

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

October 2017

Lake/Sumter Edition - Monthly

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FREE  

**HORMONAL
DISTURBANCES?**

**CAN STROKE
BE PREVENTED?**

**FEELING THE
AFTERMATH OF
HURRICANE IRMA**

**Comprehensive and
State of the Art Brain
Tumor Surgery at ONC**

**How to Minimize
Your Risk of Getting
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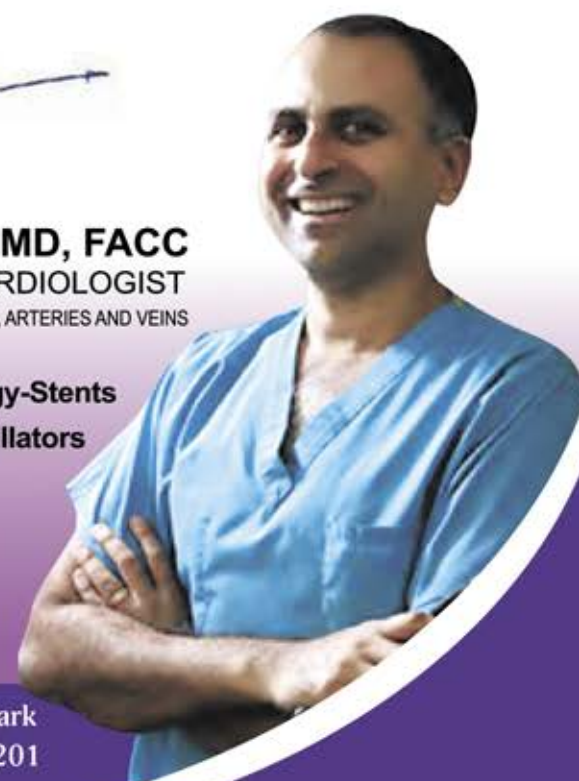
It's your heart. It should be personal.

And that's how I treat it.

When you come to see me... that's exactly who you will see.
I will take your health personally. That is why I am the only
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I will take time with you and get to know you personally.
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are needed and which aren't.
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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

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

WHAT RESULTS CAN YOU EXPECT?

Technological advances in evaluation and treatment methods allow spider and varicose veins to be treated more effectively and safely than ever before.



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- EVALUATION OF CHEST PAIN AND SHORTNESS OF BREATH
- EVALUATION OF CARDIAC ARRHYTHMIAS
- EVALUATION OF FAINTING (SYNCOPE)
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40 YEARS OF EXTRAORDINARY CARE

Since 1977, Lake Eye has been dedicated to providing the most advanced eye care services to promote and protect healthy vision.

Lake Eye's accomplished and highly experienced ophthalmologists continually study, train in and perform the most sophisticated surgical and procedural treatments in the industry, from general care to advanced treatment for every eye disease and disorder, including cataracts, glaucoma, macular degeneration, low vision, dry eye, red eye, diabetic retinopathy, refractive errors, amblyopia, sagging eyelids, and the list goes on. "If it has to do with the eye, we treat it," says ophthalmologist Dr. Scott Wehrly. "It ensures the highest quality vision care."

Lake Eye is the region's vision services pioneer, and the first provider qualified to offer key services like LenSx® laser assisted cataract surgery, the safest and most accurate cataract surgery system ever created, the ORA™ Optiwave refractive analysis system for ultimate precision in astigmatism correction and intraocular lens (IOL) placement, and the groundbreaking Symphony® IOL, the only FDA-approved extended depth-of-focus lens producing continuous vision correction at all distances. Lake Eye was also among the first local practices to offer endoscopic cyclophotocoagulation (ECP) surgery to safely treat both glaucoma and cataracts in the same operation. "There is no local provider that can match our training, experience and comprehensive list of services," says ophthalmologist Dr. Scot Holman.

Lake Eye's highly skilled, Board-certified and fellowship-trained surgeons perform these and other revolutionary procedures at the Santa Fe Surgical Center in The Villages® community. Comprehensive ophthalmologist Shelby Terpstra, DO uses the center to perform cosmetic and reparative blepharoplasty to correct drooping, sagging eyelids and help restore peripheral vision and a refreshed appearance. "Not all practices have surgeons who specialize in eyelid



surgery," says Dr. Terpstra, "but we believe it's important to offer treatments for all areas of vision and eye health, not just a few."

Lake Eye also provides painless testing and treatment for environmental allergies with customized drug-free, all-natural immunotherapy allergy drops patients take daily under the tongue. Over time, the body adapts to the allergens and stops reacting to them, without the danger, pain, cost and inconvenience of allergy shots. With four years of daily use, many patients find their allergies abate altogether.

In addition, every Lake Eye office features an on-site Precision Optics department, which offers eye exams from Lake Eye ophthalmologists, dedicated care from licensed opticians, and a vast array of designer-name frames, specialty lenses, contact lenses, sunglasses and accessories. "For most patients, a new or updated prescription is all they need to see clearly and safely," says ophthalmologist Dr. Vinay Gutti

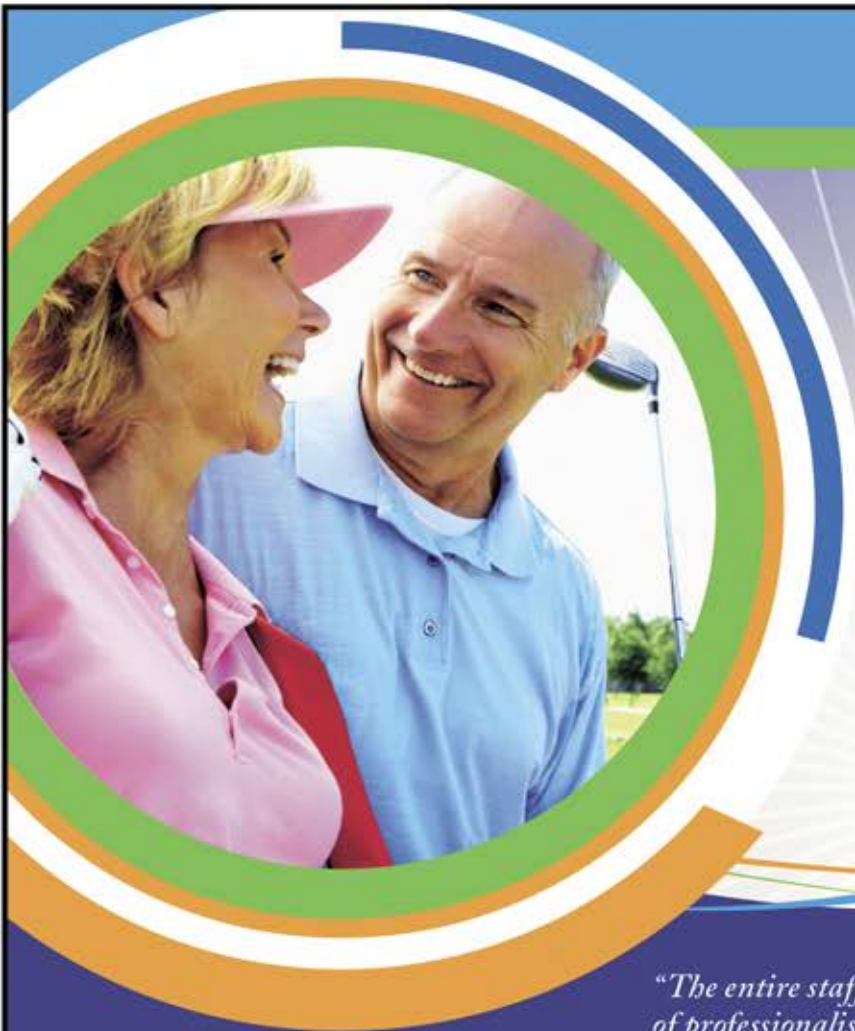
The doctors and staff are proud to serve residents of The Villages® community at two of its four locations, one in the Sharon L. Morse building and the other in Sunset Plaza.

From general eye care to sight-restoring eye surgeries to fashion eyeglasses and specialty lenses, Lake Eye is your single destination for a lifetime of brilliant vision. If you haven't seen an ophthalmologist in awhile, don't wait. Protect your vision by calling Lake Eye today.

LAKE 40 YEARS eye
A HISTORY OF BRILLIANT VISION
DEFINING THE FUTURE OF EYE CARE

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Accepting New Patients!



Open your eyes to restored vision and confidence!

"The entire staff treat you tremendously! They are the epitome of professionalism. Before [eyelid surgery] I looked like my father and after, I look like a whole new person. I would recommend Dr. Terpstra to anyone." — MIKE FLASCH



Over time, gravity can cause your eyelids to sag, get puffy or turn outward, creating vision problems and making your face look more tired and haggard than you feel. The good news is that you don't have to suffer from disabling and disfiguring eyelid problems, thanks to a safe cosmetic surgery called blepharoplasty.

