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March 2018

Lake/Sumter Edition - Monthly

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of Colorectal Cancer
Saves Lives

**CHOLESTEROL
NUMBERS**

Are Directly Affected
By the Foods We Eat

**NATIONAL CANCER
PREVENTION MONTH**

**COMMON EYE
CONDITIONS:**
What They Are and
How to Treat Them

**SEASONAL
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It's your heart. It should be personal.

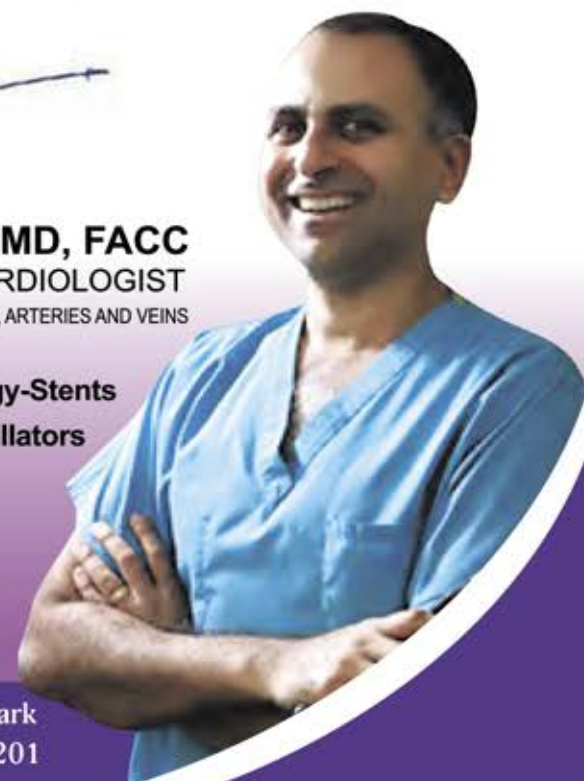
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CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR - Lisa Minic



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COMMON EYE CONDITIONS

WHAT THEY ARE AND HOW TO TREAT THEM

We use our eyes for nearly everything we do, so when we encounter vision problems or eye discomfort, we want rapid, effective solutions, the kind you'll find at Lake Eye Associates.

One of the most common and uncomfortable conditions is chronic dry eye, which causes nearly 30 million Americans to experience recurring dryness, grittiness, burning, stinging, redness, excess tearing and/or stringy mucus. Dry eye can affect people of any age, but occurs more often as people get older and tear production slows or the glands that keep eyes moist become blocked.

Dry eye can be easily diagnosed by your Board-certified Lake Eye ophthalmologist, who will assess the cause and severity and recommend the appropriate treatment to help keep your eyes moist, clear and comfortable.

Mild cases may be treated using specific nutritional supplements, prescription eye drops and special cleansers. More severe cases are typically caused by a disorder called Meibomian Gland Dysfunction, or MGD, in which the glands in the eyelids that maintain lubrication become blocked. Lake Eye utilizes LipiFlow®, the most advanced MGD treatment system ever created, for lasting, drug- and surgery-free therapy that can greatly reduce or eliminate the need for eye drops for up to 24 months. LipiFlow® provides a combination of heat and gentle massage to help unclog the Meibomian glands so they function better, delivering more than just a relief of symptoms, but also lasting treatment of the disease itself.

Another common problem is floaters, which are normally tiny specs of collagen that clump together inside the vitreous, causing shadows that are perceived as grayish strings, dots or cobwebs within your field of vision. Floaters are common as we age, especially among people who are nearsighted, have diabetes, or have had eye surgery or injury. Almost as common is something called flashes, in which bolts or sparks of light appear out of nowhere. Flashes are caused by the vitreous gel within the eye pulling away from or rubbing against the retina. Though most floaters and flashes are usually harmless, they can also signify a detached or torn retina, which, left untreated, can be quite serious, so if you experience any new floaters or flashes, see your ophthalmologist right away to help prevent potential vision loss.



By far the most common vision problem is a refractive disorder, a clinical name for what we know as blurred vision. Caused by a change in the shape of the eyeball, refractive disorders produce nearsightedness, farsightedness and astigmatism. Most refractive errors can be corrected with glasses or contact lenses. For this, you'll find everything you need for the right prescription and fashion-forward styles at Precision Optics, at every Lake Eye location.

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Board-certified ophthalmologists (from left to right):
**Vinay Gutti, MD; Scott R. Wehrly, MD;
Scot C. Holman, MD**

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Seasonal Influenza (Flu)

You feel miserable when you have a common cold—a runny and/or blocked nose, sore throat, cough. But you know that with rest, cold medications, and maybe some good chicken soup you are going to feel better in a week or so. The flu, on the other hand, can be a much more serious illness, especially for older people, young children, and those with certain chronic medical conditions. People with the flu may require more than bedrest and over-the-counter cold medications to prevent serious problems.

This newsletter discusses similarities and differences between the common cold and the flu, how you can lessen your chances of getting the flu, and treatments your healthcare provider may consider if you catch the flu.

How the Flu Is Different from the Common Cold
Symptoms of the flu that are somewhat different than those of the common cold are a high temperature (102°F or above), cold sweats and shivering, a bad headache, shortness of breath, aching in your joints and limbs, and feeling like you have no energy at all. Children, more than adults, are likely to have nausea, vomiting, and diarrhea.¹ However, it is important to remember that, in general, it can be difficult to tell the difference between a cold and the flu based on symptoms alone.

Both the common cold and flu are caused by viruses. But the flu is caused by specific types of viruses (influenza A and B). You can catch a common cold at any time during the year. The “flu season,” on the other hand, usually runs from October to March but can last until May.²

How to Avoid Getting the Flu
There isn’t a sure-fire way to avoid getting the flu. But, the best way to reduce your chances is to get vaccinated each year. You can get the flu vaccine any time during the flu season, but it is best to get it before the flu season begins. Because the flu viruses change each year, you need to get vaccinated each year. Most healthcare providers and pharmacies provide the service. Certain groups of people, like those who have a severe allergy to chicken eggs, should not get the vaccine. Always check with your healthcare provider to find out if there is any reason you should not get vaccinated.

Other things you can do to help avoid getting the flu is stay away from people who are sick and have flu-like symptoms, wash your hands frequently, and avoid touching your eyes, nose, and mouth—germs often spread when people handle something contaminated and then touch their eyes, nose, or mouth.³

I Think I Have the Flu

If you think you have the flu, call your healthcare provider. This is very important if you are older, or if you have any longstanding medical conditions, especially those that affect your breathing or your heart. Older individuals, young children, and those with certain medical conditions are more likely to get the flu, and can have more serious disease.³ It is very important that you call your healthcare provider or go to the emergency department if your temperature remains high for more than a few days, you feel seriously ill, or you become short of breath or have chest pain.

How Your Healthcare Provider Can Help

Your healthcare provider can determine if you have a cold or the flu. Flu symptoms can be treated with prescription anti-flu medications, which are most effective if taken within 3 days of when your symptoms start. Additionally, over-the-counter medications may be helpful, as well as getting plenty of rest and drinking plenty of fluids. But it is important to know if you have the flu or a cold because the flu can become a very serious illness very quickly.

Most people recover from the flu in 1 to 2 weeks. But sometimes the symptoms become very severe. If your temperature remains high, or if you are not keeping down any fluids your healthcare provider may admit you to the hospital for intravenous fluids and other treatments. In certain patients, antiviral medications are sometimes used to shorten the duration of the flu and lessen its severity. It is important to know that antibiotics are not useful for treating the flu.

How the Laboratory Can Help

Quest Diagnostics offers a test that can tell if you are infected with a flu virus. The test does not require any blood—it is done with a simple swab from your nostril. The test results come back very quickly. This can help your doctor begin any medical treatment sooner, potentially lessening the duration and severity of the flu. The flu test can prevent you from taking antibiotics if you do not need them.

Additional Information

For more information, visit the Centers for Disease and Control and Prevention website (<https://www.cdc.gov/flu/index.htm>) or these helpful websites:

- The World Health Organization: [who.int/mediacentre/factsheets/fs211/en/](http://www.who.int/mediacentre/factsheets/fs211/en/)
- WebMD: webmd.com/cold-and-flu/tc/influenza-when-to-call-a-doctor
- Medline Plus: medlineplus.gov/flu.html
- FamilyDoctor.org: familydoctor.org/condition/colds-and-the-flu/



If You Have These Symptoms In Addition to Common Symptoms, You May Have the Flu

- A high temperature (over 102°F)
- Cold sweats and shivering
- A cough
- Muscle aches, especially in your back, arms, and legs
- Loss of appetite
- Extreme fatigue

The Best Way to Prevent Getting and Spreading the Flu

- Get vaccinated every year in September, or as soon as the vaccine is available
- Take common precautions. These include washing your hands often, avoiding close contact with sick people, and limiting contact with other people when you are sick. For more information, visit the CDC web page on flu prevention: cdc.gov/flu/protect/preventing.htm

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CHOLESTEROL NUMBERS

Are Directly Affected By The Foods We Eat

March is National Nutrition Awareness Month. The food we put into our bodies has a lot more to do with our overall health than most people are aware—including our cholesterol numbers. Along with a good exercise routine and regular blood work, physicals, and medications, cholesterol levels can naturally be lowered with the proper foods.

