

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

August 2018

Lake/Sumter Edition - Monthly

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**CATARACTS:**

**A Vision-Robbing Condition  
You Don't Have to Live With**

**EARLY ASSESSMENT  
OF BRAIN HEALTH**

**RELAX YOUR  
WAY TO BETTER  
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## WHAT ARE VARICOSE VEINS?

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## 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

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# It's your heart. It should be personal.

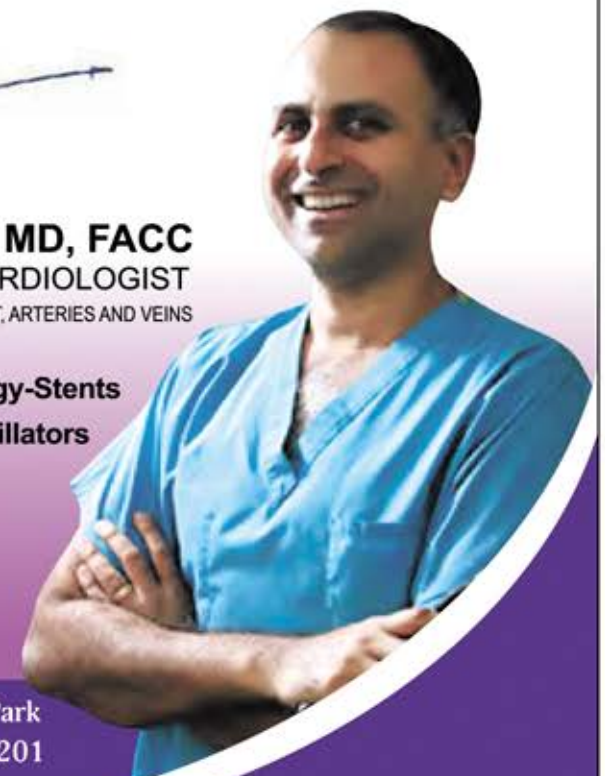
## And that's how I treat it.

When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't. I will watch over you and treat you as I want to be treated when, one day, I am the patient and not the doctor. And that is my promise to you.

A handwritten signature in black ink, appearing to read 'T.E. Vallabhan', with a long horizontal line extending to the right.

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# CATARACTS

## A VISION-ROBBING CONDITION YOU DON'T HAVE TO LIVE WITH

**T**he first cataract extraction surgery was performed in 1747. At the time it was a great advance in the prevention of cataract-related blindness, but it came with complications and left patients with the need for thick glasses. Over time, the surgery improved, especially in the 1950s with the introduction of the first intraocular lens replacement, or IOL. This early technology produced lukewarm satisfaction among patients. Naturally it was better than leaving cataracts untreated, which can lead to blindness. It was nothing like today's cataract removal techniques, which are quick, safe, painless and extremely effective. Modern technology's next-generation IOLs, can help correct everything from astigmatism to presbyopia (age-related near-vision loss) to diminished distance vision and everything in between.

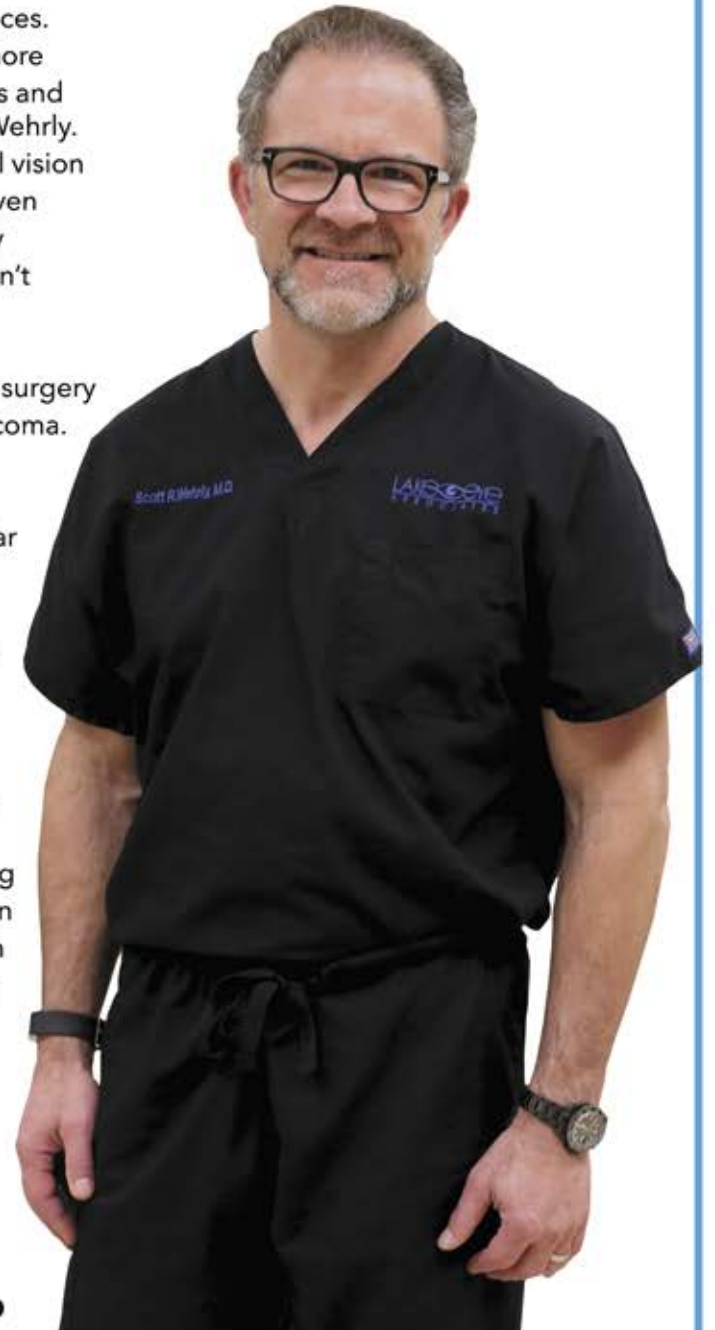
"Today's cataract treatment technologies are leagues ahead of what was once available," says Board-certified ophthalmologist and cataract surgeon Dr. Scott Wehrly. As a doctor who has performed more than 20,200 successful cataract surgeries, Dr. Wehrly is something of an authority on the advances in cataract technologies. In fact, Dr. Wehrly was the first eye surgeon in Central Florida to utilize the most advanced cataract system ever created, the Femtosecond bladeless refractive laser procedure, which is the gold standard of cataract surgeries. "Once I investigated the Femtosecond laser, I knew I needed to lead the way training in it and providing it to patients," says Dr. Wehrly. "There is simply no other cataract surgery that is as quick, safe and accurate. In just minutes, I can gently treat a diseased lens. It's truly revolutionary."