Board Certified Doctor of Osteopathic Medicine Shelby Terpstra is highly experienced in cosmetic and reparative blepharoplasty, and has returned clear vision, a refreshed appearance and self-confidence to hundreds of patients. "Most report seeing, looking and feeling better than they have in years," says Dr. Terpstra. "Blepharoplasty can be truly rejuvenating." In some cases the surgery is covered by insurance, so call today to schedule an appointment and learn what blepharoplasty can do to improve your vision and your life.

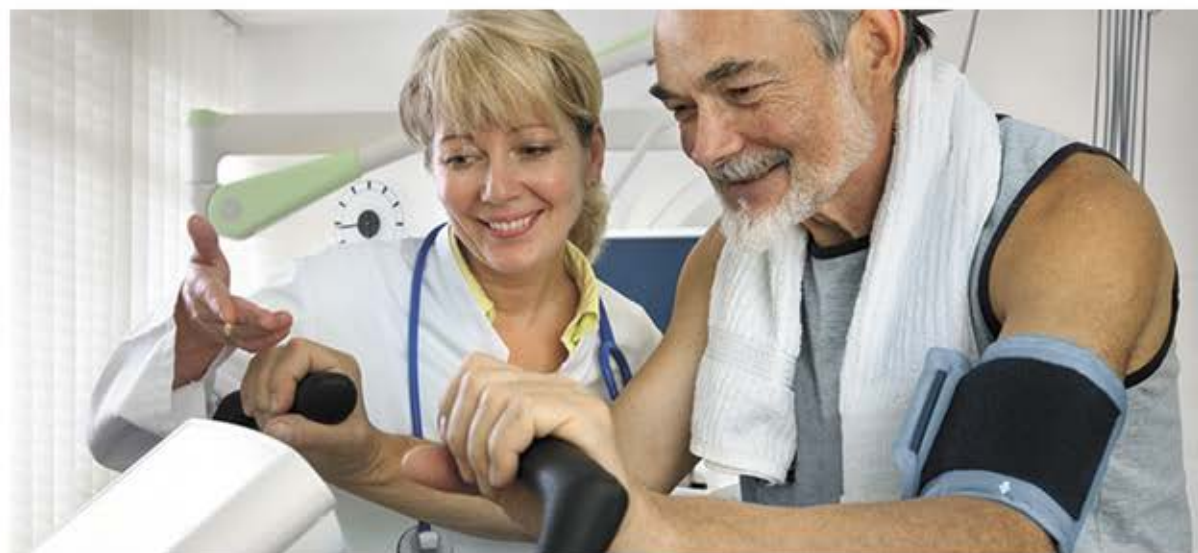
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Accepting New Patients!

Board-certified ophthalmologist: **SHELBY L. TERPSTRA, DO**



Did You Know That Your Heart May Need Physical Therapy?

October is National Physical Therapy Awareness Month, but we rarely think of therapy as an aftercare option for our heart disorders. If you've suffered from a heart attack, heart disease, or have had a cardiac procedure than you could greatly benefit from cardiac rehabilitative therapy.

What is Cardiac Rehabilitative Therapy?

Therapeutic rehab for your heart entails a multifocal approach. Your cardiologist will provide a step-by-step program to keep your heart as healthy as possible. This will help to stop or stave off any future cardiac issues through education and lifestyle changes.

Cardiac Rehab Includes:

- Diet
- Exercise
- Lifestyle Changes
- Continuous Monitoring and adjusting your program

Because each patient's needs are unique, they will require very specific plans depending on the severity of their overall health and contributing factors. First, a diet program will be implemented to keep your heart, and blood free from plaque build-up and atherosclerosis. The Mediterranean diet is usually one of the favored approaches by cardiologists due to its proven results.

Secondly, an exercise program will be put into place to keep your heart pumping and your blood flowing with oxygen density and nutrient-rich platelets. Not everyone is going to be able to workout at the same intensity; some patients will be asked to do chair exercises, while others may be expected to walk 30 minutes per day. It's going

to be tailored to your particular case and then adjusted as needed, once you begin to feel more comfortable and strong.

Thirdly, you're going to be asked to make any needed lifestyle changes. For example, if you smoke, you will be put on a smoking cessation plan with attainable goals and actions. If you drink excessive alcohol, you will be provided with help to decrease and quit drinking. If you have a difficult time with undue stress, anxiety or depression, your doctor will make the appropriate decision to get you the help you need or put you on specific medications to help you become less stressed or depressed.

Cardiac Rehabilitative Therapy is designed with you and your future heart health in mind. It's always best to speak directly with your physician before completely changing your diet or exercise program, so once you seek care for a cardiac rehab, your doctor will construct a precise plan to suit your specific needs and incorporate a coordinated lifestyle strategy. Your plan will be monitored closely to make certain that it's working properly for you and it will also be adjusted as needed as your progress in your heart health.

Dr. Vallabhan

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Dr. V

T.E. VALLABHAN, MD, FACC
BOARD CERTIFIED CARDIOLOGIST
SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

**It's your heart.
It should be
personal.**
And that's how I treat it.

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

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

CAN STROKE BE PREVENTED?

By Rose Watroba, MHSA, BS, RN
Vice President of Neuroscience, Ocala Health

The answer is yes – it is possible to prevent a stroke. Eighty percent (80%) of all strokes are actually preventable. Yet each year about 185,000 Americans die from a stroke. This article is about strokes, who is at risk for stroke, steps you can take to prevent a stroke, recognizing the common symptoms of a stroke, and how you can help save a life by taking immediate action when you see someone having a stroke.

WHAT IS A STROKE?

No two strokes are alike. Research shows that too few people know what a stroke is and how to recognize when someone is having a stroke. A stroke, sometimes called a “brain attack” occurs when blood flow through a vessel to a part of the brain is blocked (most common), or a blood vessel ruptures causing bleeding into the brain. When this happens, part of the brain does not get the blood flow (and oxygen) it needs and brain cells can be damaged or die. About 1.9 million neurons are lost each minute. This could mean a person’s speech, movement, vision, and how they think and feel can be affected. Every minute counts!

Some Worldwide Statistics

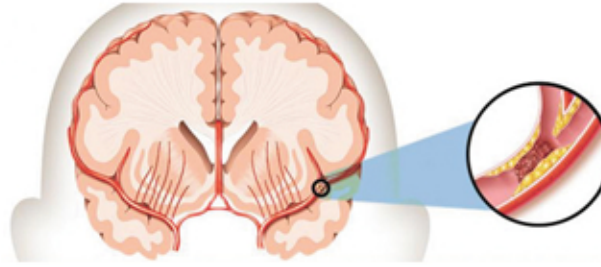
- Stroke is the second leading cause of death and the leading cause of disability worldwide
- One in six people in the world will suffer a stroke in their lifetime (World Stroke Organization)
- Sixteen million people a year experience a stroke
- Someone dies from a stroke every six seconds
- 6.2 million lives are lost per year

A STROKE IS A MEDICAL EMERGENCY. Learn to spot the signs of a stroke - Call 911 immediately

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, or loss of balance or coordination
- Sudden severe headache with no known cause

WHO IS AT RISK FOR STROKE?

Stroke can happen to anyone, at any age, at any time, and knows no borders. It is a worldwide concern. As a matter of fact, October 29th is known as “World Stroke Day,” a day that is observed worldwide to raise awareness on stroke and what can be done to help reduce the burden of stroke globally.



Each year, more than 795,000 Americans have a stroke. That is 140,000 or 1 out of every 20 people (cdc.gov). Everyone is at risk for stroke - babies, children and even young adults can all be at risk, not just the elderly. Certain factors make you more at risk than others. By knowing the risk factors and identifying your personal risk, you can make some healthy lifestyle changes that can prevent stroke happening to you.

There are two types of risk factors, those you can control, and those you cannot control. Review the risk factors to identify your personal risk.

Risk factors that you can control, treat, and improve

These risk factors are referred to as “modifiable risk factors.” They are lifestyle factors everyone can work on to help reduce or prevent stroke – especially hypertension and low physical activity, two very important risk factors you can monitor and control.

- **High blood pressure** – know your numbers and keep them low
- **Low physical activity** – get moving!
- **Smoking and tobacco use** – if you smoke, quit
- **Diabetes** – keep blood sugar controlled
- **Atrial Fibrillation** – partner with your healthcare provider to reduce risk
- **Diet** – low saturated and trans fats, sodium and added sugar, veggies and fruit—five servings/day
- **Obesity** – take steps to get your body mass into a healthy range
- **High blood cholesterol** – seek treatment to lower your risk
- **Carotid or Coronary Artery Disease** – seek treatment to lower your risk

Risk factors not in your control

These risk factors are referred to as “uncontrollable risk factors.”

- Age
- Ethnicity
- Family history of stroke (parent, grandparent, brother or sister)
- Certain genetic conditions (Sickle Cell Disease)
- Gender – women have more strokes than men
- Previous stroke, TIA or heart attack

Through lifestyle changes and partnering with your health care provider, you can reduce your stroke risk and prevent stroke happening to you. Remember, regular check-ups are important.

