

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

February 2018

Marion Edition - Monthly

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LOVE YOURSELF!
Keeping Your Heart Healthy

HEART & VASCULAR DISEASE
The Great Cholesterol HOAX

ONLY THE BEST
In Women's Imaging Services - Only at WIC

10 QUESTIONS
That Every Senior Should Ask Their Doctor

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Optimism. A powerful element in fighting cancer.

When Desert Storm veteran Lynette Bell’s follicular lymphoma went into remission, she chased her dreams to Florida and pursued a career in photography. However, during a routine doctor’s visit here, she learned her cancer had returned. Fortunately, she had access to Phase 1 Clinical Trials at Florida Cancer Specialists, where 84% of the cancer drugs approved in 2016 for use in the U.S. were studied prior to approval. Today, Lynette’s cancer has surrendered, proving when hope and science join forces, great outcomes can happen.

“My team at Florida Cancer Specialists cared for my individual situation with the clinical trial I needed.”

-Lynette Bell, Veteran, Patient & Survivor

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**WELCOME TO A NEW WAY OF THINKING ABOUT OR
TREATING YOUR HEALTH CHALLENGES:**

*Dr. Badanek is a promoter of Alternative Natural
Medicine through Functional/Integrative Medical
Diagnostic and Treatment Procedures for 36 + Years.*

If you or a loved one have Health Challenges or Issues and have had little OR no success currently in your care and treatment; then we urge you to call and schedule a courtesy consultation to speak personally with Dr. Badanek. The call and consultation with Dr. Badanek will change your life and mindset in the care and understanding of your current Health Issue(s).

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Central Florida's Health & Wellness Magazine can be found in over 900 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

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ONLY THE BEST IN WOMEN'S IMAGING SERVICES – ONLY AT WIC

Women tend to be especially interested in the quality of their healthcare, and likely to perform intensive investigation about the providers they choose. We at Radiology Associates of Ocala's Women's Imaging Center strongly encourage this research. Once you delve deeply into local practices, you'll find that RAO's Women's Imaging Center (WIC) is the only comprehensive, full-service center dedicated to women's diagnostic services. Yes, the only one.

What does this mean for you? It ensures that every women's imaging service is contained in one state-of-the-art center for unparalleled convenience. More important, it means you benefit from the collaborative experience and information-sharing of WIC's team of Board Certified radiologists, who subspecialize in all aspects of women's imaging and deliver exceptional training, education, experience and commitment to every test, every patient, every time.

Only the Most Experienced and Highly Trained Specialists

WIC is led by Medical Director, Dr. Amanda Aulls, who lends a personal understanding and experience to the diagnostic team. "As a woman, I can talk about women's imaging as more than an MD, but also as someone with firsthand experience," says Dr. Aulls. "I make it part of my job to confirm that every test is performed with empathy and respect, and that all images are diligently scrutinized for accuracy." Dr. Aulls and every member of the WIC team, Dr. Fredric Wollett, Dr. Lance Trigg, Dr. Malcolm Williamson, Dr. Ryan Tompkins and Dr. Brian Cartwright, subspecialize in one or more women's imaging services, including diagnostic radiology and breast imaging protocols.

This is especially important when you consider that many diagnostic practices send their images out to be read by individuals outside their oversight. Not at WIC. "We can't trust outsiders to have our level

of experience, skill and specialized training," says Dr. Aulls. "Here, all images are reviewed by a doctor who specializes in that particular area, such as breast imaging, who can engage in a personal conversation with a patient's physician and directly assist in treatment planning when needed. That's the kind of care I demand for myself, and for every patient we see."

Only the Latest, Safest and Most Accurate Diagnostic Services

WIC was among the first regional providers to offer 3D mammography™ exams, also called tomosynthesis, which produce multiple images of breast tissue from varying angles, for greater detail and accuracy. The superior clarity is especially beneficial to the estimated 47% of women with dense breast tissue, which can both conceal tumors and create shadows in healthy tissue. 3D mammography™ technology is up to 40% better at discovering invasive breast cancer, and produces far fewer false positive results, reducing both supplementary exams and patient anxiety – and is the standard of care at RAO.

WIC also remains at the forefront of other women's diagnostic technologies, including the latest in stereotactic breast biopsy, breast MRI, breast ultrasound, pelvic ultrasound and DEXA bone density scanning.

WIC maintains ongoing accreditation from the American College of Radiology for safety and accuracy in breast ultrasound, stereotactic breast biopsy, MRI and other diagnostic testing specialties. These and other factors are why WIC is one of the few regional women's diagnostic practices to be designated a Breast Imaging Center of Excellence by the American College of Radiology.

Only One You

If you need a diagnostic imaging test, from a routine walk-in 3D mammography™ exam to a doctor-referred exam like image-guided biopsy or pelvic ultrasound, do your research, and you'll discover that no local provider compares to RAO's Women's Imaging Center. We deliver the best, because you won't settle for less.



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For superior accuracy, compassionate service and a personal commitment to your health, call RAO today and schedule a 3D mammogram™ screening exam.

Amanda Aulls, MD Medical Director of Women's Imaging, and Board Certified Radiologists (left to right): Fredric C. Wollett, MD; Lance P. Trigg, MD; Malcolm E. Williamson, II, MD; Ryan K. Tompkins, MD; Brian Cartwright, MD



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We are proudly contracted with a variety of insurances and file all claims with the exception of non-contracted HMO's. Please visit our website for a detailed list of who we are contracted with. Contracted insurances are subject to change.



WOMEN'S IMAGING CENTER
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10 Questions That Every Senior Should Ask Their Doctor

We've all been there, its time for our annual exam and afterward, we realize that we completely forgot to ask all of the questions we'd thought of over the past few months. Perhaps, you're not even sure if your questions were valid in the first place. Fear not, Munroe Regional Medical Center has got you covered. Here are the top 10 questions to ask your practitioner on your next visit.

You should start with the basics but never accept basic answers. Find out what's changing, how much it's changed, and what those changes mean.

Question #1

How has my Height changed and what does that mean?

Estimates in height vary, but on average people lose ¼ to ½ inch every decade after age 40 or 50, with losses increasing in later years, and women generally losing more than men.

Common Causes & Symptoms of Height Changes:

- Compressed/Dehydrated Disks in Spine
- Bone and Joint Pain Could be a Result of Skeletal Issues
- Osteopenia or Osteoporosis
- Loss of Muscle in the Torso

Combating Height Changes:

- Weight-Bearing Exercise
- Consuming Adequate Calcium
- Vitamin D, and Other Bone-Healthy Nutrients
- Not Drinking Alcohol to Excess
- Not Smoking



Question #2

How has my Weight changed and what does that mean?

Weight Loss Causes:

- Viral infection (such as CMV or HIV)
- Gastroenteritis
- Parasite Infection
- Depression
- Bowel Diseases
- Overactive Thyroid
- Cancer
- Atrophy or Muscle Loss
- Changes in Diet
- Changes in Exercise

Weight Gain Causes:

- Hypothyroidism (Underactive Thyroid)
- Diabetes Management
- Stress or Depression
- Hormonal Changes
- Fluid Retention
- Cushing's Syndrome
- Changes in Diet
- Changes in Exercise

Work with your physician to evaluate and develop a diet and exercise plan that fits your lifestyle and level of activity.

Question #3***How has my Blood Pressure changed and what does that mean?***

Typically the systolic blood pressure (top number) rises with age, while the diastolic blood pressure (bottom number) tends to fall.

A variety of factors can cause changes:

- Age-Related Hormone Changes
- High Salt Intake
- Changes in Walls of Arteries and Blood Vessels

High Systolic Pressure or hypertension may continue to rise with age even if controlled with medication, but you can lower it through exercise, weight loss, healthy eating, and abstinence from tobacco can help maintain a healthy blood pressure.

Low Systolic Pressure:

- Lightheaded or Faint
- Dehydration
- Blood Loss
- Certain Medications
- Could increase the risk of falls if not controlled

Question #4***Can you give me more information about my medications?***

Do they affect my height, weight or blood pressure?

Do they affect anything else: Vision, Cognitive Ability, Balance, Mood, etc.?

Are there any conflicts between any of the medications I'm taking?

Are there any conflicts between my prescription medications and over the counter drugs?

Bring a complete list of all over-the-counter and prescription medications that you are currently on, or have recently taken. Your physician may not know of prescriptions you have from a specialist, such as a Cardiologist, or from another Primary Care Provider.

Question #5***What screenings or immunizations are due?*****Screenings Examples:**

- Colonoscopy
- Mammogram
- Skin Cancer
- Prostate Exam

Immunization Examples:

- Shingles
- Pneumococcal

Lab Work Examples:

- Glucose
- Cholesterol
- Complete Blood Count

Based on your medical history and current health, your doctor may ask you to consider additional tests or screenings.