An eye surgeon since 1992, Dr. Wehrly has a history of embracing advanced technologies, including the latest generation of IOLs. He has implanted thousands of state-of-the-art vision-correcting lenses, including Toric® lenses to address problems like astigmatism, and the new FDA-approved multifocal Symfony® extended

range of vision lens which can provide continuous vision correction at all distances. "Having cataract surgery means much more today than just removing a diseased lens and helping to prevent blindness," says Dr. Wehrly. "Modern IOLs can also provide powerful vision correction, typically 20/20 to 20/40 or even better. Most patients find they need only reading glasses afterward, and some don't even need those. It's life-changing."

Dr. Wehrly also performs a combination surgery for people with both cataracts and glaucoma. Utilizing next-level technologies like endocyclophotocoagulation (ECP) and iStent®, Dr. Wehrly can reduce intraocular pressure, preserve vision and eliminate cataracts in a single event. "This is a remarkable breakthrough for glaucoma patients who develop cataracts," says Dr. Wehrly.

Time, effort and technology have made cataract surgery the most common surgical procedure in America, delivering rapid, safe and effective vision protection and improvement to more than 3 million Americans every year. There's no reason to suffer from the blur, color muting, light-glare and danger of cataracts. Call or visit your local Lake Eye Associates doctor and discover how quickly, safely and painlessly you can help protect and restore your healthy eyesight.



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## National Relaxation Day and Napping Month:

# RELAX YOUR WAY TO BETTER HEART HEALTH

T.E. Vallabhan, MD, FACC

**A**s August is in full swing, our calendars are going to become even fuller. With the end of summer approaching, our kids are heading back to school, we will have more field trips to attend, events for work, perhaps our high school reunion is just a few weeks away, or we're making preparations for a new promotion. To many of us, August is a time to begin a hectic lifestyle once again.

During this time of year, people are often times less likely to exercise regularly, because of their abnormally busy schedules. This can have a greater effect on someone with a current heart condition. It's imperative to keep yourself healthy during this time of year, through exercise, eating right, managing stress, and warding off viruses and infections. Upper respiratory disorders play a huge role in putting undue pressure on the heart. And one of the most overlooked stressors on our hearts is—Stress!

According to the American Heart Association, "More research is needed to determine how stress contributes to heart disease — the leading killer of Americans. But stress may affect behaviors and factors that increase heart disease risk: high blood pressure and cholesterol levels, smoking, physical inactivity, and overeating. Some people may choose to drink too much alcohol or smoke cigarettes to "manage" their chronic stress; however, these habits can increase blood pressure and may damage artery walls.

And your body's response to stress may be a headache, back strain, or stomach pains. Stress can also zap your energy, wreak havoc on your sleep and make you feel cranky, forgetful and out of control. A stressful situation sets off a chain of events. Your body releases adrenaline, a hormone that temporarily causes your breathing and heart rate to speed up and your blood pressure to rise. These reactions prepare you to deal with the situation — the "fight or flight" response.

When stress is constant, your body remains in high gear off and on for days or weeks at a time. Although the link between stress and heart disease isn't clear, chronic stress may cause some people to drink too much alcohol which can increase your blood pressure and may damage the artery walls."



If you find that you are feeling more stressed than normal it's important to take time for yourself, relax and do something that brings you joy, even if that's simply taking a nap!

### *Here are a few ideas to help you relax:*

- Watch TV
- Take an enjoyable walk
- Read a book
- Relax on the beach or in the pool
- Do deep breathing
- Exercise
- Stay positive
- Decrease caffeine and alcohol intake
- Stop smoking
- Take a stress management class
- Do yoga
- Meditate or pray
- Take a long bath
- Get a massage
- Sleep in
- Order take out
- Take a Nap!

*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.*

# Dr. V

**T.E. VALLABHAN, MD, FACC**  
BOARD CERTIFIED CARDIOLOGIST  
SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

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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](http://Drvcardio.com)

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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.

If you or someone you know needs urological care, please contact the Advanced Urology Institute today at 888-298-CARE.



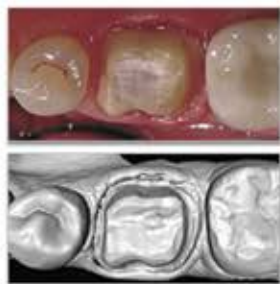
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# Advancements in Dental Impressions

If you've ever needed a crown (cap), bridge, implant, braces, or dental appliance you have experienced the dreaded impression. You know the feeling of sitting in the dental chair, head tilted back and the goopy material fills the overly large impression tray that is inserted into your mouth, stretching out your lips and oozing down the back of your throat. You sit there trying to control your gag reflex, as the minutes seem to turn into eternity before they remove the tray and say, "I might need to take another one. This one is not showing enough of the gum tissue that I needed."

Let's be honest, no one likes getting dental impressions, but there is good news! New high-tech advancements have been made and are incredibly consistent in producing the highest quality replica of your teeth and gums by utilizing a scanning system.

The dental scanner is a digital dental impression unit that is a smart investment for dental offices to provide increased patient comfort level as well as increased impression accuracy.



## How does it work?

It's similar to an intraoral camera that dentists use to take pictures of your teeth but operates using a laser scanner that directly records your teeth, their surfaces, the gum and soft

tissue borders, as well as intricate measuring capabilities to provide the best outcome for your restorations. The images are recorded on the screen and saved to a file that can be uploaded directly to the dental lab where your bite-guard, retainer, inlay or crown can be fabricated. This allows a shorter waiting period for your permanent restoration or aligner and alleviates the possibility of any issues taking place with mailing your impressions or stone models.

The technician or dentist will place the laser into your mouth and record the four different quadrants in small units. Although the process is detailed, it usually takes under usually a few minutes to complete. It's totally pain-free and best of all; you will not have any impression material choking you. Additionally, you will eliminate the opportunity for any operator error.



## The Laurel Manor Dental Difference

Laurel Manor Dental always puts their patients first. That is precisely why they have selected in the digital impression scanner specifically for your convenience and to be a more eco-friendly office. Along with this contribution, they have also added a highly-regarded dentist to their team.

*Dr. Christopher Williams* is a native of the sunshine state. He graduated from the University of Florida at Gainesville with a Major in Biology and a Minor in Human Nutrition before pursuing his dental education at the University of Florida College of Dentistry.



While in the College of Dentistry, Dr. Williams gained valuable experience in externships focusing on Orthodontics and Periodontics. Upon receiving his Doctorate of Medical Dentistry, he received the UFCD Professional and Clinical Excellence Award. After graduation, he completed an Advanced Education in General Dentistry

Certificate program at the University of North Carolina College of Dentistry in Chapel Hill.

Dr. Christopher Williams has always been dedicated to giving back. Whether it was volunteering for hurricane cleanup as a youngster in West Palm Beach, organizing oral health programs at local schools, or providing free care to underserved patients in Guatemala, he is committed to using his skills to help others.

