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January 2018

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CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR - Lisa Minic



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NEW YEAR, NEW YOU - RESTORATIVE PROCEDURES AND OPTICAL OPTIONS AT LAKE EYE



The New Year is here and the Board-certified ophthalmologists and staff of Lake Eye Associates want you to experience every moment with clarity and confidence.

Many people welcome the thought of a fresh outlook and renewed sense of self. Advances in medicine, modern technologies and our invincible spirit really do make us different from previous generations in terms of how we are greeting our 40s, 50s, 60s and beyond. "That's why Lake Eye focuses on far more than mainstays like general eye care and comprehensive exams to prevent and correct eye disease," says Dr. Mark Vocci; "we also offer a host of options for a healthier approach to life overall."

For example, as people pass 40, they tend to notice a decline in their near vision, a condition called presbyopia, creating a need for reading glasses. For most people, a visit to Lake Eye's Precision Optics center, with its endless array of designer frames and specialty lenses, is enough to manage this in style. "But for people who depend on being able to shift their focus from distance to close up and back again throughout the day, reading glasses can become a chore," says Dr. Scot Holman. "That's why we offer the revolutionary new Raindrop® near vision inlay procedure, in which we place an implant smaller than a pinhead just behind the surface of the near-vision eye, enhancing the ability to see details close-up." By leaving their distance vision untouched, patients are able to enjoy both near and far vision, greatly reducing or eliminating their need for reading glasses. This outpatient procedure is performed in-office and takes only minutes. Lake Eye is the first and currently only regional practice qualified to provide the Raindrop® procedure.

As people pass 50 or 60, many find their vision becoming impacted by the gradual blur and clouding of cataracts. Once upon a time, cataract surgery was a significant event. Today, cataract surgery is an outpatient procedure performed in just minutes. "Lake Eye was the first local practice capable of providing LenSx® refractive laser surgery," says Dr. Scott Wehrly. LenSx® swiftly and safely removes the damaged lens without blades or cutting. "We then replace the diseased lens with an intraocular replacement lens, or IOL, with a next-generation multifocal or accommodating lens, or the most advanced option, the new Symphony® extended-range IOL, which offers seamless vision correction at all distances, so many patients not only get rid of cataracts, they also achieve 20/20 vision or close to it."



"For people with both cataracts and glaucoma, we offer ECP, a safe, gentle and minimally invasive laser procedure that removes cataracts and helps reduce fluid and eye pressure in the same surgery," says Dr. Vinay Gutti. "It simultaneously restores vision and enables many patients to reduce or stop taking glaucoma medication."

As people get into their 60s, 70s and 80s, others problems commonly arise, including eyelid disorders. "Time can cause the upper eyelids to droop and sag, and the lower lids to become puffy or baggy, or turn inward or outward," says comprehensive ophthalmologist Shelby Terpstra, DO. "These issues can impact vision and make people look older and more tired than they feel." To restore field of vision and a more alert and rejuvenated appearance, Dr. Terpstra performs both upper lid surgery (blepharoplasty) and lower lid procedures, returning people to a fresher, more natural look and the increased safety of adequate peripheral vision.

This New Year, focus on the you you'd like to be, with general eye care, fresh eyewear styles at Precision Optics, and the correction of eye or eyelid problems that negatively impact your life. 2018 awaits - experience it brilliantly.

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Do you want to experience the ultimate resort lifestyle, with sun-filled days and fun filled evenings? Lakeside Landings has the answer. With beautiful homes, peaceful surroundings and contemporary amenities, to maintenance-free living, it's no wonder why more and more people are calling Lakeside Landings their hometown.

Residents enjoy a massive pool, equipped with waterfalls, along with walking paths, tennis, and a state-of-the-art clubhouse; Lakeside Landings has you covered. Meet up at the cabana once a month for drinks and a time to mingle with neighbors, connect through various social clubs, or get in on the action and join the weekly poker or bridge games. Whatever your lifestyle choice, you will not be disenchanted in this well thought out community.

Lakeside Landings is proud to announce their newest community, the Enclave. The Enclave has luxury homes ranging from 1500 to over 3,000 square feet. WITH OVER 15 FLOOR PLANS TO CHOOSE FROM, EVERY HOME IS BUILT FROM THE GROUND UP USING QUALITY CONSTRUCTION METHODS AND FILLED WITH FEATURES YOU MIGHT EXPECT TO PAY MORE FOR.

And after living out all of your tranquil moments and indulging in your refreshing routine, if you feel like you need to experience the world, you're in luck! Disney World is less than an hour drive away.

Lakeside Landings residents live out their dreams, one day at a time in the warmth and comfort of a safe and social atmosphere.

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CHEST PAIN

Why You Should Seek Medical Attention Immediately

Although chest pain can sometimes be triggered by some non-threatening disorders like excessive gas, anxiety, acid reflux or muscle strains, you cannot afford to waste precious time, if chest pain occurs.

Chest pain can be related to the following serious complications, a rupture of the aorta, angina, or myocardial infarction (heart attack).

The majority of patients in the emergency room with chest pain are most likely having a heart attack, and the proper testing is done immediately upon your arrival. The medical staff knows that in these situations, minutes can make a huge difference in your survival rate and can help to prevent the percentage of damage to your heart if diagnosis and treatment are performed early.

If you have chest pain, call 911! Do not delay in calling for help. The seconds you waste can be the difference between life and death.

The most common signs of a heart attack are:

- Chest pain
- Fatigue
- Lightheaded/fainting
- Chest tightness
- Sensations of squeezing, pressure or fullness in the chest
- Shoulder pain
- Neck pain
- Arm numbness
- Shortness of breath
- Sweating
- Nausea

In some cases, approximately 35% of the population suffering from a heart attack will not have any chest pain. This is usually the case for most women, compared to men. Women tend to experience excessive fatigue and neck pain when having heart problems.

The most advanced technology can diagnosis the area of the heart that is affected by the blockage through both non-invasive and invasive procedures. Diagnostic angiograms and PET scans can determine precisely where the treatment needs to be placed. You may be diagnosed with a complete blockage (STEMI) or a partial blockage (NSTEMI).



