needed assistance in the home." Nurses also often intuitively "know" when a patient visits the office and requires immediate attention.

Luckily, the job also comes with great rewards. "The best part of my job is seeing patients improve!", says Melody. "I was blessed with the gift of caregiving and empathy. I receive my reward daily in being able to offer unwavering compassion to all patients and provide calm reassurance in the midst of probably the most difficult time of their lives."

If you know an oncology nurse, acknowledge them by saying thanks for the tremendous impact they make in the lives of the patients and families they serve.

ABOUT INTERCOMMUNITY CANCER CENTER

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

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

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The US Oncology
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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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IMPROVE YOUR THYROID FUNCTION AND LOSE WEIGHT

You'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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an individualized treatment plan to maximize your weight loss success all while optimizing your overall health.

Our program can help your body regulate hormones and revamp the thyroid, resulting in greater weight loss and control. Once your thyroid is reactivated weight loss becomes easier, you feel better, fatigue is replaced with energy, digestive disorders are eliminated, you are able to think more clearly, and you can enjoy an overall healthier lifestyle.

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

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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

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Psoriasis - More Than Skin Deep

By Thi T. Tran, DO

It's easy to think of psoriasis as just a "skin condition," but psoriasis is a long-term complex and chronic autoimmune disease that varies from person to person, both in severity and how it responds to treatment.

According to the National Psoriasis Foundation, "psoriasis is the most common autoimmune disease in the United States, affecting as many as 7.5 million Americans. An estimated 125 million people worldwide live with psoriasis. There are multiple types of psoriasis; plaque psoriasis being the most common form of the disease."

Plaque psoriasis is caused by an overactive immune system, triggering inflammation inside the body causing the immune system to send out faulty signals that speed up the growth cycle of skin cells. Normally, it takes approximately a month for skin cells to cycle through the body, but with psoriasis, it only takes 3-4 days.

Since the body is unable to shed skin cells that quickly, the thick, red patches that appear on the skin, called plaques are the buildup of excess skin cells. Any part of the skin surface may be involved, but the plaques most commonly appear on the scalp, elbows, knees and lower back. Although, psoriasis can be itchy, it is not usually painful and most importantly, it is not contagious.

Researchers believe that for a person to develop psoriasis, the individual must have a combination of the genes that cause psoriasis and be exposed to specific external factors known as "triggers." These may include: stress, injury, medications, allergies, diet, weather, strep infection."

The National Psoriasis Foundation states, "Skin inflammation in psoriasis is just the tip of the iceberg - there is increasing evidence suggesting links with serious health concerns."

The American Academy of Dermatology (AAD) states, "The incidence of Crohn's disease and ulcerative colitis, two types of inflammatory bowel disease, is 3.8 to 7.5 times greater in psoriasis patients than in the general population. Patients with psoriasis also have an increased incidence of lymphoma, heart disease, obesity, type II diabetes and metabolic syndrome. Depression and suicide, smoking, and alcohol consumption are also more common in psoriasis patients. In addition, psoriasis can have a substantial psychological and emotional impact on



patients. Studies have shown that psoriasis patients experience physical and mental disability just like patients with other chronic illnesses such as cancer, arthritis, hypertension, heart disease and diabetes."

The exact cause of psoriasis remains unknown and although, there is no cure for psoriasis, the treatment goal is to minimize or eliminate symptoms. This can be managed with a wide variety of treatment options, based on how serious the disease is, the size of the patches, the type of psoriasis, other medical conditions the patient has and how the person reacts to certain treatments.

There are numerous treatment combinations; but the most common psoriasis treatments based on the American Academy of Dermatology (AAD) recommendations are:

Topical Treatment:

- Topical treatments are helpful for mild to moderate psoriasis
- Topical treatments include anthralin, coal tar, emollients, salicylic acid, tazarotene, topical corticosteroids and forms of vitamin D
- These topical medications can sometimes be used together with other medications
- Topical corticosteroids are available in many strengths and formulations

In cases of patients with moderate to severe psoriasis, they can be treated with the following options.