A big part of lowering your LDL or low-density lipoprotein is by adding soluble fiber, omega 3 fatty acids, monounsaturated fatty acids or MUFAs, powerful antioxidants and lutein into your diet. Some of the following foods listed below can lower your “bad” cholesterol levels by 5-10% within just a few weeks. But for these nutrients to make the most effective decrease in your cholesterol, you must adhere to an overall healthy diet. You can’t eat fried chicken and then eat an apple and think you’ll get the benefit. You’ll need to make a plan to eliminate the processed foods in your diet.

- Cholesterol Lowering Foods
- Garlic
- Oatmeal and Oat Bran
- Pears
- Apples
- Prunes
- Beans
- Red wine
- Fatty fish (salmon and sardines)
- Nuts
- Black tea
- Spinach
- Olive Oil

Garlic can limit plaque buildup in the arteries and should be consumed raw if possible. You can achieve this by adding a few minced cloves at the very end of your cooking or add it to your salsa, salad dressings, or hummus spread.

Soluble fibers are found in foods like beans, apples, pears, prunes, and oats. When bile acids are removed from your blood, the liver must use cholesterol to produce more bile. This is where soluble fiber comes into play. It binds to the bile acid and therefore lowers the cholesterol in the body.

Oats contain a compound called beta-gluten. When digested, beta-gluten essentially absorbs LDL in the bloodstream. People that eat oatmeal or oat bran several times a week can see a significant improvement in their cholesterol level.



Fatty fish contain omega 3 fatty acids, which also aid in lowering LDL. They are a healthy alternative to saturated fats that are found in other animal protein and lard.

Red wine is thought to help to lower cholesterol through the polyphenol antioxidants. It’s best to drink in moderation, as too much wine has a counter effect on the heart.

Spinach and other leafy greens contain an antioxidant called lutein. Lutein is a dominant anti-fat lipid element that when eaten on a regular basis can reduce your cholesterol considerably.

Black tea, in particular, has been shown to reduce LDL by up to 10% in as little as a month in some patients. Drinking it iced or hot, you can’t go wrong, but keep the sugar to a minimum, as sugar counteracts the effectiveness of the compounds in the tea.

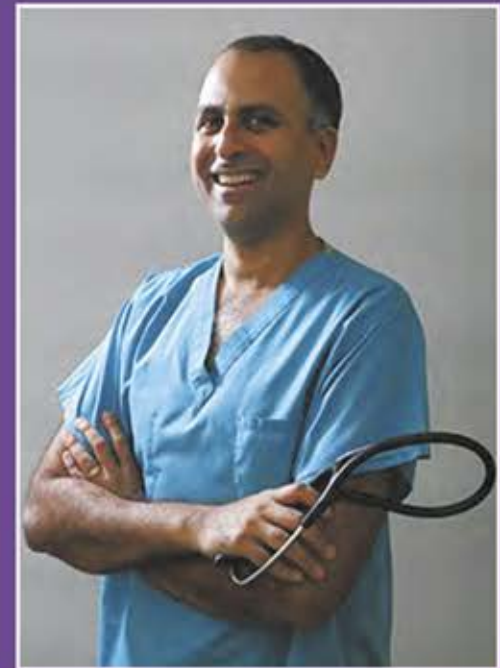
Avocado and olive oils are excellent forms of MUFAs or monounsaturated fatty acids. These MUFAs lower LDL by replacing saturated fats like butter or margarine. Avocado is also an outstanding source of fiber.

It’s always best to speak directly with your physician before completely changing your diet or exercise program. Your doctor will construct a precise plan to suit your specific needs and incorporate some of the foods mentioned above along with a coordinated strategy.

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InterCommunity Cancer Center Promotes National Cancer Prevention Month by Encouraging Healthy Habits

By this time of the year, many of us are struggling to keep New Year's resolutions, especially those dealing with adopting a healthier lifestyle. National Cancer Prevention Month, is a good time to recommit to goals of making and maintaining lifestyle changes that can lead to a longer, healthier life.

According to the American Institute for Cancer Research, approximately one-third of all cases of the most commonly diagnosed cancers in the U.S. could be prevented by embracing some simple lifestyle changes—that correlates to roughly 374,000 cases of cancer that could be avoided.

"People can greatly reduce their cancer risk by adopting a healthy lifestyle as early as possible in life," said Dr. David Catalano, medical director and radiation oncologist at InterCommunity Cancer Center in Lady Lake, Florida. "Not only do positive habits reduce cancer risk, they also help decrease the chances of getting many other serious health conditions, such as heart disease, high blood pressure, diabetes and other chronic diseases that can shorten lifespan and reduce quality of life."

Simple ways to reduce your cancer risk

Here are a few basic things you can do to put you on the right path to decrease the risk of cancer:

• Don't use any tobacco product

Smoking has been linked to many different types of cancer, including lung, mouth, throat, larynx, pancreas, bladder, cervix and kidney. Chewing tobacco is equally dangerous. Exposure to second-hand smoke should also be avoided.

• Maintain a healthy weight

This is probably the toughest item on the list, as many carry additional weight that is extremely difficult to lose and even harder to keep off. However, staying at the proper weight is one of the most important things a person can do to lower the risk of cancer, as obesity is strongly linked to many different cancers.

• Eat a healthy diet

Try to adopt a diet rich in vegetables, fruits, whole grains and legumes. Limit processed meats and red meats. The Mediterranean Diet is a great plan to help learn new, healthy eating habits, as it focuses heavily on plant-based foods.



• Limit alcohol consumption

Cancer risk increases with the amount of alcohol consumed and the length of time the person has been drinking. Moderation is best.

• Get regular physical activity

Get a minimum of 30 minutes of activity a day for at least five days a week; the more, the better. Regular activity helps regulate hormones that are linked to increased cancer risk and also helps fight obesity.

• Avoid too much sun exposure

Stay in the shade during the hottest part of the day when UV rays are strongest. Avoid laying in the sun or using tanning beds. Use sunscreen every day with a sun protection factor (SPF) of 15 or higher, even on cloudy days. Protective clothing should still be worn, even if sunscreen is used. Tightly woven fabrics in dark colors offer the best protection. Wear a wide-brimmed hat and sunglasses to protect the head and eyes.

• Get regular physical exams and cancer screenings

Many different cancers, including skin, colon, cervix and breast, have very effective screening procedures that can detect cancer early when treatment is most effective. Get regular physical exams and talk to your doctor about the best screening schedule that takes into account your individual risk for various cancers.

"National Cancer Prevention Month is a great time for all of us to jump start our commitment to leading a healthier lifestyle," said Dr. Catalano. "I urge everyone to be proactive about their health. Just by taking small steps every day, great progress can be made."

ABOUT INTERCOMMUNITY CANCER CENTER

InterCommunity Cancer Center (ICCC) has more than 30 years of experience providing quality, personalized cancer care in the Lady Lake and Leesburg communities and has treated more than 10,000 patients. Medical director and radiation oncologist Dr. David J. Catalano has expertise in treating breast, lung, prostate, gynecologic, skin and other cancers. ICCC is part of The US Oncology Network, which is supported by McKesson Specialty Health and is a physician-led network of integrated, community-based oncology practices. This affiliation provides patients and practices a best-in-class platform and a robust suite of customizable offerings and services, including comprehensive oncology management services across radiation oncology, surgical specialties and medical oncology while focusing on community-based oncology care and innovative value-based cancer services. ICCC has access to clinical information and best practices from the treatment of more than 800,000 patients annually, enabling highly effective, peer-collaborated care empowering ICCC to offer academic-quality treatment in a community-based setting, providing exceptional cancer care close to home. To learn more visit LadyLakeCancerCenter.com

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Early Detection of Colorectal Cancer Saves Lives

