

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

September 2017

Lake/Sumter Edition - Monthly

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HOW TO AVOID

PROSTATE CANCER

AND OTHER PROBLEMS

**WHY ARE SO
MANY ADULTS
NEEDING ROTATOR
CUFF REPAIRS?**

**HOW YOU AND
YOUR LOVED ONES
CAN RETAIN
HEALTHY AGING**

50 OR OLDER?

PROTECT YOUR VISION TODAY
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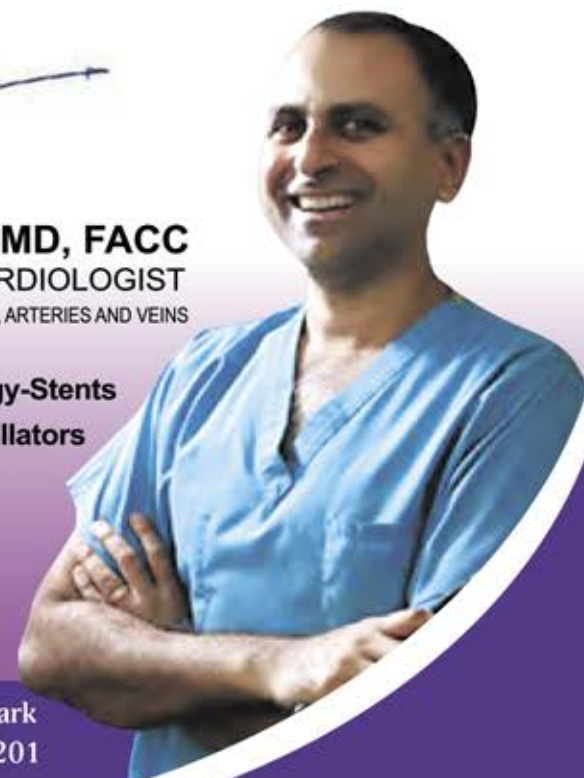
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The ABCDEs of MELANOMA

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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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

If you suffer from varicose and spider veins, you are not alone.

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

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- ENDOVENOUS CHEMICAL ABLATION
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WHAT RESULTS CAN YOU EXPECT?

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50 OR OLDER? PROTECT YOUR VISION TODAY FOR BRIGHTER TOMORROWS

Getting older brings with it wisdom, savvy and awareness - in many ways our brains become better with time and experience. However, our bodies, including our eyes, can develop problems. Luckily most eye problems are not serious, particularly when they're caught early and are appropriately treated before they advance. Armed with the right knowledge, you can take steps to protect your vision into your 60s, 70s, 80s and beyond.

Once people enter their 40s, many experience presbyopia, a normal reduction in close-up vision that is easily addressed with prescription lenses or refractive surgery. In one's 50s cataracts become common, but most are small enough to require only monitoring. Once people get into their 60s, many age-related eye problems may occur, some of which can be dangerous to your vision if left ignored.

"It is important that people 50 and older have a comprehensive dilated eye exam every two years and that folks 65 and older have one each year," says Lake Eye ophthalmologist Dr. Mark Vocci. "A full eye exam can catch eye diseases before they produce symptoms and possible permanent vision loss. Nearly all eye diseases can be corrected or arrested once they're diagnosed."

During a comprehensive exam, your Lake Eye ophthalmologist will look for the following:

Cataracts - Cataracts can cause blurred vision, sensitivity to glare and other problems. There are many high-tech options that quickly and painlessly remove cataracts and replace damaged lenses with replacement lenses designed to restore vision, sometimes to 20/20.

Age-related Macular Degeneration (AMD) - Over time, the macula, which sits near the center of the retina, can develop deposits or begin leaking fluid, causing the central vision to blur, warp or become dark. Loss of this pinpoint vision is permanent, so early detection is important in managing AMD.

Glaucoma - High pressure in the eye can damage the optic nerve, impairing peripheral eyesight. For most people, eye drops can relieve this pressure and preserve vision.

Diabetic Eye Disease - This disease has no warning signs and can lead to blindness. Caught early it can be managed, so if you have diabetes you should schedule a comprehensive eye exam with your Lake Eye doctor at least once a year.



Low Vision - Low vision refers to permanently damaged eyesight, and is most often the result of eye disease that went undiagnosed and/or untreated. While low vision cannot be cured, it can be managed and even prevented altogether with regular eye exams.

Dry Eye - While it can occur at any age, chronic dry eye is most common as people get older. Too little natural moisture in the eye can result in stinging, burning, irritation, mucous and/or excess tearing. Your doctor can provide easy treatments to help relieve dry eye and avoid related discomfort and dysfunction.

Your exam will also include a vision test, any needed prescription for lenses, and an assessment of pupils, eyelids and eye muscles, making it an all-inclusive, one-stop evaluation of your overall eye health and vision.

"It is one of your best health investments," says Lake Eye ophthalmologist Scott Wehrly. "It's a little time out of your day to help protect your vision for a lifetime."



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High Cholesterol = High Risk for Debilitating Diseases

Cholesterol is a natural substance that the body produces through the liver. It's waxy and circulates through the blood stream, feeding the heart and brain. But when cholesterol is derived from foods like saturated fats and trans fats, the body over produces LDL, which is the "bad" cholesterol.

HDL is the "good" cholesterol. If we did not have HDL, our brains would not work properly, and we would suffer from other bodily disorders. The same holds true for too much bad, LDL cholesterol. If we have too much LDL, then it adversely affects our overall health.

What numbers are healthy?

Your total Cholesterol is made up of LDL and HDL. There are blood tests that your physician will order to check your cholesterol level. The best combination of both types of cholesterol is HDL (good) around 40 and LDL (bad) around 100.

TOTAL CHOLESTEROL LEVEL	
GOOD	<200
BORDERLINE	200-239
HIGH	240 or higher

What are the Risk Factors?

Cholesterol along with another substance in the blood can form atherosclerosis, which is the plaque that builds up in the arteries. If you have excessive plaque, then you are at high risk of having a coronary heart attack, heart disease, stroke and other disease related issues. Triglycerides are the fat that is stored in the bloodstream from the excess fat in our diets. Triglycerides are what combine with the high LDL level and create harmful plaque build up.

What you can do

Because much of the high degree of cholesterol is associated with our food intake and our body's inability to burn fat, you can do many things to help lower your cholesterol naturally.

- Eating healthy diet
- Stop smoking (contributes to atherosclerosis)
- Start an exercise program
- Cut back on alcohol and processed foods

You should have an annual exam with your physician to check your cholesterol levels on a regular basis. If you have a high lipid count, your doctor will prescribe medication (statins) for you to help lower the total level. In addition to statins, you can change your diet to get your levels to drop more rapidly.



Foods to incorporate

A big part of lowering your LDL or low-density lipoprotein is through adding soluble fiber, omega 3 fatty acids, monounsaturated fatty acids or MUFAs, powerful antioxidants and lutein to your diet. Some of the following foods listed below can literally lower your "bad" cholesterol levels by 5-10% within just a few weeks. But in order for these nutrients to make the most efficient decrease in your cholesterol, you must adhere to an overall healthy diet. You can't eat fried chicken and then eat an apple and think you'll get the benefit. You'll need to make a plan to eliminate the processed foods in your diet.

Cholesterol Lowering Foods

- Garlic
- Oatmeal and Oat bran
- Pears
- Apples
- Prunes
- Beans
- Red wine
- Fatty fish (salmon and sardines)
- Nuts
- Black tea
- Spinach
- Olive Oil

It's always best to speak directly with your physician before completely changing your diet or exercise program. Your doctor will construct a precise plan to suit your specific needs and incorporate some of the foods mentioned above along with a coordinated lifestyle strategy.

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

ABDOMINAL WALL HERNIAS

By George Rossidis, MD, FACS
Minimally Invasive Surgeons of Ocala

What is an abdominal wall hernia?

Your internal organs and tissues are held in place by a tough outer wall of tissue called the "abdominal wall." An abdominal hernia is an area in that wall that is weak or torn. Often when there is a hernia, organs or tissues that are normally held in place by the abdominal wall bulge or stick out through the weak or torn spot. There are many different kinds of abdominal wall hernias.

Epigastric hernias are defects in the abdominal midline between the umbilicus and the xiphoid process. **Incisional hernias**, by definition, develop at sites where an incision has been made for some prior abdominal procedure. Groin hernias, including **inguinal** and **femoral hernias**, are the most common abdominal wall hernias. **Umbilical hernias** occur at the belly button and are associated with increased intra-abdominal pressure due to obesity, abdominal distension, ascites, and pregnancy. A **Spigelian hernia** occurs at the lateral edge of the rectus abdominis, due to the absence of posterior reinforcement to the muscle. It is diagnosed far less frequently than the other described hernias.

What are the symptoms of abdominal wall hernias?

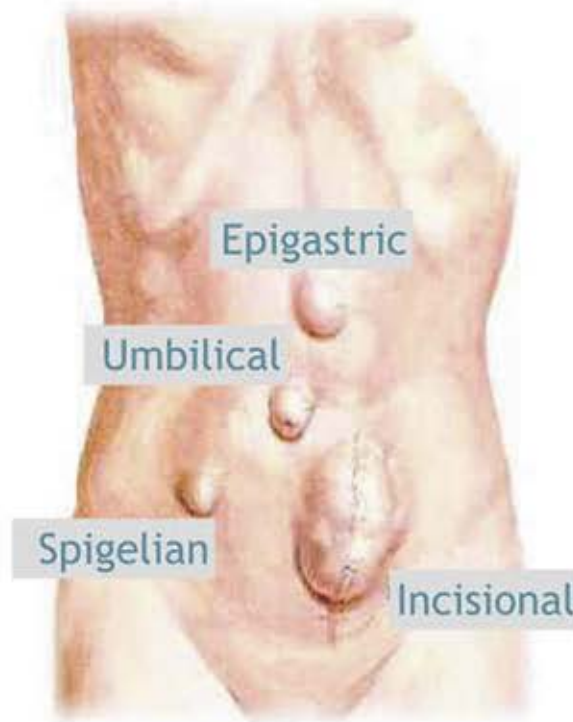
Abdominal wall hernias do not always cause symptoms. When they do, they can cause some or all of these symptoms:

- A bulge somewhere on the trunk of the body. This bulge can be so small that you don't even realize it's there.
- Pain, especially when coughing, straining, or using nearby muscles
- A pulling sensation around the bulge

Abdominal wall hernias can balloon out and form a sac. That sac can end up holding a loop of intestine or a piece of fat that should normally be tucked inside the belly. This can be painful and even dangerous if the tissue in the hernia gets trapped and unable to slide back into the belly. When this happens, the tissue does not get enough blood, so it can become swollen or even die.