Phototherapy Treatment:

- Phototherapy treatment includes narrow-band and broadband ultraviolet B (UVB) and psoralen plus UVA (PUVA)
- Used to slow the growth of skin cells
- Often combined with medication

Traditional Systemic Treatments:

- Traditional systemic treatments are taken orally, or by injection or infusion
- They include acitretin, cyclosporine and methotrexate
- Suppresses the immune system

Biologic Therapy Treatments:

- Targets specific parts of the immune system instead of affecting the entire immune system
- Important to prevent infections during therapy
- Patients need to be monitored and evaluation periodically

Living well with psoriasis is more than treating the disease; it means taking an active role in your care and developing habits and routines that support your well being. Based on research by the Psoriasis Foundation, it suggests, "Current routine practice for psoriasis management in primary care is mismatched with the expressed needs of patients. To address these needs, psoriasis must be recognized as a complex long-term condition involving physical, psychological and social demands, co-morbidity and the development of new treatments.

A board certified professional at Village Dermatology & Cosmetic surgery can evaluate your treatment options, including new and emerging therapies. The patient will play an active role in determining the best treatment option to control their psoriasis.

FACTS:

- Up to 30 percent of the population with psoriasis can develop a painful arthritic condition called psoriatic arthritis
- Psoriasis does not discriminate against - age, gender, ethnicity or socioeconomic status
- Symptoms may improve in the summer and worsen in the winter
- Healthy diet, regular exercise, stress reduction and a strong support network is a good disease management plan.
- The total cost of psoriasis in the U.S. is estimated at \$11.25 billion due to medical expenses and lost wages.



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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



(352) 751-2862

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Hormonal Disturbances?

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

As 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."

For more information on pellet therapy or other Urogynecological issues, please contact Dr. Nwaubani's office today.



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

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AVOID CAREGIVER BURNOUT

When providing care to aging or disabled parents, many caregivers ignore the most important person involved in the caregiving process. "Who?" - you may ask. The answer might surprise you: The Caregiver.

Many times caregivers get so wrapped up in attending to parent's needs, trying to fit quality time with their own family into their schedule, and oftentimes attempting to balance a career, they forget or simply neglect to take some time for their own personal needs.

As a caregiver, the results of not allocating personal time can easily lead to intense emotions such as stress, anxiety, frustration, guilt, and feeling extremely overwhelmed. Many caregivers fail to realize that these emotions and feelings could lead to caregiver burnout.

If you have just taken the reins as a caregiver to your parent, or perhaps you have been serving in the role for years, you may have never heard of the term "caregiver burnout" or would even recognize the early warning signs. And you may not be aware that caregivers have an increased risk for depression, diabetes, heart disease, and other health problems.

Caregiver burnout is the unpleasant side effects many adult children have to cope with when providing care to their aging or disabled parents. The signs and symptoms of caregiver burnout may display themselves physically, mentally, and emotionally.

The most important thing to remember as a caregiver, and to avoid burnout, is to make some time for yourself. Whether it is treating yourself to a shopping trip, preparing your favorite meal, or going on a vacation getaway for the weekend with your own family, remember you should not feel guilty for putting your own wants and needs first.

The second thing to remember as a caregiver is never hesitate or feel embarrassed to ask for help. If you're feeling overwhelmed, ask a sibling or another family member for assistance. You may also consider adult day care, or respite care to provide you some relief.

Even if you just need a day away from your role as caregiver, don't let your guilty conscience persuade you otherwise. It would be better to enjoy a day of rest and relaxation to rejuvenate your mind, body, and soul before letting yourself fall into the ruts of burnout.



There are proven and effective methods to combat and prevent caregiver burnout. These techniques are easy and simple daily activities. Anyone can practice these burnout-relieving techniques, whether it's taking an early morning jog or writing in a journal before bed.



352-253-5100

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You will find yourself amazed at how taking less than an hour a day can alleviate the stress and anxiety that comes along with providing care to an aging or disabled parent, especially those with rapidly deteriorating health or suffering from the heart-wrenching effects of Alzheimer's disease.

There are additional ways to prevent caregiver burnout, with many helpful resources available to guide you through the confusing emotions and physically exhausting situations you may find yourself in as a caregiver. If you feel you may already be experiencing burnout, talk to someone, whether it's your spouse, friend, or physician.

For more information about avoiding caregiver burnout and other services provided at Osprey Lodge call 352-253-5100 and ask for Ruth Cantillon.



Investing in Your Future

Meg Black
Financial Advisor

"Anytime you are making a decision that has financial implications, you should consult with an expert to discuss the risks and rewards involved with that decision," says financial advisor Meg Black with Edward Jones, 8483 Mulberry Lane in The Villages.

