

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

December 2017

Lake/Sumter Edition - Monthly

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FREE

happy holidays

STROKE

**Staying Fit Through
the Holidays**

FLU SEASON: Are You Ready?

**Aging-In-Place Guide:
How to Stay in Your
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PROGRESS IV CLINICAL TRIAL

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- 2 Is your body mass index less than or equal to 40kg/m²?
- 3 Have you had at least one prior conservative OA treatment without satisfactory pain relief?

If these statements apply to you, please contact your healthcare professional to learn more about osteoarthritis (OA). To see if you qualify for the PROGRESS IV clinical trial, visit zimmerbiomet.com/nstridetrial, text 1KNEE to 87888 or call 773-313-3077.

This material was created by Zimmer Biomet and is intended for informational purposes only. Please see your healthcare professional for individual medical advice.



ZIMMER BIOMET

Sponsored by Zimmer Biomet, the PROGRESS IV clinical trial is investigating a device called the nSTRIDE® APS Kit for people who have osteoarthritis (OA). The goal of this trial is to evaluate the safety and clinical effectiveness of autologous protein solution (APS), prepared from a small sample of a patient's own blood with the investigational nSTRIDE APS Kit, on pain and function associated with knee osteoarthritis.

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Gratitude. A powerful element in fighting cancer.

Dave Norris was a healthy 65-year-old, until one day he had trouble swallowing. His doctor discovered a malignant tumor in his stomach and Dave sought treatment at a large cancer center in another city. There, they saw him as patient number 1125157, not Dave Norris. Every other week, Dave flew across the country for treatment until he discovered a Florida Cancer Specialists clinic only minutes from his home. Here, Dave was given a successful knockout round of treatment, all while being treated like Dave Norris, not just another number. The care and compassion Dave received inspired him so much that he has dedicated the next chapter of his life to helping other Florida Cancer Specialists patients.

"I am thankful for the doctors and nurses at Florida Cancer Specialists who cared for me as a person and a neighbor, not just as a patient and a number."

-Dave Norris, Cancer Fighter

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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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CONTENTS

DECEMBER 2017

- 6** The Revolutionary Raindrop® Procedure is Here!
- 8** STROKE
- 9** Flu Season: Are You Ready?
- 10** Kyphoplasty Vertebral Fracture Surgery
- 12** InterCommunity Cancer Center Offers Tips On How To Support Cancer Patients During The Holiday
- 14** Stop Overlooking Signs of Incontinence
- 15** The Overlooked Dangers of Venous Insufficiency
- 16** Florida Hospital Orthopaedic Institute is Looking for Volunteers for a Knee Osteoarthritis Study
- 18** Staying Fit Through the Holidays
- 20** What if Your Back Pain is a Spine Compression Fracture?
- 21** Hormonal Disturbances? Pellet Therapy is the Advanced Treatment Option Women Are Asking For
- 22** Orthopedics and the Advantages of Stem Cell Therapy
- 23** Learn How You Can Feel Better, Look Better & Perform Better
- 24** Advancements in Dental Impressions
- 25** Winter Itch
- 26** Aging-In-Place Guide: How to Stay in Your Home in Later Life
- 27** Avoid Knee Replacement Surgery
- 28** Don't Pay Thousands for Spinal Decompression
- 30** The Road to Brain Injury Recovery with Omega-3 Fish Oil
- 31** Spiritual Wellness: The Kitchen Table

CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR - Lisa Minic



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To get your article published and for ad rates, call 239-588-1200
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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
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WHAT RESULTS CAN YOU EXPECT?

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THE REVOLUTIONARY RAINDROP® PROCEDURE IS HERE!

Lake Eye delivers clear close-up vision to the first Raindrop® recipients in Lake County.

Over time, the lens of the eye loses moisture, making the lens less flexible and creating blurred close-up vision, a condition called presbyopia. Presbyopia occurs in everyone eventually, which is why reading glasses are so common among people 40 and older.

For many people, the constant on-off relationship with reading glasses becomes an inconvenient annoyance - for others, it negatively impacts how they perform. "As a nurse, I have to walk and read at multiple distances at the same time - all the prescriptions, forms, charts, etc. created a constant on-off, on-off with my reading glasses," says Lake County's very first Raindrop® patient, 39-year-old Dana Gallo. "I tried bifocals but found them to be a challenge with my fast-paced job. Then I heard about Raindrop."



The FDA-approved Raindrop® vision inlay is a tiny transparent implant about the size of a pinhead that is fitted just beneath the surface of the eye, delivering moisture and nutrients to the lens so it is more flexible and responsive. Composed of about 80% water, the Raindrop® gently reshapes the cornea so it can more easily transition between distances and help restore close-up vision. Lake Eye Board Certified ophthalmologist Dr. Scott Wehrly is the first eye surgeon in Lake County to perform the Raindrop® procedure, and he

along with his colleagues, Dr. Scot Holman and Dr. Vinay Gutti, compose the first team in the region qualified to provide it. "This procedure is an amazing advance in the treatment of presbyopia," says Dr. Wehrly. "This outpatient procedure takes only about 10 minutes and is indicated for people who have adequate distance vision and good overall eye health. For many, it can reduce or eliminate the need for reading glasses."



Says patient Dana Gallo, "When I heard about the Raindrop procedure, I researched it thoroughly and thought it sounded perfect for me. I saw Dr. Wehrly and he said the overall health of my eyes and good distance vision made me an ideal candidate. I said, 'Let's do this!' The procedure itself was quick. My eyes were photographed and there was some minor prep, and then Dr. Wehrly implanted the Raindrop, which took less than 10 minutes. It was totally painless and I noticed improvement in my close-up vision immediately. The following day I was able to read all the lines on the eye chart. I had surgery on Wednesday and was back to work on Friday.

"As the days passed, my vision kept improving until I was able to reduce the font on my phone to the smallest size. I can read even tiny print now and have stopped using reading glasses altogether. Raindrop has been life-changing!"



Lake Eye not only served Lake County's first Raindrop® patient, but also its second, Kelly Dennis. "I'm an anesthesia billing consultant, and all the coding and auditing requires that I do a lot of reading. Since I also engage in public speaking, I looked into ways to improve my close-up vision and none, including contact lenses, worked well for me. I researched the Raindrop and this procedure appealed to me, as it is implanted in only one eye, so my distance vision could remain intact. The fact that it's 80% water and smaller than the eye of a needle made it seem safer than LASIK. And it is easily removed if I don't like it - that was important to me.

"I met with Dr. Wehrly, who said I was a good candidate for the procedure. Within hours of getting the Raindrop, I could see my Fitbit and read text on my smartphone without glasses. My ability to see details now is just incredible!"

If you have good eye health and clear, uncorrected distance vision, talk to your Lake Eye doctor about whether the Raindrop® vision inlay might be right for you. It may put an end to your on-off relationship with glasses for good.

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A HISTORY OF BRILLIANT VISION
DEFINING THE FUTURE OF EYE CARE

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Presbyopia, or age-related near vision loss, occurs when the eye's lens loses moisture and flexibility, necessitating an annoying, on-again, off-again routine with reading glasses.

Now there's Raindrop, a tiny, transparent near vision inlay. Smaller than a drop of water, the FDA-approved Raindrop fits just beneath the eye's surface, invisibly providing elasticity to the eye to improve near vision, even in low light. Placed by your Lake Eye ophthalmologist in about 10 minutes, Raindrop can restore near vision long-term.

Lake Eye is the only regional provider offering Raindrop, so contact us to find out if you're a candidate for this quick, safe, surgical procedure. It might be the last time you need to find your "cheaters" to read a menu or make a phone call. Wouldn't that be refreshing?



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**Words from
 Lake County's first
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"Dr. Wehrly implanted the Raindrop, which took less than 10 minutes. It was totally painless. I can read even tiny print now and have stopped using reading glasses altogether. Raindrop has been life-changing!"
 —Dana Gallo

To read more, and find out if
 you are a candidate, visit
LakeEye.com



STROKE

What is stroke?

Stroke is the fourth leading cause of death in the United States. It causes death every four minutes and is responsible for reduced quality of life. Stroke can either be ischemic or hemorrhagic in nature. Ischemic strokes result from either a local clot occluding or preventing blood flow to the brain or a distant clot traveling to the cranial area and causing a lack of oxygen and blood flow. Hemorrhagic strokes result from uncontrollable bleeding in the cranium.

How susceptible am I?

