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August 2018

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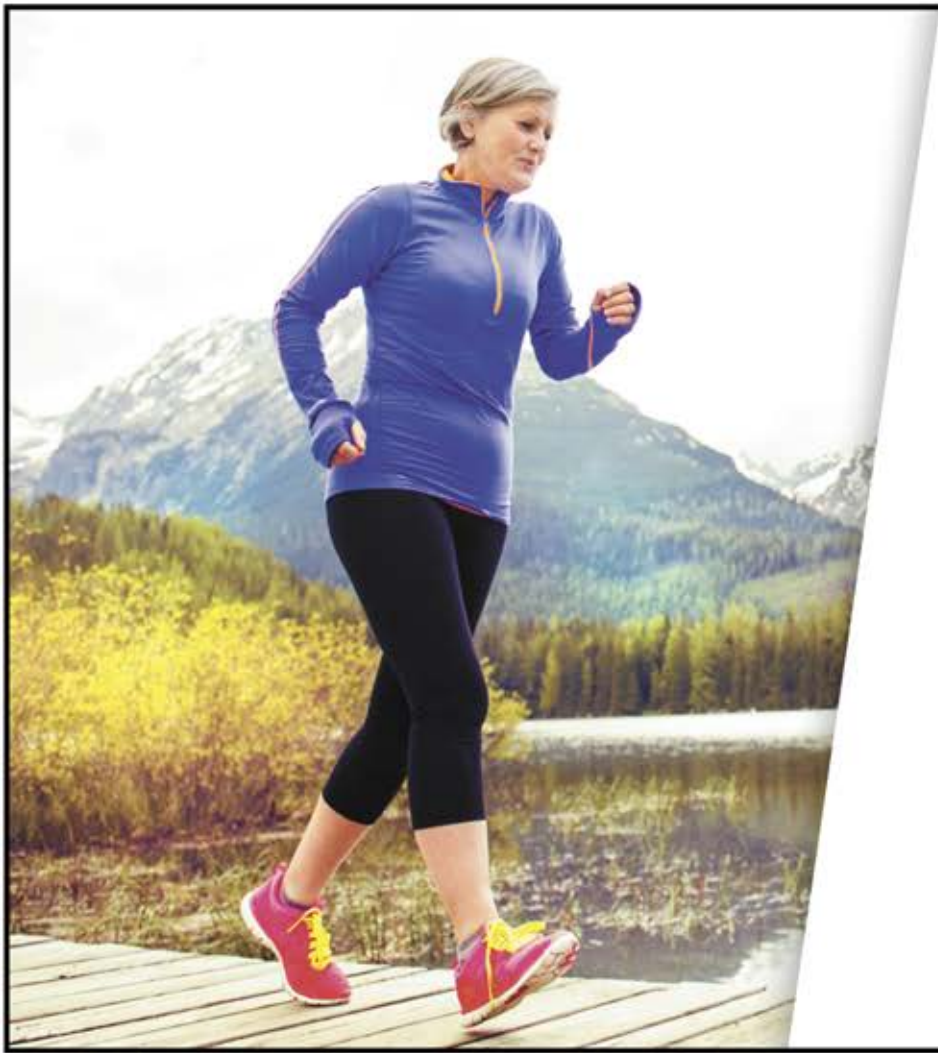
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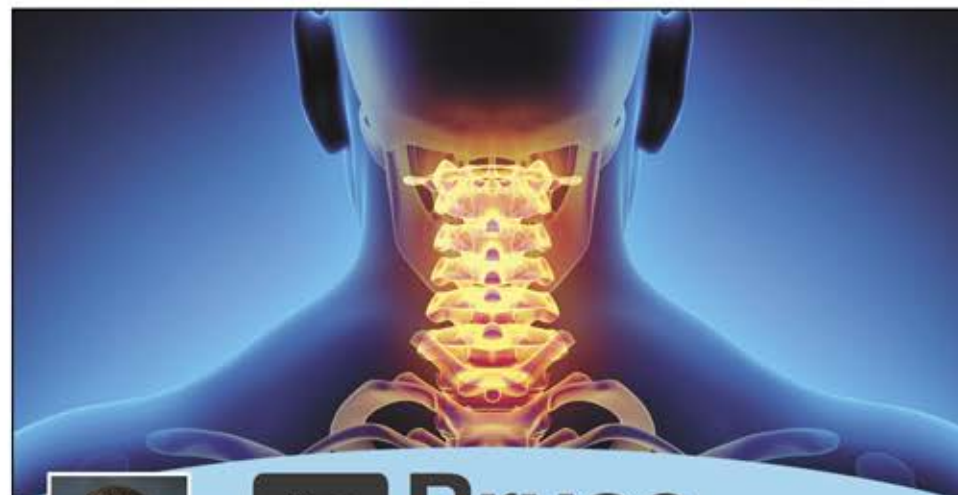
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JOINT INJECTION: RELIEF, DIRECTLY WHERE YOU NEED IT

Ah, joints – they serve us dutifully, performing millions of actions over the years, until one day, one or more of them begin to hurt. The majority of the time the pain isn't caused by anything serious, just simple wear and tear on the ligaments, bursae or tendons surrounding the joint, and/or inflammation caused by arthritis and a loss of cartilage, leaving a “bone on bone” feeling. Common sites for joint pain are knees, shoulders and hips, but other joints are also susceptible to aching, grinding and stiffness. Pain medication may help, but few of us want to take prescription pain medication for extended periods, especially since people may develop a tolerance to them, making them less effective – and potentially dangerous.

A highly effective and safe alternative or supplement to medication for joint pain is joint injection. Treatment using joint injection is quick and simple. Your RAO radiologist will first numb the skin around the area with a topical anesthetic, and then inject a specialized medication combination directly into the affected joint space. The injection includes a corticosteroid, which acts as an anti-inflammatory to calm irritated nerves and enhance the feeling of fluidity and cushion within the joint, mixed with an anesthetic to help relieve pain. Because exactness is important for optimal relief, your radiologist will utilize x-ray guidance, often accompanied by a contrast agent, to pinpoint the area requiring injection, so that the medication will be delivered to the precise area within the joint.

Joint injection may also be used to diagnose the cause of pain, which may not originate within the joint itself, but from a different area and travel to the joint. Using joint injection, your radiologist can determine if the joint is indeed the source of pain, or if it is caused by something else, so that proper treatment can be employed.

Joint injection is a safe outpatient procedure, taking only about 30 minutes from start to finish. Relief provided by the local anesthetic is immediate but temporary, because the anesthetic wears off within hours. True relief is provided by the corticosteroid,

which often takes a few days to “kick in” and provide lasting benefit. If after you get home the pain returns for a few days, there's no need for alarm. Relax and take it easy the day of the procedure, and feel free to return to your usual activities the next day. After a few days, most patients report feeling marked relief from pain and enhanced mobility that lasts for several months, or even longer in some cases. Most patients who get relief from joint injection can have repeat treatments as needed.

If you have chronic joint pain, talk to your clinician about whether a joint injection might be right for you. It might be the shot in the arm (or knee) you need to feel like yourself again.

RAO performs joint pain injections at their Timber-Ridge and Medical Imaging Center offices.

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Brian P. Cartwright, MD



Let's say you have joint pain. Is it bursitis, arthritis or something else? To discover the right diagnosis and treatment, your orthopedist needs the clearest, most informative diagnostic images available. And, as a patient, you want to be treated with kindness and respect.

RAO offers the industry's most advanced high-field and open MRI, a caring, attentive staff, and Board Certified radiologists dedicated to providing the right diagnosis directly to your clinician. The quality of our care is something you can see—and feel—in everything we do.



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Back-to-School: Keeping your Teens Safe & Healthy on the Playing Field and in the Classroom



With August here school will be starting in just a few short weeks. In fact, football practice has been in full swing since July. Protecting your kid entails many different aspects, but unfortunately, you can't always control when things go wrong, accidents take place, or illness strikes.

Keeping Teenagers Safe in the Heat

The hot weather is pretty much year round for us here in Florida, but it's especially hot for kids that play sports anywhere from August through December and then again in the spring. Making sure your child stays adequately hydrated is critical to their safety. The biggest threat when trying to exercise in warm weather is the increased risk factor of having a heat-stroke.