Question #6***Should I see a specialist on a regular basis or for a specific concern?***

(Example)

Regular Basis Cardiologist for Blood Pressure
Specific Concern Orthopedic Physician for Osteopenia, Neurologist for Cognitive Changes.

Question #7***Why do I have this?*****Keep a Journal and Discuss any Changes You Have Noticed. For Example:**

- Changes in Appetite
- Cognitive Changes
- Fatigue
- Breathing Issues
- Excessive or Easy Bruising
- Rapid Weight Changes Without Diet Changes
- Changes to Vision, Hearing or Balance
- Anything that just seems different than it has been

**Question #8*****Why do I have this pain?*****Discuss any Changes in Pain**

- New Pain – Sudden or Slow Onset
- Chronic Pain and if it is Worsening
- Discuss Pain You Control With Medications
- Include Type, Dose, and Frequency of Medication
- Try to quantify the changes
- How much has the pain changed and how bearable is it

Question #9***Ask Questions About Fads and Trends You are Considering Trying:***

- New or Trendy Diets
- New Exercise Programs or Equipment
- Miracle Supplements
- Super Vitamins

Remember: If it's too good to be true it probably is!

Question #10***What are the top 2 or 3 things I should focus on to remain active and healthy?***

These should not be general answers and should be relevant to your medical history and current level of health and activity:

- Diet Restrictions and Additions
- Vitamins or Supplements
- Exercise Regimens
- Etc.

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At Munroe Regional, they provide you with the best medical care available and identify the most appropriate setting and level of care for you. They are committed to restoring your health as quickly and comfortably as possible and have been consistently recognized for this dedication.

If you or a loved one has any health concerns or would like to schedule an appointment, please consult Munroe Regional Medical Center at 1-844-285-1923, or visit Munroeregional.com.



Heart and Vascular Disease

The Great Cholesterol HOAX

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

T rue and overwhelming evidence exists in medical peer review articles, and literature that explains how heart and cardiovascular diseases are preventable, as well as point out the same underlying causes also produce Allergic and Non allergic Rhinitis, Asthma, Osteoarthritis, Rheumatoid Arthritis and Autoimmune diseases. How can the current medical establishment be so totally blind in the evaluation and clinical care of this pandemic affecting Americans? Why would the mainstream medical institutions totally ignore and treat patients with outdated and archaic measures, which are known to not treat the cause(s) of the disease, BUT in many cases actually make the disease state worsen, and create new health challenges for the patient?

The Great Cholesterol DECEPTION

Cholesterol is not causing heart disease, strokes and the like. On the contrary, cholesterol is absolutely necessary for proper human function. Most physicians are ignoring the peer review literature and countless studies, which state that cholesterol is essential for proper function of the body. When cholesterol is tampered with by medications, disastrous outcomes occur, such as cancer, immuno-compromise, neurodegenerative diseases, and psychoses.

What is particularly interesting is that a steadily increasing number of studies have found that high cholesterol is beneficial, most likely because it protects against cancer and infectious diseases. Today, at least a hundred scientific reviews on this subject have been published, but no one has been able to explain how the infections interact with the processes that lead to atherosclerosis and cardiovascular disease. The main obstacle is most likely that for almost half a century we have been effectively brainwashed to believe that cholesterol is the bad guy. How can high cholesterol be dangerous and at the same time protecting us from factors that are harmful to our vessels?

A minimal minority gains benefit from cholesterol-lowering drugs. The side effects, many of which are severely debilitating and even fatal, are grossly under-reported. There are countless tens of thousands of cases of secondary side effects of cognitive decline, weak muscles, sexual dysfunction, mood disorders,



and most distressing of all heart failure! As a matter of fact heart failure is now climbing in statistics due to the increased prescriptions of statin drugs being administered.

The TRUTH About Cholesterol

- Cholesterol is a substance vital to all cells
- Your body produces three to four times more cholesterol than what you eat. The production increases when you eat only small amounts of cholesterol and decreases when you eat large quantities
- People with low cholesterol become just as atherosclerotic (arterial hardening) as people with high cholesterol
- The effect on cholesterol through a low-fat diet is trivial
- Most of the cholesterol-lowering drugs are dangerous to your health and may (will) shorten your life
- New cholesterol-lowering drugs do lower heart disease mortality, but this is because of effects other than cholesterol lowering
- Unfortunately, they also may destroy your muscles and your mind, make you impotent and produce cancer
- These facts have been presented in scientific journals for decades
- The cholesterol campaign creates immense prosperity for researchers, doctors, pharmaceutical and food industries at the expense and health of the American Consumer

If Not CHOLESTEROL, What's the CAUSE?

INFLAMMATION! Inflammation is the primary attributing factor in most, if not all, disease states affecting humanity globally. If inflammation is the cause of these conditions what is happening with medical treatment protocols? There is a term known as "iatrogenic disease," which refers to any illness caused by a physician or treatment. It is extremely common! In a typical year, more than a hundred thousand people die from medications they had been prescribed, and more than 2 million others suffer severe side effects. Peer review articles state that as many as 30,000 people die each year from taking an aspirin per day due to gastric hemorrhage, liver disease, and kidney failure. And this is just the tip of the "Iceberg."

Without a doubt, the American public is so toxic and nutritionally deficient that it's no wonder why we have so many health challenges affecting us today. You cannot treat the cause(s) of cardiovascular and heart diseases by "blocking a receptor site and shutting (poisoning) down an enzymatic reaction" which is the primary function of pharmaceutical medication in today's world.

So what You NEED to Do?

Dr. Badanek will get to the root of your health challenges by finding what's causing it. He determines your cause(s) of your condition and weighs all risk factors. He then places you on a personalized plan that doesn't include toxic pharmaceuticals or invasive procedures.

If you or someone you know is suffering from heart, vascular disease, or other conditions that have not responded to your current health care provider and medication, please contact Dr. Badanek's office for a courtesy consultation at 352-622-1151 or go to his websites at: DrBadanek.com OR www.alternativewholistichealth.com



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MORE PEOPLE LIVING WITH CANCER

The evolution of cancer treatment over the last 40 years has resulted in better outcomes for patients; today more people are living with cancer than ever before.

Cancer is an illness unlike any other. Many people mistakenly believe that cancer refers to one disease that occurs in many different parts of the body, but, in reality, cancer is not just one disease. The term “cancer” is the general name for a group of over 100 diseases in which abnormal cells begin to grow uncontrollably. No matter what type it is, cancer is the result of a malfunction in the genetic mechanisms that control and regulate cell growth. Cancer can affect blood, bones and over 60 different organs of the human body.

Through research, we have learned that each person’s cancer is actually a unique disease because every tumor or malignancy has its own distinctive DNA. This discovery has resulted in many new and highly-effective targeted treatments and immunotherapies that are based on a patient’s unique genetic profile. Genetic sequencing of a patient’s tumor can help identify which drugs or treatments will be most effective for that individual.

DAMAGE TO DNA CAN RESULT IN CANCER

DNA is the genetic material that makes up every cell. When DNA becomes damaged or changed, it produces mutations in genes that affect normal cell growth and division. Gene mutations can be inherited from a parent, or, more commonly, acquired during a person’s lifetime due to environmental factors, such as ultraviolet radiation from the sun or cigarette smoking. Other mutations occur for still unknown reasons, resulting in various types of cancer.

In addition to unregulated cell growth, when a cancer occurs it means there is also a failure in the immune system’s ability to recognize these abnormal cells and destroy them. When normal cells become old or damaged, they die and are replaced with new cells. However, the growth of cancer cells is different from normal cell growth. Instead of dying, cancer cells continue to grow and form more abnormal cells. Cancer cells can also invade other tissues, something that normal cells cannot do.

HOW EFFECTIVE IS CANCER TREATMENT TODAY?

There have been remarkable advances in the treatment of cancer, especially over the past two decades. Today, millions of people are surviving cancer and most oncologists feel that cancer is becoming more like a chronic disease, such as diabetes or hypertension. In other words,



even though no cure has been found yet, the disease is something that can be managed and people can live with cancer for many years.

Early detection and diagnosis, as well as advances, such as immunotherapy and targeted treatments, most of which are available in pill form, are making it possible to live with cancer and continue to have a good quality of life. Some of these newer treatments have actually produced virtual cures for many types of cancer.