Should I see a doctor or nurse?

Yes. See a doctor or nurse if you have any symptoms of a hernia. In most cases, doctors can diagnose a hernia just by doing an exam. During the exam, the doctor might ask you to cough or bear down while



pressing on your hernia. This might be uncomfortable, but it is necessary to find the source of the problem. Most of the time, the contents of the hernia can be "reduced," or gently pushed back into the belly. Still, there are times when the hernia gets trapped and won't go back in. If that happens, the tissue that is trapped can get damaged. If you develop pain around a hernia bulge or feel sick, call your doctor or surgeon right away. For patients in whom abdominal wall hernia is suspected but not apparent clinically, further imaging is suggested, the nature of which depends upon the location of the suspected hernia.

How are hernias treated?

Not all hernias need treatment right away. But many do need to be repaired with surgery. Surgeons can repair most hernias in two ways. The right surgery for you will depend on the size of your hernia, where on the abdominal wall it is, whether this is the first time it is getting repaired, and what your general health is like.

The types of surgery are:

Open surgery – During an open surgery, the surgeon makes an incision near the hernia. Then he or she looks at the tissue that is stuck in the hernia, and if it is healthy, gently pushes it back into place. Sometimes a piece of tissue needs to be removed. Next, the surgeon sews the layers of the abdominal wall back together, so that nothing can bulge through. In some cases, surgeons will also patch the area with a piece of mesh. The mesh takes some of the strain off the abdominal wall. That way the hernia is less likely to happen again.

Laparoscopic surgery – During laparoscopic surgery, the surgeon makes a few incisions that are much smaller than those used in open surgery. Then he or she inserts long, thin tools into the area near the hernia. One of the tools has a camera (called a "laparoscope") on the end, which sends pictures to a TV screen. The surgeon can look at the picture on the screen to guide his or her movements. Then he or she uses the long tools to repair the hernia using mesh.

Robotic surgery – Robotic surgery uses the same principles of laparoscopic surgery (use of a laparoscope and performing the surgery looking at a screen) but the thin tools used in this case are operated by a robot to provide better manual dexterity.

If your hernia has reduced the blood supply to a loop of intestine, your doctor might need to remove that piece of intestine. Then he or she will sew the intestine back together.

In general, laparoscopic and robotic approaches provide decreased morbidity with faster recuperation and faster return to activities and obligations. The recovery and aftercare for each type of hernia repair is different. Your doctor or nurse can tell you what to expect after your surgery. Specific instructions will be provided to you.



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Endoscopic Skull Base Surgery

Treatment of Disease With Less Risk & Discomfort

Not long ago, growths and abnormalities occurring along the base of the skull and brain and at the very top of the spinal column, collectively called the “skull base,” could be treated only by making a surgical opening in the skull (called a transcranial approach) and, frequently, the face (transfacial approach). These approaches can be quite invasive, placing the patient at risk of complications. A breakthrough in skull base surgery is endoscopic endonasal surgery, a minimally-invasive technique for the removal of select abnormalities that grow along the skull base. Working through the nose with specially-designed endoscopic instruments and a tiny, high-definition endoscope (camera), tumors can be removed with superior accuracy, fewer complications and no incisions to the head or face.

Given its small size and angling options, the neuro-endoscope can also be used to maximize tumor resections during a standard transcranial approach in what is called endoscope-assisted tumor surgery. Capable of producing a clear, high-definition image even in fluid, the endoscope can be used to operate deep within the ventricles (fluid-filled spaces) of the brain. With this application, tumors within the ventricles can be biopsied or removed and new pathways opened for restoration of cerebrospinal fluid circulation when normal blood flow has been lost.

While this type of surgery may not work for every condition, it allows patients to avoid the risks, pain and long recovery times associated with open surgery. Board Eligible and fellowship-educated neurosurgeon Dr. Jacob Freeman has specialized training and experience in endoscopic skull base surgery, as well as a host of other neurosurgical procedures. Dr. Freeman and the rest of the Ocala Neurosurgical Center

medical team first perform advanced diagnostic testing to determine the location and nature of the problem, and then formulate a treatment plan.

Abnormalities treated with these advanced techniques include benign and malignant tumors, infection, cysts, hydrocephalus



and others. There are many blood vessels, nerves, muscles, bones and cavities in and around the skull, so symptoms can vary depending on the cause, size and location of the defect. Symptoms may include pain, numbness, weakness, visual disturbances, nasal congestion, nasal or ear infections, dizziness, nausea, ringing in the ears, hearing loss and other problems.

“Neuro-endoscopic surgery has revolutionized the way we approach and resect certain tumors of the brain and skull base,” says Dr. Freeman. “For many patients, it means less pain and faster recovery.”

Though it is easier and safer than traditional open surgery for certain lesions, endoscopic brain tumor surgery requires a multidisciplinary team of specialists to perform. “ONC has a highly experienced and talented team who will work with other specialists in the area to ensure the best possible outcome for each patient we treat,” states Dr. Freeman. For more complex tumors involving the brain and nasal sinuses, Dr. Freeman says, “We combine the endoscopic endonasal approach with one or more traditional open approaches to maximize our resection and improve outcomes. We always endeavor to use the least number of entry points to adequately address the issue so we can reduce the chance of infection and improve recovery.”

Depending on the problem, additional remedies may be indicated. Says Dr. Freeman, “When needed, I communicate directly with a patient’s referring physician to help compose a comprehensive treatment plan and follow-up course to promote the best and longest-lasting result.”

JACOB FREEMAN, MD

- In practice of neurosurgery since 2009
- Joined Ocala Neurosurgery Center in 2017
- Board Eligible, American Board of Neurological Surgery
- Medical Degree, Georgetown School of Medicine
- Chief Neurological Surgery residency, University of Colorado
- Fellow, Skull Base Surgery, University of Colorado
- Fellow, Skull Base Tumor Surgery, University of Texas MD Anderson Cancer Center

Dr. Freeman is a Member of the American Association of Neurological Surgeons, the Congress of Neurological Surgeons, the Florida Neurological Society and the Marion County Medical Society. He is the author of multiple publications regarding endoscopic skull base and other neurological surgeries and procedures.

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

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Ocala Neurosurgical Center is pleased to introduce the newest member of our neurosurgical team, Dr. Jacob Freeman.

Dr. Freeman brings to ONC the latest advanced endoscopic brain tumor treatments as well as other breakthrough procedures designated to achieve the best possible outcome for patients with brain and spinal diseases. Having completed two skull base tumor surgery fellowships, Dr. Freeman has extensive experience treating pituitary tumors, meningiomas, gliomas and many other benign and malignant lesions of the brain.

For more information on Dr. Freeman and ONC, we invite you to contact us today.



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The Overlooked Dangers of Venous Insufficiency

By Bryan Carter, MPA-C, Phlebology-Surgery

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

Sometimes venous insufficiency is more of a cosmetic issue and poses little health concerns. This is usually noted in spider veins, which is when the tiny capillaries are damaged, but when the veins are damaged, this can cause varicose veins, which can lead to a much more severe health issues. Neither of these should be taken lightly. Bryan Carter, a vascular trained PA for 15 years, mentions that many people walk around with obvious signs of vein disease while others hide it deeper inside the leg and have no clue of the problem escalating in the legs.

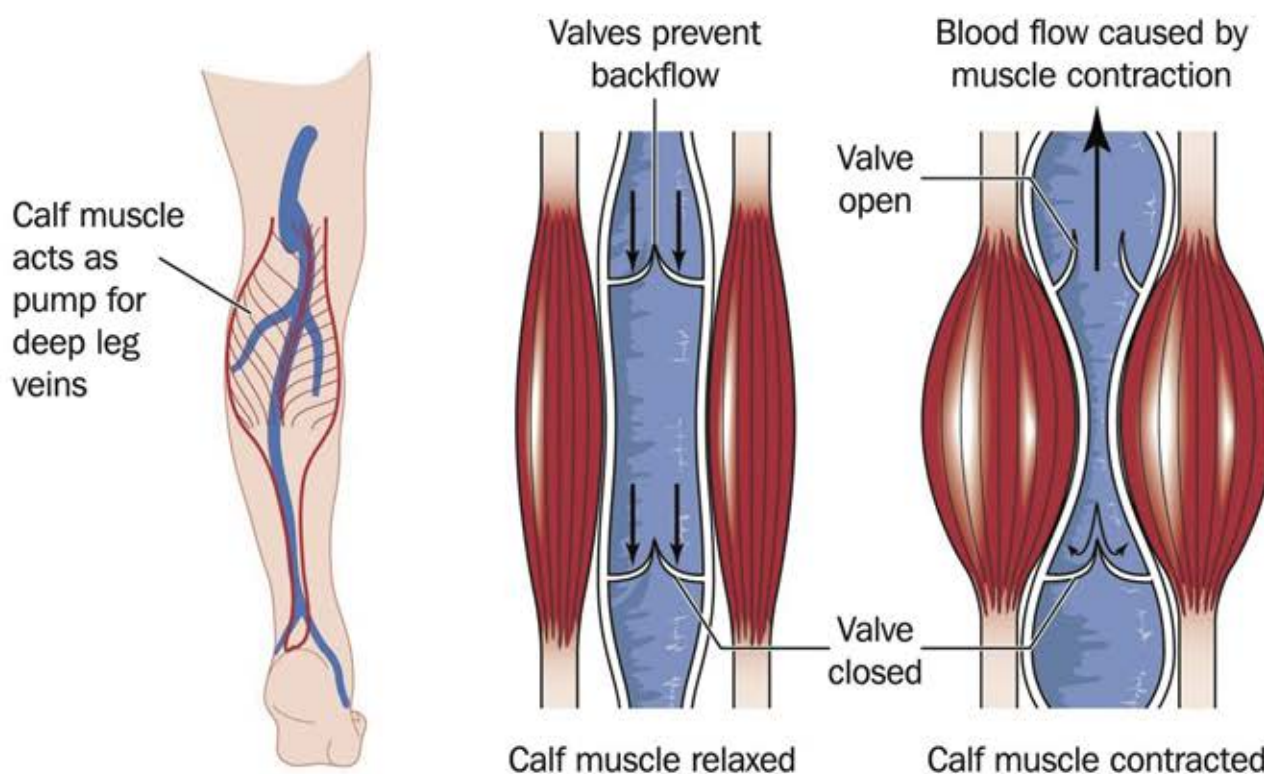
Symptoms of venous insufficiency:

- Swollen legs
- Discoloration on skin (brown or red)
- Tingling/burning/itching sensations
- Heaviness
- Aching
- Cramping

Although it can happen to anyone, the most common factors that put you at risk for vein issues is being a female over the age of 50, pregnancy, sitting for extended periods of time, a family history of varicose veins, smoking, being overweight, and a sedentary lifestyle.