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



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# Early Assessment of Brain Health

**B**rain 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.<sup>1</sup> 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),<sup>2</sup> 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.<sup>3</sup> 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.<sup>3</sup> 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.<sup>1</sup> The causes of dementia for these conditions are not curable, although the progression of symptoms can be slowed in some cases.<sup>1</sup>

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.<sup>1</sup> In these cases, treatment of the cause can partially or completely reverse the symptoms of dementia.<sup>1</sup>

## 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.<sup>4-6</sup> 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.<sup>4-5</sup>

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.<sup>6</sup> In addition, newer tests may help predict a person's risk of developing Alzheimer disease or aid in diagnosis.<sup>7-9</sup>

## 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.<sup>2</sup> 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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# Leg Swelling Causes and Concerns

By Bryan Carter, MPA-C, Phlebology-Surgery

It's all too common for many people to walk around daily unable to see their ankles, and yet, they don't realize the seriousness of the bigger problem happening on the inside. Other individuals may be so affected by the swelling of their ankles and calves that they cannot walk or even get their shoes on.

It is normal to experience a little ankle and leg edema, and it is even expected after a long holiday weekend when we've eaten more foods with a high sodium content, and have had a few extra alcoholic beverages than normal. But the Edema should be resolving overnight. If not then other considerations are to be presumed. One of the most common causes of leg swelling by far is bad veins circulation.

### Other Common Causes:

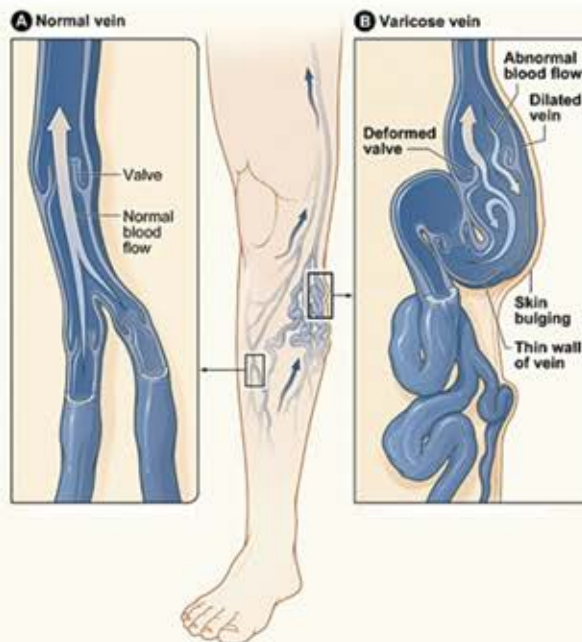
1. Heart Failure—Heart is not pumping efficiently
2. Medication side effects—Especially blood pressure medicines
3. Kidney function decline
4. Liver function decline
5. Lymphatic functional decline
6. Infections
7. Most critical—blood clots in the legs

If someone does have leg swelling, many tests are available to find the cause. One of the most important causes is the possibility of a leg blood clot from the "damaged



veins" or the Venous Insufficiency. This is the most critical possibility, due to the likelihood of it being life-threatening.

First, see your primary care physician, they should evaluate you with checking your blood work, examining your legs, checking medications and simultaneously getting you referred to a cardiology /vascular office to evaluate you for heart function and a leg ultrasound to rule out the potential blood clot and to check for Venous insufficiency. This Venous insufficiency study is a specialized test that hospitals and your local imaging centers are not accustomed to. This test is a very detailed ultrasound, and it's utilized to determine the functional status of the veins as well as to find any blood clots in the veins.



### Vein Disease:

Should your test come back positive for Venous Insufficiency, that means your veins have either been damaged to the point where the valves do not control the blood flow back up to the heart, or the Veins have been significantly stretched out. With both of these diagnoses, again the same situation hold true; your valves can not control the blood flow back to the heart.

Genetics are the number one cause of Venous Insufficiency along with secondary complications like, standing or sitting for extended periods of time, trauma to the legs, obesity, pregnancies, as well as other possibilities.

As you notice the swelling worsening, more and more irreversible damage is occurring under the skin plus you're increasing the risk of potential blood clot formation.

As seen below in the picture the swelling can progress to the varicose vein's and then leading to the stasis dermatitis skin discoloration and then Venous ulceration and skin breakdown which can lead to cellulitis.



### Treatment Options:

If you do have a positive test confirming Venous Insufficiency, treatment options are much better than in the years past. No vein stripping is needed, and diuretics are NEVER a long-term treatment option. Daily use of medical grade and accurately measured support socks are the initial start to control the Venous insufficiency. Daily Pool exercising is highly beneficial, as well as intermittent leg elevation. All of these will aid in keeping the edema control.

The best outcomes for Venous insufficiency are with treatment options that include Venous thermal ablation and Venous chemical ablation. There are no sutures and no down time, and best of all, these procedures are performed in the office. You are able to resume normal routine activity right after your treatment.

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](http://heartofthevillages.com), or call their office to schedule your appointment at, (352) 674-2080.



**Bryan Carter, MPA-C**

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# Excessive Heat and Your Heart Health

Courtesy of American House

August is "Safety Month," and while we take the time to consider all of the preventative ways to protect ourselves, we often overlook the adverse effects that these hot summer months have on our cardiovascular systems.

**A**ccording to the EPA (Environmental Protection Agency), "When people are exposed to extreme heat, they can suffer from potentially deadly illnesses, such as heat exhaustion and heat stroke. Hot temperatures can also contribute to deaths from heart attacks, strokes, and other forms of cardiovascular disease. Heat is the leading weather-related killer in the United States, even though most heat-related deaths are preventable through outreach and intervention."

With weather approaching the upper 90's and on some days, triple digits, the heat can be unbearable at times and downright dangerous. High levels of humidity with extreme temps are particularly concerning.

The human body self-regulates heat by sweating and also through radiating heat back into the atmosphere. When we sweat, we perspire potassium and sodium. Both of these minerals help to control nerve function, water balance, and heart rhythm. If you suffer from a heart condition, the loss of these minerals can be detrimental to your cardiac health.

Sweating can quickly escalate into dehydration; therefore, it's critical to stay hydrated with cold water instead of sugary drinks which lead to further adverse effects by slowing the passage of water from the digestive tract into the bloodstream. Dehydration increases the risk of elevated blood pressure, can cause heart palpitations, and limits blood flow.

When body temperature rises, the skin radiates heat into the air to normalize body temperature. When the air is sweltering, the human body is unable to reduce its high temperature this way, because it has no way to radiate heat; nor is it able to cool down, as the atmosphere's temperature is greater

than the body's temp. Warm weather makes the heart pump faster, which requires more oxygen. When it's hot, it can be difficult to cool down or breathe efficiently, complicating the heart's normal functioning by putting undue stress on its muscle contractions.

**Understanding the warning signs of heat stroke or other heat-related disorders is important. Watch for:**

- Muscle cramping and twitching
- Heat rash
- Heart palpitations
- Dizziness
- Fainting
- Headache
- Nausea
- Fatigue
- Confusion
- Falling and stumbling

**If you experience any of these symptoms, it's imperative to get to a cool place, drink cool water, and call 911 if your symptoms persist.**

**Ways to stay cool and avoid heat-related heart issues:**

- Drink plenty of water
- Talk to your physician about reducing your diuretic medication
- DO NOT exercise in the heat
- Avoid the hottest times of the day (10:00 am to 4:00 pm)
- Eat plenty of cooling foods, like vegetables and fruit
- Stay in an air-conditioned room
- Avoid caffeinated and and beverages with high sugar content



If you have heart concerns, it's important to contact your physician for a checkup and to schedule an appointment with a cardiologist for diagnostic testing. If you are having symptoms of heart failure, DON'T HESITATE - call 911 immediately.

