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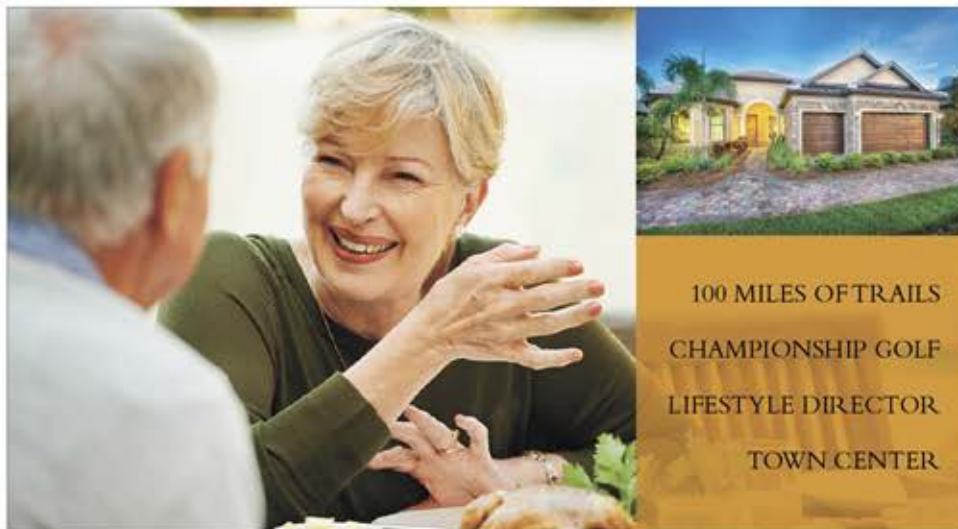
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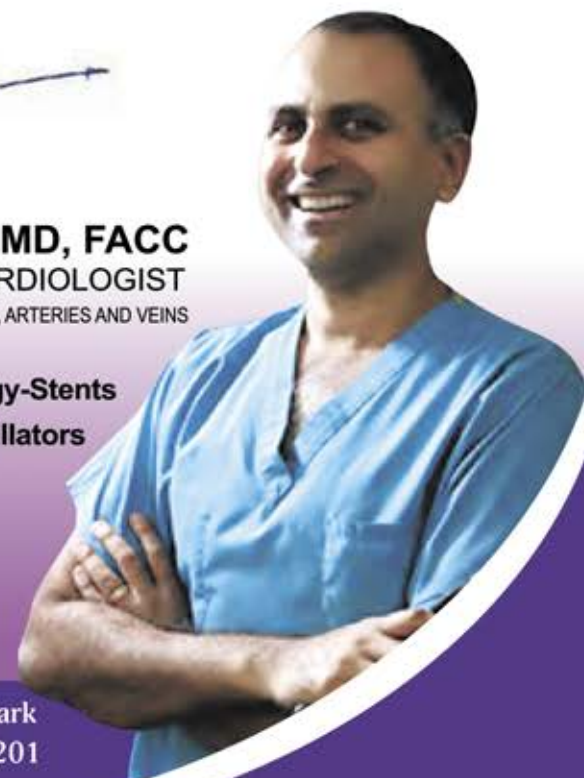
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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

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

WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

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

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

WHAT RESULTS CAN YOU EXPECT?

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DROOPING EYELIDS DIMINISHING VISION AND APPEARANCE



Time and gravity can take their toll on nearly everything - including our eyelids. As we age, upper eyelids can begin to sag and droop. Lower lids can develop puffy bags that diminish field of vision.

Sometimes lower lids can turn outward, making eyes look red and irritated and exposing them to dryness and infection, or turn inward, causing lower lashes to rub against eyes, causing constant discomfort.

We might be inclined to assume nothing can be done, apart from seeing a plastic surgeon and having some complicated procedure that ends up making us look, well, "worked on." Happily, that's not the case. Board-certified Comprehensive Ophthalmologist Shelby Terpstra, D.O. of Lake Eye Associates routinely performs a range of eyelid procedures, all of them quick, safe, outpatient services with very little downtime, resulting in restoration of eyelids to a more normal, healthy state.

"Many patients come see me because sagging lids have reduced or eliminated their peripheral vision, which may be not only side vision, but also what you see below and above you," says Dr. Terpstra. "This can create more than inconvenience, it can create a hazard, as people trip over or bump into things in front of them, or find they can't drive safely." For patients whose vision and/or appearance is impaired by sagging, puffy upper

lids or baggy lower lids, Dr. Terpstra performs a surgery called blepharoplasty, in which excess skin and fat are gently removed from the upper and/or lower eyelids, restoring openness to the eye and widening the field of vision. For people whose vision is impacted by eyelid disorders, the surgery is often covered by insurance. "Eyelid problems can make people look tired, aged and overly serious. Once eyelid problems are corrected, patients are pleasantly surprised to find they not only see better and feel more comfortable, they also look more refreshed, alert and happy," says Dr. Terpstra, "more like their normal selves."

The soft, natural-looking results and quick recovery experienced by Dr. Terpstra's patients have inspired others to see Dr. Terpstra for the cosmetic advantages of the procedure. "Some people elect to have it done even though their vision isn't yet compromised, because they want to look as youthful and optimistic as they feel, and they want a natural, restorative look, like they've been on a relaxing vacation, and not had 'work' done," says Dr. Terpstra. "That's what blepharoplasty can provide." Those patients pay for the procedure themselves, but consider it worth the rejuvenation and renewed confidence it provides.

If your peripheral vision is impaired by sagging upper lids, puffy lower lids or your lids have turned inward or outward, causing discomfort, it might be time to make an appointment for a consultation with a local leader in eyelid surgery, Shelby Terpstra, D.O., of Lake Eye Associates. Lake Eye has four convenient locations and a friendly, helpful staff ready to serve you.



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Summer Travel Safety Tips for Your Heart

When we think of taking a vacation, we typically visualize relaxation, and we look forward to a peaceful experience. After all, vacations are a time to get away from our stress-filled lives and visit family, friends, or enjoy quiet time on the beach basking in the sun. In reality, these things hold true, but there is one blinding caveat that we all seem to gloss over—travelling!

Hauling luggage, parking the car at the airport, waiting in the security line, worrying about catching our connecting flights, or traveling in the car for long distance in heavy traffic are all unpleasant experiences that we encounter while trying to get to our favorite destination.

Even the healthiest individuals find that traveling is nerve-racking, so what are the precautions for travelers that have heart issues? Our myocardial oxygen demand increases during air travel due to the abnormal cabin environment. The cabin pressure decreases as the plane rises, and the air becomes extremely dry which can cause issues with breathing. The cabin pressure can also cause problems with arterial blood flow, which can negatively affect individuals that have cardiovascular issues. The complications could lead to clotting or myocardial infarction. Additionally, patients with known CHF (Chronic Heart Failure), and pulmonary edema may not be able to fly because of breathlessness and congestion in their lungs.

One of the most common travel concerns in people with known heart disease, as well as healthy individuals, are DVT's, or deep vein thrombosis. DVT's can occur in travelers in the air, railways or by road.

Both chronic and acute symptoms could be a sign or lead to a DVT (deep vein thrombosis). DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep in within the legs. Vascular malformations,



pelvic tumors or sitting for extended periods of time are some of the risk factors that go along with DVTs. Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death.

To alleviate your chances of DVT, it's imperative to try and move your toes, ankles and do calf raises in your seat. If you can get up and walk around, that's an important method to keep your blood flowing properly back to your heart. If your trip is over 3 hours, or if you have venous insufficiency, wearing compression stockings is critical to keeping your vascular structures healthy.

If you have any health concerns or have had heart or peripheral vascular procedures, you should consult with your cardiologist for a "Fitness to Fly or Travel" assessment.

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

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.