STROKE PREVENTION - REDUCE YOUR RISK BY MAKING HEALTHY CHOICES!

Take steps to a healthier lifestyle:

- Don’t smoke
- Be physically active – start moving!
- Take your medications as directed
- Get your blood pressure checked regularly
- Eat a balanced diet
- If you drink alcohol, only drink in moderation – one drink a day for women; two drinks a day for men

If you are with someone who has ANY of these symptoms – Call 911 – BE FAST!

- **B**alance – unsteady, dizzy
- **E**yes – change or loss of vision
- **F**ace – drooping
- **A**rm weakness
- **S**peech Difficulty
- **T**ime to call 911 – Stroke is a medical emergency!

Even if the symptoms go away, call 911 immediately. Clot-busting medication can restore blood flow to the brain. New procedures for endovascular clot removal and treating aneurysms may be appropriate in certain situations. Remember, time lost is brain loss. Immediate medical treatment can save lives and reduce disability!



Ocala Regional Medical Center
West Marion Community Hospital
Summerfield ER

Comprehensive and State of the Art Brain Tumor Surgery at ONC

State-of-the-Art Imaging

At ONC, patients with brain tumors undergo the latest imaging tests available. For tumors close to the speech or movement areas of the brain, functional MRI may be performed to identify their proximity to the tumor. Diffusion tensor imaging or "DTI" is another contemporary imaging technique that may be used for brain tumor surgery planning. This type of scan highlights the axons, or tracts, in the brain that connect one area to another. Together these imaging sequences aid the surgeon in creating a surgical gateway to be used during the operation thus maximizing safe tumor removal.

Intra-Operative Image Guidance: "Neuro-Navigation"

Stereotactic surgery, also called stereotaxy, is an advanced surgical technique used to treat be-nign and malignant tumors in the brain, skull base and spine utilizing computer-



based, three- di-mensional image guidance. "Neuro-navigation has revolutionized neurosurgery resulting in shorter operative times, smaller incisions, greater accuracy and less injury to the normal tissues around the tumor," explained Dr. Jacob Freeman, newly acquired neurosurgeon at Ocala Neuro-surgical Center.

Awake Brain Tumor Surgery for Speech and Movement Preservation

Awake brain tumor surgery is reserved for patients with brain tumors involving eloquent areas of the brain responsible for speech and movement. Using a strategy known as cortical and subcorti-cal mapping, the vital functional areas of the brain can be identified during surgery, along with their proximity to the tumor. Real time feedback from the awake patient can then be used during tumor removal to warn the surgeon if these areas are being affected by the surgery and prevent severe, permanent damage. Studies have shown that preservation of speech and movement re-sults in improved quality of life and better outcomes for patients. This is the goal for each of our patients at ONC.

"Using the latest technologies for neuro-navigation and brain mapping along with awake tech-niques, I'm able to offer safer, more complete tumors resections, which lead to better outcomes for my patients," continued Dr. Freeman.

Dr. Freeman has specialized fellowship training in stereotactic brain and skull base tumor sur-gery, and is a published contributor to medical journals on various forms of this and other neuro-surgical procedures.

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.

Ocala Neurosurgical Center
OcalaNeurosurgicalCenter.com
352-622-3360



JACOB FREEMAN, MD



These state-of-the-art techniques are used to treat a variety of benign and cancerous lesions, including:

Metastatic brain tumors – Also called secondary brain tumors, these result from the spread of cancer cells from an area of the body to the brain and/or spine. Metastatic brain tumors are five times more common than primary brain tumors (tumors that originate in the brain).

Meningioma – Meningiomas are one of the most common types of primary brain tumors, accounting for nearly one-third of cases. These tumors appear among the meninges, the protective layers of tissue between the brain and skull. In most cases, they develop slowly, and may go undetected for years before causing symptoms.

Glioma – Another common type of primary brain tumor, a glioma grows within the brain and can mix with or destroy healthy tissue, causing various symptoms, depending on the location and size. These tumors display a range of behaviors from slow-growing to fast and highly aggressive. In many cases, additional treatment including radiation and chemotherapy are administered after surgery.

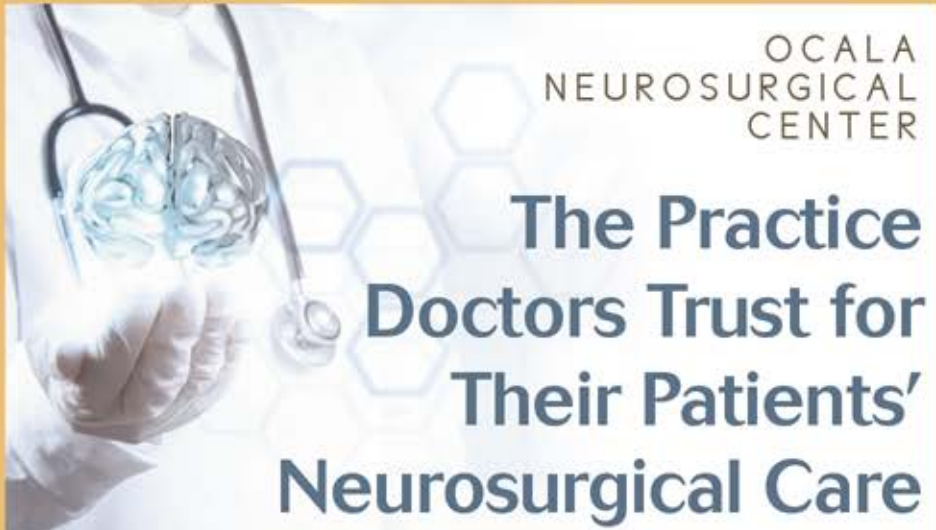
Pituitary adenomas – Pituitary adenomas are benign, slow-growing tumors affecting the pituitary gland, a pea-sized organ located in the center of the brain behind the sinuses. Since the pituitary gland regulates hormones, a pituitary adenoma may cause serious symptoms and illness. Treatment involves the expertise of a neurosurgeon and endocrinologist (hormone specialist).

Craniopharyngioma – A benign tumor that can encroach upon and adhere to the pituitary gland, optic nerve and other areas. Craniopharyngiomas most often affect children and adults over 50. They compose about two to four percent of primary brain tumors.

Chordoma – This slow growing, locally aggressive tumor most frequently forms at the skull base or within the bottom of the spine. Chordomas have a propensity to recur and are frequently treated with surgery and a special type of proton radiation.

Hemangioblastoma – This is a rare variety of benign tumor that grows slowly within the meninges and blood vessels of the brain and spinal cord. A hemangioblastoma may not cause symptoms until it ruptures and causes bleeding.

Tumor symptoms vary with type, location and size, but most often include headache, facial pain or numbness, dizziness, vision problems, ringing in the ears and hearing loss. Pituitary tumors can cause a host of symptoms and diseases associated with hormone imbalance. Using image guidance, Dr. Freeman performs more precise, safe and complete brain tumor resections in less time, leading to faster recovery for patients.



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The Practice Doctors Trust for Their Patients' Neurosurgical Care

For more than 20 years, referring physicians throughout Marion County and The Villages® community have relied on the Board Certified surgeons of Ocala Neurosurgical Center to help restore comfort, function and quality of life to patients suffering from brain and spinal disorders.

ONC's exceptionally qualified medical team utilizes state-of-the-art technologies to deliver accurate diagnoses and effective surgical and nonsurgical treatments to reduce pain and dysfunction. We offer rapid scheduling, honor most medical insurance and specialize in senior care.

ONC is the region's trusted name in neurosurgical care.



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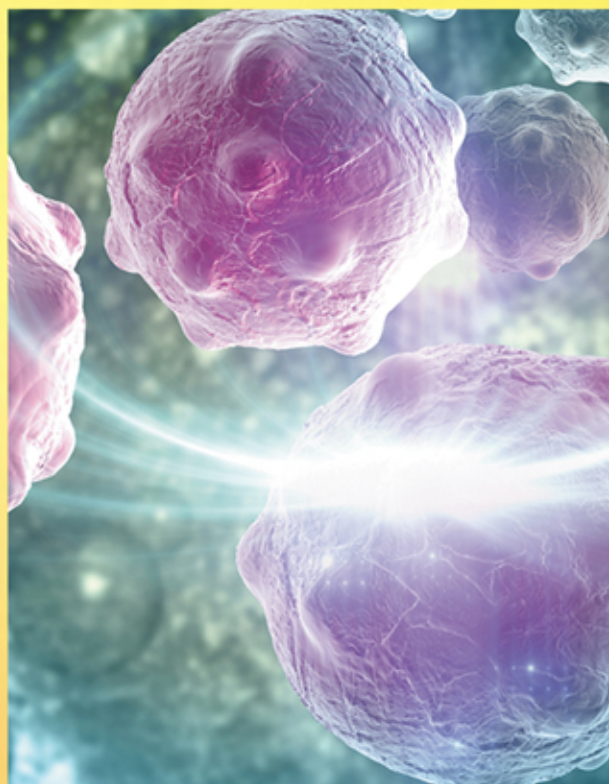
Weapons of "MASS" Destruction

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.