Meg's advice to any new investor, or if you are in need of an investment broker change for whatever reason:

1. A great time to see an advisor is when you are determining how much to save for retirement or if you have another major life change; for instance, if you're getting divorced, buying or selling a home, or changing jobs.

2. If you start a new position, instead of rolling over a previous 401(k) into your new company's plan, you may save a substantial amount of money and realize an improved return by using a financial advisor who offers you more investment options by rolling into a new IRA.

3. When you are thinking about when to retire and trying to determine if you are ready, an advisor can help you decide what your income stream is going to look like for life, which sheds light on whether working a few more years provides the financial benefit you want, or if you are ready to retire now."

The Edward Jones Difference

Edward Jones is a full-service financial firm, handling savings plans for retirement and education, CDs, annuities, stocks, bonds, mutual funds, and life and long term care insurance. The well-established firm has offices nationwide and over 14,000 advisors. Their advisors use an established process to create a customized plan for each client to help them reach their financial goals.

"At Edward Jones, we have a team behind each advisor that helps them be an expert in whatever area their client needs," Meg says. In addition, the firm does a lot of retirement planning in The Villages, a 55 plus community. But Meg emphasizes Edward Jones also works with small business owners who want to provide benefits to their employees, parents who are saving for college, and higher income earners who want to reduce taxes.



What you should expect from your financial firm:

When looking around for a financial advisor and firm, consumers should be looking for an advisor who is upfront about their costs and fees and the client needs to make certain the investment company is reasonable. Meg states, "I always perform a complimentary financial review and a written retirement income plan when I meet with a prospective client. So, even if you only want a second opinion or just want to ask some questions, I'm happy to sit down with you at no cost. My favorite client is one who I provide information and education to and then we partner together to make decisions to reach their goals."

Consumers should also look for two important attributes when choosing an advisor. "The most critical quality is that you are comfortable with your advisor and feel like you can be honest with them about your concerns and that they are honest with you," Meg states. "Second of all, the firm that your advisor is with is important; it

must be a trusted organization that supports your advisor with a full team so that they can be extremely knowledgeable about your particular situation."

If you or someone you know is need of financial investment advice, or has questions about their options, please contact Meg Black at Edward Jones Investments today.

Meg Black
Financial Advisor

8483 S E 165th Mulberry Ln
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MAKING SENSE OF INVESTING

Eliminate Your Low Back Pain at Little to No Cost!

Compton Chiropractic is now offering Insurance Approved Braces including Medicare!

By Daniel Taylor, DC, Compton Chiropractic Care

Are you suffering from low back pain? Are you tired of taking pain medication and muscle relaxers that only provides temporary relief? Looking for other ways to relieve back pain without invasive surgery? If you answered yes to these questions, then we can help. Compton Chiropractic is now offering back and knee braces as a non-invasive alternative to relieve back pain and facilitate healing and rehabilitation at little to no cost to our patients.

How does it work?

Back and Knee pain without support causes constant pressure on the joints and muscles. If left untreated, the pain will progressively get worse and quality of life suffers. Our braces are designed to fit any body type and deliver localized compression directly to those overworked muscles and joints while relieving spasms and reducing pain. Current clinical research has shown that supporting these regions can reduce pain, improve functional status and postpone or prevent the need for medication and surgeries. The self-adjusting braces contour precisely to your body for maximum support and pain relief. The lightweight design allows users to wear the braces comfortably while providing maximum support.



Indications for Back Brace

Post-operative Lumbar immobilization
Herniated Discs
Degenerative Disc Disease
Spinal Stenosis
Postural support
Instability

Lumbar Muscle weakness
Chronic low back pain
Arthritis
Trauma
Spondylolisthesis
Compression Fractures

Indications for Knee Braces

Osteoarthritis of the Knee
Post-Operative Knee
Ligament Tear/instability
Painful Range of Motion

Patello-Femoral Syndrome
Chronic Knee Pain
Meniscal tear/instability
Locking Disorders

Compton Chiropractic provides high quality braces at little or no cost to our patients. Medicare and other insurance companies routinely cover the cost of these items because they provide support, relieve pain, and decrease the need for expensive surgeries and pain medications. So no matter if you are looking for extra support while playing golf and pickle ball or just want to avoid surgery; with the proper brace we can get you back to the greens in no time. If you or a loved one could benefit from one of these braces, please call us today (352-391-1126) to setup a free consultation with one of our Doctors.

