

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

May 2018

Marion Edition - Monthly

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PET/CT:

Uniting Two Important
Tests to Deliver a World
of Information

DO YOU KNOW THE SYMPTOMS OF A STROKE?

IMMUNOTHERAPY

Is Turning the Tide Against
Some Cancers

COMMUNICATION

What You Need to Know!

TREATING PAINFUL ARTHRITIS:

Do You Need An
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-Margaret Metz, Patient & Survivor

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PET/CT

UNITING TWO IMPORTANT TESTS TO DELIVER A WORLD OF INFORMATION

When both the physical and functional details of an organ or system are needed for an accurate diagnosis, it used to demand two separate tests, Positron Emission Tomography, or PET, a nuclear medicine that measures metabolic activity within the body, and Computed Tomography, or CT, which is an advanced x-ray system that provides multiple cross-sectional images to deliver a nearly 3-D outline of the body part or area being investigated. PET delivers extensive information about elements like oxygen use, blood flow and glucose metabolism, which provide important information about organ and tissue function. "PET is especially helpful in diagnosing certain types of cancers and eliminating Alzheimer's disease as a cause of cognitive impairment," says Dr. Malcolm Williamson, a specialist in diagnostic radiology and neuroradiology. "CT compliments that information by capturing a rapid succession of multiple images for an impressively detailed rendering of the anatomy being examined, capturing lesions, pre-cancers, tumors, injuries and other abnormalities more completely and accurately than traditional x-ray."

Advances in technology now enable both tests to be performed at once for greater accuracy than the tests offer when performed separately, not to mention greater convenience for the patient. PET/CT unites both functional and anatomical information needed for your Board Certified RAO Radiologist to formulate an accurate diagnosis and, when necessary, for your clinician to plan an appropriate course of treatment.

"PET/CT harmonizes anatomic details with physiologic information to help us pinpoint metabolic abnormalities, giving us more information about the location of disease and how it affects various systems," says Dr. Fredric Wollett, who specializes in diagnostic radiology, nuclear medicine and breast imaging. "We can also use PET/CT to help stage and monitor the success of treatments for diseases like breast, colon and lung cancer, along with many others."

Always at the forefront of the most advanced technologies, RAO utilizes the renowned Siemen's biograph PET/CT, which produces highly detailed and comprehensive representations of tissues and

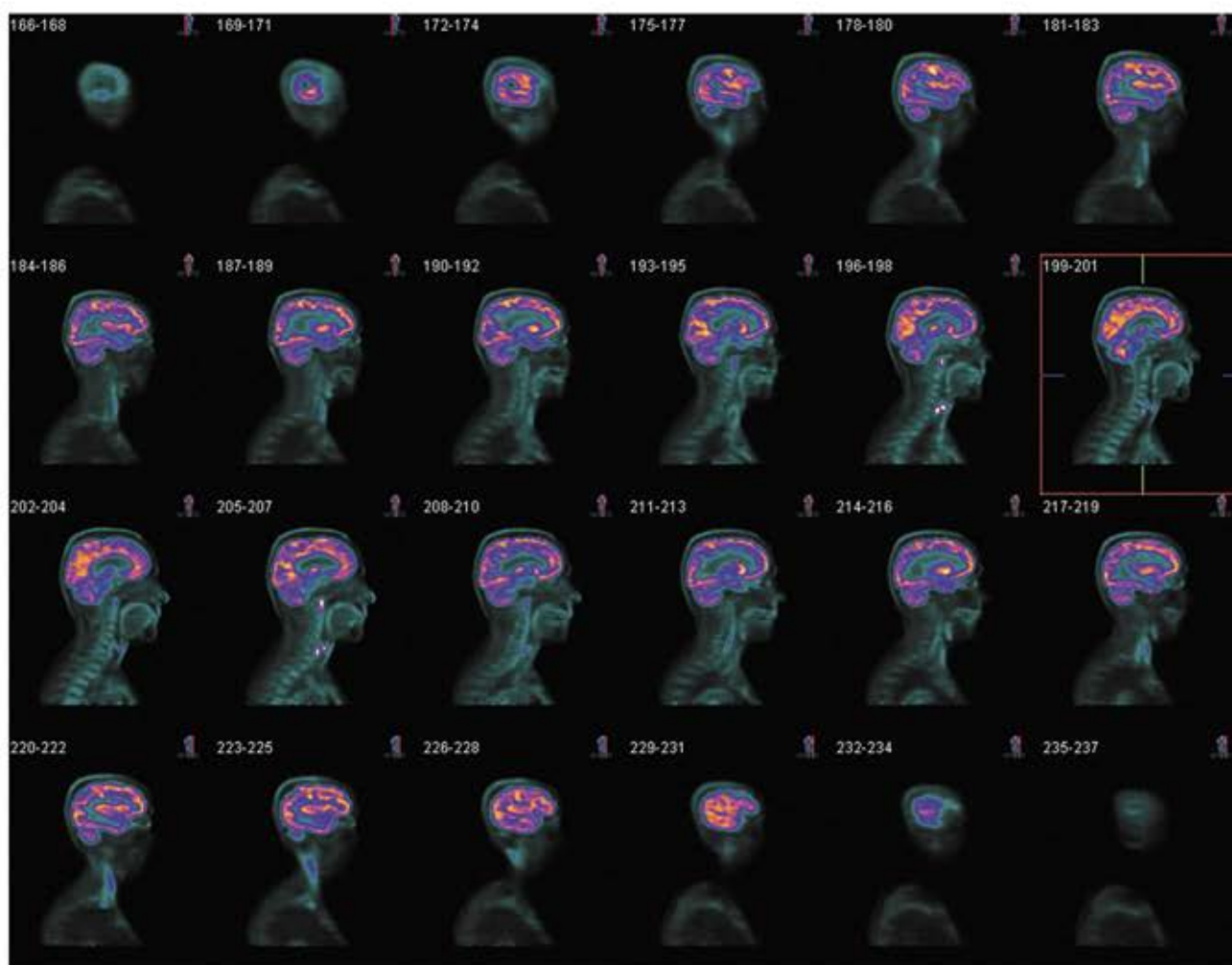
processes to promote accurate diagnoses and quicker localization of disease. "PET/CT helps us capture pre-cancerous and cancerous cells throughout the body, including the lungs, colon, lymph nodes, ovaries, testicles, and a wide range of other organs and systems," says Dr. Ralf Barckhausen, who specializes in diagnostic radiology and neuroradiology. "We also use PET/CT to identify and monitor seizure disorders and distinguish Alzheimer's from other diseases causing cognitive problems. Since more than 20% of cognitive impairment cases are misdiagnosed as Alzheimer's, many patients receive the wrong treatment, which can be a tragic error, since many cognitive impairment problems respond favorably to the right therapies. It's my medical opinion that many people diagnosed with Alzheimer's should undergo a PET/CT scan to ensure the diagnosis was accurate."

RAO's team of Board Certified radiologists includes nine PET/CT specialists and the area's only 16-slice PET/CT scanner with the newest LSO crystal, providing state-of-the-art speed and precision. Also of note, RAO maintains ongoing accreditation in both PET and CT diagnostic testing from the American College of Radiology, ensuring the highest level of safety and accuracy. All PET/CT images are digitally stored for instant sharing with your clinician, all Marion County hospitals, and RAO's outpatient centers to ensure rapid coordinated care. RAO's experience, exceptional service and unwavering commitment to accuracy have made RAO a local leader in diagnostic imaging for 45 years and counting.

For the best in PET/CT services, talk to your clinician about the experience and state-of-the-art technologies available at RAO's Medical Imaging Center at Windsor Oaks.



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PET/CT

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Board Certified, Fellowship-Trained Radiologists (left to right):
Fredric C. Wollett, MD; Ralf R. Barckhausen, MD; Malcolm E. Williamson, II, MD



Cognitive impairment has different causes and responds to specific treatments, making an accurate diagnosis vitally important. An estimated 20% of people diagnosed with Alzheimer's disease have been incorrectly diagnosed, meaning they have likely been given the wrong treatment for their problem.

RAO's Board Certified and fellowship-trained radiologists subspecialize in PET/CT imaging, which combines two important tests in one scan, helping your radiologist rule out Alzheimer's when it is not the cause of cognitive impairment, and provide an accurate diagnosis, so appropriate treatment can begin.

A PET/CT scan from RAO provides more than information – it can give you peace of mind.



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Communication

What You Need to Know!

By Tabatha T. McCallum, Au.D.