Some people develop ulcerations, or sores on the lower legs and ankles, due to the low level of oxygen in the veins and the uptake of white blood cells. These ulcers and other vein signs can be painLESS or extremely painFUL, resistant to healing and can make one more susceptible for infection and cellulitis

Because the veins and arteries balance each other, when a person has chronic signs and symptoms they most likely can have arterial problems as well. Together, the leg circulation begin to fail exponentially.



Both chronic and acute symptoms could be a sign or lead to a DVT (deep vein thrombosis). DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep in within the legs. Vascular malformations, pelvic tumors or sitting for long periods of time are some of the risk factors that go along with DVTs.

Celebrity and Pro Tennis player Serena Williams suffered a DVT, which led to a pulmonary embolism. Thankfully she had a successful emergency surgery that saved her life. Shortly after having heart surgery, television host, Regis Philbin, also suffered from a DVT.

He developed pain in his calf, and after further investigation, the clot was discovered. Fortunately, he too was treated and had a successful outcome.

Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death. These are grim statistics since the treatment is minimal and so readily available to patients. Mr. Carter feels a more proactive approach, than a reactive one, could save more lives. Speaking to your medical provider is critical if you or a loved one has any of the above mentions signs or symptoms.

Treatment Options for Venous Insufficiency

Mr. Carter recommends:

- Use of support socks/stockings, leg elevation and daily exercise as much as possible
- Then treatments with venous ablations performed in the office.

If you have any concerns regarding your leg health, call the Heart of The Villages today for an appointment.



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Pelvic Organ Prolapse

Until recently, pelvic organ prolapse (POP) was rarely addressed because women were reluctant to discuss the embarrassing symptoms. Because of our increasing life expectancy, POP has become one of the most common disorders women will face in their life-times. Today, many gynecologists and primary care physicians routinely screen women for symptoms, and a new surgical specialty of urogynecology has arisen to treat pelvic organ prolapse and the incontinence that often accompanies this problem.

Pelvic organ prolapse is a term used to describe the drop-ping of a pelvic organ through or out of the vagina. Pelvic organs include the bladder and urethra, the rectum and anus, and of course the uterus and vagina itself. Pelvic organ prolapse is an unfortunately common problem, with childbirth, age, menopause, and hysterectomy being the most common causes and smoking, chronic coughing or heavy lifting, chronic constipation, diabetes, and obesity being common risk factors. With our aging population, POP is expected to affect half of all women and 1 in every 9 will undergo surgical treatment to correct prolapse.

Think of the vagina as though it were an empty pillowcase that can turn inside out in the wash. Prolapse is like the pillow case trying to turn inside out because the support structures of the vagina and pelvis have weakened and are not holding the tissues and organs in place anymore. Anything that can stretch or break these support structures (ligaments and muscles) can cause POP.

Symptoms – Sometimes a patient doesn't even know she has prolapse until her doctor points it out during her exam. However, many patients experience discomfort with a range of symptoms, including:

Pain and Pressure: lower back discomfort or pressure sensation in the vagina that gets worse by the end of the day or during bowel movements.

Urinary Symptoms: urinary frequency, stress incontinence or difficulty starting to urinate.

Bowel Symptoms: constipation, accidental loss of stool or pressure or pain during bowel movements
Sexual Difficulties: pain with intercourse due to irritated vaginal tissue.

Treatment: Women with mild to no symptoms don't need treatment, but should avoid risk factors that could worsen the problem such as smoking, lifting heavy weight or being overweight. If you are experiencing major discomfort, POP can be successfully treated using many different modalities, from exercise to medicine to splints (pessaries) to surgery. Let's summarize these treatments.

- Pelvic Floor Exercises have the advantage of being noninvasive, and in mild cases can help to relieve some symptoms of discomfort or maybe leaking. Prolapse is not reversed using this treatment.
- Medicine, like vaginal estrogen creams, can also alleviate some symptoms, but also do not reverse the prolapse.
- Pessaries are excellent in keeping the pillow case (vagina) from turning inside out by taking up space in the vagina like a pillow does in a pillow case. A pillow case can't turn inside out if the pillow is in it! Pessaries are great for temporary control of the pro-lapse or for people who cannot proceed with other treatments. They can provide permanent relief of the symptoms of prolapse, but must be maintained and cleaned periodically.
- Surgery is the treatment for any hernia in the body. With surgery the prolapsed organ will be repositioned and secured to the surrounding tissues and ligaments. When the benefits of surgery outweigh



the risks, surgery may be the best choice. Surgery involves anesthesia and recuperation time, but may be the best long term option. Many surgeries for POP can be done on an outpatient basis.

If you've been diagnosed with POP understanding your treatment options is extremely important. All treatments have their advantages and drawbacks, which should be thoroughly discussed with your urogynecologist before decisions are made. Make sure your urogynecologist is Board Certified and has extensive experience in dealing with your specific problem.



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

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

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Protect Your Skin Against Harmful Pollutants

By Thi T. Tran, DO

September is National Skin Care Awareness month. Because our skin is the largest organ throughout our bodies, taking care of it should be more of a priority that most individuals realize.

Many people don't know that everything that touches our skin penetrates into our body, bloodstream, and organs. It's important to try and use the most natural ingredients and stave off chemical-laden products as much as possible.

In addition to using organic, natural based skin care, soap and avoiding toxins, protecting your skin from environmental pollutants and the sun's harmful rays are critical.

How Environmental pollutants affect the skin

Not only do the pollutants in the air adversely affect the respiratory system, but these toxins also damage the skin as well. Pollutants like cigarette smoke, VOC's (fumes from paint, carpeting, and furniture), PAH's (burning coal, wood, trash, rubber, and oil), are harmful toxic chemicals that leech into the air and penetrate through our skin's natural outer barrier, causing aging, inflammatory and allergic responses.

Cigarette smoke, in particular, emits carbon monoxide, which penetrates the skin and causes a reduction in blood flow, depletes nutrients and

vitamins, and diminishes the skin's protective barrier. Once the protective barrier is damaged, your risk of skin cancer increases.

The Sun's Harmful Rays

UV radiation has multiple levels; for example, UVC rays are the most damaging to the skin and eyes, but the ozone layer blocks many of the rays naturally. UVA rays play a huge role in causing skin damage and aging. The wavelengths of UVA rays are long and are therefore less harmful than UVB rays. However, UVB rays are extremely damaging to the skin and eyes and can cause cancer. UVB rays are shorter wavelengths and consequently can even penetrate through glass, so when you're driving in your car or sitting by a window at work, the UVB radiation can harm you. It's best to always protect yourself by wearing sunscreen and protective clothing.

How You Can Protect Your Skin

The best way to shield your skin is to avoid topical chemicals and toxic air pollutants. Wear protective clothing if you work in an environment with fumes and harmful byproducts, stop smoking and eat a healthy diet.

Foods can play a huge role in protecting your skin

- **Green Tea**-Full of antioxidants and polyphenols fights free radicals, contains EGCG (Epigallocatechin gallate), which flushes out toxins and speeds metabolism
- **Olive Oil**- flushes out toxins.
- **Turmeric**-powerful anti-inflammatory
- **Berries**-antioxidants and detoxification
- **Bright vegetables (red peppers, carrots, blue potatoes)**-Contain high levels of antioxidants, carotenoids and vitamin c
- **Coconut Oil**- A medium chain triglyceride that contains high levels of vitamin E, and it has potent antifungal and antibacterial properties
- **Cucumber**- Helps to flush out water retention and hydrate the skin, contains vitamin k, b, copper, and potassium
- **Fatty Fish**-Omega 3 fatty acids, which are incredibly important for your skin and brain health and vibrancy
- **Leafy Greens**- Full of vitamin K, which helps with arterial and kidney decalcification, as well as strong bones and teeth

What else can you do? Wear a broad spectrum sunscreen, preferably a natural one, with no harmful chemicals, and also wear protective clothing like large-brimmed hats, long sleeves, and sunglasses.

Because early detection is the key to successful treatment, Dr. Tran at Village Dermatology continues to emphasize the importance of regular skin cancer screenings, knowing that proactive prevention is the smartest strategy. This will also allow Dr. Tran to diagnose any other skin disorders or disease that may be affecting you.



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September is Prostate Cancer Awareness Month

How to Avoid Prostate Cancer and Other Prostate Problems

If you are a man approaching middle age, make it a priority to get to know, love, and care for your prostate. Ignore this little organ at your peril! Roughly half the male population of North America and Western Europe will have enlarged prostates by their mid-50s. And prostate cancer remains frighteningly common.

What is the Prostate?

The prostate is a gland, about the size of a walnut, found just below a man's bladder. It releases seminal fluid, and during orgasm, contracts to allow ejaculation. Unfortunately, as men age, the prostate often enlarges, sometimes up to four times the size it would be in a healthy 20-year-old. This is largely the consequence of natural hormonal changes, especially the decreasing levels of testosterone and its conversion into DHT.

Tips to Avoid Prostate Trouble

Prostate trouble can be distressing (having to get up three or four times a night to urinate, suffering from unwanted leakage at work, and so on), as can the medical examinations and treatments. To avoid these problems, not to mention prostate cancer, try the following:

1) Exercise Regularly.

Exercise helps boost the immune system and reduce stress. But make your exercise gentle. Do not take up cycling or riding horses, as these activities can damage the prostate. Yoga is particularly good. If you attend a class, ask your teacher if there are any exercises she would recommend, especially those that target the pelvic area.

2) Reduce the amount of eggs you consume.

Researchers at Harvard University conducted a study into 1,000 men in the early stages of prostate cancer. They found that those who ate an egg a day doubled the risk of their cancer metastasizing. The culprit is thought to be a compound



known as choline. According to Dr. Michael Greger, an American physician and author of *How Not to Die*, who quotes from the Harvard study in his book, choline may also increase your chances of developing prostate cancer in the first place.