What makes Compton Chiropractic different from other Chiropractors?

The Doctors at Compton Chiropractic are graduates from Palmer College of Chiropractic and have been serving The Villages since 2006. The Doctors are integrated with several local primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively. The physicians at Compton Chiropractic treat patients as an extension of their own family.

Every patient gets a detailed initial evaluation including a complete history, orthopedic and neurological testing. With a proper diagnosis, our patients will receive a proper treatment plan. With a proper treatment plan, patient's pain is decreased in shorter periods of time.

Compton Chiropractic is also proud to announce that it's Office is Medicare accredited by The Healthcare Quality Association on Accreditation (HQAA). Only a small percentage of Offices in the country hold this unique accreditation which allows us to be a dispensing location for approved Medicare braces.

TESTIMONIALS

"I suffered from sciatica for 10 years until a friend told me about Dr. Compton. After 8 treatments and a brace, I was back on the golf course and out of pain." - L.R.

"My knee pain was debilitating until Dr. Compton introduced me to a brace that literally takes the pain away. My knee feels young again and I couldn't be happier." A.A

"The Doctors are all amazing and actually care for patients like they were family." - A.O.

"I was referred to Dr. Compton by Medicare after an operation. I needed a brace to help me recover and Compton Chiropractic treated me wonderfully." - C.S.

"The Doctors and staff at Compton Chiropractic are knowledgeable and efficient. They are always highly recommended." -Local Family Physician

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- Treat patients as individuals and perform a thorough exam
- Deliver an accurate diagnosis
- Treat patients with the highly reliable and world-known Palmer "hands on" Technique
- No long-term treatment plans or large out-of-pocket expenses
- Provide patients with non-surgical alternatives to pain

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- Medicare accreditation for DME bracing
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- Use of blood and urine testing to evaluate for food allergies and heavy metal toxicity
- Clinical Nutrition
- Quality care without the wait

Accepting

- Medicare
- Blue Cross Blue Shield
- Cigna, Aetna
- Humana
- United Health Care plans
- Personal Injury

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THE NATIONAL PARKINSON FOUNDATION'S MOVING DAY®

Walk, stretch, dance and celebrate. Americans of all ages and fitness levels are invited to join in National Parkinson Foundation (NPF) Moving Day® events to raise awareness and funds to fight Parkinson's disease. An estimated 1 million people in the United States and up to 10 million worldwide are living with this neurodegenerative brain disorder that affects body movement. Millions more family and friends are part of a caring Parkinson's disease network that includes Moving Day walks for Parkinson's.

While there is not yet a cure for Parkinson's disease, medications, therapies and surgical treatments are slowing symptoms. Moving Day highlights movement and exercise, which help improve balance and mobility in people with Parkinson's. Each Moving Day event features music, food, and short, family-friendly walk routes in a festival atmosphere. A signature Movement Pavilion hosts join-in sessions of yoga, Pilates, tai chi, non-contact boxing, dance and other exercises that are proven to manage Parkinson's symptoms.

Right at Home, a leading provider of in-home care and assistance for seniors and adults with disabilities, is in its seventh year as a National Hope Partner of the NPF's Moving Day events. "Right at Home and the National Parkinson Foundation share a commitment to improve the quality of care and quality of life for the people we serve," said Glenn Fechtenburg, RN. Right at Home The Villages, Lake & Sumter Counties. "Throughout the world, Right at Home cares for Parkinson's disease clients, and we provide their families with support such as respite care. Moving Day is a great opportunity for Right at Home senior care services to help raise funds for Parkinson's patients in local communities."

Funds from Moving Day help the NPF provide local services and programs to Parkinson's patients. Since its launch in 2011, Moving Day has raised more than \$14 million for Parkinson's research and care. Originating with three walks, Moving Day has grown to 23 events nationwide in 2017; almost 40 events are anticipated in 2018. Throughout 2017, an estimated 20,000 people across the country will unite with the NPF and Right at Home in Moving Day activities.