Communication is vital for healthy relationships. People with hearing aids, cochlear implants, or untreated hearing loss may find understanding speech to be difficult, especially in challenging listening environments. When communication breakdowns occur, individuals may experience a range of emotional and social consequences including: frustration, anger, embarrassment, depression, isolation, and withdrawal. In addition to using up-to-date technology and other recommended treatment options, an individual with hearing loss must use communication strategies. Communication strategies, when used by everyone, can prevent and/or repair communication breakdowns and help maintain meaningful connections with others.

For the person with hearing impairment, adapting or learning an assertive communication style is key and begins with admitting a hearing problem exists and identifying what communication difficulties are occurring. Passive communicators with hearing loss tend to withdraw from conversations or simply pretend they understand. On the other hand, aggressive communicators with hearing loss will dominate the conversation to avoid not understanding what the other person says, or they may blame the speaker for the communication breakdown. An assertive communicator will take responsibility for their hearing loss and suggest ways their family and friends can help them understand, which ultimately improves communication for both parties.

The listener should WATCH:

- **W** - watch the speaker's mouth
- **A** - ask specific questions
- **T** - talk about your hearing loss/tell them what you need
- **C** - change the situation
- **H** - helpful gestures

Many individuals with hearing loss wouldn't call themselves a "lip reader", but we all get cues from facial expressions and movements that help us to tell the difference between certain consonants and in turn, help us understand. When asking for clarification, instead of asking "what?" or "huh?" or "eh?", here are some specific questions to consider: 1) Could you say that a bit more slowly? 2) I didn't understand. It helps if I



can see your lips. 3) Please speak a little bit louder. 4) Please face me when you're speaking. 5) I didn't get the last part of what you said. 6) I heard ____ but I missed _____. Whenever possible, eliminate the background noise and move closer to the speaker.

CARE must be taken when speaking with an individual with hearing loss

- **C** - clear speech
- **A** - attention of the listener must be obtained first
- **R** - rephrase when the message is misunderstood
- **E** - expectations must be reasonable

Speak clearly and slowly but don't shout. Always face the person with hearing loss and get their attention before speaking. Try to rephrase, simplify or use a different word if they cannot understand your meaning. Do not attempt to speak to the individual from a distance and eliminate background noise whenever possible. Realistic expectations and patience are most helpful when a communication breakdown occurs.

Many times hearing loss is an invisible impairment. It is up to the individual with hearing loss to become assertive and tell their communication partners what is needed in order to prevent or repair a communication breakdown. It's up to the communication partner to be empathetic, consistent, and patient.

At Professional Speech and Hearing Specialists, we know how important hearing is to your life and relationships. That's why our Audiologists are much more than just experts in the latest hearing technology. We take the time to get to know you and your specific hearing challenges so that we can create a better hearing plan customized to your needs.

- Credentialed, experienced audiologists who stay up-to-date with the latest in hearing care research
- Recommendations that put our patients' interests first
- Access to the latest hearing technology—not "new" technology that was new three years ago
- A comprehensive, collaborative approach to helping you hear better
- Follow-up adjustments and hearing re-training programs that are included as an integral part of your investment in better hearing

Anyone can simply sell you a hearing aid. Professional Speech and Hearing Specialists offers the expertise, professional service, and continuing support that it takes to truly experience success with better hearing. We want to empower our patient's to take full advantage of today's highly sophisticated, programmable, and Bluetooth enabled hearing devices. **To find out more, please contact Professional Speech and Hearing at 352-351-3977.**



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Tabatha T. McCallum, Au.D.
Doctor of Audiology

Dr. McCallum graduated cum laude with a Bachelor of Arts degree in Communication Sciences and Disorders from the University of Florida and went on to earn a Doctorate of Audiology from the University of South Florida. She joined Professional Speech and Hearing Specialists in August of 2010. She specializes in hearing diagnostic testing, hearing aid programming, tinnitus masking device programming, and aural rehabilitation. Dr. McCallum is licensed to practice in the state of Florida. Her passion for audiology stems from wanting to improve the quality of life of others by breaking down communication barriers.

IMMUNOTHERAPY IS TURNING THE TIDE AGAINST SOME CANCERS

Immunotherapy, an approach to cancer treatment that uses the body's natural defenses, has been around for decades; however, the early forms of this type of treatment were very toxic and did not result in the desired outcomes for most patients. In the past 10 to 15 years, as researchers have learned much more about the genetics and mechanisms of cancer cells, advances have been developed that are causing great excitement and that are credited with helping many patients realize amazing results with certain types of cancer.

How does immunotherapy work?

The immune system consists of several organs, special cells and other substances that help your body fight germs, infections and diseases. It naturally recognizes abnormal substances in the body and raises an alarm, causing the immune system to attack the foreign bodies. For example, germs contain certain proteins that are not normally found in the body and so the immune system targets these foreign proteins and eliminates them.

However, the body's natural defense system has a harder time targeting cancer cells because sometimes the malignant cells are not very different from normal cells. Other types of cancer have a mechanism that helps the mutated cells "hide" from the immune system. In immunotherapies, researchers have discovered drugs that boost the immune system and help it recognize cancer cells more easily so it can attack and destroy these cells.

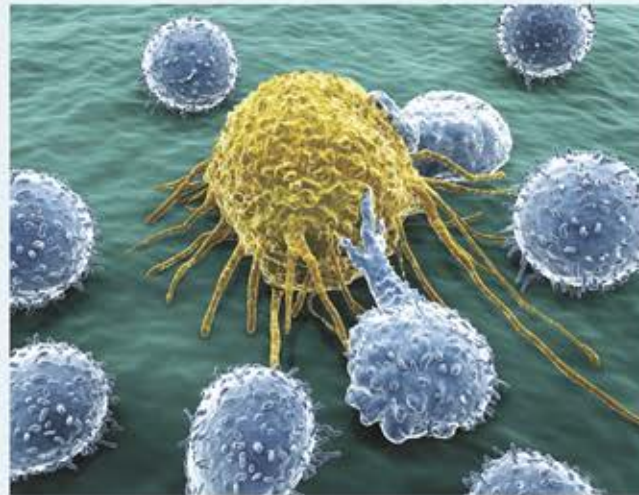
What are the types of immunotherapy?

According to the American Cancer Society (ACS) there are various immunotherapies that are proving to be very effective. These include:

Monoclonal antibodies (mAbs) are laboratory-made substances that can attach to cancer cells, so the immune system can recognize and destroy them.

Immune Checkpoint Inhibitors are a type of monoclonal antibodies that use "checkpoints" – molecules on certain immune cells that need to be activated (or inactivated) to start an immune response.

Non-specific immunotherapies, including Interferons and Interleukins, also help the immune system destroy cancer cells.



Oncolytic virus therapy uses genetically altered viruses to attack and kill cancer cells. The first of these was approved in 2015 for use in treating melanoma.

CAR T-cell therapy uses T-cells (a type of white blood cell) drawn from the patient. These are altered in the laboratory to recognize and destroy cancer cells, and then returned to the patient's body. T-cell therapy is not yet approved for widespread treatment. Only two CAR T-cell therapies have been approved for use in the U.S. One is used for advanced or recurrent acute lymphoblastic leukemia in children and young adults. The other is for certain types of advanced or recurrent large B-cell lymphoma. More are currently being studied in clinical trials.

Vaccines have been developed for both prevention and treatment of cancer. Most treatment vaccines are still in clinical trials. Several prevention vaccines are in use today, helping to prevent cervical cancer, and Hepatitis B, which can cause liver cancer.

Immunotherapies are transforming patients' lives.

For patients with certain types of cancer, such as melanoma, bladder, renal cell carcinoma (a type of kidney cancer), head and neck cancers, some types of leukemia and lymphoma, and lung cancer, immunotherapies are already producing encouraging results, and some are even being called a possible cure. In addition, new research is moving forward rapidly to find immunotherapies that will be effective against more types of cancer.

Clinical Trials Lead to Tomorrow's Treatments and Cures

Through a strategic partnership with Sarah Cannon, one of the world's leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In the past three years, the majority of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

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

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For more information, visit FLCancer.com

TREATING PAINFUL ARTHRITIS: Do You Need An Orthopedic Specialist?

Many different forms of arthritis affect over 50 million adults and 300,000 children in the U.S., and there are over 100 different types of joint disorders categorized under the term of arthritis. Two of the main types of arthritis are Osteoarthritis (OA) and Rheumatoid Arthritis (RA). With Osteoarthritis, wear and tear damages the cartilage in the joints and causes friction between the bones rubbing together. Injury or infection usually causes Rheumatoid Arthritis. RA is an autoimmune disease that causes the body to attack its own lining of the joints and membranes; this results in painful swelling and inflammation.