Treatment Options

- Clot-dissolving medications
- Stents
- Drug-Eluted stents
- Balloon Angioplasty
- Coronary artery bypass grafting

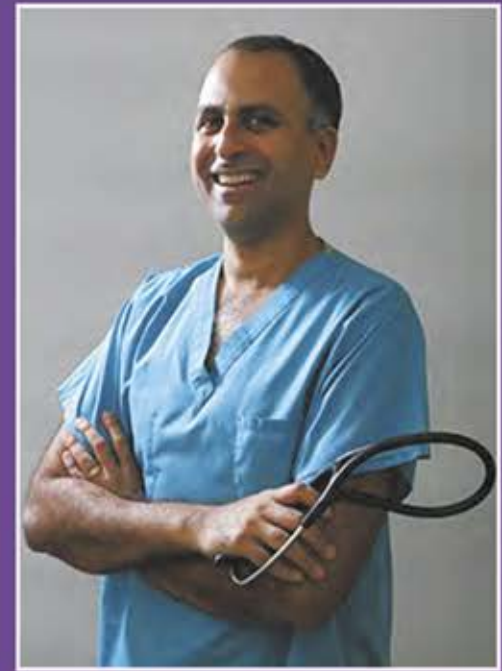
Preventing Heart Attacks

- Exercise multiple times per week
- Eat a healthy diet
- Cut down on stress levels
- Avoid excessive alcohol consumption
- Stop smoking
- Get professional help for cutting out narcotics and other drugs
- Practice relaxation methods
- Get physical examinations and regular checkups recommendations

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

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

ABDOMINAL WALL HERNIAS

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

What is an abdominal wall hernia?

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

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

What are the symptoms of abdominal wall hernias?

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

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

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

Should I see a doctor or nurse?

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



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

How are hernias treated?

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

The types of surgery are:

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

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

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

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

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



Ocala Regional Medical Center
West Marion Community Hospital
Summerfield ER

Leg Swelling Causes and Concerns

By Bryan Carter, MPA-C, Phlebology-Surgery

It's all too common for many people to walk around daily unable to see their ankles, and yet, they don't realize the seriousness of the bigger problem happening on the inside. Other individuals may be so affected by the swelling of their ankles and calves that they cannot walk or even get their shoes on.

It is normal to experience a little ankle and leg edema, and it is even expected after a long holiday weekend when we've eaten more foods with a high sodium content, and have had a few extra alcoholic beverages than normal. But the Edema should be resolving overnight. If not then other considerations are to be presumed. One of the most common causes of leg swelling by far is bad veins circulation.

Other Common Causes:

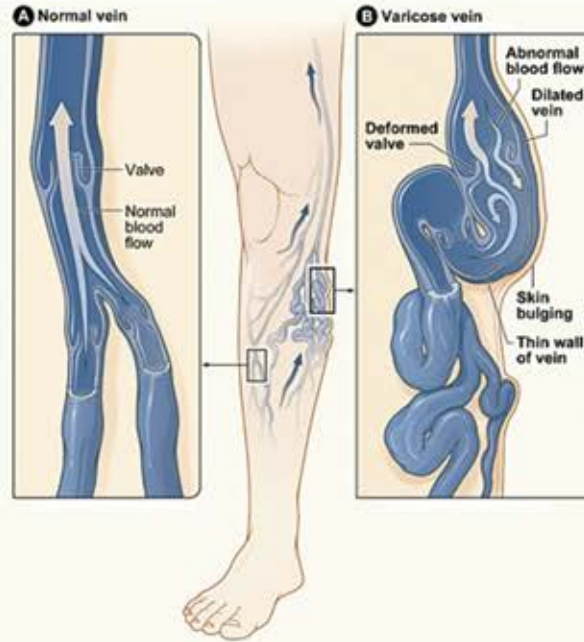
1. Heart Failure—Heart is not pumping efficiently
2. Medication side effects—Especially blood pressure medicines
3. Kidney function decline
4. Liver function decline
5. Lymphatic functional decline
6. Infections
7. Most critical—blood clots in the legs

If someone does have leg swelling, many tests are available to find the cause. One of the most important causes is the possibility of a leg blood clot from the "damaged



veins" or the Venous Insufficiency. This is the most critical possibility, due to the likelihood of it being life-threatening.

First, see your primary care physician, they should evaluate you with checking your blood work, examining your legs, checking medications and simultaneously getting you referred to a cardiology /vascular office to evaluate you for heart function and a leg ultrasound to rule out the potential blood clot and to check for Venous insufficiency. This Venous insufficiency study is a specialized test that hospitals and your local imaging centers are not accustomed to. This test is a very detailed ultrasound, and it's utilized to determine the functional status of the veins as well as to find any blood clots in the veins.



Vein Disease:

Should your test come back positive for Venous Insufficiency, that means your veins have either been damaged to the point where the valves do not control the blood flow back up to the heart, or the Veins have been significantly stretched out. With both of these diagnoses, again the same situation hold true; your valves can not control the blood flow back to the heart.

Genetics are the number one cause of Venous Insufficiency along with secondary complications like, standing or sitting for extended periods of time, trauma to the legs, obesity, pregnancies, as well as other possibilities.

As you notice the swelling worsening, more and more irreversible damage is occurring under the skin plus you're increasing the risk of potential blood clot formation.

As seen below in the picture the swelling can progress to the varicose vein's and then leading to the stasis dermatitis skin discoloration and then Venous ulceration and skin breakdown which can lead to cellulitis.



Treatment Options:

If you do have a positive test confirming Venous Insufficiency, treatment options are much better than in the years past. No vein stripping is needed, and diuretics are NEVER a long-term treatment option. Daily use of medical grade and accurately measured support socks are the initial start to control the Venous insufficiency. Daily Pool exercising is highly beneficial, as well as intermittent leg elevation. All of these will aid in keeping the edema control.