At American House Senior Living Communities, it matters to us that our residents live a healthy and active lifestyle. That's why we invite experts over for informative presentations, year-round, to discuss healthy living, providing tips and preventative screenings to help our residents live life to its fullest. Get expert advice when you join us for one of our informative health series.

American House has dedicated nearly 40 years to enriching the lives of those we serve. We provide the peace of mind, privacy, services and amenities you want and need. Our communities offer Independent Living, Assisted Living and Memory Care services so you can enjoy access to quality housing, exceptional services, and the freedom to choose. Come experience it all for yourself. Let us show you why so many seniors call American House home!

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Dr. Mark Jacobson

# What is the MIT Difference?

*"If only I had found this place sooner!"*

*"I truly felt like someone finally listened to me!"*

These are phrases commonly expressed as patients exit the doors of Medical Imaging and Therapeutics. There is rarely a day without a happy, smiling face, and hardly a week without a thank you card or gift of treats for the staff. Today, I am inspired to write this message after two patients brought in delicious Puerto Rican food as a thank you to the doctor and one of his technologists. It speaks volumes of a physician when his patients go out of their way to express thanks.

Dr. Jacobson's motivation to build MIT was prompted after many years of working in large, corporate-style medical practices and hospitals, where not only do the patients feel like they are one of many rushed through a busy and mundane system, but he himself felt like a "number" whose ideas and talents were regularly unappreciated, or simply dismissed. Often in these facilities, the doctors are pushed to increase the number of procedures they can do in a day, rather than spend time communicating with each patient they see. As a result, patients are left in the dark regarding treatment, and may leave the hospital feeling negatively about their visit and even their doctor.

This is unfortunately the case in many corporate practices, which are becoming so large they are overwhelmed by even themselves. Timid toward competition, they believe bigger is better. They become dysfunctional, with a central scheduling location that is separate from the practice, often in another town. Patients get lost in the system because the doctors are usually lost in it as well; the Trickle Down effect.

What is happening to the solo practitioners, the smaller practices? What is happening to quality in medicine? With mergers and acquisitions, and a "bigger is better" mentality, the patients are the ones who suffer most. At MIT, the patient is often amazed a person answers the phone - someone ready to help them immediately. There is no automated system where you are told "press 1 for this and 2 for that" or to leave a message no one may hear. Patients appreciate when the front desk staff know their names after a few visits, and when they actually see the doctor, who shows them a sense of



humor and a genuine interest in not only their illnesses but their lifestyles too. In Dr. Jacobson's experience, oftentimes the missing piece of the puzzle to a diagnosis is hidden within a patient's story. Listening about what they do at home or at their job gives him clues to help understand their anguish and pain. Family and friends are encouraged to attend consults. Dr. Jacobson asks a lot of questions, and there is a good reason why: he genuinely cares.

At MIT, imaging isn't just about going in for a scan that might be read by a radiologist in another city, state or even country. As a center for interventional radiology, a critical finding on a scan can often result in a necessary procedure which can also be done at MIT. For example, if you have fluid in your lungs or abdomen seen on Xray, CT or ultrasound, it can be drained using image guidance. If you have a tumor in an organ, it can be biopsied using image guidance. If your MRI shows you have a spine fracture, it can be repaired. If your MRA shows blocked arteries in your legs, you can have your angioplasty done by an expert. The list of procedures is endless!

Interventional Radiologists such as Dr. Jacobson have the training and skills required for numerous healing therapies. His expertise have made him a

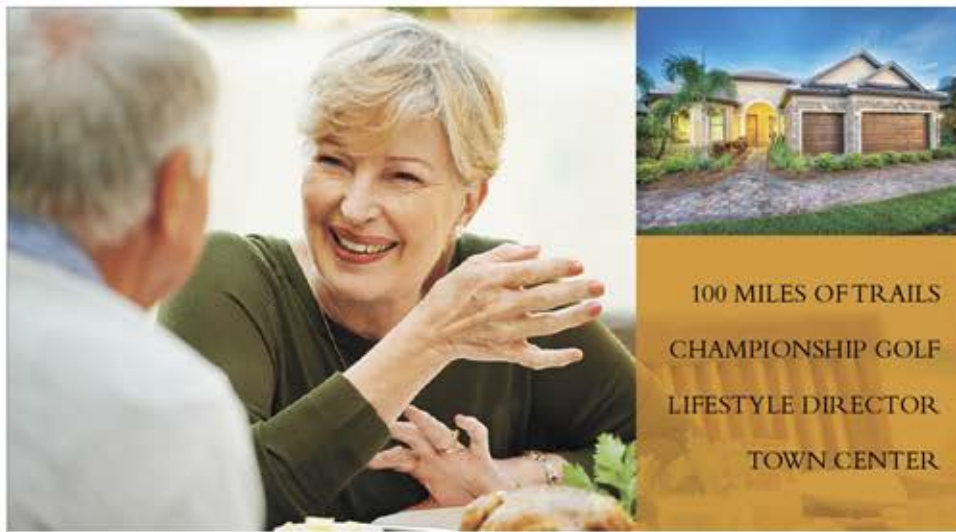
choice physician to train Resident and Fellow interventional radiologists from the University of Florida. His Fellow physicians enjoy and appreciate the experience and advice they can take with them as they are prepared to practice on their own.

The next time your doctor recommends an imaging study, ask them to refer you to Medical Imaging and Therapeutics. Since opening in Lady Lake five years ago, MIT has become the preferred provider for diagnostic and Interventional Radiology, and has received tens of thousands of referrals from hundreds of doctors confident in MIT's ability to take optimal care to their patients.



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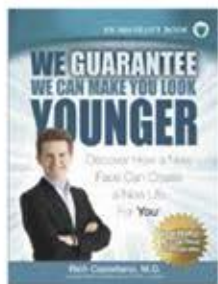
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- September 11**, ImageLift Office Luncheon, The Villages
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*Dr. Castellano*



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**D**o 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.

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



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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.

