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January 2018

Marion Edition - Monthly

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Radiologists – Who We Are & What We Do

If your physician has ever recommended that you get an imaging test, or if you've had a voluntary screening exam, then a radiologist has played an active role in your healthcare. Most of us have undergone at least one imaging test, from an x-ray to find out if a fall actually broke a bone, to an ultrasound to check for a soft tissue abnormality. But few of us know what happens after that, so we thought we'd give you a little more info on the process.

The imaging tests themselves are performed by highly-educated technologists who are trained in the equipment used to perform your imaging test, whether it is x-ray, magnetic resonance imaging (MRI), computed tomography (CT), positron emission tomography (PET), ultrasound or a 3D Mammography™ exam. Imaging technologists are also trained to keep you safe and make you feel as comfortable as possible throughout your visit.

After your test is completed, the resulting images are sent to one of RAO's Board Certified radiologists, all of whom are medical doctors who specialize in one or more diagnostic areas, like musculoskeletal radiology or breast imaging, for example. Some of RAO's radiologists hold certificates of added qualification as well, meaning they underwent additional education and training in their specialties. In fact, most of our radiologists have at least 14 years of postgraduate education – which is good to know when you're concerned about experience and accuracy, as we all are.

Your radiologist's primary role is to carefully scrutinize the images produced by your test, write a report including a summary of findings and establish an educated diagnosis of the problem (or conclude there is no problem in the tested area), and quickly share it with your referring clinician. If treatment is needed, your radiologist can work directly with your referring clinician to help plan the next steps. When testing includes minimally-invasive procedures like biopsy, your radiologist will use image guidance to pinpoint the area being tested for superior accuracy and security.



Among the many benefits they provide, radiologists save untold numbers of patients from the risk, pain, recovery time and financial impact of exploratory surgery. So even if you don't have an occasion to meet your RAO radiologist face-to-face, know that he or she is an integral part of your overall care, and working hard to help ensure your safety, promote your health and secure your peace of mind.

If you have questions about the role of RAO's radiologists or the diagnostic and interventional services we provide, we invite you to call us. We'd be more than happy to help.



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from left to right: Ryan K. Tompkins, MD, Fredric C. Wollett, MD and Brian Cartwright, MD

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Shoulder Pain

When is Surgery Truly Necessary?

By Christopher Manseau M.D.

There are various causes of agonizing shoulder pain and discomfort, but if you're someone who suffers from rotator cuff pain and limitation, you need to understand the differences and your options.

What causes shoulder pain?

Degenerative disorders such as osteoarthritis and rheumatoid arthritis are, unfortunately, a primary source of joint and bone inflammation, which is a significant contributor to rotator cuff degeneration. Trauma and injury are the second leading cause of shoulder aches, tears, and dislocation.

Treatment Options

Typically, orthopedic surgeons will start patients with some form of physical therapy and pain management program that includes medications or corticosteroid injections. However, these therapies do not work in every case, and for many individuals that don't respond to these methods, surgery is absolutely necessary to recover your range-of-motion and to improve mobility and function, which will subsequently, alleviate your pain.

The shoulder is made up of three bones, the humerus (arm), scapula (upper back), and the clavicle (collarbone). The glenoid socket houses the upper ball of the humerus bone and the central joint that connects everything together is the AC or acromioclavicular.

Partial Total Arthroscopy

This type of shoulder repair includes a prosthetic cup that acts as the glenoid socket and a titanium humerus ball that fits into the space precisely, allowing superior gliding and functionality. Because most individuals that suffer from forms of arthritis have lost collagen and lubrication in the joints, the prosthetic replacement alleviates a majority of their discomfort and lack of movement.

Reverse Total Arthroscopy

When there is a deep rotator cuff tear, severe and recurrent dislocation, a tumor or other traumatic shoulder injuries, it's very beneficial to replace the shoulder joint by creating an exact opposite prosthesis than that of the partial total arthroscopy.

With a reverse total, the titanium ball is attached to the glenoid socket and the upper area of the humerus is the prosthetic cup. This provides ease and better functioning without pain for people with shoulder injuries because it makes the arm rely solely on the deltoid muscle as opposed to the rotator cuff.

Aftercare

With both partial and reverse arthroplasties, after surgery, you will be resting; if your surgeon gave instructions for any stretching or range-of-motion exercises, you would be doing those under their supervision and direction. During your healing

process, you must be diligent about not lifting anything heavy or overusing your arm. A few weeks later you will need physical therapy to get your shoulder strength and flexibility back. Depending on your type of surgery and circumstances, you may need a few weeks to a few months of therapy.



Christopher Manseau M.D.

Fellowship Trained
Board Certified Orthopaedic Surgeon
Fellow American Academy of Orthopaedic Surgeons

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Dr. Christopher Manseau and his 12 member support staff develop and implement individual care programs combining advanced surgical techniques with on-site occupational therapy to ensure optimal success. Arthroscopic and other minimally-invasive techniques are also employed as appropriate.

Dr. Manseau has practiced in North Central Florida since 1997. He established OSC in 2006 to further his desire to provide the ultimate in personalized orthopedic care, with special emphasis on the individual needs of his patients. He is board certified in orthopedic; a fellow in upper extremity reconstruction, and a recognized sports injury expert.

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LIFESTYLE CHOICES HELP PREVENT CANCER

Diet, exercise and getting recommended screenings are some of the ways to lessen your risk of cancer.

According to the National Institutes of Health, certain lifestyle choices can lessen the chances an individual has of developing cancer. However, even though most Americans know that choices such as quitting smoking, protecting skin from sun damage, eating a healthy diet, exercising more and getting the recommended screenings reduce the risk of cancer, following these recommendations can often be difficult. Although targeted treatments for cancer have improved survival rates and there are more breakthroughs on the horizon, the best option for most of us is still prevention.

SKIN CANCER AFFECTS 1 IN 5 AMERICANS

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer, called basal cell and squamous cell carcinomas, are highly curable. Melanoma, the third most common skin cancer, is more dangerous.

By now, most people know a sunscreen should be used when going outdoors, even for a short period of time. However, not all sunscreens are created equally. For maximum protection, oncologists recommend a sun protection factor (SPF) of 50 or greater, regardless of skin color or ethnicity. Other recommendations include avoiding tanning beds or sunlamps. Experts also recommend examining your skin, head to toe, every month for any changes. You should also have a doctor examine your skin annually.

SMOKING AND CANCER

According to the Centers for Disease Control (CDC), cigarette smoking is the number one risk factor for lung cancer. It's estimated that, in the United States, smoking causes about 90 percent of lung cancers. Smokers are 15 to 20 percent more likely to get lung cancer than non-smokers. Tobacco products such as cigars or pipes also increase the risk for lung cancer, throat cancer and mouth cancer. Even smokeless tobacco has been proven to increase the risk of oral cancer, throat cancer, stomach cancer and pancreatic cancer.

ANOTHER REASON TO STOP SMOKING – BLADDER CANCER

Bladder cancer is the fifth most commonly diagnosed cancer in the U.S. This year, it is estimated that nearly 15,000 people will die from the disease. But here's a real shocker...people who smoke are four times as prone to



the malignancy as nonsmokers – especially women. About half of all bladder cancer cases in women age 50 and older are now traceable to smoking. In addition, current smokers are four times as likely to develop bladder cancer as people who have never smoked.