Common symptoms of arthritis

- Swollen Joints
- Joint Pain
- Stiffness
- Redness
- Sensations of warmth or burning
- Decreased range-of-motion
- Limited flexibility
- Loss of strength

Causes

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

Regardless of the cause, in arthritic individuals, it is often times extremely uncomfortable and challenging for them to exercise, or even perform daily activities that are necessary to live a quality lifestyle. Most people may find that there is little to no relief with over the counter NSAID's or pain medications. This is why it's critical to seek help from a board-certified orthopedic surgeon for genuine pain relief.

Many patients find great relief from massage therapy and physical therapy, which teaches them how to stretch and reposition their joints and body posture for optimal positioning. Aquatic therapy is also very effective in relieving joint pain.

Along with various diseases and disorders, inflammation in the body is a major cause of arthritis. Getting rid of the inflammatory response with dietary changes is effective for any individuals.

Foods to Avoid

- Saturated fats
- Trans fats
- Excessive salt
- Sugar
- Refined carbohydrates
- Gluten
- Chemicals like pesticides and artificial sugar
- Stop Smoking
- Limit alcohol

Supplements and Foods to add to your Diet that Alleviate Inflammation and Pain

- Chondroitin
- Glucosamine
- Curcumin
- Garlic
- Ginger
- Omega 3 Fatty Acid
- Vegetables
- Fruits
- Lean Proteins
- Tart Cherry Juice Concentrate
- Lemon Water
- Apple Cider Vinegar

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 lifestyle strategy.

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

Treatment

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



Arthritis Treatment Options:

- Viscosupplementation
- PRP
- Stem Cells
- Rheumatology Referral for Infusion Therapy
- Arthroplasty (total and partial)
- And more

Raymond Weiland, D.O.,
Board-Certified Orthopaedic Surgeon



Education

- Undergraduate: Pennsylvania State University, Stage College, PA
- Medical: School of Osteopathic Medicine at the University of Medicine and Dentistry of New Jersey

Training

- Internship: Kennedy Memorial Hospital/ University Medical Center, Cherry Hill, Stratford and Washington Township Divisions, NJ
- Orthopaedic Surgery Residency: Kennedy Memorial Hospital/University Medical Center, Cherry Hill, Stratford and Washington Township Divisions, NJ
- Orthopaedics Traumatology Fellowship:
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 - University Medical Center, UMDNJ
 - Robert Wood Johnson School of Medicine, Camden, NJ
 - University of Pennsylvania, Philadelphia, PA

Professional Affiliations

- American Osteopathic Association
- American Osteopathic Academy of Orthopedics
- Atlantic County Medical Society
- New Jersey Medical Society

To schedule your appointment for an orthopedic consultation, please call Munroe Regional Medical Center at 1-800-575-3975, or visit their website at MunroeRegional.com.





Eye Care Visionaries

The visionary doctors at Ocala Eye have good reason to celebrate.

For nearly 50 years, they have been on the leading edge of innovation, providing Ocala's and residents of surrounding communities with the latest diagnostic services, medical equipment and surgical techniques, as well as top quality routine eye care - all with a personal touch.

Throughout its history, Ocala Eye has consistently been the first practice in its region to offer innovative services, like small incision, no-shot, no-stitch, no-patch cataract surgery, customized LASIK vision correction, and advanced lens implants. Its physicians have built strong glaucoma, retina, oculoplastic and cornea practices, and have established themselves as the leader in refractive surgery techniques used to reduce one's need for glasses. "Ocala Eye is the only multi-subspecialty ophthalmology practice in North Central Florida," says Mark A. Jank, M.D., a cataract and refractive surgeon who joined the practice in 1988. He also points out that Ocala Eye has the distinction of being in the top two percent of ophthalmology practices in the country. "Very few medical practices have our track record," he notes.

Ocala Eye continues to expand its services for patients. Its doctors perform thousands of surgical procedures a year, and see more than a hundred thousand patient visits annually at its four offices and surgery center. An enhanced office experience now includes Wi-Fi in the waiting rooms for the convenience of patients. In early spring, Ocala Eye incorporated EPIC digital workstations in the Village location. The EPIC system uses advanced computer and infrared technologies to help evaluate your unique visual needs. The fully automated EPIC is a faster, more accurate, and patient-friendly method of performing eye exams. The entire refraction takes place without the patient or the technician leaving their chairs. "Now we can obtain a comprehensive refractive analysis that previously would require at least three tests on three different machines. The 3-D Wave allows us to evaluate a patient's entire optical system, perform refractive and cataract surgery screenings and customize eyeglass prescriptions," says Zora Harrison, COO. Ocala Eye's new location at Heath Brook was designed around the EPIC system and efficiencies to improve the patient experience. These are just a few examples of how Ocala Eye continues to innovate, providing skilled services and modern amenities.

Patient-Centered Practice

Since opening in 1971, the dramatic increase in patient volume and nearly 50 years of community loyalty stems from the doctors' commitment to put patients first, focusing on personal care and building relationships. Determining the right procedure at the right time for each individual leads to high levels of patient satisfaction. "Our Customized Cataract Care program

exemplifies this," explains Dr. Jank. "Through patient relationships we can tailor cataract surgery outcomes best suited for the individual, utilizing the most advanced lens implants available. Whether the goal is to address specific visual needs, hobbies, or even spectacle independence, we are one of the few practices in Florida with the breadth of resources to deliver on those expectations."

Ocala Eye's unique approach starts with a single doctor providing complete care for the patient, from the initial comprehensive eye exam to more specialized services. For example, the same physician who performs a routine eye exam on a patient may at a later time perform tests or surgery on their patient if needed. In certain cases, patients might be referred to another specialist within the practice, resulting in an easy intra-office referral. But following the testing or procedure, the patient returns to the care of his or her original Ocala Eye physician. This continuity of care is not universal in ophthalmology. "At Ocala Eye, everything is encompassed in one medical practice," states Jodie Armstrong, M.D., F.A.C.S., one of Ocala Eye's cataract and laser surgeons. "This includes major subspecialties in ophthalmology, so the patient-doctor relationship stays intact from the most simple to the most complex procedures."

Dr. Michael Morris explains further, "Because of the focus on personal care and building relationships, we can carefully match a specific procedure to a patient. When recommending any procedure, our physicians have to deem it a significant benefit for the patient. An example - for a patient with glaucoma, I would weigh the potential outcomes of a laser glaucoma procedure vs. valve or other glaucoma surgery vs. eye drops. In making a recommendation, we evaluate the best treatments for the patient, taking into account what approach will preserve or enhance vision."

For patients who do require more advanced procedures and high-tech vision solutions, Ocala Eye excels. "Ocala Eye has been responsible for bringing more new technology and cutting-edge procedures to Ocala than any other practice," notes Dr. Peter Polack. Its wide range of available procedures include:

- **CustomVue**, a custom LASIK procedure designed to reduce or nearly eliminate a patient's need for glasses or contact lenses. Using Wavefront technology to precisely map the details of each eye allows for more precise reshaping of the cornea by the laser to treat nearsightedness, farsightedness and astigmatism. This procedure also better enhances night vision versus other types of LASIK surgery.

- **Customized Cataract Care** utilizing advanced lens implant procedures, giving cataract patients clearer vision, not just for distance viewing but also for intermediate- and near-vision ranges. Ocala Eye was the first practice in the region to offer a small-incision procedure, in which the physician makes an incision of smaller than 3 millimeters in the cornea. The physician then uses an ultrasonic handheld device to break up the cataract for easy removal. The physician can then implant a folded lens through the incision, which, when unfolded in place, provides the patient with clearer vision. Once the procedure is complete, the incision self-seals. There's no need for a patch or stitch.

- **DSAEK** sutureless cornea transplant surgery is an advanced technique used to restore vision in patients with cornea damage resulting from disease or infection. Ocala Eye was the first practice in Marion and surrounding counties to perform this revolutionary procedure which dramatically shortens visual recovery and is safer than traditional transplant methods.

Given all this, it's no wonder the physicians at Ocala Eye are the most trusted eye care team in the area. In addition to quality vision care, the practice offers hearing and aesthetic services. Aesthetic services include surgical and non-surgical procedures focusing on areas of the face around the eyes, designed to minimize wrinkles and help patients look younger. Procedures will also deal with conditions like rosacea, improving the appearance of patients as well as their eyesight. With these services and others, the physicians of Ocala Eye will certainly remain at the edge of innovation.