WORLD-CLASS CANCER CARE CLOSE TO HOME

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

CLINICAL TRIALS LEAD TO TOMORROW’S TREATMENTS AND CURES

Through a strategic partnership with Sarah Cannon, one of the world’s leading clinical trial organizations, FCS

offers more access to national clinical trials than any other oncology practice in Florida. In 2016, 84% of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

In addition to a robust clinical research program, Florida Cancer Specialists offers a number of services, such as an in-house specialty pharmacy, an in-house hematopathology lab and financial counselors at every location. Patients can now receive the most advanced care, including immunotherapies, chemotherapy, targeted treatments and cutting-edge, precision technologies, at the same location where they see their oncologist and get their lab tests done, not only increasing convenience for patients, but also improving their quality of life.



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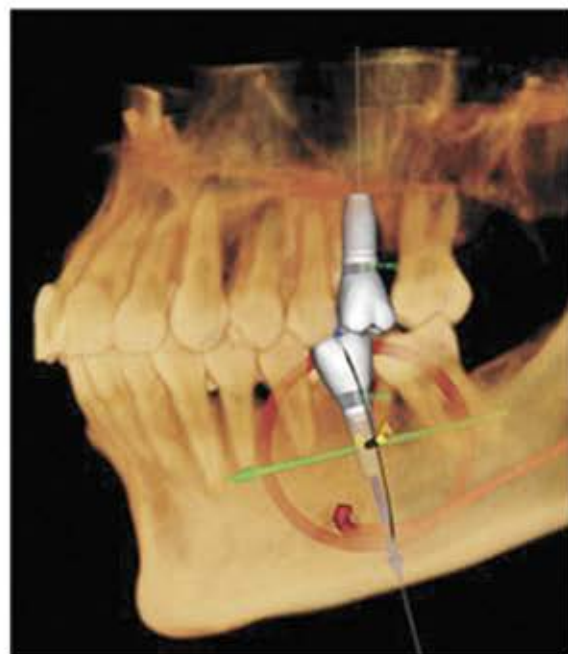
For more information, visit FLCancer.com

3D Imaging Minimizes Time and Cost of Dental Procedures

Physicians have relied on computerized axial tomography scans (CAT) for many years. CAT scans are an X-ray procedure that uses many different X-ray images with the help of computers to generate cross-sectional or even 3D views of internal organs and structures within the body. A knee replacement surgery, for example, would never be performed without first examining 3D imaging.

More recently, however, implant dentists have begun to rely on 3D imaging techniques to provide them with a detailed view of the mouth and skull. The advantage that 3D imaging holds over regular dental X-rays is that bone structure, bone density, tissues, and nerves can be viewed clearly.

3D images can be completed in less than half a minute. This means that far less radiation enters the body than if a regular set of bitewing X-rays were taken. The main use for 3D imaging is as an aid to plan dental implant treatment and other oral surgery.



Dental implants are the most sophisticated replacement for missing teeth, but have historically proven to be time-consuming to place. 3D imaging vastly reduces the time it takes to place implants. It is thought that in the near future implants will be placed in a single visit because of this unique type of imaging.

How is 3D Imaging Used?

3D imaging is advantageous because it allows the implant dentist to magnify specific areas of the face. In addition, the implant dentist can easily view cross-sectional "slices" of the jaw, which makes planning treatment easier and faster.

Here are some of the main ways 3D imaging is used in dentistry:

- Assess the quality of the jawbone where the implant will be placed.
- Determine where nerves are located.
- Diagnose tumors and disease in the early stages.
- Measure the density of the jawbone where the implant will be placed.
- Pinpoint the most effective placement for implants, including the angle of best fit.
- Plan the complete surgical procedure in advance, from start to finish.
- Precisely decide on the appropriate size and type of implants.
- View exact orientation and position of each tooth.
- View impacted teeth.

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How is 3D imaging performed?

3D images are quick and simple to perform. A Cone Beam Imaging System is at the heart of the 3D imaging scanner. The cone beams are used to take literally hundreds of pictures of the face. These pictures are used to compile an exact 3D image of the inner mechanisms of the face and jaw. The implant dentist is able to zoom in on specific areas and view them from alternate angles.

Previous patients report 3D imaging is comfortable. Additionally, the scanner provides an open environment, meaning that claustrophobic feelings are eliminated. 3D imaging is an incredible tool that is minimizing the cost of dental treatment, reducing treatment time and enhancing the end results of dental surgery.

"Smiling Reviews" from a Few of Our Patients

Truly pleasurable experience. Staff was attentive and the workmanship was efficient yet very, very thorough. Highly recommended. I have worked in healthcare for 20 years and i must say...absolutely Professional and courteous...Patient care was utmost in all the staff, dentists and hygienist's minds. Highly recommended!!! - Anthony C.

A pleasant staff and a friendly atmosphere. Very helpful staff scheduled my wife for her bothering her tooth. We got it quick and no problems the very next day. Thank you! - Valentine K.

Love this dental office! They are highly advanced in there procedures and have a super pleasant staff that took such great care of me making sure I felt comfortable and relaxed during my wisdom tooth extraction. I never felt so at ease at a dental clinic before until she took care of me at Ocala Dental Care. Will be seeing her again and will be going back again - Julie V.

LOVE Yourself!

-Keeping your heart healthy

Heat disease is the leading cause of death for both men and women. Heart disease is caused by atherosclerosis or plaque clogged arteries that restrict the blood flow in the heart. Every year about 735,000 Americans have a heart attack.

Warning signs for a heart attack:

- Chest pain or discomfort
 - Upper body pain or discomfort in the arms, back, neck, jaw or upper stomach
 - Shortness of breath
 - Nausea, lightheadedness or cold sweats.
- **If you are experiencing any of these symptoms seek medical attention immediately.**

5 MAJOR Risk Factors for heart disease:

- Inactivity (Sedentary Lifestyle)
- High blood pressure
- Abnormal values for blood lipids
- Smoking
- obesity

February is the month of Valentine's Day, so among loving others make sure to take time to love YOURSELF! Your heart is working 24 hours a day 7 days a week to make sure your body has oxygen through blood flow to continue functioning. Unlike other organs your heart is made up of muscular tissue that can be conditioned like other muscles in your body. A sedentary lifestyle is one of the 5 major risk factors for cardiovascular disease. Exercise is important in maintaining strength in your heart.

American Heart Association recommendation for Physical Activity in adults:

For overall cardiovascular health:

- 30 minutes of moderate-intensity aerobic activity at least 5 days/week or



- At least 25 minutes of vigorous aerobic activity at least 3 days per week AND moderate to high intensity muscle strengthening activity at least 2 days per week.

For lowering blood pressure and cholesterol:

- Average 40 minutes of moderate to vigorous intensity aerobic activity 3 or 4 times per week.

Benefits of regular exercise on cardiovascular risk factors:

- increased exercise tolerance
- reduction in body weight
- reduction in blood pressure
- reduction in bad cholesterol
- increase in good cholesterol
- Increase in insulin sensitivity.

References:

"Cardiovascular disease risk factors". World Heart Federation.

"Exercise and Cardiovascular Health". <http://circ.ahajournals.org/content/107/1/e2>.

"What is cardiovascular disease?" www.heart.org.

"American Heart Association Recommendations for Physical Activity in Adults" www.heart.org.
www.CDC.gov.

If you are unable to maintain the above listed recommendations don't worry, something is better than nothing! Exercise is important to becoming heart healthy. Love yourself and protect your heart!

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



SPINAL CORD STIMULATOR FOR CHRONIC BACK/NECK PAIN

Many patients suffering from chronic back or neck pain that has not sufficiently responded to other medical treatments find relief from a device called a spinal cord stimulator, or SCS. A SCS is a surgically-placed implant that works by delivering a mild electrical current to the epidural space of the spine, subduing the pain signals that damaged, overactive nerves send to the brain. Somewhat like a “pacemaker for pain,” SCS devices are FDA-approved to treat chronic pain caused by sciatica, arthritis, spinal stenosis, failed back surgery syndrome, neuropathy, cervical/lumbar radiculitis, complex regional pain syndrome, reflex sympathetic dystrophy and other disorders.

Though this form of drug-free treatment has been in use for decades, it is gaining popularity as more people wish to reduce or eliminate pain medication, and advances in technology have made these devices smaller and less invasive, and more compatible with imaging systems like MRI. Currently, approximately 14,000 patients worldwide receive SCS implants each year, and most report a significant reduction in pain and improvement in function, but in order to gain the most benefit, a patient must have their condition and case thoroughly reviewed to assess the appropriateness of this therapy over others, including the cause of pain, other treatments that have failed, how long the pain has lasted, medications being taken and overall health.

“A screening trial must be performed to assess the possible effectiveness of SCS for each patient,” says Board Certified neurosurgeon Dr. Mark Oliver. “The screening trial allows patients to test their potential satisfaction with SCS before they opt for surgery and long-term therapy.”