Heatstroke symptoms:

- Increased heart rate
- Dizziness
- Fainting
- Fatigue
- Headache
- Heart palpitations
- Muscle cramping
- Nausea
- Edema or swelling limbs
- Unconsciousness
- Death

Sports and PE class Injuries

Stretching is important to prevent injuries during sports. Teenagers should be properly warmed up before stretching, as stretching "cold" muscles can cause tears and ruptures.

Bacterial & Viral Infections:

Although some viruses are out there lurking around the corner, most teens have been vaccinated from daunting diseases like measles and rubella, but there are others that you need to be aware of that could potentially infect your child. For example, staph infections, and impetigo are all communicable forms of bacterial infections. And the most common of all is Chicken Pox (Varicella), which is pretty much inevitable. If your teenager hasn't gotten Varicella yet, there is a much higher risk of an adverse infection and a prolonged infection. To make your child more comfortable and to lessen the downtime, a physician treats chicken pox and other viral infections with anti-viral medications and topical medicated ointments.

Fungal Infections:

In addition to viral infections, your teen is vulnerable to fungal skin cross-contamination. If they come into contact with dirty towels, clothing, sports equipment, cell phones, or even hard surfaces, some infections pass from one person to the next very easily.

A good example of this is ringworm. Contrary to its name, ringworm is not caused by a parasite, but rather by fungus. It gets its name from the predictable red rings that it produces. It usually appears on the lower part of the body or abdomen, but can occur anywhere, even on the scalp. Ringworm is highly contagious and can even infect your pets. It causes a great deal of discomfort, including intolerable itching.



OHC Urgent Care

With careful planning, you can help prevent your child's injuries and illnesses in most situations, but when they do need medical attention OHC Urgent Care is open extended hours 7 days a week. The team at OHC Urgent Care's mission is to provide you with high-quality medical services and compassionate care. They will coordinate your visit with your primary care physician. OHC Urgent Care treats children ages 16 to adults.

Hours of Operation

Monday to Friday from 8AM to 8PM
Saturday and Sunday from 8AM to 5PM



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Gastroparesis and Your Dental Health

Gastroparesis, also known as GERD causes a delayed emptying of the stomach acids and food, which creates numerous symptoms, one included is acid reflux. Along with a great deal of discomfort and systemic health-related factors, what many people don't realize is that acid reflux can adversely affect your teeth and oral health.

Acids, in general, can soften and erode the tooth's enamel all the way into the spongy, inner layer called dentin. Once the enamel is eroded, there is no cure and the likelihood of increased cavities and the risk of further break down in the tooth structure is imminent. Suggested treatment is to restore the teeth with fillings, veneers, or crowns. In severe situations, teeth cannot be restored and dental implants or other prosthetics will need to be prescribed to replace these teeth to insure future oral health and functionality.

Symptoms of Gastroparesis

- Nausea
- Overly full feeling
- Abdominal pain & bloating
- Nausea
- Belching
- Bloating
- Burning sensations in the throat
- Heartburn
- Indigestion
- Regurgitation
- Oral ulcers
- Vomiting
- Bad breath
- Decaying or Eroded teeth

Gastroparesis is treatable. There are several different classes of drugs that work by helping to move food through the stomach and intestines more quickly and also by controlling the amount of acid in the stomach, which consequently alleviates the acid in the throat and mouth.

If you have acid reflux, you will need to take a comprehensive approach to your overall health and oral health by getting more frequent dental exams, making lifestyle approaches to reduce acid intake, taking acid-reducing medications or other preventive and healing strategies.



What you can do to Lessen GERD Flare-ups

Your diet plays a huge role in the control of your acid reflux. Lemon water actually tamps down acid by reducing the PH levels in the stomach. The same holds true for apple cider vinegar diluted in water, but you must be certain to dilute the ratio in water to avoid excessive erosion and other acid-related issues.

The IFFGD (International Foundation for Functional Gastrointestinal Disorders) states the following dietary recommendations:

- Eat smaller, more frequent meals
- Eat less fatty foods
- Avoid fiber
- Avoid foods that cannot be chewed well

- Foods that are generally encouraged include:
 - Breads, cereals, crackers, ground or pureed meats
 - Vegetables – cooked and, if necessary, blenderized/strained
 - Fruits – cooked and, if necessary, blenderized/strained
 - Juices, beverages, milk products, if tolerated
 - Small, frequent meals

Ocala Dental Care

Ocala Dental Care is a restorative dental 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.

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 Care today.

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NEUROPATHY:

Don't Mask Your Symptoms with Drugs, Get the Treatment that Works

By Dr. Paul Bruce

Neuropathy is typically associated with diabetes, as it's common for nerve damage to occur in individuals with high glucose storage, but neuropathy can also be attributed to chemotherapy, injuries, autoimmune diseases, compressed spinal vertebrae, cholesterol medication side effects, a build-up of toxins, and vascular disease. And no matter the root cause, neuropathy is a debilitating disorder.

In the United States alone, neuropathy affects nearly 20 million people. This nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves becomes impaired and damaged. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and ineffective.

Symptoms Of Neuropathy Most Often Include The Following Sensations:

- Tingling
- Numbness
- Burning
- Sensations of cold/hot
- Stumbling
- Impingements
- Electrical vibrating sensations
- Falling
- Lack of strength
- Decreased range-of-motion
- Muscle cramps
- Joint inflammation

The most common treatment for nerve damage is to mask it with prescription medications, but there is a way to actually "treat" the symptoms and improve the nerve function in the body. Over the past decade, Cold Low-Level Laser Therapy has been conclusively proven to treat and reduce neuropathic issues.

A Cold Low-Level Laser uses no thermal or heating effect; it creates microcirculation around the nerve fibers through a concentrated light that penetrates through the skin without any injections or cutting. It is easily placed on the areas of concern and permeates the body through an intense light beam.

The laser therapy is quick, painless and highly effective. With the laser light's infiltration, an increase in ATP (Energy) along with an improvement in mitochondrial cell function takes place. This increase causes the healing and stimulation of damaged nerves to begin through the circulatory response.

The Advantages of Cold Laser Therapy:

- Decreases inflammation
- Stimulates tendon healing
- Incites nerve healing
- Helps wounds to heal more quickly
- Decreases numbness
- Decreases tingling
- Improves circulation
- Increases oxygen-rich blood
- Enhances microvessel flow
- Remove toxins

It's often beneficial to co-treat difficult cases of neuropathy, so along with the Cold Low-Level Laser therapy, synergistic approaches are regularly recommended to get patients back to an improved functionality quicker than usual.

Along With Laser Therapy For Neuropathy, Alternative Care Includes:

- Decompression
- Electrical nerve stimulation
- Manual stretching
- Massage therapy
- Natural supplementation to the regenerate myelin sheath
- Therapeutic ultrasound

Treating the underlying cause of neuropathy is essential. Having a comprehensive evaluation to define your level of nerve damage, the source of the nerves involved, and the ancillary indications, are all critical steps to your outcome.



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At Bruce Chiropractic & Comprehensive Care, they take great pride in providing the finest chiropractic wellness care to their patients. They believe in a comprehensive approach with a team of experts.

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Cataract Awareness Month

Ocala Eye

Experiencing blurred vision? Over 20 million Americans have clouding of the natural lens, otherwise known as a cataract. Cataract surgery has advanced significantly over the past 10 years. Ocala Eye's Surgery Center offers the most advanced technology including FEMTO Laser Assisted Cataract Surgery. In most cases, patients return to their normal activities the next day due to the no stitch, no shot, and no patch surgical procedure.

The Cataract

As the gradually aging lens continues to harden, it also begins to develop small cloudy spots. The clouding of the lens is the actual cataract forming. In most cases patients can't tell that the cloudy spots are there, so when the doctor informs you that you have the beginnings of a cataract it may be a bit of a surprise. Over time, the cataract development will be more pronounced and eventually affect your quality of vision. You may notice that your eyeglass prescription changes more frequently. You may also be increasingly bothered by glare of oncoming headlights. These are normal symptoms of progressing cataracts. Your doctor will monitor the cataract and keep you apprised of its status with each eye exam.

Out With the Old and In With the New

Eventually the cataract will interfere with your vision to the point where a surgical solution becomes an option. You and your doctor will make the decision together when it's time to have the cataract removed and a new state of the art lens implant inserted in its place. Cataract surgery represents a true opportunity for your doctor to customize your new HD vision so you can see images at various distances as you did when you were younger - rich in color and clarity. To optimize your vision, Ocala Eye utilizes the most advanced testing available and the most precise lens implants customized for your eyes. Ocala Eye's approach to these procedures is termed Customized Cataract Care.