Stroke precautions exist. Several risk factors have shown to be associated with stroke occurrence. These include age > 65, female gender, vascular disease, prior stroke or transient ischemic attack, diabetes, high blood pressure, smoking, high cholesterol, physical inactivity, obesity, postmenopausal hormonal therapy, and atrial fibrillation. Many of these factors can be modified to prevent stroke.

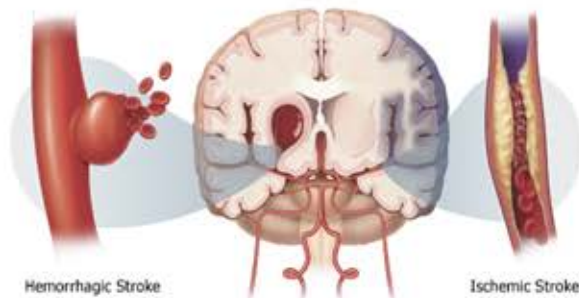
How can I behave to reduce stroke risks?

Controllable factors can prevent stroke 80% of the time. Thus, important preventable actions include quitting smoking, reducing cholesterol, reducing blood pressure, reducing weight, increasing activity, and self-education. Overall diet and exercise play very important roles in maintaining a healthy lifestyle. A healthy diet encompasses approximately 40-60% complex carbohydrates, 20% lean sources of protein, 20% unsaturated fat, 1-2 liters of water per day, less than 2 grams of sodium per day. Quick sugars and saturated fats can accumulate in the blood vessels leading to inhibited oxygen and blood flow, resulting in strokes. Exercise approximately 30 minutes 5 times per week for both vascular and weight loss benefit. Educate oneself on the risks, symptoms, consequences, and management of stroke.

How does stroke present?

There are warning signs of stroke. The most common stroke symptoms include a quick onset of a one-sided numbness or weakness, sudden confusion or trouble speaking, severe unknown headache origin, dizziness or loss of balance, or vision difficulties. Upon presence of any these symptoms, report to 911. Time is viable tissue. For every one minute of untreated hypoxia 1.9 million neurons, 12.8 synapses, and 7 miles of fibers die. Thus, immediate action results in optimal treatment.

In diagnosing, various stroke scales and imaging are used. Standardized stroke scales are utilized in assessing stroke severity. One specific stroke scale is



the National Institutes of Health Stroke Scale evaluating 11 areas of functionality including consciousness, orientation, response visual fields, facial movement, motor function, sensory, language, articulation, extinction or inattention, and limb movement. Other scales such as Barthel index and modified Rankin Scale focus on daily living and independence, respectively. In addition, diagnostic parameters needed are non-contrast enhanced computed tomography to distinguish between vascular and nonvascular causes and/or magnetic resonance imaging used to identify small or minor ischemic areas. Laboratory parameters involve oxygen saturation, electrolyte status, blood cell counts, glucose, bleed times, and heart monitoring.

How are strokes treated?

Time is a critical component of stroke care. American Heart and American Stroke Association recommend less than or equal to 25 minutes from door to diagnostic testing and less than or equal to 60 minutes from door to drug delivery. It is true every one second of oxygen absence leads to approximately 32,000 cell deaths. This drug delivery includes thrombolytic therapy, or drugs that break up the clot. Due to the high risks with this therapy, there are many cautions to its use. In addition, to thrombolytic therapy includes blood pressure controlling medication. Extensive monitoring is conducted with blood pressure control initiation. Other therapies include aspirin, clopidogrel (generic Plavix), heparin or low molecular weight heparin, and statins or cholesterol agents.

What are the stroke consequences?

Studies have shown post-stroke of up to twelve weeks can result in complications. Some of the most common include pain, urinary tract infections, chest infections, falls, brain disorders such as seizures, paralysis, cognition or thought difficulty, and re-occurring strokes or heart attacks. Thus, preventative therapy exists to limit. For example, baby aspirin and cholesterol lowering agents are significant for reducing further complications.

What are the stroke expectations?

Following a stroke, the patient is observed extensively. Typically, the patient will be transferred to neuro critical care or stroke unit. On this level, patient's brain function and blood pressure are monitored approximately every 15 minutes for first 2 hours, slowing down for the next 4 hours. Second, brain functioning is assessed ongoing to minimize cognition deterioration. Third, several standards of care are initiated. These include mobilizing or maintaining patient's activity as tolerated, treating constipation, treating acid reflux, and protecting against leg and lung clots. Depending on the severity of the original stroke, paralysis may be a result and thus physical therapy becomes part of the plan for continuing a quality driven life.

It is important to understand patients are critical components to the team care process. Thus, reduce risks, educate oneself, and actively participate in the care to reduce stroke progression and complications.



Dr. Vallabhan
352.750.2040

Rolling Oaks Professional Park
929 N US HWY 441, Suite 201
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T.E. VALLABHAN, MD, FACC
BOARD CERTIFIED CARDIOLOGIST
SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

Flu Season: Are You Ready?

By John Voight, MSN, RN, NEA-BC, Vice President, Emergency Services, Ocala Health

It is evident by the cooler temperatures that fall has arrived and along with the seasonal change, it's important to recognize that flu season is upon us. Influenza, otherwise known as flu, is a viral respiratory illness that has several different strains and each year the Centers for Disease Control (CDC) try their best to determine which strain will strike. This is not always successful considering the CDC reports that the 2015-16 vaccine was only 47% effective while the 2014-15 vaccine was only 19% effective. Regardless of the effectiveness, experts insist that vaccination is still the "best protection" against severe illness. Anyone who has had the flu will tell you their survival stories about how they were "out for the count" often feeling sick for a week or more sometimes leading to an emergency room visit. Have you had your flu vaccine and are you ready for flu season?

Symptoms

The symptoms for flu vary but usually consist of a sore throat, runny nose, cough, fever, and the overall feeling of fatigue and exhaustion accompanied by body aches. People have often said that they feel as if they were hit by a car! The incubation period is an average of two days from the time you are infected and is mostly transmitted by sneezing and coughing which produce infected droplets that others come into contact with.

How to Protect Yourself

There are three main considerations to avoid getting the flu.

1. Handwashing – This is one of the most effective strategies to prevent flu transmission and is often ignored by many. Washing your hands with soap and water or using one of the alcohol hand sanitizers offers great protection.

2. Stay away from those who are sick – If you have family members you are caring for then try to wear a mask whenever you are around them and wash your hands before and after caring for them.

3. FLU VACCINE – Get the flu vaccination every year! Even though the flu vaccine is not 100% effective, it offers significant protection against the flu.

Who should be vaccinated?

Everyone six months or older should receive the flu vaccine. Those individuals who have the highest risk are usually the ones that tend to be immunocompromised, or have a weakened immune system which



includes infants, small kids, pregnant women, and older adults. Pneumonia can often result from those who are immunocompromised and have the flu usually resulting in prolonged hospitalization.

Is the vaccine safe?

I am sure most of us have heard stories from friends and family that the flu vaccine made them sick with the flu. The truth is that the vaccine does not cause the flu but in many cases the individual may have been starting to get sick with the flu or another virus at the time of vaccination. Most often, the vaccine has no side effects at all. On occasion, there can be redness, mild swelling or soreness at the injection site sometimes resulting in a sore muscle for a few days. Some individuals can even have a mild fever or rash but these are most often side effects of the vaccine and not the actual flu virus.

When and where to get vaccinated?

The best time to get the flu vaccine is in early fall as this allows the broadest coverage period possible as the flu season usually starts in the fall and goes until spring. It's important to know that just because flu cases might be low in the early part of the season doesn't mean that it can't increase in February or March. The flu virus is unpredictable every year and we never know which strain will hit and when it will strike so the best prevention is early vaccination.

Flu vaccine can usually be obtained at your primary care physician's office and is also readily available at many drug stores. It's usually covered by insurance carriers as well as it is much more cost effective to prevent the flu than to pay for a hospitalization or emergency room visit.

What if I get the flu?