A photograph of a man in a black shirt lifting a young child in the air. The man is smiling broadly, and the child is also smiling with arms outstretched. The background is a soft, hazy outdoor setting.

It's all about your heart.

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

A portrait of Dr. Thiruvallur Vallabhan, a man with short dark hair, wearing light blue medical scrubs. He is smiling and has his arms crossed, holding a stethoscope around his neck.

Dr. Vallabhan

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Urinary Incontinence

Having an overactive bladder is nothing to be ashamed of. In fact, nearly 15 percent of women are dealing with it on a chronic basis. As you may suspect, it is more prominent in women due to pregnancies, menopause, and the unique structure of the female urinary tract.

Stress Urinary Incontinence (SUI) is a specific type of problem that is caused by movement or exertion. Certain movements can result in excess pressure on the bladder; which results in unintentional urine loss. In a healthy individual, the muscle surrounding the urethra, called a sphincter, is responsible for containing urine within the bladder. Our bladder walls are made up of muscles that must be relaxed for the bladder to expand. When incontinence occurs, it is because the muscles have been weakened and cannot maintain their normal function. Various events can lead to this condition; childbirth, trauma to the pelvic region, and even chronic coughing from smoking. Knowing the mechanics of urinary incontinence helps us to find a proper treatment.

The most troubling part of having an uncontrollable bladder is that it can happen at virtually any time, day or night. It can occur during laughing, sneezing, or working out. Anytime we experience strenuous physical activity could be the next embarrassing accident. As with most medical problems, being healthy can drastically reduce our risks. Being overweight can increase abdominal pressure making matters worse. A bad habit like smoking can induce coughing; which can weaken the abdominal muscles. There are different treatments available for this condition; ranging from Kegel exercises to surgery.

Kegel exercises are the clenching and unclenching of the pelvic muscles. It is accomplished by "bearing down" and releasing. Also, the use of Botox is an option. When we hear the word "Botox", it is generally attributed to the removal of wrinkles. However, in this case Botox is used to treat and reduce daily bladder leakage.



Botox has been FDA approved for incontinence sufferers and has shown great success. It works by injecting the Botox into the bladder muscles; this allows them to relax and store more urine with less stress. Botox is not a permanent solution and needs to be re-injected every 9 to 12 months.

Durasphere injections are another option; they are bulking agents that consist of non-migratory and non-absorbable prolytic-coated graphite beads in a gel. A mouthful to say, but it's actually a quite simple procedure to help control uncontrollable bladder leakage. The bulking agents are injected straight into the urethra to fill up the space that permits urine leakage. The injection actually thickens the bladder

making it more easily retain a healthy amount of urine. The pyrolytic carbon has been used in the medical field for over 30 years in implantable medical devices and it is non-reactive to tissue. This treatment is a safe and effective, minimally invasive, outpatient procedure option for urinary incontinence.

When it comes to treating urinary incontinence, the InterStim device is the most technologically advanced. This product has been used for over 15 years with over 100,000 individuals undergoing the procedure. The small device is surgically placed underneath the skin to stimulate the sacral nerves, the nerves that control the bladder. It blocks communication between the brain and the bladder. About the size of a pacemaker, this device sends electrical pulses down to the nerves of the pelvic floor. This is a method to reduce the contractions of an overactive bladder.

Urinary incontinence is not something that will go away on its own. Proper treatment is the only way to alleviate the symptoms. If you have any questions regarding incontinence, you can contact Advanced Urology Institute at (855) 298-2273.



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Alzheimer's and Dementia is on the Rise

Courtesy of American House

Numerous studies and statistics show Alzheimer's and other related dementias are on the rise. According to the Alzheimer's Association's latest figures, nearly 5.2 million Americans have Alzheimer's disease, and that number is expected to triple by 2050. Experts estimate that an Alzheimer's diagnosis will affect close to 15 million people by mid-century. Currently, every 66 seconds, someone develops dementia in the United States.

What is Alzheimer's/Dementia?

Forgetfulness, agitation and frustration, social withdrawal, and difficulty with daily tasks, are all symptoms of dementia. Alzheimer's is the most progressive form of dementia and accounts for 60 to 80 percent of all dementia diagnoses. The "tangles" in the Alzheimer's brain become unattached and disrupt the communication process, and excessive plaque buildup causes oxidative disruptions to the brain. These disturbances coincide with the tangles that are present. This plaque is known as atherosclerosis. Atherosclerosis can occur anywhere in the body, but once it ravages the brain, those affected will experience symptoms of forgetfulness and changes in personality, especially in the short-term memory region of the brain.

There are several types of dementia, but one common and often overlooked type is vascular dementia, which usually affects individuals that have suffered a stroke. Vascular dementia injures the brain in the area that controls memory, problem solving and speech. This type of dementia progresses at a slower pace, nonetheless it can be extremely frustrating and devastating for both those living with the disease and their loved ones.

The Symptoms

The signs and symptoms of dementia are different for every patient, but common indicators include:

- Forgetfulness, especially short-term memory
- Change in personality
- Agitation/Frustration
- Difficulty with daily tasks
- Social withdrawal
- Aphasia (a speech disorder)
- Sundowning (confusion and sleeplessness in the evening)

Treatment

Some medications may slow the progression of the disease, but these are, unfortunately, not a curative treatment method. However, some patients find the following helpful:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

Maintaining a Healthy Brain

Eating a nutritious diet, such as the Mediterranean or Dash diet, provides essential nutrients for the brain's health. Both of these diets emphasize eating plenty of veggies, fruit, healthy fats, whole grains and lean protein, while avoiding sugar, simple carbs and saturated fats. Other studies show high doses of Vitamin C and antioxidant therapy may also help protect cognition.

Staying active and social is also a useful method for maintaining optimal brain health. Along with socialization, staying physically active is imperative in the production of oxygen-rich blood flow and can decrease your risk of Alzheimer's and dementia.

At American House Senior Living Communities, it matters to us that our residents live healthy, active lives. That's why we've designed our proprietary, *Love is Ageless*® program, creating a culture of caring for our residents and offering support to their loved ones, while navigating the complexities of Alzheimer's and related dementias. We routinely host experts at our communities for informative presentations to discuss healthy living, plus we offer tips and preventative screenings to help our residents live life to its fullest. Get expert advice on Alzheimer's and dementia when you join us for one of our informational health series.

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Family Heart Health

Approximately 370,000 people in the United States die from coronary heart disease (CHD) each year.¹ And over 700,000 have a myocardial infarction (MI).¹ Familial hypercholesterolemia (FH) causes greatly increased low-density lipoprotein cholesterol (LDL-C) levels and increased risk of MI.²

The buildup of plaque in coronary arteries is influenced by cholesterol and fat intake. Diet and lifestyle changes can reduce blood cholesterol and triglyceride levels. This reduces the risk of CHD and MI.

This newsletter reviews atherosclerosis, CHD, and FH, a relatively common yet underdiagnosed cause of elevated cholesterol. It also discusses the limitations of current methods of cholesterol testing and reviews the management of elevated cholesterol.

Atherosclerosis and CHD

The buildup of fatty deposits in the walls of arteries, including coronary arteries, is called atherosclerosis. The fatty deposits, called plaques, reduce blood flow. Atherosclerosis starts with damage to the arterial endothelium. White blood cells move into the wall of the injured artery. They then change into foam cells, which collect cholesterol and other fatty materials. Foam cells, filled with fat, accumulate over time to form plaques.³ Calcium also accumulates in the plaques.³ Plaques grow and restrict blood flow. They can also rupture and cause a blood clot.³

Familial Hypercholesterolemia

Familial hypercholesterolemia is an autosomal dominant disorder associated with very high levels of LDL-C (adults ≥ 190 mg/dL; children ≥ 160 mg/dL).⁴ About 1 in 200 to 1 in 500 persons in the United States has heterozygous FH, and over 90% are undiagnosed.⁴ Untreated individuals have a 30% to 50% increased risk of having an MI by age 50 to 60.⁴ FH is often caused by variants in the LDLR, APOB, and/or PCSK9 genes.⁵

FH is diagnosed on the basis of clinical criteria or a positive genetic test result.⁵ In families with known or suspected FH, guidelines recommend that children have cholesterol and/or genetic testing as young as 2 years of age.^{4,5} If diagnosed, the condition is treated with aggressive cholesterol-lowering drugs and lifestyle modifications.