There are many steps that take place before the cataract procedure to ensure an excellent outcome. Because of the precision needed to choose the optimum lens implant for your eyes, Ocala Eye uses specialized testing that is rarely



offered at other ophthalmology practices – it's what puts the "Custom" in our Customized Cataract Care program. With over seven thousand procedures performed at the Ocala Eye Surgery Center each year, Customized Cataract Care exemplifies our commitment to you and your visual health.

Ocala Eye is the largest, most experienced eye care practice in North Central Florida. Ocala Eye was founded in 1971, and more people from Marion and surrounding counties trust their eyes to the ophthalmologists there than any other eye care group. As a patient-centered practice, all of the decisions are 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, hearing and aesthetic services.

Since Ocala Eye is the only true 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.

Ocala Eye is looking forward to opening the newest location, Ocala Eye at Heath Brook, in October. At over 18,000 square feet, this location will offer the most advanced technology to ensure an excellent experience for all patients.

To learn more about our surgeons and their comprehensive surgical training please visit our website at www.ocalaeye.com or call our office to schedule an appointment today at 352-622-5183.



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Treating Thumb Arthritis

Disease states or trauma can damage the joint, bones and soft tissue in our hands, thumb, and fingers; however, the most common hand disorder is caused by inflammation and is widely known as arthritis.

Unfortunately, Painful arthritis and ligament discomfort in the thumb is very common. The trapeziometcarpal joint (TPCM) becomes inflamed and immobile in certain situations causing the individual a great deal of difficulty with daily tasks.

Arthritis

Arthritis is an inflammation of the joints. Some of the general arthritic symptoms are joint pain, stiffness, warmth, immobilization, and loss of range of motion, and inadequate blood flow. While there are many forms of arthritis, the primary type of arthritis is Osteoarthritis (OA) With Osteoarthritis wear and tear damages the cartilage in the joints and causes friction between the bones rubbing together. 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

Conservative Treatment

The standard therapies are NSAID's, corticosteroid injections and the RICE method (rest, compression, ice, and elevation). Resting your hand mobility and motion like gripping is imperative for healing. In some cases, your orthopedic surgeon can give you a brace or compression device to help immobilize your hand, but it's key to not try and get back in the game too soon.

When the conservative approach to treatment fails which is very common as arthritis progresses, surgery provides an effective permanent treatment to both for both pain and restoration of function. The surgery May either be minimally invasive with limited success. For more severe deformities due to arthritis and open reconstruction is preferred. There are over 50 different procedures performed for this type of arthritis, however, a procedure described as Burton and Pellegrini is still considered the Gold standard for the reconstruction. It provides superior power and durability to the hand and provides excellent pain relief as well.

Surgical Treatment

When it comes to CMC arthritis of the thumb, there is a standard surgical technique that surgeons have been using for decades called the Burton and Pellegrini method. The Burton and Pellegrini surgical procedure can be done under general or local anesthesia with twilight (very relaxed state, but not completely under). A small incision is made just at the base of the thumb and wrist, which exposes the trapeziometcarpal joint, FCR tendon and radius. The FCR tendon is freed up and fed through the metacarpal bone, and the damaged bone, cartilage and synovial fluid are removed.

This procedure allows optimal healing and function of the thumb and hand. The recovery period is a few weeks, and you will need to rest your hand, and possibly do some physician directed stretching over time.

An orthopedic surgeon will evaluate your symptoms and pain level, and from there create an individualized plan for your best treatment options. They will provide you with the best solution for your needs.



Christopher Manseau M.D.

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

Earning his medical degree in 1991 from Tufts University School of Medicine, Dr. Manseau has over 25 years of experience in the practice of orthopaedic medicine. Dr. Manseau is a board-certified orthopaedic surgeon and a Fellow of the Academy of Orthopedic Surgery.

Dr. Manseau has practiced in North Central Florida since 1997. In 2006, he established Orthopaedic Specialty Care (OSC) to further his desire to provide the ultimate in personalized care. This emphasis on individualized medicine earned him the Compassionate Doctor Award in 2011, 2012, 2013, and 2015.

Based in Ocala, Florida, OSC provides comprehensive surgical and nonsurgical solutions to the wide range of orthopaedic issues confronting all ages.

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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.

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Early Assessment of Brain Health

Brain health is a reflection of a person's ability to think, learn, and remember. These factors are collectively referred to as cognition. Mild cognitive impairment (MCI) may become evident with advancing age. It can manifest with intermittent forgetfulness and some difficulty performing activities of daily living. In some individuals, MCI will progress to dementia.

This newsletter will discuss cognition and its decline, screening for cognitive impairment, and the value of early assessment of dementia.

Mild Cognitive Impairment

Cognition generally peaks at age 20 to 30, and then gradually begins to decline. The rate of decline depends on many factors, such as lifestyle, genetic predisposition, and health conditions such as heart disease and diabetes.¹ MCI can indicate the beginning of dementia. It is important to realize that everyone "loses a little bit" with age, and that MCI and dementia need to be distinguished from a "senior moment" (sidebar). In some patients, cognitive impairment may remain mild. In others, it can progress to dementia.

MCI, if present, is generally noted around 70 years of age. It can be difficult to diagnose; signs may be missed during a wellness examination, and family members' subjective descriptions can be unreliable. However, a number of objective methods can help test for the presence of cognitive impairment. One such objective tool is the Memory Orientation and Screening Test (MOST),² which has also been incorporated into a tablet-based app for in-office use (see "How the Laboratory Can Help" below).

Alzheimer Disease and Other Types of Dementia

The term "dementia" is used to describe symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. Alzheimer disease accounts for 60% to 80% of dementia cases.³ It is estimated that Alzheimer disease affects more than 5 million people in the United States. This number is expected to rise to 16 million by 2050, as the population ages.³ Other types of dementia include vascular, Lewy body, and frontotemporal. Dementia may also be associated with Creutzfeldt-Jakob, Parkinson, and Huntington disease, as well as AIDS.¹ The causes of dementia for these conditions are not curable, although the progression of symptoms can be slowed in some cases.¹

On the other hand, dementia can be associated with treatable causes. Treatable causes of dementia include drug-drug interactions, vitamin B12 deficiency, alcohol or drug abuse, thyroid dysfunction, depression, autoimmune disease, and

trauma.¹ In these cases, treatment of the cause can partially or completely reverse the symptoms of dementia.¹

Importance of Early Assessment of Brain Health

It is generally agreed that individuals with signs of MCI should be tested, using objective measures, to determine the presence and degree of impairment.⁴⁻⁶ Early assessment of dementia provides a number of benefits that can potentially improve disease management. These include:

- Allowing prompt initiation of treatment in patients with reversible causes of dementia
- Facilitating participation in clinical trials for currently untreatable causes of dementia
- Increasing the chances of treatment effectiveness through early intervention
- Allowing early initiation of long-term care planning
- Facilitating improved management of co-morbid conditions

However, there is lack of agreement on whether asymptomatic elderly individuals should be screened. Several arguments have been made against screening when no symptoms are present: 1) data regarding benefits or harms of screening remain insufficient; 2) the misdiagnosis rate of MCI has been relatively high (10% to 25%); and 3) in many cases, little can be done to improve an individual's condition if MCI is identified.⁴⁻⁵

However, some organizations do recommend screening individuals 70 years of age or older. Arguments in favor of screening include 1) MCI can be slowed by medications and lifestyle changes; 2) MCI may be due to a treatable cause; and 3) testing is more accurate than previously reported.⁶ In addition, newer tests may help predict a person's risk of developing Alzheimer disease or aid in diagnosis.⁷⁻⁹

How the Laboratory Can Help

Quest Diagnostics provides a large portfolio of tests to assess cognitive function and dementia, including genetic testing.

CogniSense™, an iPad-based version of the MOST, can be used to objectively assess MCI and dementia (QuestCogniSense.com). CogniSense and the paper-based version of MOST classify patients with the same accuracy.² CogniSense can also help assess MCI resulting from alcohol or drug use and concussion, as well as improvement during recovery. The Dementia, Secondary Causes Panel (Test Code 91410) is designed to evaluate a patient for the presence of potentially reversible causes of dementia such as vitamin B12 deficiency, hypothyroidism, hypoparathyroidism, anemia, hypoxia or hypercapnia, hepatic and renal encephalopathies, diabetes, and dehydration. The Beta-amyloid 42/40 Ratio and Apolipoprotein (ApoE) Isoform Panel, CSF (Test Code 94628), is available to assess the risk of developing Alzheimer disease and aid in diagnosis (QuestDiagnostics.com/AD).