3) Eat plenty of seeds.

Sunflower, sesame, pumpkin, and above all, flaxseeds are all good for the prostate. They are packed with essential fats, but more importantly, they contain zinc, which is vital for a healthy prostate. Flaxseeds are also packed with lignans, proven to slow the growth of prostate cancer cells in petri dishes and possibly in human bodies as well.

4) Eat lots of tomatoes.

Tomatoes contain lycopene, a substance known to prevent prostate cancer. But to enjoy maximum benefit, you need to cook them, as the lycopene is released when tomatoes are heated. Since garlic and olive oil are also good for the prostate, try

frying tomatoes in a small amount of good-quality olive oil along with chopped garlic. If you prefer not to fry them, you can grill or even bake them.

5) Take a zinc supplement.

Zinc supplements have been shown to slow benign prostatic hypertrophy (BPH), a condition which involves the enlargement of the prostate. Zinc interferes with the conversion of testosterone into DHT, a hormonal trigger for prostate enlargement. And zinc deficiency is common among those diagnosed with prostate problems. However, make sure you buy a good quality brand.

6) Take a turmeric supplement.

Turmeric, hailed by some as nature's wonder drug, may also have benefits for the prostate. Curcumin, found in turmeric, is thought to inhibit the compounds responsible for prostate enlargement. Those who take turmeric supplements also reduce their risk of incontinence and urinary infection. When the prostate goes wrong, it tends to become swollen and inflamed; turmeric is a well-known anti-inflammatory.

7) Take a PSA test.

This stands for Prostate Specific Antigen. If your PSA levels are elevated, this may mean your prostate is becoming enlarged; it may even indicate the early stages of cancer.

Difficulties with the prostate are so common that most men will experience them at some point, even if it is merely the annoyance of having to urinate several times a night. Unfortunately, modern medicine is still far too reactive. In other words, the medical establishment waits for you to get sick, then treats you. The key is to not get sick in the first place. And that is especially true of the prostate.



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InterCommunity Cancer Center Encourages Women To Get Regular Breast Cancer Screenings

As the busy fall season is upon us, it is easy for women to push their healthcare needs to the background, as everything else seems to take priority. InterCommunity Cancer Center encourages women to be proactive about their health and not postpone preventative cancer screenings, especially when it comes to breast cancer.

This year in Florida, 2,910 mothers, sisters, aunts, grandmothers and wives will die from breast cancer, and 18,170 women in our state will be diagnosed with the disease, according to the American Cancer Society. It is the most common cancer among American women, except for skin cancers. Roughly 12 percent of all U.S. women, or about one in eight, will develop invasive breast cancer during her lifetime.

Who Is At Risk?

All women are at risk for the disease to a certain degree. Breast cancer is 100 times more common in women than in men, possibly due to estrogen and progesterone hormones that may fuel breast cancer cell growth. Risk increases as women age, and roughly two out of three invasive breast cancers are found in women 55 or older.

Menstrual history also plays a role in the disease. Women who start menstruation before age 12 and/or begin menopause after age 55 have a slightly higher risk of breast cancer, possibly due to a longer lifetime exposure to estrogen and progesterone.

Women who carry certain hereditary genes, such as BRCA1/2, also are at an increased risk for the disease, as well as for other cancers. Genetic testing can determine if a woman has a mutated BRCA1/2 gene, and women should have a detailed discussion with their doctor to help determine if testing would be beneficial.

Lifestyle Changes Can Reduce Risk

There are no guaranteed ways to prevent breast cancer, but risk can be reduced by altering your lifestyle.

- Stop smoking
- Get to a healthy weight after menopause and maintain it
- Exercise — The Women's Health Initiative found 1 1/4 to 2 1/2 hours a week of brisk walking reduced risk by 18%
- Stop hormone replacement therapy
- Eliminate or reduce alcohol consumption



Breast Cancer Symptoms

It is important to know how your breasts normally look and feel so any abnormalities can be detected early. The most common symptom is a breast lump or mass, which is usually painless. Soft or rounded masses are less likely to be cancerous than a hard mass with irregular edges. Other symptoms to watch for include breast changes, such as swelling, tenderness, skin irritation, or nipple abnormalities. Breast pain is usually caused by benign conditions and is not a common indication of breast cancer.

Schedule Your Mammogram Today!

Mammography is a valuable screening tool that can find cancer early, especially in women over 50. The earlier breast cancer is found, the more treatable it is. InterCommunity Cancer Center (ICCC) in Lady Lake, Fla., encourages all women who have not had their mammogram this year to schedule it now. Screening for women at average risk should start at age 40 and be done annually.

"Fall is a great time to think about breast cancer prevention, as Breast Cancer Awareness Month is right around the corner in October," said Dr. David Catalano, medical director and radiation oncologist at ICCC. "It is a good time to schedule a mammogram, as well as commit to lifestyle changes that might reduce breast cancer risk."

Over the last decade, many new breast cancer treatments have been developed. InterCommunity Cancer Center is at the forefront of bringing advanced radiation therapies for breast cancer to the region, giving patients the opportunity to receive these promising treatments in their local community where they live and work.

For more information about InterCommunity Cancer Center, visit www.usoncology.com and search for InterCommunity Cancer Center.

ABOUT INTERCOMMUNITY CANCER CENTER

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

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

InterCommunity
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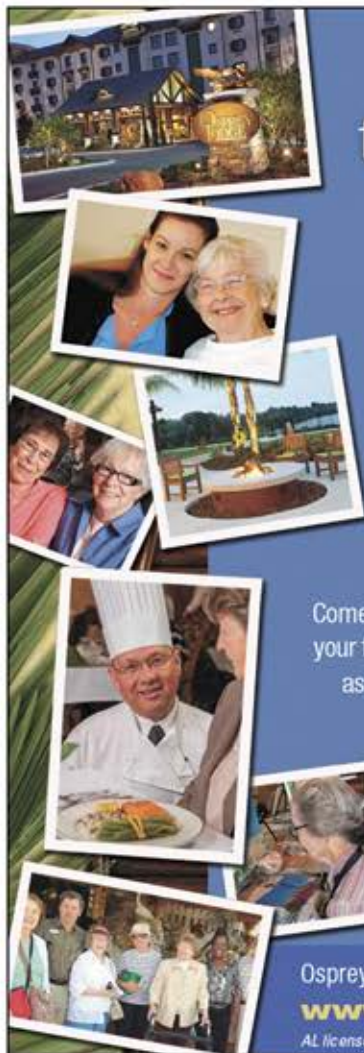
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HOW YOU AND YOUR LOVED ONES CAN RETAIN HEALTHY AGING

Aging has a lot of negative connotations that coincide with the term both physically and mentally. Most of us are aware of the importance in keeping our bodies and minds in the best condition we possibly can, but sometimes, we require assistance. If you've been contemplating the idea of moving into an assisted living facility, your choices are countless and somewhat confusing, but not all facilities are created equal.

Deciding to transition into an assisted living facility can be overwhelming. The primary concern for most individuals is the apprehension of not knowing whether or not it will feel like home.

With just one visit to Osprey Lodge in Tavares, they will put your uneasiness at bay. From the kind staff, soaring ceilings, to the hardwood floors, fireplaces, and lodge-like panoramic views, each detail is significantly better than you can even imagine, and that's just the beginning.

Osprey lodge takes full pride in providing the most elite services and accommodations for their residents. With state-of-the-art onsite medical and dental care, a full-service beauty salon, restaurant style dining, gym services, peaceful surroundings and engaging social activities, they have not forgotten one detail in gratifying your comfort and care.

Services & Amenities that make Osprey Lodge stand out from the rest:

Services

- Elegant restaurant-style dining
- On-site medical suite for visiting physicians, dentists and podiatrists
- Internet café & general store
- Well-appointed bar & lounge
- Private dining room for family and guests
- Full-service beauty salon
- 24-hour staffing and emergency pendant

Amenities

- Spacious apartments with 9-foot ceilings
- Kitchenette complete with a refrigerator and microwave

- Granite countertops
- Emergency response system
- Walk-In shower
- Individually controlled heating and cooling
- Wireless internet network
- Fire sprinkler system
- Vertical and horizontal safety grab bars
- Sliding pocket doors for maximum space for mobility
- Spacious closets with ample shelving
- Play area for grandchildren
- Complimentary laundry facilities on each floor
- Vaulted screened-in patio with ample outdoor seating
- Nature inspired walking paths with lush landscaping
- Resident dog walking area
- Sitting rooms with panoramic views and lodge-style fireplaces
- Traditional style library
- Community/cards room
- Private mailboxes
- Multi-purpose arts & craft room
- Entertainment/game room

In addition to the exceptional amenities, Osprey lodge is also one of the most highly sought after facilities, due to their exclusive memory care wing with experienced practitioners to help patients with dementia or other cognitive disorders attain their best quality of life.



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Designed with the rustic warmth of a Colorado lodge, Osprey Lodge serves residents in the region surrounding Tavares, Mount Dora, Eustis, Leesburg, Lady Lake and Lake Mary. When you or a loved one are choosing to join an exclusive club of individuals that would benefit from assisted living services, there is no better option for you to make, other than deciding on Osprey Lodge as your new home.

For more information or to schedule a tour, please contact them today.

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.