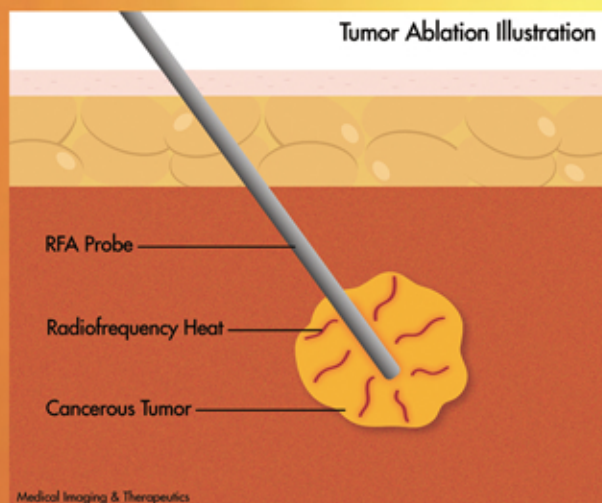
Under the expertise of Dr. Jacobson, MIT, Medical Imaging & Therapeutics is a training center for Residents and Fellows of the Department of Interventional Radiology of the University of Florida School of Medicine.

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.



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Do You Have A Ticking Time Bomb in Your Leg?

By Bryan Carter, MPA-C, Phlebology-Surgery

Have you ever noticed sensations in your legs that made you wonder if you should see a doctor, but since they seemed to subside, you ignored the symptoms away? Many people overlook the life-threatening warning signs that could lead to an embolism. If you've experienced swollen legs, tingling, burning or itching sensations in your legs, a feeling of heaviness, aching, cramping, or skin discoloration, you could have Deep Vein Thrombosis.

Every year, nearly one million people are affected by deep vein thrombosis, and sadly, approximately 100,000 of these cases end in death! These are grim statistics since the treatment is minimal and so readily available to patients. Along with the common indicators mentioned above, nearly half of the individuals that are affected by DVT have no symptoms at all. Unfortunately, the majority of these people do not realize that they have a medical issue until it's too late!

What is Deep Vein Thrombosis (DVT)?

DVT's are a blood clot that can form in the legs or arms. When a blood clot breaks free, it can travel to the lungs or brain and causes an embolism, which is when the thrombus or blood clot is moving through the vessels or arteries. If it lodges in the lungs, it can cause death, and if it travels to the brain, it will cause a stroke, along with the probability of death. If you have any discomfort in your limbs, it's imperative that you see a specialist.

What Causes DVT?

When a vein's inner lining is damaged, by either trauma, biological, or chemical factors, blood clots can form deep inside the vein. Varicose veins are an indicator of deep vein thrombosis. When veins are impaired, they can lead to more severe health issues. A medical professional will be able to report whether or not your symptoms are superficial, or unsafe and in need of restorative treatment.

Although it can happen to anyone, the most common factors that put you at risk for DVT is sitting for extended periods of time. If you are driving long distance, traveling by train, bus or plane, or perhaps you're deskbound at work,

these lengthy episodes of sitting can all lead to deep vein thrombosis. Other causes are vascular malformations, pelvic tumors, a family history of varicose veins, smoking, being overweight, pregnancy and an overall sedentary lifestyle.

Symptoms:

- Prominent varicose vein
- Heavy aching legs
- Leg swelling
- History of a previous clot
- Family history of blood clotting
- No Symptoms

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

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. Luckily, he too was treated and had a successful outcome. However, NBC News journalist, David Bloom, wasn't so fortunate. He was killed by a DVT while reporting on the war in Iraq.



Bryan Carter, MPA-C

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Lady Lake, FL 32159

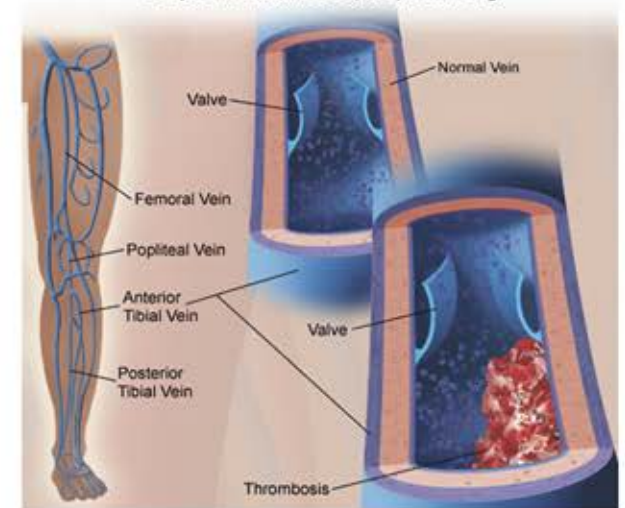
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Deep Vein Thrombosis (DVT) of the Leg



If you or a loved one has any of the venous symptoms or risk factors discussed above, you must seek medical attention immediately! Making an appointment with a phlebologist, which is a vascular surgeon specializing in venous disease is your best line of defense against this common disorder.

Treatment Options for Venous Insufficiency

- Compression Stockings
- Gradient Compression Devices
- Increased Exercise
- Medications
- Surgery (Usually through minimally invasive catheters, or ultrasound)

At the Heart of the Villages, Bryan Carter specializes in venous issues and leg health, taking great pride in getting to know his patients on an individual level. He is supported by a full-service cardiology practice. Mr. Carter is a previous Army combat medic who obtained his Masters in Physician Assistant studies with a thesis in Venous Disease and Treatment. Mr. Carter has been treating vein problems since October 2002 and was one of the first Physician Assistants to perform thermal ablation—a treatment that soon made traditional vein stripping extinct. Bryan has personally trained physicians, physician assistants and nurse practitioners throughout Florida and Georgia and is an active member of the American College of Phlebology. He is also one of only a few to be inducted into the American Venous Forum.

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

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!

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Intercommunity Cancer Center Offers Innovative New Therapy That Reduces Treatment Side Effects For Prostate Cancer Patients

InterCommunity Cancer Center (ICCC), a leading provider of advanced radiation therapy in Lady Lake, Fla., is pleased to bring an exciting new technology to our region that can significantly improve quality of life for prostate cancer patients. SpaceOAR® hydrogel therapy pushes the rectum away from the prostate, creating a space between the two organs and keeping the rectum safely positioned out of the high dose radiation region during prostate radiotherapy. This significantly reduces rectal injury caused by unintended radiation exposure. InterCommunity Cancer Center will be an exclusive provider for this new treatment in the Lady Lake and Leesburg regions.

The hydrogel spacer is injected next to the outer wall of the rectum during a minimally invasive procedure. It changes from a liquid to a solid, pushing the prostate and rectum apart. Once in place, patients typically do not feel it. The hydrogel is safe and similar to other products used in brain surgery, cardiology and ophthalmology. It remains in place for several months after radiation treatment, but is then absorbed, leaving nothing behind.

“We are very excited to offer our prostate patients this new, innovative technology that can improve their overall quality of life,” said Dr. David Catalano, Medical Director and Radiation Oncologist at ICCC. “Healthy cells in the rectum can be damaged by radiation that targets the prostate cancer, sometimes leading to bowel, urinary, or sexual symptoms that can be disturbing to patients. The hydrogel greatly reduces this unintentional damage by creating space between the prostate and the rectum.”

Clinical trials in the U.S. and Europe have demonstrated hydrogel to be safe, and that the space created significantly reduces radiation dose that is otherwise delivered to the rectum. The randomized U.S. clinical trial found patients who received the hydrogel spacer reported less rectal symptoms during radiotherapy and significantly less severe long-term rectal complications.

Many Floridians Will Face Prostate Cancer

The addition of SpaceOAR(R) hydrogel to ICCC’s treatment offerings is good news for the many men in our state who will be diagnosed with prostate cancer. The American Cancer Society (ACS) projects 12,830 new cases of the disease will occur in Florida this year, and 2,050 Floridian men will die from it.



Prostate cancer is the second most common cancer in America, after skin cancer. This year 161,360 new cases will be diagnosed in the U.S., with one man in seven facing a prostate cancer diagnosis at some point in his life.

When the cancer is detected early, it is highly treatable and has a high survival rate. If the cancer spreads beyond the prostate, the 5-year survival rate drops to roughly two thirds. That’s why it is important for men to talk to their doctor to determine if screening would be beneficial.

Who Is At Risk?

All men are at risk for this commonly occurring cancer, and risk increases with age. It is very rare in men under 40, but risk rapidly increases after age 50. More than half of all cases occur in men older than 65. African-Americans are twice as likely to die from prostate cancer as white men

No Early Warning Signs

Prostate cancer usually doesn’t exhibit symptoms until it has advanced. That’s why screening is so important. With advanced disease, patients may notice symptoms, such as:

- Weak urine stream
- Urge to urinate more often
- Blood in the urine or semen
- Erectile dysfunction, and/or
- Bone pain

Other conditions can cause these symptoms, so they don’t necessarily indicate prostate cancer.