It is possible to still get sick with the flu even if you have had the vaccine. Remember, the vaccine was only 47% effective last year so that means that many of us who were vaccinated can still get the flu. If you think you have the flu then it is important to stay home from work or school and get plenty of rest and drink plenty of fluids. Fever can be managed with over-the-counter Tylenol but it is important to never use Aspirin in children as this can cause Reye's syndrome. Most people get better within 1-2 weeks on their own but if you start having any of the symptoms below, call your doctor or go to the emergency room for evaluation:

- Difficulty breathing or shortness of breath
- Inability to drink enough fluids
- Chest pain
- Confusion
- Severe vomiting

Pay close attention to kids who have the following symptoms and contact your doctor immediately or go the emergency room for evaluation:

- Breathing fast or having difficulty breathing
- Starting to turn purple or blue
- Not drinking enough fluids
- Feeling sluggish or having difficulty waking up
- Being very fussy or nothing makes them feel better
- Having fever with a rash
- Improving from flu but then getting sick again with fever or cough

Being prepared for the flu season will greatly improve your chances of avoiding a serious illness and likely keep you from being "out of commission." Prevention with handwashing, avoiding sick people, and getting the flu vaccination is your best protection!



Ocala Regional Medical Center
West Marion Community Hospital
Summerfield ER

KYPHOPLASTY VERTEBRAL FRACTURE SURGERY

Kyphoplasty is a minimally invasive surgery used to treat spinal compression fractures resulting from osteoporosis. Most spinal compression fractures affect the thoracic spine of the upper and middle back, but some patients experience them in the lumbar, or lower, spine. Wherever they occur, spinal fractures can cause pain, instability and functional problems.

For the majority of spinal fracture patients, kyphoplasty will help relieve pain, promote healthy function, provide stabilization to the spine and, for some, return height to the vertebra. Clinical results demonstrate that roughly 9 in 10 patients achieve significant pain reduction, some immediately, some in 48 hours, and others within two weeks of the procedure. Height restoration varies among patients, but the best results are achieved when kyphoplasty is performed within eight weeks of the fracture, so the sooner a patient is diagnosed and treated, typically the more satisfying the outcome.

"Kyphoplasty has a solid track record of providing pain relief and improved function with minimal invasion and risk," says Board Certified ONC neurosurgeon Dr. Daniel Robertson. "I've performed many of kyphoplasty procedures and am happy to report a high approval rating among a large majority of patients."



The Procedure

Once the site of the fracture has been determined, treatment is straightforward. Depending on your case, you will receive general or local anesthetic. You lie facedown on an operating table and a small incision is made above the affected vertebra. Using fluoroscopy (x-ray) guidance, your ONC neurosurgeon will carefully insert a narrow tube

DANIEL P. ROBERTSON, MD

through the pedicle of the damaged vertebra, through which a tiny balloon is delivered and inflated to expand the space inside the bone and elevate the collapsed segment. The balloon is deflated and removed, and then the new cavity is filled with medical bone cement called polymethylmethacrylate, or PMMA. The cement solidifies in about five minutes, creating support for the vertebra. The opposite side of the bone may be treated as well to help ensure symmetry and enhance the chance of even height restoration. Each vertebral treatment takes about an hour to complete.



Most patients can go home the same day, but in some cases a night's stay in the hospital is recommended. Patients can usually return to everyday activities as soon as they get home, but should avoid heavy exertion for six weeks or more.

Is kyphoplasty right for you?

The ideal candidate for this procedure is someone whose pain and/or spinal deformity is the result of a recent osteoporosis-related compression fracture, ideally within the previous eight weeks. It is not indicated for people with congenital or long-term spinal problems and people with certain health issues. Kyphoplasty can help to restore collapsed vertebrae, but it doesn't treat osteoporosis, which is a chronic, progressive condition that for many can be managed with a combination of medication and weight-bearing exercises designed for this purpose.

For diagnosis and treatment of osteoporosis and spinal fracture, talk to your doctor, or contact us at ONC about your case. We're happy to be of assistance.

DANIEL P. ROBERTSON, MD

- In the practice of neurosurgery since 1994. Joined Ocala Neurosurgical Center in 2004
- Board Certified in Neurological Surgery by the American Board of Neurological Surgeons
- Bachelor of Engineering Degree from Duke University
- Medical Degree from the University of Tennessee
- Residency in neurosurgery at Baylor College of Medicine in Houston, Texas
- Member, Alpha Omega Alpha Honor Medical Society
- Fellow, the American College of Surgeons
- Certified by the National Board of Medical Examiners
- On staff at Munroe Regional Medical Center & Ocala Regional Medical Center

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

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



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JACOB FREEMAN, MD | DANIEL ROBERTSON, MD | ANTONIO DISCLAFANI, MD | MARK OLIVER, MD



OCALA
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CENTER

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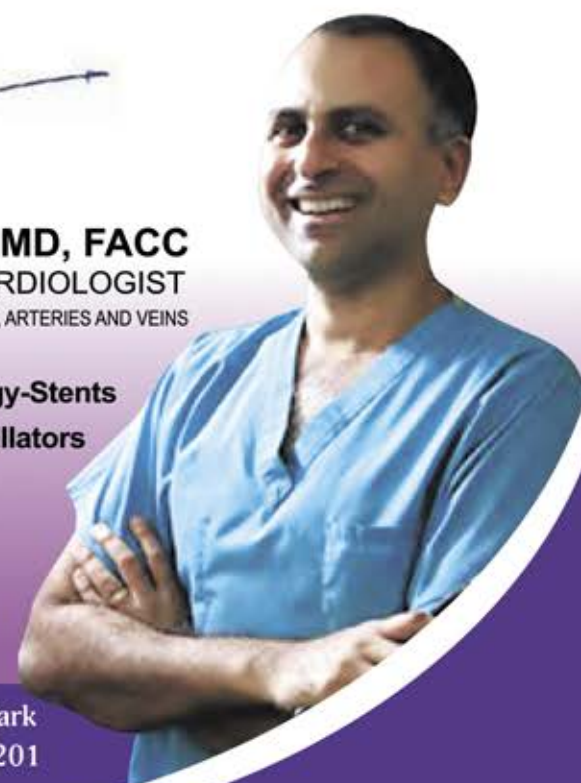
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InterCommunity Cancer Center Offers Tips On How To Support Cancer Patients During The Holiday

The busy holiday season is once again upon us, and caregivers, family and friends of cancer patients may be wondering what they can do to make this the best possible holiday for the person in their life battling cancer. Providing the right kind of gifts and support can help create a positive holiday for the patient, as well as their loved ones.

Over the years, InterCommunity Cancer Center has cared for thousands of cancer patients, and along the way we have gained a bit of wisdom about what patients need and like during the holiday season. Here are a few ideas that are sure to please:

Things You Can Give

- Scarf, bathrobe, socks, slippers, sweater, hoodie
- Heating pad, blanket
- Magazine subscriptions, iTunes gift card, Sudoku Puzzle book, adult coloring books and colored pencils
- Devotional books, Amazon or Barnes & Noble gift cards, audio books, DVDs of funny movies, an iPod or MP3 player loaded with music
- Framed photos, movie tickets, gas cards, restaurant or grocery store gift cards
- New linens, comforter and pillows for the bed; some patients spend a lot of time in bed, and this can be uplifting
- Hard candy if allowed (butterscotch, lemon, peppermint), Altoids, hand sanitizer, ginger tea, bottled water, travel-size tissues, protein bars, nutrition shakes, lip balm, unscented hand, body and bath lotions, dry shampoo
- If the patient is under financial stress, arrange to have a bill paid

Things You Can do

There are lots of ways you can pitch in and help a cancer patient have a better holiday. Keeping up with all of the tasks that go along with the holiday season can be overwhelming to a patient who is likely to be fatigued from treatment. Here are a few things you can do to make the holiday a little brighter for them:

- Lend a hand with holiday tasks, such as decorating or cleaning the house, wrapping presents, writing holiday cards, or shopping for gifts
- Run some errands
- Do the laundry or other household chores



- Drive them to their doctor appointments and stay with them during treatment
- If they are well enough, take them shopping so you can lend a hand if they get overly tired
- Prepare some home cooked meals that can be frozen and eaten later
- Restock the fridge with nutritious food and don't forget some healthy snacks
- Provide child care, or even pet sitting, since pets are family, too!
- Find things you can laugh about together—laughter is a great healer
- Take them out to a movie and dinner for a change of pace
- Listen to whatever they want to talk about and support their feelings and opinions, even if you disagree
- Help them push aside the negative feelings that often accompany cancer, and look for the good things that happened during the day, even if they are small events

"We've all heard the old saying, 'The best things in life are free.' When it comes to what to give a cancer patient during the holiday season—or anytime, truer words were never spoken," said Dr. David Catalano, radiation oncologist at InterCommunity Cancer Center in Lady Lake, Fla. "Hugs, smiles, laughter, encouragement and love can really help a cancer patient have the best possible holiday, and they don't cost a thing to give."