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

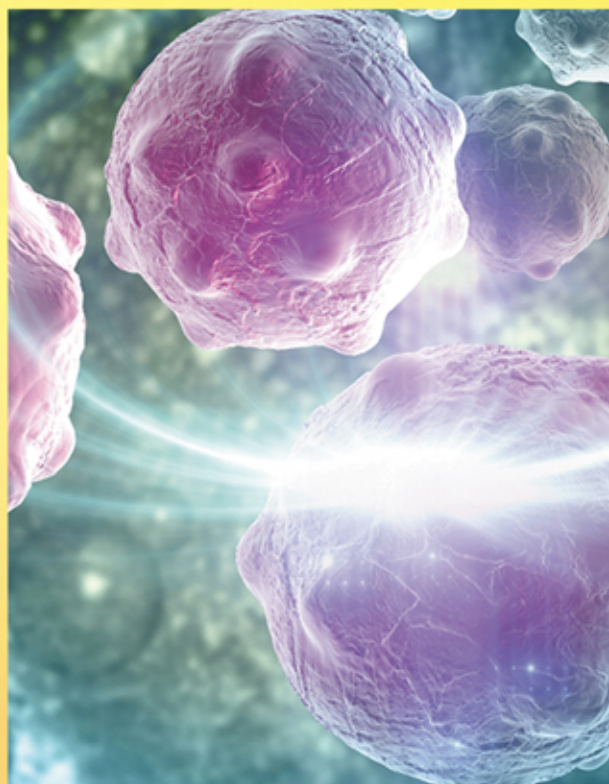
Weapons of "MASS" Destruction

Some of you may have heard the term "mass", when your doctor is describing a lesion, tumor, or suspicious lump in your body. You may have also heard of a biopsy, which is a surgical procedure to remove a small sample of a mass and send it to a lab to determine if it is malignant (a cancer) or benign (not a cancer). Further testing can indicate not only the type of cancer you have, but its genetic origin as well. If you learn that your mass is cancerous, you could qualify for an ablation. Put quite literally, an ablation destroys the malignant mass completely, leaving behind little chance for it to return and spread to healthy tissue and bones. What would you think if an ablation were an option for you?

Surgically removing a mass involves anesthesia, making an incision, and removing a portion of healthy tissue. The incision must then be sealed with stitches, which may require lengthy healing time. Imagine instead, a targeted treatment which terminates cancerous tumors in the lungs, liver, kidneys and bones using extreme temperatures, hot or cold, to destroy the tumors without causing damage to healthy surrounding tissue. This procedure, known as an ablation, is performed under image guidance, through a small incision under conscious sedation, and allows you to return home after a few short hours to recover in the peacefulness of your own bed!

Let's discuss the various "weapons of mass destruction" often used during the ablation procedure.

Cryoablation (using cold gases such as liquid nitrogen or argon to freeze), Radio-Frequency or RF ablation (heat), and Microwave ablation (also heat) are some of the options used to treat tumor masses that are three centimeters or smaller in size. Injecting chemo



drugs and radioactive substances directly into a mass can destroy it or slow its growth as well. Each of these options causes cell-death to a specific area, while keeping the surrounding tissue alive and healthy.

The technique to ablate a mass involves image guidance using Magnetic Resonance Imaging (MRI), Computed Tomography (CT), or even Ultrasound to help guide a needle, electrode or probe into the cancerous tumor. The needle is attached to a line which feeds microwaves, gases to freeze, or radio frequency energy to burn tumors, from a machine which generates the various types of energy through the needle and into the tumor. A trained specialist can control the energy used to destroy the mass so as to protect the surrounding tissue.

Until recently, many of these machines were only available in hospitals and research centers due to their immense size. Over the years they have become more portable and some are available outside of a hospital in approved outpatient centers for use by Interventional Radiologists, who use image guidance and minimally invasive techniques to promote your safety, with much less trauma and much lower costs to you and your insurance company.

The MIT Precision Shooting Team, created and trained by Dr. Mark Jacobson, is an exceptional team of technologists who are specially trained to assist in "targeting"

tumors for biopsies using CT or Ultrasound image guidance. Having successfully performed thousands of biopsies in their outpatient Interventional Radiology center in Lady Lake, Florida, the MIT Precision Shooting Team also brings its skillset to the procedure room to assist in tumor ablations with Dr. Jacobson.

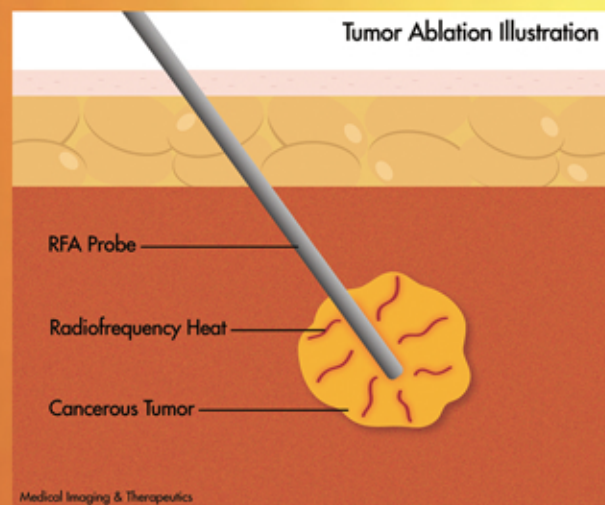
Under the expertise of Dr. Jacobson, MIT, Medical Imaging & Therapeutics is a training center for Residents and Fellows of the Department of Interventional Radiology of the University of Florida School of Medicine.

About Dr. Mark Jacobson

Dr. Jacobson performs thousands of image guided interventional radiological procedures each year in his Lady Lake center and is the "go-to provider" for these procedures, not only because of the number of procedures performed and numerous



happy patients, but also because an outpatient surgical facility is a center of choice over a hospital for minor procedures not requiring general anesthesia. MIT has no procedure related infections, no history of hospital acquired diseases, is certified by the Florida Board of Medicine, is cost effective for you and your insurance company, and patients prefer the calm nurturing setting with pleasant professional staff. Local, as well as out of town physicians entrust Medical Imaging & Therapeutics for many various treatments for their patients. MIT is affiliated with the University of Florida College of Medicine as an Interventional Radiology training center for physicians in the interventional radiology residency and fellowship program.



MIT Medical Imaging & Therapeutics
 Center for Diagnostic and Interventional Radiology
 Interventional Radiology procedures performed in a nurturing, safe, state-certified outpatient center.

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 The Summit Medical Park
 769 Co Rd 466, Lady Lake, FL 32159

Shopping for Health Care It pays to do your Homework

By Dr. Efreem Castillo, Chief Medical Officer, UnitedHealthcare Medicare & Retirement

As a family practitioner for nearly 20 years, I know firsthand every senior's medical needs are as unique as they are as individuals. The Medicare coverage plan that works best for you may not be the one that is right for your neighbor. So why do 60 percent of seniors say they've never re-evaluated their health care needs and shopped around for the most suitable health care plan?

You have Medicare options. Each year during the Medicare Open Enrollment Period, which lasts from October 15 to December 7, seniors and other Medicare beneficiaries have the opportunity to shop for health plans. But determining the right Medicare coverage for you or your loved one requires careful consideration and planning. September 15-21 is National Medicare Education Week – the perfect time to do some homework and learn about your options so that you can make an informed decision during Medicare open enrollment season this fall.

Ask yourself the following questions about your current coverage to determine whether it is best for you:

- Does your current coverage meet your health needs?
- Is the coverage a good fit for your budget?
- Does your coverage include your doctors?
- Does the coverage include your prescription drug costs?
- Does your coverage offer any additional benefits, such as hearing, vision or dental services??
- Does the coverage offer a gym membership?

If you answered “no” to any of these questions, now may be the time to consider switching coverage to make sure you receive the care you need at a price you can afford. Keep in mind, Original Medicare, the health insurance program offered by the federal government, generally covers about 80 percent of health care costs, with beneficiaries paying the remaining 20 percent. Original Medicare also does not have an out-of-pocket maximum, meaning that if you have unexpected health care costs, you could end up with a hefty bill.



A Medicare Advantage plan is one alternative to Original Medicare. Medicare Advantage plans are government-approved health care plans provided by a private company. Medicare Advantage plans include all of the coverage of Original Medicare and may also provide extra benefits, such as vision, hearing and/or dental coverage. You can even enroll in Medicare Advantage plans that offer prescription drug coverage or a gym membership. Medicare Advantage plans also carry an annual out-of-pocket maximum, so you can better predict your health care costs for the year.

If you decide that Original Medicare is best for you, but want or need extra coverage, you can also consider purchasing a Medicare supplement insurance plan – sometimes called Medigap – which helps pay for some of the costs not covered by Original Medicare. You can also purchase prescription drug coverage separately.

I encourage you to use National Medicare Education Week to do your own “health check” and reflect on your health care needs and budget. Then do your homework, shop around and don't hesitate to ask for help.

Remember, there are resources available to you, such as MedicareMadeClear.com that can help you find the best Medicare fit for you. With Open Enrollment rapidly approaching, take the time to make an informed Medicare decision.



National Medicare Education Week Health Expo September 15th, 1-4 p.m.

Confused about Medicare? You're not alone. That's why on September 15th, baby boomers, Medicare beneficiaries, their families and caregivers in Lake County and the Villages area are invited to participate in an educational event as part of National Medicare Education Week, September 15-21, 2017.

This annual celebration begins exactly one month before the start of the Medicare Open Enrollment Period, October 15 – December 7, and is designed to prepare older Americans with the knowledge they need to make confident, informed decisions about their Medicare coverage.

Location:
Wildwood Community Center
6500 County Road 139
Wildwood, FL 34785

Cost: Free; advanced registration requested, which can be done on-line at www.VillagesMedicareWeek.com

More information and resources:
MedicareMadeClear.com



Better Health & Wellness with Electro Therapy

Each of the 100 trillion cells in our bodies relies on energy to communicate with other cells and keep our organs and tissues in a healthy state. Proper functioning and flow of oxygen and nutrients are essential. When these areas are repressed, fatigue, disorders, depleted immune systems, and disease form in our bodies.

Accelerated healing is highly achievable through electro therapy also known as microcurrent technology. Because the cells in our bodies function and signal to each other through intricate micro-current transmitters when our cells are damaged or dying, 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, injuries, aging and disease.

Restore Microcurrent Levels with AMT

Pain relief and increased range of motion are direct results of electro therapy.

Energy Medical (EMed) has a superior micro-current system for accelerated healing called Acuscope Myopulse (AMT). Previously reserved for professional athletes, royalty and the very wealthy, AMT therapy is now available for us all.

AMT Triggers The Body's Own Natural Healing Mechanisms

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

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

Energy Medical is a leader in the field of electric medicine and specializes in eliminating pain and accelerated healing. Using advanced, electro-magnetic-pulsed-frequency waveforms, Energy Medical therapists excel at re-normalizing tissue cellular function. On a tonal scale, patients see and feel results. The average level of an individual not receiving any treatment is typically around 1.9, which creates an adverse effect, but with EMed's AMT treatment patients are seeing 3.5 and higher on the tone scale.

AMT From a Patient's View

A patient at Energy Medical suffered from various comorbidities associated with circulatory disorders and ailments resulting from cell deterioration. We asked Margaret to share with us her experience.