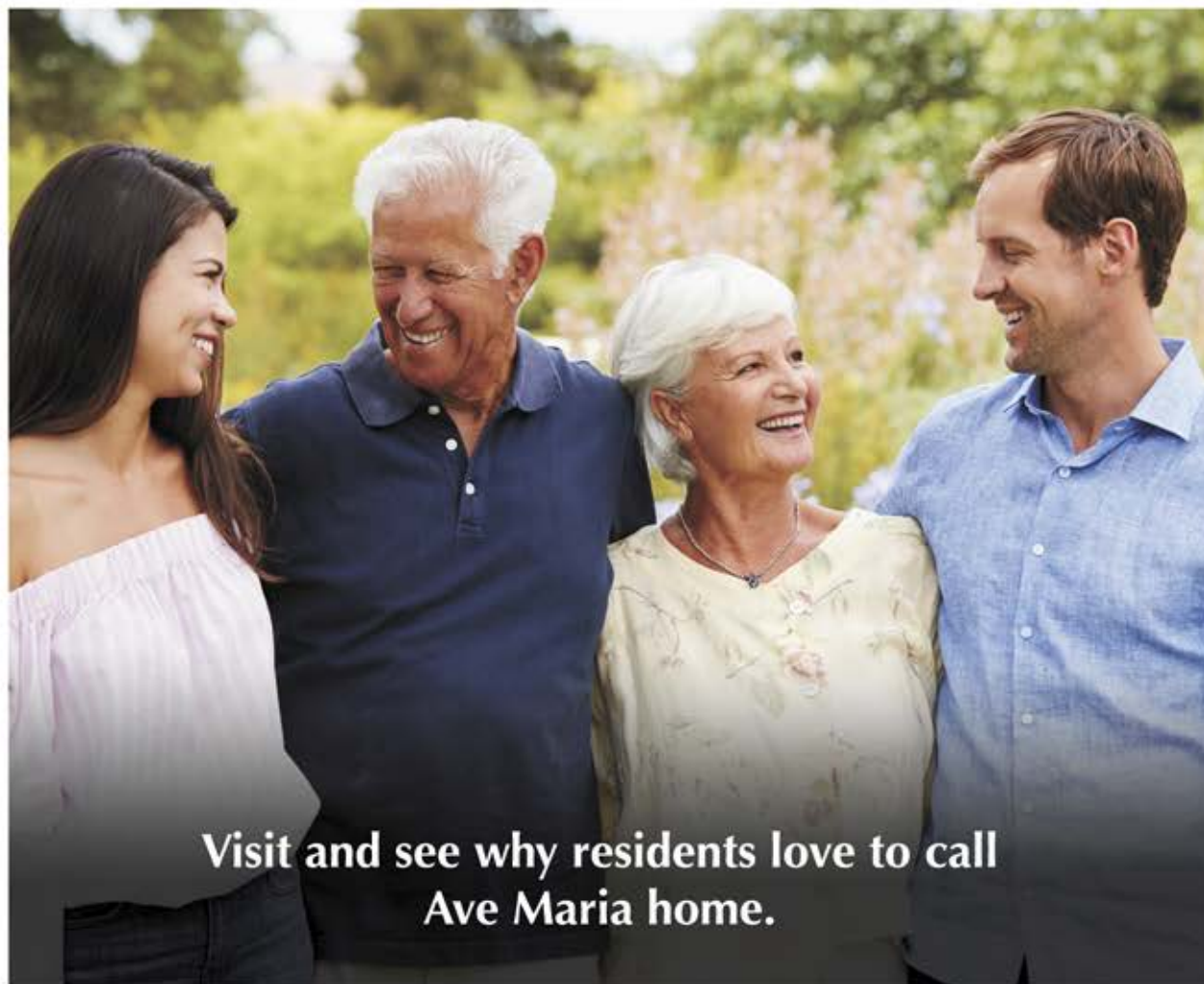
For the third year in a row, Naples, Florida has been named the #1 well-being community in the United States. Being happy and feeling good is what it's all about for those active adults, young professionals, and families enjoying the good life in Southwest Florida. Ave Maria is just 40 minutes from the 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](http://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

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

# Shoulder Joint Replacement

## Groundbreaking Procedures from The Advanced Orthopedic Institute

Living in Florida provides abundant fair weather for all residents throughout the entire year. By way of good weather, adults are staying much more active as they age. In our sunshine state, older individuals are golfing, playing tennis, pickleball, kayaking, swimming and the list goes on and on; but with all of that healthy activity comes injury and wear and tear.

Whether you have had trauma to your shoulder from an accident, or have pain due to advanced arthritis, degenerative joint disease, or soft tissue and ligaments disorders, shoulder pain can be debilitating. If you have tried all of the pain medications, alternative methods, physical therapy and still are having difficulty with range-of-motion or impingements and discomfort, it may be time to speak to your orthopedic surgeon about shoulder replacement surgery, or otherwise known as shoulder arthroplasty.

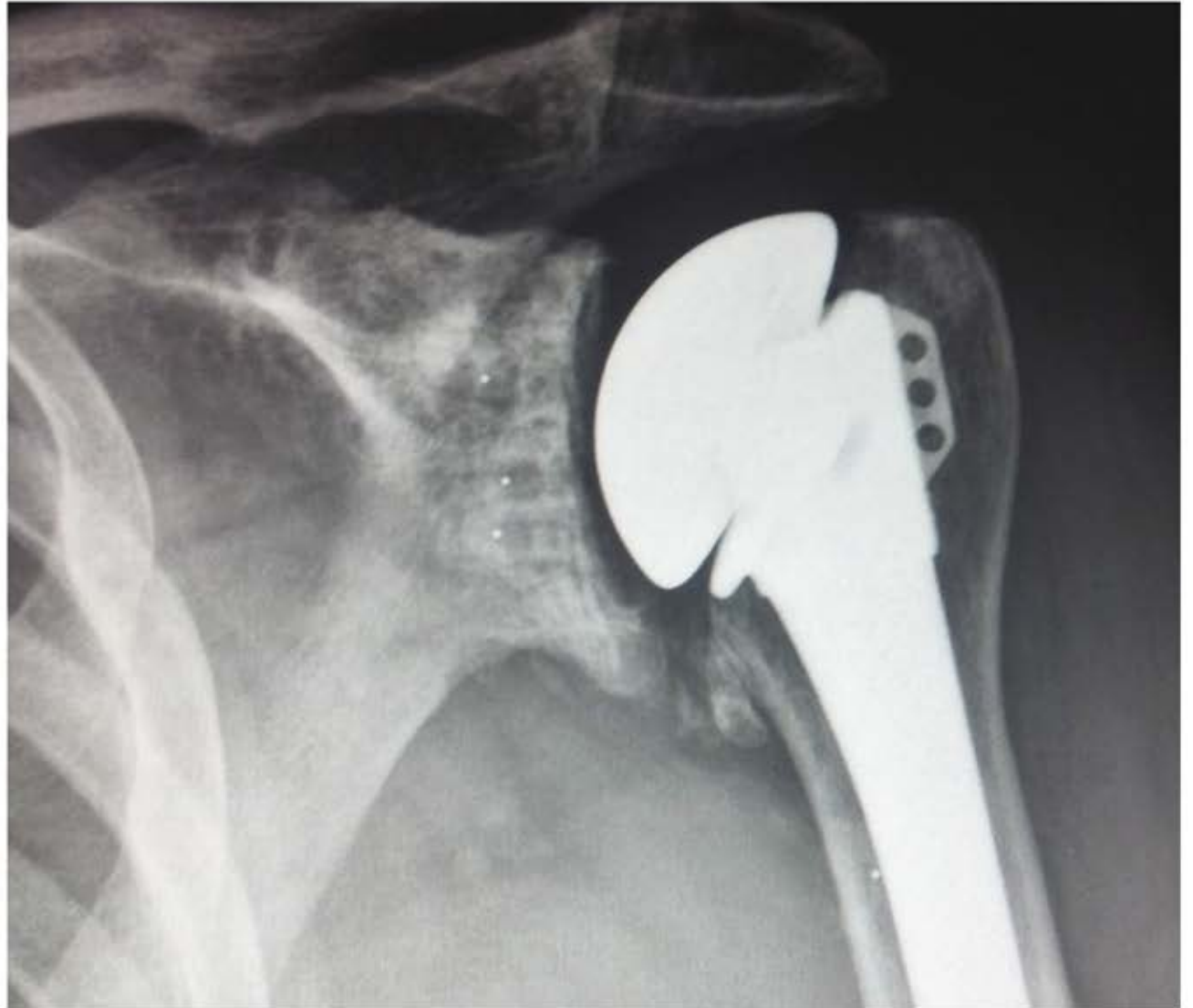
### Typical Shoulder Replacement Surgery