By Vipul Patel, MD – Medical Oncologist at Florida Cancer Specialists

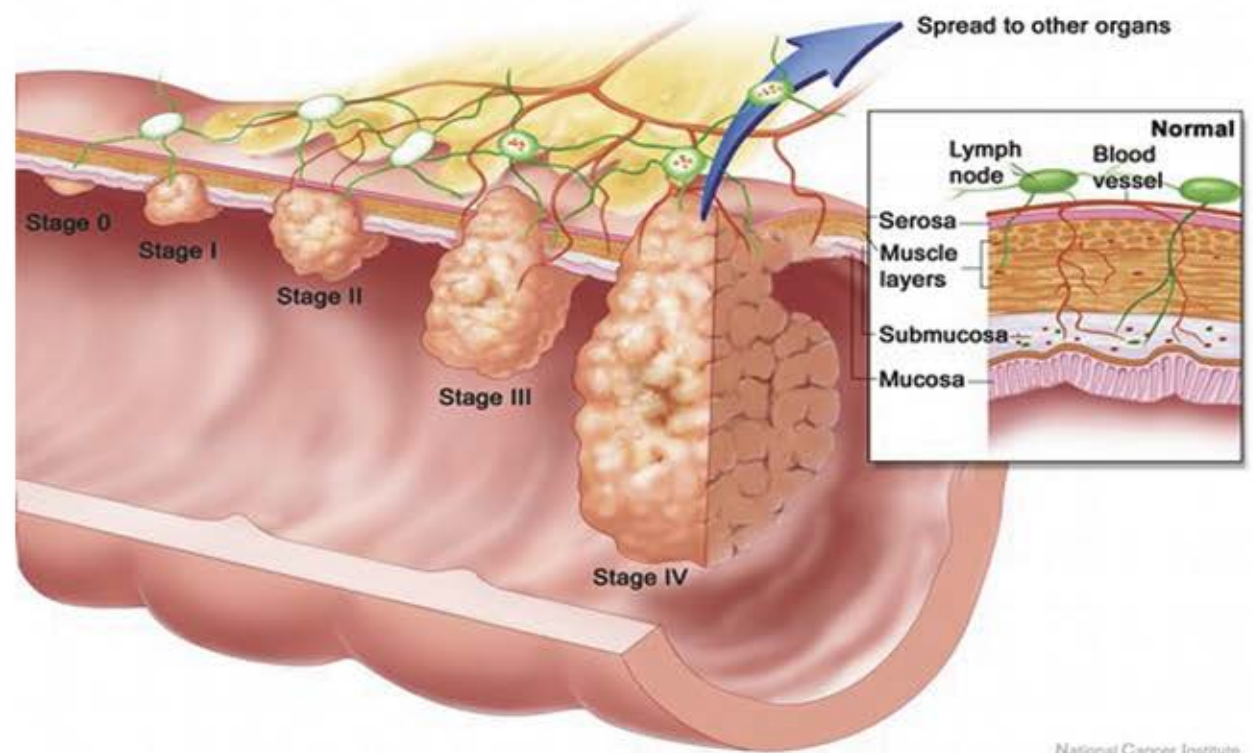
As an oncologist, I know how a cancer diagnosis changes everything – not only for the patient, but also for his/her family and close friends. That is one reason why I want to spread the word that finding cancer at an early, or even pre-cancerous, stage can make a huge difference in the outcomes for patients. There are many screenings or tests that can detect cancer at an early stage, including several for colorectal cancer.

According to the American Cancer Society (ACS), colorectal cancer is the third leading cause of cancer-related deaths in women in the United States and the second leading cause of cancer deaths in men. However, the number of deaths from colorectal cancer has been dropping steadily in both men and women for several decades. One of the reasons for this decline is early detection. ACS guidelines recommend that, starting at age 50, people who are not at an increased risk due to family history, get a screening for colorectal cancer.

March is Colorectal Cancer Awareness Month

Almost all colorectal cancers begin as precancerous polyps (abnormal growths) in the colon or rectum. Most polyps take 10-15 years before developing into cancer and they may not cause any symptoms until the cancer is well-established. That's why screening is so important. With regular screenings, most polyps can be found and removed before they turn into cancer, therefore preventing cancer from occurring. Screenings can also find colorectal cancer at an early stage, where there is a greater chance that treatment will be most effective and may even result in a cure.

If there are any symptoms, they may include blood in your stool, stomach pain or cramps that don't go away or unexplained weight loss; however, these symptoms can also signal other conditions unrelated to cancer. Only a screening can determine whether the cause of these symptoms could be cancer. Talk with your doctor about which screening is right for you – and which you are most likely to use.



National Cancer Institute

There are several types of screenings for colorectal cancer, including:

- **Stool Tests** – to detect blood in the stool. Most of these tests can be performed in your home.
- **Flexible Sigmoidoscopy** – Your doctor will check for polyps or cancer inside the rectum and the lower third of your colon.
- **Colonoscopy** – Your doctor will check for polyps or cancer inside the rectum and your entire colon. During the test, the doctor can also remove most polyps and some cancers if they are found.

Risk Factors

Although it is not a certainty, family history is one of the greatest risk factors for many types of cancer. If you have a family history of colorectal polyps or cancer, you may want to begin screening earlier than age 50, or even receive genetic counseling to review your family medical history. Other risk factors include inflammatory bowel disease, such as Crohn's disease or ulcerative colitis, and certain genetic syndromes, such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer, also known as Lynch Syndrome. If you have any of these conditions, talk with your doctor about how to reduce your risk. Research is also underway to learn if lifestyle choices such as diet and exercise can also reduce your risk of colorectal cancer.

If everyone over age 50 had regular screenings to detect pre-cancerous polyps, we could reduce the incidence of this disease by about 50%. In addition to early detection, treatment for colorectal cancer has vastly improved over the last few decades. As a result, there are now more than a million survivors of colorectal cancer in the United States.


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How to Avoid Prostate Cancer and Other Prostate Problems

If you are a man approaching middle age, make it a priority to get to know, love, and care for your prostate. Ignore this little organ at your peril! Roughly half the male population of North America and Western Europe will have enlarged prostates by their mid-50s. And prostate cancer remains frighteningly common.

What is the Prostate?

The prostate is a gland, about the size of a walnut, found just below a man's bladder. It releases seminal fluid, and during orgasm, contracts to allow ejaculation. Unfortunately, as men age, the prostate often enlarges, sometimes up to four times the size it would be in a healthy 20-year-old. This is largely the consequence of natural hormonal changes, especially the decreasing levels of testosterone and its conversion into DHT.

Tips to Avoid Prostate Trouble

Prostate trouble can be distressing (having to get up three or four times a night to urinate, suffering from unwanted leakage at work, and so on), as can the medical examinations and treatments. To avoid these problems, not to mention prostate cancer, try the following:

1) Exercise Regularly.

Exercise helps boost the immune system and reduce stress. But make your exercise gentle. Do not take up cycling or riding horses, as these activities can damage the prostate. Yoga is particularly good. If you attend a class, ask your teacher if there are any exercises she would recommend, especially those that target the pelvic area.

2) Reduce the amount of eggs you consume.

Researchers at Harvard University conducted a study into 1,000 men in the early stages of prostate cancer. They found that those who ate an egg a day doubled the risk of their cancer metastasizing. The culprit is thought to be a compound known as choline. According to Dr. Michael Greger,



an American physician and author of *How Not to Die*, who quotes from the Harvard study in his book, choline may also increase your chances of developing prostate cancer in the first place.

3) Eat plenty of seeds.

Sunflower, sesame, pumpkin, and above all, flaxseeds are all good for the prostate. They are packed with essential fats, but more importantly, they contain zinc, which is vital for a healthy prostate. Flaxseeds are also packed with lignans, proven to slow the growth of prostate cancer cells in petri dishes and possibly in human bodies as well.

4) Eat lots of tomatoes.

Tomatoes contain lycopene, a substance known to prevent prostate cancer. But to enjoy maximum benefit, you need to cook them, as the lycopene is

released when tomatoes are heated. Since garlic and olive oil are also good for the prostate, try frying tomatoes in a small amount of good-quality olive oil along with chopped garlic. If you prefer not to fry them, you can grill or even bake them.

5) Take a zinc supplement.

Zinc supplements have been shown to slow benign prostatic hypertrophy (BPH), a condition which involves the enlargement of the prostate. Zinc interferes with the conversion of testosterone into DHT, a hormonal trigger for prostate enlargement. And zinc deficiency is common among those diagnosed with prostate problems. However, make sure you buy a good quality brand.

6) Take a turmeric supplement.

Turmeric, hailed by some as nature's wonder drug, may also have benefits for the prostate. Curcumin, found in turmeric, is thought to inhibit the compounds responsible for prostate enlargement. Those who take turmeric supplements also reduce their risk of incontinence and urinary infection. When the prostate goes wrong, it tends to become swollen and inflamed; turmeric is a well-known anti-inflammatory.

7) Take a PSA test.

This stands for Prostate Specific Antigen. If your PSA levels are elevated, this may mean your prostate is becoming enlarged; it may even indicate the early stages of cancer.

Difficulties with the prostate are so common that most men will experience them at some point, even if it is merely the annoyance of having to urinate several times a night. Unfortunately, modern medicine is still far too reactive. In other words, the medical establishment waits for you to get sick, then treats you. The key is to not get sick in the first place. And that is especially true of the prostate.


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Spring Forward Into a New Lifestyle at Ave Maria

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

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

Settled in Collier County, Ave Maria is one of the newest communities with award-winning amenities. Ave Maria has great outdoor spaces, and what's key, is the fact that it's not overly developed or as busy as some nearby communities.

For individuals lucky enough to live in Ave Maria, they experience a quiet neighborly hometown, where kids can safely play in the water park, and grown-ups ride their bikes to the coffee shop or walk to fabulous restaurants for dinner.

