

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

June 2018

Marion Edition - Monthly

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MEN'S HEALTH MONTH

Underdiagnosed
Prostate Cancer
is a Silent Killer

BLURRY VISION?

Why You Shouldn't
Ignore the Symptoms

LIFTING THE VEIL

Benefits of Medical Cannabis

DO YOU KNOW

Your Testosterone Level?



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DETERMINATION



Determination. A powerful element in fighting cancer.

Margaret Metz had a nagging suspicion something was wrong. She was determined to get answers. When a chest X-Ray revealed a stage 3 tumor in her lung, she felt a strange sense of relief. With an accurate diagnosis, all of her energy could be spent fighting the disease. The answer to Margaret's cancer was a radiation oncologist at Florida Cancer Specialists. The combination of advanced radiation oncology techniques and a compassionate team delivering the treatment was exactly what she needed. The world-class expertise at Florida Cancer Specialists and Margaret's determination proved that when hope and science join forces, great outcomes happen.

"The radiation oncologists at Florida Cancer Specialists were the best team I could have found."

-Margaret Metz, Patient & Survivor

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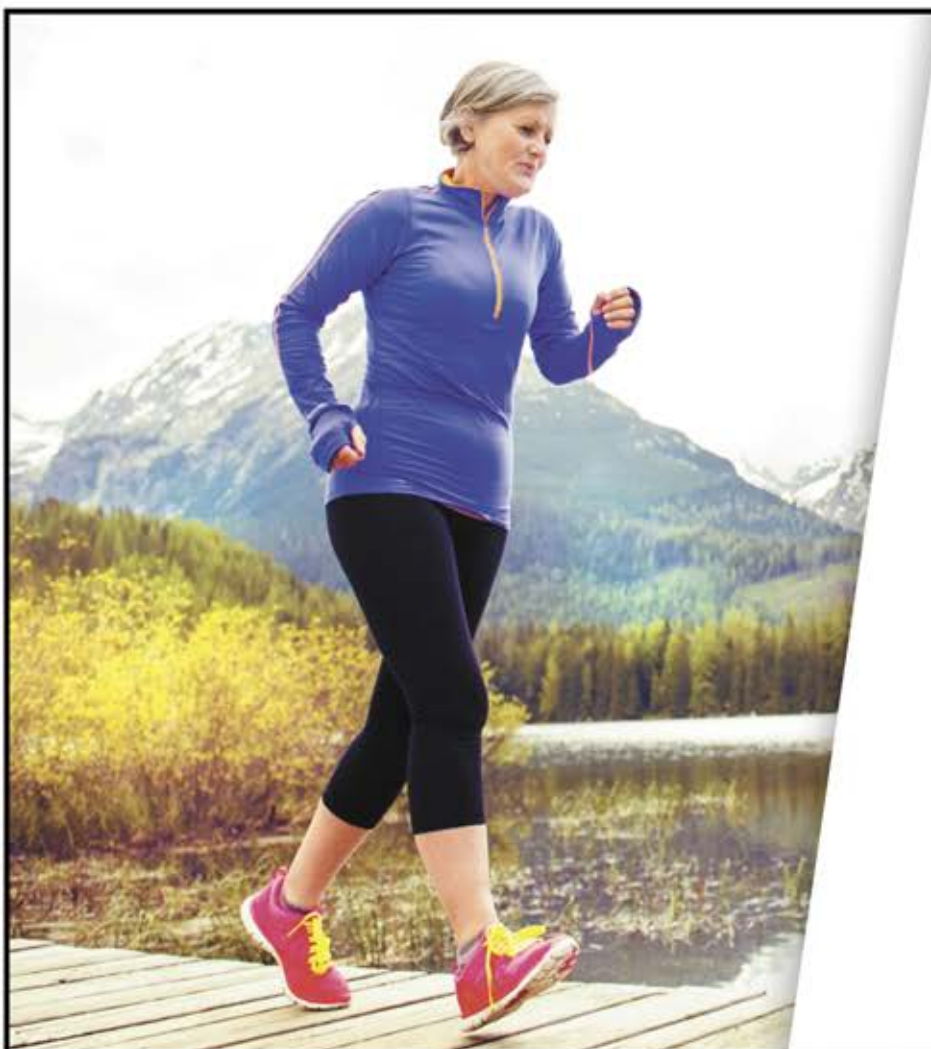
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CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR - Lisa Minic



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Aaron Calverley, CNS, LMT,
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We Take Early Detection to Heart

Meet RAO Staff & Breast Cancer Survivors (left to right):
Yvonne, Scheduler and Michele, MRI Technologist
Read their full story at: raocala.com/rao/survivorstories

#DetectionSpecialists #AccuracyThatSavesLives



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



Women throughout Central Florida choose RAO's Women's Imaging Center for services they can't find at any other local provider, such as the 3D mammography™ exam, which is 40% more accurate than standard mammography. But what happens when your images reveal an abnormality?

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UNDERDIAGNOSED PROSTATE CANCER IS A SILENT KILLER

Munroe Regional Medical Center—Men's Health Awareness Month

One of the leading health concerns for men is prostate disorders and cancer. Over the last thirty years, the way most medical practitioners check for prostate cancer hasn't changed very much, and unfortunately, this has led to higher statistics of men being underdiagnosed. There are approximately 2.9 million men in the U.S. diagnosed with prostate cancer. Other than skin cancer, prostate cancer is the leading malignancy in men.

The prostate gland is a tiny plum sized organ that lies just beneath the bladder; the urethra runs through the prostate releasing urine from the bladder. As men age, it can become enlarged, infected and cancerous. It is often referred to as a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. This year alone, it will take over 27,000 men's lives. But it doesn't have to be this way.

Standard Methods Often Miss Prostate Cancer

Traditional rectal exams miss the smaller tumors that are progressively growing, and although the level of a man's PSA (prostate-specific antigen) is an essential marker in detecting issues with the prostate, unfortunately, this test alone is not always detailed enough. In some cases, men with completely normal PSA levels will regrettably have prostate cancer. And on the contrary, high PSA levels can sometimes coincide with a healthy normal prostate. For men in their mid to later life, it is beneficial to have additional forms of diagnostic tests.

Through the years there have been many different variants of testing and imaging for the prostate. One of those is ultrasound. Conversely, with ultrasound many times the transrectal imaging is not clearly visible. In some cases, cancer and lesions can go undetected. If a transrectal biopsy is being performed with ultrasound, it sometimes is done blindly, meaning that the physician is "sightlessly" aspirating tissue, and may inadvertently miss the actual cancer within the prostate.



Advanced Technology for Diagnosis and Treatment

There is a better test. The most advanced MRI (Magnetic Resonance Imaging) is done with an MRI fusion biopsy. This technology blends ultrasound and MRI biopsy to assure correct location, aspiration, and treatment take place. The unique MRI unit, shows detailed prostate anatomy, revealing the tiniest lesions that would otherwise go unnoticed, enabling the physicians to visualize the prostate like never before. With the MRI fusion biopsy, physicians are also able to map out intricate treatment options for each patient individually on a case-by-case basis.

This year alone, over 700,000 men will undergo repeat prostate biopsies, with MRI Fusion, the difference in the intricate details is beyond comparison, and that's ideal for both the patient and the physician. In addition to the scientific advancements in locating and treating prostate cancer, the comfort and reduced anxiety to the patient is also advantageous.

Men's Health Experts

At Munroe Medical Group, their dedicated team is committed to providing high quality, compassionate care for you and your family. They are here for you along your life-long journey to good health. Munroe Regional's personalized patient experience can make your health mission smoother.

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KNOW THE ABCS OF SKIN CANCER

More than 3.3 million people are treated annually for non-melanoma skin cancer and over 76,000 new cases of invasive melanoma will be diagnosed this year. In the last 30 years, more people have had skin cancers than all other types of cancer combined. In fact, one in five Americans is likely to develop skin cancer.

While skin cancer is the most common form of cancer and is generally highly treatable, it should still be taken seriously. You should seek a medical evaluation if you notice a suspicious lesion or mark anywhere on your skin. The good news is that, in addition to being the most common type of cancer, skin cancer is also the most preventable cancer. Research indicates that protecting your skin before you turn 18 can reduce your risk of some types of skin cancer by as much as 78 percent.

There are three main types of skin cancer – basal cell, squamous cell and melanoma.

Basal cell skin cancer is the most prevalent and least dangerous type of skin cancer. It generally appears on the head, neck or upper torso and grows slowly. Spots, blemishes, freckles and moles are signs of sun-damaged skin. They are usually harmless but if you notice them changing, see a doctor.

While not as dangerous as melanoma, squamous cell skin cancer can spread to other parts of the body over several months. It usually appears as a thickened, red, scaly spot that may bleed easily, crust or ulcerate. It is generally found on those areas of the skin that are most often exposed to the sun.

Risks and Warning Signs of Skin Cancer

Most moles, brown spots and other growths on the skin are usually harmless. However, it is a good idea to have an annual skin check by a professional healthcare provider. Older adults, people who are fair-skinned or those who have a lot of moles are generally at greater risk, so it is important to know your skin well and recognize any changes that you see on your body.