MARK OLIVER, MD



The screening trial involves inserting a narrow electrical lead through a small incision in the skin and guiding it into the spinal epidural space to address the affected area. The other end of the lead is connected to a small neurostimulator that fits in a pouch the patient wears on his or her waistband. The patient controls the level of electrical stimulation via a wireless remote control.



Should the patient find the stimulation insufficient or uncomfortable, the electrical lead can easily be removed in-office without lasting negative effects. “Patients who respond favorably to the screening trial generally receive the most relief and long-term satisfaction,” says Dr. Oliver. “It’s a rare situation that a patient can try out the results of a surgery before they have it, so that’s a big positive with SCS.”

While an SCS device will not get rid of pain completely, most

patients who respond well to the screening trial report that SCS therapy helps to manage their pain and promote better functioning with daily activities.

Spinal Cord Stimulator Surgery

SCS surgery is performed as follows:

- You will be placed under general anesthesia, and then positioned facedown on the operating table.
- After applying a topical numbing agent, your ONC neurosurgeon will make a small incision in your back and use x-ray image guidance to place the electrical leads where they can deliver stimulation to the epidural space of the spinal cord.
- He will make a second incision in the upper buttock, where the generator can be inserted without getting in your way.
- Once the leads have been connected to the generator, the incisions are closed and the surgery is complete, usually in less than one hour.
- Recovery from SCS surgery typically takes a few weeks. Your ONC surgical team will advise you about when you should attempt physical activities.
- Once installed, you can adjust the amount of electrical stimulation you receive, from none at all to maximum current, as you need it.

If you have chronic back, neck or limb pain due to damaged nerves, talk to your doctor about the potential benefits and risks of Spinal Cord Stimulation surgery, or contact ONC for more information.



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

MARK D. OLIVER, MD

- In practice of neurosurgery since joining Ocala Neurosurgery Center in 1998
- Board Certified in Neurological Surgery by the American Board of Neurological Surgery
- Medical Degree from the University of Alabama School of Medicine in Birmingham, AL
- Chief Resident at the University of South Florida College of Medicine in Tampa with specialized training in complex spinal disorders
- Fellowship in neuroscience spinal cord injury at Eastern Virginia School of Medicine in Norfolk, Virginia
- Certified by the National Board of Medical Examiners
- On staff at Munroe Regional Medical Center & Ocala Regional Medical Center

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

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



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Surgical and Nonsurgical Treatments for Rotator Cuff Injuries

Christopher Manseau M.D.

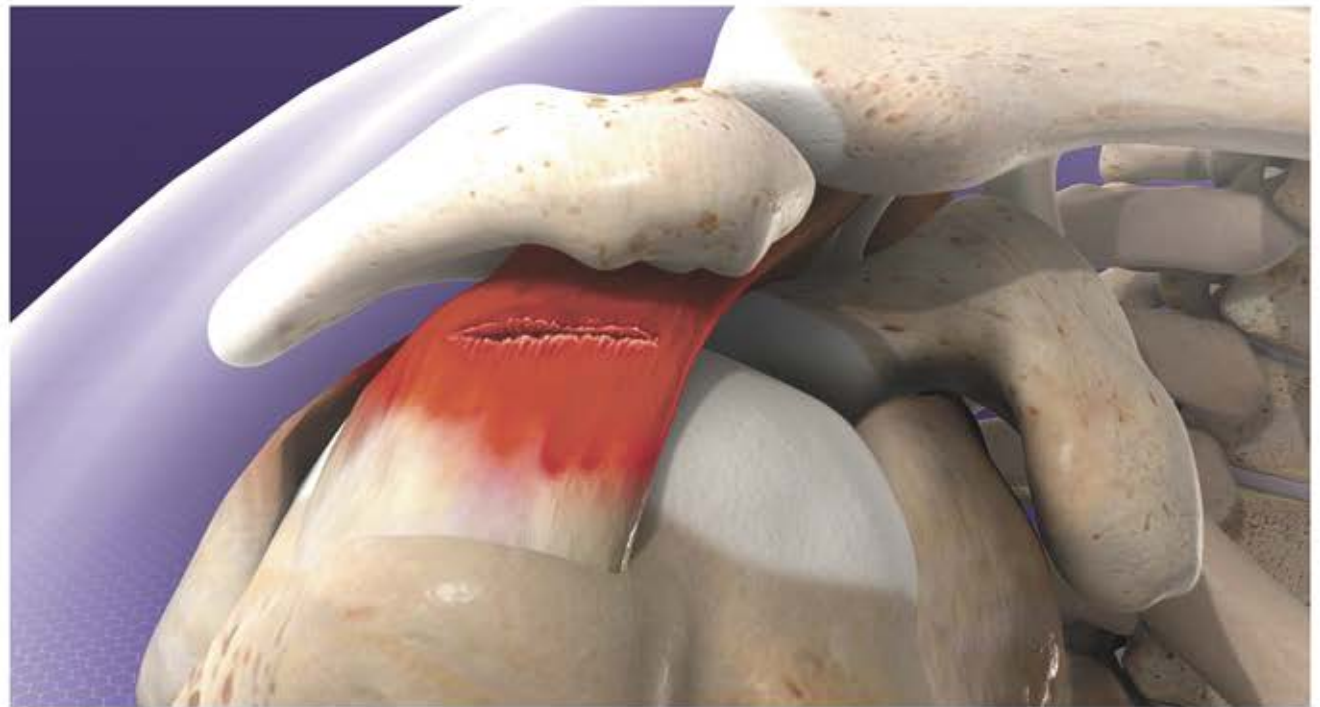
Rotator cuff tears are some of the most common causes of pain among adults in the United States. Torn rotator cuffs lead to shoulder weakness, which can make it difficult to complete daily tasks like getting dressed. Depending on the type and severity of the rotator cuff injury, surgery may need to be performed to alleviate symptoms and restore full range of motion.

The rotator cuff is made up of four muscles that are joined with tendons to create a covering around the head of the humerus bone at the top of the arm. A rotator cuff tear occurs when one of the tendons are torn, no longer fully attaching to the humerus. There are multiple types of rotator cuff tears, including a partial tear, which damages the soft tissue but doesn't sever it, and a full-thickness tear, which splits the soft tissue into two separate pieces. The full-thickness tear is essentially a hole in the tendon.

Common symptoms of rotator cuff injuries include pain and weakness, while lifting and lowering the arm in specific movements, a crackling sensation when moving the shoulder, and pain at night. While sudden injury, such as a fall, may be an obvious reason for pain, rotator cuff tears can also develop slowly over time due to overuse and over-rotation of the shoulder.

Because of the nature of these wear-and-tear injuries, people over the age of 40 are most at risk of rotator cuff injuries. Others at risk include those whose occupations require them to do work above their heads, such as painters, plumbers and carpenters, and athletes such as tennis and baseball players, whose repeated motions can cause damage. While the pain may start out being manageable with over-the-counter medications and rest, small tears often grow larger and more painful before they have a chance to heal on their own. A decrease in blood supply to the tendon also decreases with age, which inhibits the body's ability to repair small tears.

If you suspect a rotator cuff injury, your physician will diagnose the issue by having you move your arm through a wide range of motions and will check for tenderness, deformities and overall arm strength. Your doctor may also examine your neck closely to ensure the pain is not being referred and to check for arthritis and other conditions. Imaging tests such as X-rays, MRIs or ultrasound may also be used to diagnose the problem.



Depending on the severity and type of the rotator cuff injury, nonsurgical treatment may be an option. Nonsurgical treatment options include rest and limited motion, over-the-counter pain medications such as naproxen sodium and ibuprofen, physical therapy, and injection of steroids such as cortisone at the site of the tear. While nonsurgical treatment options avoid the risks of surgery, which include infection, stiffness, and lengthy recovery time, they can also be limited in their effectiveness and may require permanent limitations in enjoyable activities, such as tennis, which exacerbate the injury.

Surgery may be the best option to restore full motion and relieve pain from rotator cuff tears. Depending how long and complex the tear is, the surgeon may be able to perform arthroscopic surgery, or they may need to make a regular incision. A third option, mini-open repair, uses new technology to repair the rotator cuff through a smaller incision than traditional surgery.

Regardless of the type of surgery performed, rehabilitation and physical therapy are essential to restore strength and motion. Your arm will likely be immobilized in a sling for the first four to six weeks following the surgery. Once the surgeon decides it is safe to move the arm, a physical therapist will guide you through a series of passive and active exercises. Complete recovery will likely take four to six months, but with proper rehabilitation, you can expect relief from pain and full use and strength of your arm and shoulder.

Christopher Manseau M.D.