Senior Moment or Dementia

Certain signs can help determine whether a patient is having "senior moments" or early signs of dementia.

Signs of senior moments

- Not being able to quickly remember things, such as a name or phone number
- Occasionally forgetting an appointment, but remembering it afterwards
- Sometimes misplacing items
- Forgetting what you were going to get when you go into a room
- Needing memory aids to keep you on track
- Not being worried about memory loss

Signs of dementia

- Often forgetting names, phone numbers, PINs, etc...
- Often forgetting appointments and not remembering them afterwards
- Often misplacing items, or forgetting what an item is used for
- Tending to forget recent things but remembering things from the past
- Inability to learn new things
- Having difficulty managing daily affairs, such as paying bills
- Being worried about memory loss, or having no awareness of it
- Family and friends noticing memory lapses or other symptoms

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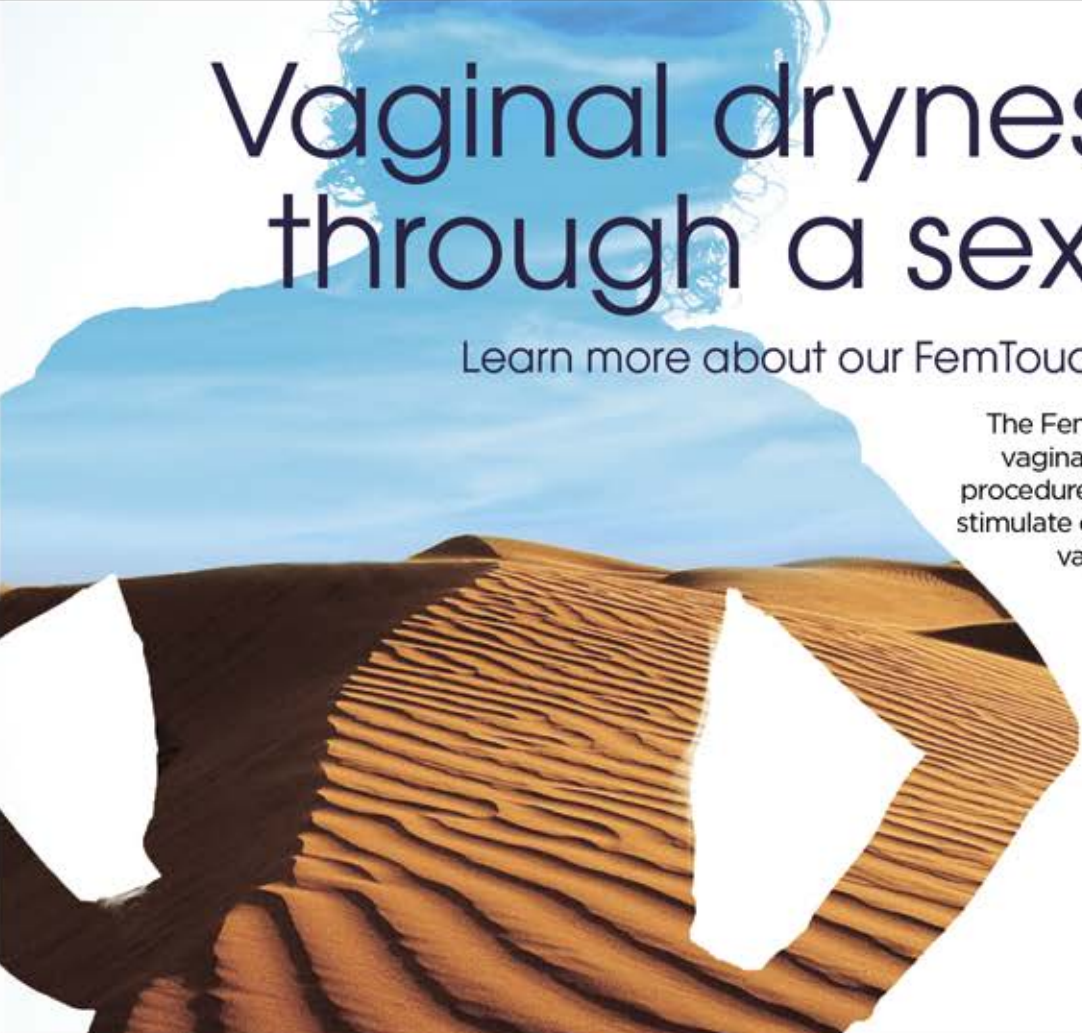
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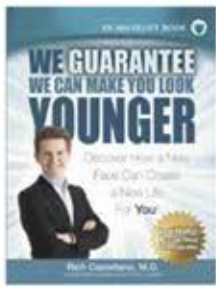


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Prostate Cancer: An Advanced Technique Saves Lives

One of the leading health concerns for men is prostate 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. Second, behind 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 Exams 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.

Cutting-Edge 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.

Advanced Urology Institute has the latest technology. Their machine is an advanced MRI fusion biopsy image that merges with the ultrasound during the biopsy. This targets a lesion with immense accuracy that can then be biopsied.

The key to the best outcome when dealing with the prostate is to get a proper diagnosis early. The MRI fusion biopsy is the best chance men have for detailed imaging, early detection, and a healthy life. This technology has helped increase the accuracy of biopsy upwards of 90%.

Advanced Urology Institute provides excellence and distinction in urological care. Comprised of a partnership of the best board-certified urologists working in the state of Florida, Advanced Urology Institute specializes in all phases and conditions of urology including prostate cancer, and they make your health their top priority.

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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.

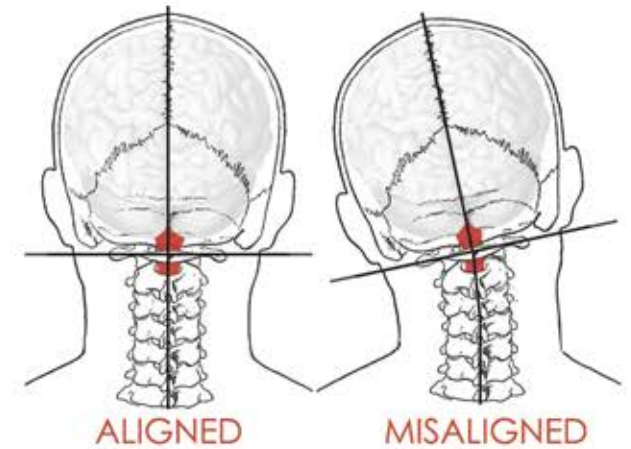
Dr. Weil continues to explain the treatment and the evidence of its effectiveness. "Practitioners of cranial osteopathy use their hands to gently free up restrictions in the movement of cranial bones and associated soft tissues and to stimulate the flow of the cerebrospinal fluid, which bathes all the 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

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Back to School Home Organization Ideas

By Dana Hall McCain

If you've been through a school year with a house full of kids, you know that organization can be the difference between success and chaos. Whether it's establishing a great space and routine for homework or study time, keeping smelly sports equipment corralled yet handy, streamlining the lunch-packing process, or managing the onslaught of papers that come home each week—setting up a few systems for doing the school year right will pay off in preserved sanity. Can you put too high a price on that? We didn't think so...

Here's how to dive in and get your home back-to-school ready!

1. Create a homework station for your students.

It can be as simple or as elaborate as you see fit, but a designated space where all of the study supplies live can make afternoon homework time a little easier.



2. Create files for paperwork each child brings home.

We recommend at least two for each child: one for parent information related to academics and one for forms and schedules related to extracurriculars. You can also set up files for the work they bring home that you want to keep.



3. Get your kids trained in the "after school flow".

Teach your gang to go through a series of actions each afternoon to learn personal responsibility, organization, and to be helpful around the house. We love the suggested routine on this chart!

AFTER SCHOOL FLOW			
Bookbag gets emptied and hung on your hook			
Stuff mom or dad have to sign, do, or make. in moms action box	Graded homework, works of art, report cards + awards. hung on smile wall	Homework to do or projects to complete. in your action box	Schedules, upcoming activities, notices + newsletters. in moms action box
Food stuff put next to kitchen sink		Dirty clothes go in laundry basket	
Homework must be done before video games or play			

4. Set up a lunch packing station.

Create an area of the fridge and/or pantry dedicated to the supplies and food items needed to pack a healthy lunch. It will help you in packing for smaller kids and will help older kids do it for themselves more easily! It's just one of several ways to make school mornings easier.