In Florida, there are lots of opportunities to spend time in the sun. However, it's important to take precautions that protect your skin against cancer.

Here are some easy ways to recognize if a mole or other skin lesion may be cancerous. Just remember the ABCs of skin cancer:

Asymmetry: one half of the mole doesn't match the other

Border: is irregular

Color: is not uniform

Diameter: greater than 6 mm
(about the size of a pencil eraser)

Evolving: size, shape or color changes

With all types of cancer, including skin cancer, early detection and diagnosis can make a big difference in outcomes. If you suspect that you may have skin cancer, consult with your physician immediately. Most skin cancers are easily treated and often cured. For the more serious types, such as melanoma, the earlier the cancer is discovered and treatment begins, the better the outcome.

World-Class Cancer Treatment Close to Home

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

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. They deliver the most advanced and personalized care in your local community.

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Knee Pain: The Best Way to Treat Knee Injuries and Degenerative Disease

Christopher Manseau M.D.

Before jumping into anything more complex, a conservative approach to injuries and disorders are typically the standard moderate method to ease pain from disease or trauma; but with the knee, the intricate blood supply to the tissues can make it challenging for the body to heal itself naturally. That's why surgical procedures are often imperative to alleviate your pain and discomfort.

A meniscus tear is a good example of an injury where recommending a conservative approach is usually the first step many people undertake. Unfortunately, this is a common injury that can cause tremendous pain and swelling in the knee. Although the RICE method (Rest, Ice, Compression, Elevate) and pain relievers might seem to ease pain initially, it seldom works long-term.

Symptoms, Diagnosis and Surgical Treatment

Whether its due to an acute injury or degenerative disease (usually arthritis related), swelling and pain in the knee are common symptoms and can be accompanied by sensations of clicking, locking, popping, catching, and occasionally even giving way.

After a thorough evaluation with appropriate images (X-ray/MRI), Dr. Manseau talks with his patients about whether or not he feels they need to have surgery. Surgical intervention often poses the best solution to alleviate patients of their pain and to restore knee joint function. Dr. Manseau utilizes a computer aided highly regarded technique called, MAKOpasty® knee replacement technology. MAKOpasty® is a surgical procedure for partial knee or total knee arthroplasty using an interactive robotic orthopedic system.

The Benefits of Robotic Surgery

- Quicker recovery times
- Shorter hospital stay
- Minimal scarring
- Minimal discomfort
- Proven results
- Advanced outcomes

The robotic device consists of several arms that are for surgical instruments, and the some that are for the camera that is multi-magnified compared to traditional laparoscopic cameras. The surgeon is in the

operating room right next to the patient, controlling the movements of the arms from a console. During the surgery, the surgical movements are precise and meticulously measured.

Total vs. Partial Knee Replacement: The condition of the knee will show whether or not the patient needs a total or partial knee replacement. There are three compartments of the knee, and depending on which compartment is affected, will determine which procedure a patient should have.

- Medial (inside of knee)
- Lateral (outside of knee)
- Patellofemoral (Front of knee)

Usually if there is long-term arthritic damage, or if two or more compartments are damaged, a total knee replacement is recommended.

With the proper diagnosis, treatment, rehabilitation and home care most people can return to their pre-injury range of motion and daily lifestyle activities within a few weeks or months depending on the severity of the injury.

Orthopedic 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

Orthopedic 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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BLURRY VISION?

Why You Shouldn't Ignore the Symptoms

Over 20 million Americans have cloudy optical lenses, and most of the aging population over the age of 45 may start to notice small changes in their vision, leading up to the primary cause, known as cataracts.

The usual symptoms of cataracts are blurry vision, seeing double, sensitivity to light (both natural and synthetic) and trouble with night vision. The lens of the eye that is affected is behind the iris (the colored area of the eye). This lens filters light through the eye into the retina, allowing signals of the images that we see to transmit to the brain. But with cataracts, the lens is cloudy and scatters the light, causing blurred vision. If left untreated, cataracts can cause blindness.

The primary cause of the haziness of the lens is aging, but other issues can contribute to the disorder like smoking, family history, obesity, diabetes, excessive UV light (sun) exposure and disease. All of these risks are significant factors in the forming and worsening of cataracts.

Cataract treatment is complex, but standard. It entails an ophthalmologist removing the cloudy lens and replacing it with a new intraocular lens (IOL). If both eyes need the procedure, they will be done one at a time, due to small risk of infection and to allow the first eye to heal and regain good vision. For optimal healing, optical drops also need to be administered according to a specific timetable, which your physician will explain in detail to you or your caregiver.

After cataract surgery, typically, you will continue the eye drops for approximately four weeks. Your blurry vision will significantly improve, but the traditional IOL's are mono-focal, so depending on your prior vision, you may indeed still need to wear your glasses for reading, or for far distance sight.

There are multifocal lenses available that allow for both far and near vision without glasses, but major insurance carriers usually do not cover the cost for those lenses.

Artificial lenses do not have the same susceptibility as the natural lens of the eye, so they will not grow cloudy over time. Getting cataract surgery not only keeps your eyes healthy, but it can give you a new outlook on life because your quality of life will be enhanced significantly. Your ability to be more socially active, read, write, and focus on the world around you, will bring back your confidence and self-reliance, which will get you back to doing what you love within a few short weeks.

Ocala Eye is the largest, most experienced eye care practice in North Central Florida. Since Ocala Eye was founded in 1971, more people from Marion and surrounding counties trust their eyes to the ophthalmologists there than any other eye care group.

Ocala Eye is a patient-centered practice, with all of the decisions made based on the patient's benefit and well-being. Their patients' satisfaction reflects this philosophy. Ocala Eye has a passion for providing the highest level of complete eye care and aesthetic services.

Since Ocala Eye is the only truly comprehensive eye care practice in North Central Florida, patients no longer need to be referred out of town for their specialized eye care problems. Ocala Eye is the only ophthalmology practice in Marion County where you can be sure an eye surgeon is always on call, 24 hours a day, every day of the year.

To find out more, please call to schedule your appointment today at 352-622-5183.



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Vishwanath Srinagesh, M.D.

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Retina Specialists:

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Coming Soon!

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CRANIAL ALIGNMENT:

Moving the Skull Bones to Relieve Medical Disorders Like Chronic Pain and Illnesses

Studies are showing the importance of cranial-sacral therapy, and it's contribution to many overall health benefits. The bones of the skull are like small plates that are connected through sutures. These sutures are almost like perforated connections that have slight movement. Skeptics often taut that these bones do not move at all, but in a recent study (cited below) the movement has been proven.

What's so special about proving the skull bones actually move? The health benefits that have been documented for well over 70 years now have even more evidence-based recognition.

THE SKEPTICS ARE DISPROVED

Dr. Andrew Weil, a well-known M.D. for his alternative and holistic approach to medicine, describes the benefits and methods used. "Cranial osteopathy is used for a wide range of problems in both children and adults including constipation, irritable bowel syndrome, seizures, scoliosis, migraine headaches, disturbed sleep cycles, asthma, neck pain, sinus infections, TMJ syndrome, Ménière's disease and ear problems, and for children with attention deficit hyperactivity disorder (ADHD) who have experienced birth trauma or head trauma. The American Cancer Society notes that while cranial osteopathy therapy has not been shown scientifically to be a treatment for cancer, it can help patients feel more relaxed by helping to relieve stress and tension."

Cranial Sacral Therapy is not a new phenomenon; however, as more and more people are embracing alternative medicine, this treatment option is helping babies, children and adults with various disorders from colic, hyperactivity, numerous illnesses, to chronic pain.

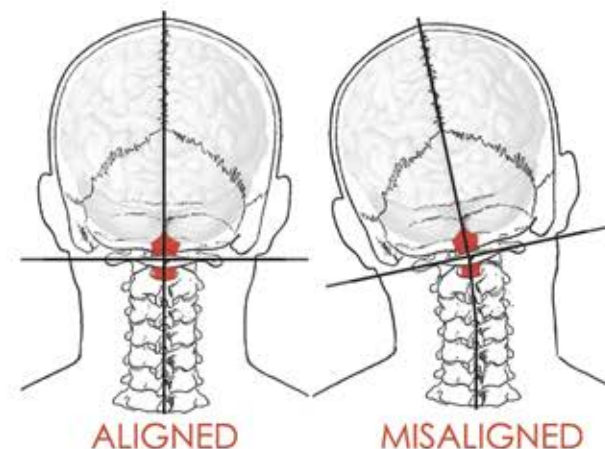
Dr. Weil continues to explain the treatment and the evidence of its effectiveness. "Practitioners of cranial osteopathy use their hands to gently free up restrictions in the movement of cranial bones and associated soft tissues and to stimulate the flow of the cerebrospinal fluid, which bathes all the surfaces of the brain and the spinal cord. Practitioners believe that distortions in the natural rhythms of the central nervous system may result

from trauma of all sorts including birth trauma, childhood injuries, automobile accidents, even psychological trauma. (For years, mainstream medicine dismissed the idea – put forth in the 1930s by osteopath William Sutherland – that the cranial bones in the adult skull could move. However, researchers at Michigan State University's College of Osteopathic medicine confirmed Sutherland's theory in the late 1970s by showing cranial bone motion in X-ray films of the skulls of living subjects.)."¹

NEUROSOMATIC THERAPY AND CRANIAL BONE ALIGNMENT

Cranial Sacral Therapy (Cranial Osteopathy) is one of many modalities that use the alignment of the skull to achieve many health benefits. Paul St. John, the founder of Neurosomatic Therapy (NST), also incorporates measuring and addressing of Cranial Bone Alignment into his methods. NST combines Massage Therapy, Posturology, and Corrective Exercise to study the relationship between the soft tissues, skeletal system and the nervous system in the body. All of the techniques used in NST are non-surgical, non-invasive, and non-chiropractic. Along with massage techniques, NST utilizes gentle manipulations of the cranial bones to structurally balance the skull. The NST measurement process traces the compensation patterns in the body back to the source. This allows not only the restoration of proper function, but also can eliminate factors that may lead the body back into dysfunction.