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

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

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

To schedule your consultation,
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WOMEN AND HEART DISEASE

KNOWING MORE COULD SAVE YOUR LIFE

Dr. Sivasekaran, MD

February is when the American Heart Association promotes their Go Red For Women Campaign. Why is it so important to differentiate between heart and stroke risks for women and men? It's unfortunate, but women's heart attack and stroke episodes are on the rise and women often overlook the signs and symptoms that are plaguing them day in and day out.

Heart Disease is the number one killer of women, taking 1 out of 3 women's lives each year. With so much focus on other diseases that affect females, like breast cancer and autoimmune diseases, heart disease is often overlooked and underestimated. One woman dies every minute of cardiovascular disease.

Heart disease is the narrowing of the arteries over time, due to a build-up of plaque that can in some cases cause a complete blockage of the blood vessels or coronary arteries. The signs for women are often different than the symptoms commonly associated with men at risk of Coronary Artery Disease, or a heart attack. For women, the signs are usually excessive sweating, sleep disturbances, shortness of breath, fatigue, pain in the jaw, shoulder, upper back, neck and the abdomen.

Although Coronary Artery Disease (CAD) is down overall, for women it's escalating quickly. Many factors play a role in CADs affecting women; a leading culprit is hormonal changes. When hormones are out of balance, additional factors such as high cholesterol, high blood pressure, and weight gain start to take place. All of these symptoms contribute to CAD.

Linking hormonal changes to the increase in women developing heart disease are also marked by risk factors such as having had gestational hypertension or gestational diabetes. Along with menopause and the related hormonal fluctuations, eating a diet high in saturated fats, having uncontrolled hypertension or high cholesterol,



being overweight, mental anxiety or unresolved stress, and smoking or previously smoking all play a considerable role in CAD.

Keeping Track of Your Numbers Could Save Your Life

- Hormones
- Cholesterol
- Blood Sugar
- Body Mass Index (BMI)
- Weight and Waist fluctuations
- Blood Pressure

Additionally, women tend to have plaque build-up and blockages in their smaller vessels, where men tend to have those issues in the larger arteries. These are often difficult to diagnose. These small vessels are known as microvascular, and therefore many women may actually be experiencing the effects of MVD, Microvascular Disease. MVD is now thought to affect approximately 3 million women with Coronary Artery Disease.

There are additional tests to check the microvascular system in women for weakening, damage, and blockages. These minimally invasive tests can

This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.

determine if the microvascular structures are damaged; these procedures are typically done through duplex ultrasound or pulse wave velocity.

Women can be treated successfully if CAD or MVD is caught early. Usually keeping weight down with a healthy diet, keeping the heart muscle strong and oxygen-rich blood flowing through cardiovascular exercise are helpful, along with medications like ACE inhibitors, alpha-beta blockers, and cholesterol-lipid lowering drugs.

In addition to the testing mentioned above, there are specific procedures and screenings that your physician can provide to decipher how healthy your heart and arteries are; these include blood tests, stress tests, EKG's, Holter monitors, vascular ultrasounds, and scans.

We take your symptoms seriously and are prepared to see you and to discuss your conditions. Dr. Sivasekaran specializes in providing a wide range of services that focus on the prevention, prompt diagnosis and state-of-the-art treatment of cardiovascular disease.

RATNASABAPATHY SIVASEKARAN, MD

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

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

 Siva M.D. P.A.

Office Location:
2845 Southeast 3rd Court
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LOOK GOOD...FEEL GOOD... BE HEALTHY!

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

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

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



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

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

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

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

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


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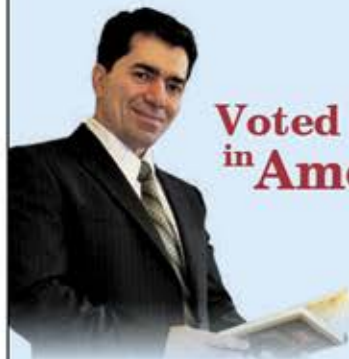
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Hormonal Disturbances?

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

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

Bio-Identical Hormones

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

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

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

Why Testosterone?

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

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



Low Testosterone Can Lead To:

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

Hormonal Pellet Therapy

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

Other Forms of Hormonal Replacement

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

Dr. Nwaubani

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

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

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

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



Uzoma Nwaubani, MD,
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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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STRESS INCONTINENCE IS NOTHING TO SNEEZE AT

“Stress incontinence” is a reality for millions of women in America today. The “stress” is not emotional or mental pressures. Rather, it’s physical pressure put on the bladder that can cause urine leakage. Something as simple as a sneeze or a cough might trigger a leak. Standing up suddenly, lifting something heavy, exercise—sex; anything that puts pressure on a bladder can be problematic.

Stress incontinence is the most common form of incontinence in women. It’s an unwelcome embarrassment for 1 in 4 women aged 15 through 44—1 in 3 women aged 45 to 64. It is so embarrassing in fact, that fully *two out of three women never mention it to their doctors*. Those who do, wait an average of *over six years* before seeking help.¹

The good news is, when they finally do speak up they discover that their problem is, for the most part, easily cured. Often all it takes are a few lifestyle changes—exercise, lose weight, quit smoking, forgo the diet soda refills—and voilà—no more problem! Here’s why....

The root cause of stress incontinence comes from weak pelvic floor muscles, simple as that. How you came to *have* those weakened muscles could be from pregnancy and/or childbirth, carrying excess weight, decreased estrogen levels due to peri-menopause or menopause, or simply aging.

SO, HOW DO YOU FIX IT?

Weight loss may be one of the most effective ways to drastically improve or even “cure” stress incontinence. According to Kristene Whitmore, M.D., chair of urology and female pelvic medicine and reconstructive surgery at Drexel University College of Medicine in Philadelphia, “Dropping pounds eases the pressure on your bladder and pelvic floor.... In one study, women who lost 17 pounds reduced leaking episodes nearly 50%. Even those who lost a mere three pounds were 28% drier.”

1. <http://www.goodhousekeeping.com/health/a13570/urinary-symptoms/>

Also, watch what you drink—sip don’t chug—and you can also make a huge difference. Coffee is a major culprit. If you must drink it, think moderation. Water or herbal teas are better but even those need to be sipped over time. Finally, cut back or eliminate those elements in your diet that are known to irritate bladders: caffeine, carbonation, alcohol, artificial sweeteners, citrus and tomato juice.

One word—*kegels!* Many are already familiar with these go anywhere, exercise anytime little gems. Kegels are pelvic floor strengthening exercises. A doctor or physical therapist can show you how to perform the moves correctly to derive the most benefit. Keep at it daily for six to eight weeks to give the exercises the best chance to work.

All of the above are steps you can take to mitigate the effects of or even cure stress incontinence on your own. If those prove less than satisfactory, treatment can become more aggressive with a little help from your doctor. There are devices available he or she can prescribe to help.

A vaginal pessary is a specialized device shaped like a ring with two bumps on it. It is placed around the urethra to support the bladder and reduce leakage during activities. A urethral insert is another choice. Similar to a small tampon, it’s inserted for extra help when certain physical activities are anticipated—though it can be worn all day if desired.


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Surgery is the final choice available to someone suffering from the effects of stress incontinence. There are several procedures that can be performed. Consult with your doctor to see which one he or she may recommend.

The bottom line is, stress incontinence is more inconvenient and embarrassing than it is life threatening. Clearly, there are options out there. Most are non-medical lifestyle changes a person can adopt to take control of their particular situation. Many will greatly reduce or even eliminate the problem altogether. And while stress incontinence is nothing to sneeze at...it’s not a condition you’ll have to live with, either.





Four Stress-Busters For Home Sellers

By Dawn Trigg
Broker Associate, REALTOR®

Selling your home is an exciting endeavor and an important milestone in your life—not to mention potentially lucrative! However, it can also be stressful and nerve-racking. Worrying over the sale of your home is natural and expected, but it doesn't have to get out of control. Here are some quick, easy ways you can maintain optimum mental health while dealing with negotiations, inspections, and appraisals.

1: Meditation

The practice of meditation can seem mystifying and arcane, but it's actually deceptively simple—and its cognitive benefits have been well known for centuries. All you need is a quiet space and a few minutes to yourself. Sit with your legs crossed, and focus on your breathing. Breathe into your diaphragm through your nose slowly and evenly for five to ten minutes to clear your mind, reduce feelings of anxiety, and get back at it refreshed.

2: Gentle Exercise and Cardio

Get rid of that excess nervous energy by engaging in some gentle, low-impact exercise. Even light exercise releases endorphins that make your brain happy and helps your body better adapt to stress. Exercising in a natural setting is even better, since outdoor vistas tend to create a meditative state of mind called involuntary attention in which our minds can wander but our senses are engaged in the present moment. When you're stressed, try some light yoga or go for a walk at your favorite spot.