Luxurious Amenities with a Small Town Feel

More traffic, less time to unwind, more events, less "real" relationships, if this sounds familiar, you're not alone. Overly populated communities can literally make you fatigued with over extended calendars and commitments. The hustle and bustle of too many demands, traffic, and over-crowded recreational areas can leave us frustrated and even depressed, but at Ave Marie, residents enjoy a more peaceful lifestyle with all of the conveniences they desire.

Stronger Bonds

At Ave Maria, neighbors build strong caring bonds, helping one another and socializing on a level that's more convenient and natural.

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



Breathing, Living, Exploring

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! Miami is just a short 2-hour drive, Orlando is less than 3.5 hours away and only 45 minutes to the beaches of Naples.

Ave Maria residents live out their dreams, one day at a time in the warmth and comfort of a safe and

social atmosphere. Isn't it time you visited Ave Maria to find out why so many people love to call her home.


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

How Do I Get There?

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

Ave Maria

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

The Importance of **Healthy Nutrition** for the Aging Population

American House

Many seniors lack proper nutrition. This deficiency is mainly related to the fact that the elderly rely heavily on canned foods, frozen foods, or foods that are quickly consumed and digested, like simple carbohydrates. These food options are usually loaded with sugar, salt, chemicals, and preservatives. Recent studies suggest, over 70% of the aging population experience malnutrition.

As individuals age, they may lose their appetite, defer especially to unhealthy food choices, or forget to eat altogether, if they are experiencing any cognitive impairment disorders, like dementia, or Alzheimer's.

Contributing factors for insufficient nutrition in the elderly include:

- Access to nutritious foods
- Digestive health
- Food preference
- Monetary restrictions
- General and oral health disorders
- Malnutrition due to cognitive decline

Water also plays a huge role in the body's overall nutrition. For those of us living in Florida's warm climate, it's imperative to stay hydrated throughout the entire year. In general, people can't survive for more than 3-4 days without water. Water is critical for helping to remove bodily waste, regulating blood pressure and proper brain function. Without it, you can develop urinary tract infections, renal failure, confusion, fainting, low blood pressure, constipation, rapid heart rate and even death.

When digestive issues arise, seniors sometimes eat bland foods, like crackers, high-sodium soups, and processed cereals. These incomplete food groups can lead to a deficiency in protein, fats, vitamins, and minerals, which are crucial for feeding the brain, muscles, and joints. Along with hypertension due to an increased salt intake, these types of foods can also contribute to diabetic complications from an overabundance of insulin resistance from excess sugars.

Healthy digestion starts with the mouth. Missing or failing teeth and dentures can cause issues with proper nutrients being absorbed and utilized. Proper oral hygiene is often overlooked. Fortunately, it is often an easy fix, allowing seniors to start enjoying a healthy, balanced meal again.



At American House Senior Living Communities, we take pride in serving our residents healthy, nutritious and delicious, restaurant-style meals. Our corporate-trained chefs understand the importance of providing well-balanced meal options, ensuring proper nutrition and opportunities for socialization while dining with friends in our beautiful community restaurant.

We offer the independence you want with the assistance you need. American House Senior Living Communities has been serving seniors and their families for nearly 40 years, providing care at an affordable price. Whether seeking independent living, assisted living or memory care services, there's an American House that's right for you. Come on over and see for yourself why so many seniors call American House Wildwood home.

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Do You Have A Ticking Time Bomb in Your Leg?

By Bryan Carter, MPA-C, Phlebology-Surgery

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

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

What is Deep Vein Thrombosis (DVT)?

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

What Causes DVT?

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

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

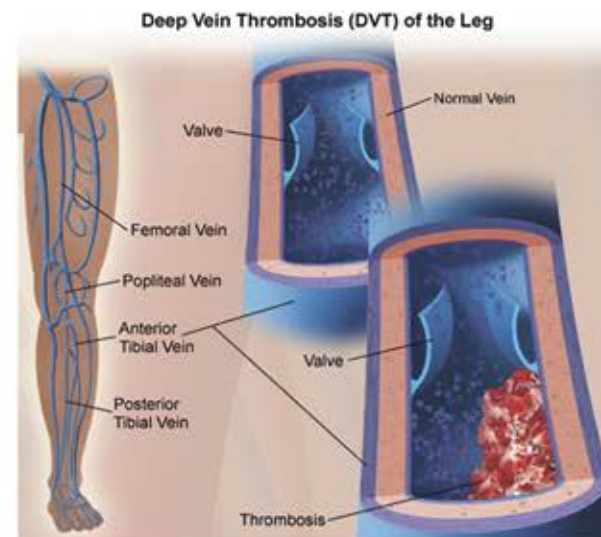
these lengthy episodes of sitting can all lead to deep vein thrombosis. Other causes are vascular malformations, pelvic tumors, a family history of varicose veins, smoking, being overweight, pregnancy and an overall sedentary lifestyle.

Symptoms:

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

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

Celebrity and Pro Tennis player Serena Williams suffered a DVT, which led to a pulmonary embolism. Thankfully she had a successful emergency surgery that saved her life. Shortly after having heart surgery, television host, Regis Philbin, also suffered from a DVT. He developed pain in his calf, and after further investigation, the clot was discovered. Luckily, he too was treated and had a successful outcome. However, NBC News journalist, David Bloom, wasn't so fortunate. He was killed by a DVT while reporting on the war in Iraq.



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

Treatment Options for Venous Insufficiency

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

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

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



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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

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

WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

"Do veins require treatment?" and "What treatment is best?"

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

WHAT RESULTS CAN YOU EXPECT?

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NUTRITION & WEIGHT LOSS

We know that most diets don't work, and so do you. With two-thirds of the adults in the United States overweight, and one-third of those classified as "obese," it's clear that what Americans have been doing to control their weight just isn't working. Most diets involve eliminating certain foods or whole food groups all together. Not only is this unhealthy, but it's just plain unrealistic. Weighing and measuring your food may help you lose weight, but really isn't practical as a long-term strategy. Many people return to their "normal" eating habits once they've reached their goals, and the weight just comes back.

Good nutrition is vital to successful weight loss and management, and for good health. Along with weight loss and management, other benefits of good nutrition are: improvement in cholesterol, reduction of blood pressure, and increase in overall energy. Many of us have tried one or more of the different fad diets or in the past have experienced the vicious cycle of unhealthy weight loss/weight regain. Some of the popular diets suggest eliminating certain food groups while others suggest taking mega-doses of vitamins. The fact is, this "yo-yo" cycle often leaves you discouraged and no closer to your weight loss goal. A good weight loss and management program incorporates sound nutrition practices and behavioral changes. To avoid the "yo-yo" cycles and ensure adequate nutrition, a balanced diet, and incorporation of proper nutrition is necessary in making a life long commitment to adopting a healthy lifestyle.

There are three principles of proper nutrition, which include variety, balance, and moderation. Adding a variety of foods to your diet is essential to ensure eating from the five major food groups. Remember, no one food supplies all the nutrients the body needs. A balanced diet supplies the nutrients and calories the body needs if eaten in appropriate amounts. Serving sizes differ for individual needs based on age, gender, and activity level. Many people believe they have to deprive themselves of their favorite foods, but choosing certain foods in moderation is key to successful long-term weight loss.

Here are some suggested healthy nutrition guidelines:

Read the Nutrition Facts Food Labels. Pay special attention to the fat, sodium, and carbohydrate content when shopping, especially if you have cardiovascular and/or diabetes risk factors.

Choose protein sources from plants and lean sources of meats. A good rule of thumb in selecting meats with less fat is to look for the words "round" or "loin" when shopping for beef, and the words "loin" or "leg" when shopping for pork or lamb. Remember, when shopping for poultry, white meat has less fat than dark meat.

Choose a diet rich in soluble fiber including oat bran, legumes, barley, and most fruits and vegetables. 20 to 35 grams of fiber daily are recommended.

Adopt healthy meal preparation techniques to reduce sodium, fat, and sugar.

Drink at least 8 -10, 8-oz. glasses of water each day.

Limit your consumption of alcohol. It provides empty calories.

Good nutrition takes practice and oftentimes some guidance from an experienced dietitian. There are certainly long term results when you improve your nutrition. Here is a partial list:

- Reduction in blood pressure
- Better control of your blood glucose for those with Type II Diabetes
- Improvement in your cholesterol, Low-density lipoprotein (LDL- bad cholesterol) and High-density lipoprotein (HDL-good cholesterol) and triglycerides
- Increase in energy
- Improvement in self-esteem
- Improvement in overall appearance

You deserve to do something good for yourself so start by improving your eating habits. Resolutions for a healthier you can be made at any time, and the sooner the better.

At Lifestyle Solutions, we thoroughly examine your individual lifestyle and any existing medical conditions, and then analyze this information and use it to formulate your unique treatment program. We'll provide you with the proven tools needed to optimize your success.

When you join our physician supervised weight loss program, you'll get your own Lifestyle Coach who will help you each step of the way. No matter what your goal is, we can help you achieve it. Our Lifestyle Coaches are specially trained to help you figure out what will work best for you. Whether it's determining the best foods, developing great recipes to meet your needs, or cheering you up when you feel down, they are there for you so you never have to feel like you're going through this process alone.