Aaron Calverley, Neurosomatic Specialist and founder of Cal-Form Pain Treatment Center, describes the relationship between the cranial bones and the rest of the body. "The body works in a constant state of compensation, whether it be a structural imbalance or a



functional one. The bones in your body realign to keep you in balance, whether you are sitting, walking, performing physical activities, are even sleeping. When there is a postural asymmetry in the body, there will be a chain of compensation that spans throughout the rest of the body. Cranial bones compensate in the same manner as the rest of the body. This can lead to postural distortions that can manifest into many health problem such as headaches, TMJ dysfunction, and many more. By addressing the structure of the body as a whole, we can reduce or eliminate the source of pain, improve athletic performance, and prevent injury."

CAL-FORM PAIN TREATMENT CENTER

Aaron Calverley, CNS, LMT, MAT is the CEO and practitioner for Cal-Form Pain Treatment Center. He has helped many patients recover from years of pain through his unique approach to medicine and his continued interest in lifelong learning. Cal-Form Pain Treatment Center provides Neurosomatic Therapy to relieve pain, without the use of surgery or medication.

Please contact Aaron today at (860) 733-3740, or visit his website at www.CalFormPain.com

References:

1. Weil, A. "Cranial Osteopathy," Wellness, Article, drweil.com, 2018



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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FOOT & ANKLE PAIN:

Ignoring Your Symptoms Could Cause More Damage



More than 75% of people in the United States will experience foot disorders. A large percentage of these individuals are in the aging population, but other factors can contribute to foot pain, like standing on your feet for extended periods of time, ill-fitting shoes, hereditary and genetic disorders, excessive exercise, trauma, and diseases. However, one of the most common foot and ankle disorders is arthritis.

Arthritis

Arthritis is an inflammation of the joints. Some of the common arthritic symptoms are joint pain, stiffness, warmth, immobilization, and loss of range of motion, fatigue and inadequate blood flow. 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

Ankle Tendonitis

Ankle tendonitis is most commonly related to bone spurs and flat feet. The Achilles tendon runs from the bottom of the foot up to the lower end of the calf. If the ankle tendon is damaged, torn, or injured, it can cause immense discomfort. These types of injuries tend to be progressive; you may start to notice slight pain that eventually increases to being unbearable. It's always best to see your physician at the onset of symptoms to prevent further damage.

Common Symptoms of Ankle Tendonitis:

- Warmth
- Tenderness
- Swelling
- Pain

Gout

Gout is a build up of uric acid. Years ago many professionals believed that rich foods triggered gout, but we now know that gout is an internal illness that builds up uric acid crystals in the joints and causes swelling, redness, and a great deal of pain. Gout is actually a form of arthritis, and it's best treated by

taking a daily medication to keep your uric acid levels low. Gout affects commonly affects the ankle, foot, and toes.

Common symptoms of Gout:

- Warmth
- Extreme pain
- Inflammation
- Skin discoloration

Treatment

For sprains, and ankle tendonitis the typical treatment is rest, compression, ice, and elevation. Staying off of your injured ankle and feet is imperative for healing. Your podiatrist can give you a brace or compression stocking to help immobilize your foot, but it's key to not try and get back in the game too soon. There are also surgical options for advanced cases.

Along with taking the appropriate medications on a daily basis, for Gout and ankle arthritis, the best treatment is also to avoid walking or standing for long periods of time and to elevate the area as much as possible.

BRENT CARTER, DPM



Following his graduation from Barry University, Dr. Carter continued his post-graduate training and completed his surgical residency in Reconstructive Rearfoot and Ankle certification at Larkin Community Hospital in S. Miami, Florida. Dr. Carter treats all aspects of the foot and ankle both with conservative and surgical measures.

If you are experiencing any foot pain, or have symptoms of the knee and leg associated with your foot and ankle, please call 352.274.9900



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Rest IS Best

Importance of sleep on health and well-being.

That sounds good doesn't it? Let's all rest more. I mean, you have always been told that getting enough sleep is important... but why? Getting enough sleep can help protect your mental health, physical health, quality of life and overall safety.

Physical Health:

Sleep is necessary to allow your body to rest for overall healing and repair. Ongoing sleep deficiencies are linked to an increased risk for heart disease, kidney disease, high blood pressure, diabetes and stroke.

Lack of sleep increases risk for obesity and diabetes due to an imbalance of hormones that make you feel hungry or full. Sleep is responsible for maintaining this balance. Sleep also affects how your body reacts to insulin, responsible for blood sugar control.

Your immune system relies on sleep to maintain health and defend your body against infections. It supports healthy growth and development and plays an important role in puberty and fertility.

Healthy brain function/Emotional well-being:

Sleep helps your brain to function properly. While you sleep your brain is forming new pathways to help you learn and remember. Decreased amounts of sleep will impact learning abilities and problem solving skills. Sleep deficiency has also been linked to depression, suicide, mood swings, sadness and decreased motivation.

Daytime performance and safety

Those who don't get a sufficient amount of sleep are shown to be less productive at work and school. Even a loss of 1-2 hours of sleep at night after several nights your body functions as if it hasn't slept at all for 1-2 days.

It has been shown that sleep deficiency can impair daily functions including impairing your driving ability even more than driving intoxicated. According to the National Highway Safety Administration an estimated 100,000 car



accidents a year are the result of driving with lack of sleep, resulting in 1,550 deaths. It can also impair function at work and has been shown to be linked to tragic accidents at work.

As you can see from above sleep is VERY important. While everyone's individual sleep needs vary, in general, healthy adults need an average of 8 hours of sleep at night. Some individuals may be able to function without impact on as little of 6 hours while others can't perform at their peak unless they've slept 10.

A survey performed by the National Sleep Foundation revealed that at least 40 million Americans suffer from over 70 different sleep disorders and 60 percent of adults report having sleep problems several nights a week. If you are

struggling with sleep, consult your physician to see what steps can be taken to improve how you rest. Rest is BEST.

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.

References:
"Why Is Sleep Important". National Heart, Lung and Blood Institute. Updated February 22, 2012.
"Why sleep is important". American Physiological Association. <http://www.apa.org/topics/sleep/why.aspx>





Ignoring Common **CARDIAC** Symptoms Leads to Critical Issues

Dr. Sivasekaran, MD

John F. Kennedy once said, "The time to repair the roof is when the sun is shining." This statement holds true when we focus on many of the issues in life, especially our health. Some of the most common cardiac risk symptoms are often overlooked. Ideally, individuals should start to be mindful of their heart health from a younger age, but it's never too late to improve your cardiac function or to get the treatment you need to enhance your lifestyle and overall health.

People are living longer, and staying healthy is at the forefront of most our minds. The aging population is primarily concerned about keeping up with their grandchildren and having the capability to freely live an active lifestyle well into their eighties and nineties, but without being proactive about our cardiac health, we set ourselves up for critical heart disorders and issues.

Some of the things we can do are to follow a heart-healthy nutrition plan like the Mediterranean diet. We should also incorporate regular exercise and keep our stress levels down. If you smoke, you **MUST** quit now to help your body heal from the damage to the blood vessels and arteries that have already taken place. It's never too late to stop smoking.

Cardiac Risk Factors & Indicators

- High Blood Pressure
- High Cholesterol
- Tightness in Chest
- Shortness of Breath
- Jaw pain
- Arm Pain
- Back Pain
- Fatigue

These symptoms are significant indicators of heart disease, but the most common warning sign that people have is —Ignoring their symptoms!

It's the familiar adage of denial—If we ignore or avoid the symptoms, then we don't have to deal with any of the accountability. However, just like most things, if you ignore them, they'll go away, but not in a right way.



If left untreated, they will go away through deterioration and damage, and eventually death. Being proactive about your heart's health is imperative.

Unfortunately, many people are more sedentary than they'd like to believe. A limited or lack of physical activity is not going to do your body or your heart much good. In our modernized world, we have grown complacent. We don't walk as much to get from A to B; instead, we drive a car to work, sit at a desk all day, drive home, sit down to eat dinner and then sit in front of the television until we go to bed. If this sounds even remotely familiar, you need to have a consultation with a cardiologist to test your cardiac condition.