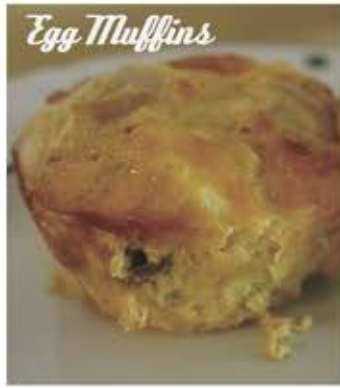
5. Create a holding area for sports equipment in the garage.

Sports equipment can smell like a herd of goats when stored in your home or your car. Solution? Keep everything handy in bins or lockers by the back door. It can air out overnight and it's ready to grab again when you head out in the morning!



6. Stock up on healthy and quick breakfast items.

Make sure your freezer and pantry are chock full of easy, on-the-go breakfast options. We love these make-ahead, freezable egg and sausage muffins from the Little Us blog (littlebgcg.com)!



Ingredients
 5 Eggs
 1/4 Cup Milk
 2 Slices of any Cheese
 Meat (optional)

Directions

1. Whisk 5 eggs and 1/4 cup of milk together.
2. Add two slices of cheese (grated or in small pieces) and diced meat to the egg mixture.
3. Salt and Pepper to taste.
4. Butter or Spray your muffin tin with a non-stick spray.
5. Evenly fill each muffin hole with the egg mixture.
6. Bake at 350 degrees for 20 minutes.
7. Freezing Instructions: Remove egg muffins from the muffin tin and let cool. Place in a freezer bag.
8. Reheating Instructions: 1-2 minutes in your microwave

7. Establish a family calendar for all the afternoon and evening busyness.

Whether you use an old-school paper calendar on the fridge or one of the slick apps designed for families on the go, get everybody's schedule in one place so that both parents can access it easily.

For some additional helps, our Back to School Printable Collection makes your life easier and the school year better!

The collection includes:

- 30 Day Back-to-School Challenge
- Back to School Talk: Conversation Starters
- Discuss it: Making Friends
- Bag Tags
- Lunchbox Notes – Get it at imom.com!



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iMOM's BACK-TO-SCHOOL BUNDLE

Printable
 Collection

30 Day Back-to-School Challenge!

In the crazy days of the back-to-school season, it is easy to feel overwhelmed. It is easy to get lost in your never-ending to-do list. Use our 30 Day Back-to-School Challenge as a day-by-day reminder to keep you on track, to keep you engaged, and also to keep you enjoying the little moments in your child's life.

1. Print off your back to school checklist.
2. Label your child's lunchbox and backpack with our printable bag tags.
3. Talk with your child about any first-day anxieties using our *Discuss It: Anxiety* printable.
4. Talk with your child about making friends using our *Discuss It: Making Friends* printable.
5. Help your child write down goals for the new school year.
6. Have a back to school feast.
7. Print out our *Back to School Conversation Starters* and ask one today.
8. Take a first-day-of-school photo. Print it and display it.
9. Put a surprise treat in your child's lunch.
10. Write your child a special lunchbox note.
11. Introduce yourself to your child's teacher.
12. Ask your child what they like about their new teacher.
13. Make a treat for your child's teacher, with your child.
14. Kiss your child good-bye in the morning and say, "I love you."
15. Ask your child what they learned today.
16. Sit down and have an after school snack with your child.
17. Prepare a "homework spot" for your child.
18. Pray for your child's success in school.
19. Put your child's after-school activities on your calendar.
20. Ask your child, "What was the best thing about school today?"
21. Tell your child your favorite memory from when you were in school.
22. Ask your child if they have made any new friends.
23. Host a play date for your child.
24. Find your child's school on Facebook and keep updated on school happenings.
25. Sit down and eat breakfast with your child.
26. Before your child gets out of the car say, "It's going to be a great day!"
27. Let your child pick the CD or radio station to listen to in the car on the way to school.
28. Play I Spy... on the way to school.
29. Contact your child's teacher and volunteer.
30. Pray with your child before bed.

Jewelry Worth Wearing

By Amy Mangan

I'm not big on jewelry but there is one accessory on which I insist - my children's medical alert identification bracelets. I should probably tell you that my children are actually young adults, not exactly at the ages I can convince them to do anything, let alone wear something every single day for the rest of their lives, yet this is one maternal request that needs little encouragement.

Their alert bracelets keep them alive.

August is the month of medical alert awareness, but why just one month? For so many who struggle with a chronic condition, let this be a daily reminder of the importance of letting others know what to do in case of an emergency. For my son, look at the bracelet on his wrist. It will tell you he is a Type 1 Diabetic. For my daughter, her ID will tell you that she is an epileptic. Medical alert identification saves lives and, from a mother's perspective, saves a few sleepless nights.

If you need one, get one. If you witness a health emergency, look for a medical identification and call 9-1-1. You'll be grateful either way. This is the kind of "bling" that truly matters.

Amy Mangan's "This Side Up" Book Launch Party

August 9, 2018 at 5:30 PM

The Brick City Center for the Arts - 23 SW Broadway Street - Ocala FL



Amy Mangan is a writer, columnist and former magazine editor whose work has been published in Southern Living, Better Homes and Gardens Creative Home, and Southern Accents. Her column appears in the Ocala Star-Banner. She has won two Florida Magazine Association "Charlie" awards for writing excellence. She lives in Florida with her family.



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.



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Making the Most of Doctors' Visits:

Tips on how to get maximize your time for the best health outcomes

By Dr. Mayrene Hernandez, chief medical officer, UnitedHealthcare Florida

For many Florida residents, a trip to the doctor can mean having to take time off work, trying to squeeze appointments into hectic schedules, or even driving to a different city for care. So it becomes even more important to maximize the time you spend with your doctor and ensure your health care team has the info to give you and family members the best care. Here are some tips to help you get the most out of your next doctor's visit:

Make a list. It can often be hard to remember all the issues you want to cover during a visit to your doctor. Jot down a list of questions and any symptoms you have noticed. You'll also want to make a list of all medications and supplements anyone is taking.

Know what to bring. Prepare for the appointment by bringing all the necessary items you will need. This includes your health plan ID card, health history notes, and your list of questions and concerns. You will also need a list of the medications you or your family members currently take, so you may want to bring them in their containers to show your doctor to ensure there isn't any confusion.



Making the most of your doctors' visits can save both time and money. Being prepared with a list of questions, bringing current medications, and having on hand any recent or family history of disease will greatly benefit your overall health care and outcomes.

Communicate. Receiving the best care possible by your doctor hinges on clear communication. Tell your doctor about any new or changing symptoms, family history of disease and any trips taken outside the country. Be as honest as possible regarding any health habits and voice any concerns you have with getting the care, tests or treatments you or your family members need.

Ask questions. If you don't understand an instruction, ask your doctor to explain again. Consider taking notes so you can review them when you return home. Make sure to ask your doctor to send lab tests to a facility in your health plan's care provider network and clarify when results will be delivered to you.

Start a preventive care plan. One of the most important parts of doctor visits are preventive care plans that are designed to keep you and your family healthy before any signs of illness. Preventive care can include things like screening tests, vaccines, regular wellness check ups and more.



One of the most effective ways to manage your health care is to have your doctor help you put a preventive care plan in place that outlines specific things you can do on your own at home that can help keep you stay healthier over the long term and minimize doctor's and ER visits.

Ask your doctor what preventive care measures you and your family should be taking to live the healthiest life possible.

For more information on health, wellness and how to talk to your doctor, visit www.UHC.com/health-and-wellness for articles and videos with easy-to-understand health and wellness information.

Dr. Mayrene Hernandez is the chief medical officer for UnitedHealthcare Florida. She is also a member of UnitedHealth Group's South East Clinical Services Leadership Team.



Receiving the best possible care includes coming prepared with a list of questions to review with your doctor, taking notes and asking for clarification on any instructions you don't understand.





Hormonal Imbalances in Men and Women

By Douglas C. Hall, M.D., GYN, and Functional Medicine Specialist

Pellet Therapy

As we age, both men and women will start to experience symptoms of hormonal imbalance. For men, this is called andropause, and for women, it's connected to perimenopause, menopause or postmenopause.