“All men should be proactive about their prostate health and check with their doctor to see if screening would be beneficial for them,” said Dr. Catalano. “Screening can mean the difference between detecting prostate cancer early when it’s highly treatable or later when the outcome is much poorer.”

For more information about the advanced treatments for prostate cancer offered by InterCommunity Cancer Center, please visit www.usoncology.com.

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 particular expertise in treating prostate, breast, lung, gynecologic, skin and many other cancers.

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

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The 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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The All-New Raindrop® Near Vision Inlay is designed to Improve Near Vision So You Can Once Again See Fine Print, Menus and Your Phone Without the Hassle of Reading Glasses

If you're at the age where you need reading glasses to see your phone or read a newspaper, menu, or computer screen, Lake Eye has a better option: The new Raindrop procedure.

The Raindrop Near Vision Inlay is a safe way to treat age related near vision loss, or presbyopia. Presbyopia is a condition that causes your eye to lose the ability to change focus from distant to near objects. It is a natural part of aging that most people begin to experience after age 40.

Raindrop is the world's first inlay to change the shape of the cornea (the clear, front part of the eye) to improve near vision. Raindrop is incredibly small - about the size of a pinhead and less than half the thickness of a human hair - and is bioengineered to mimic the natural cornea. The outpatient procedure takes about 10-minutes and patients go back to most of their daily activities the next day.

In the FDA clinical study, within one week after the procedure patients on average gained five lines of near vision on an eye chart without the need for reading glasses. Their vision continued to improve over the next several weeks and months.

"We've been following this remarkable Raindrop technology for some time, and I think it is a very effective solution designed for people who want to reduce or eliminate their reading glasses," said **Scott Wehrly, MD**, the first surgeon in the tri-county area to perform the Raindrop.



"If you're frustrated with the inability to see close-up, there's nothing to lose except your reading glasses."

Raindrop Near Vision Inlay benefits

Raindrop is made of a soft, biocompatible material similar to a soft contact lens, which has similar properties and water content as the cornea. It gently changes the shape of the clear front part of the eye, the cornea. It improves near vision while slightly affecting distance vision in the treated eye.

Raindrop is:

- Transparent, so no one will realize there is a Raindrop in your eye
- Well suited for dim light situations as 99.7% of the light passes through the Raindrop and reaches the back of the eye where the image is processed
- Approximately 80 percent water, Raindrop resembles a tiny water droplet
- Bioengineered to facilitate the transport of nutrients and fluid to the eye
- Incredibly small - less than half the thickness of a human hair and about the size of a pinhead.

"We're finding that our patients are active people, and they don't want to constantly reach for - or look for - their reading glasses," said Scott Wehrly, MD. "Raindrop is a great answer. We urge everybody over the age of 40 to call our office and ask us about their options to improve near vision with the Raindrop."

The Raindrop Near Vision Inlay has received approval by the U.S. Food and Drug Administration (FDA) in June of 2016, and has been available around the world for several years prior to approval in the US.



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Accepting New Patients!

Much To Do About Eczema

By Patricia Spitzer, PA-C - Village Dermatology & Cosmetic Surgery, LLC

According to the National Association of Eczema there are over 13 million people that suffer with eczema, so there is a good chance you or someone you know has been affected. The term eczema is broad and as a general definition we refer to something as eczematous when it becomes dry, red or cracked. The overall presentation of eczema varies widely but there are three distinct stages based on timing; acute, subacute and chronic. There are multiple different types of eczema including irritant or allergic contact dermatitis, stasis dermatitis, atopic dermatitis, nummular eczema, dyshidrotic eczema, hand eczema, eyelid dermatitis, seborrheic dermatitis, lichen simplex chronicus, etc.. Each one of these conditions has a different cause and presentation but they have a commonality in that the skin is red, itchy and dry.

Terms associated with Eczema: Dermatology can be its own language and it's important to understand some of the most common terminology associated with eczema.

Pruritus: itching

Xerosis cutis: generalized dry skin

Lichenification: thickening of the skin typically due to chronic friction or scratching

Erythema: Redness

Dermatitis: irritation of the skin

Excoriation: Scratches

Causes:

It's hard to pinpoint an exact cause of eczema as there are a multitude of factors that lead to an eczematous exacerbation. Below is a list of the most common causes that are seen in practice.

- **Hereditary** - if both parents have a history of eczema the child is likely to have a history as well
- **Chemical irritants** - abrasive chemicals that strip the natural oils of the skin leading to drying and irritation
- **Allergens** - Food, environmental
- **Water Exposure** - too much water exposure leads to drying
- **Temperature extremes**
- **Stress/anxiety** - can have a negative effect on the immune system and this has been proven to cause several of the eczematous processes dermatologist treat

Atopic Dermatitis:

This is the most common form of eczema and refers to a condition that is typically seen in children but can occur in any age group. It has been referred to as the itch that rashes. The reason behind that saying is due to a chronic itch-scratch cycle, the more we scratch at the skin the worse it gets and the thicker that patches get. We do not know the exact mechanism that drives this condition but we are aware that there is a hereditary component coupled with environmental triggers. The typical presentation is to the cheeks in infants, flexural surfaces, such as the inner elbow, back of the knees, neck and eyelids in children 2 years and older. The presentation in adulthood varies widely but seems to have a worse prognosis in terms of chronicity. Allergies, asthma and atopic dermatitis typically go hand in hand and this is referred to as the atopic triad. There is a strong correlation with allergies to foods or environmental factors that cause exacerbations of atopic dermatitis. As research into Atopic Dermatitis continues there are more and more treatment modalities coming into play, especially in the immunologic department.

Preventative measures?

It's important to avoid anything that dries the skin as this will further exacerbate or possibly bring on an episode of eczema.

- Avoid abrasive soaps or chemicals as these dry out the skin and can cause irritation leading to itching or cracking of the skin. In practice, I currently recommend products that are gentle and liquid soap versus bar soap to avoid scrubbing.
- Counterintuitive to thinking, it's important to avoid water exposure for any prolonged length of time, especially hot water as this can be a driving factor for exacerbating dry skin.
 - Some of the recommendations for those with children or who are suffering from eczema personally short, warm or cool showers or baths are recommended and for pool exposure it's important to specifically limit the duration of the swim as well as make sure to put an emollient such as Vaseline or Aquaphor to wick away the water in areas that are known trouble spots.
- Avoid known food or environmental triggers
- Make sure to use a moisturizer daily on damp skin to enhance penetration
- Avoid scratching or rubbing dry, itchy areas as this can make the condition worse



Treatment modalities:

The treatment of eczema varies widely. For skin that is more xerotic than inflamed the aim is more toward prevention and moisturization with products such as CeraVe, Cetaphil, Vani-cream or Amlactin. When the skin becomes pruritic and erythematous a topical steroid is the treatment of choice on the trunk and extremities, but when the face or thinned skin areas are involved topical immunomodulators are preferred. Antibiotics are typically only prescribed when there is evidence of a secondary infection, usually due to staph found under the fingernails when scratching. Of course, depending on the severity and nature of the condition there are other specific treatments that may be required such as anti-histamines, oral steroids, immunologic medications, etc.

So what's the bottom line here? Eczema is a very common condition, in fact, the most common cause of inflammation of the skin. There are several ways to prevent exacerbations, such as the use of moisturizers daily, avoiding known triggers and prolonged water exposure especially to hot water and most important do not scratch! If this doesn't work then it might be time to go to your local Dermatology office for evaluation and treatment.

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AVOID CAREGIVER BURNOUT

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

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



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

If you have just taken the reins as a caregiver to your parent, or perhaps you have been serving in the role for years, you may

have never heard of the term "caregiver burnout" or would even recognize the early warning signs. And you may not be aware that caregivers have an increased risk for depression, diabetes, heart disease, and other health problems.

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

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

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

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

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

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

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

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



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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
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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 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

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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 and treated, 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.

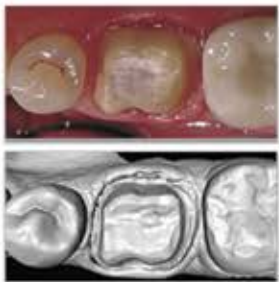
To prevent diabetes, you must learn to minimize your risk of developing the disease. When you feel you have risk factors, try to avoid them, or if not, then lessen them. Preventing the disease is much easier than treating it.

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.



352.430.1710

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Electro Massage, The Ultimate Therapeutic Massage Experience

You are Amazing! And so is your body. Human Beings have amazing abilities to perform, to heal and look amazing. Many would argue that the Fountain of Youth is within us! Here's why; our body's typically are producing over 2 million new stem-cells every second of every day. Our ability to heal from virtually any kind of disease or injury, and perform at high levels, increases dramatically when we have enough energy and the right nutrients.