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The ABCDEs of MELANOMA

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:

- A - Asymmetry** – One half is unlike the other half
- B - Border** – Irregular, scalloped or poorly defined border
- C - Color** – Varied from one area to another; shades of tan and brown, black; sometime white, red or blue
- D - Diameter** – While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller
- E - Evolving** – A mole or skin lesion that looks different from the rest or is changing in size, shape or color 1 in 5 Americans will develop skin cancer in their lifetime



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What if Your Back Pain is a Spine Compression Fracture?

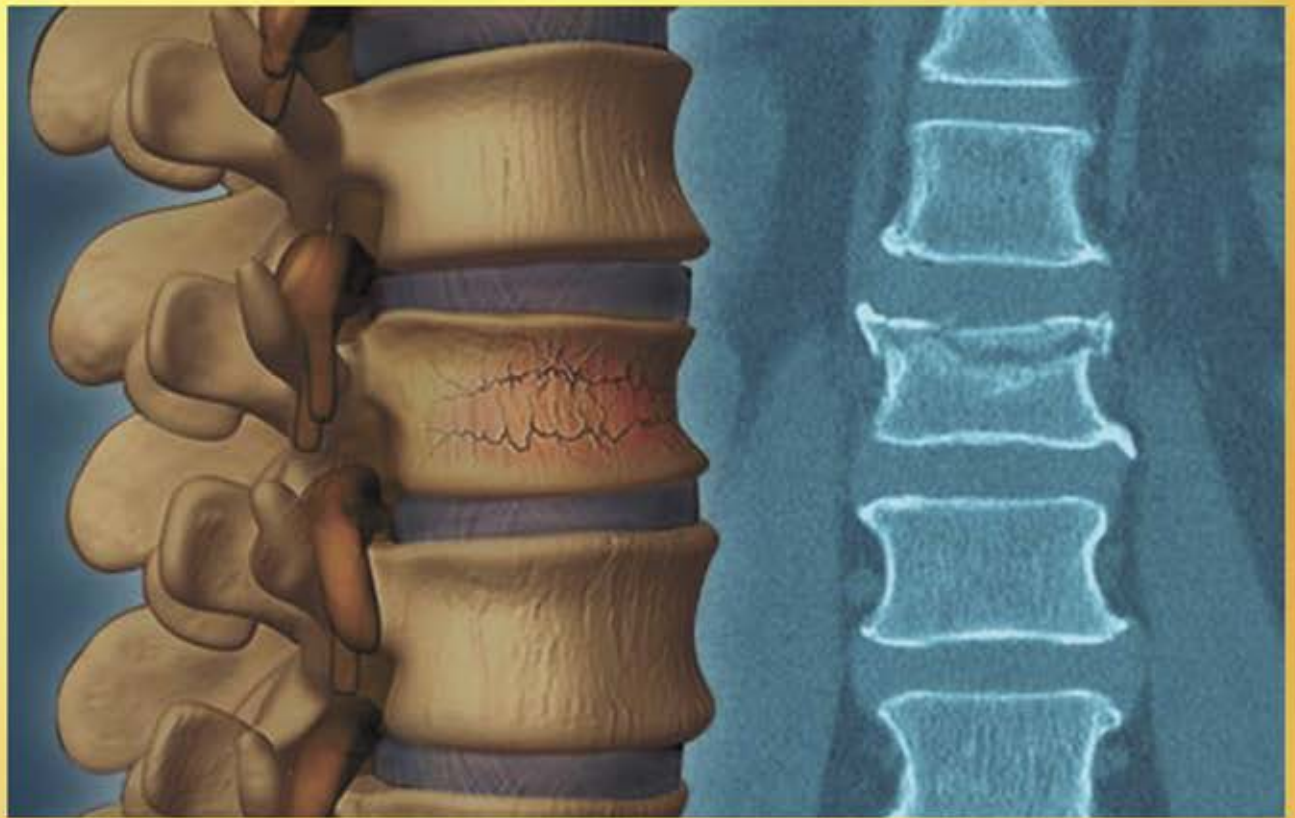
What if you develop sudden onset severe back pain, more unbearable than you ever imagined? If your pain is new or feels different from the chronic back pain you may already be experiencing - which is currently being treated with exercise, pain medicines, and injections - it is recommended that you visit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

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

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

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

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



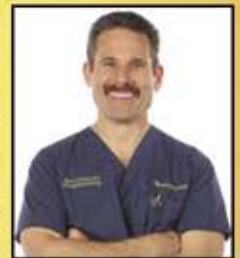
takes approximately 30 minutes under the expertise of an experienced specialist, such as an Interventional Radiologist. Although other specialists are now performing this procedure, an Interventional Radiologist should be your first choice, as they pioneered the procedure, and any image-guided procedure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

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

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

About Dr. Mark Jacobson

Dr. Jacobson performs hundreds of kyphoplasties each year in his Lady Lake center and is the "go-to provider" for this procedure, not only because of the number of procedures performed and numerous happy patients, but also because of his participation in the research of radio-frequency ablation of cancerous spine tumors. Local, as well as out of town physicians entrust Medical Imaging & Therapeutics for treatment of their patients' spine fractures. MIT is affiliated with the University of Florida College of Medicine as an Interventional Radiology training center for physicians in the interventional radiology residency and fellowship program.



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Why Are So Many Adults Needing Rotator Cuff Repairs?

What to Expect if your Shoulder requires treatment

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

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

Details of Rotator Cuff Tear

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

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



Diagnosis and Treatment

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

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

Three standard surgical approaches include:

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

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

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

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

Your Recovery

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

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



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Much To Do About Eczema

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

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

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

Pruritus: itching

Xerosis cutis: generalized dry skin

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

Erythema: Redness

Dermatitis: irritation of the skin

Excoriation: Scratches

Causes:

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

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

Atopic Dermatitis:

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

Preventative measures?

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

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



Treatment modalities:

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

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

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Avoiding Oral Pain? Don't Suffer in Silence!

Today, there are so many advancements in dentistry that make getting your dental health issues taken care of—a breeze. If you have dentures and over the years they've become loose, or are causing sore spots on your gums, it's because they don't fit properly any longer. When teeth are missing, the bone in the mandible (lower jaw) and the maxilla (upper jaw) will start to deteriorate over time. Once this takes place, you'll need to have your dentures adjusted. This is a simple fix.

There is not much worse agony, then when your mouth has some sort of pain. Whether it's from the aching nerve endings in a tooth, swollen sore gingival tissue, loose teeth, or an ill-fitting denture, don't suffer in silence, because oral pain can easily be treated.

If you'd like to feel more confident about your smile and enjoy the comfort of not having dentures or partials, then getting dental implants is the best solution. Over the past several decades, dental implantology has advanced into one of the leading procedures performed conveniently right in the dental office. It's now safer and easier than ever to get permanent replacements for a single tooth, or for multiple ones. In some cases, where patients have full dental arches needing to be replaced, dental implants can be strategically fixed into the bone, which will be the foundation that the dentures adhere to. This actually helps to salvage the healthy bone that you have within your jawline, much more so than with dentures alone. This is because the dental implants stimulate your bone and will contribute to the new regenerate of bone due to the bite occlusion and proper pressure needed for this formation. This process is called an implant-supported denture.

Using cone beam scanners, lasers and digital radiography, this cutting-edge technology, allows dental implants to be placed optimally without the need of scalpels or sutures. After the titanium posts are placed, your bone will integrate even more securely over a short period of time, making the "roots" of the implant strong and firm. In many cases, these teeth will be stronger than the patient's original tooth structure. The crown or prosthetic teeth are made to match your other teeth in size and shape. To the visible eye, these crowns will appear to be your beautiful natural teeth.



The cone beam scanner is a three-dimensional image of your teeth, soft tissue, nerve endings and bone formation. This advanced 3D technology allows for optimal treatment planning for countless procedures.

A hybrid denture is also an option for individuals that are missing several teeth in a row but do not wish to wear a partial denture because they prefer something more permanent. The hybrid denture is more like a fixed bridge, but it covers the empty spaces between teeth, without having to shave down existing teeth like with a traditional bridge. The hybrid denture adheres securely to the surrounding teeth, making it an ideal choice for many patients.

The best treatment option is, of course, to be proactive in your dental health. If you have loose teeth, or some form of gingivitis, or advanced periodontal disease, then seeing your dentist is critical to avoid losing teeth and also to treat the bacteria in your mouth. Bacteria and gingival disease is a fairly good indicator of your overall health. When your mouth has microorganisms causing disease, getting it treated will prevent it from spreading further into your system.

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



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

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

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

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How is this Possible?

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

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



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

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

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- Normalizing damaged (high resistance or electrically compromised) cells so that they can hold the normal electrical charge needed to make enough of the chemicals responsible for producing cellular energy, the fuel required for repair

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

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

How Can Electro-Massage with AMT Help You?