Limitations of Cholesterol and Triglyceride Measurement Lipid testing is a cornerstone of CHD risk assessment.⁶ The diagnosis of elevated blood cholesterol and triglycerides is typically performed by measuring fasting levels of total cholesterol, high-

density lipoprotein cholesterol (HDL-C), and triglycerides.⁷ The LDL-C level is then calculated.⁷

The Friedewald formula for calculating LDL-C was developed because direct measurement is costly and time-consuming. However, the formula is less accurate when cholesterol levels are very low (as recommended for high-risk patients) and when triglycerides are high.⁷⁻¹⁰ This inaccuracy can result in undertreatment of high-risk patients.⁷

Clinical investigators at the Johns Hopkins University School of Medicine developed a novel method of calculating LDL-C (Martin-Hopkins Calculation). The Martin-Hopkins calculation is based on an individual's unique lipid profile.⁷ The method is more accurate than the Friedewald formula for calculating LDL-C level.^{7,8} Importantly, non-fasting blood samples can be used, making it convenient for patients.

Management of Elevated Blood Cholesterol

Modifiable risk factors for CHD include tobacco use, hypertension, diabetes, obesity, physical inactivity, low consumption of fruits and vegetables, and high blood levels of cholesterol and triglycerides. The most recent guidelines from the American College of Cardiology and the American Heart Association use LDL-C and other patient characteristics to determine which at-risk individuals are likely to benefit from statin therapy.¹⁰ For high-risk individuals without a diagnosis of FH, the recommended intensity of statin therapy is determined by the degree of risk. It is also determined by the desired percent reduction in LDL-C concentration, rather than a predefined target as previously used.¹⁰

How the Laboratory Can Help

Quest Diagnostics uses the Martin-Hopkins calculation for determining LDL-C concentration. The Quest Diagnostics lipid panel (Test Code 7600) can be performed on non-fasting blood samples, making it convenient for patients to have cholesterol testing. Quest also offers direct LDL-C measurement (Test Codes 8293 and 91723) for when triglyceride levels are very high, or when LDL-C values are very low (10 mg/dL to 40 mg/dL), and calculation is less accurate.⁸

For diagnosis of FH, Quest Diagnostics offers the Familial Hypercholesterolemia Panel (Test Code 94877), which tests for variants in the LDLR, APOB, and PCSK9 genes. The Familial Hypercholesterolemia Single-Site test (Test Code 94878) is useful when 1 or 2 familial pathogenic variants are known.



Desirable Lipid Levels⁶

- HDL-C ≥ 40 mg/dL (men), ≥ 50 mg (women)
- Triglycerides < 150 mg/dL
- LDL-C < 100 mg/dL
- non-HDL-C < 130 mg/dL (ie, 30 mg/dL above the LDL-C goal)

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Computer Guided DENTAL IMPLANT PLACEMENT

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

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

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

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

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

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

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

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

6 benefits of dental implants.

Comfort and quality of life		✓ Dental implants can positively improve your quality of life.
Esthetics		✓ Dental implants look like natural teeth.
Aftercare		✓ Dental implants can be cared for and cleaned like your natural teeth.
Bone Preservation		✓ Implants transmit chewing forces to the jaw bone, which prevents bone loss from missing teeth.
Durability		✓ Dental implants are designed to last a lifetime.
Convenience		✓ Dental implants feel and function like natural teeth.

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

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laurelmanordental.com

Do You Have A Ticking Time Bomb in Your Leg?

By Bryan Carter, MPA-C, Phlebology-Surgery

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

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

What is Deep Vein Thrombosis (DVT)?

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

What Causes DVT?

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

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

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

Symptoms:

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

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

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



Bryan Carter, MPA-C

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Lady Lake, FL 32159

(352)-674-2080

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

Treatment Options for Venous Insufficiency

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

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

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

Don't Get Burned! Try these Summer Sun Safety Tips

With summer in full swing, you may be headed outdoors to enjoy the weather or flocking to the beach for some fun in the water. Staying out of the sun can be tough, especially when you live in Ave Maria. Whether you're spending your time cheering on University athletics, splashing in the private water park, playing a game of bocce ball, tennis or a round of golf course, it's important to stay protected.

In recognition of July being National UV Safety month, here's some important information — along with a few tips — to keep in mind as you head outdoors.

Sun Safety

The skin is the body's largest organ. It protects you against heat, sunlight, injury, and infection. Yet, some of us don't consider the necessity of protecting our skin from the effect of UV rays.

According to the American Cancer Society, an estimated 5.4 million basal skin cancers are diagnosed annually, and nearly 3.3 million people are diagnosed with squamous cell skin cancers annually.

Skin Cancer Facts

- Skin cancer is the most common form of cancer in the United States
- One in five Americans will develop skin cancer during their lifetime
- A person's risk for melanoma doubles if he or she has had more than five sunburns
- Most people diagnosed with melanoma are white men over age 50
- People who first use a tanning bed before age 35 increase their risk for melanoma by 75 percent

Unprotected sun exposure can:

- Cause skin cancer
- Cause vision problems and damage your eyes
- Suppress your immune system
- Age your skin prematurely

Protecting Your Skin

The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. Ave Maria residents have access to fun activities indoors too. The community is centered around a quaint Town Center that provides residents with many of life's necessities and plenty of shade. Friends and families gather nightly at the local pizza shop or meet up to sip a few beers at the pub.



Walk indoors at the fitness center or do a little shopping at the many boutiques in town.

There are simple, everyday steps you can take to safeguard your skin from the effects of UV radiation from the sun.

- **Cover Up:** Wearing a hat, or other shade-protective clothing can partly shield your skin from the harmful effects of UV rays. Protective gear may include long-sleeved shirts, pants, hats, and sunglasses.
- **Select the Right Sunscreen:** The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15 and should protect against both UV-A and UV-B rays.
- **Apply the Right Amount of Sunscreen:** Apply at least one ounce or a palm-full of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By learning about the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely. If you are having any problems after being in the sun, be sure to talk to your healthcare provider.


Ave Maria is a 5,000 acre master-planning community in Southwest Florida, approximately 40 minutes from Naples and 60 minutes from Ft Lauderdale. Developed by Barron Collier Companies, this home town is self-sustainable with every daily convenience within walking, biking or golf carting distance. More than 30 businesses are located in the main Town Center including Publix Supermarket, restaurants, doctor and dentist, dance studio, salon, fitness center and more. Ave Maria is a town designed for all ages, from growing families to active adults. Come visit Collier County's Community of the Year with 21 models open daily.

How Do I Get There?

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

Ave Maria

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

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MIT Medical Imaging & Therapeutics

Dr. Mark Jacobson

What does “therapeutics” in medicine mean?