Upcoming 2017 Moving Day events will be held in:

- Buffalo, NY – Sept. 10
- Columbus, OH – Sept. 24
- North Carolina Triangle – Oct. 1
- Rochester, NY – Oct. 1
- Boston, MA – Oct. 14
- Chicago, IL – Oct. 15
- Atlanta, GA – Oct. 21
- Los Angeles, CA – Oct. 28
- Dallas-Fort Worth, TX – Nov. 4
- Boca Raton, FL – Nov. 5
- Miami, FL – Nov. 12

Some 600,000 people are diagnosed with Parkinson's disease in the United States each year, and the majority of these individuals are over age 60. As the world's aging population continues to increase, Parkinson's is also expected to climb substantially. Symptoms of Parkinson's disease vary with each person; however, the following are common signs of Parkinson's.

Primary motor symptoms

- Tremors or shaking at rest
- Slowness of movement, known as bradykinesia
- Stiffness or rigidity of limbs and trunk
- Impaired coordination or balance

Non-motor symptoms

- Sleep disturbances
- Constipation
- Bladder problems
- Loss of energy, fatigue
- Cognitive slowing, memory issues

Other warning signs of Parkinson's disease may include stooping or hunching over, a soft or low voice, loss of smell, masked face or loss of facial expression, small handwriting, and dizziness or fainting.

The NPF provides resources and staff to help train Right at Home teams in care specifics and in providing professional, compassionate support for Parkinson's patients and their families. The training addresses nutrition, medications, speech and swallowing, and managing advanced Parkinson's disease.

The NPF raises funds for research programs including the Parkinson's Outcomes Project, the largest Parkinson's disease clinical research study, covering 10,000 patients in four countries.

For more information about Moving Day and organizing a walk team, visit NPFMovingDay.org or call your local Right at Home office at (352) 835-0101. The NPF also offers a toll-free Parkinson's disease helpline at 1-800-4PD-INFO (473-4636) and additional resources at parkinson.org.

About Right at Home

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



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

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

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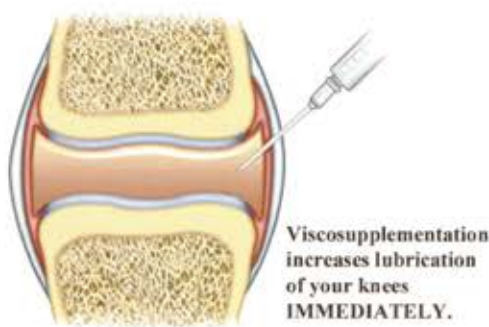
End Knee Arthritis Pain with FDA Approved Joint Injections

If you have never had joint injections before, you may be wondering how this treatment works and whether it can truly make a difference. Below are answers to three of your most frequently asked questions:

How do joint injections work?

Our bodies naturally create a solution to keep our knees and other joints lubricated. Osteoarthritis reduces the ability of this natural lubricant to protect your knees. Consequently, you may experience reduced mobility and increased pain. Our injections use the FDA-approved treatment known as Viscosupplementation. This is a solution comprised of highly purified sodium hyaluronate. In addition, this treatment is covered by most insurances, including Medicare.

When injected into the knee, the Viscosupplementation solution helps to cushion and lubricate the knee joint, nourishing knee cartilage for natural pain management. The solution helps to restore normal function to the joint, including its natural lubrication. Patients experience less pain and are able to enjoy a more active lifestyle.



What are the risks associated with the Viscosupplementation treatment?

The most common side effects are minor, and include mild bruising, swelling or pain at the injection site. In extremely rare cases an allergic reaction may occur, only in those suffering from avian (bird) allergies. A rash, hives, itching and difficulty breathing characterize an allergic reaction. While rare, an allergic reaction requires prompt treatment. The majority of our patients, however, experience little to no side effects from treatment.

When will I feel results?

Though results may vary, most patients feel an immediate reduction in pain and return to normal activities in weeks.

Will my insurance cover this treatment?

Yes, most major insurances and Medicare will pay for this treatment.

Who is a good candidate for this treatment?

Do you wake up with knee pain? Does your knee pain keep you from certain activities? Have you been told you need a knee replacement? Are you active and sometimes suffer from sore knees? Do you take medications for knee pain? Do you have difficulty going up and down stairs? Are you considering surgery to alleviate your knee pain? Have you tried everything to get rid of your knee pain without success?

If you have answered "YES" to any of these questions or if you are experiencing similar symptoms then you are likely ready to experience the relief and healing that Physicians Rehabilitation can offer.