The best outcomes for Venous insufficiency are with treatment options that include Venous thermal ablation and Venous chemical ablation. There are no sutures and no down time, and best of all, these procedures are performed in the office. You are able to resume normal routine activity right after your treatment.

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

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



Bryan Carter, MPA-C

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InterCommunity Cancer Center Offers Advanced Technologies for Prostate Cancer Treatment

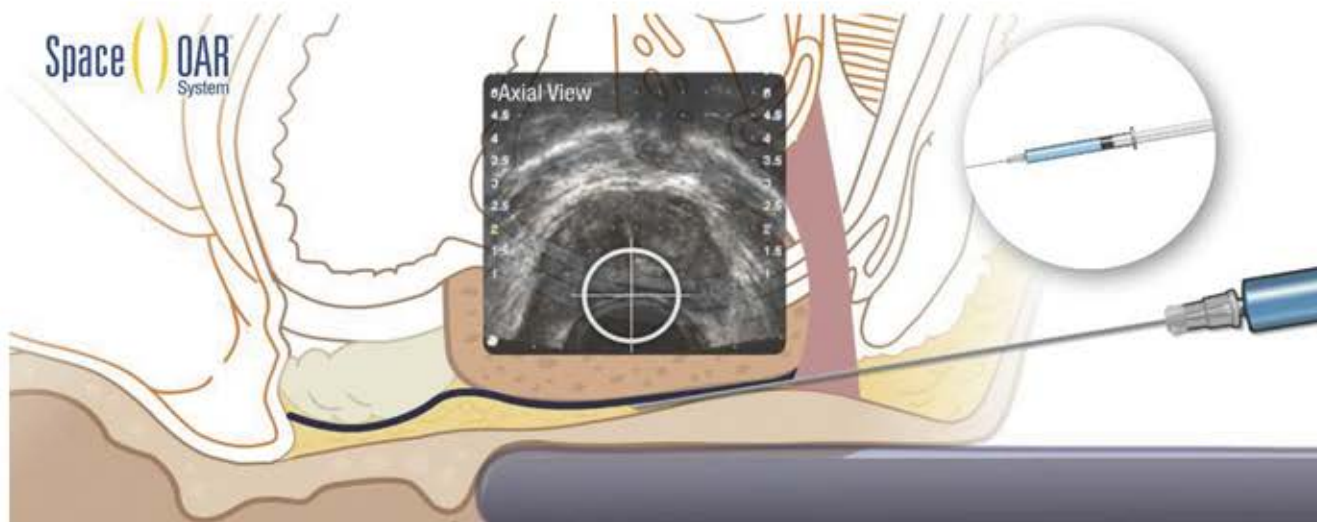
There is good news for men in our area battling prostate cancer today, as well as those who may face the disease in the future. InterCommunity Cancer Center (ICCC), a leading provider of advanced radiation therapy in Lady Lake, Fla., recently expanded its treatment offering with the addition of SpaceOAR® hydrogel, an exciting new advancement in the treatment of prostate cancer. SpaceOAR is used during treatment with the Calypso® 4D Localization System to help clinicians avoid exposing healthy tissues and organs surrounding the prostate to radiation, potentially minimizing treatment side effects which can be very troubling to patients. ICCC is the only cancer center in Lake, Sumter and Marion counties offering SpaceOAR hydrogel.

SpaceOAR (OAR stands for “organ at risk”) reduces rectal injury in men receiving prostate cancer radiation therapy by acting as a spacer between the prostate and rectum. Filled with hydrogel, the spacer is positioned in place during a minimally invasive procedure, pushing the rectum away from the prostate so the cancerous tissue can be treated without exposing surrounding tissues and organs to high dose radiation. The spacer, which provides up to 1.2 cm of space between the rectum and the prostate, remains in position for three months while the patient receives treatment. It is then absorbed and eliminated in the patient’s urine, leaving nothing behind.

Clinical trials in Europe and the U.S. demonstrated that SpaceOAR protected quality of life for prostate cancer patients by significantly reducing the radiation delivered to the rectum, minimizing urinary, sexual and bowel side effects.¹ SpaceOAR is very safe and much like other products commonly used in brain surgery, cardiology and ophthalmology.

The other advanced technology in use at ICCC for prostate cancer is the Calypso 4D Localization System, also known as “GPS for the Body® technology.” This unique radiation targeting technology enables precision guided treatment by continuously monitoring prostate motion during each radiation therapy session.

The Calypso System lets the clinician know exactly where the tumor is at all times during treatment. This enables precise targeting of the radiation beam and higher therapeutic doses of radiation, driving the potential for safer and more effective treatment.



Radiation targeting is optimized while exposure to healthy surrounding tissue is minimized, reducing side effects such as impotence, incontinence and rectal bleeding.

Prior to treatment, three transponders, each about the size of a grain of rice, are implanted in the patient’s prostate in a simple outpatient procedure. The transponders use radiofrequency waves to communicate with the Calypso 4D Localization System. During treatment, the transponders continuously transmit their location to the Calypso System, tracking prostate movement and showing the clinician exactly where the target is at all times.

Calypso represents a major advancement in prostate treatment. Body movement from breathing and normal movement of the organs in the body can change the location of a tumor during treatment. Thanks to Calypso’s ability to enable pinpoint accuracy, radiation exposure to surrounding tissue can be minimized.

“SpaceOAR hydrogel and Calypso technology have greatly improved the quality of life for our prostate patients,” said David Catalano, M.D., Medical Director and Radiation Oncologist at ICCC. “These technologies help minimize treatment side effects that can be extremely disturbing and difficult to live with, severely impacting the patient’s lifestyle. It is exciting to bring these advanced technologies to our community and very rewarding to see so many of our prostate patients getting back to a normal life after treatment.”

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

¹ <http://www.businesswire.com/news/home/20170926006498/en/>

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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PROGRESS IV **CLINICAL TRIAL**

ASK YOURSELF THESE QUESTIONS:

- 1** Do you have symptomatic osteoarthritis in only one knee?
- 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.



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.