The physicians and staff of InterCommunity Cancer Center wish all of you a happy and healthy holiday. For more information about the advanced treatments for 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 expertise in treating breast, lung, prostate, gynecologic, skin and other cancers.

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

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STOP OVERLOOKING SIGNS OF INCONTINENCE

Urinary Incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life for patients. Incontinence is classified as stress, urge, mixed and overflow.

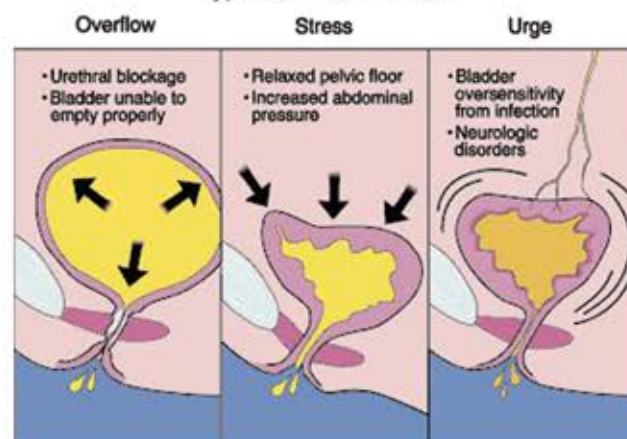
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UI) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily.

Accidental urination can be triggered by:

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

Types of Incontinence



There are two bladder abnormalities that are associated with UI: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer's disease
- Multiple sclerosis
- Parkinson's disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors

DO can occur due to multiple conditions, and many times as a sequel of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder overactivity. Conditions that can lead to DO include:

- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease



Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence.

The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.



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The Overlooked Dangers of Venous Insufficiency

By Bryan Carter, MPA-C, Phlebology-Surgery

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

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

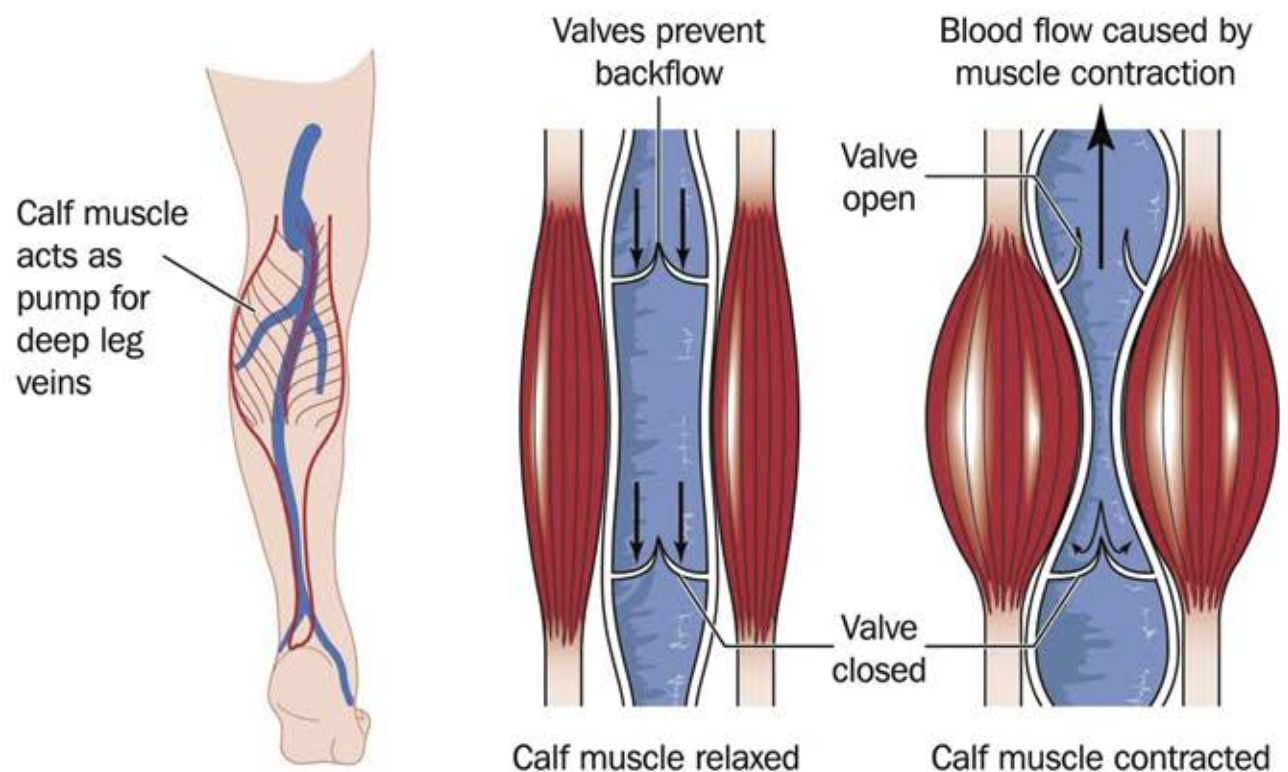
Symptoms of venous insufficiency:

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

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

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

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



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

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

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

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

Treatment Options for Venous Insufficiency Mr. Carter recommends:

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

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



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Florida Hospital Orthopaedic Institute is Looking for Volunteers for a Knee Osteoarthritis Study.

Why Should You Participate in a Clinical Research Study?

What is a clinical research study?

A clinical research study, or clinical trial, is a form of medical research that tests new developments in preventing, detecting or treating a disease. (1) It is also a scientific method used to find answers to difficult health questions. (1)

Why is clinical research done?

Clinical research is vital for developing new or improved drugs, treatments, surgical procedures or medical devices, and provides a method of changing the way we treat and cure disease. (2) It also provides hope for many people with an illness or disease to find better treatments. Without clinical research, we wouldn't know which medication can decrease blood pressure, how to control someone's diabetes, or which prosthetic device is best used for running a marathon.

Why should I participate in clinical research?

Research studies are highly dependent on volunteers to function properly. People participate for a variety of personal reasons. Some healthy people volunteer to help other people in the future and to advance science. Some people with an illness or disease want to help others, but they also have the opportunity to possibly receive the most advanced treatment and get additional care. (2) Volunteers are needed to participate in research studies to assist physicians and researchers in obtaining information and providing feedback regarding the medication, device or disease.

It is important to know that there are many protections and safeguards in place for patients who participate in the clinical research process. Any medical research facility must have an Institutional Review Board (IRB) to ensure the safety, rights and welfare of all participants. They must also confirm that any risks related to the study are minimized and outweighed by potential benefits. (3) The IRB must review and approve every new study before it begins, and monitor the progression of the study until it is complete.

What are the benefits?

Participation in a clinical trial could provide a volunteer access to new treatments that are not yet available to the general public. If the new treatment shows promise to work, you might be one of the first people to benefit from it. (4) If you are participating in a clinical research study and don't receive the experimental treatment or drug, you can still receive care for your condition and have the support of a team of healthcare providers who will monitor you closely. (4)



How do I know if I might qualify?

Each research study requires certain criteria for participation and volunteers are screened to make sure they are a good candidate for the study. The study protocol / study guidelines are reviewed with the volunteer, and

an informed consent is signed. The informed consent provides details regarding the study, including length of study, number of study visits, potential benefits and or risks involved. It also details how to withdraw from the study should the subject decide to do so, since all studies are operated on a volunteer basis. Once a volunteer has been enrolled, they then become a subject and are identified by a unique subject number to maintain their privacy.

What is Osteoarthritis (OA)?

OA occurs when the top layer of cartilage, the slippery tissue that covers the ends of the bones in a joint and helps absorb the shock of movement, breaks down and wears away. As cartilage breaks down, the level of inflammatory cytokines, a small protein molecule in the blood, rises causing increased breakdown of cartilage. (5) Currently, diet, exercise, and weight management, along with pain medications, massage, and supplements are ways to manage OA. Doctors may also treat with cortisone injections or other types of natural biologics. However, another option would be to participate in an investigational research study for OA.

Where can I find an OA study?