THE ROLE OF DIET IN PREVENTING CANCER

Although no particular food or diet product can prevent cancer, there is growing evidence that diet can play a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Likewise, 30 to 40 percent of certain types of breast cancer have been linked to what we eat, especially if our diet is a contributing factor to obesity. A diet that is high in fruits, vegetables, legumes and whole grains while also low in animal fat, processed foods and sugar are generally considered healthier. This can boost your immune system to help fight diseases such as cancer.

REDUCE YOUR CANCER RISK WITH HEALTHY LIFESTYLE CHOICES

Each year, over half a million Americans die of cancer. About one-third to one-half of these deaths are linked to lifestyle choices and potentially could have been prevented. Start reducing your risk of cancer by making these choices in your life:

- Get to and stay at a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.
- Stop smoking – or better yet, never start.
- Wear sunscreen with an SPF of at least 50.
- Get recommended screenings such as colonoscopies, PAP smears and mammograms.
- Let your doctor know if there is a family history of cancer.

World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. This status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

Florida Cancer Specialists treats patients with all types of cancer and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location. FCS delivers the most advanced and personalized care in your local community.



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Thyroid Disorders—Underdiagnosed & Life-Threatening!

By Dr. Michael Badanek, BS, DC, CNS, CTPP, DMM, DACBN, DCBCN, MSGR/CHEV

One of the most misdiagnosed and mistreated organs in our bodies today is the Thyroid Gland. It is estimated that 1 in 6 Americans have thyroid disease or dysfunction. If thyroid disease is left unattended, it leads to much more life-threatening illnesses and health challenges.

Thyroid hormone resistance does not elevate TSH (thyroid stimulating Hormones) in the blood but instead are only detectable in the tissues. For this very reason, many people are suffering dangerous disorders and symptoms with no treatment plan. Furthermore, the standard treatments are not getting to the root cause of the hormonal imbalance.

The functional and integrative medicine approach to thyroid disease is distinguished by an understanding of the interrelationship between the thyroid and the rest of the body. The cause or "etiology" of most chronic conditions is multi-factorial, and thyroid disease is not different. There is rarely a "single smoking gun;" more commonly there is a cache of "smoking guns." While many physicians consider the cause of thyroid diseases to be unknown (idiopathic), this claim of ignorance ignores the thousands of studies that inform us of how the thyroid is injured by multiple genetic, lifestyle, and environmental factors.

The Female Thyroid Disorder Connection

Today, we are facing an ever-increasing incidence of women who suffer with reproductive issues that are in direct relationship with thyroid issues. From puberty to menopause, women's bodies and brains are influenced by continuous cycles of hormones. These hormones are crucial not only for reproduction but also for the nature of a woman's feminine identity. Sex hormones – including estrogen, progesterone, testosterone, and DHEA – also play an important role in thinking and memory, and they interact with chemicals in the brain that regulates mood, emotions, and sex drive.

Thyroid hormones affect the levels of sex hormones and the way they work in your body. A thyroid hormone imbalance frequently causes either heavy, prolonged menstrual periods (especially in hypothyroidism) or brief menstrual periods, or even cessation of menstrual cycles (in hyperthyroidism and also in severe hypothyroidism).



Sex hormones seem to play a role in the occurrence of thyroid disease. In females, autoimmune thyroid disorders become more common at puberty. As a woman enters her reproductive years, the frequency of both Hashimoto's thyroiditis and Graves' disease increases sharply. At menopause, the frequency of Hashimoto's thyroiditis and low-grade hypothyroidism also increases, with 13 to 15 percent of postmenopausal women having some thyroid hormone deficit. One study showed that Hashimoto's thyroiditis occurred more frequently in women who had a longer reproductive span (that is, more years between puberty and menopause).

Sex hormones have a significant effect on how a thyroid imbalance is manifested physically and mentally. The chemistry of both brain and body is influenced in normal and abnormal conditions by the thyroid and sex hormones. A thyroid hormone imbalance will exacerbate the symptoms of hormonal shifts, so a woman who usually has few or no symptoms related to hormonal changes will begin to experience more symptoms when a thyroid imbalance occurs.

These complex ways in which thyroid problems cause an escalation of symptoms are most apparent during three critical periods of the hormonal cycle: the luteal phase of the menstrual cycle (after ovulation, when an egg is released—the time when most women experience premenstrual syndrome or PMS) the postpartum period, and menopause.

Fluctuations of hormone levels affect neurotransmitters and may make you more susceptible to depression and anxiety. Vasomotor instability may make you

experience hot flashes and night sweats. Your sleep may become disturbed, and your sexuality may change. You are at a higher risk for bone loss, impaired cognition, and cardiovascular disease. Your metabolism slows down, and you may begin to gain weight.

Dr. Badanek—37 Years of Active Clinical Practice Treating Thousands of Patients in Central Florida

Dr. Badanek's office looks at sickness and disease in a totally different perspective. We address the cause (s) of all conditions, test for them, and treat the cause(s) not just the symptoms. It is a new paradigm shift of conscientiousness for the new patient. To input knowledge to the patient, which is most lacking today in our health care delivery system, is empowering the patient to be successful with their health challenges presented.

If you or someone you know are experiencing poor results with your current care for your thyroid condition or any current health challenge we urge you to contact our office for a courtesy consultation.

Contact Dr. Badanek at 352-622-1151 or go to the website at Dr. Badanek or www.alternativewholistichealth.com



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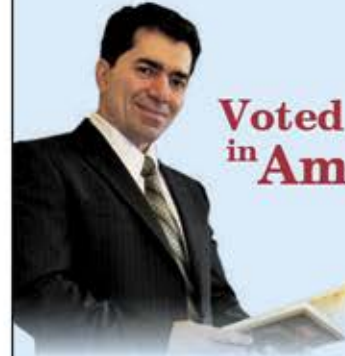
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Glaucoma: More Than Eye Pressure

By Dr. Latif Hamed MD, FAAO, MBA

For many people, Glaucoma means high eye pressure. This is only partially true. Glaucoma is a disease of the optic nerve that leads to gradual loss of its nerve fibers that is often but not always associated with high pressure. The eye, like a football or a tire has a recommended pressure and if the eye pressure for a particular person exceeds that number then it may cause optic nerve damage. What is that recommended pressure? Well, that is where the plot thickens.

It turns out that the optic nerve's ability to withstand pressure differs from one person to another. A pressure that may be high and damaging to one person may be entirely safe for another. Some optic nerves are rugged and strong and can withstand higher pressure than other weaker more fragile nerves. Therefore, although on average an eye pressure in the mid-teens may be safe to most, it may be too high for some patients with particularly fragile nerves, and lowering the pressure to single digits in such patients may be required.

The optic nerve is a bundle of about 1.2 million fibers that connect the eye to the brain. Glaucoma entails losing a few fibers at a time and therefore the disease is gradual and surreptitious (Sneaky) in the sense that the typical patient is unaware of the problem until the disease is advanced. This is particularly so since we have a lot of spare, redundant nerve fibers.