3: Visualization

A similar practice to meditation, visualization is known to elicit relaxation response in the body and mind. It's also very simple: make yourself comfortable in a quiet place, then imagine yourself relaxing in a peaceful scene of your choice. You can also focus on positive, goal-focused imagery like selling your home, or picturing yourself in your dream home.

4: Potassium Consumption

Stressing out with no time to take a meditation or yoga break? Grab a banana. Bananas (as well as sweet potatoes, yogurt, and winter squash) are rich in potassium, a nutrient that helps your body regulate blood pressure and recover more quickly from stress. Incorporate potassium-containing foods in your meals throughout the selling process to help your body and mind cope.



Selling your home should be an exciting, happy time for you and your family. Keep your selling stress low by hiring a Showcase team member to make sure you get exactly what you want from the sale of your home. Let us deal with the hard stuff so you don't have to!



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Get to Know Your Eye Lens Implant Options

During my 30-year journey in eye surgery, no story has been as dynamic and exciting as the story of the human eye natural lens, its disorder called cataract, and our relentless effort to improve the process by which the cataract is evacuated and replaced with a man-made intraocular lens, and to fine tune the materials and the design of the intraocular lens implant that we place in the eye when we remove the cataract.

The story begins here. The human eye has a lens that sits behind the pupil that inspired the design of the camera with a lens behind the shutter. This lens is made up of a protein similar to egg white: when it is fresh it is transparent and when you cook it, it clouds up. With time the protein that makes up the human natural lens "cooks", a cataract develops, and our vision suffers. The young natural lens is a creative marvel: it focuses at distance and very quickly can zoom close up to a clear image that is devoid of unwanted optical aberrations. However, as the natural lens ages it begins to lose some of its remarkable capabilities in a process called the dysfunctional lens syndrome (DLS). This syndrome begins with the gradual loss of accommodation (zoom) due to the loss of the natural lens elasticity that is typically first noticed around age 40 and eventually mandates the use of reading glasses. DLS progresses as the lens begins to lose its transparency and some unwanted optical phenomena emerge such as glare and halos but the vision overall remains "good enough" with glasses. Some people at this point elect to have a highly successful procedure to replace the dysfunctional natural lens with a multifocal lens implant to restore their ability to see without glasses. Eventually the lens becomes cloudy enough that it affects the person's ability to carry on his or her activities of daily life: this cloudiness is what we call cataract. At this point, the changes in the lens are deemed medically significant and the person may elect to have insurance based cataract surgery. Cataract surgery in a nutshell is a procedure in which the old dysfunctional cloudy natural lens is replaced with a man-made intraocular lens IOL.

This IOL has come a long way since its inception some Eighty years ago. The first models of these lenses were rigid and optically low tech. Today's IOLs are by far some of the most technologically advanced marvels and are generally divided into two basic groups. The first is an IOL that is monofocal: it corrects the vision at distance but the patients still requires reading glasses. The second is a multifocal IOL that is typically designed to focus at distance and near and can reduce or eliminate entirely the need to wear glasses for any visual tasks.



This multifocal group has a number of different types: some are most suitable for golfers and active outdoors types, others for serious cell phone and computer users and others for avid small print readers. It is particularly crucial to match the person with the type of lens implant that most fulfills his or her visual requirements.

The field of intraocular lens implants is crowded with numerous offerings. I tell patients that there are many shapes and models of lens implants just as there are many different models of cars on the highway: putting the best implant in the patient's eyes that best fit his or her visual demands guarantees a comfortable "ride".

Intraocular lenses differ in rigidity (rigid versus flexible), whether they are one or three pieces, whether they are made of silicon or acrylic or some other material, whether they are spherical or aspherical, and whether they are monofocal or multifocal. These offerings are wonderful in the sense that at the time of surgery we can pick out the lens implant that best matches the patient. For instance, patients with potential retinal problems are not suitable for silicon implants because if ever they needed retinal surgery requiring the use of silicon oil, the presence of a silicon implant affects overall visualization. Whereas multifocal implants are a technological wonder, giving most patients the ability to see distance and near without glasses, they are not suitable for everyone. For example I do not use multifocal implants in patients with macular degeneration or diabetic retinopathy because such patients will not reap the full benefits of such implants and single vision implants may offer such

patients better quality vision. I perform cataract surgery one eye at a time not only as a precaution against infections as these have become quite rare with modern facilities and techniques, but also because when the first eye is done, we obtain measurements after the surgery that we take into account when performing the surgery on the second eye to insure that both eyes work optimally to give the patient the best vision possible.

Few patients ever ask me what implant I plan to use for them when I perform their cataract procedure in terms of material and design. However, I have tried through my writings, lectures, and patient care to increase awareness of implant differences, as I believe truly that the more informed the patient is, the better choices they will make for his or her eye health. We ophthalmologists are some of the most detail oriented professionals as our world is not measured in feet or inches but in microns. When that quality is combined with a well-informed eager-to-learn patient the result are good choices that make the patient very happy and rewards the ophthalmologist as he or she see that the fruit of their long years of education and training is making a positive difference in the world.

352.237.0090 Dr. Latif Hamed, M.D. FFAO
800.489.1129
3230 SW 33rd Rd, Ocala, FL 

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



Latif Hamed, M.D. FFAO

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

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

Create a Safe Home for Dementia Patients

People with Alzheimer's can live in their homes, as long as safety measures are in place. As Alzheimer's progresses, a person's abilities change. But with some creativity and problem solving, you can adapt the home environment to support these changes.

How dementia affects safety?

With creativity and flexibility, you can create a home that is both safe and supportive of the person's needs for social interaction and meaningful activity.

Alzheimer's disease causes a number of changes in the brain and body that may affect safety. Depending on the stage of the disease, these can include:

Judgment: forgetting how to use household appliances

Sense of time and place: getting lost on one's own street; being unable to recognize or find familiar areas in the home

Behavior: becoming easily confused, suspicious or fearful

Physical ability: having trouble with balance; depending upon a walker or wheelchair to get around

Senses: experiencing changes in vision, hearing, sensitivity to temperatures or depth perception

Home safety tips:

Assess your home.

Look at your home through the eyes of a person with dementia. What objects could injure the person? Identify possible areas of danger. Is it easy to get outside or to other dangerous areas like the kitchen, garage or basement?

Lock or disguise hazardous areas.

Cover doors and locks with a painted mural or cloth. Use "Dutch" (half) doors, swinging doors or folding doors to hide entrances to the kitchen, stairwell, workroom and storage areas.

Be prepared for emergencies.

Keep a list of emergency phone numbers and addresses for local police and fire departments, hospitals and poison control helplines.

Make sure safety devices are in working order.

Have working fire extinguishers, smoke detectors and carbon monoxide detectors.

Install locks out of sight.

Place deadbolts either high or low on exterior doors to make it difficult for the person to wander out of the house. Keep an extra set of keys hidden near the door for easy access. Remove locks in bathrooms or bedrooms so the person cannot get locked inside.

Keep walkways well-lit.

Add extra lights to entries, doorways, stairways, areas between rooms, and bathrooms. Use night lights in hallways, bedrooms and bathrooms to prevent accidents and reduce disorientation.

Remove and disable guns or other weapons.

The presence of a weapon in the home of a person with dementia may lead to unexpected danger. Dementia can cause a person to mistakenly believe that a familiar caregiver is an intruder.

Place medications in a locked drawer or cabinet.

To help ensure that medications are taken safely, use a pill box organizer or keep a daily list and check off each medication as it is taken.

Remove tripping hazards.

Keep floors and other surfaces clutter-free. Remove objects such as magazine racks, coffee tables and floor lamps.

Watch the temperature of water and food.

It may be difficult for the person with dementia to tell the difference between hot and cold. Set water temperature at 120 degrees or less to prevent scalding.

Support the person's needs.

Try not to create a home that feels too restrictive. The home should encourage independence and social interaction. Clear areas for activities.

Quality Care

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

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



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

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

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

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

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

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

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

Guiding You Through Insurance Companies Most Puzzling Issues

Insurance issue and changes can be confusing. Trusting just any run of the mill company is very often intimidating for most individuals. How do you know you're getting the best advice? Kiefer Insurance has the answers that you need. In business since 1972, their family-owned company is trusted because of their impeccable service and commitment to their clients.

At Kiefer Insurance, they pride themselves on not working for the Insurance Companies, but instead, working for you! They form life-long relationships with their clients, and the results are what keep them in the forefront of the community.

Common Insurance Concerns

Can I keep my coverage if I move?