For information: www.ocalaeye.com 352.622.5183
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THE OCALA EYE TEAM

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Over 50 Million People Have Arthritis: Which Treatment is Best for Your Hands?

Christopher Manseau M.D.

Arthritis of the thumb is one of the most commonly affected areas in the body. More women than men suffer from thumb arthritis; however, men can develop it too. Usually people over the age of 40 will start to experience tightness, limited range of motion, and pain in their thumb joint, also known as the carpometacarpal (CMC) joint.

The typical treatment for thumb arthritis is conservative at first with limited use protocols, stretching, icing, and corticosteroid injections or NSAIDs for pain management. However, these treatment options are not going to correct or heal arthritis. To get permanent relief and results, you will need surgery.

Thumb Joint Surgery

Ligament reconstruction stabilizes the CMC joint by

removing a portion of the impaired ligament and replacing it with a piece of the patient's wrist flexor tendon.

Thumb Arthroplasty is the standard surgical treatment for thumb arthritis. The trapezium bone will be removed, and the radial artery is identified. The FCR tendon (flexor carpi radialis) is also identified and "freed up." Once the FCR tendon is free, it is delivered through the incision and into the base of the thumb. The metacarpal is carved to create a tine hole. The FCR is then placed through the metacarpal and sutured back onto itself. This allows the movement of the thumb to take place once healing is accomplished naturally.

The remaining portion of the FCR is rolled into a small ball and sutured back into itself again, which creates a spacer between the bones and joint.

Aftercare

After Arthroplasty surgery, you will need to rest and guard the thumb joint. If your surgeon gave instructions for any stretching or range-of-motion exercises, you would be doing those under their supervision and direction. During your healing process, you must be diligent about not using your hand. A few weeks later you will need physical therapy to get your thumb strength and flexibility back. Depending on your type of surgery and circumstances, you may need a few weeks to a few months of therapy.

Orthopaedic Specialty Care

Orthopaedic Specialty Care (OSC) provides comprehensive surgical and nonsurgical solutions to the full range of orthopedic issues confronting all ages.



Christopher Manseau M.D.

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

Orthopaedic Specialty Care

Orthopaedic Specialty Care (OSC) provides comprehensive surgical and nonsurgical solutions to the full range of orthopedic issues confronting all ages.

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

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

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Do You Know the Symptoms of a Stroke?

KNOWING THE SIGNS CAN SAVE LIVES

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications.

There are Several Different Types of Strokes:

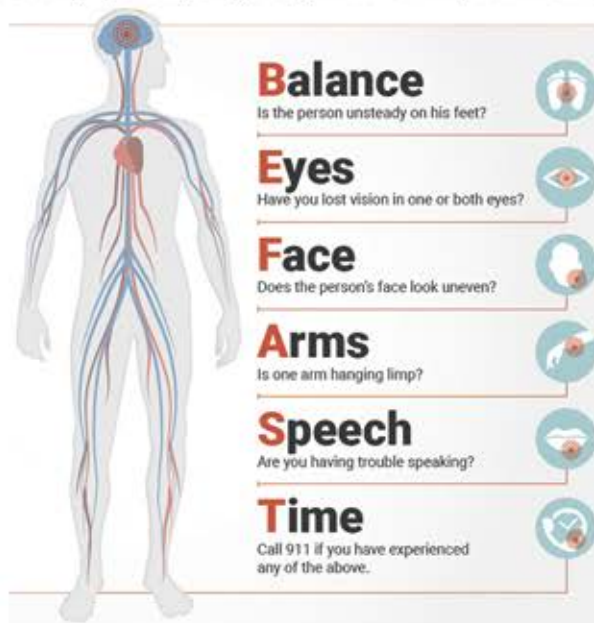
- Hemorrhagic strokes are when a damaged blood vessel begins to bleed then ruptures
- Ischemic strokes are formed by blood clots that obstruct a blood vessel that supplies blood to the brain
- TIA (Transient Ischemic Attack), also known as a mini-stroke, is caused by a temporary clot that blocks blood flow

When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly. When you are experiencing symptoms of stroke, minutes matter! There is a medication called tissue plasminogen activator (tPA) that can break through a blood clot, but not everyone with stroke can receive the clot-busting drug tPA. If the medical team deems it fit for you, the medication must be given within 3 to 4 ½ hours of the onset of symptoms.

Signs and Symptoms

Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

B – Balance loss
E – Eyesight changes
F – Face drooping
A – Arm weakness
S – Speech difficulty
T – Time to call 911



Staying Healthy and Avoiding Stroke Complications

- Keep weight down
- Workout (30 minutes of cardiovascular exercise daily)
- Eating a Healthy diet of vegetables, fruit and lean protein
- Maintain normal blood pressure
- Regulate Lipid levels and any cholesterol issues
- Manage stress
- Get regular physicals and check-ups
- Know the Signs of stroke
- Don't delay, if you or someone you know has stroke symptoms

Leonard Savino, MD, FACC

Leonard Savino, MD, FACC is a fellowship trained, non-invasive Cardiologist with over 30 years of experience in clinical private practice with an overall concentration on cardiovascular wellness in adult patients.

Our team at The Medical Health Center is on a "Better Health" mission and our goal is to provide high-quality medical services and compassionate care. We will coordinate your visit with your primary care physician and get you on the road to living your healthiest life.

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Treating Pain Fundamentally & Synergistically

Neurosomatic Therapy (NST) is an integrative form of manual therapy that identifies and corrects structural and biomechanical imbalances in the body. By carefully analyzing dysfunctional postural and movement patterns, NST can be used to create a comprehensive therapy program to treat the underlying cause of pain, improve athletic performance, and prevent injury. Neurosomatic Therapy provides the best internal environment to prevent many problems from occurring. Often times injuries to tendons, ligaments, intervertebral discs, and more can simply be the result of poor biomechanics leaving the body prone to damage.

NST Pain Treatment:

- Breathing Difficulties
- Carpal Tunnel Syndrome
- Irritable Bowel Syndrome
- Disc Herniations
- Failed Back Surgery Syndrome
- Frozen Shoulder Syndrome
- Hip Pain
- Leg Length Inequality
- Low Back Pain
- Migraine Headaches
- Neck Pain
- Plantar Fasciitis
- Rotator Cuff Dysfunction
- Sciatica
- Scoliosis
- Tennis/Golfers Elbow
- Thoracic Outlet Syndrome
- TMJ Dysfunction
- Whiplash

Aaron Calverley, certified Neurosomatic Specialist states, "I believe that anatomy and physiology are inseparable. The location of dysfunction is not always the source of the issue, but the result of compensation.

I have always been involved in extreme sports and athletics, growing up racing motocross and supercross. Seeking year-round competition, I moved away from my home state of Connecticut, to the warmer climates of California and Florida.

In 2014 I sustained a shoulder injury at Daytona supercross. After about 7 months in physical therapy, my recovery progression was at a standstill, and I was forced to search elsewhere for alternative treatments.



Through research, I discovered the Center For Neurosomatic Studies (CNS) in Clearwater Florida. A student at CNS was able to identify the source of the residual dysfunction, by studying the movement patterns and position of my shoulders. After one treatment I was well on my way to recovery. After two treatments, I was back in the gym and on the track again.

I was so impressed and inspired by my results, that I was driven to learn how Neurosomatic Therapy works. I enrolled full time at The Center For Neurosomatic Studies in 2014 and began the process of learning the inter workings of the human body. Through my time at CNS, I discovered how the effects of one area could be traced through the entire body, like clues leading back to the true source of dysfunction."



Cal-Form Pain Treatment Center was established in 2017, to bring the therapeutic benefits of Neurosomatic Therapy to patients in Ocala, and surrounding areas. Visit the Cal-Form website for patient testimonials.

Neurosomatic Therapy Benefits:

- Eliminate Muscle Spasm
- Restore Flexibility
- Restore Proper Biomechanics
- Increase Muscle Strength
- Increase Muscular Endurance
- Teaches Patients How to Prevent Future Disorders

Aaron Calverley, CNS, LMT

Aaron Calverley is a certified Neurosomatic Specialist, License Massage Therapist, and a certified Muscle Activation Techniques Jumpstart Practitioner. He owns and operates Cal-Form Pain Treatment Center in Ocala Florida.