Coupled with a sedentary lifestyle, the prevalence of individuals being diagnosed with diabetes is astronomical. Diabetes is a significant risk factor for cardiovascular disease. Very often obesity and diabetes work in conjunction to damage your heart and arteries, deplete your nutrient, oxygen-rich blood, and can cause venous insufficiency and blood clotting issues. If you have diabetes or suspect that you may, it's critical to seek medical attention to get your blood sugar levels to a manageable state and to assist you with an overall healthy lifestyle plan.

Risk Factors For Heart Disease

- Age
- Family history
- Smoking
- High cholesterol
- High blood pressure
- Diabetes
- Overweight
- Chronic stress

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.

What You Can Do

- See a cardiologist for important diagnostic testing
- Don't ignore symptoms
- Eat a heart-healthy diet
- Avoid sugar and salt in excess
- Stop smoking
- Exercise daily (at least a 30-minute walk)

Dr. Siva provides a wide range of services that focus on the prevention, prompt diagnosis, and state-of-the-art treatment of cardiovascular disease. They pride themselves on being an exceptional practice where patients come first. All of their physicians and medical staff are highly trained professionals, maintaining the highest level of accreditation in cardiology to address the unique needs of those they are privileged to serve.

Don't Ignore Your Symptoms! If you or someone you know needs to have a cardiology consultation, are concerned about your risk factors, or are experiencing symptoms of chest discomfort, shortness of breath or other related issues, please contact us today!

RATNASABAPATHY SIVASEKARAN, MD

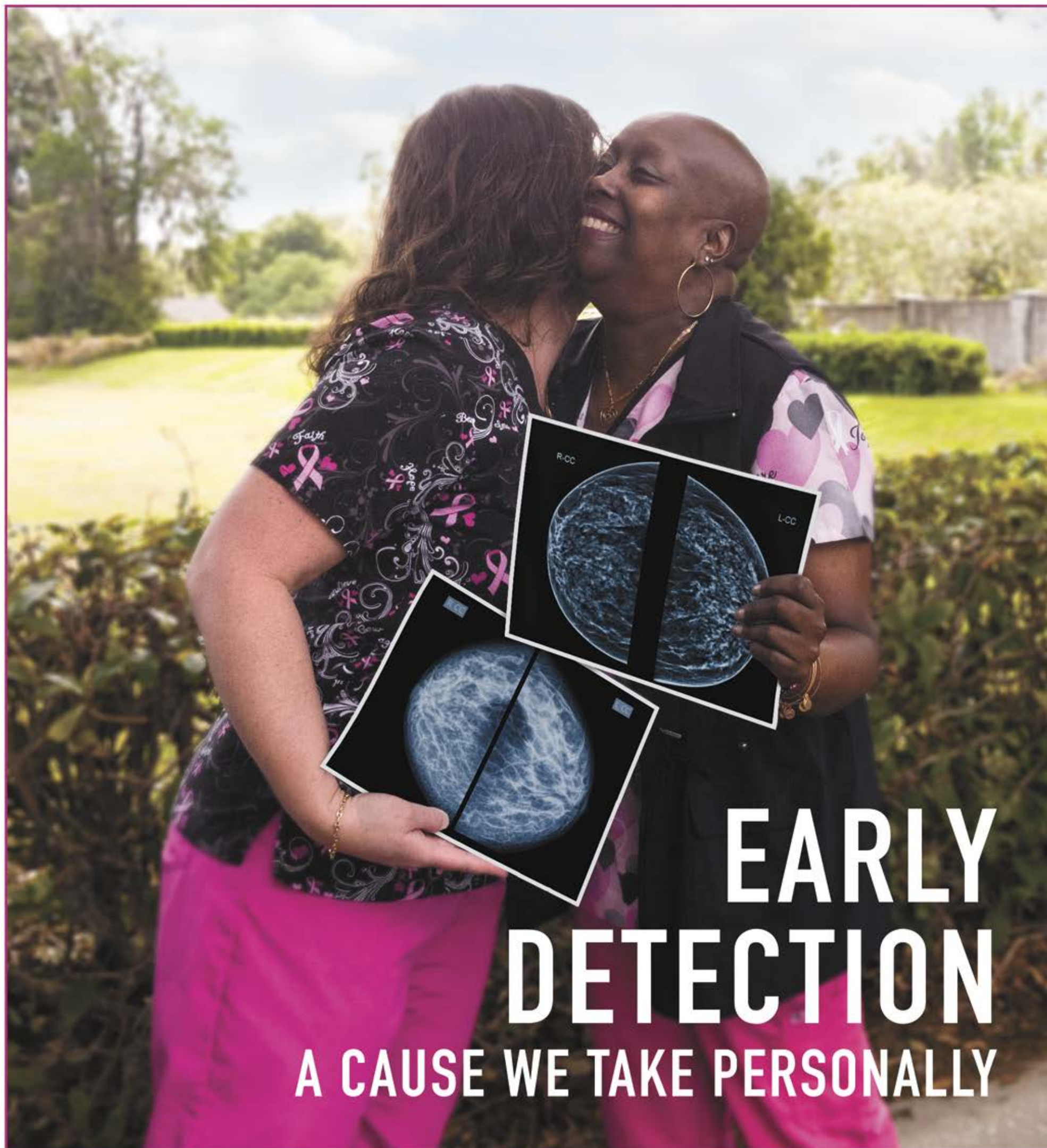
Dr. Siva has been in practice for fourteen years. He earned his Honors Bachelors of Science in Biology from University of Waterloo, Canada. He went on to earn his Doctor of Medicine from St. George's University School of Medicine graduating on the Dean's List. He is American Board of Internal Medicine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

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

Siva M.D. P.A.

Office Location:

2845 Southeast 3rd Court
Ocala, FL 34471



EARLY DETECTION

A CAUSE WE TAKE PERSONALLY



No matter who you are, breast cancer can impact your life. Whether it affects you or a loved one, it can be a shocking diagnosis, even for those with inside knowledge of how common it is, and how important the need for early detection. Just ask Yvonne and Michele, two beloved members of RAO's very own healthcare team, who both recently discovered they had breast cancer.

"I was actually late getting a mammogram, because when you work in the medical field you tend to put things off because, you know, 'it's not going to happen to me,'" says Michele. "But when I went in for my 3D mammogram, it captured micro-calcifications in my right breast that required a biopsy. Since I work in the field, I was pretty sure the biopsy would come back positive, which it did. But the mammogram caught those tiny calcifications early, and because they were non-invasive, I was able to have a mastectomy and reconstructive surgery without chemo or radiation. The very day after my mastectomy, I was able to take part in the annual breast cancer walk RAO sponsors. It was extremely personal, because I was walking not only as an advocate of early detection, but also as someone who was likely saved by it."

Not long after Michele's ordeal, her coworker Yvonne was diagnosed with breast cancer. For years, Yvonne had been dealing with a problem that many women face – painful cysts in her breasts that would regularly need to be aspirated to relieve discomfort and ensure they were indeed cysts and not tumors. Because her symptoms were accompanied by changes to her left nipple, Yvonne sensed something was wrong and went to see her primary care physician, who immediately ordered an ultrasound exam. Yvonne's doctor shared her findings with Yvonne's Board Certified radiologist at RAO, who ordered a biopsy. "My results came back and I saw my own pathology and I knew then it was positive," says Yvonne. "It was invasive ductal carcinoma which did not go into the

lymph nodes. And all the beautiful people here [at RAO] were on it so fast I didn't have time to worry about anything. Within days I was having chemo and later, surgery. Throughout I've maintained a positive attitude, which has been supported by everyone here. Michele, who was able to guide me through her experience, was a great inspiration to me."

Both women attribute their timely diagnoses to the 3D mammography™ exam, RAO's preferred choice for breast cancer screening because clinical studies prove its 3D imaging is 40% more accurate than standard digital mammography. RAO offers this more advanced and reliable screening exam at its TimberRidge location, as well as its Women's

Imaging Center, which delivers the region's most comprehensive breast diagnostic services, such as breast MRI, ultrasound, PET/CT, stereotactic biopsy and much more, for quick and accurate diagnoses, as well as treatment staging and interventional therapies. RAO's Women's Imaging Center features a team of experienced radiologists who subspecialize in breast imaging for added accuracy, led by RAO's Medical Director of Women's Imaging, Dr. Amanda Aulls. "The support that I got from everyone here made all the difference in the world," says Michele.

"They're like family," adds Yvonne. And, of her and Michele's experience, she says, "It gives us a first-hand understanding of what so many women go through. And we can say to them, 'We made it, and so can you.'"

"The earlier you find cancer, the better," says Michele. "We both found it as soon as it came and we're still here."

Both RAO's Women's Imaging Center and TimberRidge Imaging Center provide routine screening 3D mammography™ exams by appointment or walk-in without a clinician's referral, as early as 7:00 am and as late as 5:00 pm to fit busy schedules.

"When you catch breast cancer in time, there is hope," says Yvonne. "And you won't find a better support system than the family here at RAO."