One such study called the PROGRESS IV clinical trial, sponsored by Zimmer Biomet, is currently being conducted at the Florida Hospital Orthopaedic Institute. The trial is investigating a device called the nSTRIDE APS Kit for people who have osteoarthritis (OA) in one knee. APS stands for autologous protein solution. An autologous solution is one for which the donor and recipient are the same person. The autologous protein solution being prepared with the nSTRIDE APS Kit for the PROGRESS IV clinical trial is a concentrated solution of proteins and growth factors prepared from a small sample of your own blood. The goal of the PROGRESS IV clinical trial is to evaluate the safety and clinical effectiveness of a protein solution prepared with the nSTRIDE APS Kit from a small sample of your own blood. The trial will focus on people with osteoarthritis (OA) in one knee, and will study the potential to alleviate their pain, restore their knee function and possibly have the tissue inside the joint repair itself by using an autologous injectable treatment, instead of pharmaceuticals or surgery.

The study has inclusion and exclusion criteria that must be met in order to qualify for participation. Conditions, other than OS, that affect the ability to ambulate or other untreated joint injuries may exclude patients from the study. Eligible patients are enrolled and randomly selected with a 50/50 chance to receive the APS treatment or saline.

For anyone who does not meet the criteria for the study, Dr. Cole's practice will work with them to find alternative treatment options for managing their osteoarthritis. People may or may not benefit from taking part in the trial, but information learned in the study may help patients with osteoarthritis in the future.

How can I get more information about this study?

For further information regarding the study, or to determine if you meet eligibility criteria text 1KNEE to the number 87888, call (773) 313-3077, or visit www.zimmerbiomet.com/nstridetrial.

Dr. J. Dean Cole specializes in orthopaedic traumatology and joint replacements at the Florida Hospital Orthopaedic Institute Fracture Care Center. For more information, go to www.FractureCareCenter.com or call 407-895-8890.

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STAYING FIT THROUGH THE HOLIDAYS

It's that time of year! The time of year where we make glorious memories with friends and family, and it's also the time of year that we inevitably pack on the pounds. Although, that's not necessarily the way that it has to go for you, because Lifestyle Solutions MedSpa has some beneficial tips for maintaining and even possibly losing weight along the way.

A few guidelines to keep you on track

- Drink plenty of water
- Eat the vegetable crudité platter instead of the fried appetizers
- Work out in the morning of a big event or family get together
- Eat a healthy breakfast and lunch before the big meal. Don't wait to stuff yourself full later in the day.
- Eat one plate. Don't reach for seconds
- Enjoy one small dessert if you so desire
- Limit your alcoholic beverages
- Get back on track the very next day!

The biggest tip of all is to go easy on yourself. It's the Holidays, not that it's an excuse to completely overindulge, but it is a time for rejoicing, reflecting, socializing and enjoying family and friends. So, not that you should go "all-out" and ruin all of your hard earned work at staying healthy, but you do deserve to enjoy yourself. Whether that's a glass of wine, a piece of pie, or a boat load of gravy, just remember that the following day, you have to hit the workout routine and healthy eating plan hard. It's all about getting back in the saddle again.

You'll most likely feel a bit sluggish or tired, but that's ultimately the carb and fat pardon that you allowed yourself. This sometimes is a good trick for your metabolism. It's what many people refer to as "The good workout for your metabolism." This absolutely cannot be common place though, otherwise known as, "the downward death spiral of eating." The fact that it may or may not trick your metabolism into burning more fat, is of great debate, and is most likely just an excuse to eat the foods that are normally off limits. But truth be told, in some cases it actually might spike your metabolisms response in just the right way the following day with a better outcome once you resume your normal routine and exercise plan.



So never fear, the holidays are here and your determination and planning ahead, will help you to conquer the battle of the bulge.

At Lifestyle Solutions MedSpa, their philosophy is that successful weight management is the result of simple changes, healthy lifestyle choices and knowledgeable support. By utilizing a medically based multi-disciplinary approach, they have developed a comprehensive program using state-of-the-art techniques combined with tried-and-true weight loss methods to help you achieve your goals and maintain them. Their skilled team of physicians and lifestyle coaches, are led by highly experienced bariatric physician, Michael M. Holloway, M.D., along with Executive Director Shannon M. Holloway, which are both dedicated to providing highly personalized care. They offer weekly consultations with Lifestyle Coaches and customized food and exercise plans created by dietitians that take into account

your preferences and are designed to keep you motivated. Additionally, they offer aesthetic enhancement services including facials, Restylane® and Botox® injectable and other body contouring anti-aging treatments to help you look and feel your best.

For more information, or to schedule a consultation, call Lifestyle Solutions MedSpa at 352-368-2148 today! The only thing you've got to lose is stubborn fat!

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What if Your Back Pain is a Spine Compression Fracture?

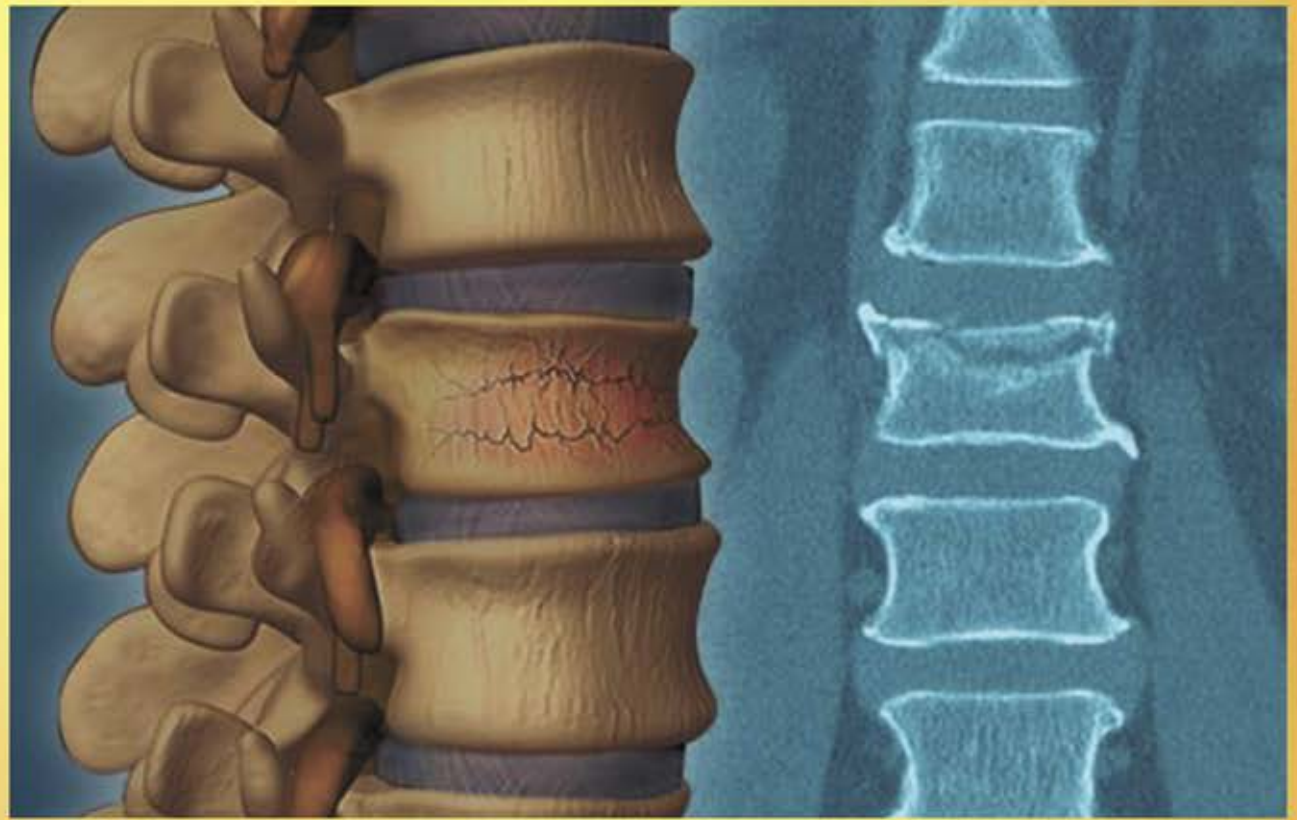
What if you develop sudden onset severe back pain, more unbearable than you ever imagined? If your pain is new or feels different from the chronic back pain you may already be experiencing - which is currently being treated with exercise, pain medicines, and injections - it is recommended that you visit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

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

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

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

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



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

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

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

About Dr. Mark Jacobson

Dr. Jacobson performs hundreds of kyphoplasties each year in his Lady Lake center and is the "go-to provider" for this procedure, not only because of the number of procedures performed and numerous happy patients, but also because of his participation in the research of radio-frequency ablation of cancerous spine tumors. Local, as well as out of town physicians entrust Medical Imaging & Therapeutics for treatment of their patients' spine fractures. MIT is affiliated 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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Pellet Therapy is the advanced treatment option women are asking for!