(860) 733-3740

a.calverleyCNS@gmail.com

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NST can be used to create a
comprehensive therapy program
to treat the underlying cause of
your pain, improve athletic
performance, and prevent injury.



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May is Mental Health Awareness Month

Depression (major depressive disorder or clinical depression) is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. To be diagnosed with depression, the symptoms must be present for at least two weeks.

Forms of Depression

Some forms of depression are slightly different, or they may develop under unique circumstances, such as:

- **Persistent depressive disorder** (also called dysthymia) is a depressed mood that lasts for at least two years. A person diagnosed with persistent depressive disorder may have episodes of major depression along with periods of less severe symptoms, but symptoms must last for two years to be considered persistent depressive disorder.

- **Perinatal depression** is much more serious than the "baby blues" (relatively mild depressive and anxiety symptoms that typically clear within two weeks after delivery) that many women experience after giving birth. Women with perinatal depression experience full-blown major depression during pregnancy or after delivery (postpartum depression). The feelings of extreme sadness, anxiety, and exhaustion that accompany perinatal depression may make it difficult for these new mothers to complete daily care activities for themselves and/or for their babies.

- **Psychotic depression** occurs when a person has severe depression plus some form of psychosis, such as having disturbing false fixed beliefs (delusions) or hearing or seeing upsetting things that others cannot hear or see (hallucinations). The psychotic symptoms typically have a depressive "theme," such as delusions of guilt, poverty, or illness.

- **Seasonal affective disorder** is characterized by the onset of depression during the winter months, when there is less natural sunlight. This depression generally lifts during spring and summer. Winter depression, typically accompanied by social withdrawal, increased sleep, and weight gain, predictably returns every year in seasonal affective disorder.

- **Bipolar disorder** is different from depression, but it is included in this list because someone with bipolar disorder experiences episodes of extremely low moods that meet the criteria for major depression (called "bipolar depression"). But a person with bipolar disorder also experiences extreme high – euphoric or irritable – moods called "mania" or a less severe form called "hypomania."

Examples of other types of depressive disorders newly added to the diagnostic classification of DSM-5 include disruptive mood dysregulation disorder (diagnosed in children and adolescents) and premenstrual dysphoric disorder (PMDD).

Signs and Symptoms

If you have been experiencing some of the following signs and symptoms most of the day, nearly every day, for at least two weeks, you may be suffering from depression:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly



- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

Not everyone who is depressed experiences every symptom. Some people experience only a few symptoms while others may experience many. Several persistent symptoms in addition to low mood are required for a diagnosis of major depression, but people with only a few – but distressing – symptoms may benefit from treatment of their "subsyndromal" depression. The severity and frequency of symptoms and how long they last will vary depending on the individual and his or her particular illness. Symptoms may also vary depending on the stage of the illness.

Source: National Institute of Mental Health



RATNASABAPATHY SIVASEKARAN, MD

Dr. Siva is a comprehensive internal medicine physician that understands the complexities of colorectal cancer and is experienced in helping his patients get the preventative care that is essential for their health. Dr. Siva has been in practice for fourteen years. He earned his Honors Bachelors of Science in Biology from University of Waterloo, Canada. He went on to earn his Doctor of Medicine from St. George's University School of Medicine graduating on the Dean's List. He is American Board of Internal Medicine certified. Dr. Siva has affiliations with AMA, AHA and Marion County Medical Society. He opened his own private practice in Ocala in 2006, and he has privileges at all hospitals and nursing homes in Ocala for continued care of his patients.

Siva M.D. P.A.

Office Location:

2845 Southeast 3rd Court
Ocala, FL 34471

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

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

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Lifestyle Solutions MedSpa

It's Cool to Eliminate Stubborn Fat

Eating nutritious food, exercising regularly, and maintaining a healthy body weight are important for a balanced and active lifestyle. However, many individuals who are at or close to their ideal weight discover that even with adherence to a strict diet and exercise routine, stubborn pockets of fat remain. Often located on the hips, thighs, abdomen, flanks, and chin, these fatty deposits may even be the result of genetic predisposition rather than excess consumption or inactivity. To assist our patients in treating these areas of concern, Lifestyle Solutions MedSpa offers FDA-cleared, non-surgical CoolSculpting® treatments that can help to re-contour the body and reduce excess fat.

CoolSculpting is a revolutionary, non-invasive contouring treatment that freezes stubborn fat, which then is naturally eliminated from your body. This clinically proven procedure selectively reduces fat layers in problem areas using a patented cooling technology. CoolSculpting requires no needles, no special diet, no supplements, no surgery, and most importantly, no downtime. It's safe, FDA-cleared, effective, and does exactly what it is supposed to do. CoolSculpting gently cools unwanted fat cells in the body to induce a natural, controlled elimination of fat cells. This reduces bulges in treated areas of the body without harming surrounding tissue.

Key Benefits of CoolSculpting:
It involves no needles, surgery or downtime.

Since the CoolSculpting Procedure is non-invasive, patients can resume daily activities including work and exercise, immediately following treatment.

It's safe.

CoolSculpting patients can sit or lie comfortably and read, work on their laptop or even nap during the procedure. The procedure is performed in a medical office setting, under the supervision of a physician specializing in cosmetic procedures. CoolSculpting is safe because the delivery of precise cooling affects only targeted fat cells, leaving adjacent tissue unharmed and intact.

It's convenient.

Procedures last about one to two hours, so treatments can easily be performed during a lunch hour or without major disruption to the day.

The results are dramatic.

Patients can expect to start seeing results in as little as three to four weeks with maximum results obtained within three to four months following treatments.

How CoolSculpting Works

During the procedure, a non-invasive applicator delivers precisely controlled cooling to the treatment area to specifically target underlying fat, leaving surface skin tissue unaffected. When fat cells are exposed to extreme cold, a process of natural removal is triggered, which gradually reduces the thickness of the fat layer. The result is a visible reduction in fat bulges.

Each CoolSculpting procedure results in undeniable reduction of fat in the treated areas, and patients can start to see results as soon as three weeks following treatment, with the most dramatic results occurring over a period of two to four months in most patients.

This non-invasive approach uses no needles, incisions, or other invasive measures, and the procedure generally requires little to no downtime. Furthermore, CoolSculpting® is designed to focus energy deep within the skin, leaving the surrounding tissue unharmed. In most cases, a single CoolSculpting® treatment to each area can provide effective results, although individual experience may vary and more treatments may be required to obtain ideal results.

Your time is important to us, and if you're considering treating more than one area for instance either both flanks or thighs we offer Dual-Sculpting at no additional charge. A second CoolSculpting® machine allows us to address multiple areas of concern in half the time, helping to increase efficiency and improve your overall experience. Our skilled aesthetics team can help patients develop a customized procedure plan that addresses their individual concerns and cosmetic goals.

Of note, we offer the latest FDA-cleared CoolSculpting technology which targets that undesirable "double chin" and is producing very rewarding results all without surgery or downtime!

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

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Better Hearing & Speech Month 2018

Happy national occupational therapy month! This month is used to recognize those who spend their lives working to hearing and speech month. Speech language pathologists diagnose and treat a multitude of issues including swallowing difficulties, voice disorders, lip and facial weakness, clarity of speech and cognition (including memory, logical thinking/reasoning and problem solving).

SLPs treat people of all ages from infant to elderly. They treat a great deal of speech and language disorders including the following: articulation disorders, fluency disorders, eating disorders, receptive and expressive communication disorders, and complications from surgery (ex: throat and mouth surgery).



One of the main concerns and difficulties we see here at Life Care Center of Ocala, in the elderly population, are swallowing disorders also called dysphagia. Dysphagia can occur in several different stages:

- **Oral phase:** occurs when chewing and moving food or liquid into throat
- **Pharyngeal phase:** starts the swallow reflex, squeezing food/drinks down the throat and closing the airway to prevent choking or any food/drink from entering the airway (called aspiration).
- **Esophageal Phase:** relaxes and tightens the openings at the top and bottom of the esophagus (the feeding tube in the throat) and squeezes food/drinks into the stomach through the esophagus.

References:
American Speech-Language-Hearing Association, "Swallowing Disorders (dysphagia) in Adults". www.asha.org.
"What is Speech Therapy?" Candice Evans, www.specialneeds.com/activities/general-special-needs/what-speech-therapy



Speech-Language pathologists specialize in swallowing disorders and use a variety of treatment methods to treat dysphagia. Some treatment methods may include specific exercises, positioning, and recommendations of specific food/liquids that may be easier to swallow. If you feel you or someone you know would benefit from speech therapy we would be happy to assist you. We are grateful for all the amazing work and amazing impact our speech language pathologists have in our community. Please take time this month to thank them for all they do! Happy better speech and Hearing Month!!!