Dizziness and Vertigo Should Not Be Ignored

At least 50% of the U.S. population will develop a balance issue at some point in their lives. Balance disorders are common in the aging population, between 50 and 75, and are usually related to disruptions in the inner ear.

Patients suffering from vestibular related disorders frequently experience vertigo, dizziness, nausea, migraines, gait issues (walking) and imbalance. In addition, many patients complain of fatigue, mood changes, and cognitive impairment. There are numerous potential causes for dizziness, making it difficult to diagnose. But the most common cause stems from disruptions in the inner ear. More than 69 million Americans have experienced some form of vestibular problems in their lifetime, and that number is on the rise.

BPPV

The most common vestibular complication is Benign Paroxysmal Positional Vertigo or BPPV.

- **Benign** – Not life-threatening
- **Paroxysmal** – Brief spells that come and go
- **Positional** – Triggered by certain head positions or movements
- **Vertigo** – A false sense of rotational movement

In BPPV, tiny calcium crystals called otoconia break loose from a membrane and float around in one of the three semi-circular canals. As head orientation moves into a provoking position for the implicated canal, the otoconia moves through the fluid to the most gravity dependent position. Thus, sensory cells are stimulated and send an "error message" causing the sensation of vertigo. Patients with BPPV often report that their vertigo lasts 10-20 seconds, typically occurring when they lie down, roll over in bed, or rise quickly from bed. BPPV can also be accompanied by nausea, vomiting, and constant dizziness or unsteadiness while ambulating. Benign Paroxysmal Positional Vertigo can be effectively treated via one of several manual therapies that move the crystals through the system and back into the proper organ. These maneuvers have a high success rate for alleviating vertigo and the sensation of dizziness.

At Professional Speech and Hearing Specialists, we have seen how hearing loss and balance issues can severely impact one's quality of life. We evaluate for BPPV and provide treatment maneuvers that enable patients to return to their desired lifestyle. It is dangerous to leave vestibular disorders untreated. Though not as common, some causes of dizziness and/or vertigo can be serious or life-threatening. If you have balance issues, your likelihood of suffering a fall with possible complications is much higher. With proper identification of the problem, you can get back to enjoying all that life has to offer.

To find out more, please contact Professional Speech and Hearing Specialists at (352) 351-3977.



Emily Gaines, Audiologist and Vestibular and Balance Specialist

Dr. Emily Gaines diagnoses her patient with BPPV based on their medical history, physical examination, and through vestibular and auditory testing. Emily Gaines

attended the University of Florida, earning a Bachelor of Arts degree in Communication Sciences and Disorders and then a Doctorate in Audiology. Dr. Gaines is Board Certified in Audiology and is a member of the American Speech-Language-Hearing Association and the American Academy of Audiology. She specializes in the diagnosis and treatment of hearing and balance disorders, as well as hearing aid fittings and tinnitus management.

At Professional Speech & Hearing Specialists, we know how important your balance and your hearing is to your life and relationships. That's why our audiologists are much more than just experts on the latest hearing technology. We take the time to get to know you and your specific listening challenges so that they 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 only new three years ago
- A comprehensive, collaborative approach to helping you hear better
- Free follow-up adjustments and hearing retraining programs that are included as an integral part of your investment in better hearing

Professional Speech & Hearing Specialists offer the expertise, professional service, and continuing support that it takes to truly experience success with better hearing and to relieve your balance issues.

To find out more, please contact Professional Speech & Hearing at (352) 351-3977.



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At PSHS, we understand the impact of hearing loss on the individual and his/her family and friends. Untreated hearing loss often results in misunderstanding, frustration, conflict and ultimately isolation and depression. The first step is to obtain a complete diagnostic hearing evaluation to determine the nature and severity of one's hearing loss and if it can be treated. If a hearing loss is found, the recommendation may be made to consider hearing devices. Today's hearing aids allow us to fit excellent technology that matches the patient's listening lifestyle so that the hearing aids will be effective in their usual environments. Speech Mapping, aka Real Ear Measurement, is always performed, assuring that the hearing devices actually meet the targets to overcome the hearing loss. Today's technology also includes the ability to talk on your cell phone through both hearing aids, providing amazing ease, comfort and clarity. Routine follow up appointments are scheduled to assure the hearing aids are functioning optimally.

Please call our office to set up an appointment to discuss your concerns and desires.

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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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— BEAUTY THROUGH HEALTH —

1-844-LIFESTYLE
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Do You Know Your Testosterone Level?

Tired? Are your endurance and strength declining? Have you noticed a decline in your sexual function and lost interest in your sex life?

Every man could answer "yes" to at least one of these questions after age 40. Common symptoms of low testosterone, they can also result from a myriad of lifestyle, social, emotional and behavioral issues.

It is a physician's goal to "treat the whole patient," so we try to identify those issues that are most relevant to the symptoms. For decades, it was believed low testosterone was responsible for the above ... but not much else. Physicians were taught a decline testosterone was "normal" as men aged.

These beliefs have substantially changed in the last five years.

We now know a condition known as "metabolic syndrome" is intimately linked to low testosterone. Metabolic syndrome is a constellation of diabetes (or insulin resistance), hypertension, elevated triglycerides (fat levels in the blood), abdominal obesity and low testosterone. It's estimated as many as 25 percent to 45 percent of American men over 40 may have metabolic syndrome and therefore a significantly elevated risk of stroke and heart attack.

How testosterone interacts with obesity, diabetes and cholesterol is not fully understood. It is also unclear whether low testosterone is the cause of the increased risk or it is involved in some other way. Clearly, low testosterone is more than simply a factor in declining strength and sexual performance.

Testosterone is essential for male development, libido and erectile function. Because of the success of medications such as Viagra in treating erectile dysfunction, low testosterone is often overlooked. However, low testosterone is a common cause of poor or declining response from ED medications and should always be considered when evaluating ED. Testosterone replacement may be all that's required to restore sexual function.

The good news is managing low testosterone is easier and simpler than ever before. Just a decade ago, almost all testosterone replacement was by a painful, deep-muscle injection with oil-based testosterone administered every two weeks. Levels were difficult to manage and had dramatic swings with levels too high for the week immediately following the injection and too low for the week prior to the injection.



Today, testosterone is applied via a cream or gel that is applied to the skin daily. These preparations provide even absorption and steady testosterone levels. Small implants that release a steady, consistent level of testosterone in the bloodstream for eight to 10 months are also available.

Managing testosterone levels requires a thorough knowledge of treatment risks and benefits. Men with an enlarged prostate may be at greater risk for obstruction of the urine flow. Additionally, testosterone treatment should be considered only if prostate

cancer is not present, or has been successfully treated. Baseline levels should be checked in the early morning as levels normally decline in late afternoon or evening.

A thorough physical examination and additional blood tests are also important to evaluate low testosterone levels. Urologists specialize in evaluating and treating low testosterone, prostate disease, voiding, erection and testicular health, all of which can be influenced by testosterone levels.

Identifying low testosterone is as simple as a blood test, and modern management is as simple as a daily application of a skin cream. Every man should know his testosterone level. Normal testosterone levels can be an important aspect of maximizing longevity and maintaining quality of life.

If you have any questions regarding your testosterone level, you can contact Advanced Urology Institute at (855) 298-2273.


ADVANCED UROLOGY
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Advancedurologyinstitute.com

ORGANICS VS. SYNTHETICS: WHY IT'S IMPORTANT TO YOUR OVERALL HEALTH

There is a direct link between our health and the way that our skincare products are produced and absorbed. That's why Be Well Holistic Massage Wellness Center takes organic treatments to a higher standard. Be Well is dedicated to providing a true organic healing experience. From the sheets to the oils, to the laundry detergent, they use only natural holistic ingredients. They treat the whole body with organic products, as they are dedicated and committed to advocating and providing only organic treatment.

Be Well's motto is if you wouldn't eat it, you shouldn't put it on your skin. What you put on your skin gets absorbed into your body and your bloodstream. It becomes part of your cells, which becomes part of you!

TOP 3 REASONS ORGANICS ARE SIGNIFICANT

1. No Chemicals—Toxins and chemicals like sodium laurel, laureth sulfate, parabens, pesticides and mineral oils are harmful, carcinogens, allergens, and pore-clogging ingredients that are absorbed directly into your skin and into the body, which creates an unhealthy environment and causes Adverse reactions and damage. Even more dangerous, some of these chemicals and toxins are absorbed directly into the lymph nodes and bloodstream, which causes disease states to take place. Most things that are advertised as "natural," have hidden unnatural ingredients.

2. Organic Ingredients Are More Synergistic—Organic skin care is strictly regulated and must have at least 95% of its active ingredients from organic plants as opposed to chemically derived skin care which generally only have 5% active ingredients and some of those are unregulated toxic chemicals. Because organics are free from dyes, chemicals, preservatives and more, they are 100% safe. Cosmetics and skincare labeled as "natural" are unregulated and their chemicals are increasingly linked to cancer and as endocrine disruptors.

3. Preserving the Environment—Naturally, organically grown products are ecologically safe and also protect our wildlife. The soil is free of chemicals, and the plants and animals are not



harmed or negatively affected. With chemical-laden farming, some of our bird, bee and butterfly populations are dying off, due to the toxic effect on their bodies.