Whether you're moving out of state or making a town move within Florida, there are opportunities to change your plan or to enroll in a new plan if necessary. SEP or Special Enrollment Period allows you to change your policy outside of the OEP (Open Enrollment Period). Typically you have 60 days to change your plan if you move. This allows you to either keep your existing plan or enroll in new coverage.

Having an experienced agency guide you through this intricate process is ideal so that you and your family are certain not to be left without coverage.

What Do I Need to Know About Medicare?

Medicare is a sophisticated system, but maneuvering your way through the maze is the tricky part. You'll want to have the best coverage based on what your income will allow.

Medicare has several parts:

- Part A (hospital)
- Part B (physician & out-patient services)
- Part C (Medicare Advantage Plan)
- Part D (prescription drug coverage)

Because Medicare only covers approximately 80% of Part B expenses, most individuals will need to enroll in supplemental coverage to cover the cost associated with outpatient services.

At age 65, most people enroll in Medicare Part A & Medicare Part B. Medicare only covers about 80% of Part B expenses. You are responsible for the other 20%.

When you opt to enroll in Medicare Part C (Medicare Advantage Plan), it combines Part A, Part B and sometimes Part D coverage. This is similar to PPO & HMO plans, which have co-pays or deductibles instead of the 20% balance that Medicare does not cover. The benefits depend upon the policy you select.

To find out more, please visit www.medicare.gov, or Call KIEFER INSURANCE to arrange a no obligation explanation of these Medicare choices. They represent a carefully selected group of financially sound and reputable insurance companies to offer you the best service possible and most comprehensive coverage at competitive prices. They do more than sell insurance; Kiefer Insurance provides peace of mind. For more than forty-five years, they've maintained their role as the trusted agency in Ocala.



Group Policy For Business Owners

If you own a business and have four or more employees, group health insurance is a great benefit to offer your employees. You are required to pay at least 50% of the employee premium, and the employee is responsible for paying the other 50% of the premium. Now, insurance carriers allow more than one plan to be offered, so that each employee can choose the policy that provides the best coverage and price for them.

For your convenience, when new employees are hired, Kiefer Insurance meets with them in person to explain the benefits. Because the details set Kiefer Insurance apart from the rest, they do NOT simply mail them the plan summaries and enrollment applications.

For more information on Kiefer Insurance and how they can partner with you to get you on the right track, please call 352.732.7501, or visit their website at kieferinsurance.com.

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UNDERSTANDING COPD

Dr. Poonam Warman, MD

What is COPD?

Chronic Obstructive Pulmonary Disease (COPD) is a lung disease that can limit your airflow. When some people hear "COPD," they are not sure what to think. It may be confusing because Chronic Obstructive Pulmonary Disease is only one of a group of closely related chronic lung diseases.

COPD may include chronic bronchitis, emphysema, asthma, asthmatic bronchitis and other conditions. A high percentage of people who suffer from COPD are, or were, tobacco users. There is no cure for COPD. But proper medications and lifestyle changes can control symptoms and reduce the progression of damage to your lungs.

First and foremost, if you smoke, stop!

COPD is an extremely common condition affecting about 5% of Americans; meaning approximately 13.5 million people in the USA have COPD. 15 million people are thought to have undiagnosed COPD. More than 125,000 deaths occur annually due to COPD.

Emphysema is a disease that damages the terminal air sacs in the lungs and chronic bronchitis affects the smallest breathing tubes in the lungs.

Common day-to-day COPD symptoms include coughing up mucus or phlegm, difficult breathing and shortness of breath, wheezing and chest tightness. Some people may think they simply have a "smoker's cough" or that breathlessness is just a part of getting older. It may be nothing serious or it may be an early sign of COPD. Either way, it is always recommended to seek medical attention if these symptoms persist. COPD is a very progressive disease that gets worse over time, especially with continued smoking. By the time many patients are diagnosed with COPD, they have lost some of their lung function. The earlier COPD is diagnosed, the sooner you and your doctor can start managing it.

A diagnosis of COPD may be delayed or missed because symptoms of COPD generally develop slowly over years and may not be noticed initially.



Some symptoms, such as fatigue, weakness, and dizziness can be vague and attributed to other conditions, such as aging. Other symptoms, like shortness of breath, cough, and chest pain may be confused for symptoms of a heart attack, pneumonia, heart failure, or influenza.

Many COPD patients suffer from cardiovascular disease, likewise many COPD patients die of heart failure or stroke. Why you might ask? Unfortunately, disease often does not stay tucked neatly into one part of the body. Our lungs enable us to breathe. More specifically, the lungs bring oxygen to the blood, and the heart transports this oxygenated blood to the rest of the body. If the lungs fail to oxygenate the blood sufficiently, as occurs in a COPD patient, blood vessels may become brittle or constricted. Before long, the heart pumps too weakly to do its job

well, leading to further health problems. COPD makes the heart work harder, especially the right side, which pumps blood into the lungs.

Even mild COPD can harm the heart; sometimes even before COPD symptoms even occur. The heart receives blood from the body, pumps it into the lungs, receives it fully oxygenated from the lungs and pumps it back into the body. If you have COPD, this process is not as efficient as it should be.

When you are diagnosed with COPD, you may have many questions and the answers may not always be clear at first. Many people think that the symptoms of COPD are just a part of getting older and not a sign of something more serious. For this reason, they may have COPD for a long time before the symptoms become enough of a problem that they see a doctor.

Here are some questions to ask yourself to help determine if you may have COPD:

- Are you a smoker?
- Do you have a nagging cough that goes on for weeks or months?
- Do you have a cold that never seems to clear?
- Do you often feel like you have trouble breathing?
- Are you unable to take a deep breath?
- Do you get winded during mild activity?
- Are you always tired and exhausted?
- Do you have trouble gaining weight despite eating adequately?

If you answered yes to any of these questions, you may want to consult your doctor immediately.

It is important that COPD be diagnosed in its early stages. The sooner a person quits smoking and avoids other risk factors that can make COPD worse, the better the chances of slowing the damage to the lungs.

Most doctors can make a tentative diagnosis of COPD by asking about your symptoms during a physical exam. Other tests used to confirm a diagnosis of COPD may include:

- Chest x-rays, which are used to rule out other conditions that have the same symptoms as COPD.
- Blood tests, which tell doctors how much oxygen is in the bloodstream.
- Electrocardiography (EKG or ECG) and echocardiography, which are used to rule out any heart problems that may be causing your symptoms.
- Breathing test [PFT] to evaluate the nature and severity of the COPD.