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

EMed's Wellness Program

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

Energy Medical, along with all of their high-regarded services is now offering a complete wellness package. Since cell regeneration is proven unmatched with AMT therapy, EMed's facial, massage and performance enhancement package normalizes the condition of the skin, returning damaged cells to their own natural healthy state. The Bio-Energetic Face lift will stimulate collagen production, blood flow, and lymph drainage on an accumulative basis. Normal healthy skin will naturally optimize oxygen, nutrient absorption, and moisture levels.

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

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

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

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

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



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COMMON SENSE NUTRITION FOR WEIGHT CONTROL

By Roana Bustin, MSN, ARNP

By this time, the New Year's resolutions most of us have made regarding our diets have gone by the way-side. So, we're back to our old habits. However, getting to the basics of common sense nutrition is probably a much more manageable goal than following the latest fad diet. With the holiday binge eating behind you, here are suggestions for doable nutritional targets for weight control.

1. Keep hydrated. Simple but often overlooked advice. Drinking 6 to 8 glasses of water a day can make a huge difference in how you feel as well as helping to prevent some illness like a urinary tract infection.

2. Eat your veggies. Vegetables and fruits help not only with essential vitamins but also with roughage needed for regular bowel movements. Buying fresh is always preferable to canned or frozen. Some experts recommend five to nine servings a day.

3. Make low-fat your goal. While a home-fried chicken dinner is delicious, it is loaded with calories and fat content. Lean meats are best. Try to select: broiled, baked or boiled preparations. Low-fat yogurt and milk are suggestions for dairy intake. Watch out for the subtle calorie rich traps!

Even though we choose a healthy green salad we can sabotage our selection when we add the extra salad dressings or sour cream.

4. Keep the starch consumption down. Breads, potatoes, rice are starches that can be great in moderation. Don't eat them daily--save it for every once-in-a-while. A high fiber grain like oatmeal is a great breakfast choice and has hown to decrease cholesterol significantly.

5. Limit sweet/sugar intake. Sugar is addictive. Try to wean yourself down to only an occasional desert. Drinking water instead of soda can drop your sugar consumption dramatically. Condiments like ketchup, salad dressing and other sauces often have high sugar content. Reading labels on prepared food or canned food can inform you of the sugar content.

Remember that diet drinks and foods with artificial sugar substitutes may also contain some risks that you want to avoid- even though they do not contain sugar.

6. Steer clear of fast food joints and most frozen prepared microwave meals. Food in these categories can put pounds on you quickly.

These are down-to-earth suggestions but valuable to keep in mind with a common-sense approach to good nutrition and weight control.



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EPA, DHA, ALA: How to Decipher the Omega-3 Alphabet Soup

By Anne-Marie Chalmers, MD

It's easy to get lost in the alphabet soup of the omega-3 fatty acid world. Acronyms like EPA, DHA, DPA, ALA, and SDA represent just a few of the members of the omega-3 family – and even that abbreviated list is enough to give consumers and health practitioners alike a headache.



As one of my cardiologist friends quipped, "If everyone ate enough fatty fish or took fish oil regularly, we wouldn't need to have so many defibrillators lying around."

These two fatty acids are often characterized by their different roles in the body. DHA is found in greater quantities in the brain, eyes and sperm. Therefore, it is often studied in relationship to mental health, eye health and fertility. EPA, on the other hand, seems to have a stronger impact on reducing inflammation.

ALA: The Omega-3 Family's Most 'Immature' Member

As the shortest-chained member of the omega-3 family, ALA (alpha linolenic acid) has significantly fewer reactive sites than the EPA and DHA molecules. Because plant sources like flaxseed, walnuts, and chia seeds, as well as fish, contain ALA, many food companies promote plant-based foods as a good source of omega-3s.

However, ALA does not have the same reactivity as EPA and DHA. For the ALA to be effective, the body has to convert it into the more powerful EPA and DHA. Depending on the genetic make-up of the individual and their diet, only about 0.2 to 7 percent of the ALA gets converted to EPA and DHA. In addition, some people don't have the right enzymes available to elongate ALA to EPA.

The average American has to consume about a cup of flaxseed oil to obtain the same amount of EPA found naturally in one teaspoon of fish oil. Rather than suggest the public drink cups of flaxseed oil every day, most health practitioners agree it's easier to get EPA and DHA ready-made from fatty fish or fish oil.

But what do all these acronyms boil down to anyway? Let's straighten out some basic facts about these important fats.

EPA and DHA: The Omega-3 Superstars

For the last 40 years, the omega-3 family has had two main superstars: EPA and DHA. Naturally found in fatty fish and breast milk, EPA and DHA are considered the two most potent types of omega-3, and the majority of the omega-3 research to date has fixated on these two fatty acids.

EPA stands for eicosapentaenoic acid, and DHA is the acronym for docosahexaenoic acid (another tongue twister). Both of these molecules are polyunsaturated fatty acids, which is a fancy way of saying they have several reactive sites, or double bonds, that allow the molecules to quickly change their shape and connect with other important molecules.

EPA and DHA first sparked the interest of Danish researchers, Bang and Dyreberg, in the 1970s. At that time, consuming fat was thought to be a big no-no, and people believed that fat was the culprit behind the skyrocketing levels of cardiovascular disease seen in the Western world. Bang and Dyreberg analyzed the excessively fatty diet of Inuits in Greenland, where heart disease was almost nonexistent. Since the Inuits' diet consisted of fish and seal – both rich in EPA and DHA – Bang and Dyreberg speculated that higher intakes of EPA and DHA reduced the risk of coronary heart disease.

Since the two researchers released their first paper, EPA and DHA have become the focus of thousands of studies on the heart, as well as the brain, eyes, and joints.

What Makes EPA and DHA So Powerful?

EPA and DHA influence thousands of gene expressions that involve fat metabolism, cell inflammation, and neuro signaling substances. Moreover, EPA and DHA reduce platelet stickiness, which allows the blood to circulate better. EPA and DHA also help the heart beat more regularly.

DPA: Another Important Omega-3 Member

Docosapentaenoic acid, or DPA, is a lesser known member of the omega-3 family, but it's starting to get more attention as researchers are uncovering its benefits.

Like EPA and DHA, DPA is also found in fatty fish and seal, and it is formed in the omega-3 pathway between EPA and DHA.

Why Is This Important?

DPA retroconverts to EPA. Predominantly found in skeletal muscle, heart and kidney tissue, DPA is a potent inhibitor of COX-1, an enzyme which induces platelet aggregation. Moreover, this fatty acid has wound-healing abilities and helps with the formation of new blood vessels.

DPA is also involved in altering gene expression – especially genes that reduce the synthesis of fat in the body. DPA also plays a part in reducing the expression of inflammatory genes.



Choosing a Full-Spectrum Omega-3 Oil

There are several other named omega-3s, including SDA, HTA and others. Because they are found in smaller quantities in fish and fish oil, there is less research about these molecules.

In midst of the omega-3 acronyms though, it's easy to lose sight of the main point: 'Omega-3' is a family of many members, and all the different members work together to keep the body functioning.

Omega-3 supplements that simply contain one of the members will likely be less effective than supplements or foods that provide the full spectrum of the family. The beauty of the omega-3 family lies in the synergy and the balance of the fatty acids that help the body reach its full potential.

About Anne-Marie Chalmers, MD

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



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HOW YOUR NUTRITION DIRECTLY AFFECTS CANCER

In the U.S., nearly 1,500 people die each day from cancer. In the last 24 hours, 3400 people got word of a new cancer diagnosis. In 1900, 1 of every 33 deaths was due to cancer. In 2007, over 1 of every 4 deaths was due to cancer. North America's incidence of cancer is staggering.

Evidence suggests that about 33% of cancer deaths are related to high body fat, physical inactivity, and poor nutrition. When we factor in tobacco, nearly 60% of cancer deaths could be prevented.

A high level of body fat is highly associated with cancer risk. Some of the most substantial evidence that exists today links fatness with up to 33% of colon, breast, kidney and digestive tract cancers.

A bigger waist circumference means a bigger chance of cancer. For women, a waist measurement of 31.5 inches or more puts them at high risk. For men, a waist measurement of 37 inches or more puts them at high risk.

Those who have already been diagnosed with cancer tend to have better survival outcomes when they are at a healthy weight.

What causes cancer?

1. Genetics
2. Age
3. Lifestyle

You can't control your genes. You can't control your age. But you can regulate your lifestyle (and hence your genetic expression — in other words, how your existing "blueprint" gets executed).

Compared to the average person, cancer survivors are at higher risk of getting cancer a second time as well as other cardiovascular diseases, osteoporosis, and diabetes. Thus diet and exercise are even more critical for this group.⁽¹⁾

Even modest improvements to healthy routines can help people stay more functional as they age. Just getting people to move a little more and eat a better will help.

In a study published in the Journal of the American Medical Association, having older, long term cancer survivors exercise up to 45 minutes most days and eat 7-9 serving of fruits and vegetables helped them stave off physical decline better than those who stayed with the status quo.

Could a better diet and exercise program work better? Probably, but that's kind of the point. You have a group of people who have significant health challenges, and even relatively minor changes helped.