YOUR HEALING JOURNEY WITH MASSAGE

Their holistic healing team works with their clients to educate, inspire, and support their journey to optimal health and well-being. They work to empower the creation and implementation of a holistic support system and value the importance of community and self-care, along with feeling connected and whole.

Alternative holistic medicine and healing touch are powerful tools in the body's ability to heal itself, and with the appropriate support from Be Wells Licensed Massage Therapist, clients have a safe space to explore and achieve their goals of overall healing, longevity, and wellbeing. Be Wells Certified Holistic Life Coaches provides resources advocating awareness to the health benefits of organic products.

They also retail Nature's Sunshine supplements and vitamins, tinctures, and herbal infusions and other organic alternative medicine for you to continue your overall wellness experience at home. Unlike a spa experience, their massage establishment is intended to be a resource for holistic wellness to inspire healing.



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BE WELL HOLISTIC MASSAGE

Their Commitment at Be Well is to be your ACTIVE advocate of organic nutrition, hygiene, and everyday life substances. At Be Well Holistic Massage Wellness Center their policy is to purchase only certified organic products.

Be Well is formed on the belief that all people deserve non-judgmental and heart-centered support for their bodies, minds, and souls. They should be able to speak their truth and be heard and understood.

They work with families to educate and empower the creation and implementation of a holistic support system and the importance of community and self-care and feeling connected and whole. Be Well's Holistic Life Coaches provide resources about things like how to limit your exposure to everyday life substances that are chocked full of harmful, unregulated toxins from water, food, to hygiene products. There are many ways we can help save our planet together, and one of them is eliminating the supply and demand for products that we know are harmful to our health.

By educating the local communities Be Well can bring awareness to make a change for what our future generations deserve. Alternative medicine and healing touch are powerful tools in the body's ability to heal itself, and with the appropriate support, clients set and achieve their goals of optimal health and wellbeing.

ARE YOU CONCERNED ABOUT THE ENVIRONMENT, YOUR BODY, AND LIMITING THE AMOUNT OF CHEMICALS YOU USE? LET YOUR JOURNEY BEGIN WITH THE HELP OF BE WELL HOLISTIC MASSAGE WELLNESS CENTER.

Be Well's primary scheduling system is conveniently provided online under their services menu at bewellholisticmassage.com.

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Periodontal Disease & Men's Health: Why Men Are at Greater Risk

When it comes to oral hygiene and dental health, men and women aren't quite the same. According to the American Academy of Periodontology, nearly 57% of men will develop some form of periodontal disease compared to only 38.4 % of women. In more severe disease states, men have a much higher incidence of heart disorders than their female counterparts. And in an unfortunate catch 22, some forms of cardiac medications can cause dry mouth, which therefore elevates the risk factors for periodontal bacteria and disease to form. In addition to cardiovascular disorders being interconnected to periodontal disease, diabetes is also more prevalent in men than women and is also linked to both heart disease and periodontal disorders.

Individuals with diabetes are one of the principal groups that are affected by gum disease, especially men. People with diabetes have numerous ailments that correlate to the issue of their high blood sugar. Diabetics are at increased risk of infection and bacterial growth because of their blood sugar levels, and they also are at higher risk for high blood sugar because of the periodontal disease. Researchers suggest that periodontal disease increases high blood sugar, making individuals with uncontrolled diabetes at greater risk of infections and complications of their condition.

If you have any form of gum discomfort, bleeding or bad breath, it's important to consult with your dentists about getting your conditions treated right away. Often, just getting a deep scaling, which is a cleaning that goes a little deeper under the gum line, will correct mild to moderate periodontal disease. Loose teeth and infection in your gingival tissues, are easily treated by a periodontal specialist, as they can provide you with options to get your mouth healthy again. These include deep scaling's, gingival grafts, laser treatment and pocket reduction procedures.



How To Prevent Gum Disease

Brushing your teeth efficiently for a full two-minutes is often neglected. We need to brush correctly to clean each surface of every tooth and gumline gently. The importance of flossing cannot be stressed enough. Dentists and Hygienist convey this message regularly to their patients, but unfortunately, in our fast-paced world, many people find it too time-consuming to floss daily, but in reality, it only takes a minute to floss your teeth. When this step is avoided, food and bacteria harbor in the interproximal space between teeth, and that's where the periodontal infection begins. Flossing twice a day is ideal, and seeing your dentist, or hygienist on a regularly scheduled basis is vital to keeping your gums healthy.

Whether you have heart disease, diabetes or another medical condition, full disclosure is important for your general health and the health of your mouth. Many individuals fail to tell their dentist about their current health disorders, but with all of the evidence pointing to these strong correlations, it's imperative to let them know about your situation and any new medications that you're taking.

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Ocala Dental Care

Ocala Dental Care is a restorative dentist office dedicated to offering exceptional care from dental basics to extensive procedures, all within a warm, inviting setting. They provide comprehensive restorative and general dentistry services to patients, including dental hygiene cleanings, root canals, endodontics, dental implants, dentures, crowns, and full mouth reconstruction.

For health concerns and aesthetics, their metal-free prosthetics made with advanced materials in their on-site lab, both restore functionality and complete your smile without unsightly metal.

Ocala Dental Care has three master dentists on staff, dental implant specialists Dr. Manual DeLeon and Dr. K. Woo, along with a general and restorative dentist Dr. Jeffrey Metcalfe. With three dentists at your service, they can prioritize patient procedures and time management, paying particular attention to your comfort and superiority of work.

They understand the financial elements that the patients have to decide upon and offer flexible payment plans to help them receive the quality dentistry they need.

Members of the FDA and Central Florida District Dental Association, they have been serving patients for more than 30 years and look forward to serving all of your dental needs.

If you or someone you know is concerned about their oral health, or if you need a check-up, please contact Ocala Dental today.

Lifting the Veil

By Robert C. Goethe, MD

Florida now has over 100,000 patients who are on the state registry to use medical marijuana (cannabis) and that number is rapidly rising. Considering the lack of support from organized medicine and efforts within the federal and state to derail the movement, the public has discovered that cannabis is, in fact, a better and safer alternative to what has traditionally been pushed on us by the pharmaceutical companies.

The evidence is showing that cannabis may well be a major solution to the opioid crisis. (JAMA 4/3/18) It is not physically addicting like opiates and can't kill you with an overdose. Cannabis also controls seizures in certain types of patients when nothing else will and doesn't have the intolerable side effects of standard anti-seizure medications. It controls tremors in Parkinson's Disease, nausea in chemotherapy, reduces anxiety in PTSD. It's a wonderful alternative to many more dangerous, more expensive and less effective drugs.

The pharmaceutical industry is by far the biggest lobbying group in this country, pouring over a quarter billion dollars into the hands of politicians over the last decade. They spend another 3/4 billion on sales - advertising and sales reps. In 2007, the pharmaceutical company, Purdue, was fined by the feds \$634.5 million for influencing doctors to inappropriately prescribe its opiate OxyContin as well paying out many millions in state lawsuits. But when a company is making over 16 billion a year selling narcotics (2016), such fines are considered just the price of doing business.

Another example of predatory pricing by the pharmaceutical companies is Narcan. This is the antidote to narcotic overdose. In the last ten years the price of this life saving drug has increased 5 fold.

People may also recall some of the recent instances where pharmaceutical companies, with the help of the FDA and patent laws, were able to gouge the public with drugs that have been inexpensive for years. A few years ago the Epi-pen, a life saving remedy for bee sting anaphylaxis abruptly went up in price to \$600 a dose. This medicine, epinephrine, has been around forever and is dirt cheap. But through multiple acquisitions and patent legal wrangling, Milan pharmaceuticals increased the price of this life saving device from \$100 to over \$600.



A few years ago Galien Pharmaceutical came out with a drug Harvoni that was over 90% effective for treating hepatitis C. They priced the drug at \$1000 a pill but outside of the US it could be bought for \$9.00 if you were not American.

Cannabis has been around forever as a medicine. Now that it has been re-discovered, there is an effort to keep it out of the hands of people because its success equals loss of profit to pharmaceutical companies. It is interesting to note that the FDA hasn't budged on its position on banning cannabis, yet in 1986 it allowed a pharmaceutical company to manufacture and sell synthetic THC labeled "Marinol". It's expensive and patients generally don't like it because it only makes them "high" which is generally an unpleasant experience when not accompanied by the other cannabinoids that smooth the medicinal effect. This superior value of natural cannabis over synthetics is referred to as "the Entourage effect".

Another peculiar fact is that the Federal Government themselves, who fail to recognize cannabis in any form as a medicine, took out a patent on cannabidiol (CBD) in 2003 because it recognized its unmistakable usefulness on neurodegenerative diseases and it's near perfect safety profile, yet it continues to keep it classified in a grey area "not really legal" status as a Schedule 1 drug.

However, CBD is not psychoactive and is now widely available in health food stores and online. There is presently at least one drug company trying to purify CBD and sell it back to us at great profit while the FDA still tries to prevent access to it via the natural plant, cannabis.