Caution: Investigational device, limited by federal (or United States) law to investigational use. This material was created by Zimmer Biomet and is intended for informational purposes only. Please see your healthcare professional for individual medical advice. This publication and all content, artwork, photographs, names, logos and marks contained within are protected by copyright, trademark and other intellectual property rights owned or licensed to Zimmer Biomet or its affiliates. This material is intended for use by qualified clinical investigators, their patients, and referring physicians only. Use for any other purpose is prohibited. For product information, including indications, contraindications, warnings, precautions and potential adverse effects, see the package insert.

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THE CONTENTMENT OF YOUR HOME & LIFESTYLE ARE ESSENTIAL FOR YOUR WELL-BEING

Have you recently discovered that your neighborhood might be adding stress to your once peaceful lifestyle? The hustle and bustle of too many demands, traffic, and overcrowded recreational areas can leave us frustrated and even depressed.

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

5076 Annunciation Circle #104, Ave Maria • AveMaria.com • 239-352-3903

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

AN INNOVATIVE RESEARCH STUDY FOR TREATMENT OF KNEE OSTEOARTHRITIS IS BEING CONDUCTED BY THE FLORIDA HOSPITAL ORTHOPAEDIC RESEARCH TEAM

The Florida Hospital Orthopaedic Institute's Research Department is looking for people to take part in a trial for innovative, non-surgical, investigational treatment for knee pain and function loss caused by osteoarthritis (OA).

Osteoarthritis is a common type of arthritis that can often affect the knee. It is a complex disease involving wear and tear degeneration and inflammation and can be a major source of disability due to pain and loss of function. If you have knee osteoarthritis, there are a variety of treatments to relieve your symptoms temporarily. Conservative treatment can include NSAIDs, weight reduction, hot/cold therapy, and physical therapy. Injections are usually reserved until conservative measures have not provided satisfactory relief, and are offered as one of the last non-operative treatments. The two most commonly used knee injections are hyaluronic acid and corticosteroids, but other options are available.

Corticosteroid

Corticosteroids have an anti-inflammatory effect and are often used for managing flare-ups of OA pain and swelling with fluid buildup in the knee. (1) Corticosteroid injections help to temporarily relieve symptoms by decreasing pain, swelling and inflammation in the joint. They work quickly, but the relief often lasts from only a few days to perhaps six months. However, repeated steroid injections into the joint may actually contribute to cartilage breakdown, and patients will likely be limited in the number of injections received in the same joint. (2) The American College of Rheumatology subcommittee on OA recommends corticosteroid injections as an effective method of decreasing pain. (3)

Hyaluronic Acid

Hyaluronic Acid is what makes up most of the fluid in the knee joint and can break down when you have OA in the joint. It acts as a shock absorber and lubricant, allowing joints to move smoothly over each other. Hyaluronic acid is typically produced from harvested rooster combs, and can be injected into the joint to lessen pain and inflammation. It often requires weekly injections, depending on the product used, for three to five weeks. (2) However, the American Society of Orthopedic Surgeons does not recommend using Hyaluronic Acid injections for patients with symptomatic OA of the knee. (4)

Platelet-Rich Plasma (PRP)

Although experimental, Platelet-Rich Plasma (PRP) injections have been used for patients with knee osteoarthritis. PRP is a platelet concentration from



normal blood, and some compositions are also filtered to remove white blood cells. Not all studies support the use of PRP to treat osteoarthritis, and FDA has not approved any PRP for this indication. Research has shown that knees treated with 1 or 2 PRP injections saw a reduction in

pain and stiffness, as well as improvement in knee function, but after 6 months, positive results declined. (5) Research data does not indicate that PRP treatment will cause cartilage and meniscus to regenerate in patients with substantial cartilage damage, but promising results of symptomatic improvement have been shown, particularly in younger patients with mild OA cases. (6)

Autologous Protein Solution (APS)

Another investigative method of treatment is being studied by Florida Hospital's Orthopaedic Research Department in hopes of offering an alternative knee injection that uses an autologous protein solution (APS), which contains growth factors and proteins found in the patient's own blood. (7) The use of APS to treat cells involved in the degenerative process of OA is innovative and represents a more advanced approach than other blood-based treatments, such as PRP. In comparison to other types of injections to treat knee OA, the APS concentration being investigated is thought to specifically target the reduction of inflammation and may promote tissue repair within the joint, according to in vitro and animal studies. (8,9)

PROGRESS IV clinical trial - nSTRIDE® APS Kit

To investigate this treatment, the research team is conducting a double-blind study called the PROGRESS IV clinical trial, sponsored by Zimmer Biomet, a global medical device company. The PROGRESS IV clinical trial is testing a device called the nSTRIDE® APS Kit. The trial will focus on people with osteoarthritis symptoms in one knee only and will study the potential to alleviate pain and restore loss of knee function associated with OA. Additionally, X-ray and MRI is being used to see if the APS could possibly help the tissue inside the joint repair itself.

The study has inclusion and exclusion criteria that must be met in order to qualify for participation. Conditions, other than OA, 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, and patients will not know which injection they received.

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. All of the study procedures and risks associated with the study will be discussed with potential candidates before a decision to participate is made.

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/nstridetriial

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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FLORIDA HOSPITAL
ORTHOPAEDIC INSTITUTE
Fracture Care Center

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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New Year, A New You!

: Look Better, Feel Better & Perform Better!

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We give you the support and the ability to reach your goals.

Look better this year with our Electro-Facials™ and ultrasonic cavitation.

Feel better this year with our bodywork and Electro-Massage™ treatments.

Perform better this year with our mental clarity, nutrition and wellness programs.

Make this the year you succeed!

Let us help you!

EMed
Therapeutic Health Center

Electro-Massage™

Electro-massage™ is the amped-up version of the customary method, utilizing micro-current 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. Full body electro massage is the Ultimate Therapeutic Massage Experience.