The symptoms for males and females are very similar. For men, as they age and their hormonal testosterone levels begin to decline, most men will experience a lack of energy, low libido, loss of muscle, weight gain, decreased mental focus, hair loss and low metabolism.

Females tend to experience an imbalance of estrogen and testosterone, which can lead to hot flashes, night sweats, anxiety, depression, brain fog, weight gain, loss of muscle, irritability and bone deficiency.

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

Bio-Identical Hormones

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

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

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



Why Testosterone?

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

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

Men should have 50 times more testosterone than estrogen. An enzyme called aromatase that converts male to female hormones regulated the balance. If everything is functioning normally, there is a normal ratio of male to female hormones or testosterone to estrogen, but when hormonal imbalances occur, it's imperative to treat with hormonal therapy.

In Both Men and Women, Low Testosterone Can Lead To:

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

Hormonal Pellet Therapy

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

Other Forms of Hormonal Replacement Don't Measure up

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

Pellet Therapy for Men & Women

For men and women, changing the hormone levels through bio-identical hormone therapy can alleviate or in many cases eliminate these symptoms and life fluctuations. There are even studies now that suggest bio-identical hormones can help reduce the risk of Alzheimer's and dementia.

Men and women can both benefit from testosterone replacement therapy (TRT) but through different methods. TRT for men is pretty straightforward, and for women, they benefit from bio-identical hormone replacement (BHRT), like pellet therapy, which releases a small amount of testosterone into the body over a few months. Small amounts of testosterone in women, naturally balances the estrogen levels that are causing multiple symptoms and health risks.

To schedule an appointment, please contact Dr. Hall's office today at 352-629-7955

Douglas C. Hall, M.D.

Dr. Hall has been in private practice for over 44 years and is a functional medicine expert.

352-629-7955

www.douglaschallmd.com

1317 SE 25th Loop, Ocala, FL 34471

SODIUM OVERLOAD:

What you Need to Know

Excessive salt is everywhere! However, the majority of our salt indulgences do not come from the salt shaker, they come from processed, packaged, and restaurant foods that many Americans are addicted to.

The average healthy individual is encouraged to eat no more than 2300 mg of salt daily; and if you've got high blood pressure, vascular disorders or heart disease, you should not get more than 1500 mg of salt per day.

Table salt is made up of sodium and chloride. ½ teaspoon of salt has 1150 mg of salt. That little ½ of a teaspoon is very close to your daily intake allowance. Now factoring in the microwaved frozen meals, chips, crackers, canned soups, gravies, instant flavored rice mixes, and the list goes on and on, you're salt intake is very likely skyrocketing above the standard daily allowance.

Average mgs of sodium:

- Canned Soup—800 mg
- Frozen Lasagna—1800 mg
- Potato Chips—200 mg
- Instant flavored rice mixes—800 mg
- Spaghetti Sauce—900 mg
- Deli Turkey—650 mg

What happens when we ingest excessive salt? Inflammation takes effect in our entire bodies and water is pushed and retained into the arteries, which causes high blood pressure and makes the heart work extra hard. Too much salt increases your risks of strokes and heart failure, along with other disorders and diseases.



Potassium can help to flush some excess salt out of your body. That is why most salt alternatives have a higher ratio of potassium in the mix. Many foods that contain potassium are bananas, plums, coconuts, avocado, potato and many more. But eating potassium to flush out salt is not a good idea, as it will take an excessive amount and potassium in excess causes other bodily harm like arrhythmias and muscle weakness.

Keeping your sodium low is one of the major keys to keeping your blood pressure and heart healthy. Eating whole foods is imperative to keeping your sodium levels in check and also to make you healthier, by lowering cholesterol and upping the amount of antioxidants and nutrients you get from your meals.

Shopping the periphery of the grocery store is a great way to avoid all of the processed foods in the center aisles. There are exceptions of course, like frozen no salt added vegetables and fruit and dried spices to take the place of your salt shaker. For the most part, you should focus your shopping efforts on fresh produce, lean protein like poultry, seafood and eggs and some dairy.

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.

The Mediterranean or the Dash diet are exceptional examples of what foods you should be eating, which provide essential nutrients for the brain's condition. All three of these diets emphasize eating plenty of vegetables, fruit, healthy fats, whole grains and lean protein (especially cold-water fish) while avoiding excess salt, sugar, simple carbs and saturated fats. Eating this way is thought to prevent cognitive decline by proving the heart, brain and entire body with antioxidants, and the good fats that it needs to function properly. Excessive sugar, simple carbohydrates, processed foods, and chemicals are known to cause inflammation and degeneration.

When you shop, check the labels on your food and if you are buying processed, convenient foods, invest in healthier low-sodium versions. If you're eating at a restaurant, ask for sauces of condiments on the side and use sparingly. Also, order steamed vegetables, lean meat and in general make wise choices.

Florida Cardiology Associates of Ocala


Their mission is to provide personalized, high-quality care on an as-needed or preventative basis. They have created a practice that they believe in and would choose for our own family members. They're a full-service Cardiovascular practice and believe in working together with their patients to maintain and improve their health. Their providers promote comprehensive health care services for their patients in a friendly, relaxed atmosphere. They also believe in educating their patients as they work with them to achieve optimal health.

Dr Ramon Torres is certified by the American Board of Internal Medicine in Cardiovascular Disease and started his practice here in Ocala in 2007. He has over 20 years of experience in Cardiology, practicing in the Tampa and New Jersey area.

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Happy Happiness Happens Month!

Celebrated every August, "Happiness Happens Month" is an entire month dedicated to celebrating 'happiness' by encouraging people to reflect on their lives and think about what makes them happy.

What makes you happy?

If pristine, sugar-white sand beaches along the Gulf of Mexico, art galleries, golf, tennis or breathtaking sunsets make your heart skip a beat, then say "hello" to Southwest Florida.

For the third year in a row, Naples, Florida has been named the #1 well-being community in the United States. Being happy and feeling good is what it's all about for those active adults, young professionals, and families enjoying the good life in Southwest Florida. Ave Maria is just 40 minutes from the beaches of Naples, Florida and residents here take advantage of all that Naples has to offer.

How to Celebrate?

Visit Ave Maria, of course! The community is centered around a charming Town Center home to restaurants, boutique shops, salon and a supermarket, just to name a few. While you're there, visit the Mother Teresa Museum or tour the stunning Ave Maria Catholic Church. And of course, don't forget to book a safari tour with Orange Jeep Tours. Find everything you need for your trip by visiting the Ave Maria Information Center at 5076 Annunciation Circle #104, in the Town Center.

Unlimited Happiness

An entire month dedicated to happiness is great, but what about months, years or even a lifetime of happiness? Ave Maria, Southwest Florida's newest hometown, is a place where children ride their bikes to school, neighbors are friends, and life is, well happy. Residents enjoy a seemingly endless array of activities, from organized events and activities, waterpark, aquatics center, a dog park and miles of walking trails. An on-site activities director organizes clubs and activities, making it easy to meet new friends and get involved. At Ave Maria, you don't just live here; you come alive here.



Visit and see why residents love to call Ave Maria home.

With homes, from our three featured builders, priced from the low \$200s to \$400s, Ave Maria indeed has something for everyone. Just a few hours south of The Villages on I-75. Make a trip of it and visit our 21 models open daily. Call (239) 325-3903 or visit avemaria.com to learn more.


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

5076 Annunciation Circle #104, Ave Maria • AveMaria.com • 239-352-3903

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

7 Reasons to See a Gastroenterologist

1. Colorectal Cancer Screening

Over the last few years, we have instituted an aggressive course of colorectal cancer screening for anyone over the age of 50 and for African Americans over the age of 45. This entails a full colonoscopy to look for any abnormal colonic lesions or polyps (growths on the lining of the colon) and if present, remove them. If a patient has a family history of colon cancer in an immediate family member, that puts them at increased risk for colon cancer. It is recommended that those individuals undergo a screening colonoscopy 10 years before the age of diagnosis of their family members' cancer. Future screening intervals will be determined by your gastroenterologist based on screening colonoscopy findings.

2. Dysphagia is the medical term for difficulty in swallowing. It is usually a sign of a problem with your throat or esophagus, the tube that moves food and liquids from the back of your mouth to your stomach. There are many different problems that can prevent the throat or esophagus from working properly. Some of these are minor, and others are more serious. Any of these conditions can be easily evaluated by a gastroenterologist.