Aim for persistence and patience, not perfection:

- Do things a little bit better, consistently.
- Get back on track when you wander off.
- Keep at it.

Bottom line

Every little bit helps. Everyone can improve their health, fitness, and function — even if that just means slowing an inevitable decline.

No matter how bad your situation is, getting regular movement and improving your diet will improve your health and ability to navigate the demands of daily life.

Forget about perfect and all-or-none, and think "a little better" and "one small step at a time." And sometimes not losing ground is a win.

Source:

(1) Morey MC, et al. Effects of home-based diet and exercise on functional outcomes among older, overweight long-term cancer survivors: RENEW: a randomized controlled trial. JAMA. 2009 May 13;301(18):1883-91.

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"Cancer is one of the most curable chronic diseases in this country [U.S.] today." —Vincent Devita Jr. MD, Former Director of the National Cancer Institute

"After tobacco, overweight/obesity appears to be the most important avoidable cause of cancer in populations with Western patterns of cancer incidence. Among non-smoking individuals in these populations, avoidance of overweight is the most important strategy for cancer prevention." —Dr. Timothy J. Key, Cancer Epidemiology Unit, University of Oxford, United Kingdom

Nearly 150 studies performed since the 1980s have suggested that people who consistently consume large amounts of fruits and vegetables are half as likely to develop cancer as people who have a diet lacking these plant foods. And while diverse types of cancer seem to respond differently to dietary factors, a higher plant food intake is the common denominator that seems to help.

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The Right Food May Be Wrong For You

By Compton Chiropractic Care



You've seen your doctor, but nothing seems to explain the cause of these symptoms. Well get ready to change everything you ever thought you knew about your diet, nutrition and how to be healthy! Compton Chiropractic is now offering a new test that pinpoints exactly what foods are toxic to your body so you can stop feeling lousy, tired moody, or bloated.

Years ago scientists discovered your body has an internal chemical balance that is as unique to you as your fingerprint. Likewise, every food you eat has its own "chemical imbalance"; a unique set of natural or man-made chemicals. As your body reacts differently to each and every food, the food you eat each day will enhance proper body chemistry, or disrupt the correct balance. In fact, 95% of the patients that are tested show that one or more foods they regularly eat cause a toxic reaction in the body. You might not even notice these inflammatory reactions. Most of them work at a cellular level, and may cause symptoms that you will not notice right away. Nutritious foods you eat (like corn, soy, egg whites, green pepper or chicken for example) may actually act like an invader to your body. When you eat foods that form inflammation in your system, those foods can cause harmful, chronic problems with your health.

What can I do?

Compton Chiropractic is now partnering with Immunolabs in order to determine how your body reacts to the foods you eat is through a test called a Bloodprint. This simple blood test pinpoints the foods that support healthy body chemistry and those that are toxic to you.

This is not a standard blood test nor is it a regular food allergy test that most doctors order. While most doctors test life-threatening types of allergic reaction, this bloodprint tests for foods that are slowly causing inflammatory responses in your body. This could explain why you are experiencing chronic pain or flare ups of autoimmune reactions (such as rheumatoid arthritis psoriatic arthritis, multiple sclerosis etc).

What makes immunolabs different to other diet problems?

It is simple, we help you find foods that your body does not want you to ingest. Then, Immunolabs offers a customized meal plan for your exact body chemistry including special reporting available on 154+ foods. Your custom meal plan will include "good" foods and eliminate any toxic foods. This nutritional plan will also work to remove cravings, eliminate binge eating and line up your food intake with your unique body chemistry in order to achieve and maintain your ideal weight as well as decreasing inflammation in your body. Immunolabs will continue to work with you in order to improve your diet by offering personalized coaching phone sessions with trained health advisers and a free online forum.

With foods that support healthy digestion and proper functions you can unleash your physical, emotional, and mental energy. Set up a consultation today so you can start a pathway to experiencing better health and a positive outlook to a new glow in health!

Ask yourself if you experience any of the following:

- **Musculoskeletal:** osteoarthritis, rheumatoid arthritis, multiple sclerosis, gout, neuropathy, thyroid dysfunction, Addison's Disease, diabetes, lupus erythematosus?
- **Digestive Tract issues:** belching, bloated feeling, constipation, diarrhea, nausea, passing gas, stomach pains, vomiting, Irritable Bowel Syndrome, Diverticulitis, Celiac's Disease?
- **Ears:** Drainage from ear, ear aches, ear infections, hearing loss, itchy ears, ringing in ears?
- **Emotions:** Aggressiveness, anxiety/fear, depression, irritability/anger, mood swings nervousness?
- **Energy and activity:** Apathy, fatigue, hyperactivity, lethargy, restlessness, sluggishness?
- **Eyes:** Blurred vision, dark circles, itchy eyes, sticky or swollen eyelids, watery eyes?
- **Dizziness:** Faintness, headaches, insomnia, light-headedness?
- **Joint and Muscles:** aches in muscles, arthritis, feeling of weakness, limited movement, pain in joints, stiffness?
- **Lungs:** Asthma, bronchitis, chest congestion, difficulty breathing, shortness of breath, wheezing?
- **Mind:** Confusion, learning disabilities, poor concentration, poor memory?
- **Mouth and Throat:** Canker sores, chronic coughing, gagging, sore throat, swollen tongue, lips, or gums?
- **Nose:** excessive mucous, hay fever, sinus problems, sneezing attacks, stuffy nose?
- **Skin:** acne, dermatitis, eczema, excessive sweating, flushing/hot flashes, hair loss, hives, rashes itching?
- **Weight:** binge eating, compulsive eating, cravings excessive weight, underweight, water retention?
- **Other:** anaphylactic reactions, chest pains, frequent illness, genital itch, irregular or rapid heartbeat, urgent urination?

FREE consultation

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to this advertisement. Expires 3/31/18



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

First:

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

Second:

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

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

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

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

Patient Testimonial

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

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



"Putting your families health in our families hands"

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

Our Philosophy

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

Our Facility Offers

- Medicare accreditation for DME bracing
- State-of-the-art treatment tables
- On-site digital x-ray
- Physical Rehab suite with cold laser, ultrasound, electrical stimulation, Graston, Kinesio tape, and mechanical traction therapies, blood and urine testing
- Clinical Nutrition
- Quality care without the wait

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<p>Dr. Brett Compton Chiropractic Physician Palmer Graduate U.F. Graduate - B.S, Nutrition Military Veteran</p>	<p>Dr. Brent Compton Chiropractic Physician Palmer Graduate U.C.F. Graduate B.S. Biology Sciences</p>	<p>Dr. Daniel Taylor Chiropractic Physician Palmer Graduate U.C.F. Graduate B.S. Molecular & Microbiology Sciences</p>
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Knee Pain? Back Pain? Neck Pain? No More!

Non Surgical Procedures Options To Relieve Pain

By Physicians Rehabilitation

Physicians Rehabilitation specializes in relieving knee, back, and neck pain through the least invasive non-surgical methods known in the modern medical field. Physicians Rehabilitation physical therapists design a unique program for each patient that requires two or three sessions a week.

Committed to alleviating your neck or back pain using Physical Therapy and Spinal Decompression and knee pain, without surgery utilizing specialized Physical Therapy and the latest developments in knee treatments, implementing specialized individual care plans designed to fit every one of their patients.

They Offer Natural, FDA Approved, Drug-free treatments to relieve your pain. Long-lasting, non-surgical options for relief that you deserve.

Physicians Rehabilitation provides an alternative to joint replacement that involves injecting hyaluronic acid, a substance naturally found in the synovial fluid of joints. As we age, the acid degrades, becoming thinner and less viscous. They replace the fluid in the knee and combine that with physical therapy, strengthening the muscles around the knee and in the legs. Their goal is that by end of the period, the patient will be pain free and mobile, able to return to the things they like to do, be it golf, tennis, walking, or gardening. Relief from pain is a goal all patients that suffer with chronic pain want to achieve. Physicians Rehabilitation specializes in doing just that. At Physicians Rehabilitation they help all their patients escape their pain that seems to control their lives.

Back Pain

At Physicians Rehabilitation they also help people who suffer with chronic back pain using a treatment called VAX -D.

What is VAX-D and how does it work?

VAX-D is a non-invasive medical technology that stretches the spine and decompresses the spinal discs. VAX-D treatment is able to reduce the pressure within the spinal disc, thereby relieving the stress on inflamed and pinched nerves. In short, VAX-D breaks the cycle of pain caused by bulging and degenerated discs, and other spine related disorders, by eliminating nerve compression. By removing the cause of back pain, the body is allowed to naturally heal.

What spinal conditions can be treated with VAX-D?

- Herniated Discs
- Degenerative Disc Disease
- Sciatica
- Spinal Joint Arthritis
- Work-related Injuries
- Sports-related Injuries
- Post Surgical Patients

VAX-D works by reducing the pressure within the discs, not to zero, but to negative levels! No other device has been shown to reduce the disc pressure to these desired negative levels. It is this negative pressure that causes the disc bulging or to decrease in severity. This in turn reduces pressure on the VAX-D is easy, convenient and painless.