Life Care Center of Ocala

Not all skilled nursing and rehab centers are the same, and that's certainly true of the Life Care Center of Ocala. Along with state-of-the-art medical care, Life Care Center of Ocala offers homelike amenities with added luxuries, such as a beauty salon, ice cream parlor, restaurant style dining and 24-hour security all within a serene environment. Private rooms and suites are also available, as well as a number of indoor and outdoor areas for residents and patients to host family visits.

To find out more about Life Care of Ocala, or to book a personalized tour, please call (352) 873-7570, or visit their website at www.LifeCareCenterOfOcala.com to view their services and to peruse their newsletter to find out what other residents have to say about living at Life Care.

STOP OVERLOOKING SIGNS OF INCONTINENCE

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

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

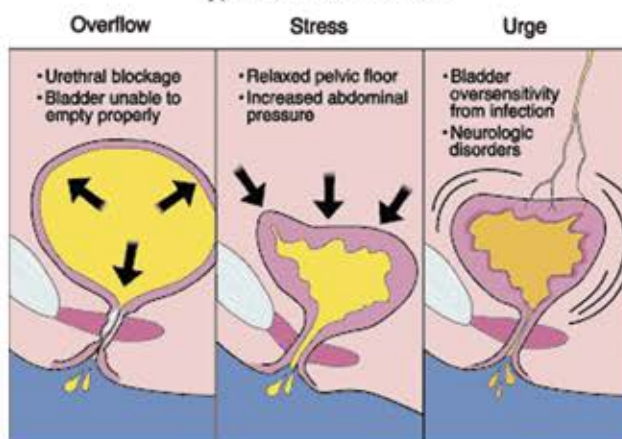
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UUI) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine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

Accidental urination can be triggered by:

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

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

Types of Incontinence



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

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

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

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

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



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

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



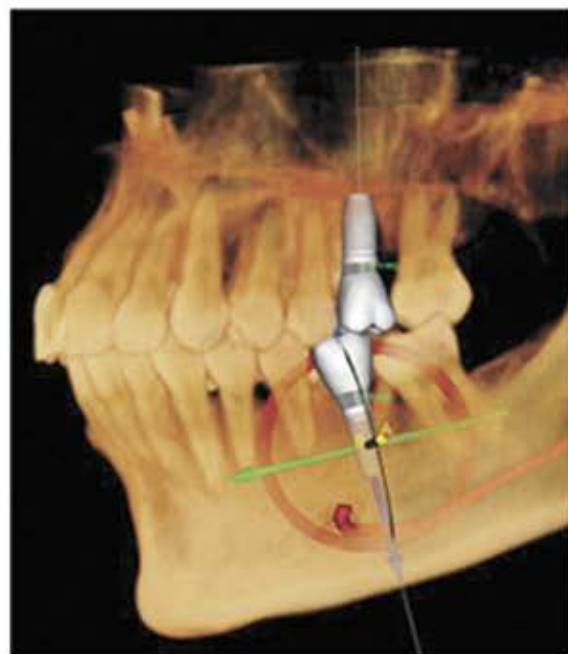
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3D Imaging Minimizes Time and Cost of Dental Procedures

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

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

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



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

How is 3D Imaging Used?

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

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

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

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How is 3D imaging performed?

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

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

"Smiling Reviews" from a Few of Our Patients

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

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

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

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UNDERSTANDING COPD

Dr. Poonam Warman, MD

What is COPD?

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

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

First and foremost, if you smoke, stop!

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

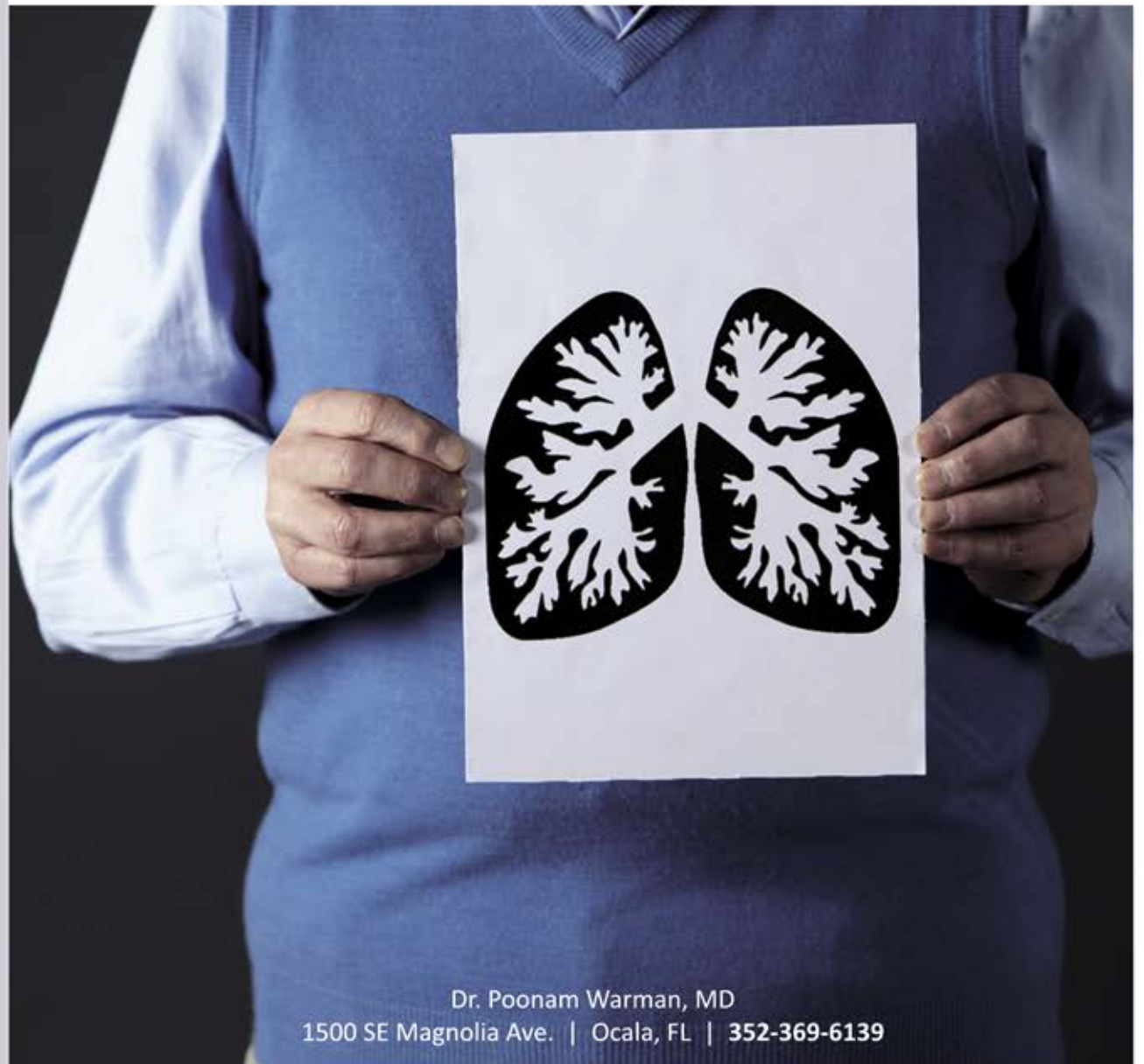
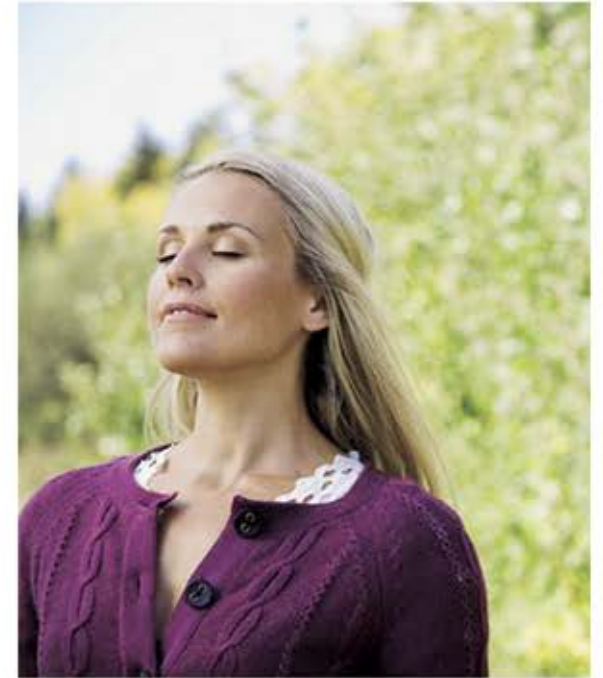
Although COPD cannot be cured, it can be managed. The goals of treatment are to:

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

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

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

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



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

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

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

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

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

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

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Sobriety and Medical Cannabis

By Robert C. Goethe, MD

Medical marijuana (cannabis) is a relatively new phenomenon in the United States, being first legalized in California in 1996 and now available in 29 states. It's becoming ever clearer to many physicians that it is a very effective medicine that can be used for chronic pain, control of seizures, anorexia, PTSD, and many other maladies. Pharmaceutical companies have jumped on the bandwagon too, and are acting to patent the active ingredients and profit off of it.