Up to this point we have talked about the eye pressure and the optic nerve structural strength and wherewithal as two important factors in the genesis of glaucoma. If only things were this simple! The plot thickens even further as you delve deeper into potential systemic, genetic and environmental factors. However, our approach to treatment thus far largely revolves around those two factors: eye pressure and nerve strength.

First and foremost are treatments that aim to lower the eye pressure, either by instilling eye drops or performing surgery. If you know someone with serious glaucoma, then you may know that they need to take multiple eye drops daily of different types. Why so many different eyedrops for glaucoma? To answer this, you should know that there is a fluid circulation that occurs inside the eye wherein fresh fluid loaded with oxygen and nutrients is secreted into the eye and that fluid then drains out through a drain or a sink as fresh fluid replaces it. Therefore, to reduce the amount of fluid inside the eye and reduce the eye pressure we have



two basic types of eye drops: The first reduces the amount of fluid secreted into the eye and the second increases the amount of fluid that drains out of the eye. Some patients can be managed with just one type or the other while others require a combination of drops to get their eye pressure low and safe enough.

The surgical procedures aim to do the same as the drops: either reducing the amount of fluid going into the eye or, more commonly, increasing the fluid coming out by creating a new drain or sink or outlet for the trapped fluid to get out of the eye to bypass the natural drain that is not working properly. These surgical procedures range from relatively brief laser procedures, to synthetic tubes and drains that are either implanted within the eye or bridge the inside and outside of the eye, to more involved surgical procedures that portend to fashion a new outlet for the fluid inside the eye to bypass the clogged natural drain.

Our discussion thus far has centered on what the medical profession has devised to help patients with glaucoma. This brings up an issue that I am passionate about, no matter what the ailment: The first question we as doctors and patients need to address is whether there are behavior modifications we can undertake besides medications and surgeries that can improve or cure the ailment under consideration before you embark on the pharmaceutical or surgical options. For instance, one of the risk factors for glaucoma is diabetes, and most patients with diabetes develop it due to being overweight and then are ensnared in a web of medications that may lead to further weight gain and need of more medications, an unfortunate circuitous route that I see so often. We know that diabetes and hypertension are a risk factors for glaucoma and that both are better controlled with proper diet and exercise, so it is the duty of health care professionals to help spark patients' interest

along those lines, and it is the intelligent thing to do from the patients' perspective to not solely rely on the medical and pharmaceutical industry to safeguard their health.

The treatments we have for glaucoma now are far from ideal. Patients are prescribed daily drops and sometimes multiple kinds and multiple daily drops. That is admittedly inconvenient. These drops also have side effects such as burning and stinging, redness, blurred vision, and sometimes serious complications if given to the wrong patient. For instance, patients with heart failure or asthma may develop severe problems if given eye drops that are of the beta blocker variety.

Until that ideal treatment arrives wherein we have a cure for the glaucoma or devise a drop with minimal side effects that can control glaucoma with one drop, say, per month, it is important to work together, doctors and patients, to comply with the best treatments available to protect the optic nerves that connect our eyes to the brain. The disease is silent, so routine annual checkups are recommended. Any nerve fiber loss is permanent so prevention is key.

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Latif Hamed, M.D. FAAO Florida Eye Specialist Institute



Latif Hamed, M.D. FAAO

Dr. Latif Hamed, Florida Eye Specialist Institute, is Board Certified by the American Board of Ophthalmology and is also an examiner for that Board. He specializes in advanced laser, surgical and medical eye care. Dr. Hamed is a former professor and Chief of Division at UF Shands. He has been recognized multiple times by his peers in "Best Doctors of America" and is voted "Best of the Best" by the Ocala STAR Banner.

Dr. Hamed's office at 3230 SW 33rd Road in Ocala is equipped with the most advanced diagnostic equipment and newest procedures, allowing him to offer his patients the newest way to reduce or eliminate glasses. New patients are welcome. Most insurance plans are accepted and filed for you.



Don't **FALL** into the New YEAR

-Tips for Falls Prevention

Whether you've suffered one yourself or know someone who has, falls are among one of the most serious health concerns for older patients. It is a scary 4 letter word that we all want to avoid. Approx. 30-40% of community dwelling adults over the age of 65 fall each year. Starting out in this New Year we want you to make a resolution - NO FALLING.

Common Causes of Falls:

- Accident/environment causes
- Gait and balance disorders/weakness
- Dizziness and vertigo
- Confusion
- Postural hypotension (drop in blood pressure when changing positions)
- Visual disorder
- Syncope

Things YOU can do to prevent falls:

- Wear stable shoes with a good grip
- Regular exercise-stay active to maintain strength, endurance and balance.
- Medication modifications from your doctor
- Remove throw rugs in your home
- Remove clutter in your home and walk carefully through potential hazards
- Use a nightlight in the bedroom or bathroom
- Do not use towel bars, sink edges etc. for support because they could come away from the wall.
- Use an Assistive Device if balance is off.
- Immediately wipe spills off the floor and use a rubber backed bathmat to prevent the bathroom floor from getting wet.
- Know your limitations, if there is a task you cannot easily complete, do not risk falling by doing it.



Quick falls SELF Assessment:

-Take this quick test to see if you are considered low, medium or high risk for falls.

Answer the following questions YES or NO

1. Have you had a fall in the last 12 months?
YES/NO
2. Are you on four or more medications a day?
YES/NO
3. Do you have Parkinson's disease or have you had a stroke? YES/NO
4. Do you feel unsteady or have problems with balance? YES/NO
- Can you walk while talking? Do you sway while standing? Can you balance on one foot? YES/NO
5. Do you struggle to get up from a chair?
YES/NO

RESULTS:

You are LOW risk if you answer NO to all questions, MEDIUM risk if you answer YES to 2 questions and HIGH risk if you answer yes to 3 or more questions.

Reference: Test from www.NHS.uk

References:

"Fall Prevention for Older Adults". The American Occupational Therapy Association, Inc. TIPS for living life to its fullest.

"Falls in older people: epidemiology, risk factors, and strategies for prevention." Age of Aging. 2006; 35-S21L ii37-ii41.

"Prevention of Falls in Older Patients". Shobha S. RAO, MD., American Family Physician 2005; Volume 72, Number 1.

American Institute of Balance Self Quiz

Have you ever felt?

1. A feeling of motion, spinning, or falling when moving your head quickly or changing position, e.g getting out of bed? YES/NO
2. Uncomfortably getting around in the darkness? YES/NO
3. Walking down grocery store aisles or through the mall upsetting? YES/NO
4. Your feet just went where you want them to? YES/NO
5. A sense of unsteadiness? A feeling you are not surefooted? YES/NO
6. A fear of falling or stumbling? YES/NO
7. Looking at moving objects such as escalators or looking out the side window of the car makes you queasy? YES/NO
8. Difficulties keeping your balance as you walk on different surfaces, e.g tile to carpet? YES/NO
9. A feeling you are drifting or begin pulled to one side when walking? YES/NO
10. No one really understanding how frustrating this is? YES/NO

**If you answered YES to one or more of these questions a vestibular equilibrium evaluation should be considered.*

-Reference: www.dizzy.com

Physical and Occupational therapists are specially trained to address balance deficits and patients that are at risk for falls. If you have a history of falls or scored as a risk on either balance assessment you may benefit from PT or OT interventions to help to decrease your fall risk and improve your safety and quality of life.