Benefits of Electro-Massage™

- Increases blood flow
- Alleviates tightness in muscles
- Relieves stress
- Reduces anxiety levels
- Helps with chronic neck pain
- Relieves migraine frequency and pain
- Improves balance
- Reduces osteoarthritis pain
- Lowers blood pressure
- Promotes relaxation
- Increases oxygen
- And much more...

Electro-Facial™

Electro-Facials™ using the micro-current 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.

Benefits of Electro-Facial™

- Increases blood flow
- Alleviates tightness in muscles
- Increases collagen levels
- Reduces anxiety levels
- Helps with skin tightening
- Promotes relaxation
- Optimizes oxygen
- Nutrient absorption
- Increase moisture levels
- And much more...

Ultrasonic Cavitation - Lipo Cavity

Ultrasonic cavitation is a weight-loss treatment that uses low-frequency sound waves to burst fat cells, which may result in lost inches on the treated areas and (ultimately) a slimmer figure. It's been growing in popularity over the last few years because while traditional liposuction requires an invasive procedure to remove fat, this procedure doesn't.

Ultrasonic Cavitation is a relatively new aesthetic treatment using cutting edge technology. It converts fat cells into liquids that are drained by the body's own natural filtration system.

What kind of results can you expect?

Results can vary greatly from patient to patient. However, most proponents of ultrasonic cavitation claim that you may see three results:

1. Tightens skin and reduces cellulite (due to the production of new collagen and elastin fibers)
2. Reduced circumference in the treated area (due to fat-cell release)
3. An overall contoured appearance (due to a combination of the benefits listed above)

How many treatments do I need? How often should I be treated to see results?

Although most practices that offer ultrasonic cavitation claim you'll see results after the first session, they also caution that between 8 and 12 sessions are needed for optimum results. The exact number of treatments needed will vary due to factors such as age, weight, and the area being treated. Currently we are offering packages of 10 for only \$500. That is a huge discount and will make a major impact on your life and how you feel and look.

Teeth Whitening

EMed offers teeth whitening treatments for only \$30. If you have it as an upgrade to any of our other services it only cost \$20. Usually take only 20 minutes and it can be done before or after your scheduled appointment.

Monthly Wellness Program

Individual Wellness Program

Includes:

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- (1) Teeth Whitening Treatment
- 15% off any EMed services
- 15% off any Upgrades

- Unused sessions roll over or can be shared with others
- Earn free massages by referring friends
- Receive promotions, offers and events from EMed (available only to members)
- 10% off any of our products

Family Wellness Program

Includes:

- (2) Sixty Minute Massage or Facial Treatment
- (2) Teeth Whitening Treatments
- 15% off any EMed services
- 15% off any Upgrades

- Unused sessions roll over or can be shared with others
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Don't Forget About Your Skin

When Making New Years Resolutions

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

It's that time of year for New Year's resolutions. I hear everything from weight loss to getting out of debt to traveling more but what about the skin? What about making a resolution to take better care of your skin? According to research, it only takes approximately 24 days to make something new a habit.

New Years Resolutions Goals in Regards to Skin:

1. Sunscreen
2. Moisturizer
3. Keeping up with regular skin exams
4. Drink plenty of water

USE THAT SUNSCREEN:

One of the easiest ways to maintain healthy skin is to consistently use a broad spectrum sunscreen to block those pesky UV rays. Why does this matter? Burns from sun exposure leads to DNA damage resulting in potentially deadly skin cancers. From a cosmetic standpoint, excessive sun exposure leads to pigmentation changes to the skin that can be unsightly to some as well as degradation of the collagen and elastin. When the collagen and elastin begins to breakdown we lose our youthful appearance.

MOISTURIZE:

Moisturizing is important to maintain the healthiness of the skin. Dry, itchy skin which is more prevalent in the winter months can cause a lot of problems cosmetically and clinically for patients. Skin that is dry is more fragile and can break open leading to sores and potential for pigmentation and scarring changes.

GO GET REGULAR SKIN EXAMS:

If you don't decide to follow any other recommendations please follow this one and keep up with regular skin exams. The typical recommendation for skin exams is yearly unless there is a personal history of precancerous or cancerous lesions. Keeping regular skin exams allows for the early detection and treatment of what could be potentially life threatening skin cancers. Also, don't forget to do self checks at home. One of the questions I get the most is what do I look for? Well, as a rule of thumb the ABCDE's of melanoma are a good place to start.



Asymmetry: We want lesions to be symmetrical throughout, meaning that all areas look the same.

Borders: It's important to have a crisp, distinct border without jutting out of the edges or irregularity in the shape of the lesion.

Color: This is one of the most important factors. Any darkening factors in a mole or freckle should alert you there is a potential problem. Also, if a lesion does not match the others around it, especially in terms of color we call this the "ugly duckling syndrome" and we want to make sure to test this lesion.

Diameter: The rule of thumb is typically any lesion greater than 6 mm, the equivalent of a pencil eraser but this is not always true so if a lesion is small and irregular please bring it to your provider's attention.

Evolution: Anything that is changing on the skin whether that be in color, size, shape or symptoms we want to know.

Please keep in mind the a lesion that appears to be a possible pimple or smooth, pink growth that is not healing or bleeding is a reason to come in and get this checked as it could be a possible Basal Cell Carcinoma. Any area of thick,

scaly pink skin, even resembling a solitary eczematous patch should be checked for the possibility of a Squamous Cell Carcinoma. Tiny, pinpoint scaly papules to the forearms, scalp, face could be what we refer to as actinic keratosis, or precancerous lesions, that need a liquid nitrogen spray to be treated.

DRINK MORE WATER:

There's a strong correlation with healthy skin and water intake. The skin remains supple and more youthful. It also helps with overall hydration of the skin. This one could help with several other New Year's resolutions too!

Don't forget about your precious skin when making those New Years resolutions this holiday season!

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- Earn free massages by referring friends
- Receive promotions, offers and event information
- 10% off any of our products

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**TREATMENT OF
VENOUS DISEASE/
VARICOSE VEINS**

TIRED & ACHING LEGS?

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

WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are: "Do veins require treatment?" and "What treatment is best?"