One issue that is frequently encountered is how safe is it to use with people with alcoholism.

About one in nine Americans is addicted to some mind-altering substance, most commonly alcohol because it is legal and available. Alcoholism kills about 88,000 people a year in the United States. Active alcoholics have a life expectancy 30 years less than an average person, and their lives are typically unstable. Many find a solution by way of Alcoholics Anonymous (AA). AA is based on abstinence, not moderation, and urges avoiding all psychoactive drugs. AA stresses a clean and sober existence based on a spiritual (not religious) program.

Cannabis is quite a bit different than alcohol in several ways. It is not physically addictive, nor does it harm your liver or kidney or cause "wet brain". Behavior on alcohol is described as "rowdy and aggressive" while cannabis usually has a calming effect. Many lives are ruined by alcohol but one is hard-pressed to find a comparison to cannabis, except that it is illegal and can arouse the ire of the legal system.

There has been some experience in California where doctors have used cannabis as a substitute for alcohol, calling it "the lesser of two evils". There is anecdotal evidence that this has been successful, but certainly not ideal.

Then there are those who have quit alcohol on their own and began self-medicating with cannabis. In AA this is called "the marijuana maintenance program" and is not encouraged.

Alcoholics who successfully quit drinking call themselves "recovering alcoholics" and generally live normal, happy lives once they remove the obsession to drink. However, they are prone to illnesses just like the rest of us and it's not uncommon to find them having to take pain pills, anti-anxiety medications and anti-depressants. Percocet, OxyContin, Xanax, Klonopin, Lyrica, Gabapentin, and many others are potentially addictive and dangerous with serious side effects. Cannabis can be a safer substitute and by many reports, is more effective.

I use the word cannabis because "marijuana" carries with it so much of the bad connotation implied by the DEA over the last 45 years who labeled it as dangerous, addictive and of no medical use. Oddly enough, the government has recognized that this is untrue and recognizes that this label has enabled pharmaceutical companies to synthesize some of its compounds and sell it at great profit. In fact, the federal government secured the patent, (National Institute of Health

Patent No. 6,630,507) for cannabidiol (CBD), the non-psychoactive component in cannabis that is recognized as an anti-inflammatory, anti-seizure and potentially anti-cancer molecule.

Medical cannabis is an extract from the marijuana plant and contains varying amounts of CBD, THC, and other compounds that make it unique and better than any one compound a pharmaceutical company can isolate and sell back to us. In fact, many strains of cannabis now have these compounds in specific ratios that give the patient the sought after effect without the psychoactive "high" effect, if desired.

When talking to other doctors experienced in this topic, it has been noted that medical cannabis prescribed for medical conditions has not been a problem for recovering alcoholics. It is my recommendation to alcoholics who are in recovery to avoid recreational cannabis and keep a clear head. But if there is a medical condition that can be treated with cannabis, it is most likely to be a very safe and effective medicine compared to what is available from pharmaceutical companies.



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Dr. Bob Goethe is a board certified anesthesiologist, with over 40 years of medical experience who is now semi-retired in Citrus County and chooses to support the medical marijuana initiative because he has seen it's benefits in patients and strongly believes in the cause.

Dr. Poonam Warman, MD



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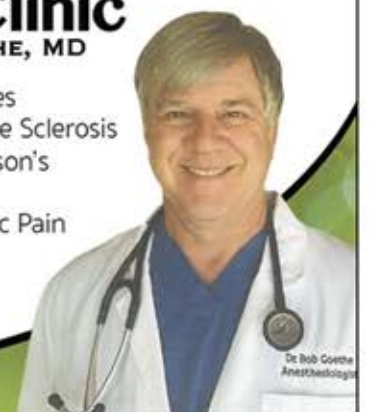
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Dr. Bob Goethe
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Maternal Deaths Among Black Women Continue Troubling Trend

Dr. Eina Fishman, chief medical officer for UnitedHealthcare Community Plan of Florida, shares tips on how to lower risks

The anticipation of bringing a new bundle of joy into the world – and all that comes with it – can be both exciting and stressful for moms-to-be. But if you are an expectant African-American mother, there is much more at stake, according to a recent study. Having a baby comes with several risk factors, and too many black moms die during and shortly after childbirth.

The Centers for Disease Control and Prevention (CDC) reports that, on average, black mothers in the United States die at a rate that is three- to four-times that of white mothers – one of the widest, most striking, disparities in women's health. According to America's Health Rankings' 2018 Health of Women and Children Report, gaps also persist in Florida, with more than 45 deaths per 100,000 live births among black moms, compared to nearly 20 for white moms. Nationally, there are 20 deaths per 100,000 births for all mothers.

There are a variety of issues that factor into these statistics. Some of these include rising rates of chronic diseases such as obesity, hypertension and cardiovascular disease among minority groups. However, systemic

issues abound. According to healthypeople.gov, factors such as access to health care and early intervention programs, educational, employment, economic opportunities, social support, and availability of resources to meet essential needs influence outcomes. Additionally, inequities in the level of medical care and gaps in patient safety for expectant black mothers play a major part.

Given these disparities, expectant black mothers are encouraged to take control of their health before, during and after their pregnancy. There are a number of things expectant mothers can do to curtail some of the risks that come with pregnancy and childbirth, including:

Preconception health

Healthy pregnancies begin before conception. Treatment of chronic illnesses – particularly cardiovascular diseases – before getting pregnant will ultimately result in fewer complications. Expectant mothers should talk to their doctor about their general medical history (including their family's), any current health issues, their diet and exercise routine, pregnancy history and any mental health concerns.

Early and consistent prenatal care

Having prenatal care is associated with healthy pregnancies, especially care during the first trimester. If you know you are pregnant or think you might be, call your doctor to schedule a visit. According to womenshealth.gov, babies of mothers who do not get prenatal care are three-times more likely to have a low birth weight and five-times more likely to die than those born to mothers who do get care.

Proper nutrition

A balanced diet, taking prenatal vitamins and maintaining a healthy weight during pregnancy can improve outcomes for both mother and baby.



Black mothers in the U.S. have a three-to-four times greater chance of dying during or shortly after birth than white mothers, a statistic that can be lowered through some proven preventive care measures before and during pregnancy, including getting regular exercise.

Be vocal about your medical care

As a patient, you have a right to know everything as it relates to your medical treatment. Do not be afraid to ask questions or raise concerns about your level of care or treatment (this includes routine procedures and tests) with your care provider.

Each year, UnitedHealthcare Community Plan covers 160,000 pregnancies and births nationally. Early identification and engagement of pregnant mothers, enhanced support for care providers, an enriched health care experience, and access to community partners who can offer additional resources are keys to healthy pregnancies and healthy babies.

Community resources

There are also numerous community resources available for expectant moms. Among them:

[Baby Blocks](#), an online program that rewards pregnant women and new parents for staying on top of their prenatal and well-baby care,

[Fresh EBT](#), a food budgeting app that educates pregnant women and others about healthy food choices and [Healthy First Steps](#), which improves pregnancy outcomes through case management and robust support services.

For more information about maternal health and mortality among expectant and new moms in Florida and nationwide, visit the [America's Health Rankings 2018 Health of Women and Children Report](#) from United Health Foundation.



Women can help reduce pregnancy risk by focusing on preconception health and it's recommended mothers-to-be work with their health provider to review medical history and establish a prenatal care plan that includes proper nutrition and healthy living habits.