During the standard shoulder replacement procedure, the surgeon will cut off part of the top of your humerus bone, which is located in the joint of the shoulder. The Surgery consists of reshaping the shoulder joint and placing a metal stem (a few inches long) into the shaft of the humerus bone. A metal or plastic plate is then attached to the glenoid socket. These two connected devices will then take the place of the "ball and socket" in the upper shoulder area. Over time, the new joint replacement will allow the shoulder to move more freely and to be free from the excruciating pain that the individual was accustomed to on a daily basis.

### Enhanced Shoulder Replacement Surgery

At the Advanced Orthopedic Institute, they have implemented a new procedure, which is an innovative shoulder replacement procedure that is recommended for certain patients that have more of an active lifestyle. This new shoulder system is stemless and allows for more natural movement.

The surgical method that your surgeon suggests will be based upon your condition and the overall health of the bones and joint in the shoulder. The determination will support your best-case scenario and preeminent outcome.



### Shoulder Arthroplasty Recovery

After your surgery, your initial recovery time usually takes about six weeks, but full recovery can take a few months up to a year. Many patients report feeling no pain, and also having an increased range-of-motion very soon after surgery. Your surgeon will also provide you with an exercise and stretching program, along with physical therapy for an allotted period of time.

Advanced Orthopedic Institute (AOI) handles all aspects of orthopedics, with specialization in total joint replacement. Dr. Alfred J. Cook, Jr., specializes in sports medicine, including shoulder surgery and replacement, rotator cuff repairs, knee procedures and arthroscopy. Dr. John T. Williams, Jr., is a total joint replacement surgeon who specializes in hip and knee replacements and revisions.

Both doctors also use early intervention treatments for arthritis.

To find out more about stemless arthroplasty, or your other orthopedic needs, please call Advanced Orthopedic Institute at (352) 751-2862



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# 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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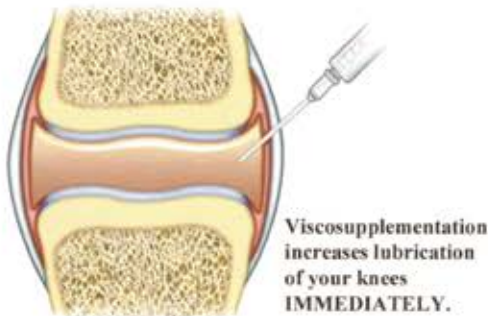
# End Knee Arthritis Pain with FDA Approved Joint Injections

***If you have never had joint injections before, you may be wondering how this treatment works and whether it can truly make a difference. Below are answers to three of your most frequently asked questions:***

## **How do joint injections work?**

Our bodies naturally create a solution to keep our knees and other joints lubricated. Osteoarthritis reduces the ability of this natural lubricant to protect your knees. Consequently, you may experience reduced mobility and increased pain. Our injections use the FDA-approved treatment known as Viscosupplementation. This is a solution comprised of highly purified sodium hyaluronate. In addition, this treatment is covered by most insurances, including Medicare.

When injected into the knee, the Viscosupplementation solution helps to cushion and lubricate the knee joint, nourishing knee cartilage for natural pain management. The solution helps to restore normal function to the joint, including its natural lubrication. Patients experience less pain and are able to enjoy a more active lifestyle.



## **What are the risks associated with the Viscosupplementation treatment?**

The most common side effects are minor, and include mild bruising, swelling or pain at the injection site. In extremely rare cases an allergic reaction may occur, only in those suffering from avian (bird) allergies. A rash, hives, itching and difficulty breathing characterize an allergic reaction. While rare, an allergic reaction requires prompt treatment. The majority of our patients, however, experience little to no side effects from treatment.

## **When will I feel results?**

Though results may vary, most patients feel an immediate reduction in pain and return to normal activities in weeks.

## **Will my insurance cover this treatment?**

Yes, most major insurances and Medicare will pay for this treatment.

## **Who is a good candidate for this treatment?**

Do you wake up with knee pain? Does your knee pain keep you from certain activities? Have you been told you need a knee replacement? Are you active and sometimes suffer from sore knees? Do you take medications for knee pain? Do you have difficulty going up and down stairs? Are you considering surgery to alleviate your knee pain? Have you tried everything to get rid of your knee pain without success?



If you have answered "YES" to any of these questions or if you are experiencing similar symptoms then you are likely ready to experience the relief and healing that Physicians Rehabilitation can offer.

## **Interested in scheduling an appointment?**

You must call right now. The demand for this procedure has been overwhelming. Therefore, we've had to limit the number of "NO-COST, NO-OBLIGATION", knee consultations to the first 17 callers. Call (855) 276-5989 now before someone else gets your spot. Please visit our website: [www.PhysiciansRehab.com](http://www.PhysiciansRehab.com) where you can learn more and read even more success stories from people just like you!



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# Keeping Youth Athletes Safe in the SUMMER HEAT

**B**ack to school brings lots of sports practices right in the middle of the hottest part of the day. It's important for coaches, athletes and parents to be aware of how to prevent heat-related illness. To prevent heat illness (i.e. heat cramps, heat exhaustion, or heat stroke) or even heat stroke deaths during summer sports practices, consider the following important tips:

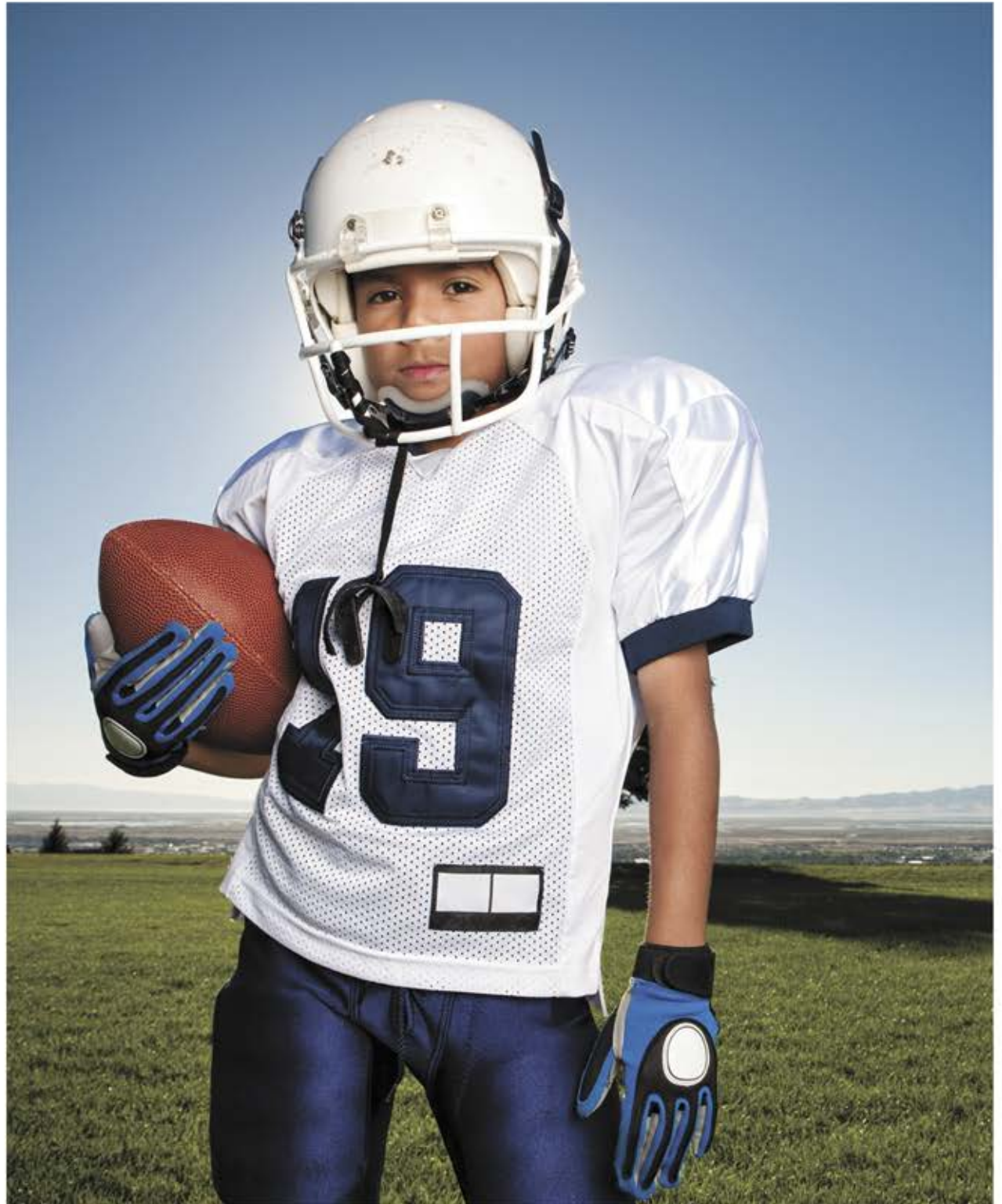
**1. Know the physical conditioning of the athlete:**

You should be aware of each athlete's physical condition prior to the start of practices. While some athletes may be in condition, others may not have exercised at all during the summer. This is an important factor when determining the intensity level of physical activity for athletes, especially in the heat.

**2. Acclimate to the heat:** Gradually introduce young athletes to the heat to prevent dehydration. Slowly increase the intensity, length of workouts and equipment used over the first 10 to 14 days. This helps train their bodies to drink more, increase blood volume, and sweat more. Sweating helps release heat from the body.

**3. Set proper practices times and duration:** Practices should be increased gradually to a maximum of three hours long (this is total length of practice, including warm-up and cool down periods), and should be conducted during cooler hours of the day. Avoid practice sessions during the hottest time of the day. Schedule the hardest workouts for early morning or late afternoon/evening.

**4. Wear proper clothing:** Lightweight, light-colored clothing is best. Ventilated shorts and t-shirts let heat dissipate. For sports that use heavy equipment and pads, let young athletes practice in lighter clothes for a week to acclimate their bodies. Then progress to full equipment.





**5. Provide frequent fluid breaks:** One of the keys to preventing dehydration, heat exhaustion and heat strokes is to provide players cool down and fluid breaks in a shaded area at least every 20-30 minute, or more frequently, depending on heat and humidity.

**6. Know the weather conditions, and plan accordingly:** Provide shade and ice water bath. If the field has no shaded areas, put up a tent so players have a place to get out of the sun during their water breaks.

**7. Monitor athletes closely:** Watch athletes before, during, and after practice for any signs of dehydration or other problems.


**8. Rehydrate:** After all practices be sure to replace fluids lost.

**9. Have an Emergency Action Plan:** All staff should be trained on the signs and symptoms of heat illness and what to do during an emergency.

Source: [sportsafetyinternational.org](http://sportsafetyinternational.org)

## HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR	WHAT TO DO
<b>HEAT STROKE</b>	
<ul style="list-style-type: none"> <li>• High body temperature (103°F or higher)</li> <li>• Hot, red, dry, or damp skin</li> <li>• Fast, strong pulse</li> <li>• Headache</li> <li>• Dizziness</li> <li>• Nausea</li> <li>• Confusion</li> <li>• Losing consciousness (passing out)</li> </ul>	<ul style="list-style-type: none"> <li>• Call 911 right away-heat stroke is a medical emergency</li> <li>• Move the person to a cooler place</li> <li>• Help lower the person's temperature with cool cloths or a cool bath</li> <li>• Do not give the person anything to drink</li> </ul>
<b>HEAT EXHAUSTION</b>	
<ul style="list-style-type: none"> <li>• Heavy sweating</li> <li>• Cold, pale, and clammy skin</li> <li>• Fast, weak pulse</li> <li>• Nausea or vomiting</li> <li>• Muscle cramps</li> <li>• Tiredness or weakness</li> <li>• Dizziness</li> <li>• Headache</li> <li>• Fainting (passing out)</li> </ul>	<ul style="list-style-type: none"> <li>• Move to a cool place</li> <li>• Loosen your clothes</li> <li>• Put cool, wet cloths on your body or take a cool bath</li> <li>• Sip water</li> </ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"> <li>• You are throwing up</li> <li>• Your symptoms get worse</li> <li>• Your symptoms last longer than 1 hour</li> </ul>
<b>HEAT CRAMPS</b>	
<ul style="list-style-type: none"> <li>• Heavy sweating during intense exercise</li> <li>• Muscle pain or spasms</li> </ul>	<ul style="list-style-type: none"> <li>• Stop physical activity and move to a cool place</li> <li>• Drink water or a sports drink</li> <li>• Wait for cramps to go away before you do any more physical activity</li> </ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"> <li>• Cramps last longer than 1 hour</li> <li>• You're on a low-sodium diet</li> <li>• You have heart problems</li> </ul>
<b>SUNBURN</b>	
<ul style="list-style-type: none"> <li>• Painful, red, and warm skin</li> <li>• Blisters on the skin</li> </ul>	<ul style="list-style-type: none"> <li>• Stay out of the sun until your sunburn heals</li> <li>• Put cool cloths on sunburned areas or take a cool bath</li> <li>• Put moisturizing lotion on sunburned areas</li> <li>• Do not break blisters</li> </ul>
<b>HEAT RASH</b>	
<ul style="list-style-type: none"> <li>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li> </ul>	<ul style="list-style-type: none"> <li>• Stay in a cool, dry place</li> <li>• Keep the rash dry</li> <li>• Use powder (like baby powder) to soothe the rash</li> </ul>





# 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

**F**or 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](http://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.