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

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

Bio-Identical Hormones

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

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

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

Why Testosterone?

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

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



Low Testosterone Can Lead To:

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

Hormonal Pellet Therapy

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

Other Forms of Hormonal Replacement

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

Dr. Nwaubani

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

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

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

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



Uzoma Nwaubani MD - "Add Life To Your Years"

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

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

Female Continence & Pelvic Surgery Center

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Orthopedics and the Advantages of Stem Cell Therapy

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

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

Mimedex cites the following:

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

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

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

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



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

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

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

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

Stem Cells Benefits

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

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

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



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ORTHOPEDICS
INSTITUTE

(352) 751-2862

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THE VILLAGES, FL 32159-8975

Learn How You Can Feel Better, Look Better & Perform Better

Energy Medical—A Therapeutic Health Center

You Are Amazing!

The message is loud and clear! Our bodies are amazing! We read stories & hear testimonies all through out our lives of amazing physical accomplishments, health recoveries, athletic performances, artistic masterpieces, etc. Is there a secret?

Remember when you were young and how quickly you recovered from injuries and sickness? Remember how much energy you had? What changed?

The Fountain of Youth Is Within You!

Your body should be producing over 2,000,000 new stem cells every second of every day. This only happens when you have enough energy! How can we increase our energy levels? How can we harness the fountain of youth within us?

Your Amazing Ability To Heal!

The truth is, we have an amazing ability to heal from virtually any kind of disease or injury but only when we have enough energy for our cells to function in a normal fashion. We have amazing abilities to perform, mentally and physically; but only when we have enough energy.

What energy, you ask? The same energy measured by doctors with EKG, EMG, EEG and Nerve Conduction tests. Electro-Cardiograms, Electro-Myograms, Electro-Encephalogram tests, measure the electrical energy of the heart, muscles, brain and nerves. Cellular energy (ATP) is generated in the mitochondria of every cell.

Electrical energy is an intricate part of our overall general health and well-being. Exercise, diet, massage, yoga, chiropractic, supplements, acupuncture, drugs, surgeries, etc. etc. etc., will only take you so far. Why? — because our whole body runs on electricity. Are you ready to have more energy?

You Are Amazing. You Can Even Be Better!

There is a technology that when applied to the skin causes every cell in the body to shine at its brilliance

with increased energy. Increased energy levels means increased strength, endurance, mental clarity, focus, blood-flow, performance levels, detoxification, accelerated natural healing and much, much, more.

AMT, (Acuscope, Myopulse Technology) is a unique, artificial intelligence, micro-current delivery instrument which helps optimize the very same electrical energy measured with EKG, EMG, EEG, & Nerve Conduction devices. AMT increases ATP production through-out the entire body! It sounds complicated but it's as simple and pleasant as a massage, a wonderfully, unique massage.

Electro-Massage – The Ultimate Therapeutic Experience

EMed's unique Electro-Massage is a futuristic, amped-up version of traditional massage utilizing AMT technology. The Electro-Massage allows energy to flow right through 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. A 2 hr Full-Body Electro-Massage really is the Ultimate Therapeutic Massage Experience.

Benefits Of Electro-Massage

- Measurable pain relief in muscles and nerves
- Improved blood flow, oxygen & nutrient delivery to cells
- Increased energy levels, strength & endurance levels
- Improved mental clarity, focus & concentration
- Improved lymph drainage & detoxification
- Dramatic stress reduction & relaxation
- Overall performance enhancement
- Improved overall health & accelerated natural healing
- Increased collagen production for optimal skin conditioning
- And much more...

energy therapies and detoxification quickly becomes apparent when you enter the futuristic health and skincare center.

EMed's unique AMT technology has an amazing history. For more than 30 years it has been used as a secret weapon in the back room of many Olympic and professional sports teams. Acclaimed by Sports Illustrated as the "Miracle Machine." AMT is based on physics. Physical science controls chemistry. All the functions of the body can be optimized with AMT. An AMT Electro-Massage is the ultimate therapeutic experience.

How Can EMed, AMT and Electro-Massage Help You?

- Helps you look better, feel better and perform better
- Provides highly effective, fast and lasting results
- Increases 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 also offers an entire wellness program into their patient care that synergistically combines traditional massage and anti-aging therapy facials with electro-massage, electro facials, and mental clarity treatments.

Facials using the AMT technique are amplified. Referred to as the Bio-Energetic Face Lift, micro-current facials stimulate collagen production, blood flow and lymph drainage on an accumulative basis. Normal, healthy skin will naturally optimize oxygen, nutrient absorption, and moisture levels.

Decades ago, micro-current treatment was used exclusively 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. Fortunately, times have changed and now this fantastic technology is available for everyone to enjoy.

Mental Clarity treatments are also available in their wellness package. This process involves the technologist utilizing AMT to stimulate the brainwaves and to help alleviate anxiety through the clarifying method of micro-current stimulation.

Since cell regeneration is proven unmatched with AMT therapy, EMed's facial, massage, mental clarity, and performance enhancement packages normalize the condition of the skin and cells - to return and regenerate damaged cells to their own natural, healthy state.

EMed now offers Corporate, Individual and Family Wellness program packages. These various levels of wellness are not only affordable but contain a number of wellness services and performance enhancement options.

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



ELECTRO-FACIAL™

\$85.00 For One Hour Session
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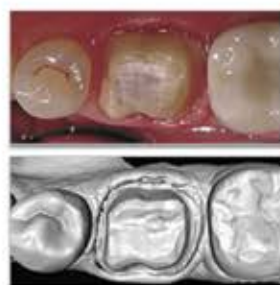
Energy Medical (EMED), is the leader in the field of electric medicine; specializing in pain relief and accelerated healing. They understand the importance of normalizing tissue at a cellular level for optimal health. Nutrition, exercise, energy and detoxification are the foundational building blocks for optimal cellular health. EMed's expertise in

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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laurelmanordental.com

Winter Itch

By Patricia Spitzer, PA-C in collaboration with Dr. Thi Tran
Village Dermatology & Cosmetic Surgery, LLC

Ever feel like your skin gets dry in the winter? Well, it's a real thing and we refer to it in Dermatology as Asteatotic eczema or Eczema Craquele. The particular type of eczema typically occurs on the lower legs and has a cracked pavement type of appearance. The dryness associated with this causes a pretty significant itching. So what causes this? The dry, winter air strips the skin of its natural oils allowing it to become dry and flaky and thus itchy. The itching leads to scratching which has the potential to cause open sores and this can be a haven for bacteria. This particular condition in its severest form can lead to fissuring or cracking which can be quite painful.

So if this is related to eczema can I prevent or control it?

I get asked this question quite frequently and the answer is, yes. There are several methods of controlling dry, cracked skin. When you notice the skin has become dry and flaky it's time to exfoliate. Exfoliating sheds the scaling and thus allows better penetration of moisturizers. How do I exfoliate? In Dermatology we typically recommend keratolytic medications or ones that remove the keratin (dead cell layer of the skin) such as lactic acid. When you do exfoliate remember to do so gently to not cause abrasions to the skin which can accentuate the problem.

Moisturize, moisturize, moisturize! It is the key to maintaining supple, smooth skin. It's best to apply a gentle moisturizer to damp skin, just after a shower or bath. Ointment based products are more penetrating and tend to be more moisturizing than the creams or lotions. Typical recommendations for moisturizers that I give my patients are to use products like CeraVe, Cetaphil or Aveeno and avoid scented products to avoid risk of allergic reactions or irritation. Along with proper moisturizers it's important to make sure to hydrate the skin by drinking plenty of water, the general recommendation being 6-8 glasses per day.



So what do I do if this occurs and I can't control it myself? You come to Dermatology! We can treat with topical steroids to decrease the inflammation. If there are open, fissured areas there may be an additional treatment that includes an antibiotic to cover bacterial infections. We stray away from the use of oral steroids due to typical rebound symptoms after discontinuing usage.