Natural Healing Accelerated and Dramatic Pain Relief with Electro Massage

How is this Possible?

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

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



Not all Micro-Current is created equal.

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

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

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

Energy Medical is a leader in the field of electric medicine and specializes in eliminating pain and

accelerated healing. Using advanced, electro-magnetic-pulsed-frequency waveforms, Energy Medical therapists excel at re-normalizing tissue cellular function. It sounds complicated, but it's quite simple, quick and highly efficient.

How Can Electro-Massage with AMT Help You?

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

EMed's Wellness Program

Decades ago, microcurrent treatment was used for Hollywood's elite celebrities to help their skin and facial muscles tighten through non-invasive micro-current treatments. It was reserved only for the stars that could afford its high price and secrecy at the time

Energy Medical, 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 facial, massage and performance enhancement package normalizes the condition of the skin, returning damaged cells to their own natural healthy state. The Bio-Energetic Face lift will stimulate collagen production, blood flow, and lymph drainage on an accumulative basis. Normal healthy skin will naturally optimize oxygen, nutrient absorption, and moisture levels.

At EMed's Electro Massage and Facial Center, you will receive the Ultimate therapeutic massage & Facial Experience. You can relax and re-energize mentally, emotionally and physically.

The Electro Massage allows energy to flow right thru your therapist's fingers, penetrating muscles, nerves, organs, and skin. You will experience pain relief, melting-muscle knots, increased energy-levels, enhanced-blood-flow, improved-collagen production, detoxification, and much more. Full body electro-massage is the Ultimate Therapeutic Massage Experience.

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

With Emed's Electro Facial you will experience deep cleaning at a cellular level, increased collagen production, and optimal cellular renewal.

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



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Schedule Your Appointment Today!

Urinary Incontinence

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

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

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

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



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

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

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

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

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



855-298-CARE

Advancedurologyinstitute.com

Florida Strong: Post-Irma Disaster Relief and Stress Management Support

Joining many other companies, organizations and individuals who have come forth to provide disaster relief post-Irma, UnitedHealthcare, Optum and UnitedHealth Group (NYSE:UNH) and its employees have donated more than \$1.5 million to support Florida communities affected by the storm, including the Florida Disaster Fund, local community food banks, Habitat for Humanity, Humane Society, Feeding Florida, Save the Children and Red Cross Irma Fund. As part of this outreach, more than \$750,000 has been raised to-date from a 2:1 match for employee donations toward disaster-relief efforts. The companies are also providing incentives and support to employees who volunteer.



Individuals affected by Hurricane Irma also have access to a free, 24/7 emotional support help line at 866-342-6892, which is being provided by Optum as part of disaster relief support services.

This kind of collective, broad based outreach is what keeps Florida strong. In addition to the structural damage, many people are also dealing with post-hurricane mental stress as they work on cleaning up and trying to restore some semblance of normalcy in their lives. To assist with this, storm-affected individuals also have access to a free, 24/7 emotional support help line, 866-342-6892, being provided by Optum for as long as necessary. The service is free of charge and open to anyone. Callers may also receive referrals to community resources. Along with the toll-free help line, emotional-support resources and information are available online at www.liveandworkwell.com.

"We are deeply concerned for the people affected by Hurricane Irma, and we are committed to supporting local communities as they recover and rebuild," said David S. Wichmann, president, UnitedHealth Group. "We are also taking action to ensure the people we serve have easy access to the care they need."



Stress is a normal part of daily life but can become overwhelming when we don't take care of ourselves. Practicing mindfulness, which can be as simple as taking a few minutes of total quiet time each day, can have a calming effect.

Recognizing stress

Stress is a physical and psychological response to a demand, threat or problem. It stimulates and increases your level of awareness, also known as the "fight or flight" response. The response occurs whether the stress is positive or negative. Positive stress provides the means to express talents and abilities. But continued exposure to negative stress may lower the body's ability to cope, which may lead to prolonged health issues.

Your signs of stress may be different from someone else's. Some people get angry. Others have trouble concentrating or making decisions, and still others will develop health problems. The good news is that stress can be managed.

Managing stress

Even before Hurricane Irma, Florida ranked 40th among all 50 states when it comes to poor mental health days, according to United Health Foundation's 2016 America's Health Rankings. The ranking is based on the number of days people unfavorably assess their mental health, which can affect their wellbeing and quality of life.

Poor mental health days can affect every aspect of one's day, from your drive to work to running errands before your child's soccer practice. So what can be done about managing stress and preventing tough days ahead?

Suzanne Perkins, vice president of customer analysis and solutions for UnitedHealthcare, says that first, we must understand that stress is here to stay – a modest amount of stress, offset by periods of relative calm and security, is normal. But high levels of stress can be dangerous to your health, leading to headaches, back pain, fatigue, upset stomach, anxiety, depression and heart problems, all of which are tasked at higher levels when it's hot outside.



Exercising, even something as simple as going for a walk, and spending time with friends are good antidotes to managing stress overload.

To help people better manage their stress – and health – Perkins offers these five tips:

- 1. Take care of yourself** – Eat healthier, engage in moderate exercise and get enough sleep – all of which can improve your health.
- 2. Figure out the source** — Monitor your mental state throughout the day. Keep a list of the things that create stress. Then develop a plan for dealing with these common stressors. If you're having difficulty doing this, seek out help from a mental health professional or support group.
- 3. Do things you enjoy** — Go to a movie, take a walk outside, meet a friend for dinner or participate in an activity that provides relief. Give yourself a break and take time to care about yourself.
- 4. Learn relaxation techniques** — Deep breathing is helpful. Meditation, as well as "mindfulness techniques," is becoming increasingly popular at home and in the workplace. You can practice mindfulness while sitting in a quiet place or walking. The key is to focus on your breathing or your steps. The technique may be simple, but achieving the desired result takes practice.
- 5. Welcome support** — Let close friends or relatives know you're dealing with stress. They may be able to offer help or support that may make a difference.

Remember, stress is your body's natural defense mechanism, but being under stress for too long can have a serious negative effect on your health. If you notice stress is becoming an issue for you, talk with your doctor.

For more health and wellness tips, visit UHC.com.

Suzanne Perkins, MS, LHHC, is a licensed mental health counselor in the state of Florida. She earned a Bachelor of Science degree in applied psychology from Georgia Institute of Technology and a Master of Science degree in clinical psychology from Barry University in Miami.

 **UnitedHealthcare**
www.uhc.com

Hormonal Disturbances?

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

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

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

Bio-Identical Hormones

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

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

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

Why Testosterone?

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

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



Low Testosterone Can Lead To:

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

Hormonal Pellet Therapy

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

Other Forms of Hormonal Replacement

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

Dr. Nwaubani

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

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

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

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



Uzoma Nwaubani MD - "Add Life To Your Years"

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

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

Female Continence & Pelvic Surgery Center

1050 Old Camp Road, Suite 206, The Villages, FL 32162
352-633-0703 | www.fecapsc.com | www.addlifeurogyn.com

Feeling The Aftermath of Hurricane Irma

With all of the preparations, and bracing for the worst, the overall experience has left many individuals physically feeling the aftermath of hurricane Irma.

Most people in our area had less than 24 hours to prepare their homes, make a plan, evacuate, or hunker down in place. The physical tasks of filling 30-pound sandbags, let alone hoisting them in and out of the car, and placing them strategically around our homes were hard on our shoulders and backs. Putting up hurricane shutters or cutting and nailing large pieces of plywood to the windows and doors is laborious, to say the least. Did you move furniture to avoid floodwater? Did you cut down tree limbs, trying to spare your home from the wreckage? Perhaps you even helped your neighbors, family, and friends with these physical tasks. All of this causes substantial strain on our bodies. Even those that evacuated are affected by the stress and tension of driving hours in massive amounts of traffic.

You may be feeling the pains and stiffness even more so, now that you are processing the repercussion of Irma and property damage. Many people are making appointments with their chiropractor because of tension headaches, sciatica, shoulder, neck and back pain. If you are suffering, and trying to get your life back to normal both mentally and physically, scheduling a consultation with a chiropractor is one way to make certain that you receive the proper care without drugs and unnecessary medical procedures. Chiropractic care utilizes a much more holistic approach, with proven results like, decompression, cold laser therapy, traction, and massage just to name a few.

When you have suffered an injury, Compton Chiropractic Care can help put you on the road to recovery. At their facility in The Villages, FL, they offer a variety of care services for patients throughout the area. No matter what type of condition you are suffering from, the experienced team of professional chiropractors at Compton Chiropractic Care will work with you to develop a personalized therapeutic treatment plan. They make sure your needs are always their number one priority.