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**E**state 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](http://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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# 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 to 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 its 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](mailto:DrBobGoethe@gmail.com) - Check out our website: [www.compassionclinicflorida.com](http://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 its benefits in patients and strongly believes in the cause.

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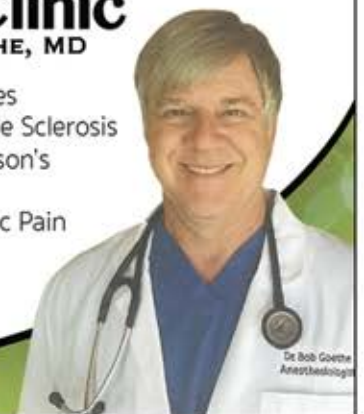


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Anesthesiologist



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

By Daniel Taylor DC

**I**t'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.

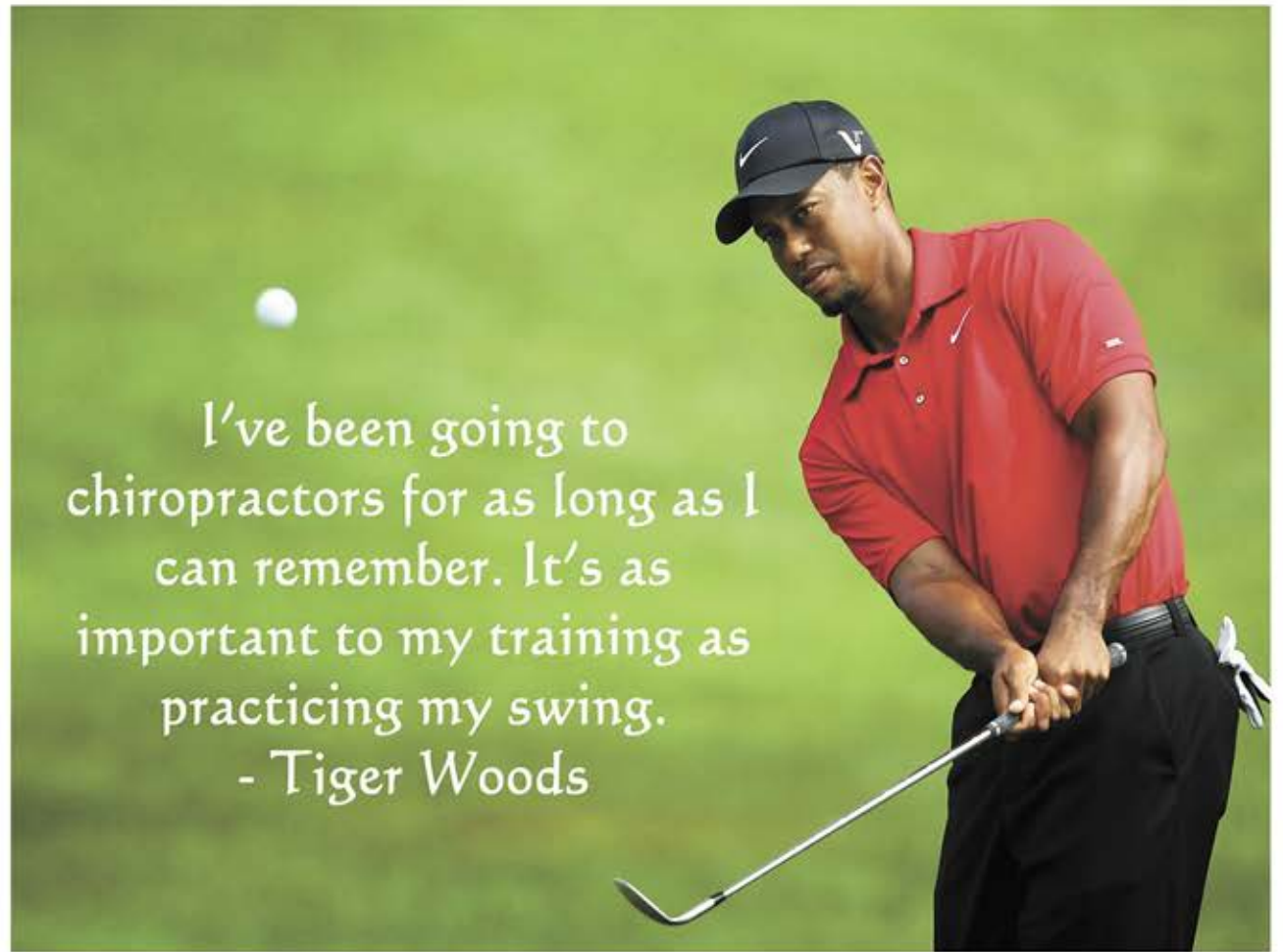
**Common golf related diagnosis include:**

- **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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# SUPER FOODS FOR A NUTRITIOUS DIET

**T**he health community has long praised the benefits of vitamins and nutrients derived from natural sources. For those looking to improve their health or take preventative measures, these 10 natural super foods can be incorporated into your daily diet to help support your health:

**Green Tea** – Armed with a special type of antioxidants called polyphenols, green tea can decrease plaque formed in the arteries and can fight prostate cancer.

**Rosemary** – Studies have shown this powerful spice can reduce the risk of stroke, as well as protect against Alzheimer’s disease.

**Almonds** – Full of plant sterols and amino acids, almonds can help lower high cholesterol and promote muscle growth. These handheld treats are also rich in vitamin E, which can protect skin from sun damage.

**Fatty Fish** – Rich in omega-3 fatty acids, fatty fish such as salmon, flounder and sardines can lower the risk of heart disease.

**Bananas** – This easy, portable snack is loaded with essential potassium, which regulates the nervous system. Bananas also offer loads of vitamin B-6, which aids immunity and metabolism.

**Whole Grains** – These powerful body defenders have been known to boost immunity, protect against various cancers and reduce cholesterol.

**Eggs** – These energy-packed breakfast favorites contain a special type of protein that helps build muscle strength more than other proteins. When compared to other breakfast foods, eggs can also keep you feeling fuller longer with fewer calories and fat.

**Spinach** – Chock-full of magnesium, potassium and various vitamins and nutrients, spinach can prevent clogged arteries and protect against prostate and colon cancers.

**Soy** – This protein-packed food contains isoflavones, which can aid in treatment and prevention of prostate cancer. Also, research from the Food and Drug Administration shows that 25 grams per day can help lessen the risk of heart disease.

**Dark Chocolate** – Satisfy your sweet tooth and improve blood flow to the brain at the same time. Dark chocolate can also lower blood pressure and increase skin’s resistance to UV rays.

*Find more health-conscious tips at [eLivingToday.com](http://eLivingToday.com).*

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## 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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