We here at **Life Care of Ocala** are here to improve the health of the community for which we serve. As part of this vision, we provide a team of highly skilled Physical, Occupational and Speech Therapists and the latest in cutting edge rehabilitation technology such as the AlterG anti-gravity treadmill and the Biodex balance system to help you regain your independence and facilitate you reaching your personalized goals. Please call our outpatient rehabilitation department at (352) 873-7570 if you have any questions or think we can help you maintain your functional independence.

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Thyroid Awareness Month

During your yearly physical, did you ever wonder why the physician places their hand on your throat and asks you to swallow? Given that January is Thyroid Awareness Month, this is the perfect time to explain this common test.

Your doctor is checking for thyroid nodules. Although thyroid nodules are extremely common and usually benign, there are growing numbers of people with thyroid cancer and other thyroid issues.

The thyroid is a butterfly shaped gland. It produces two main hormones that regulate body temperature, metabolism, heart rate and other factors. These two hormones are T3 and T4.

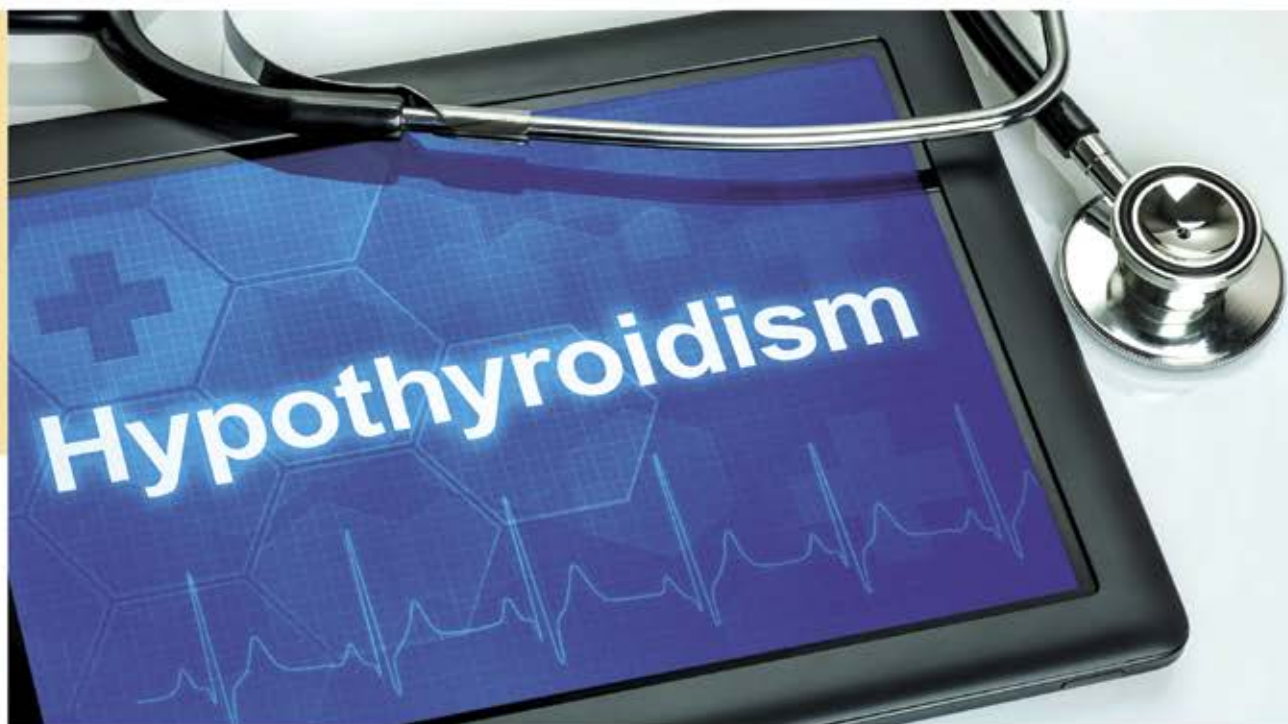
In recent years there have been several celebrities that have shared their personal stories of thyroid issues. Most recently, Supermodel, Gigi Hadid shared that she suffers from Hashimoto's Disease, which is an autoimmune disease that attacks the thyroid.

Along with cancer and Hashimoto's, thyroid nodules could suggest that that you may suffer from hyperthyroidism or hypothyroidism. If left untreated, thyroid issues can lead to dangerous conditions like AFIB, blood disorders and heart disease.

HYPERTHYROIDISM SYMPTOMS:

- Overactive appetite
- Fatigue
- Anxiety
- Nausea
- Lack of concentrate
- Irregular heartbeat
- Sleep disturbances
- Dry/Brittle & hair breakage
- Itchy dry skin

With **Hyperthyroidism**, an overproduction of the T3 and/or T4 hormones causes the body to react to the over secretion of the thyroid hormones in negative ways. The most common form of this disorder is



Grave's disease, which is an autoimmune disease. Grave's causes the body to attack its own thyroid gland. Other causes can be from genetic mutations (can run in families), and tumors in the ovaries or testes.

HYPOTHYROIDISM SYMPTOMS:

- Tendency to be cold
- Dry itchy skin
- Swollen eyes
- Forgetfulness
- Lack of concentration
- Lack of appetite
- Weight gain
- Fatigue
- Menstrual changes
- Hair loss
- Depression & anxiety

With **hypothyroidism**, the thyroid is underactive, producing too little T3 and/ or T4 hormones. The causes of hypothyroidism are autoimmune diseases, like Hashimoto's, surgical removal of the thyroid (cancer patients), environmental radiation exposure, or radiation treatment of the thyroid. Although there is no cure, there are many different medications available to successfully treat hyperthyroidism and hypothyroidism.

RATNASABAPATHY SIVASEKARAN, MD

Dr. Sivasekaran is a comprehensive internal medicine physician that understands the commonality of

thyroid issues, and is always conscientious of these conditions for his patients overall wellbeing. On a routine basis, he checks his patient's neck and thyroid both visually and then digitally by having them swallow to check for nodules. If they are of concern, he will run further tests if necessary. Although the hormones levels tend to fluctuate, a simple blood test can be performed to check your T3 and T4 status.

Dr. Siva has been in practice for fourteen years. He earned his Honors Bachelors of Science in Biology from University of Waterloo, Canada. He went on to earn his Doctor of Medicine from St. George's University School of Medicine graduating on the Dean's List. He is American Board of Internal Medicine certified. Dr. Siva has affiliations with AMA, AHA and Marion County Medical Society. He opened his own private practice in Ocala in 2006, and he has privileges at all hospitals and nursing homes in Ocala for continued care of his patients.