The Compton Chiropractic Center:

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- Personalized Therapy Treatments
- Patients Are Our Number One Priority
- Treating More Than Neck And Back Pain
- Chiropractor With A Medical Approach
- Top Quality Health Care For A Reasonable Fee
- Palmer Graduates
- Call Today For A Free Consultation

No matter what type of care you need, if you live in The Villages, you can rest assured that you will receive superior care with the Compton Chiropractic Center. As we try and put Irma behind us emotionally, let them help you physically heal as well. Please call them today, to schedule your appointment.

Call Today:
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consultation

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to this advertisement. Expires 8/31/17

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

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

TESTIMONIALS

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

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

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

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

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

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Chiropractic Physician
Palmer Graduate
U.F. Graduate - B.S. Nutrition
Military Veteran

Dr. Brent Compton
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Biology Sciences

Dr. Daniel Taylor
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Molecular & Microbiology Sciences

HOW TO MINIMIZE YOUR RISK OF GETTING BREAST CANCER

By Michelle Haessler, M.D., Board Certified Radiation Oncologist

As an oncologist, I have treated breast cancer patients from as young as 15 years of age to patients in their nineties. Breast cancer can affect anyone but is more common in women in their 50's and older. Yes, I have treated men with breast cancer but it only accounts for about 1% of all cases of breast cancer. Early onset breast cancer is generally considered breast cancer occurring in women under 40 years of age and often has a genetic component.

One reason that breast cancer is so devastating is that it affects women in the prime years of their lives. The time when women are working, raising a family and trying hard to achieve their life's dreams. There is no "typical" breast cancer patient. All patients and their disease are unique. No "standard" treatment or "one size fits" all exists. The disease can be fast or slow in its progression. It can be highly favorable as to cure or more challenging. If you are reading this then you have an interest in breast cancer and have either been diagnosed with it or know someone who has been. So...

Make sure if you are diagnosed with breast cancer that your case is presented to a tumor conference. This is where oncology specialists from a variety of specialties discuss individual patients and their unique cancer. Studies have shown that as many as one third of all individual physician decisions are changed after being reviewed at a tumor conference. Almost all hospitals and cancer centers have access to a tumor conference either at their facility or through a teleconference. I cannot be more emphatic about this. It may be the most important decision that you make regarding your disease.

Also make a file of your all of your health records. Get copies of: pathology reports, mammograms, all radiology reports, CD's of all radiology done (best to ask when you have the studies done usually they are free then), copies of your consults. Keep these records but every time you see a new doctor let them make copies for their records. This really expedites everything. It often can take quite some time for the doctor's office to obtain records. This is good advice for everyone no matter what you are seeing your doctor for.

Hopefully, you are reading this and have not been diagnosed with cancer. What can you do to decrease your risk of developing breast cancer? Whereas, there is no way to prevent breast cancer from any

particular individual, there are things that you can do to decrease your risk.

1. **Get a mammogram.** This doesn't decrease your risk but the earlier the diagnosis is made the more treatable the disease the better the outcome.
2. **Exercise.** Even if it is only a half hour of walking a day, this will decrease your risk of developing cancer. Studies have demonstrated a better outcome if diagnosed with breast cancer if the patient exercises
3. **Maintain a healthy weight.** Hard to do but very important
4. **Breast feed your infant.** This is not only good for your baby but can decrease your chances of getting breast cancer
5. **Eat a balanced diet.** I am the worst but I keep trying. Never give up
6. **Limit alcohol intake.** Studies have shown a link to increased alcohol consumption and an increase in the risk of breast cancer
7. **DON'T SMOKE** there is a link between smoking and breast cancer as well as many other cancers. It is so bad for your health in so many ways. QUIT
8. **Take vitamin D3** and keep your levels above 40ng/ml. Numerous studies have shown that higher blood levels of vitamin D3 reduced the risk of developing breast cancer.
9. **Among women who did develop breast cancer** the patients with higher levels of vitamin D3 had a lower incidence of the more aggressive forms of breast cancer and had a better prognosis.
10. **Take curcumin.** It has been shown to decrease cell proliferation of breast cancer cells and may have a protective effect.

Nothing can prevent breast cancer from developing in any particular person. We are all a unique combination of environment and genes. By taking a proactive stance and becoming an advocate for our own health we can help tip the odds in our favor.

Michelle Haessler, M.D.

Board Certified Radiation Oncologist

Dr. Haessler is a Board Certified Radiation Oncologist. She has spent over 25 years diagnosing and treating cancer patients. At age 30 she decided to go to Medical School and become a physician. She was a single parent with a 3-year-old daughter. Her daughter provided motivation for her decision to become a physician. Dr. Haessler wanted to provide a good life for her daughter and prove to her that women can accomplish anything in life if they wanted it badly enough.



She graduated from the University of Nevada, Reno School of Medicine in 1989 and completed her internship in Internal Medicine the following year. While going through her oncology rotation she was inspired by her cancer patients. Their bravery and optimism against all odds, their love of life and all of the people around them, motivated Dr. Haessler to devote her life to helping these patients in any way she could.

She completed her Radiation Oncology residency at Henry Ford Hospital in 1994. She is most appreciative of the wonderful education and experience she received there. HFH is a world renowned cancer center treating an endless variety of cancers from the rarest to the most common forms. She remembers the excellent, dedicated physicians she had the honor of working with.

Dr. Haessler has worked as a Radiation Oncologist in Nebraska and Iowa for approximately the last 17 years. While she was an Assistant Professor at Creighton University and elsewhere she gave numerous lectures on a variety of cancer topics including: breast cancer, prostate cancer, lung cancer, radiation oncology emergencies, radiobiology, advances in cancer treatments, palliative care etc. She loved teaching medical students, nurses, residents, her patients and anyone that wanted to listen.

Throughout all her experiences, Dr. Haessler has had a profound love for her patients and respect for all the hard work and dedication her fellow oncologists have had. After seeing so much heartbreak with the passing of terminally ill patients, Dr. Haessler usually could be heard after a long day uttering "I HATE CANCER". She attended a lecture on the effects of vitamin D3 and its decrease in the risk of certain cancers and this then became Dr. Haessler's next challenge in life to try to decrease the incidence of cancer.

New studies were published which showed that certain cancer risks might be decreased with simple daily supplements. After years of studying this and pondering how best to convey this information, Dr. Haessler decided to develop a nutritional supplement which taken twice daily may decrease the incidence of certain cancers, decrease the expense of cancer treatment, decrease the discomfort of treatment but most importantly decrease the heartbreak of cancer itself, thus, the creation of CoVital-7.

CoVital-7 can be purchased at:

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Naples, FL 34102

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Meg Black
Financial Advisor

Investing in Your Future

"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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AGING-IN-PLACE GUIDE: HOW TO STAY IN YOUR HOME IN LATER LIFE

The number of Americans who first grew up with rock ‘n’ roll, astronauts and McDonald’s is off the charts. The late 1940s through early 1960s were marked by a boom in the U.S. economy, suburban living and, especially, babies. Lots of babies were born during this time period—some 76.4 million notes the U.S. Census Bureau. These boys and girls who lived through the Cold War and cold cuts on Wonder Bread® are now aging individuals who almost all agree on one thing: living in their own home later in life. Nearly 90 percent of the nation’s aging baby boomers want to age in place.

The American Association of Retired Persons (AARP) reports that 75 percent of adult children and 69 percent of the parents think about the parents’ ability to live independently as they get older. But how will these aging seniors remain comfortable and safe at home? What proactive steps can help safeguard everyday activities for older adults inside and outside the home?

“As loved ones age, certain conditions like visual changes and weaker muscles can affect balance, or some diseases and medications can cause cognitive issues,” said Glenn Fechtenburg, RN. Right at Home The Villages, Lake & Sumter Counties. “When seniors face health concerns as a result of aging, their risk of falls and injuries escalates, and sometimes their home itself is hazardous. This is why it’s essential to assess regularly a senior’s health and anything in the home that might be a safety concern.”

To reduce potential home hazards for older adults, Fechtenburg, RN recommends the free Aging-in-Place Guide developed by Right at Home with Dr. Rein Tideiksaar, a leading gerontologist and geriatric physician assistant who specializes in fall prevention for the elderly. The Aging-in-Place Guide helps senior adults and their families spot home safety concerns and create an individualized plan around the elder’s functional abilities, including getting out of bed and bathing. The guide includes a checklist of risks for home accidents and tips for making a home safe again if health or environmental factors arise.

The safety solutions can be as simple as adding brighter lightbulbs and more light fixtures to solve inadequate lighting. Adding carpet tape can smooth out curled carpet edges. For more extensive fixes, the guide outlines home modifications and remodeling such as installing bathroom grab bars, widening doorways and enlarging rooms.

The Right at Home resource also highlights home-monitoring technology that is becoming more user-friendly and affordable to protect seniors at home and provide families with greater peace of mind. These secure-at-home options include updating the home with smart auto-set devices to simplify daily tasks such as opening or securing windows and doors, turning off appliances, and lowering countertops and shelves. Typically, older adults accept only two or three modifications to their home at a time, so Fechtenburg, RN advises that families create a priority list and together work from that.