3. Irritable Bowel Syndrome (IBS) is a very common disease process, which is associated with abdominal pain, discomfort, bloating and fullness. IBS presents with frequent episodes of diarrhea and/or constipation. There may be serious underlying causes of alterations in bowel function that need further evaluation. This is sometimes accomplished with a colonoscopy. IBS is a disease that can frequently be controlled with medication for almost complete, long-term relief of symptoms.



4. Diarrhea can be an ongoing and/or a very severe problem. When diarrhea is persistent, it merits further investigation. Diarrhea can be secondary to irritable bowel syndrome, but it can also be due to a bacterial infection or due to chronic inflammatory disease of the colon, such as Crohn's disease or ulcerative colitis. These conditions merit aggressive treatment. Uncontrolled diarrhea can be associated with weight loss, abdominal pain, and/or bleeding and needs to be thoroughly investigated.

5. Gastrointestinal Bleeding can come from one or more areas of the GI tract (esophagus, stomach, small intestine, large intestine or colon,

rectum and anus). In an adult, blood loss is often from the GI tract. The most common causes are due to an ulcer in the stomach, hemorrhoids, polyps, cancers, or diverticular disease. It is important to not make the mistake of assuming that a small amount of blood seen with a bowel movement or on the tissue is due to hemorrhoids. It is possible that a tumor may be located above the hemorrhoids and further investigation may be lifesaving.

6. GERD, or Gastroesophageal reflux disease, is associated with indigestion and heartburn but can be associated with atypical symptoms, such as choking and/or a cough. The end result of long-term, untreated reflux can be esophageal cancer and/or narrowing of the esophagus.

7. Miscellaneous: if you experience any of the following signs and symptoms, a trip to the gastroenterologist's office may be warranted: unexplained weight loss, persistent nausea & vomiting, abdominal pain or a feeling of abdominal fullness, excessive belching or burping, chronic constipation, or jaundice which is the yellowing of the skin or sclera (white of the eye).

Talk with your primary care provider about any problems you are having, but a referral to a gastroenterologist may be needed to get you back to feeling your best.

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- Irritable Bowel Syndrome (IBS)
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Directions from SR-200: Take State Road 200 Turn onto SW 60th Avenue @ CVS Corner, Right onto SW 73rd Street Road (Jasmine Park), Left onto SW 61st Avenue

Myth-Busting Medical Marijuana

By Robert C. Goethe, MD

Several months ago, I was scheduled to do anesthesia for a young man having a spinal cord stimulator placed in his spine. He was around 40 years old. What started his problem was back pain. He had been through chiropractic care, epidural steroid injections and multiple medications including Percocet, gabapentin and an antidepressant, as well as Xanax, for sleep. None of these things really helped and he was miserable.

This guy's history of being over-operated and over-medicated isn't uncommon. Other similar scenarios may involve ineffective over-treatment of fibromyalgia, PTSD, Crohn's disease - maladies that can be stubborn to treat. And then these patients end up getting multiple procedures and medications which don't really help and may actually make things worse or have debilitating side effects.

So, before we went back into the operating room, I asked this young guy "Have you ever considered medical marijuana?" He looked at me and exclaimed, "No, I don't do drugs!"

I looked again at his chart filled with a history of failed surgeries and a huge list of medications that essentially rendered him a zombie and just thought, "OK, we will go back to the operating room and put an electrical wire down your spine with a generator implant. Good luck with that."

Why is it that has some people are so closed minded about cannabis? Well, here is some history about that.

Cannabis has been used as a medicine going back as far as we can get historical records. The Egyptians used it, Chinese medicine had it as well as the Middle East. George Washington and Thomas Jefferson grew it as a medicine. It was the most common ingredient in elixirs (along with cocaine and morphine) right up until the 1930s. References to its usefulness in Parkinson's, GI problems and pain control are numerous in early American medical literature.

Something happened in the 1930s in America that rather suddenly turned public opinion against cannabis. There was a strong anti-Mexican immigrant movement at the time as well as a



backlash against the influence of black jazz musicians. Both these groups were known to use cannabis (renamed marijuana in order to imply the Mexican nature of the weed).

There was also some financial interest in outlawing not just cannabis, the medical plant, but also hemp, which is the same plant as cannabis but is a subspecies that has very low THC. Hemp was a very valuable plant grown for its fibers and could compete very effectively against trees for paper, which William Randolph Hearst wasn't fond of, because of his pulp tree farms. And the DuPont company was just coming out with nylon and would be happy to see competition from the hemp industry gone. Anyway, they captured the ear of Harry Anslinger, the very first commissioner the Federal Bureau of Narcotics. Just as the prohibition of alcohol was ending, Anslinger found he had a whole department of agents with not a lot of work. Busting heroin and cocaine addicts, was at that time, a small percentage of the population. Most of the public didn't know much about cannabis either, except that it was popular with Mexican immigrants and black jazz

musicians. In fact, in 1936 a movie "Reefer Madness" was produced as a low budget film by a church group to show the decadence and dangers of using marijuana, complete with murder, rape and insanity. Although people in the 1930s just watched it and accepted it at the time, this movie is now considered amongst the worst movies ever made. It became popular again in the 1960s and 70s as a satire. People familiar with cannabis know it actually has a tendency to render people peaceful and happy, not violent and crazy.

Maybe Harry Anslinger did in fact believe the misinformation being fed to him or maybe he just was playing politics, but he convinced congress to outlaw cannabis, in the Marijuana Tax Act of 1937, and just like that, it was illegal.

The American Medical Association had lobbied very hard not to lose cannabis as a medicine but when they did, they still had opium, cocaine and hypodermic needles were just coming into vogue.

I personally saw how in the 60s and 70s, smoking marijuana became a big thing. Sort of a hippy, anti-establishment movement, and it again became contentious. So, in 1972, under the Nixon Administration, marijuana was classified as a Schedule 1 drug. Which meant, according the Drug Enforcement Agency at the time, marijuana just as bad as heroin, LSD, ecstasy and quaaludes. At this time, a lot of Americans had or were using it and knew that this was a misclassification but were powerless to do anything.

People continued to use it even though it was illegal because they knew it was safer than alcohol and pretty much any other drugs. Many people also used it medically.

One problem with this misclassification was that people using marijuana became exposed to the "War on Drugs" which costs \$50 Billion dollars a year. This has resulted in a lot of people in prison for victimless crimes. The USA has, by far, the largest percentage of its population locked up than any other major country. According to the ACLU, 52% of drug arrests involve marijuana.

Well, some other parts of the world didn't throw cannabis out. Israel, in particular, did some scientific research on it in the 1990s and discovered the Endocannabinoid system, and the reasons some of the compounds in the plant give cannabis it's remarkable benefits. They have used medical cannabis for years, so has Canada, Australia, Germany, Italy, Mexico, Spain, and a quickly growing list of other countries.

Meanwhile, in the US, amongst the people using it illegally, it became apparent that not only was it a safe drug but actually had some



noteworthy medicinal properties. Like stopping seizures, reducing pain, GI problems, severe anxiety, and other things. Recognizing this, California became the first medical marijuana state in 1996 and has had some really good results. So much so, that they just recently voted to allow recreational use for adults. Just like alcohol, the second prohibition is crumbling.

Anyway, now 30 out of the 50 states have medical marijuana available. Even though the federal government still considers it illegal and refuses to change the status as a Schedule 1 drug, they are hands off when it comes to states allowing people access to medical cannabis. We have the unusual situation where the Federal Government doesn't want to recognize the writing on the wall, they are wise enough to know that most people now see cannabis as a wrongly demonized plant.

If the federal government were to try to defend their stubborn position, they would be seen to be maybe a little hypocritical. In 1986 the FDA allowed a pharmaceutical company to market Marinol, a pure THC product prescribed for nausea in certain conditions like cancer and AIDS. It's still around, but patients don't like it, because it makes them feel high and it costs about \$700 for a month's supply. Then in 2003 our own federal government obtained the patent (#6630507) for the second most common ingredient from marijuana, CBD. CBD has a lot of valuable properties but it's most well known as the stuff that controls seizures. Like the Charlotte' Web strain.