This week, I am deeply moved by the loss of one of my patients. This one, in particular, left an impression on all of my staff. His relentless endearing spirit regardless of his pain and suffering, never ceased to amaze us. When his wife called with the news, we all felt as though another member of our MIT family had been lost. The solemnness passed throughout every department once again, as we tried to continue about our day, offering hope and kindness to our other patients, who look to us for diagnoses and treatments, and a little “extra attention,” that we often provide, to help them overcome their ailments. Although it is advised not to get attached, sometimes, it is impossible not to, especially if they have spent years and numerous procedures with me. Getting acquainted with my patients helps ease their anxiety. Allowing them to talk and express themselves is often something they don’t get a chance to do as they are rushed from appointment to appointment. In my practice, developing a personal relationship with patients is the norm. What kind of doctor would I be if I couldn’t provide a comforting voice, and tender touch in addition to my medical expertise? Not only do they get a lot from me, but each one unknowingly teaches me a little something which I can apply towards my other patients. The art of listening is somewhat of a dying art among physicians. Patients really deserve to be heard.

To offer a patient therapeutic care often means to keep them comfortable by reducing and hopefully eliminating their pain. For those who are healthy but might be suffering from an injury or chronic pain, oftentimes, there is permanent healing through injections or minor surgical repairs, but then there are those who are afflicted with a terminal illness. Although I feel privileged to assist in the management of my patients during these situations, no matter how sick they have become overtime, we are never really prepared for the news of their passing. We all hope we can all live forever, but unfortunately, we can’t, and it is always a very sad day, and a feeling of loss not only for their families at home, but for those of us who have tirelessly tried to ease their suffering. The tears, hugs, smiles and laughter throughout their journey bring us close to them and their families and so it is often a family member who calls or visits to tell us unfortunate news, oftentimes seeking the support and comfort they also received when they accompanied their loved one during visits to my office.



My oncology patients come to me from many specialties. Perhaps, pain can send them to an urgent care center, who sends them to me for imaging studies, or a primary care doctor may order a CT or MRI because something hurts, a gynecologist orders a mammogram and a suspicious lesion is found. As an interventional radiologist, I can perform a biopsy and send the specimen to a lab that will establish the underlying diagnosis. If it is positive for cancer, the referring physician often consults with me to determine who is the best oncologist to treat them. Very often, the patient returns to me, and I will place a port or PICC line so the patient may receive chemotherapy or other infusion therapy. They may return for numerous followup imaging tests, and minor surgical procedures along the way. I am overjoyed when they recover and continue leading a healthy life, which is the case for many, but for others, their journey is not so simple. Some develop fluid around their lungs, called pleural effusions, or they may develop fluid in their abdomen, called ascites. Using ultrasound guidance, I can drain these fluid collections in the comfort and privacy of my center. These procedures give them relief so they will breath, sleep, eat and perform better, and can continue to live a good quality of life and not have to feel home bound.

There are many advantages to coming to an outpatient center, instead of a hospital. For one thing, it is small and personable. You will see the same doctor and staff

who will develop a relationship with you, and oftentimes get to know your family members. This is important, because the same doctor will recognize minor changes in your condition that may often go unnoticed in situations where there is no such continuity of care. Outpatient centers rarely have antibiotic resistant organisms such as MRSA, VRE, (In our four years, we have had zero cases) so it is especially healthier for those who are immunocompromised. It’s also comforting to return to the same center and people, knowing what to expect! Simply to be treated in such an environment is restorative to the body and spirit, which in and of itself, is therapeutic!



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

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

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

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

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

Come and find out why so many people love to call Lakeside Landings home.

Call today to schedule your model home tour at 352-330-4305.



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10 Steps to Help Prevent Cancer

Nearly 4 out of 10 Americans will be diagnosed with cancer in their lifetimes, and it remains the second-leading cause of death for Americans, but nearly half of all cancer cases can be prevented.

Research from the American Institute for Cancer Research (AICR) shows that diet, exercise and weight play a critical role in cancer prevention.

“Making changes in what you eat, being physically active and maintaining a healthy weight have strong and clear links to your risk for cancer,” said Alice Bender, MS, RDN and director of nutrition programs at AICR. “We know from decades of research and a thorough review of the science that there are simple things we can all do to reduce our risk.”

To live a cancer-preventive lifestyle, consider taking these 10 steps recommended by the scientific experts at AICR:

1. Be a healthy weight. Higher body fat can be a cause of many cancers. Try to stay at a healthy weight and avoid weight gain as you get older.

2. Be physically active. Incorporate moderate physical activity into your daily life through steps like walking more and sitting less.

3. Eat a diet rich in whole grains, vegetables, fruits and beans. Make these foods a major part of your diet.

4. Limit consumption of “fast foods” and other processed foods high in fat, starches or sugars. Cut down on processed foods to help control calorie intake and maintain a healthy weight.

5. Limit consumption of red and processed meat. Eat no more than three portions of red meat per week, and little – if any – processed meat.

6. Limit consumption of sugar-sweetened drinks. Don’t drink sugar-sweetened drinks, which contribute to weight gain. Choose water instead, when possible.

7. Limit alcohol consumption. For preventing cancer, it’s best not to drink alcohol.



8. Do not use supplements for cancer prevention. Aim to meet nutritional needs through diet alone.

9. For mothers, breastfeed your baby, if you can. Breastfeeding is good for both mother and baby.

10. After a cancer diagnosis, follow these recommendations, if you can. Cancer survivors are encouraged to continue following these guidelines.

Source: American Institute for Cancer Research

Refraining from smoking, avoiding other exposure to tobacco and limiting sun exposure are also important in reducing cancer risk.

Because it can be hard to make lifestyle changes, AICR aims to help people adopt healthier behaviors through efforts like the Cancer Health Check, a tool that shows people how their lifestyle stacks up against known cancer risks and recommends changes that can improve health.

For recipes, tips and other resources, visit aicr.org.

Tips for Safe Summer Travel with Pets

With warmer weather, people often spend more time on summer trips with family. These trips can be more enjoyable when your four-legged friends tag along, but it can be less of a vacation if your pets are uncomfortable on the road.

"Taking pets out of their homes can induce stress on both the pets and the owners, so it's important to keep them comfortable and safe while traveling," said Jessa Paschke, behavior and training specialist at Mars Petcare. "Surrounding them with some of their favorite things from home can help reduce any anxiety and keep your pet happy anywhere you go."

Keep these tips in mind when taking your pet on a summer road trip:

- See your vet before you go. Be sure to visit your veterinarian prior to taking off. Especially when traveling with an older pet, your vet can do a quick check-up to help identify any potential issues that could arise while traveling. If you're crossing state lines, you also may need to get a health certificate for your pet.
- Find pet-friendly stops along the route. Long drives often require frequent stops, but don't forget that your pets need pit stops, too. Find a rest stop that has a grassy area for them to expel some energy and take care of their business. Be sure to keep your pets on leashes to keep them from roaming freely in unfamiliar places. If you're stopping overnight, don't forget to call ahead to make sure your accommodations are pet friendly.
- Keep your pet comfortable. Bring a few of your pet's favorite things along for the ride to surround them with familiar smells. Whether it's your dog's bed and rope toy or your cat's crunchy TEMPTATIONS™ Treats, packing a few favorites can easily make anywhere feel like home. If it's your pet's first road trip, try some pre-travel road trip training by taking him on more frequent car rides. It'll help him become acclimated to riding along so he'll be more comfortable for the longer trip.



- Check your pet's ID. Before embarking on a trip, make sure your pet's nametag is secured to their collar and the information is up-to-date. Also be sure your pet is microchipped. In the event your furry friend gets lost, it's one of the best ways to locate him or her. You can take safety one step further by adding a GPS tracker to the collar, like the WHISTLE™ Pet Tracker. This handy device can alert your phone if your pet strays too far.
- Avoid Bad Breath. When the family is crammed into a car, pet breath can put a damper on your drive. Oral health products such as GREENIES™ Dental Treats for dogs and cats and PEDIGREE® DENTASTIX™ Treats for dogs promote fresh breath

and clean teeth. With a clean mouth and fresh breath, your family can get "road trip close" with your pet and share endless hugs and kisses on the road this summer.