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

WHAT RESULTS CAN YOU EXPECT?

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



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- EVALUATION OF CORONARY ARTERY DISEASE
- EVALUATION OF HYPERTENSION (HIGH BLOOD PRESSURE)
- EVALUATION OF CHEST PAIN AND SHORTNESS OF BREATH
- EVALUATION OF CARDIAC ARRHYTHMIAS
- EVALUATION OF FAINTING (SYNCOPE)
- EVALUATION OF FATIGUE
- CHOLESTEROL DISORDERS (DYSLIPIDEMIA)
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Pelvic Organ Prolapse

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

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

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

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

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

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

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

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

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



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

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



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.

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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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Losing Weight To Get Healthy

Find out how Christine Lost 65 pounds, 40 inches and so much more

Dr. Compton and his office in the Villages, Florida is now the exclusive provider of the Ideal Protein weight-loss system, which provides you with prepackaged meals, coupled with your own groceries that will have the weight falling off of you in no time. Ideal Protein is a scientifically researched solution to provide weight loss through a four-stage diet program.

Currently, more than 3000 medical practitioners in the US and Canada offer the Ideal Protein protocol for their patients to lose weight and reverse metabolic syndrome (a group of conditions that are associated with heart disease stroke and diabetes). Compton Chiropractic Care has four chiropractic physicians and two weight-loss coaches, all with backgrounds in nutrition and medicine to help facilitate the specific plan and to ensure your health is optimized. Each patient's health conditions, medications, blood work, recent cardiovascular and metabolic paneling is reviewed before starting the Ideal Protein protocol. Ideal Protein is a scientifically researched solution for safe and effective weight-loss.

At Compton Chiropractic Care your initial consultation will be a focused medical evaluation for diseases related to obesity and cognitive factors along with a physical examination. In addition, they will obtain a weight history, which includes past diet attempts. They will give thorough goals and expected outcomes. Many patients come to the clinic with undiagnosed diabetes, high cholesterol, thyroid disorders, abnormal liver tests, or obstructive sleep apnea. On your initial visit if you have not had recent blood work or an EKG performed their medical staff will ensure these tests are completed before starting the protocol, so that you may safely begin the program and as a guide for your three-month recheck. Overall Compton Chiropractic Care's Ideal Protein weight loss protocol will include weekly progress measurements and one-on-one nutrition counseling with a weight loss consultant, behavioral modification, and a prepackaged meal replacement plan.

A Weight Loss Testimony: Christine R. explains her personal experience with the Ideal Protein program at Dr. Compton's office.

Christine's Story:

"I knew I needed to lose weight. My weight loss journey was like a roller coaster, constantly losing and then regaining. My daughter introduced me to Ideal Protein, so when my husband and I moved to Florida to retire, I looked for a physician in the area that might offer the program, and I was fortunate to find Dr. Compton's office. That was April 7, 2017.



AFTER
CHRISTINE
LOST 65
POUNDS &
40 INCHES



It Just
MAKES SENSE!

Here's what you can expect

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

Attend a Free Workshop!

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

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

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www.thevillageschiropractic.com

I hadn't been feeling well for a very long time; as a Type II Diabetic, I knew that my weight had a lot to do with my backaches, and my general sense of well-being or lack thereof. On top of that, when you move to a retirement community, there are always plentiful amounts of drinks and food being passed around, which made my situation worse, so I finally had enough and set up my appointment with Compton Chiropractic Care. I can't say enough good things about my weight loss coach. He is very passionate about the program and getting his clients motivated not only to lose the weight, but also to understand how health plays the most significant role in the protocol. He's a fantastic coach, but also a dedicated, empathetic person.

During my first consultation, my coach scheduled my initial lab work. I had an EKG, blood pressure, cholesterol and blood sugar test. All of my lab work was high, and I found out that my A1C level was through the roof at 8.

My goal was to lose 65 pounds by my birthday, which was November 2nd because I was turning 65. So for seven months, I was dedicated to the plan and worked one on one with my coach. I learned so much about food, nutrition, health, and wellness, and I'm happy to report that I lost all of the weight! I'm 65 pounds lighter, and my A1c level went down to 5.4 within the first three months of being on the program. All of my other issues like high cholesterol and high blood pressure are normalized without medication.

This is unlike any other diet program because you're not counting calories or points, and you're not overwhelmed with choices because there is a very specific diet in place. This is a program that teaches you what to eat and what to avoid to lose the pounds and to get healthy. You have to change your thinking for good because you're worth it! You'll need strength, discipline, and knowledge. This program helps you face situations head on. It teaches you not to hide, you learn the importance of weighing yourself consistently, and you learn to be honest about what you're eating. Along with their delicious variety of meal packages, you'll need to learn to prep nutritious food and stick to the rules. But once you see the weight coming off and you begin to feel better physically, the plan gets easier because you'll know exactly what you need to do every day.

You never feel deprived, because you can have chocolate chip pancakes, crispy treats, cappuccino and other pre-packaged delights that leave

you satisfied, all while you're learning about what foods to incorporate into your routine. It's very structured, but that's why it works! Because it's more than just losing weight, it educates you on your body's needs and overall health.

It's an enlightening experience, and I find it fascinating to continue to learn about wellness, the food industry, our culture and how weight affects many aspects of our lives. I'm constantly researching so that I can learn more and become even healthier.

On November 2nd, I celebrated life! I turned 65 and lost 65 lbs and 40 inches! I have become the healthiest I've been in a very long time, so I had a party! I invited 115 people to celebrate my birthday and my ability to reach my goals! It was wonderful, and I'm so happy to be able to encourage others now to do the same."

Diet

The Ideal Protein weight protocol is a medically derived protocol developed and refined over a twenty-year period. Dieters are provided 65% of their weekly groceries inconvenient, pre-packaged meals. Dieters will also have a choice of vegetables and lean meat each day to round out their dietary needs. Women typically average between 2 - 4 pounds of weight loss per week, while men can range between 4 - 6 pounds per week. The long-term success for dieters is realized through the one-on-one coaching, designed to motivate and educate, ensuring the knowledge and confidence to make better lifestyle choices once Phase Four has been reached. With over 3,000 medical practitioners in the U.S. and Canada offering the Ideal Protein protocol to their patients to lose weight and reverse metabolic syndrome, Compton Chiropractic Care has chosen to align our overall goal for meeting our patient's needs with this highly regarded and successful plan.