To find out more information, please contact Dr. Siva's office at **(352) 369-5300**, or visit DrSivaOcala.com

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Weight Loss Surgery Options for the New Year

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

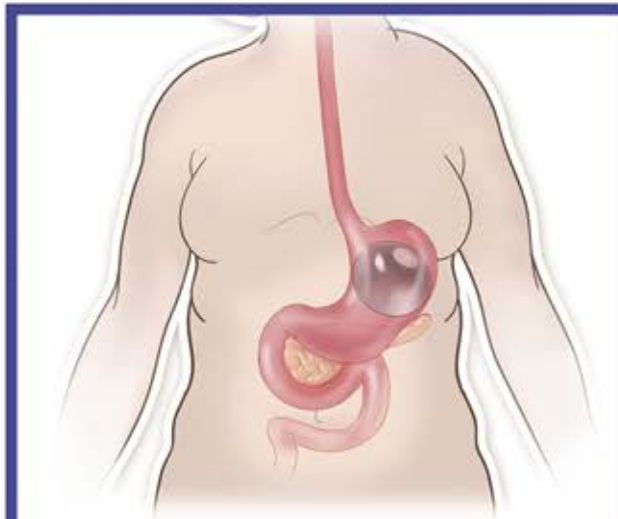
In the final hours of December 31, 2016, millions of people across the United States will unknowingly join together in making that all-too-common resolution, "This is the year that I'm finally going to lose this extra weight!" Some will succeed, but unfortunately, many will not despite a valid effort at healthy eating and regular exercise. This should never be regarded as a failure – our bodies are programmed to store fat, and some of us do it better than others. If you have a body mass index greater than 30 or are more than 100 pounds overweight, there is no better time to consider your weight loss options for the coming months.

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



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

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



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

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

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



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

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



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Urinary Incontinence

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

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

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

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



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

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

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

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

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



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LOOK GOOD...FEEL GOOD... BE HEALTHY!

With the new year already here and the holiday season behind us there is no better time than the present to get started on a path of achieving a healthier lifestyle. Maybe you put on a few extra pounds over the holidays and want to fit back into your favorite clothes or maybe you were recently diagnosed with high blood pressure, diabetes, high cholesterol or sleep apnea and are concerned about your overall health? Perhaps you don't have the energy you used to have or suffer from knee, hip or back pain and just want to feel energized and pain free again? Eighty to ninety percent of common medical issues are weight and lifestyle related. The good news is if your weight and overall lifestyle are corrected many of those medical problems improve or are totally eliminated and you can feel better about yourself and enjoy all that life has to offer.

Lifestyle Solutions MedSpa specializes in helping people achieve and maintain a healthy weight through physician-directed individualized programs that teach you how to achieve a healthy, realistic, sustainable lifestyle. "We educate, motivate, inspire, and hold people accountable so that each person starts feeling better about themselves and starts to develop a new healthier routine without feeling like they are on a "diet" or part of a "diet program", says Dr. Michael Holloway, medical director and founder of Lifestyle Solutions MedSpa, "With over 12 years of experience in this field we have become very good at what we do...most people who start our program are very successful and achieve good outcomes. We have helped people get their blood pressure and diabetes under control without the need for medication as well as help people reduce or eliminate many of their common medical conditions so they can feel healthy and confident.

The MedSpa takes the approach that focusing on the individual and establishing a positive, up-beat attitude is key. You will feel the difference from the minute you pull up to the facility and walk through their doors...it is unlike most anything



you have experienced...a far cry from the typical sterile, bland, medical facility. You will also be greeted by their warm and friendly staff. "We raise the bar high in the area of customer service", says Shannon Holloway, the MedSpa's executive director and co-founder, "We see ourselves as much in the hospitality industry as the medical field. We want each and every client to feel uplifted and happy about coming to see us. Emotional health and well-being is a large part of one's daily attitude which makes a huge difference as someone works towards their goals of losing weight and developing a revitalized feeling about themselves."

Lifestyle Solutions MedSpa offers much more than just weight-loss programs. The menu of services they offer include numerous FDA approved facial and body aesthetic treatments and procedures all of which are non-invasive and have the benefit of little to no downtime but deliver incredible results. "If someone is looking for a total body make-over we can make that happen", says Dr. Holloway,

"We offer everything from Botox® and Restylane® to laser hair removal, facial resurfacing, rosacea and sunspot reduction to Coolsculpting® which dramatically reduces that undesirable diet and exercise resistant body fat we accumulate as we age. We also have a fabulous permanent make-up artist from Japan who has been with us for over five years. She performs some of the best eyebrow and eyeliner results I have ever seen."

The MedSpa also offers a simple and effective way to "escape" from the busy stressful world and take an afternoon to just pamper yourself or you and your spouse or just have a "girls' day out". There are two adjacent amazingly adorned spa rooms that can be booked for a "spa party" where each person can choose from a list of massages, facials or other desirable relaxing treatments and then enjoy a healthy revitalizing lunch while sitting just outside on the private French-style patio all while enjoying relaxing music, soothing sounds from a nearby waterfall and watch the butterflies mingle around the flower garden.

If all this sounds too good to be true, well, it isn't...Dr. Michael Holloway and wife, Shannon, challenged themselves over the past two years to design and construct a new facility in the heart of the Villages® community that they consider to be one of the top MedSpas you will find anywhere around the world. And once you experience the facility and everything they have to offer we think you will agree. You just simply need to come experience Lifestyle Solutions MedSpa. They have two equally unique facilities located in Ocala and Lady Lake. Call and make your appointment for a free consultation TODAY!

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5 Potential Health Crises Home Inspections Prevent

A home inspection is one of the most important steps in the home buying process, but some real estate agents might encourage their customers to skip it to cut closing costs. A good REALTOR®—one who has your best interest in mind—will never advise bypassing a home inspection. Why? Because we don't just care about our bottom line; we care about you. Skipping a home inspection might not only result in costly home repairs—it could severely impact your health. Here are five serious health hazards a home inspection can prevent

1. Mold-related illness

All kinds of mold love Florida's warm, moist climate, and inadequate moisture control inside a home can quickly lead to an infestation. The damage may even go unseen, as mold can grow easily within walls, ceilings, and air ducts. Various types of mold can produce chemicals called mycotoxins that may cause respiratory irritation, rashes, shortness of breath, headaches, and fatigue in people exposed to them. Small children, the elderly, and those with compromised immune systems may be especially at risk. A home inspection will check for moisture and mold issues, ensuring your new home is mold-free.

2. Water contamination

Waterborne illness is unthinkable in 21st century America thanks to modern advances in sanitation, but when sewage and septic systems break down or are improperly installed, a serious outbreak can occur. Waterborne pathogens can cause such illnesses as Legionnaire's disease, typhoid, cholera, and dysentery. Home inspectors check to make sure sewage and sanitation systems are functioning properly, keeping your drinking water nice and clean.

3. Hazardous materials

Some homes, especially older ones, may be built with materials now known to pose health risks to residents. One of the most well known and dangerous of these is asbestos, a toxic mineral that can cause mesothelioma, lung cancer, and respiratory problems. It was widely used in home construction until the late 70s, when the public became aware of its dangers. A home inspector may check an older home for the presence of asbestos, but newer homes are not at usually at risk. However, all homes may be at risk for radon and carbon monoxide, two odorless and invisible gasses that can be deadly in high concentrations. Inspectors usually offer radon and carbon monoxide testing services, and it's wise idea to add them to your inspection package if you can.