"Bill Rowland and his staff are very professional, knowledgeable and caring. I am very excited about the effectiveness of his treatment protocols and technologies for total body healing and wellness, as well as intense focus on specific physiological issues. The science behind it all is most impressive, and Bill is an insatiable researcher. He has been addressing many critical health issues I have (or had) with AMT and Bemer technologies, also finding those I did not realize I had before, the results of much earlier traumas."

Margaret also went on to explain her outcome after having treatment at Energy Medical.

"I am amazed at the results, from the very first treatment. Circulation has improved so dramatically that my feet are not cold for the first time ever, bruising and pain has essentially vanished from long-term, severe arm injuries, muscle knots, and neck pain have been eliminated, my lungs have been freed to expand so my cells have improved oxygenation... and my breast tumor is shrinking. My energy has increased, range of motion increased, inflammation decreased, calcifications in my body broken down, and that's just the beginning. I love these people and these technologies! I cannot recommend them highly enough!" —Margaret H.

In addition to their therapeutic program, EMed offers advanced innovative solutions for total wellness. Decades ago, microcurrent treatment was used for Hollywood's elite celebrities to help their skin and facial muscles tighten through non-invasive microcurrent treatments. It was reserved only for the stars that could afford its high price and secrecy at the time.

EMed's Proven System Provides:

- Non-Surgical Facelifts
- Electro Massages
- AMT - Pain relief and increased range of motion

Non-Surgical Facelifts

Energy Medical, along with all of their high-regarded services is now offering a complete wellness package. Since cell regeneration is proven unmatched with AMT therapy, EMed's facials normalize the condition of the skin, returning damaged cells to their natural, healthy state. The Bio-Energetic Facelift 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.

Electro Massage

The same technology and innovations hold true for massage therapies with AMT. Due to the uptick in oxygen levels, an AMT massage with electro therapy will enhance the cellular bioavailability to break down lactic acid and remove toxins more efficiently.

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 a free consultation to design a plan to address the root cause of an issue and not just mask symptoms.

With their comprehensive wellness program, they cover the basis of health and wellness by providing the right combination of services that produce optimal results with sustaining effects. A monthly wellness program membership is available for your convenience and accessibility.

You really can Look Better, Feel Better and Perform Better without drugs or surgery. Call Energy Medical today and schedule your free consultation at 352-552-1889, or visit energymedical.net

Amazing Electro Therapies

The Ultimate Experience!

Years of muscle and nerve pain can melt away, while energy levels increase

LOOK BETTER, FEEL BETTER, & PERFORM BETTER

Immediate results even if nothing else works



Lose Weight Fast with No Exercise with Physician Assisted Weight Loss!

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

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

The Initial Consult

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

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

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



It Just
MAKES SENSE!

Here's what you can expect

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

Attend a Free Workshop!

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

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

BEFORE



CHRIS

LOST OVER 60 POUNDS IN UNDER 20 WEEKS

IN PROGRESS

BEFORE



CHRISTINE

LOST OVER 50 POUNDS IN UNDER 20 WEEKS

IN PROGRESS



Diet

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

Activity Levels

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

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



WWW.IDEALPROTEIN.COM

Located in The Palm Ridge Plaza
11974 County Road 101 Ste. 101
The Villages, FL 32162
P: (352) 391-9467 | F: (352) 391-9468
www.thevillageschiropractic.com

Compton Chiropractic Care, LLC. is an independently owned and operated and authorized to sell Ideal Protein products and services. Ideal Protein disclaims any express or implied statement of weight loss performance or other benefits that are not made by Ideal Protein. See www.idealprotein.com for more details.



"Putting your families health in our families hands"



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



Dr. Brent Compton
• Doctor of Chiropractic Medicine
• Palmer Graduate
• B.S. Pre Professional Biology



Dr. Daniel Taylor
• Doctor of Chiropractic Medicine
• Palmer Graduate
• B.S. in Molecular & Microbiology

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

Our Philosophy

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

Our Facility Offers

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

Accepting

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

Why Are So Many Adults Needing Rotator Cuff Repairs?

What to Expect if your Shoulder requires treatment

Over the past decade, there has been a dramatic increase in rotator cuff injuries. As we age, our bodies are subjected to more repercussions from normal wear and tear. This is particularly the case with individual's age 60 and older, but the same wear and tear is accurate for younger people that are very active or have suffered accidental injury through sports or trauma-related causes. Additionally, living in the Sunshine State, permits most adults to be more active year round, which is why there is an uptick in sports related disorders. As more aging individuals are kayaking, playing tennis, golf and pickleball, rotator cuff injuries are growing more common.

One of the primary injuries that orthopedic surgeons treat is a rotator cuff tear. The rotator is comprised of four muscles and three main bones. Although there are multiple types of shoulder injuries, rotator cuff injuries cause a great deal of pain when lifting the arm over the head. For people that work in a field requiring lifting, extension of the arms, or big range of motion, this can be detrimental to their careers. Once the rotator cuff is damaged it can be difficult to wash or style your hair, lift objects or your arm, reach high to get something off of a shelf, pull on a shirt, or put on a hat. If you're active, your ability to swim, play tennis, golf, or anything requiring maximum arm movement, your activities will be significantly hindered because of the impingement in your shoulder.

Details of Rotator Cuff Tear

The three bones that make up the rotator cuff are the clavicle, humerus and the collarbone. The four muscles create a fulcrum for one main tendon that connects to the upper portion of the humerus bone in the shoulder, this joint allows the shoulder to rotate our arm and shoulder and to move it up, down, and to the right and left. A fluid-filled sac helps to lubricate the rotator cuff.

Over time, wear and tear can cause tiny tears to occur, which can cause discomfort and limit our range of motion. As we age the blood supply in our tendons decreases, this can also cause tears and damage to occur. Extreme shoulder impingement occurs when there is bursa inflammation or bone spurs have sheared off, causing minimal ability to move the shoulder.



Diagnosis and Treatment

Your doctor will diagnose the rotator cuff disorder by a physical examination of your shoulder and your range of motion, along with x-rays, and if needed, an MRI or ultrasound.

Your treatment options are usually to start with an anti-inflammatory medication like NSAIDs, rest and icing the area to take away any of the inflammation. This will allow the rotator cuff to heal itself naturally. If the injury is advanced, or the body will not heal itself due to health or aging-related issues, surgery may be necessary.

Three standard surgical approaches include:

- Open Surgical Repair
- Mini-Open Repair
- Arthroscopic Repair

If the tear is partial, a simple debridement may be all that is necessary, if it is a little more involved, suturing the tendons together and sometimes reattaching the ligaments to the bone may be required. Your orthopedic surgeon will be able to discuss your options in full detail with you during your consultation.

There are traditional surgery and arthroscopic (minimally invasive) surgery options. The good news is if surgery is necessary, it can usually be performed arthroscopically. With Arthroscopic surgery there is no muscle detachment, and through a small incision, the surgeon will have access to the entire shoulder joint. With proper care and maintenance,

long-term outcomes are equal to those of traditional surgery. With this minimally invasive technique, your recovery time is traditionally quicker and much less painful.

Your Recovery

- Four to six weeks
- You will need to keep your arm movement to an absolute minimum during this time
- Sling to restrict your movements
- Physical therapy to get you back to a full range of motion; this is especially true if your job or sports activities require a lot of arm and shoulder rotating or lifting

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



(352) 751-2862

1400 N US HIGHWAY 441
SHARON MORSE MEDICAL OFFICE BUILDING, SUITE 552
THE VILLAGES, FL 32159-8975

Diabetes: Know the Symptoms & Manage Your Risk Factors

With diabetes on the rise, it pays to learn about this disease, even if you don't think it will happen to you. It is estimated that over twenty-four million Americans are diabetic, and an additional five million are walking around with diabetes and are unaware of the condition. Diabetes is a major cause of premature strokes and heart attacks, of amputations, and of winding up on kidney dialysis machines. It can significantly complicate pregnancy for both the mother and her unborn child. It is not yet curable. However, its symptoms and insidious damage can certainly be reduced with proper treatment.

Effects of type 2 diabetes can trigger and strike you anytime. This killer disease can ruin your life. Are you aware of the symptoms? How can you prevent it? Learn more about diabetes in the following paragraphs.

What is Diabetes?

It is a form of metabolic disease in which a person can't produce enough insulin or not produce it all. In this state, sugar in the blood can't be metabolized for the use by the body. It can be irreversible and debilitating disease which can affect many organs of the body, like the heart, kidney and the eyes.

There are two major types of diabetes, called type 1 and type 2. Type 1 diabetes was also formerly called insulin dependent diabetes mellitus (IDDM), or juvenile onset diabetes mellitus. Of all the people with diabetes, only approximately 10% have type 1 diabetes and the remaining 90% have type 2 diabetes. Type 2 diabetes, previously referred to as non-insulin dependent diabetes mellitus (NIDDM), or adult onset diabetes mellitus (AODM). In type 2 diabetes, patients can still produce insulin, but do so relatively inadequately for their body's needs, particularly in the face of insulin resistance.

Type 2 diabetes may also, later progress to require insulin to manage their diabetes.

INTERNAL MEDICINE PRACTICES

Lady Lake - The Villages

(352) 391-5299

Leesburg

(352) 319-6800

Tavares

(352) 742-1707



Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.

Signs and Symptoms of Diabetes

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and Irritability
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

If you have one or more of these diabetes symptoms, it is recommended that you follow up with your doctor right away. Remember, the earlier diabetes is detected, the better it can be managed.

No Symptoms? You May Still Have Diabetes.

Often people with type 2 diabetes have no symptoms. This disease if diagnosed early can be prevented if you know the risk factors and the symptoms which accompany the disease. Risk factors include genetics, family history, poor nutrition, lack of exercise, sedentary lifestyle, smoking, gestational diabetes and other underlying medical conditions.

If you have any of the above symptoms and/or risk factors, a doctor may offer diagnostic examinations to determine if you have diabetes. Blood glucose test and oral glucose tests are the primary diagnosing procedures done. Once results are in, the doctor will give you recommendations and advice on what steps you should take next.

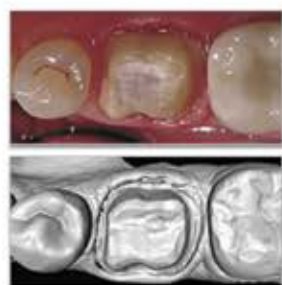
To prevent diabetes, you must learn to minimize your risk of developing the disease. When you feel you have the risk factors try to avoid them, or if not, then lessen them. Preventing the disease is much easier than treating it.