Interested in scheduling an appointment?

You must call right now. The demand for this procedure has been overwhelming. Therefore, we've had to limit the number of "NO-COST, NO-OBLIGATION", knee consultations to the first 17 callers. Call (855) 276-5989 now before someone else gets your spot. Please visit our website: www.PhysicianRehab.com where you can learn more and read even more success stories from people just like you!



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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.¹

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.



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

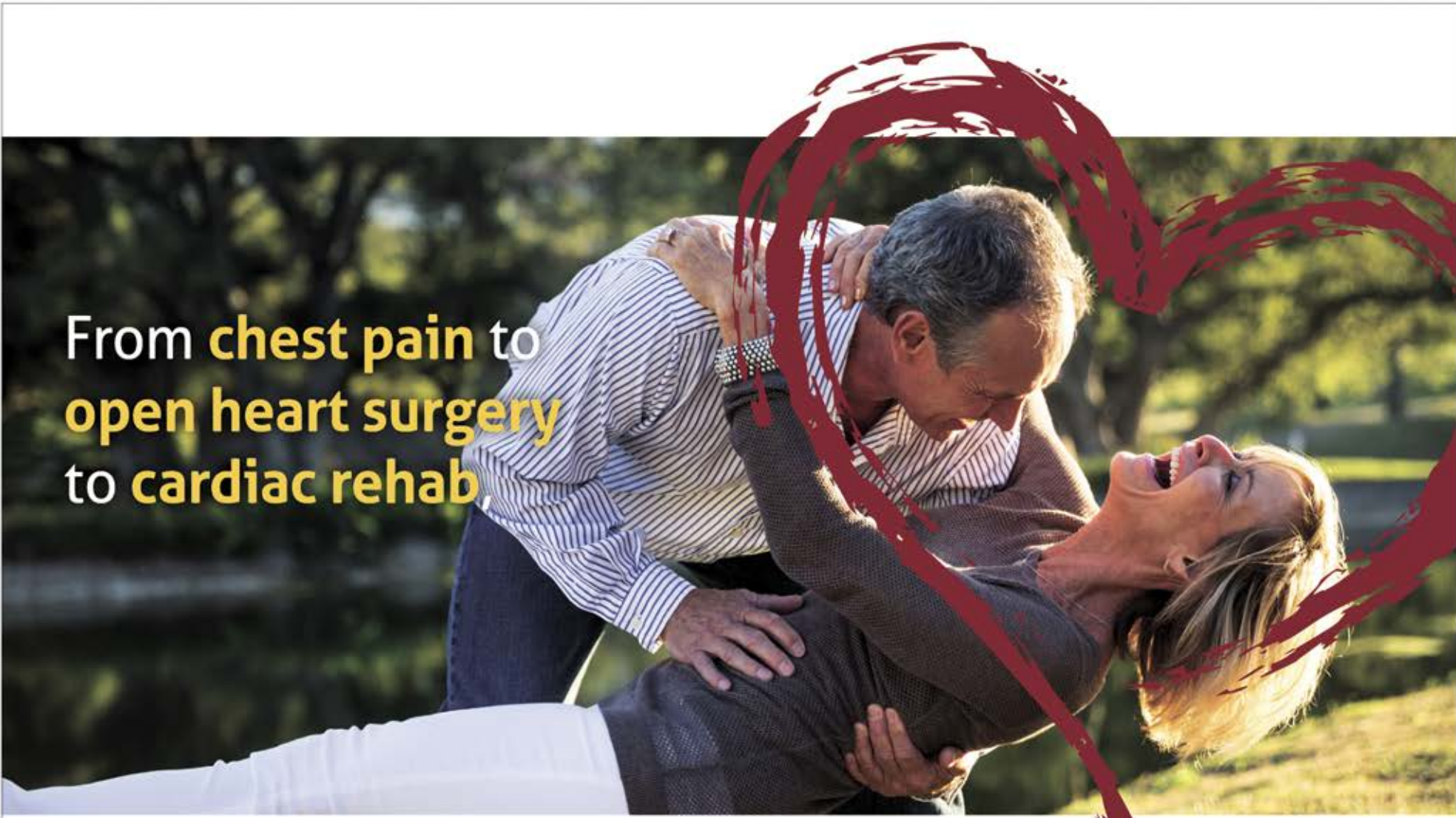
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