4. Rodents and pests

Most home inspections will look for pests or potential sources for pests. These include rats, mice, roaches, termites, mosquitoes, and a host of other unpleasant Florida bugs. It's not just a matter of keeping icky bugs away, but keeping you healthy. Rats and mice can spread disease, as can the ticks and fleas they carry. Properties that hold a lot of standing water can serve as breeding grounds for mosquitoes, which can infect both humans and livestock with potentially deadly diseases like West Nile and encephalitis. Being aware of pests and pest attractants in your home is the first step to protecting yourself and your property.

5. Disaster-related injuries

While you might have an impressive stock of food, water, and important hurricane supplies, do you know if your home is as hurricane-ready as you are? Many storm-related injuries aren't caused by the weather itself, but a home's inability to withstand it. Home inspectors in Florida keep an eye out to make sure roofs and support areas are built to stand up to the sustained winds and rain of tropical storms, ensuring you'll be safe and sound when the next hurricane comes your way. They'll also check for the more subtle ways nature might be working against your home, namely settling caused by sinkholes. Most sinkholes in Florida don't spontaneously swallow homes whole, but gradual sinking can compromise several elements of your home's infrastructure, potentially putting you at risk. Getting a home inspection will reveal whether or not sinkholes are a concern for your property.

For more information about how home inspections can protect your health and your property, contact a team member at Showcase Properties of Central Florida! We're dedicated to helping you buy and sell with confidence, and are always here to ensure you get the best real estate advice.



Dawn Trigg

Broker Associate, REALTOR®

Dawn is a GRI REALTOR® and broker associate with Showcase, and a 30-year Ocala resident. She holds bachelor degrees in Health Science from UF and Elementary Education from Saint Leo's University. In New York, as well as Florida, she developed a career as a dental hygienist and transitioned to education in the early 2000s. She has previously taught at Grace Christian School here in Ocala. A wife of 32 years and mother of two, Dawn enjoys being active in her community by holding memberships to several local organizations: she previously held board positions with the Junior League of Ocala and the Pioneer Garden Club, was an executive with Marion County Medical Society Auxiliary, and was a board member of Grace Episcopal School. Currently, she is a member of the Ocala Marion County Board of Realtors, and attends First United Methodist Church of Ocala.

Dawn's love of real estate stems from the social and human aspects of the profession, and she thoroughly enjoys meeting new people. Continuing her education in real estate is also crucial to her as a professional in the field. She utilizes her growing knowledge and active listening skills to help her customers achieve their goals, and brings her emphasis on personal integrity and honesty to bear on every transaction she makes.



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If you're longing for something new—a place to really feel at home, Ave Maria, FL might just be the answer you've been looking for. Ave Maria has won community of the year for the third consecutive year. What makes it so unique? The details!

Ave Maria is a 4,000-acre master-planned community. Developer, Barron Collier Construction, kept in mind the need to develop a town that was for all ages, from growing families to seniors and they did it with great pride, making certain the specifics were perfect and that the homes are of the highest quality. In fact, the homes are so well built that they survived Hurricane Irma with very little harm and they were reported to have sustained some of the highest winds at over 110 miles per hour.

The town of Ave Maria offers several styles of homes featuring lake, preserve, and golf course views. The amenities include over 100 miles of walking trails, an onsite waterpark, golf course and club, tennis, bocce and pickleball, a Town Center with exclusive shopping and dining, a Publix grocery market, private schools, a University, resort pools, fitness center and sports fields, a dog park and playgrounds. With move-in ready homes, models with over 40-floor plans to choose from and prices ranging from the \$100s to over \$500s, it's clear why people are interested in building a new life in Ave Maria.

Ave Maria has great outdoor spaces, and what's key, is the fact that it's not overly developed or as busy as some nearby communities. Settled in Collier County, Ave Maria is one of the newest communities with award-winning amenities. For those individuals lucky enough to live here, they will experience the best of both worlds. State-of-the-art entertainment is just a short 30-minute drive away to Naples, and they reside in the quiet neighborly hometown, where kids can safely play in the water park, and grown-ups ride their bikes to the coffee shop or walk to fabulous restaurants for dinner. And if you're looking for some modern flair, Miami is just a quick 2-hour drive away.




Come and see why so many residents love to call Ave Maria home.

How Do I Get There?

From I-75 south take Exit 111, and then make a left/east on Immokalee Road (County Road 846). Proceed 10 miles to Oil Well Road (County Road 858). Turn right on Oil Well Road to Ave Maria.

Ave Maria

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 Take I-75 to Exit 111, follow the signs to Ave Maria Town Center

Pelvic Organ Prolapse

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

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

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

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

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

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

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

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

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



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

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



Uzoma Nwaubani, MD,
FACOG, FPPMRS
Fellowship Trained and Board Certified
Urogynecologist and Pelvic
Reconstructive Surgeon

Uzoma Nwaubani MD - "Add Life To Your Years"

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

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

Female Continence & Pelvic Surgery Center
1050 Old Camp Road, Suite 206, The Villages, FL 32162
352-633-0703 | www.fecapsc.com | www.addlifeurogyn.com

Making Sense of Fish Oil Oxidation Values

By Bo Martinsen, MD

Recently, a fish oil manufacturer visited our Venice office and gave us two samples of a supposedly super fresh, award-winning fish oil. Would we be interested in using the oil in our Omega3 Innovations products, she asked?

The lab data showed that the oil had been analyzed by a national company. And the results indicated that the oxidation levels were extremely low. As a matter of fact, the oxidation levels were lower than any value I had ever seen recorded — even lower than that of fresh fish just pulled from the water.

Of course, the data made me skeptical, so I tasted the oil. The strong flavoring, typically added to cover up a fishy taste, stayed on my tongue for hours.

Later that day, we analyzed the oil's peroxide and anisidine values to determine its oxidation level. Instead of their claimed anisidine value of 0.1 (an impossible number), we found that their anisidine value was more than 200 times higher. As for the peroxide value, it was outside our measurable range, exceeding all freshness guidelines. No wonder the oil needed the heavy flavoring as a cover up!

So was this supposedly pristine oil a pure fraud or the result of ignorance?

The Rampant Rancidity Problem

If the above story sounds shocking to you, it's actually not all that surprising when you look at the state of the omega-3 industry today. Studies from New Zealand, South Africa, and Norway have analyzed the omega-3 products on their markets, and the conclusions are concerning.

In New Zealand, researchers found that 83% of the products exceeded recommended peroxide levels. A similar study from South Africa reported the number at 80% for their over-the-counter fish oil supplements. In Norway, the homeland of fish oil, the results were even worse. A 2009 study demonstrated that over 92% of the products surveyed exceeded recommended industry levels.

More troubling were the results from a recent Canadian study. This study found that omega-3 products marketed towards children had the highest oxidation values of all.

Understanding Peroxide, Anisidine & TOTOX Values

Thanks to scientists raising concerns over the volume of poor quality, rancid fish oil capsules, the omega-3 industry has recently started to push back. Many fish oil manufacturers, like the one who visited our office, are starting to talk about the oxidative status of their oil. This is a positive change.



For the consumer, however, it can also be confusing, especially when plenty of fish oil products claim to be fresh. What does it mean for an oil to be fresh? And how do we know what to trust?

Freshness and Rancidity Basics

Many people are not aware that freshness is not a purely subjective topic. It is something you can measure. In terms of omega-3 oils, the three most common measures of rancidity are peroxide, anisidine, and TOTOX values.