5 Reasons To Use In-Home Care

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

1. Stay in a Comfortable Environment

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

2. Maintain Independence

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

3. Constant Companionship

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



4. Stability Through Routine

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

5. Home and Hygiene Assistance

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

Quality Care

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

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Ave Maria: Why Residents Value This Community Above All Else

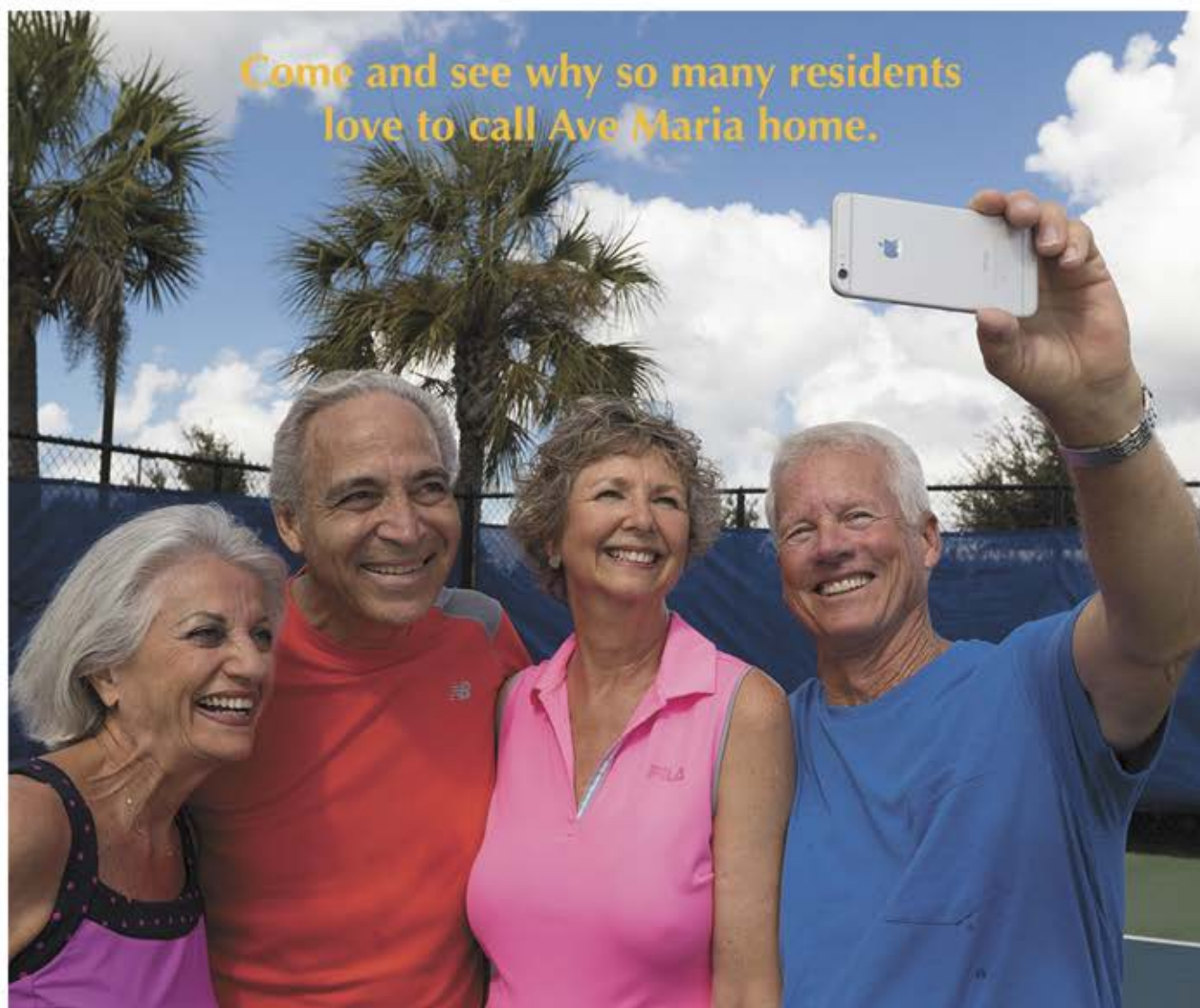
What do we really want in our community, neighborhood, and home? The answer is resoundingly the same for most people, safety, happiness, good neighbors, amenities, variety, opportunity and location.

For the third consecutive year in a row, Naples has been named the #1 well-being community in the United States. Being happy, feeling good, and having vitality is what it's all about for those enjoying the good life in Southwest Florida.

Collier County is also the state's second healthiest county for the fifth year in a row. Ave Maria, located within Collier County, knows that health and happiness go together and residents there enjoy miles of biking and walking paths, outdoor sport fields, lakes and picnic areas, an amphitheater and dog parks. Staying healthy is a life-long commitment, and Ave Maria offers opportunities for residents of all ages to achieve their health and wellness goals.

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

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



Ave Maria has great outdoor spaces, and what's key, is the fact that it's not overly developed or as busy as some nearby communities. Settled in Collier County, Ave Maria is one of the newest communities with award-winning amenities. For those individuals lucky enough to live here, they will experience the best of both worlds.

State-of-the-art entertainment is just a short 30-minute drive away to Naples, and they reside in the quiet neighborly hometown, where kids can safely play in the water park, and grown-ups ride their bikes to the coffee shop or walk to fabulous restaurants for dinner. And if you're looking for some modern flair, Miami is just a quick 2-hour drive away.

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.

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

The Fear of the Lord

The phrase, "The fear of the Lord," was one I never liked.

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

Before I was a Christ-follower I thought, "Who would want to be a Christian and serve a god you would have to be afraid of?"

By that time (in my middle teens) I had way too many fears so why would I want to add God to my list? Besides, it seemed to me that those God-fearing people that I was aware of had no fun and they were a somber, sad looking bunch.

They were in church all the time and lived under so many rules that their kids were leaving home to try and find a life with some fun and excitement.

But I did finally come across a few Christ-followers that had smiles on their faces and seem to love and enjoy each other. These were the ones that over time I slowly became friends with and eventually went to their church.

To be honest at first...I didn't like it. But it wasn't because anyone was mean spirited...but because it wasn't like home.

Let me explain...home for me was full of intense negative emotions and not a fun place to be most of the time as a teenager. So any place that was fun or safe was different.

The church was different in a good way. And it took me a while to get used to all the smiling faces and happy people I met...but I really liked it and I wanted this world to be my home. Eventually my new friends came to my home and my family became Christ-followers and my home did become a happy place.

But this "Fear of the Lord" idea didn't sit well with me after I became a Christ-follower either. Before I was a Christ-follower, as I mentioned earlier... "Who would want to be a Christian and serve a god you would have to be afraid of?"

However now as a Christ-follower, I had fallen in love with God. I now knew Him to be the most benevolent and kind being in the Universe. After



praying and accepting His Son Jesus' death as a payment to redeem me for my fallen and hopeless state and now to feel (even 40 years later) His tender and accepting love in my heart...well it changed me. I have never been able to explain exactly what happened, but I knew when it happened as all other Christ-followers do.

Now that I loved God why would I fear Him? It didn't make sense until I understood what the phrase would come to mean to me personally.

Decades ago I work for a national brand restaurant company. I was a project manager traveling from city to city oversee the purchasing of land and construction management. I was quite successful at such a young age.

My wife and I also wanted children and so it was time.

So there I was, I had a great career a beautiful wife, a great church and having kids. I had it all until...I got the call.

Shifts and changes in the market had caused my job to change in such a way that I could no longer have it all. Tough decisions had to be made that changed everything.

One of the most important aspects of our life was our church. We loved our church and only a word from God to move could change that. So I decided to no longer work for the restaurant company and seek local work.

Without realizing it...I was honoring God first. It was a lesson I had learn years earlier about tithing. If I honored God by giving the first ten percent of my income, He was responsible to always take care of my family. God has promises in the Bible about many aspects of our lives and relationship with Him.

So we stayed at our church and within three to four months I got a local job working with some really great people. Was that just plain luck because I was a nice guy?

I don't believe that for moment.

As I mentioned, the Bible is filled with promises for those who love and honor God with their whole life, but here are a few I'd like to leave with you from Psalms 128 (new living translation).

*Blessed are all who fear the Lord,
Blessings and prosperity will be yours.
Your wife will be like a fruitful vine
within your house.
Your children will be like olive shoots
around your table.
May you live to see your children's children.*

It's one thing to love God with your mind and emotions...but "it gets real," when we honor God with our money and life's major decisions.

*To your spiritual health,
Alex E. Anderson
Senior Associate Pastor at
Bayside Community Church
Author, Dangerous Prayers
alex.anderson@alexanderson.org
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