In June of this year the FDA approved a drug called Epidiolex, which is that CBD I mentioned, but in a pharmaceutical grade drug. Although, I don't think prices have been announced, but the estimates are it will cost \$2,500 to \$5,000 a month. But that's what insurance is for, right? *sigh*

That same medicine, minus the huge pharmaceutical markup, could easily be obtained from extracts from a cannabis plant for a small fraction of that price. If only they would remove the legal brouhaha that encompasses this plant, people could save a lot of money.

So, in this country and the world it seems, medical cannabis has seen a resurgence in popularity primarily because it works and to a large degree avoids the strange world of medical economics, where medical treatment can get really expensive.

I encourage patients, if they want to explore an option for your health condition as over 100,000 Floridians have done, learn more about medical cannabis and be open minded that it might work for you.



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.

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NUTRITIOUS MEALS FOR BUSY SCHOOL NIGHTS

When school is back in session, the real test for parents is not in the classroom, but in the kitchen. Between breakfast, lunch and dinner – not to mention snacks – meal planning seems endless and daunting.

With convenient options like canned ingredients on-hand, parents can have the makings of a wholesome homemade meal right at their fingertips.

Canned foods not only help cut down on prep time in the kitchen, but also deliver nutritional benefits. In fact, kids and adults who use six or more canned foods per week are more likely to have diets higher in 17 essential nutrients, according to a study published in "Nutrients." Plus, cans provide year-round access to seasonal fruits and vegetables, and keep food fresh and flavorful without the need for preservatives and additives.

From on-the-go breakfasts like Vegetable Frittata Minis to hearty dinners like this Beef and Vegetable Soup and everything in-between, a well-stocked pantry – or your "cantry" – full of canned proteins, fruits, vegetables and soups can help busy parents get through the week with creative meals they can feel good about serving their families.

For more information about the nutritional benefits of cooking with canned foods and to find flavorful recipes for the back-to-school season, visit CansGetYouCooking.com.



Tuna Sliders with Green Chilies

Recipe courtesy of Cans Get You Cooking
Servings: 12

- 1 can (5-ounce) tuna, packed in water, drained and flaked
- 1 can (4.25-ounce) chopped green chilies
- 1/4 cup diced celery
- 1/4 cup diced red onion
- 1/4 cup reduced-fat mayonnaise
- 2 tablespoons chopped fresh cilantro or parsley
- 6 slider rolls, split lettuce leaves

In large bowl, combine tuna, green chilies, celery, red onion, mayonnaise and chopped cilantro; toss to mix well.

Top bottom half of each roll with lettuce leaves; top with some tuna mixture and top half of roll.



Beef and Vegetable Soup

Recipe courtesy of Cans Get You Cooking
Servings: 6

- 1 tablespoon vegetable oil
- 1 pound lean ground beef
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1 can (14 1/2 ounces) low-sodium beef broth
- 1 can (14 1/2 ounces) sliced carrots, drained
- 1 can (14 1/2 ounces) cut green beans
- 1 can (14 1/2 ounces) stewed tomatoes
- 1 teaspoon dried basil
- 1 cup cooked egg noodles

In 4-quart saucepan over medium-high heat, in hot oil, cook ground beef until well browned on all sides, stirring frequently. With slotted spoon, remove beef to bowl.

In drippings remaining in saucepan over medium heat, cook onion and garlic until tender-crisp.

Add beef broth, carrots, green beans, stewed tomatoes, basil and ground beef; over high heat, heat to boiling. Reduce heat to low; cover and simmer 10-15 minutes to blend flavors, stirring occasionally. Stir in cooked egg noodles.



Vegetable Frittata Minis

Recipe courtesy of Cans Get You Cooking
Servings: 36

- Nonstick cooking spray
- 8 large eggs
- 1/2 cup milk
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon dried basil
- 1 can (8 ounces) mixed vegetables, drained
- 1/4 cup grated Parmesan cheese

Heat oven to 375 F. Spray mini muffin tins with nonstick cooking spray.

In large bowl, beat eggs, milk, salt, pepper and basil to blend well. Stir in mixed vegetables and Parmesan cheese.

Fill prepared pans with egg mixture. Bake until egg mixture puffs and is just set in center, about 8-10 minutes.

With rubber spatula, loosen frittatas from muffin cups and slide onto platter.



Gluten-Free Pumpkin and Chocolate Chip Bread

Recipe courtesy of Cans Get You Cooking
Servings: 20 (2 loaves)

- 4 cups oat flour
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- pinch of salt
- 1 cup (2 sticks) butter, softened
- 2 cups granulated sugar
- 4 large eggs
- 2 teaspoons vanilla extract
- 1 can (15 ounces) pumpkin
- 2 cups chopped walnuts
- 1 cup bittersweet chocolate chips
- 1/2 cup confectioners' sugar
- 1 tablespoon milk

Heat oven to 350 F. Grease two 8-by-4-inch loaf pans. In large bowl, combine oat flour, baking soda, cinnamon, nutmeg and salt.

In large bowl using mixer, beat butter and sugar until light and fluffy. Beat in eggs one at a time. Add vanilla, oat flour mixture and pumpkin; beat until just blended. Stir in walnuts and chocolate chips. Spoon mixture into prepared pans.

Bake 50-55 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pan. Cool completely.

In small bowl, stir confectioners' sugar and milk until smooth. Drizzle mixture over pumpkin bread.

Source: Cans Get You Cooking

Hydrating Your Soul

By Ross Johnson, Lead Pastor, Gathering Pointe Church

It was sometime during the summer of 2001. We had just moved our family from LaCrosse, WI where I served as a youth pastor for almost five years to Sellersville, PA to begin my Master of Divinity degree at Calvary Baptist Theological Seminary. I had about a month and a half of free time before my new job and classes started, so we decided to travel back to my home town of Council Bluffs, Iowa to see my parents. At that time, my father was running his small general contracting business and had several roofs to finish before the winter months began. So we went back to help him finish those roofs and make some extra money.

I had just turned 29 in June; obviously much younger than I am now...and in considerable better shape and condition (the last seventeen years haven't been kind!). Years before, I had worked with my dad for a few years roofing so I knew what I was getting into. If you have ever done that line of work, you know it is not the easiest job in the world and while I was in pretty good shape, I wasn't in "roofing" shape.

If my memory serves me correct, were finishing up our fourth roof in three and half weeks of work. It was getting later in the day, it was hot and humid with little to no breeze and I just wasn't feeling well. I told my dad that I wasn't feeling well and thought it might be a good idea for me to get off the roof for a while. Little did I know that when I climbed down off the ladder that day, I would no longer be able to help him finish; not just that roof, but the remaining roofs he had left.

The next thing I remember, my wife was helping me get out of my truck in front of my sister's house. I don't remember driving home and I had blacked out in the street with the truck still running. I have only two more memories of that day. I remember my brother in law helping me into a cold shower to help cool my core temperature and then I remember waking up in the hospital with all kinds of tubes, IV's plugged into me and ice packs placed all over my body. I was told that when I arrived at the hospital that my core body temp had reached closed to 107 degrees. I had suffered a severe exertional heat stroke due to strenuous activity in hot weather and dehydration. It was not a good situation and quite honestly, I was pretty scared.



Since that day, I have taken the topic of hydration much more serious. Dehydration is a serious issue that can creep up on you extremely quick and have life altering ramifications. The Mayo Clinic's website informs us that one of the causes of heat stroke is dehydration and can cause your brain or other vital organs to swell, possibly resulting in permanent damage and without prompt and adequate treatment, can lead to death.

As dangerous as physical dehydration can be...I want to close out our time in this article to discuss another type of dehydration – that of spiritual dehydration.

During the summer months it is quite natural for families to take time for travel and family vacations. It is part of life...one that we all look forward to. But as a pastor, I fear many of us take a spiritual vacation as well. It is easy in the midst of our traveling and time away to rehydrate our physical lives to neglect our spiritual lives and become spiritually dehydrated. We miss church.

We miss community. We miss those quite moments in our Bible reading and prayer.

In Psalm 42:1-2, the Psalmist writes, "As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God." The Psalmist had a deep desire to have his spiritual thirst quenched by the things of God. He was in a rough spot in this period of his life and he knew it would be easy to become spiritually dehydrated and so he sought out the life giving streams that flow from the presence of God.

During the remaining weeks of summer be sure to stay hydrated; hydrate your body and hydrate your soul. Drink plenty of water. But perhaps more important, stay connected to our Heavenly Father and drink in His presence and blessings.



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