What do peroxide, anisidine and TOTOX values mean for oxidation?

When oils oxidize, they create new byproducts that don't exist in fresh oil. These byproducts typically give off the taste and smell associated with old, rotten fish. The peroxide and anisidine measurements give an indication of how many of these byproducts have formed in the oil. The TOTOX value, which is calculated using the peroxide and anisidine measurements, provides an overall picture of how fresh the oil is.

What should the peroxide, anisidine and TOTOX values of a fresh oil be?

As a rule, the lower the oxidation numbers, the fresher the oil. GOED (the omega-3 trade association) recommends a peroxide value of 5 meq/kg and anisidine value of 20 meq/kg as its upper limit. But it's worth noting that some experts believe the values should be lower. Omega Cure® typically has a peroxide value of 0.1 meq/kg, which explains why the oil has no fishy taste or smell.

What is the problem if an oil's oxidation numbers are too high?

As oxidation occurs, an oil's EPA and DHA content also decreases. Since the EPA and DHA molecules are the main workhorses of the omega-3 family, reduced EPA/DHA content means reduced efficacy. Furthermore, many scientists believe that excessively oxidized lipids could cause adverse health issues. Newer research has linked oxidized fatty acids with Alzheimer's disease, elevated cholesterol levels and cancer.

The peroxide, anisidine, and TOTOX values are not the only ways to measure an oil's oxidation levels. These numbers are simply the most accessible to measure, requiring minimal equipment. Still, the tests aren't perfect. For instance, if an oil contains lots of flavoring or additives, it can impact the reading of the anisidine and TOTOX value.

Using the Taste and Smell Test

As helpful as oxidation values are in determining the freshness of an oil, you can't just rely on the reported value to determine quality. This is because oxidation values are constantly changing. An oil might have a peroxide value well below the recommended 5 meq/kg before encapsulation and bottling. But by the time that product has gone through its final processing and waited on a supermarket shelf for several months (or years, as the case may well be), that number will likely be much higher.

One study from Poland found that fish oil capsules developed peroxide levels 20% higher than their initial values within 22 days of storage. And these were fish oil supplements that had been stored at room temperature in air-tight containers with limited exposure to light.

While not foolproof, tasting and smelling the oil is probably the best way to assess a product for a regular consumer. Just like fresh fish, a truly fresh fish or cod liver oil should have no fishy taste or smell. And it shouldn't need to be covered up by heavy flavoring or a gelatin capsule.

About Dr. Bo Martinsen

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



Call us at 941.485.4400
www.omega3innovations.com

THE WARNING SIGNALS OF A COUGH THAT YOU SHOULD NEVER IGNORE

Dr. Poonam Warman, MD

If you are experiencing a chronic cough that is lingering, you need to take an active approach and seek medical attention. It's better to catch diseases early or to give yourself peace of mind in knowing that it may just simply be a cough, but many times environmental factors play a huge role in a chronic cough and corresponding illnesses.

Numerous key-contributing factors foster chronic coughing, but given last month's horrific hurricane, many people may be coughing more due to molds, mildews and dampness. If you are susceptible to fungi's and wetness for hours on end because your home or place of work was flooded, you may begin to feel sick physically, and a cough is your body's way of trying to get rid of the toxins that you are breathing in. If you continue to breathe in these toxins, you can have long-lasting adverse effects, and you can even cause permanent damage to your lungs.

Coughing—Do Not Ignore These Symptoms:

- A persistent cough for several weeks
- Productive coughing with phlegm
- Asthmatic symptoms
- Shortness of breath
- Rapid heart rate with coughing episodes
- Pain when coughing
- Vomiting when coughing

Other Major Disorders That Contribute To Coughing:

- COPD
- Asthma
- Pneumonia
- Tuberculosis
- Cystic fibrosis
- ARDS (Acute Respiratory Distress Syndrome)
- Emphysema
- Lung Cancer



There are multiple tests that can detect why you're coughing, along with giving a detailed diagnosis. Some of these tests include a nebulizer, blood tests, CT, X-Ray, or MRI. When you see a pulmonologist, they will utilize their precise training to diagnose and treat your disorder or disease state.

If you have a persistent cough or are experiencing unusual respiratory symptoms, please make an appointment with your pulmonologist now. It's better to be proactive than reactive when it comes to your health. If you let symptoms linger, that's when they turn into progressive, advanced diseases.

About Dr. Warman:

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

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

LOCAL ATTORNEY PATRICK L. SMITH OFFERS FLAT FEE ESTATE PLANNING SERVICES



Estate planning does not need to be an expensive or time-consuming process, according to Attorney Patrick L. Smith. Whereas many attorneys bill their clients by the hour to handle their planning, Attorney Smith offers a complimentary consultation and has instituted a flat-fee system for his services. For example, a basic Will is a flat charge of \$75.00 and a Non-Tax Trust Package is \$695.00. This allows clients to know their costs from the start of planning and to determine their estate planning needs without surprises. Although Attorney Smith primarily practices in estate planning and asset protection, he regularly works to connect his clients with a network of attorneys to provide them with complete, affordable legal advice.

Attorney Smith also works to make legal advice accessible to the central Florida community through his weekly radio show, "Ask An Attorney," answering legal questions on the air from live callers, sharing legal information critical to FL residents, and educating his listeners on various topics.

He also incorporates information from other attorneys, financial advisors, CPAs, and other professionals who join him to answer his listeners' questions. "Ask An Attorney" airs on Gospel 90.3 FM every Saturday at 8am.

In addition to giving legal advice live over the radio, Attorney Smith is known for donating his time and legal services to multiple churches and charitable organizations in the community. Attorney Smith offers free seminars on a wide variety of legal topics for civic groups, clubs and other organizations, to inform them about the law and their legal rights.

Furthermore, Attorney Smith recently announced the publication of the third edition of *The Florida Estate Planning Handbook* through Certa Publishing, giving Florida residents an accessible, easy-to-understand introduction to key estate planning concepts. Adding to Attorney Smith's work is his law partner Attorney Joseph F. Pippen, Jr. who joined him on the third edition.

More information about Attorney Smith can be found at Joseph F. Pippen, Jr. & Associates' website: www.attypip.com. For your free consultation or to have Attorney Smith speak at your event or group, you may reach him at his Fruitland Park office by calling (352) 241-8760.



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The hiring of a lawyer is an important decision that should not be based solely upon advertisement. Before you decide, ask me to send you free written information about our qualifications and experience.

5 Reasons To Use In-Home Care

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

1. Stay in a Comfortable Environment

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

2. Maintain Independence

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

3. Constant Companionship

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



4. Stability Through Routine

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

5. Home and Hygiene Assistance

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

Quality Care

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

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Dr. Poonam Warman, MD



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Gifts that give back all year long

New children's toys and books help fund child medical grants

While the official holiday season may be over, there is still no better gift than the one that gives back and the UnitedHealthcare Foundation helps families in need all year long through the sale of inspirational children's books, toys, and kid-designed holiday cards, which help fund child medical grants for families who need financial assistance. Since 2007, UnitedHealthcare Children's Foundation has awarded more than 15,000 grants valued at more than \$39 million, giving the gift of hope to families nationwide.