"Pets are involved in all aspects of our lives, including vacations," Paschke said. "Help your fur-family stay healthy, happy and comfortable when traveling by keeping these simple tips in mind before your next road trip."

For more information on ways to treat your pets this summer, visit Greenies.com and Pedigree.com for your pups and TemptationsTreats.com for your feline friends.

Source: Mars Petcare

Why Are So Many Adults Needing Rotator Cuff Repairs?

What to Expect if your Shoulder requires treatment

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

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

Details of Rotator Cuff Tear

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

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



Diagnosis and Treatment

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

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

Three standard surgical approaches include:

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

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

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

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

Your Recovery

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

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



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Alfred J. Cook, Jr., M.D.

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A multipotent tissue matrix can be used to treat and replenish areas of the entire body from head to toe. Stem cells worked wonders in repairing and regenerating tissue. Totipotent cells and allograft tissue is derived from a human and is completely acceptable to the human body. These cells are non-hormonal and have no side effects, and they are highly accepted as natural cells to the body.

These multi-active cells are from strictly screened human tissue (placenta). All of the screened and selected cases are thoroughly checked and passed through vigorous medical history as well as social history testing, making this treatment safe, natural, and effective alternative for healing the body.

During the cesarean procedure, the placenta retained is processed through high-level technology to extract these multipotent cells. Since the early 1900s, the product has been used in burn cases, open wounds, and orthopedic cases to rejuvenate the affected areas and promote healing and new cell growth.

The benefit from placenta-derived stem cells lies within the membrane. The membrane produces cells that can regenerate and become any one of a number of cells in the body, as the fetus is developing. For example, if the fetus is developing a nervous system, then the cells taken from that time will differentiate and become cells of the nervous system. If the fetus is developing bone cells and cartilage, the cells would differentiate and grow bone or cartilage cells, and if the fetus is developing skin cells, the cells will differentiate and become regenerative skin cells within the body.



This cryogenically preserved amniotic tissue has a "100-year history" with no reported recipient rejections. The stem cells are obtained only from live, healthy births. No embryonic tissues or no tissue from aborted fetuses are ever used. The stem cells are collected through aseptic recovery techniques during a planned caesarian section of full-term deliveries from a healthy woman aged 18-35 years of age. These women have been prescreened under strict guidelines by the FDA and American Association of Tissue Banks for infectious disease and have undergone extensive testing and screening.

The Benefits of Stem Cells

- Arthritis
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- Anti-Aging
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- Stem Cell Microneedling
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- Spinal Stenosis
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Salute JA Warriors During Juvenile Arthritis Awareness Month



July may be best known for watching fireworks, eating ice cream and splashing in the pool. But it's also the month when we recognize that one out of every 250 kids in the United States lives with some form of juvenile arthritis (JA).

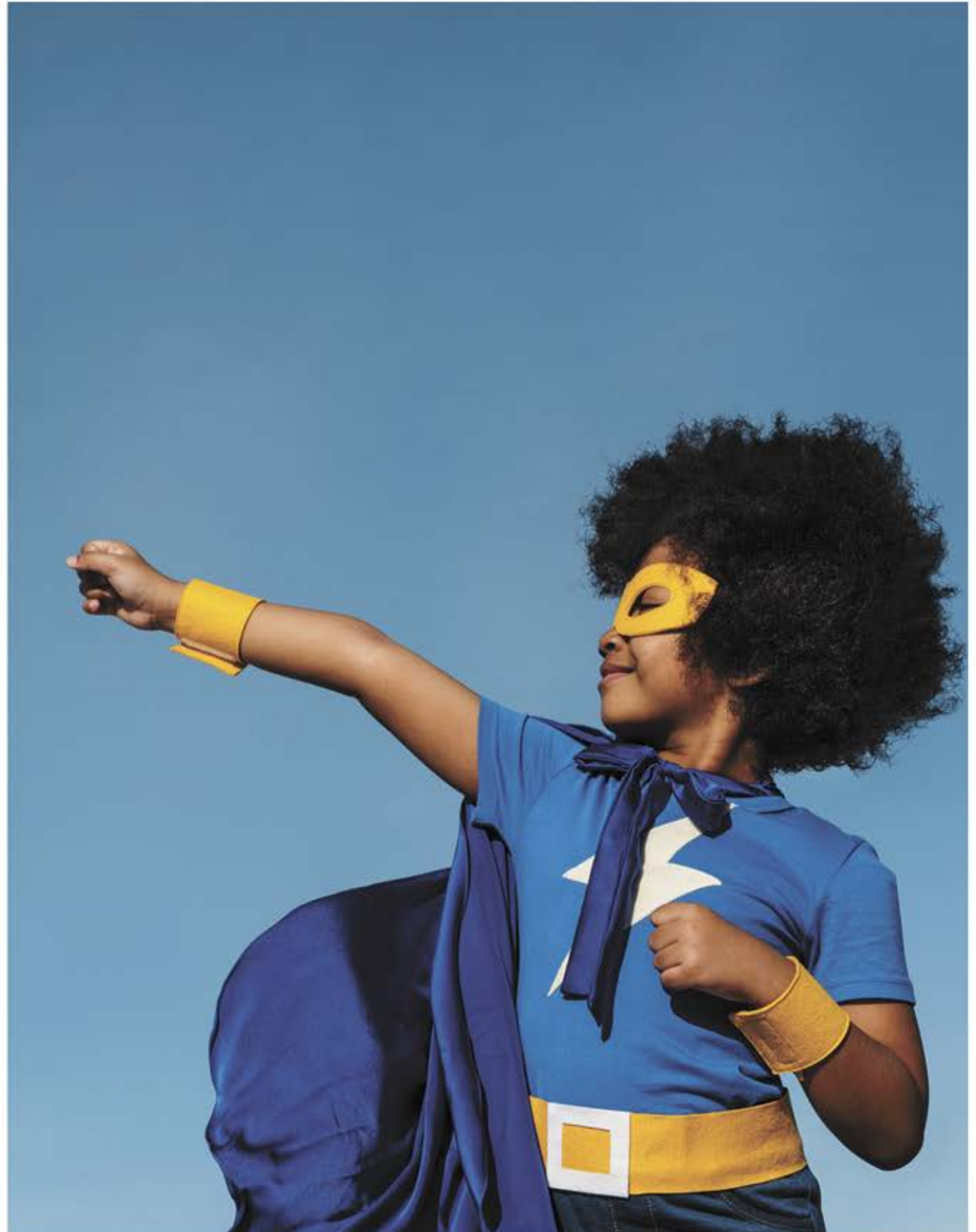
Yes, July is Juvenile Arthritis Awareness Month, dedicated to making everyone aware that kids get arthritis, too – and a reminder that, while a lot of progress has been made in treating it, there's still a lot more to do to get to the bottom of this painful and debilitating disorder.

So this month, help spread awareness about the 300,000 kids nationwide who suffer from JA, and salute their bravery, strength and determination as mighty JA Warriors! Support your favorite Warrior by [sharing your story](#), [sharing our cause](#) and [making a donation today!](#)

What to Know About JA

JA is an autoimmune disease where the child's immune system mistakenly targets and attacks healthy tissue. There are many kinds of JA and other childhood rheumatic conditions, like lupus, scleroderma and juvenile dermatomyositis. Each has its own symptoms, treatments and prognosis. Though children with JA often have similar symptoms, such as pain, swelling, stiffness and rashes, there's no single symptom that indicates with certainty that a child has it, requiring a thorough examination by a pediatric rheumatologist and blood work or imaging studies.

For a child diagnosed with JA today, the prognosis is better than it ever has been. The advent of new drugs and established track records with the older ones make it possible for most kids to live fulfilling, active lives, and in most cases avoid the severe, permanent joint damage that was common a generation ago.