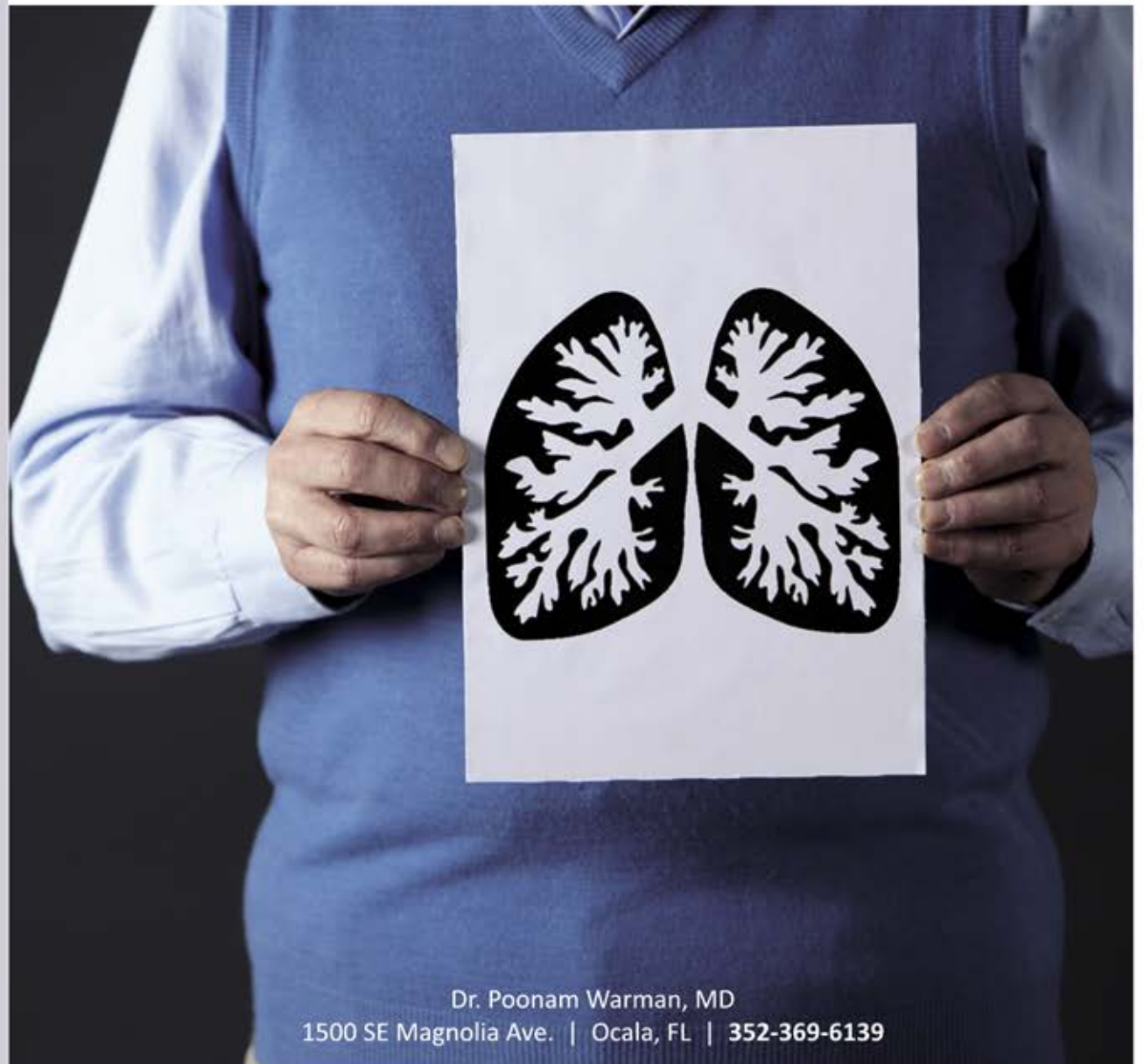
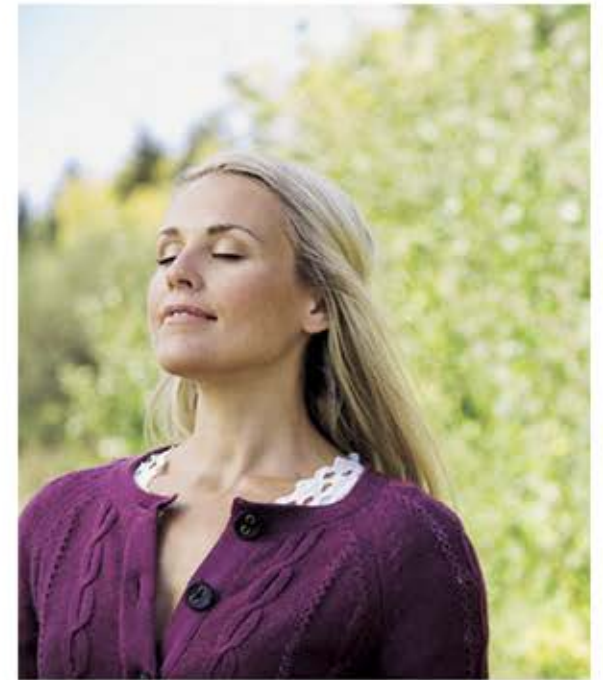
Although COPD cannot be cured, it can be managed. The goals of treatment are to:

- Slow down the disease by avoiding tobacco smoke and air pollution.
- Limit your symptoms, such as shortness of breath. Increase your activity level.
- Improve your overall health and quality of daily living.
- Prevent and treat flare-ups. A flare-up is when your symptoms quickly get worse and stay worse.

Medications, Oxygen Therapy, Pulmonary Rehabilitation programs, Lung Volume Reduction Surgery are all options for treatments that are available to treat patients suffering from COPD.

Many people are able to manage their COPD well enough to take part in their usual daily activities, hobbies, and family events. It is important to talk to your doctor about all of your concerns and to ask lots of questions. Something that you may not think is relevant may be useful in pinpointing the problem.

Dr. Warman specializes in pulmonary diseases and can help anyone who is suffering with COPD. Schedule a consultation today and get back your life and start breathing easier again, the act of breathing is living!



Dr. Poonam Warman, MD
1500 SE Magnolia Ave. | Ocala, FL | 352-369-6139

The Top 6 Reasons People Are Happy With Where They Live

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Weather

Living in Florida, we are blessed to have beautiful weather all year long, but our winters are what draw so many northerners to our sunshine state. 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.

Safety

Lakeside Landings is located in one of the safest neighborhoods in the county. With brand new luxury homes being built, everything is state-of-the-art by way of construction and made to last.

Convenience

Located near major interstates and thoroughfares, getting around town or in and out of the state is easy. 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.

Luxury

Lakeside Landings is proud to announce their newest community, the Enclave. The Enclave has luxury homes ranging from 1300 to over 3,000 square feet, and the most innovative amenities in The Villages. You can take your glorious sunrise jog, meet your friends for a relaxing lunch, or take your golf cart to dinner, why? Because in Lakeside Landings everything is complete and highly thought out for your convenience.

Outdoor Activities

You'll enjoy seeing your neighbors being active out on their bicycles and jogging along the pristinely landscaped banks of the community. 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.

Neighbors

Your neighbors not only love getting to know each other, but they also enjoy looking out for each other. You might just make a few new life-long friends at Lakeside Landings. Come join all the other residents that are living out their dreams, one day at a time in the warmth and comfort of a safe and social atmosphere.

Find out why so many people love to call Lakeside Landings home. Call today to schedule your model home tour at 352-330-4305.



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A GREAT NEW YEAR'S RESOLUTION FOR 2018

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

Part II

Last month I gave three reasons why being a Giver is a great New Year's resolution.

1. Jesus said: "It is more blessed to give than to receive."
2. Paul said: "God loves a cheerful giver."
3. Giving is like sowing seed into the ground-you get back much more than you sow.

I also told about my Father going into the jungles of New Guinea among stone-age wild warriors to share the love of God with them. That was in 1948 when most of the highlands of that country had never been in contact with civilization.

Ten years later, in 1958, my father invited me to go to New Guinea with him. I was fourteen years of age and had spent most of my life in the Bahamas and Haiti where my family did missionary work, and I was very excited about this new adventure.

New Guinea was still wild country. Many of the people I lived among were still living in the stone age. I watched tribal men receive a steel axe for the first time with as much joy and excitement as we would feel from getting a brand new car. They told me they would use it as a pillow to sleep on so no one could take it while they slept.

I tried cutting wood with their old stone axes and saw why the men were so excited about getting a new sharp steel axe! Sharp steel knives were in great demand to replace the bamboo ones they had used in cutting up their pig meat. Matches were highly prized for starting cooking fires. And warm blankets were a luxury they had never had, but desperately needed, to protect them from the high mountain cold at night- sometimes even freezing temperatures!

The tribal people had never seen a pencil or paper and had no concept of reading and writing. But soon their children were clamoring to come to school. These children of the jungle would arrive at our primitive grass-roofed mission school early in the morning, with their naked bodies covered with "goose-bumps" from the cold.

As funds became available, we were able to provide them with simple clothes that kept them warm and helped protect them from the bronchial illnesses that were prevalent among babies and children. Our mission clinic provided medicine and saved precious lives.



These precious people were amazed that one little pill could stop their headaches and a penicillin shot could help heal them from pneumonia.

As a teenager I discovered the joy of giving. I helped in the school teaching these boys and girls simple math and the sounds of the alphabet. I also got to work in the clinic and helped give aspirin and penicillin shots to sick people whose lives depended on our medicine.

But most of all I enjoyed giving them the Gospel of Christ- telling them about God who loved them so much He sent us to share His love with them. And I got back so much in return. They gave me their friendship and love.

They taught me to speak their tribal language. They shared their meager resources with me. They taught me how to peel their sugarcane with my teeth and chew it for a nice refreshing drink. (We carried sticks of sugarcane on our treks over the mountains.)

They taught me to use their bow and arrows and took me on hunting trips with them. They accompanied me on treks into wild territories and helped introduce me to people who had never seen a white man or even knew an outside world existed.

They gave me their respect and trust. They trusted and respected me so much that at sixteen years of age I was able to go between warring tribesmen who had bows drawn and sharp arrows pointing at each other and they held their "fire" and lowered their bows so they wouldn't shoot me. They listened as I called on them to stop the fight and make peace.

They allowed me to be a peace-maker and moderate in a peace conference that resulted in the leaders shaking hands and making a covenant to end the animosity. Then both sides thanked me for stopping them from killing each other.

They called me, "Kango Kondoli" (Red Boy) but treated me as an "Imbo iye" (Natural/native man) and gave me the honor given to chiefs. By the time I was eighteen years of age, I had preached to thousands of these new friends as they sat on the ground and gave me their attention.

I gave them my friendship and love and shared with them many of the blessings of modern civilization. They gave me back so much more. It's true! It really is more blessed to give than to receive.

(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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