“Sometimes, a simple adjustment like removing clutter from pathways or changing out hard-to-grasp doorknobs with handles is an easy fix and all that is needed to protect a senior at home,” said Fechtenburg, RN. “The Aging-in-Place Guide identifies specific home hazards and clear-cut solutions. It’s also important to include the elders in health and home safety conversations and to give them a choice of the best living space options. With the right planning, living enjoyably and safely at home is fully possible for most of America’s seniors.”

For more information about home safety for older adults and to receive a copy of the Aging-in-Place Guide, contact Glenn Fechtenburg, RN. Right at Home The Villages, Lake & Sumter Counties (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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- Post-surgical pain

Another risk of knee replacement surgery is failure of the artificial joint. With daily use, even the strongest metal and plastic parts eventually wear out. Joint failure risk is higher if you stress the joint with high-impact activities or excessive weight.

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People with osteoarthritis have a lower-than-normal concentration of hyaluronic acid in their joints. The theory is that adding hyaluronic acid to the arthritic joint will facilitate movement and reduce pain.

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An Omega-3 Strategy for Pain Relief

More than 76 million Americans live with pain every day. That's more than the number of people who have heart disease, diabetes, and cancers combined, according to a survey by the American Osteopathic Association.

But what's worse is that one-third of these people believe that medical treatment will not help, or feel that the treatment will create more undesirable side effects than the pain itself.

Unfortunately, many painkillers and medications designed to reduce inflammation can cause serious side effects, like gastrointestinal problems or addiction. But, there is a natural, anti-inflammation agent that can help treat pain – if we get the right dose.

Treating Pain with Omega-3 Fish Oil

Adding an adequate dose of omega-3 fish oil to the diet can help patients reduce their need for medication, or in some cases, eliminate their dependence on painkillers altogether. Research shows that fish oil acts on the same biochemical pathways as pain-relieving medication. Furthermore, the cells can use the omega-3 to reduce inflammation without the body experiencing harmful side effects.

The pain-relieving benefits of omega-3 fish oil, however, are dependent on the dose consumed. To best understand the kind of doses needed to achieve results, let's look at a few studies with people having rheumatoid arthritis:

The Science Behind Omega-3 and Pain Relief

A well-designed double blind, placebo-controlled study published in 2008 investigated the effect of consuming 10 grams of cod liver oil (or roughly 10 fish oil capsules) every day. At this daily dose, 65 percent of the patients significantly reduced their use of NSAID (Non-Steroidal Anti-Inflammatory Drugs) by more than 30 percent. However, the authors noted that many participants withdrew early from the study because they did not like taking 10 capsules of fish oil every day and often experienced fishy burps and stomach problems.

In another trial, the researchers again gave 10 capsules of fish oil a day to patients and found the same benefits – an almost 60 percent reduction in NSAID intake. The researchers noted that the patients experienced the peak pain relief after one year of consuming a daily dose.



Finally, a university study from 2012 with more than 380 arthritis patients concluded that giving patients at least 2.7 g of EPA/DHA per day (or roughly nine capsules) for more than three months, reduced patients' need for NSAID drugs.

While there's good scientific evidence that omega-3 fish oil relieves joint pain, most people never experience it. In an Australian survey published in the Journal of Rheumatology in 2009, the authors noted that fish oil's chronic pain relieving effects have been known for some time. Sadly, very few people – including physicians – understand that the omega-3 dose required for getting results is far higher than one to two capsules a day. Most patients miss an opportunity to improve the quality of their daily life because they are taking an ineffective, small dose.

What's the Take Home Message?

Millions of people can improve their chronic pain conditions and inflammation by getting an adequate dose of omega-3 every day.

So what is the right dose? In the studies above, researchers used roughly 2.5 to 3 grams of EPA/DHA a day to achieve the pain-relieving results. In terms of capsules, that dose is equivalent to consuming 8-10 regular fish oil capsules a day, or one tablespoon of liquid fish oil. Because most people find it hard to swallow handfuls of capsules a day, switching from capsules to a liquid fish oil improves motivation and compliance.

At Omega3 Innovations, our customers frequently report that they have less pain after taking one tablespoon of Omega Cure® every day for at least three months. Those anecdotal testimonials match the time period and dose noted in the research studies above.

One customer, Holly Davis, said after six orthopedic surgeries and a daily Aleve regimen, she started taking Omega Cure regularly.

"Today, I still take Aleve, but it's averaging one dose monthly rather than daily," she says. "My liver is surely thanking me."

About Dr. Bo Martinsen

Bo Martinsen, MD, is the co-founder and CEO of Omega3 Innovations. Born and raised in Norway, Dr. Martinsen received medical training at the University of Bordeaux in France and at the University of Oslo. Dr. Martinsen has extensive experience practicing psychiatry, general medicine, neurology and preventive medicine, in addition to training in epidemiology (Ph.D program at the University of Oslo) and business administration. He has served as medical consultant to large international corporations focusing on stress management and synergistic medicine.



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Hungry Heart

By Alex Anderson,
Senior Associate Pastor at Bayside Community Church

The songwriter and performer Bruce Springsteen was right when he wrote,

"Everybody's got a hungry heart..."

Inside of every human is this need or hunger. Sometimes we try to fill it with love for another person, but for some reason...another person is not the answer.

Sometimes the hungry heart destroys the very things we love and want.

Springsteen goes on to sing,

"We fell in love, I knew it had to end...we took what we had and we ripped it apart...everybody's got a hungry heart...don't make no difference what nobody says...ain't nobody like to be alone...everybody's got a hungry heart."

I do believe our hungry heart is about loneliness, not for another human...but for God himself. We were created in the very image of God (Genesis 1:26) but when man left God...man missed, and still misses, God. They had a bond that filled man with joy and satisfied his heart like nothing else.

C.S. Lewis calls this the, "Numinous Awe." It seems to be built into mankind, this *ravenous hungry heart to know God*. And it's so strong nothing can fill it but God himself.

Psalms 34:8 says, "*Taste and see that the Lord is good.*"

And the truth is... If you don't get that deep ravenous hunger in your heart satisfied by Jesus you will starve to death spiritually, while eating everything else.

So how do you do that? How do you find the true satisfaction that calms your hungry heart?



If you are a Christ-follower, then you know how to do this. You...do again...something that you have already experienced when you asked God to be your Lord and Savior. You "make up" with God and you're back to stay.

You are so glad to be back together. Glad that God owns you and your life. So you decide to be happy because God owns you and is your life partner (Philippians 4:4).

Feel the pleasure, the joy and the delight again about Jesus being your master. Let this fact cause you happiness, pleasure and delight.

Be full of joy because Jesus paid a high price for your life. (1 Corinthians 6:19-20).

Let the reality of what He has done sink over you.

Not only are you in His family now, but you can live the life of a victorious and joyful person of God; with all the rights and privileges of a child of rich royalty.

"You are my child says the Lord...my very rich child says the Lord...let the riches of your heart begin to overflow into all of your life." (3 John 2)

You can, should, and must rejoice always in the Lord...way before anything changes physically in your life.

The seed of hope and joy is there if you have become one with Jesus Christ. His seed is within you. If your hope is nonexistent then find the seed once planted deep in your heart by the Holy Spirit.

Like a precious pearl search for it (Matthew 13:45).

When you find it (that small seed), clean it up. Polish it and put it in the center room of your heart, shine the brightest light you can find on it and let its magnificent beauty captivate you. Stare at it with intentional focus as though you are searching and waiting for hope itself.

Its magnificent light will light up your life.

For it will change everything about you as you clearly see and feel the love that God has shed in your heart...that is for you (Romans 5:5).

It is so worthy of your time my friend to meditate and think about Jesus, again.

Whether things in your life are going well or not...you have the power of a Christ-follower to focus on Jesus...the author and finisher of your faith and the centerpiece of your heart.

Bon Appetit!

To your spiritual health,

Alex E. Anderson

Senior Associate Pastor at
Bayside Community Church

Author, *Dangerous Prayers*

alex.anderson@alexanderson.org

www.dangerous-prayers.com

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LIFE. SAVED.

"I was visiting the springs in Ocala when I was involved in a four car accident on HWY 27 near downtown. I was ejected from the car and landed on the pavement. A nurse from Ocala Regional Medical Center saw the accident, had her daughter call 911 and the nurse performed CPR on me. I came to Ocala Regional Medical Center as a trauma alert and went into surgery for hours. I was in the hospital for almost a month and the list of my injuries is so long but every single day is getting better. So many people at Ocala Regional supported me and worked diligently to maintain my vitals so I would survive. I feel very blessed and feel like I have a second chance at life."

-Tommy, age 23

TAKING CARE TO THE NEXT LEVEL.

Ocala Regional Medical Center's Level II Trauma Center has transformed care for critically injured patients in Marion County and beyond. Our experts are here 24/7, saving time and saving lives, giving patients like Tommy a second chance at life.



Ocala Health

See Tommy's full story and learn more about our Level II Trauma Center at OcalaHealthSystem.com/trauma