It is non-invasive so it does not have the pain, risks and complications that are associated with surgery, injections, and anesthesia. Patients will require an MRI prior to treatment to make sure no other serious conditions are causing their pain. Once treatment commences, many patients experience relief of their pain during the first several treatment sessions spinal nerves, which ultimately leads to less or no pain.

Neck Pain

If you suffer from neck pain you are not alone, as many people suffer from neck pain for many reasons. There are a number of triggers that can provoke your neck pain such as, a bulging disc, arthritis of the neck, trauma or an injury, worry and/or stress, improper sleeping positions, and overall poor posture on a daily basis whether sitting, standing, or laying down.

Among these common, everyday causes for neck pain, there is also the pain caused by traumatic events like auto accidents, such as whiplash; natural causes such as scoliosis; and also by osteoporosis. The pain may start with what most people call a "crick" in the neck that may progress into a painful, debilitating condition. If that neck pain becomes severe and it lasts for a long period of time, then it becomes chronic pain that needs urgent medical attention.. You can avoid expensive and painful surgery. Come see and learn what type of treatment you are a candidate for.

Knee Pain

Billions of dollars have been spent in research and development in attempts to curb this pain. After careful study and several trials the FDA cleared a non-surgical treatment aimed at helping those with knee pain. This new treatment is a high tech answer for all those who think that surgery, dietary supplements and prescription medications are the only option to eliminate knee pain.

Do not put yourself through surgery if it can be avoided! Physicians Rehabilitation has helped hundreds of people who were told that surgery was the only answer. With 8 locations serving Florida, Physicians Rehabilitation goals are to identify the source of your pain, promote healing and eliminate your pain.

They begin by giving you a thorough examination and quickly address outward symptoms of pain, such as inflammation, while gathering medical history and evaluating your symptoms to get to the root of your pain and dysfunction.

Their therapists have found that these advanced technologies, along with a specialized physical therapy program specific to the individual condition, makes for extremely successful pain relief treatments.



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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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Prescribed an Opioid?

Ask your doctor (and dentist) these questions

By Dr. Sam Ho, chief medical officer, UnitedHealthcare

If your doctor or dentist prescribes a pain reliever, take charge of your health and find out exactly what you are getting. UnitedHealth Group medical experts recommend you ask your doctor these questions about any opioid prescription. Common opioid brand names include Vicodin and Percocet.

Why do I need this medicine?

Ask your doctor for reasons why it is right for you.

Are there other options that will address my pain?

Opioids are not the only option for treating pain. Other options are available. An over-the-counter pain reliever (such as Tylenol®, Aleve® or Advil®) may be enough, or alternate treatments such as physical therapy or chiropractic care could give the same results.

How long do I take this?

Extended opioid use can increase the risk of dependence and addiction. Talk with your doctor about how long you should take the medicine and whether it should be refilled.



Visiting the dentist with your teen? Make sure to inquire about dosages and usage and any prescription renewals. Statistics show that dentists prescribe 47 percent of all opioid prescriptions to teens ages 15-19 and young people are among the highest risk populations for opioid misuse.



The majority of drug overdose deaths (66%) involve an opioid. In 2016, the number of overdose deaths involving opioids (including prescription opioids and heroin) was five times higher than in 1999. From 2000 to 2016, more than 600,000 people died from drug overdoses. On average, 115 Americans die every day from an opioid overdose.

Does this medicine line up with current medical guidelines?

The Centers for Disease Control and Prevention (CDC) has published specific guidelines, directing doctors to prescribe the lowest dose for the shortest length of time possible.

What are my risks for addiction?

Some people may be more prone to addiction than others. A report published by the CDC suggests that the risk of chronic opioid use rises with each additional day after the third day, with a steep rise after the fifth day.



If your doctor or dentist prescribes a pain reliever, take charge of your health and find out exactly what you are getting by asking your physician about dependency, dosage and alternate treatments that may be as — or more — effective over the long term.

How does this medicine mix with other medicines I'm taking?

Opioids can be deadly when mixed with other drugs, especially those taken for treatment of anxiety, sleeping disorders and seizures. It's a bad idea to mix alcohol with an opioid pain reliever or muscle relaxants.

What are the expected side effects?

These vary. They might include feeling sick to your stomach, sleepiness, extreme excitement, itching and more. Talk with your doctor.

For additional information and resources visit <https://newsroom.uhc.com/opioids.html>.

Dr. Sam Ho is currently Chief Medical Officer for UnitedHealthcare, UnitedHealth Group's health benefits division, and is responsible for the clinical, cost, and experience outcomes of 50 million UnitedHealthcare members, in commercial, Medicare, Medicaid, and military health plans.



A GREAT NEW YEAR'S RESOLUTION FOR 2018

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

Part III

In this continuing personal story supporting the thesis that a great resolution for this year is to be a "Giver," I told about going into Stone-age New Guinea as a teenager. For almost five years I lived among these primitive people and did my best to pour the love of God into their lives.

I learned to speak three of their tribal dialects besides the Melanesian Pi sin trade language and in learning their languages became one of their "Wan Toks." This word which literally means, "One Talk" or, "one who speaks our same language," has a deeper meaning more like, "family and friend."

I got so much more back in love and loyalty and friendship from these dear children of the jungle, and it was truly a heart-rending farewell when it came time for me to leave. I returned to The United States to continue my education, but my Wan Toks were never far from my mind.

Then one day when I was still in college I got an urgent call from the mission board asking me to make plans to return to New Guinea in the near future. They said since I spoke the tribal language I was needed to help handle a sensitive situation that had developed.

Returning to New Guinea involved doing "deputation work," which entailed traveling from church to church across the States and raising funds for travel and support. By this time I was in my early twenties and still single.

My old 1955 Nash Rambler had a blown engine and bus travel was too expensive to be able to save much after taking travel expenses from the small church offerings I was receiving. I decided to reduce travel expenses by hitch-hiking to the meetings. I packed the most essential personal items in a small suitcase which I covered with a sign that read: *MISSIONARY TO NEW GUINEA*., I was determined to save every cent from the offerings to go towards air fares for my trip.

One Monday morning, after having spent the weekend speaking in a church in northern Kentucky, the pastor took me across the Ohio river and dropped me off along highway 23 in Portsmouth, Ohio. My next meeting was to be that night in Washington Court House, Ohio and I was hoping to get good rides so I could arrive on time. I had three dollars of personal money in my pocket.

After a while, an old beat-up car pulled up and the two young men inside asked me if I wanted a ride. My first

thought was they looked like escapees from a prison. The car was blowing black smoke and the engine was not firing on all cylinders.

But I needed a ride and this is what the Lord provided so I reluctantly got in and took the back seat. They began telling me their story. They had traveled to Florida to buy fire crackers and instead had to spend their money on serious engine troubles. They had traded their jumper cables and tools for gas at one station and their spare tire for gas at another. They had not even had the 25 cents to pay the bridge toll fee but begged the attendant to let them pass.

The fuel gauge was sitting on empty and the engine seemed to be barely running. Here I was getting ready to go to a church to ask for donations for missions and I was sitting in a mission field! I gave them all the personal money I had—three dollars. They immediately pulled in to a gas station and, at 19.99 cents per gallon got several gallons. When we got to Chillicothe, Ohio, we turned northwest towards Washington Court House and ran into a problem.

A fairly steep hill was too much for the car I was in. It chugged down until it stalled. The boys decided to try the reverse gear and we slowly backed up the hill-obstructing traffic. A school bus pulled up nose-to-nose with our car while the driver honked his horn and shook his fist at us. I had visions of spending the night in jail instead of speaking about missions in a church!

We finally reached Washington Court House where they dropped me off and I made my way to the home of a friend. He fed me and took me to church that night where I told about missions in New Guinea. The small offering I received was for missions—not mine personally so the next day I was still penniless, when a man came up to me and put a bill in my hand saying it was for my personally use.

It was a crisp new Ten Dollar Bill! Wow! I got back the money I had given- with 300 per cent interest in twenty-four hours! It truly is more blessed to give than to receive. But that's not the end of the story.

Just as I was leaving for New Guinea I wrote an article for the mission magazine thanking God and supporters for helping me raise the money for the trip. In that article I told the story above, praising God for supplying my needs.

During the next three years of my term in New Guinea, the mission headquarters forwarded donations to me from people who had given for my monthly support. I noticed a name was on the list of donors every month—\$25—from some folk named, Thornburg. I wrote them "Thank-You" notes each month all the while wondering who they were.

When I finally returned to the States I made my way as soon as possible to personally thank the Thornburgs for their support. I was a little embarrassed to ask them when we had met before and was surprised at their answer: "We have never seen you before in our lives!" It turned out they had read my story about giving my \$3 and decided to support me.

Do the math- 36 months at \$25 per month equals \$900—a pretty good return on a three dollar gift investment! It really is great to be a Giver! Like sowing seed—you reap much more than you plant!

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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LIFE. SAVED.

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

-Tommy, age 23

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