Support Our JA WARRIORS

#STRONGERTHANJA



Early detection is important, and determining the type of arthritis a child has is the first step. Remission, or inactive disease, is the bottom line goal, shutting off the disease as quickly as possible. With the variety of treatment options available today, and the early, aggressive use of therapies, doctors are now, more than ever, able to reduce or stop the inflammatory process and achieve remission, which may or may not last for the rest of the child's life.

Looking for Groundbreaking Solutions

The Arthritis Foundation takes JA seriously and we've made it one of our very top priorities. We're convening other health organizations and medical experts – from around the country and worldwide – to nail down what causes arthritis and other rheumatic diseases in children, and identify the safest and most effective treatment for each individual. We aim to eliminate trial and error, which is the only approach we have today, and we're well on the way to accomplishing that objective.

Meanwhile, we're helping families living with JA get up to speed on what they need to know, plus connect with one another so they can benefit from each other's experiences. We host dozens of summer camps throughout the U.S., where kids get to meet peers who are going through the same thing, as well as learn how to manage the disease, gain self-confidence and just have fun being a kid.

JA Awareness Month also coincides with our National Juvenile Arthritis Conference, which kicks off in mid-July at the first of two locations, in Houston, followed by a second conference in August in Indianapolis. It's our 33rd annual national event, which has touched the lives of more than 25,000 participants – kids, parents, siblings, caregivers and health care providers – over the years.



How You Can Help

Every voice counts – you can **help us spread awareness** about the 300,000 kids nationwide who strive to be JA Warriors!

- First, share your story about the triumphs and challenges they have had to face. Be an inspiration for others, and read about other Warriors in our community!
- Second, share our cause on social media. Tell your family and friends that it's JA Awareness month and ask them to support our Warriors!
- Finally, you can help us fund research for a cure and ensure that we keep all of our worthwhile JA

efforts – like JA Camps and Juvenile Arthritis Conferences – going each year, by donating. Every dollar helps!

Together, we can help our JA Warriors say Yes – to playing with friends, attending their classes – and to being a kid!

Related Resources:

- KidsGetArthritisToo.org
- [Arthritis Foundation JA Summer Camps](#)
- [Arthritis Foundation National Juvenile Arthritis Conferences](#)
- [About Juvenile Arthritis](#)

Alzheimer's Disease and Cannabis

By Robert C. Goethe, MD

Alzheimer's disease is a progressive deterioration of the brain and is one of the most frustrating diseases that medicine deals with. While we know a little bit about it, there is no way to prevent it and no cure has been found. About one out of 10 people will develop Alzheimer's disease. It has a slow insidious onset but is progressive and usually fatal within 3 to 9 years after diagnosis. Generally, the symptoms are noticed first by people that are closest to the patient (close friends and family members). There is a noticeable lapse in short term memory but long term memory stays relatively intact. Patients have difficulty with vocabulary, difficulty with directions and remembering names. As Alzheimer's progresses there are notable mood swings. The patients become withdrawn and depressed or may have inappropriate bursts of anger or sadness.

The diagnosis of Alzheimer's is made by observation of the patient's behavior and having the patient take cognitive test. There are no lab test for Alzheimer's other than to make sure the dementia is not caused by other factors such as hypothyroidism or a chemical imbalance.

There is no way to prevent Alzheimer's - it's considered to be mostly genetic. There are some thoughts that obesity, hypertension, history of head trauma or maybe diabetes might predispose to it but no one has proven a definite correlation. There's also some thought that remaining active and keeping your mind busy might be preventative but this hasn't been proven to be true either. It's just gonna happen to 10% of people no matter what they may do to prevent it.

Physicians do know this about Alzheimer's though, the brains of Alzheimer's patients have microscopic deposits of protein that are deposited around the brain cells called amyloid plaques. These plaques interrupt the transmission of nerve impulses between the brain cells and therefore interfere with memory and thinking. The brain cells quit communicating with each other. There has been some hope that the pharmaceutical industry will produce a drug that can prevent the deposits of these amyloid plaques and therefore prevent or maybe stop the progression of Alzheimer's disease. In fact, just a couple years ago it seemed that there were two very promising drugs in the pipeline.



Unfortunately, both of these drugs failed to be effective in clinical trials and therefore as yet, there is no cure. And then there are some other drugs approved for use with Alzheimer's patients that may help memory but they have minimal effect and don't do anything to actually cure or slow the disease. Plus, they have unpleasant side effects.

A problem commonly seen in nursing homes is over use of antidepressants and antipsychotic drugs to basically sedate patients and make them easier for the staff to take care of. Patients become like zombies and don't require interaction. This is criticized as inhumane and actually will take any potential pleasure out of the patients life as well as shorten their lifespan.

Medical marijuana (cannabis) has been found to be useful for Alzheimer's patients for mood disorders and depression without the dangerous side effects seen with the major tranquilizers and antipsychotics. In fact, in California which has had medical cannabis for 22 years now, doctors have found cannabis to be very useful in nursing home patients with Alzheimer's. By using various strains for various symptoms they can calm, increase appetite, and add a little euphoria for mood, and help with sleep. Generally, very small doses are used.

In 2014, researchers at the Salk Institute happened upon the discovery that THC which is the ingredient in marijuana which can make you high was found to stop and reverses the amyloid plaque production in human brain cell cultures in the lab which cause Alzheimer's. This exciting discovery had the potential of being developed into a medicine that could actually slow, stop or

reverse Alzheimer's disease. Unfortunately, the federal government still has marijuana as a Schedule 1 drug. By Federal definition, a Schedule 1 drug has no medical use and a high likelihood of addiction. We know now that this was an inaccurate classification and unfortunately makes research in the United States almost impossible. Sure enough, the Federal government would not allow clinical trials to proceed without the threat of the institution losing federal funding. However this promising finding has not gone unnoticed and research is being done now using state and other funding. For Alzheimer's patients, this is very exciting news.

While we wait for a cure, we do know now that cannabis is a great medicine for management of Alzheimer's symptoms and has a very good safety profile. If it actually slows or stops the progression, that is just an added bonus. Time will tell. But we already do know that it has neuroprotective properties already recognized. It stops seizures in some drug resistant epileptics and calms tremors in Parkinson's patients. It appears to lessen the damage of head trauma such as concussions incurred on the football field. It controls pain and seems to have an anti-cancer effect. Even the federal government knows of the enormous potential medical potential of marijuana because they obtained their own patent on one of its major components called CBD in 1994.

Since medical marijuana was legalized in Florida in 2016, it is rapidly gaining wide acceptance by patients. There are now over 100,000 people with medical marijuana cards in Florida. It's not widely used in nursing homes yet because of the fear imposed by the power of the federal government who still carries the threat of pulling Medicare funding, but hopefully this will be changing soon as it is recognized as the great alternative it can be for Alzheimer's patients.



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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.

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



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

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

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

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

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

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

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Is Your Swing Hurting Your Back or is Your Back Hurting Your Swing?

By Daniel Taylor DC

It's a beautiful Sunday afternoon on the golf course; the greens are freshly cut and the sun shining. You drive up to the tee box for the first shot of the day. You bend over to put the tee in the ground and out of nowhere the stabbing, knife-like low back pain hits you hard.

If the above scenario sounds familiar, know that you are not alone; studies reported that 50 percent of those who golf regularly suffer from chronic low back problems. Whether this pain is caused from placing the tee into the ground, riding in the golf cart or hitting the golf ball, know that there are options to eliminate this pain.

There are three fundamental causes of golf injuries: poor posture, lack of flexibility and lack of balanced functioning muscles. Golf is a game of repetitive

motion that places torque on one side of the body. This is hard on the body and worse for amateurs because of improper swing mechanics that cause a greater load of stress on the low back. Imagine going to the gym and only working out one side of your body for years while neglecting the opposite side. Now picture yourself bent over in your golfing stance while hitting the ball a hundred times during a period of three to four hours. It's easy to see how golfers set themselves up for injuries.