I encourage people to learn more about the benefits of medical cannabis and be aware and resist the back room efforts to limit our rights to use it in its natural form and without government interference.



On Facebook like our page for more information, search for Better Health Compassion Clinic. If you're interested, please call **352-601-4200** or email DrBobGoethe@gmail.com - Check out our website: www.compassionclinicflorida.com

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.

Why You Still Have Hypothyroid Symptoms When All Your Lab Tests Are Normal

Over 20 million Americans continue to suffer with low or hypothyroid symptoms even though they medicate appropriately and have normal test results. The reason why? Most doctors only treat the medical problem and ignore the Functional problem!

Hypothyroid Symptoms may include:

Fatigue, Unexpected Weight Gain, Thinning Hair, Dry/Brittle Hair, Skin and Nails, Brain Fog, Headaches, Constipation, and Cold Sensitivity

The Medical Approach To Hypothyroidism

The medical approach for an under-active thyroid gland is pretty straightforward; your doctor orders a blood test (TSH) to see how much thyroid hormone your thyroid gland is producing. If it's not producing enough, your doctor will prescribe medication (Synthroid®, Levothyroxine Armour®, Nature Throid®, or Cytomel®) at a dose high enough to bring your TSH back into the normal laboratory reference range. Then, once your TSH (thyroid stimulating hormone) goes back into the normal range, your medical problem is considered 'well managed' – even if you still have symptoms.

Why You Still Have Symptoms

Taking a 'medical only' approach to an under-active thyroid is like taking your car to a gas station - the only thing a gas station has that could possibly help you is more gas (thyroid hormone replacement). Therefore, the only thing they need to know is - how much gas do you have? To find out, all they have to do is look at your fuel gauge (TSH levels).

So, let's say you pull your car into a gas station and explain to the attendant that your car sputters and jerks back and forth whenever you put your foot on the gas pedal. So, he checks your fuel gauge (TSH), finds that it's low on fuel, fills your tank up and says, "That should take care of your problem."

How confident would you feel if that was all that was done? Do you really think that filling up your car with gas would be enough to fix your car and make it run smoothly?

It would be a long shot at best. In fact, you could probably think of half a dozen things off the top of your head that could cause your car to sputter and jerk like that; a clogged fuel line, a faulty fuel injector, or even bad spark plugs, just to name a few.

So, if 'filling up your tank' with thyroid hormones didn't eliminate your symptoms – it shouldn't come as a big surprise. The question is - what more can you do?

A Functional Medicine Approach To Hypothyroidism

A Functional medicine approach to an under-active thyroid is like taking your car to a garage, hooking it up to a computer and getting a thorough diagnostic work up to find the underlying cause of your problem.

So, instead of running a single marker, we run a complete thyroid panel to identify where your thyroid hormone is getting 'stuck'; is it a transportation problem, a conversion problem or a delivery problem? A complete thyroid panel will also tell us

if you have Hashimoto's thyroiditis, an autoimmune condition, and the #1 cause of all cases of hypothyroidism in the United States.

In Functional medicine, once we have identified your problem, we then develop a remedy that will give your body the support it needs to address the problem. So, in Functional medicine, we aren't just treating your symptoms, we're going after the root cause of your problem.

Functional medicine's remedy is a customized nutritional plan consisting of diet and supplements designed to give your body specifically what it needs to overcome the problem.

PEMF (Pulsed Electro-Magnetic Field) Therapy

As effective as Functional medicine is for an unresolved thyroid, there are some people who won't respond to Functional medicine alone. This is why we have added PEMF therapy into our 90-day thyroid recovery plan. The way that PEMF therapy works is it 'clears a path' to the cells to ensure that Functional medicine's remedy can make its way into the cell – otherwise, the remedy would have no effect.

The way that PEMF therapy works is it uses pulsed magnetic fields to decrease inflammation, increase circulation, increase cellular oxygenation, it aids in cellular detoxification and it increases energy (ATP production) at the cellular level, which aids in 'clearing a path to the cells' to ensure that Functional medicine's remedy is able to get inside the cell.

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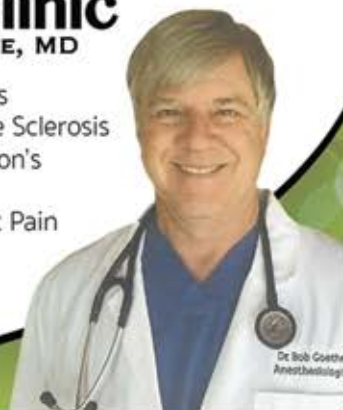
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FOUR-DAY WELLNESS RETREAT INVITES THE "RENEW YOU" TO AMERICA'S HAPPIEST, HEALTHIEST CITY

Located on Florida's Paradise Coast, Naples captivates visitors with an irresistible mix of soft, white sand beaches, beautiful scenery, colorful sunsets, thriving arts and culture, outdoor adventure, and world-renowned dining and shopping hotspots. Health, happiness and relaxation seem to come naturally in Naples, a city which has been ranked as the Happiest, Healthiest City in the U.S. for three consecutive years.* Not surprisingly, it is where countless weary travelers go to refuel, recharge and relax.

This summer, the vacation mecca will be the setting for the inaugural "ReNew You" wellness retreats, four all-inclusive, four-day experiences at the iconic Inn on Fifth & Club Level Suites, a four-diamond boutique hotel in the heart of downtown Naples.

These unique retreats offer visitors a healthy array of curated experiences designed to invigorate, enlighten and inspire. "We have seen increased interest in wellness-inspired travel, with a growing emphasis on mental focus and inner calm," said Cathy Christopher, Inn on Fifth director of sales and marketing. "Naples and The Inn on Fifth provide an ideal escape for those who want to focus on improving mind, body and soul, and this retreat perfectly packages that experience."

The ReNew You retreats invite attendees to savor deliciously healthy global cuisine, indulge in soothing spa treatments, relax deeply with meditation and yoga, and enjoy small group sessions with trainers, nutritionists, chefs, coaches and other healthy-living experts in Naples. Each day of the four-day retreat features programming that is educational, fun and inspirational, including walking



tours, yoga in the park, poolside lunch-and-learn sessions, personal training in Tai chi, spa treatments and more. Included nightly dinners will showcase international cuisine at some of Naples' most popular restaurants, with insights from experts in a wide variety of culinary disciplines. There will also be plenty of time to relax, reflect or explore, with the option to end each day with a breathtaking sunset walk on the beach. Each experience takes place in an intimate setting to provide attendees easy access and ample opportunities to engage, ask questions, and learn on a personal level, so they emerge from the retreat renewed and better equipped to live more consciously.



Offered in four separate sessions in August and September, the four-day ReNew You wellness retreats start at just \$985 per person, which includes four-night luxury accommodations at The Inn on Fifth; all retreat activities and programming, including yoga, meditation, tours, presentations and more; 10 meals featuring nutrient-rich, sustainably farmed, and locally sourced ingredients; spa treatments at The Spa on Fifth; healthy in-room snacks; and complimentary access to a private hospitality suite stocked with juices and nourishing treats. For an additional charge, retreat guests may upgrade to the hotel's uber luxe Club Level Suites.

For session dates and more information on the ReNew You wellness retreats, including detailed information on daily itineraries, go to InnOnFifth.com/wellness.

* Gallup-Sharecare Well-Being Index

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Helping You Find The Perfect Place To Call Home:

The Laurie Ann Truluck TEAM at Sellstate Next Generation Realty

Finding the right home in the right location for your needs can be challenging, but once you locate that perfect place that you enjoy, feel safe, thrive and build special bonds in, your overall sense of wellbeing truly begins to regenerate.

It's time-consuming, and finding the perfect home is not an easy task. That's why partnering with an established real estate agent is crucial to making the process go as smoothly as possible.

Laurie Ann Truluck grew up in Ocala, attended FSU in Tallahassee and returned to Ocala to teach elementary school in the Marion County Schools. She was then Director of Happy Hearts Kindergarten & Preschool before starting her multi-million dollar Real Estate business in 2002. She and her husband have three children (ages 14, 15 and 23). Their eldest graduated from a local school while their youngest two still attend public school in Ocala where they are actively involved in sports and other activities.

Laurie Ann and her TEAM of Realtors love to work with people moving to the Ocala/Marion County area so that they can share their love of their community and help them find their niche. Laurie Ann and her team members take pride in going the extra mile to not only help our customers find or sell their Marion County home but also to find connections here that make their transition smooth and exciting.

Most of their business comes from friends, and referrals of friends, which, they feel, make their job fun and enjoyable. They also love the new connections they make from their Internet presence. They enjoy helping people reach goals, move on to new seasons of their lives, purchase their first home, make a real estate investment, upsize, downsize, or whatever the case may be.