Activity Levels

While physical activity is an important addition to any diet as it boosts metabolism and increases weight-loss - it is not necessary on the Ideal Protein program. Our philosophy is the more healthy you begin to feel once you are experiencing a reduction in weight, the more your energy levels will increase, and your need to create and comply with daily activities will simply become a part of your routine. Ideal Protein has specified emails that will help encourage dieters to move as their energy levels increase, but there is no set daily exercise requirement for the protocol.



"Putting your families health in our families hands"



Dr. Brett Compton

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



Dr. Brent Compton

- Doctor of Chiropractic Medicine
- Palmer Graduate
- B.S. Pre Professional Biology



Dr. Daniel Taylor

- Doctor of Chiropractic Medicine
- Palmer Graduate
- B.S. in Molecular & Microbiology



Dr. Jeffrey Eyerly

- Doctor of Chiropractic Medicine
- Palmer Graduate
- B.S. in Kinesiology

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

Our Philosophy

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

Our Facility Offers

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- Clinical Nutrition
- Quality care without the wait

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

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.



855-298-CARE

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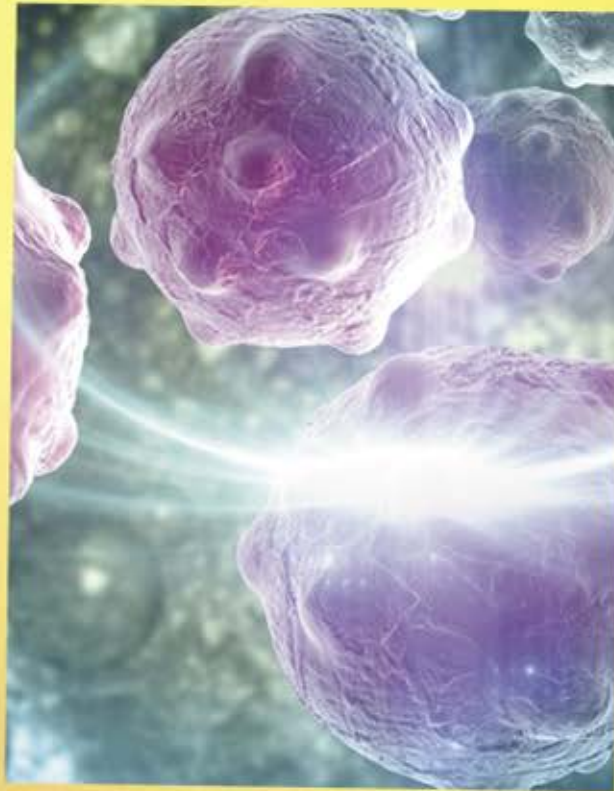
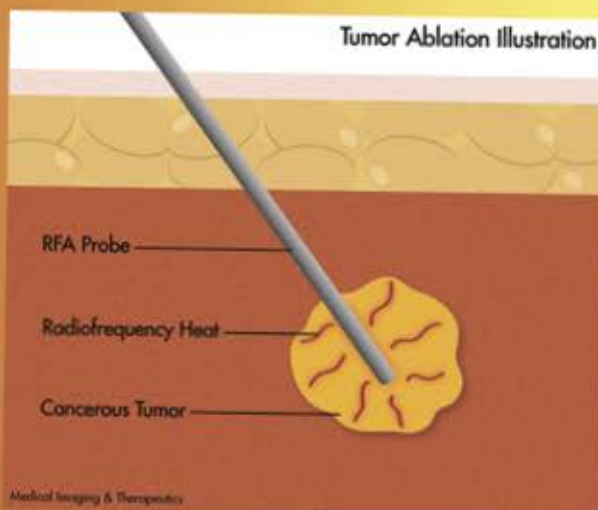
Weapons of "MASS" Destruction

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

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

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

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



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

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

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

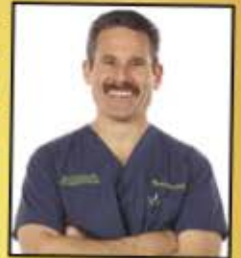
The MIT Precision Shooting Team, created and trained by Dr. Mark Jacobson, is an exceptional team of technologists who are specially trained to assist in "targeting"

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

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

About Dr. Mark Jacobson

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



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

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Computer Guided DENTAL IMPLANT PLACEMENT

Computer Guided Dental Implant Surgery actually allows the procedure to be “performed” in advance of the surgery. Surgical simulation can be done on the computer, so the exact size and ideal location for the implant is known. In essence, the treatment is completed on the simulator pre-surgically. Recent computer technology breakthroughs enable a surgical guide to be electronically constructed to guide implant placement during surgery.

3-Dimensional Cone Beam Computerized Tomography (CBCT) imaging can provide important information regarding the width, shape, quality and volume of bone in cross-section. Once the scan is

obtained, the shape of the bone can be clearly seen and a discussion can be conducted of whether procedure such as bone grafting will be required. Other important anatomic landmarks can also be identified that cannot be seen with traditional x-rays.

Computer Guided Dental Implant Surgery is typically performed in less than an hour. In most cases, no incisions or sutures are usually needed and therefore post-operative swelling / discomfort is minimal. This state-of-the-art procedure can be used for patients requiring 1 implant to patients in need of full mouth rehabilitation.

At Laurel Manor Dental, they are highly trained in these procedures, and they take great pride in your getting you to your most optimal dental and oral health. Laurel Manor Dental goes one step further because they have an onsite specialist in periodontal disease and prosthesis. Her name is Dr. Lucia Roca.