Another aspect of your golf game that chiropractic can improve is your swing. Every golfer can agree that it is essential that the body is balanced from head to toe in order to have the perfect golf swing. In order to perform your best, you need to have unrestricted,

fluid motion throughout the spine and pelvis. An improper stance will have a profound effect on your golf swing. Think of the body as a machine that stores and uses energy. Angular momentum only exists through fixed axis rotation (your spine). Your arms, hands and golf club all rotate around the spine. When the spine turns, the body creates a centrifugal motion for the club to follow. In order for there to be a fluid motion there must be a healthy, freely moveable spine and proper balanced muscles. Still unsure if chiropractic could help your game? Ask one of golf's greatest about chiropractic. *"I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing"*

- Tiger Woods.

Common golf related diagnosis include:

• **Sacro-iliac (SI) joint dysfunction:** This basically means that the SI joint has lost its normal fluid motion due to a fixation. Typically 2-4 visits can solve this complaint.

• **Facet Syndrome:** Facets are the name for the joints in the spine. At times these joints can experience abnormal motion (commonly from a golf swing) and become fixated. Very similar to SI joint dysfunction and often the two conditions exist concurrently. Again 2-4 visits usually.

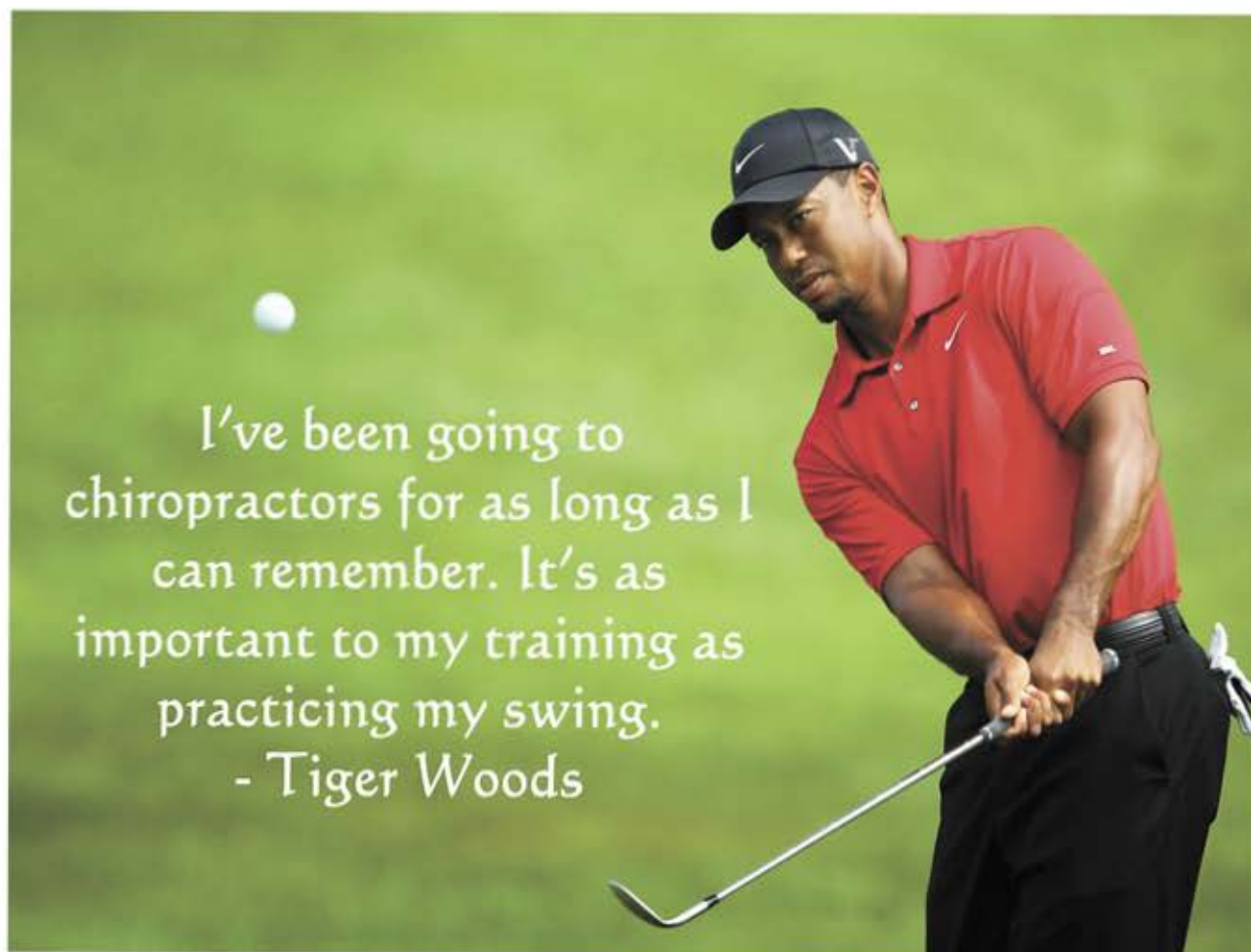
• **Sprain/Strain injuries:** Very common with any athletic event. Typically minor conditions can self-resolve. However proper stretching, support and in office rehabilitation are always recommended

• **Sciatica:** Often the most misdiagnosed disorder on the golf course. Everyone thinks pain down the leg is sciatica. However, there are actually many causes for pain down the leg and a proper diagnosis is essential in order to properly treat the symptoms. This complaint is a large part of our practice. Call today to learn more.

The next time you are on the golf course focus on these things:

1. Are your feet balanced and comfortable at address?
2. Do your feet have to flare out in order to turn on the backswing?
3. Do you find yourself walking slightly crooked the day after a round of golf?
4. Do you find it difficult to get out of bed for a few days?
5. Is it painful to play the game?

If you answered yes to any of these questions, then contact us so we can address these issues. As avid golfers ourselves, we understand how easy it is to hurt yourself trying to hit that 300-yard drive.



I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing.
- Tiger Woods

At Compton Chiropractic, we offer spinal adjustments, decompression, preventive swing advice, rehabilitation exercises, physical therapy and nutrition in order to reduce pain and improve spinal posture and mobility. We treat a wide variety of village athletes including those who participate in pickle ball, tennis, softball and swimming.

So the next time you are on the greens ask yourself, 'is your swing hurting your back or is your back hurting your swing'?

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Dr. Daniel Taylor
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Molecular & Microbiology Sciences

A FIT, FUN SUMMER

Make smart fitness choices with post-workout recovery and hydration

During warm-weather months, fitness enthusiasts often take their exercise routines to the great outdoors. The spike in summer temperatures can make those tough workouts even more challenging.

Even after your workout is complete, your body does not stop – after a tough sweat session in the summer heat, you need to replenish what you lost to rebuild and refuel muscles. A tall glass of chocolate milk may not be the first thing you think to reach for after a long run, but recovering from each intense workout with the nutrients in low-fat chocolate milk allows you to get the most out of your fitness routine.

Before gearing up for your summer workout routine, make sure you are taking care of your body with these tips.

Be Mindful of High Temperatures

High temperatures don't have to get in the way of your workout plan, but it's important to consider the heat index and time of day when exercising. Temperatures typically peak during the middle of the day, so aim to work out in the morning or once the sun starts to set.

The body loses a lot of important nutrients through sweat. Learn your sweat rate by weighing yourself with minimal clothing before and after one hour of sweaty exercise. One pound of sweat loss equals 16 ounces of fluid loss. This can guide your fluid intake during your next workout.