General Recommendations:

- Use a gentle soap to avoid stripping the skin natural oils (liquid soap less harsh than bar soap)
- Avoid long, hot showers as these dry out the skin
- Pat-dry when towel drying off, do not scrub
- Moisturizers that are ointment based are better
- Avoid sunburns by applying sunscreen even in the winter (remember snow is a better reflector than water)
- If the skin becomes red or crusted please see Dermatology



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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, **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 **Right at Home of The Villages, Lake and Sumter Counties** at WWW.RAHFL.com, 352-835-0101 or by email at Info@rahfl.com

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

AVOID KNEE REPLACEMENT SURGERY

Be Aware of the Risks Associated with Knee Replacement Surgery

By Physicians Rehabilitation

As with any surgery, knee replacement surgery carries risks. There is a chance with knee replacement surgery to experience the following post-surgical complications:

- Infection
- Blood clots in the leg vein or lungs
- Heart attack
- Stroke
- Nerve damage
- Allergic reactions to anesthesia
- 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.

Even if you have tried all other non-surgical treatment methods and your pain continues to limit your activities, viscosupplementation may be an option

In this procedure, a gel-like fluid called hyaluronic acid is injected into the knee joint. Hyaluronic acid is a naturally occurring substance found in the synovial fluid surrounding joints. It acts as a lubricant to enable bones to move smoothly over each other and as a shock absorber for joint loads.

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.

Our In-Office Knee Pain Protocol is designed to specifically target your knee arthritis pain to reduce symptoms and improve functionality.



Did you know that our knee protocol is covered by most insurances?

Call today to schedule a no-cost consultation for your knee!

Take Action, Get Help.

At Physicians Rehabilitation, we provide our patients with highly specialized interventional pain management treatment options. This minimizes the need for oral pain medication and maximizes function. Whether you believe your pain is in just one area or is affecting a variety of areas, our goal is to help you achieve a more active pain-free lifestyle! 7 locations serving Florida, call (855) 276-5989 today!



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3801 Bee Ridge Rd, Units 9 and 10, Sarasota FL 34233

The Villages, Summit Medical Park, 733 CR 466, Lady Lake FL 32159

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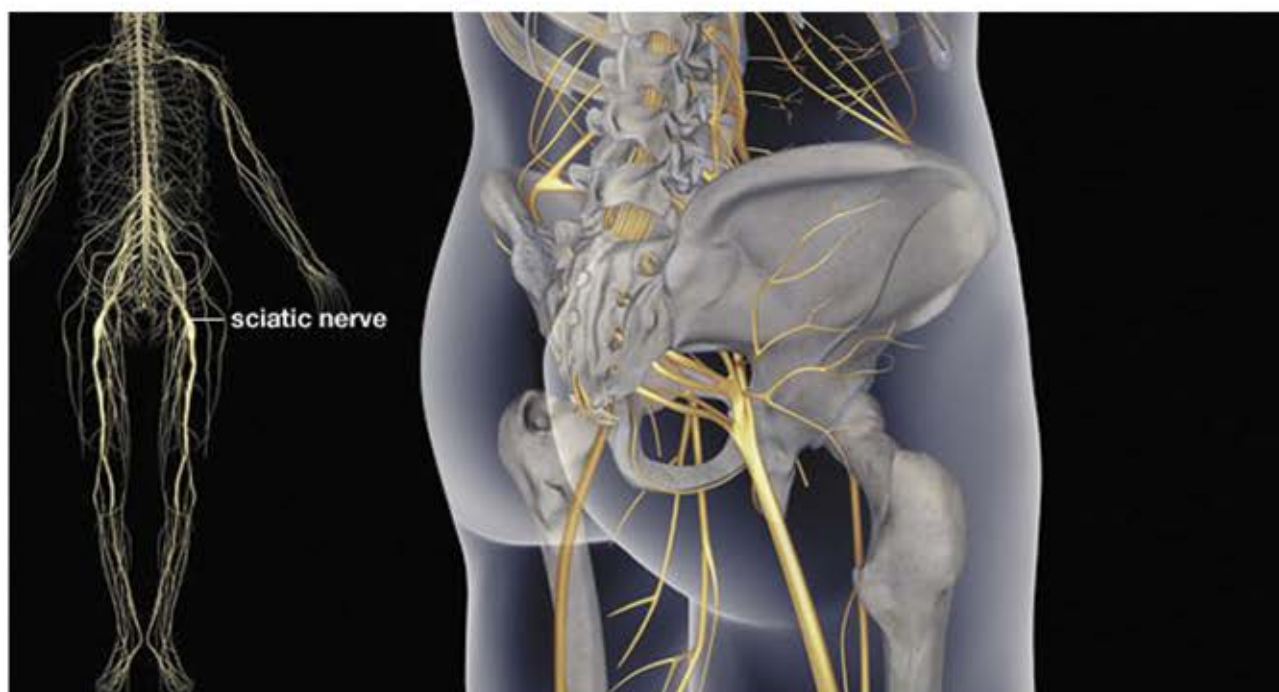
Why waste your hard earned money! Our technique is covered by most insurances.

By Compton Chiropractic Care

Currently there are millions of Americans who suffer from low back and leg pain. A recent survey showed, a large majority of these patients are over the age of 65. When you figure that the Villages has a population exceeding 100,000 and a majority are over the age of 65 then it becomes easier to understand why so many local residents experience this pain. In fact, seven out of ten patients who walk into Dr. Compton's office complain of low back or sciatic pain. It is common knowledge that Chiropractors treat low back pain among other muscular skeletal complaints. What is not well known is that there are over a dozen different techniques and treatment plans to treat the same condition. Different Doctor's feel one technique is better than another but the proof is in the pudding. What makes a Doctor truly unique and beneficial to their patients is being able to properly diagnose a condition the first time and realize when a particular protocol is not working and escalate care to the next level.

Sciatica is defined by The Mayo Clinic as: *Pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one side of your body.*

Sciatica most commonly occurs when a herniated disk or a bone spur compresses part of a nerve. This causes inflammation, pain and often numbness in the affected leg. Although the pain associated with sciatica can be severe, most cases resolve with conservative chiropractic care in a few weeks. Interestingly enough; due to the anatomical location of the sciatic nerve, sciatic type pain can also be caused by Piriformis syndrome or sacro-iliac joint dysfunction. These two conditions masquerade around with similar signs and symptoms and can lead to improper diagnosis and treatment. This means patients spend money and do not get better, never a good thing.



The Doctors at Compton Chiropractic are board certified and have degrees from Palmer College (The First Chiropractic Medical School). Among other common conditions they treat low back and sciatic pain on a daily basis with great success. The Doctors are integrated with several local primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively.

These days it's hard to walk around the golf course and not hear someone talking about their "sciatica". Unfortunately, the great game of golf tends to wreak havoc on one's spine and muscular systems. This is one reason why many top pro golfers (Tiger Woods, Tommy Armour) among other athletes have a chiropractic physician on staff. Certainly if professional golfers with great swings utilize chiropractic care, then local residents who have trouble swinging could potentially benefit more.

Compton Chiropractic has been serving The Villages since 2006 with knowledgeable Doctors and friendly staff who treat sciatica pain on a daily basis. They primarily utilize "Cox Flexion Distraction Technique" which was developed by Dr. James M. Cox in the early 1960's as a non-surgical method of treating disc related injuries. Since that time Doctors of different specialties around the country have studied and utilized these methods with great success.

Many residents are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc and stenosis. Many are also aware that surgery has been the most common treatment for these injuries in the past. However, years of research and technology have pushed us into the 21st century and now there is hope for those who suffer from this debilitating pain. It is now commonplace in medicine to try the most conservative means of treatment first. This approach is a win: win for patients and doctors alike because it means less wasted time and money.

COMPTON CHIROPRACTIC CARE

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

Our Philosophy

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

Our Facility Offers

- Medicare accreditation for DME bracing
- State-of-the-art treatment tables
- On-site digital x-ray
- Physical Rehab suite with cold laser technology
- Use of blood and urine testing to evaluate for food allergies and heavy metal toxicity
- Clinical Nutrition
- Quality care without the wait

Accepting

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

Call Today:

352-391-9467

FREE 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 2/28/18



Dr. Compton shares the ways that many residents have become his patient's:

First:

- Some patients come directly to our office as referrals are not necessary.
- Others tend to start at their Primary care Physicians office (PCP). The PCP will evaluate and treat with medication. Then the patient presents to our office.

Second:

- We evaluate and treat the patient while working with the PCP if indicated.
- We treat as needed based on the patient's presentation (3-10 visits). Should we fail to see results quickly we recognize the need to progress the case. This means advanced imaging and orthopedic consultation.

Doctor Compton states that, "some patients will require surgery for pain relief", however in most cases he can postpone or prevent surgery for his patients.

The Doctors at Compton Chiropractic have received additional education on the Cox Technique among others. This conservative treatment has been shown to decrease disc pressure by approximately 75% thus allowing relief of the signs and symptoms of disc related pain (Sciatica).