Available for purchase on Amazon.com (search for UHCCF), with 100 percent of the proceeds going to fund medical grants for children in Florida and across the U.S., smile-inducing and educational toys and books include:

- Award-winning Oliver & Hope children's storybooks'
- Soft and snuggly stuffed animals that soothe and comfort any child's heart
- Children's joke books – written by kids for kids, these funny jokes bring smiles to kids – and adults – of all ages
- Digit'y Do — a new numbers game that combines elements of strategy and probability with a high dose of fun
- Kid — designed holiday cards and 2017 wall calendars
- Grins to Go bags — this nylon drawstring backpack is filled to the brim with a dozen toys, games and activities that will inspire and amuse any boy or girl between the ages of four to 12.



Kids from Florida and across the U.S. contributed their favorite riddles and jokes to the new series of books produced by UnitedHealthcare Children's Foundation. The books and other toys and games are available for purchase on amazon.com, with proceeds going to fund children's medical grants.

Joke book series

Kids across Florida and the United States helped produce the joke book series that have brought laughter and enjoyment to both kids and adults since 2014, when the first joke book was released. Designed to appeal to all ages and bring laughter and enjoyment to kids and adults, the three books – *Cool Jokes for Summer*; *Sweets, Treats & Eats*; and *Holidays, Celebrations & Birthday Jokes* – each include more than 300 hilarious jokes. Many of these will bring back fond childhood memories with the added benefit of helping fund more children's medical grants.

Know of a child or family in need?

How to apply for a medical grant

The UnitedHealthcare Children's Foundation medical grants help families cover medical expenses and treatments not covered or fully covered by their health insurance plan (any health plan). There is no cost to apply. For more information and to apply for a grant, visit www.uhccf.org.

About UnitedHealthcare Children's Foundation

The UnitedHealthcare Children's Foundation (UHCCF) is a 501(c)(3) charitable organization that provides medical grants to help children gain access to health-related services not covered, or not fully covered, by their parents' commercial health insurance plan. Families can receive up to \$5,000 annually per child (\$10,000 lifetime maximum per child), and do not need to have insurance through UnitedHealthcare to be eligible. UHCCF was founded in 1999. Since 2007, UHCCF has awarded more than 15,000 grants valued at over \$39 million to children and their families across the United States. UHCCF's funding is provided by contributions from individuals, corporations and UnitedHealth Group (NYSE: UNH) employees. To apply for a grant, donate or learn more, please visit www.uhccf.org.



UnitedHealthcare Children's Foundation is helping families give the gift of giving back to their kids that come through the purchase of joke books or other games and toys that help fund children's medical grants.

2017 Product Guide

Gifts that DO change lives.

UnitedHealthcare Children's Foundation uhccf.org

A GREAT NEW YEAR'S RESOLUTION FOR 2018

By Gerald Bustin, Senior Pastor, Open Door Community Church, Summerfield, Florida

Last night my wife asked me, "What is your New Year's resolution for 2018?" My answer was that I have not settled on just one but am thinking about a list of resolutions. Since then, I believe one on the list has risen to be a contender for the top-of-the-list position. Here it is:

"I WILL BE A GIVER IN 2018"

Why is that a great resolution for this year? Let me give you a few reasons that come to mind and then back them up with a personal illustration.

The First Reason is that the world's greatest Teacher, Jesus Christ, said, "It is more blessed to give than it is to receive."

Of course there are blessings in receiving as well. It's always fun to open the Christmas gift and see what you have received. Jesus also taught us to pray, "Give us this day our daily bread." So He's not opposed to us receiving. But He says the greater blessing is in being a giver. To a casual observer it might be hard to decide who is having more fun at Christmas - the children or their parents. But being a parent and grandparent myself, I would say the greatest joy is in being the giver and watching the children receive.

So, if you want the greatest blessing this year in 2018, **do** what brings the greatest blessing and focus on being a Giver.

Jesus went on to say that the measuring cup we use in giving is the measuring cup that will be used in giving back our blessings. The more generous we are in giving means the greater will be the blessing that comes back to us.

Of course generosity on the part of the giver is measured more by the percentage we give of what we have than the actual dollar value of the gift. Jesus was watching as people were putting money in the temple treasury. Some of the rich were throwing in what seemed to be rather large amounts. A little widow came by and put in a couple of almost worthless coins. Jesus surprised the people by saying, "Look, this lady has given more than all the rest."

In answer to the questioning looks He got, He explained: "The others gave out of their abundance while she has given all that she had!"

Here is the second reason that being a giver is a great thing: The Apostle Paul said, "The Lord loves a cheerful giver." Giving is very near and dear to the heart of God because He is a giver. He loved so much that He gave the best gift He could possibly give. He gave Himself in human form. We are never more like Him than when we are giving. He loves to see His children act like Him. Do you want God to look down at you and exclaim to the Angels, "I just love ... " and call your name? Then be a giver. It makes God happy and will make you happy too.

Another good reason for being a giver is that Paul said that giving is like sowing seed. The more you sow the greater will be the harvest. The less you sow the less you will have to harvest. The law of sowing and reaping is the law of seed multiplication. From one grain of seed corn you can expect one to two ears of corn to grow on one corn stalk. Each ear of corn can have 800 grains of corn which means at least 800% return on the seed you planted.

Just think what that means if you replanted half of the grains from the ear of corn you harvested. Do the math. Half of the 800 grains of corn on the ear you harvest would be 400 grains. If each of those grains produced a harvest of one ear of corn with 800 grains you have suddenly expanded your corn harvest to 320,000 grains of corn or almost 12 bushels full!

How much benefit would you have received if you had just eaten all 800 grains of corn? The joy of enjoying one ear of corn on the cob! After that no more corn! If you had eaten only one half of the ear and planted the rest of the grains you would have not only gotten more than you could possibly eat, but enough to help feed all your neighbors as well! So which produces the greater joy-selfishly eating all the grains by yourself or sowing and reaping a greater harvest?

In 1948 my father put his life on the line by going among a wild, stone-age tribe in the highlands of New Guinea. He was basically giving his life to go among people he believed to be cannibals, so he could share the love of Jesus with them.

Fortunately, instead of eating the missionary, the natives received him and the message he brought from a God of love. A mission work was started that included an orphanage, a school, a church and a medical clinic, and then expanded to impact the whole nation.

By giving himself to go and plant seeds in the rough soil of the New Guinea jungle, he started a cycle of sowing and reaping that has brought a huge harvest-thousands of people who found the blessings of the love of God. One of those orphans went on to become the Governor General, (Head of State) of the nation when New Guinea got independence and chose the name, Papua New Guinea.

You never know, until you sow your seed in giving, what the size of your harvest will be. But you can be sure of this - it will be much greater than the seed you sowed.

So why don't you join me in making this one of your New Year's Resolutions and determine that in 2018 we will give more than ever before as God blesses and prospers our nation?

(To Be Continued)...

Gerald Bustin is the pastor of the *Open Door Community Church* and President of *The Evangelical Bible Missions, Inc.*, a religious and charitable organization started by his father with headquarters at 5200 SE 145th Street, Summerfield, Florida. 34491

For more information check out the following links or call: (352) 245-2560

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