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.



**LAUREL
MANOR
DENTAL**

352.430.1710

1950 Laurel Manor Drive, Suite 180
The Villages, Florida 32159

laurelmanordental.com



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.

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PERSON-CENTERED COGNITIVE SUPPORT

For countless people, the following are familiar scenarios: (1) You are restless and decide to step outside for a walk, but find all the doors to your home locked; (2) You wake up from a nap to find a person you don't recognize cooking in your kitchen; (3) You talk with your family but always end up trailing off somewhere in your conversations.

These frustrating and uncomfortable experiences are common for individuals with cognitive change, a decline of mental functioning that can affect memory, reasoning, language and judgment. Cognitive change, outside of the natural aging process, stems from a number of causes including head injury, stroke and neurological conditions. Even lifestyle factors can increase cognitive change. Millions of Americans with vascular risks such as high blood pressure, diabetes, high cholesterol and obesity show higher odds of cognitive limitations.

Currently, an estimated 5.5 million people in the United States live with Alzheimer's dementia and about 5.3 million of these individuals are age 65 and older. Nationwide, an increasing number of family caregivers are independently caring for their loved ones who are experiencing cognitive change like Alzheimer's dementia. Over time, these family caregivers may find they need support from professional care providers, such as Right at Home, to ensure their loved ones are receiving the specialized care required for a person living with progressive cognitive change.

"We help our clients living with cognitive change stay safe and comfortable in their own home environment as long as possible," said **Glenn Fechtenburg, RN, Right at Home The Villages, Lake & Sumter Counties**. "We benefit individuals with cognitive change and their families by offering a person-centered care approach. Our in-home caregiving focuses on what each individual client needs and prefers, not what we think fits into our full-range of services."

Fechtenburg, RN notes that Right at Home is currently introducing a proprietary RightCare approach to dementia and cognitive support, created in collaboration with Jackie Pool, a leading dementia expert and British occupational therapist. Pool is a global authority on improving the lives of those living with cognitive change and was mentored by Tom Kitwood, the world-renowned pioneer in person-centered dementia support. Pool's more than 30 years of dementia research and direct patient care experience, including her own mother's dementia, adds seasoned depth to the Right at Home approach to cognitive support.

Pool's advancements with dementia support consider that all clients have abilities to interact and connect with their surroundings, regardless of the severity or progression of cognitive change. This personalized cognitive support centers around the concept of "personhood." Specially trained care managers create an individualized care plan that thoroughly encompasses everything about a person that makes them unique: character, preferences, interests, life history, skills and experiences.

"Some care providers simply assign cognitive clients to a regimen of generic care tasks," said Fechtenburg, RN. "Instead, we make sure we know our clients. We learn about their past jobs and daily routines. We make sure we know their likes and dislikes. All these personal details and preferences matter in how we interact with and serve each parent, spouse, relative or friend with cognitive needs."

Pool points out that "a little magic snip of information," such as what color the client prefers or a favorite sports team, can "make all the difference, and that needs to be integrated into the client's daily care and interactions." Pool shares a poignant example from her mother's care to illustrate how knowing a client's personhood can significantly affect their continued well-being and social interactions.

"My mum would say so often to caregivers, 'I'm going to go and visit the House of Commons.' Now some of the staff thought, 'Oh, she thinks she's in London; she's confused,'" Pool said. "The House of Commons is all about the government. But my mum's phrase of visiting the House of Commons means that she is going to use the restroom."

Knowing a client's quirky sayings, habits and routines helps identify meaningful and enjoyable activities for each client to participate in, rather than imposing on them a list of mandated care tasks. Professional caregivers trained in person-centered care work with the client's family and support networks to help them understand why the client's behaviors, interactions and personality may change based on what Right at Home has learned about their personhood. While in-home care agencies may bypass the family in the cognitive support process, Right at Home offers the family coaching and support on how to communicate better and reconnect with their loved one.

"The continued cognitive research by Pool and other brain health experts is proving that through person-centered care, people with cognitive change are experiencing fewer symptoms and living independently longer," Fechtenburg, RN added. "We are honored to assist so many incredible individuals and their families as they walk through the day-to-day challenges of cognitive change."

For more information about person-centered care or cognitive support, contact the local Right at Home office at 352-835-0101.

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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HOW TO DECREASE YOUR RISK OF PROSTATE CANCER

By Michelle Haessler, M.D.

One in six men will develop prostate cancer in their lifetime. Whereas, many men will have a type of nonaggressive prostate cancer that is referred to as “low grade” and never need treatment, many will develop a more aggressive form of prostate cancer, which will require treatment.

This treatment could consist of hormonal treatment, surgery, radiation treatment or a combination of these modalities. These treatments can be costly not only financially but they can have numerous comorbidities associated with them. Wouldn't it be preferable to never develop this disease?

Prostate cancer and numerous other cancers, are inversely related to UV light exposure. The more sunlight a person gets the lower the cancer rates. Even living closer to the equator lessens your risk of cancer. Also, prostate cancer mortality in the US has been shown to be lower with more UV exposure. Why is this? Vitamin D levels are higher with more UV exposure. Unfortunately, Americans are quite deficient on this vitamin.

The National Health and Nutrition Survey 2005-6 showed that overall in the U.S. 41.6% of Americans were deficient in this vitamin. African Americans fared the worst with 82.2% being deficient and Hispanics were 69.2% deficient. The reason is that people with more pigment in their skin absorb less sunlight and therefore less vitamin D is produced.

A study in *Journal of Clinical Cancer Research* took vitamin D blood samples from 700 men. Half were of European ancestry and half from African American ancestry. Low Vitamin D levels were associated with a more aggressive (higher grade) form of prostate cancer as well as a more advanced prostate cancer in all men. African Americans were also found to be at a higher overall risk of developing prostate cancer.

Another study presented at the 2005 American Chemical Society studied men with prostate cancer who choice to undergo prostatectomy with subsequent Vitamin D supplementation or active surveillance with the addition of Vitamin D. Men who had undergone surgery showed a decrease in inflammatory processes when they took vitamin D. Men who had undergone surveillance and Vitamin D supplementation at 1 year showed a decrease in the number of positive biopsy cores (less cancer) at repeat biopsy but no change in PSA.

To learn more about the product and to purchase visit www.theolakino.com



What are the ways to get vitamin D?

The human body must obtain vitamin D from outside sources. Fortified milk products, fatty fish, mushrooms and egg yolks are the main sources of dietary supplementation. Sunshine is a good source and is actually the main source for humans. Whereas, sunshine is wonderful source, if you have darker skin you simply do not absorb as much and are most likely deficient in this vitamin. If you have light skin then you are at risk for skin cancer with excess sun exposure. As a matter of fact, there have been more skin cancers diagnosed in the last 30 years than all other cancer combined.

The answer is to supplement with vitamin D and get the levels up to a therapeutic level. I would recommend a blood level of 40-60ng/ml. As to decreasing skin cancers the answer is nicotinamide. In 2015 the New England Journal of Medicine published a randomized phase 3 study looking at taking nicotinamide at a certain dose twice a day. What they found was amazing. At one year the total amount of skin cancers was reduced by 23%, basal cell carcinomas were reduced by 20%, squamous cell carcinomas by 30% and actinic keratosis (precancers) by 11%.

An easy and convenient way to get both of these vitamins is in a new product CoVitale-7. It not only has the recommended doses of Vitamin D and Nicotinamide but also Curcumin which has been shown to decrease cell proliferation and piper nigrum which enhances its effects. CoVitale-7 was developed by The Ola Kino Company, LLC. The Co-Founders of The Ola Kino Company are Michelle Haessler M.D., a Board Certified Radiation Oncologist with more than 25 years in practice and Kacie Van Colen, RCPHT.

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SAY NO TO REPLACEMENT SURGERY

If you or a loved one are scheduled for knee surgery, read this before it's too late.

By Physicians Rehabilitation

Osteoarthritis is one of the ten most disabling diseases in developed countries (WHO 2012). Worldwide estimates are that 10% of men and 18% of women aged over 60 years have symptomatic arthritis, including moderate and severe forms. It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis.

As the general population ages, more and more baby boomers are opting for knee replacement surgery earlier in life; the reason being is that boomers are more active than any previous generation. They want to continue playing their favorite sports, run, and dance with the same level of intensity as they are used to.

Previously, knee replacement surgeries were only performed on very old patients who were crippled with osteoarthritis and severely hindered daily activities. "Now patients in their 40's and 50's are experiencing an earlier onset of osteoarthritis that affects their daily lives," says J. David Blaha, M.D., an orthopedic surgeon at the University of Michigan Health System. In fact, the number of boomers opting to go under the knife for early knee replacement is growing at an alarming rate.

One major concern for orthopedic surgeons is the longevity of the knee implant. Due to the fact that most joint replacements have been performed primarily on older patients, there isn't a lot of data to show how these implants hold up in younger people, who will engage in more activities and have them over longer periods of time.

Younger knee replacement patients may need to get a new replacement in as little as 5 to 10 years, which is a concern. "It gets more complicated with each revision," says Michael R. Baumgaertner, M.D., professor of orthopedic surgery at Yale University School of Medicine. "Every time it has to be redone, there is more bone loss."

What Is Knee Replacement Surgery?

A total knee replacement surgery is a medical procedure designed to replace weight-bearing surfaces of a knee joint. The surgeon cuts away bone, cartilage, and ligaments of a diseased knee joint, and replaces them with an artificial joint made of an alloy of cobalt, chrome or titanium, and a plastic compound



called polyethylene. The entire surgery typically takes 2 to 3 hours without any complications. In addition, recovery from surgery is bound to take much longer.

How Long Is Recovery From Surgery?

There are several factors that influence your recovery, such as age, medical history, level of fitness and the severity of the problem. Once the surgery is complete, your doctor will keep you under observation in the hospital for around three days.

Most patients experience severe pain after knee replacement surgery. In fact, for the next two weeks or so, you'll need to use a cane or walker in order to move about. Your activities will be kept to a minimum

during this time since you cannot exert too much force on your knee. Many still experience pain during this time and must resort to using painkillers in order to find relief. The duration of pain differs for each person, but doctors claim you will find natural relief within three months of surgery with ongoing physical therapy.

How Much Does Surgery Cost?