Laurie Ann Truluck TEAM

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Laurie Ann and TEAM would love the opportunity to work with you!
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THE WARNING SIGNALS OF A COUGH THAT YOU SHOULD NEVER IGNORE

Dr. Poonam Warman, MD

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

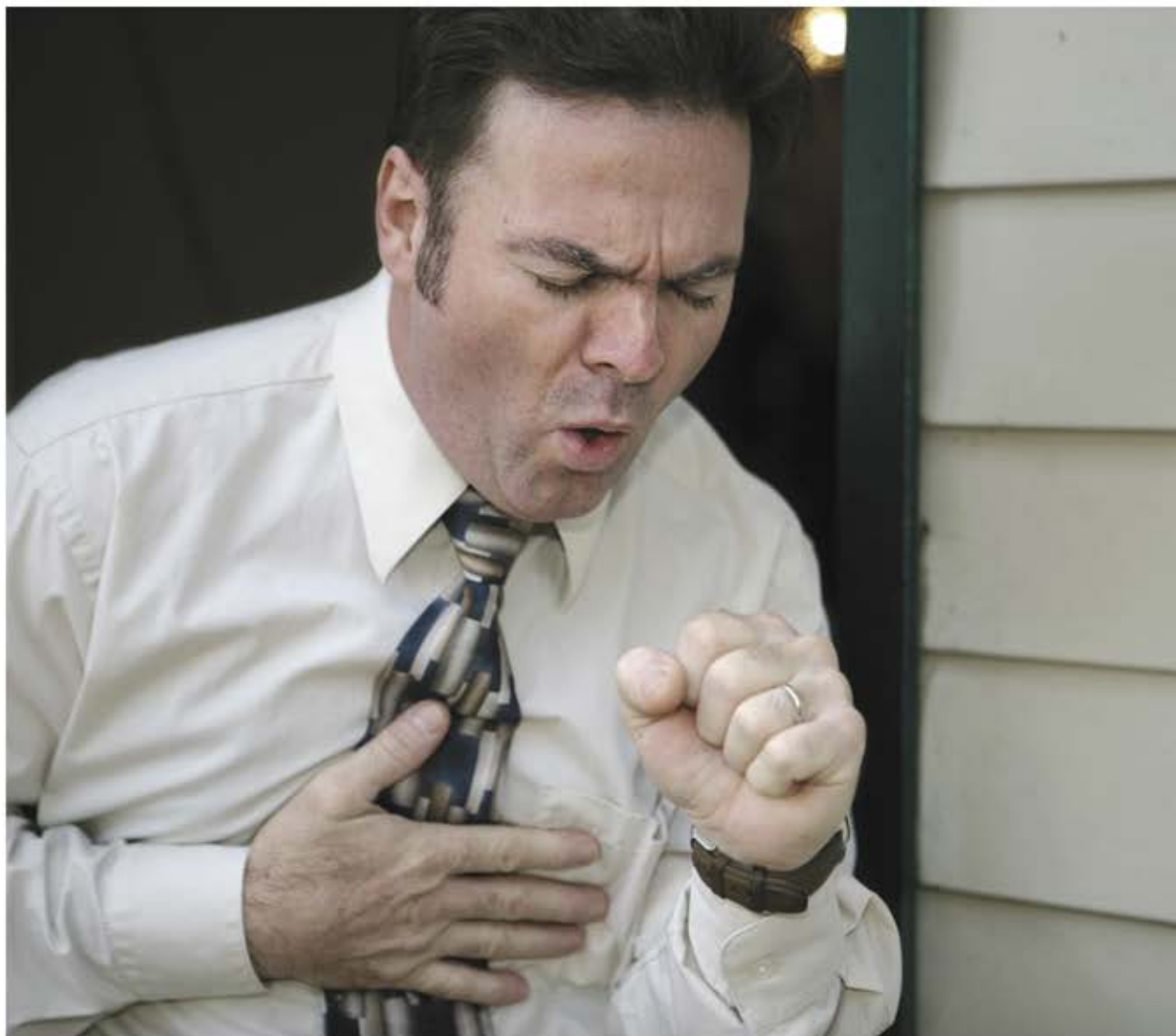
Numerous key-contributing factors foster chronic coughing, but given last month's horrific hurricane, many people may be coughing more due to molds, mildews and dampness. If you are susceptible to fungi's and wetness for hours on end because your home or place of work was flooded, you may begin to feel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

Coughing—Do Not Ignore These Symptoms:

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

Other Major Disorders That Contribute To Coughing:

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



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

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

About Dr. Warman:

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

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

Benefits of Home Health Care

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

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

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



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

A locally owned and operated home health agency. CareTime was founded by Patti Yancey, RN, CMC, GCM.

Patti has been caring for the elderly in Ocala and the surrounding areas for over 25 years. She is an expert in the field of home health and geriatric case management. She is a certified care manager, through the National Academy of Certified Care Managers and Geriatric Care Managers and Member of the Aging Life Care Association. Her life long personal and professional relationships in the local area are an asset to her clients.

CareTime will customize your requests to fit your service needs. All requests are handled in a timely and professional manner. Services can range from just a few hours to 24 hours a day, 7 days a week depending on your needs. Around the Clock Care can be provided in shifts or by a live-in caregiver.

To find out more, please visit their website at caretimeflorida.com, or call (352) 624-0570

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God Our Father - A Father's Day Tribute

By Ross Johnson, Lead Pastor, Gathering Pointe Church

Growing up, I idolized my dad. He was a man's man. He was hard working, working two jobs for many years of my childhood. He is a Vietnam Vet having served two tours, awarded a Purple Heart and Uncommon Valor. His hands, scarred and calloused from years of turning wrenches as a mechanic. In fact, in my home town, he was known as one of the best engine builders in the area. At any given time, there were project cars in our garage with the front end torn apart and the motor on the engine stand. Some of the best memories of my childhood were spent in the garage working with my dad, cleaning parts, holding the backend of a pop-rivet gun, handing him a 9/16 box end wrench while listening to the DJ Wolf-man Jack. To this day when I hear certain songs, my mind races back to those days working with my dad, firing up that big block Chevy we just finished or the smell of fresh solvent in our parts cleaner.

As fond as many of my memories are, there were very difficult times as well. My dad was absent in my life until I was at about the age four. My parent's marriage was rocky most of my years growing up, and most of those tensions were centered on my dad's demons from Vietnam and alcohol. You see, my dad was an alcoholic. I tell people I never knew when my dad was drunk...because he was never sober. That is not much of an exaggeration. My dad's breakfast consisted of a steady diet of whiskey and water. His lunch consisted of the same. He drank at work. He drank at home. He often joked that he couldn't do his best work in the garage until he had a six pack in the tank. We used to laugh. But looking back on it years later, it breaks my heart.

While my dad taught me the value of hard work, integrity, how to do a brake job and change the oil in my car, my dad was never in a position to teach me about faith. He never taught or modeled for me what a relationship with a Heavenly Father looked like until much later in my life. Sure we went to church when I was a kid. Heck, my dad and I even got baptized on the same day when I was in the third grade. But it just seemed there was nothing ever really real about it and soon, we quit going.



By the time I was a sophomore in high school, I had decided that I wanted to be just like my dad. In every way. I saw my dad fight, cuss and drink and so that is what I thought a man did, who a man was. I idolized him and so I had become his carbon copy.

Around that time, my parent's marriage hit rock bottom. There was an ultimatum given. Go back to church and try to save a marriage or part ways...so we went to church. I went begrudgingly - to the point that I would go to church with them on Sunday while I was still drunk. Over the next several months, however, my dad made two decisions that would eventually change the course of our lives. After a weekend bender that almost led him to commit suicide, he decided to walk away from alcohol and decided to walk with Jesus. Praise God my dad has been sober for 30 years!

It wasn't until the end of my freshman year in college that my dad's two decisions hit home for me. I found myself in a very similar situation in my dorm. A weekend bender and thoughts of

suicide. Just as my dad did a few years before in our garage, I decided to walk away from the bottle and walk with Jesus.

I have two fathers. One is perfect and one isn't...but I love them both. I love them both for all that they have taught me. You may have an earthly father that has caused great hurt and pain and believe me, I get it. But I want to encourage you that there is a Father that will love you unconditionally and perfectly. A perfect Father who is ready to adopt each of us and bring us into His family...a family of faith, mercy, grace and perfect love.

If you struggle with Father's Day and would like to share your story, I would love to listen. Feel free to reach out to me at any time.

May you have a blessed Father's Day.



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Transcatheter Aortic Valve
Replacement (TAVR)

"During a routine visit, my primary care doctor discovered I had developed a heart problem. He recommended Munroe Regional Medical Center for my care. Now I know why! I can't say enough good things about my heart surgeon, the staff and overall experience. When I found out I needed a new valve, I was afraid, especially because of my age. They explained everything and even showed me the valve. They put me at ease and took great care of me. I feel phenomenal!"

Munroe Regional Medical Center has a nationally recognized cardiac program. You can have confidence knowing that we have the tools, techniques and talent to meet a complex cardiac situation head-on. So make Munroe Regional Medical Center the choice for your heart.

Do you know your heart health?

Take a free heart risk assessment today at MunroeHeartCare.com.

If you'd like, we can connect you with one of our cardiologists.



When your heart is on the line, choose the only* hospital in Ocala with three cardiovascular accreditations from the American College of Cardiology.

*As of September 2017. • If you experience a medical emergency, call 911.