Replenish What You Lose in Sweat

After putting in real work this summer, your body needs real recovery. Recovery after strenuous exercise can make a difference in how well you can perform during your next workout. For example, low-fat chocolate milk helps replenish fluids and electrolytes lost in sweat. In fact, drinking low-fat or fat-free milk after exercise could restore hydration better than other popular post-exercise beverages, including water or sports drinks, according to a study published in the "American Journal of Clinical Nutrition." Plus, chocolate milk has a 3-to-1 carb-to-protein ratio scientifically shown to refuel and rebuild muscles quickly.



Shield Yourself from the Sun's Rays

Just because your fitness routine includes strenuous laps in a pool or a run through shady trails doesn't mean you are protected from the sun. Apply sunscreen with SPF 30 or higher to your face, neck, ears and body before exercising outdoors. If you're going back out for another round of laps in the pool or around the track, reapply sunscreen 20-30 minutes before getting back to work.

While summer weather provides many opportunities for fresh air and fitness, it's important to remember these tips and more for healthy hydration. Find more information at builtwithchocolatemilk.com.

Source: MilkPEP

AVOID KNEE REPLACEMENT SURGERY

Be Aware of the Risks Associated with Knee Replacement Surgery

By Physicians Rehabilitation

As with any surgery, knee replacement surgery carries risks. There is a chance with knee replacement surgery to experience the following post-surgical complications:

- Infection
- Blood clots in the leg vein or lungs
- Heart attack
- Stroke
- Nerve damage
- Allergic reactions to anesthesia
- Post-surgical pain

Another risk of knee replacement surgery is failure of the artificial joint. With daily use, even the strongest metal and plastic parts eventually wear out. Joint failure risk is higher if you stress the joint with high-impact activities or excessive weight.

Even if you have tried all other non-surgical treatment methods and your pain continues to limit your activities, viscosupplementation may be an option

In this procedure, a gel-like fluid called hyaluronic acid is injected into the knee joint. Hyaluronic acid is a naturally occurring substance found in the synovial fluid surrounding joints. It acts as a lubricant to enable bones to move smoothly over each other and as a shock absorber for joint loads.

People with osteoarthritis have a lower-than-normal concentration of hyaluronic acid in their joints. The theory is that adding hyaluronic acid to the arthritic joint will facilitate movement and reduce pain.

Our In-Office Knee Pain Protocol is designed to specifically target your knee arthritis pain to reduce symptoms and improve functionality.



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Understanding Different Health Care Options:

Know where to go before an emergency happens and the differences in cost

By Dr. Christine Laramée, chief medical officer, UnitedHealthcare North/Central Florida

Do you know all of your options when you need medical care? Your primary care doctor should always be first on your list, as they have easy access to your medical history and know the bigger picture when it comes to you and your family's health. However, we all encounter emergency situations when seeing your primary doctor is not possible. This is why it's important for you to know your options for quick access to emergent care and how much they might cost to avoid financial surprises.

If you or someone else is in immediate danger, call 911 or your local emergency number right away. For other emergent medical needs, there are other options available such as:

Virtual Visit – If it is a minor problem that doesn't require an in-person visit, an online appointment may be the most convenient option. Colds, flu, fevers, pinkeye and sinus problems are just a few routine illnesses that can be diagnosed by a care provider using telemedicine. You don't need an appointment and in most cases have to wait only 30 minutes or less. The cost often requires a copayment or coinsurance; sometimes it may even cost less than a doctor visit.

Convenience Care Clinic – This is a good option for minor problems when you can't wait to be scheduled by your primary care doctor. Skin rash, flu shots, minor injuries and earaches can usually be treated at a convenience care clinic, where you will likely be seen by a nurse practitioner or physician assistant. You do not need an appointment,



Medical emergencies can be made less stressful by understanding where to go for different kinds of issues, saving both time and money.



Virtual office visits are one of the most convenient and affordable resources for routine illnesses and don't require an appointment.

however wait times can vary. This option generally requires a copayment or coinsurance and will cost about the same as a regular doctor's visit.

Urgent Care Center – If you have a non-life threatening issue, but need quick care after hours, consider this option. Low-back pain, respiratory illnesses, stomach illnesses, infections, burns, stitches, sprains and small fractures all qualify as urgent care needs. You do not need an appointment and wait times are generally less than 30 minutes. This option requires a copayment that is often higher than a regular doctor visit.

Emergency Room – For life-threatening or certain serious illnesses or injuries, this is the best option. Problems such as chest pain, shortness of breath, severe asthma attack, major burns, severe injuries

and kidney stones qualify as an emergency. Wait times vary and may be long depending on how severe your needs are. Patients with the most urgent needs are seen first. This option usually requires a copayment, and it will be significantly higher than a regular doctor's visit.

For more tips and easy-to-understand information about where to go for care, compare your options at www.uhc.com/checkchoosego.

Dr. Christine Laramée is a board certified physician headquartered in Tampa, Fla. and chief medical officer for UnitedHealthcare Central and North Florida.



Freedom is Never Free

By Ross Johnson, Lead Pastor, Gathering Pointe Church

Among the Mural Wall, and the nineteen stainless steel statues, and the United Nations Wall of the Korean War Memorial in Washington D.C. is the Pool of Remembrance. This shallow Pool (thirty feet deep) is lined with black granite and is surrounded lushly by a grove of linden trees. The wall includes inscriptions of the number of men and women killed, wounded, missing in action and those held as Prisoners of War.

Since the Revolutionary War, nearly 1.2 million American men and women have given their lives to fight for what I consider to be the greatest nation on our planet. They gave their lives so that we might enjoy freedom.

Yet, there is another granite wall that is constructed at the Korean War Memorial with a simple, yet ominous inscription engraved in silver:

Freedom is not free.

A grave reminder that serves each of us an incredibly powerful truth.

Freedom is never free. Freedom has and always will cost somebody something.

This month we celebrate the 4th of July, the birth of our great nation. I love the patriotism. I love seeing "Old Glory" whip in the wind as they hang off of the homes on the street on which I live. I love the fireworks; admittedly, I am somewhat of a "pyro"...not in the criminal sense mind you...but I enjoy a great fireworks finale at the local fireworks celebration as much as anyone! I love the cookouts and the picnics that may or may not include several bacon wrapped hotdogs! (Isn't America great?)

The 4th of July ranks up there as one of my favorite holidays to celebrate. But for me, I tend to celebrate this holiday for what is perhaps a different reason than most.

You see, that age old axiom, "Freedom isn't free" rings true to me in a very deep and spiritual sense as well. Just as blood was shed for the freedom that you and I enjoy as citizens of the United States, there was blood shed for the freedom that I enjoy as a child of God and a citizen of Heaven.



This month, I am able to enjoy two realms of freedom. I am free as an American because of the men and woman who died to afford me such freedom. Yet, as a follower of Jesus, I enjoy an even greater freedom which comes through the shed blood of Jesus on the Cross. In the New Testament book of 1 Peter, Peter tells us that our freedom (and redemption) was purchased with the precious blood of Jesus Christ. It is an unfortunate reality that freedom is almost always a bloody affair. The Bible teaches that there is no forgiveness of sin without the shedding of blood (Hebrews 9:22). I am free because I am forgiven. I am forgiven because Jesus loved me to the Cross and willingly shed His blood for me.

It is my hope and prayer that each of you reading this edition of Health and Wellness Magazine can truly celebrate the freedom(s) afforded you this 4th of July. May we all humbly celebrate the freedom we have as Americans as we remember the birth of our nation through the sacrifices of

thousands. But perhaps, this 4th of July, you may also be able to celebrate the freedom you have through the ultimate sacrifice paid on the Cross by Jesus.

Freedom always cost someone something. Always. Whether on the battle grounds around the world or on the Cross, freedom is never free.

May you all have a happy and safe 4th of July.



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