The United States has among the highest costs in the world for knee replacement surgery. An American with no health insurance can expect to pay \$45,000 - \$70,000 at a typical hospital. Even with insurance, there are still costly deductible and co-insurance that must be paid.



What Are The Long Term Effects, Years After Surgery?

The following are some facts that you should consider before undergoing knee replacement surgery:

- Kneeling may be problematic. It can hurt to put weight on metal knees, even on a cushion, making activities like gardening a challenge.
- Falling or banging an artificial knee can hurt a lot more and last far longer than you might expect.
- Going down steep steps can be difficult and may require using a sideways, one-foot approach.
- Despite months of physical therapy and the passage of time, residual discomfort may still be experienced.
- Some patients require a surgical revision within two years of a replacement because of technical problems like instability or poor alignment of the new joint.

What Are The Disadvantages Of Surgery?

Infection: An infection can occur a few weeks after the surgery or even a few years later. Infections are serious complications that may require the implants to be removed followed by weeks of antibiotic treatment.

Stiffness: After surgery, your body naturally produces a scar. When the ligaments around the knee contract, the tissues around the knee joint begin to tighten up. This makes it extremely difficult for you to do things that require you to bend your knee.

Blood Clot: Blood clots are the most common complication of this type of surgery. The clots can form in the vein in your leg and pelvis after surgery. If they remain there, it is usually not much of a problem, but it is possible for them to through the heart and to the lungs. This leads to a condition known as pulmonary embolism, which is potentially fatal if not treated promptly.

Loosening: Some of the implants last longer than others, but all of them eventually wear out and loosen. This is a common problem experienced by younger patients because they live longer and usually stress the implanted joint more. The follow-up surgery to repair the implant is more complicated and will further decrease the lifespan of the implant.

It's About MORE Than JUST Knee Pain

"I have had two knee replacements with no results! I still have pain in the knee, and it is always swollen. It is difficult to even go down a stair because I can't bend my knee properly. It's been almost 5 years since my last surgery, and I am still having problems with my knee to the point that I went back to my orthopedic surgeon and he said there was nothing he could do. I don't think anyone should live with pain! I am 72 years old and am disabled due to the horrible knee pain."
-Nora B.

Knee replacements surgery is not a quick fix, and it is not without risks. Serious complications, such as blood clots and infections, can occur. In addition, the road to recovery can be difficult and time-consuming, particularly with joint replacement surgery.

Are You A Candidate for Physicians Rehabilitation's Knee Pain Relief Program?

- Are your knees very stiff in the morning?
- Do your knees hurt when going up or down stairs?
- Do you frequently take ibuprofen or aspirin for your knee pain?
- Do the activities you enjoy cause pain around your knees?
- Have you been told that you will need knee replacement surgery?

If you answered YES to any of these questions – give Physicians Rehabilitation a call and schedule your NO-Cost NO-Obligation knee pain screening. **Call (855) 276-5989**

If you or a loved one are considering or are scheduled for knee replacement surgery, all you have to do is call (855) 276-5989 right now and ask for your "NO-COST, NO-OBLIGATION Knee Pain Screening" During this consultation, you can get all of your questions answered in a warm and friendly environment. Once complete, you will know exactly what your treatment options are and if Visco-supplementation therapy and our specialized rehab program is right for you.



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Using Omega-3 Supplements to Treat Dry Eyes

By Anne-Marie Chalmers, MD

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

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

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

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

Inflammation in the Dry Eye

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

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

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

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

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



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

The Research on Omega-3 and Dry Eyes

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

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

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

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

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

Quality, Consistency and Dose Matter

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

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

Considering the Future of Dry Eye Treatment Options

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

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

About Anne-Marie Chalmers, MD

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



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A CHANGE IN DESTINY

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

Jerry sat patiently in his shiny black Chevy Silverado in the same spot by the playground like he had done for the last four weekends. He reached over and picked up a brown paper bag, took out and slowly unwrapped his favorite mid-morning snack...a peanut butter and banana sandwich. Jerry would only use the creamy peanut butter because the crunchy kind made his teeth hurt...a problem he had lived with ever since he had barely survived a kick in the head by one of his grandfather's horses at three years old.

As he sipped his black coffee and ate he smiled to himself and wondered why he had not thought of this earlier in his career. It was the easiest money he had ever made and was a lot easier than painting houses for that no good father of his.

Across the street about three-quarters of a block away a man came out of his house, opened the door of his suburban and started the engine. The exhaust on that cold November morning created a small fog of burnt gasoline fumes that rolled down the sloped driveway towards the street. The man shortly went back inside of the house and left the suburban running.

Jerry took the last sip of his black coffee and looked at his dashboard clock and thought...'right on schedule'.

Before he could look back at the house all four doors of the suburban were open and a young family was piling in...headed for church like they had been doing for the last four Sundays.

As the suburban pulled away from the house Jerry cranked his truck, glad to have the heater on, and drove past the house with a smile. He circled the block behind the house to a vacant wooded lot, parked his truck, walked through the lot, jumped the back fence and...robbed the home.

As Jerry told me this story I could sense the remorse in his heart as his eyes began to tear up. He had already paid for his "sins" against humanity...twenty-two years in prison.



I have heard many stories like Jerry's over the years as a pastor, but how he ended it compelled me to share.

Jerry had not been a violent criminal, as a matter of fact, he was a very gentle soul and was a model inmate, even to the point of being paroled a couple of times for good behavior but he would shortly end up back in prison.

In his own words, "Back then, when I would get paroled I would still hang out with the wrong crowd. They would even say the same thing to me that the other inmates would say when I got paroled...'see you soon'."

According to Jerry the last time in the prison something happened that changed his destiny and it was why he was not still there.

Local churches sent people into the prison and held church services for the inmates. Jerry was one of those who became a Christ follower through that ministry.

Jerry also realized that he needed new friends once he was on the outside again. And finally, he needed a new identity.

Jerry said that during the two years before he was finally released for the last time, he would go around and intentionally tell the other inmates what

his life was going to be in the near future. That he would not only be paroled early (he served 22 years of a total sentencing of 30) but once out, he would make new friends, go to church and obey the law.

All those things came to pass. Jerry kept his word and is a successful mid-level manager in a service company. He also believed that even though he was a convicted felon, God would provide an understanding employer.

As we wrapped up our conversation, with tears in his eyes, Jerry said that those were church-goers whom he had robbed - the very kind of people that were responsible for bringing him to a life-giving relationship with Jesus Christ.

Jerry's final words were..."God sure does have a strange sense of humor."

To your spiritual health,

Alex E. Anderson

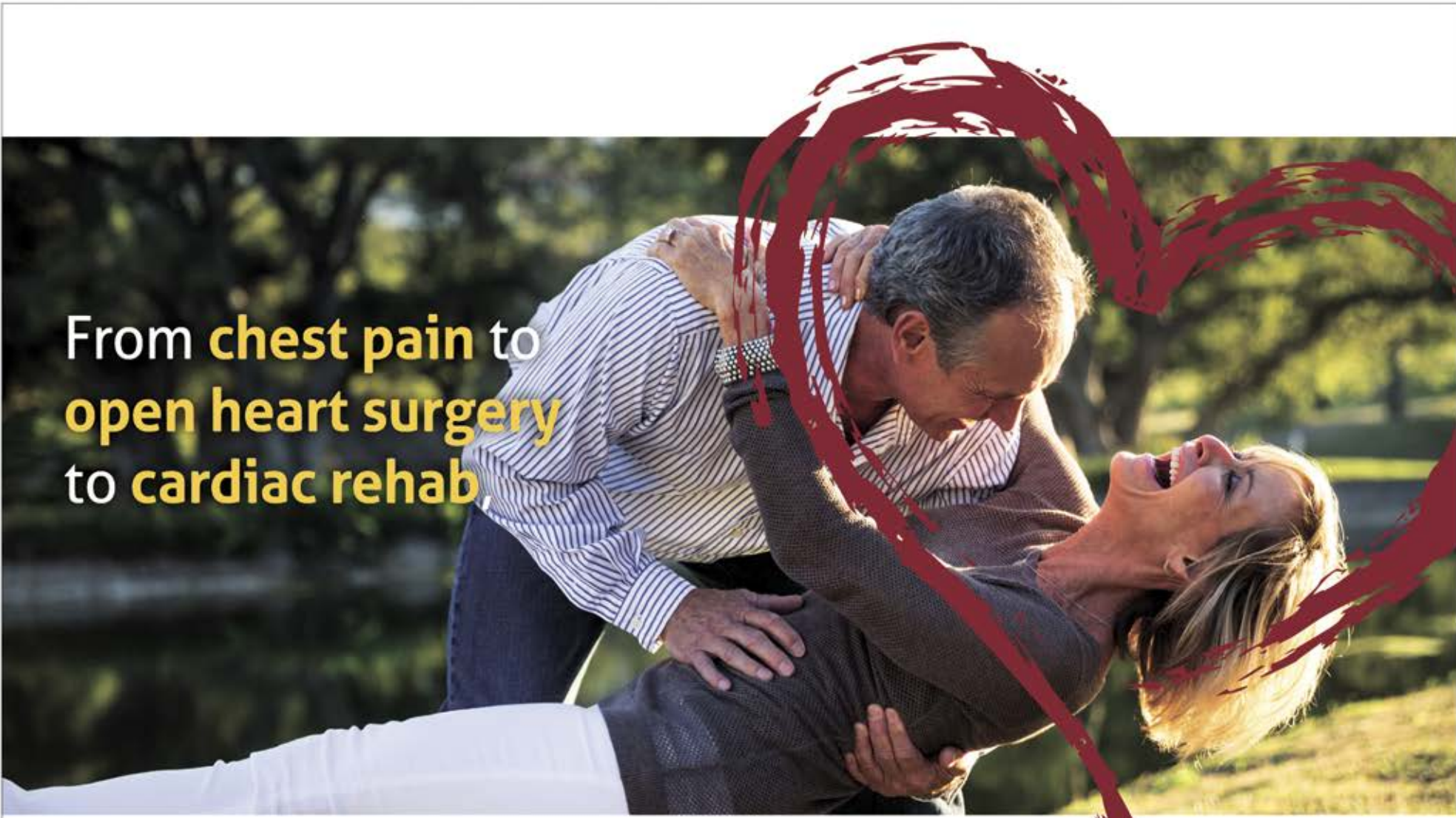
*Senior Associate Pastor at
Bayside Community Church*

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