After receiving her Doctor of Dental Surgery degree, Dr. Roca spent an additional three years studying at the University of Connecticut School Of Dental Medicine. She was then accepted into the University of Medicine and Dentistry of New Jersey/Rutgers where she performed clinical research, completed her periodontics residency and earned her Masters of Dental Science degree.

As a member of the American Dental Association and the American Academy of Periodontology, Dr. Roca has worked tirelessly to help bring dental care to those in need from the city streets of Newark, NJ to the rural villages of Guatemala. Her dedication and continual interest in acquiring new dental knowledge have deep ties, as Dr. Roca’s parents are both dentists, and she herself is now married to a dentist. Dr. Roca takes satisfaction in explaining the best treatment options for her patients in English, Spanish or Italian!

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

6 benefits of dental implants.

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Esthetics		✓ Dental implants look like natural teeth.
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Bone Preservation		✓ Implants transmit chewing forces to the jaw bone, which prevents bone loss from missing teeth.
Durability		✓ Dental implants are designed to last a lifetime.
Convenience		✓ Dental implants feel and function like natural teeth.

Please consult your dentist to determine if dental implants are an option for you.



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Why Are So Many Adults Needing Rotator Cuff Repairs?

What to Expect if your Shoulder requires treatment

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

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

Details of Rotator Cuff Tear

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

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



Diagnosis and Treatment

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

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

Three standard surgical approaches include:

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

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

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

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

Your Recovery

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

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



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It's that time of year again. We're all thinking about our New Year's resolutions and how we can lose weight, get fit, toned and feel better. If you've failed and forfeited your resolutions in the past, have no fear—24/7 Fitness has a plan for you that you are sure to stick with on a regular basis. Why? Simply put, the convenience helps you to meet your goals. Once you start seeing the results of your new exercise routine, you'll be more inclined to stick with the plan.

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Because they are dedicated to helping you be your healthiest, they offer a free insurance paid membership through Silver Sneakers, Optum & Silver & Fit. Unlike other 24 hour gyms, 24/7 Fitness does not charge for a key or access fees.

With state-of-the-art equipment, machines and free classes, 24/7 Fitness has what you need to get in shape. They also offer elite personal trainers to evaluate and tweak your workouts to get you the best outcome.



The Benefits of Exercise:

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- Tone & build muscles
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- Improves Cardiovascular system
- Regulates blood pressure
- Increases oxygen uptake
- Improves circulation
- Energy Boost
- Sleep better
- Improves mood
- Lessens anxiety
- Social Aspect of working out with others
- Creates a healthy you

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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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BENEFITS OF HOME HEALTH CARE

It has been proven that home health care is good medicine and that's why Family Care Givers is committed to providing high quality, consistent and compassionate personal and health care services in the home. Being with family and friends in familiar surroundings has a positive effect on patients recovering from illness or surgery. In fact, studies have proven that patients recuperate more quickly in their home environment.

Below are some of the top reasons why people often choose home health care.

- **Home care is delivered at home.** When we are not feeling well, most of us ask to be at home. We enjoy the sanctity of our residences and the joy of being with our loved ones. When our loved ones are ill we try to get them home and out of the hospital as soon as possible.
- **Home care keeps families together.** This is particularly important in times of illness. The ties of responsibility and caring can be severed by hospitalization.
- **Home care prevents or postpones institutionalization.**
- **Home care promotes healing.** There is scientific evidence that many patients heal faster at home.
- **Home care is safe.** Many risks, such as infection, are eliminated or minimized when care is given at home.
- **Home care allows for the maximum amount of freedom for the individual.** Patients at home remain as engaged with their usual daily activities as their health permits.



- **Home care ensures the patient is taken care of** while preserving their dignity and independence.
- **Home care promotes continuity.** The patient's own physician continues to oversee his or her care.
- **Home care is personalized** and tailored to the needs of each individual. Patients receive one-on-one care and attention.
- **Home care is often less expensive** than other forms of care.
- **Home care is the form of care preferred** by the American public.
- **Home care can prevent re-hospitalization** and decrease the need for urgent care.

We offer senior care from nursing care to house-keeping. Our services range from The Villages to Hamilton County. Family Caregivers, Inc. is a non-profit Private Referral Care Company.

Family Caregivers, Inc. was created to effectively address the ever growing, and complex Private Care industry. In 2001, seeing the need to provide quality care for aging family members, coupled with the challenge of deciding how to best provide support

usually from a distance, we organized to provide customer-directed and value-centered services that enhance the quality of life for families dealing with Home Health Care issues.

As a non-profit Nurse Registry our focus is providing you the tools and options to help care for your loved ones whether you are local or from out of state. Our resources include committed Registered Nurses, Licensed Practical Nurses, Certified Nurse Assistants, Home Health Aides and Companions.

When you use our services you are making a lasting difference not only in the life of your loved one but also in the lives of children world wide. As a nonprofit we are set up to help support Veterans and help feed children in our local community and around the world.

Our consumer-directed model offers the following advantages:

- The cost of service is less.
- It provides consumers greater participation in decisions concerning their care.
- Because we are a Nurse Registry we have a greater number of healthcare providers to choose from.
- We are more generously able to compensate the caregiver and support caregiver entrepreneurship.

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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.



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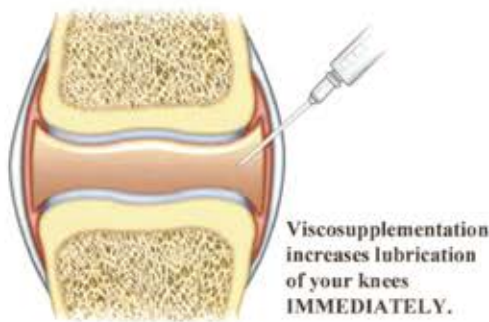
End Knee Arthritis Pain with FDA Approved Joint Injections

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

How do joint injections work?

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

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



What are the risks associated with the Viscosupplementation treatment?

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

When will I feel results?

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

Will my insurance cover this treatment?

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

Who is a good candidate for this treatment?

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

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

Interested in scheduling an appointment?

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



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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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"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

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