The average treatment time is only about 15 minutes and most patients report feeling better in just a few visits.

Patient Testimonial

"I suffered from sciatica for 25 years until a friend told me about Doc. After 4 treatments I was back on the golf course and out of pain." - K.R.

Doctor Compton's office is located in The Palm Ridge Plaza off CR 466 and they accept all major insurances. Office hours are M-F from 9am to 5 pm.

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COMPTON CHIROPRACTIC CARE

352-391-9467



Dr. Brett Compton
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

The Road to Brain Injury Recovery with Omega-3 Fish Oil

By Anne-Marie Chalmers, MD

One year ago, my family was in an uproar. A close family member needed brain surgery, which was scary enough. Then, a week after this major procedure, he contracted a life threatening form of bacterial meningitis.

I visited him many times as he fought for his life in the hospital. He was so out of it, he often didn't know my name. It was painful to see this intelligent and caring man struggling to remember where he was, the day of the week or even why he was in the hospital.

Frantic to help, my husband and I brought him bottles of Omega Cure® liquid fish oil and advocated for the hospital to administer a high dose every day. Knowing the research on omega-3s and the brain, we felt that this could be the ticket to preserving his future.

Three Brain Issues Improved with Omega-3

Much of the omega-3 literature to date has focused on fish oil's role in improving the focus, performance, and cognitive development of babies and young adults. For instance, a 2012 study by researchers at the University of Pittsburgh determined that consuming more omega-3 fatty acids could improve a young adult's working memory.

But omega-3s also appear to deliver protective and restorative benefits for the brains of older adults. Let's look at the research surrounding three of the most common types of brain issues:

1. Effects of Aging

From age 40 onwards, it's all downhill, my mother used to joke. And there is some scientific truth to that. After 40, the volume of the brain decreases by 5% for every decade, with the hippocampus region often taking the biggest hit. Since the hippocampus is the part of the brain that encodes memories, the loss can help explain why many people become forgetful with age.

Researchers agree that the Western diet, with all its inflammation-promoting foods, exacerbate the aging process. Still, there is hope for those of us over 40. Animal studies show that diets rich in omega-3s and low in omega-6s reduce cognitive decline.



2. Stroke Recovery

Strokes are the leading cause of adult motor disability in the Western world. The majority of strokes are caused either by a thrombosis or an embolic clot lodging itself in a blood vessel in the brain, blocking the necessary flow of oxygen and blood. The remaining 20% of strokes occur when an artery bursts in the brain, often due to preexisting high blood pressure.

Numerous studies show that omega-3s help reduce the risk of thrombosis, as well as high blood pressure. In addition, these fatty acids play a crucial role in helping the brain recover even after a stroke has occurred. When researchers supplemented mice diets three months before and one month after a stroke, revascularization and angiogenesis (both crucial for tissue healing and development) significantly improved. In the same study, the researchers also found that omega-3 supplementation protected the neurons in the mice brains, helping them survive after stroke injury.

3. Traumatic Brain Injury

Traumatic brain injuries — be they from serving in the military, playing sports, or sustaining a fall — are one of the leading causes of death in children and adults from ages 1 to 44. Even if the result is not fatal, traumatic brain injuries can cause permanent brain damage and impair a person's memory, learning ability, and motor coordination for life.

Omega-3s can have a protective benefit, especially if administered shortly after the injury. Animal studies have shown that when the subjects receive DHA omega-3 up to two hours after a brain injury, it improves neurological function and nerve cell survival, reduces inflammation and decreases oxidative stress.

DHA given prior to the injury also promotes cell survival and function. A study from Sweden showed that resolvins — molecules naturally produced from omega-3 fatty acids — can improve nerve cell function when given within 24 hours of surgery.

Why Do Omega-3s Protect the Brain?

One of the primary reasons that omega-3s are crucial for the brain (and the rest of the body) is that these fatty acids fight inflammation. Now, inflammation serves an important purpose. If you cut yourself or twist an ankle, inflammation starts the healing process in the form of redness, swelling, heat, pain and loss of function.

Normally, the inflammation response is self-limiting. But when there are not enough pro-resolution molecules lying around, inflammation continues to smolder and attack previously undamaged cells. In the brain, excessive inflammation can mean neuronal loss, which explains why the omega-3s' anti-inflammatory properties are so important for healthy brain function.

The Road to Recovery

Today, I am fortunate to report that my family member made a remarkable recovery. He is working again, more physically active than before, and has retained all the warmth and personality he had before surgery. He partially attributes his recovery to Omega Cure, and is faithful about taking his omega-3 oil every day.

As for me, I feel grateful that I was able to provide him with the essential nutrition his brain needed to recuperate.

About Anne-Marie Chalmers, MD

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



Call us at 941.485.4400
www.omega3innovations.com

The Kitchen Table

By Alex Anderson,
Senior Associate Pastor at Bayside Community Church

I don't know if I've mentioned this, but my mom is an incredible Monopoly player. I mean she is phenomenal. And one of the things I enjoyed growing up was sitting at the kitchen table. I'm not just talking about Mom's amazing cooking. I loved the kitchen table because that is where all the entertainment happened. When I was growing up, there was no Internet, no cell phones...shoot, I don't think there were even interstates then.

We had to create our own entertainment. So the kitchen table was fun because we would play Monopoly, cards, checkers, lots of board games. It was in those times that I learned how to communicate, to negotiate, to win, and to lose.

My mom wouldn't give you an inch of grace when playing a game. She would beat you and take all your Monopoly toys away. As an early teen while playing with her, I was down pretty bad. I was running out of cash and I had landed on one of her big red expensive hotels on Park Place...ouch! I was trying to make a deal with her. She mortgaged me to the hilt...she knew the next time around I was toast. And sure enough she wiped me out...with a big smile on her face. I was so mad. I sat there fuming. She looked at me and said, "Why are you so upset?" I said, "Because you didn't let me win!" She said, "I am not supposed to let you win. If I let you win, I would be doing you the worst service in the world, Son. You know you wouldn't feel good about it if you didn't win on your own merits." My mom is a wise lady.

The kitchen table is where the family culture is passed down to the next generation. Think about this...before there ever was a church or a community, as we know it, God created a family with Adam and Eve.

It's at the kitchen table, with all personal electronics in the "off position, please," that we first learn healthy relationship skills and values; not in universities, sporting events, or in corporate America.



Children learn from their parents and the parents learn from the grandparents and so on and so on.

"Teach a child how to follow the right way; even when he is old, he will stay on course."
(Proverb 22:6 (Voice))

In the book, *Lincoln On Leadership* by Donald T. Phillips, I learned these thoughts about Lincoln: Abraham Lincoln developed the love of writing and communication that later helped him to become a president of the United States by his mother reading and teaching him to read the Bible. He also learned something else. His father was a harsh man...very critical. Senior Lincoln had a very difficult life and was barely able to take care of his family. Abraham also learned to be very critical.

Later in politics, young Lincoln was very critical towards others in his public speaking. He would even take out ads in the newspaper and publicly slander people. This got him into a pistol duel where he almost lost his life.

That event shook him up and caused a change, but here is the cool thing; because his mom taught him to read the Bible, he learned that criticizing people does not honor God.

As a matter of fact, during the Civil War, the South had gotten into a position where it would have been really easy for the Union to stop a lot of bloodshed. Atlanta would have never been burned and a lot of other terrible things could have been stopped very early on. Robert E. Lee was positioned in a particular place and the timing was perfect to take him out. So Lincoln immediately sent word to his general with intelligence on how to proceed. Well, his general decided to do what he wanted to do instead, and it literally prolonged the war for years.

Rightfully so, Lincoln was very angry. He wrote a rebuke to this guy...something to the effect of, "You don't realize this, but by not doing what I asked you to do, you let Lee get out from under us. Because of this, there is no telling how many lives and resources we've lost, or how much destruction is going to take place in the next few years. We could have ended this war, but you did not do what I asked you to do."

Care to guess how the guy responded to the letter? He didn't. Lincoln never sent it. He had a changed heart when it came to criticism. Even under huge duress as president, Lincoln dealt with his subordinate as a life-giving person, which he learned at the kitchen table.

Do you have a Life-Giving kitchen table? If not, why not make it a goal for this month? Until next time...

Be Life-Giving!

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 | mybayside.church

To read other life-giving articles by Pastor Alex,
go to <http://belifegiving.blogspot.com/>



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