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September 2018

Marion Edition - Monthly

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DETERMINATION



Determination. A powerful element in fighting cancer.

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

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

-Margaret Metz, Patient & Survivor

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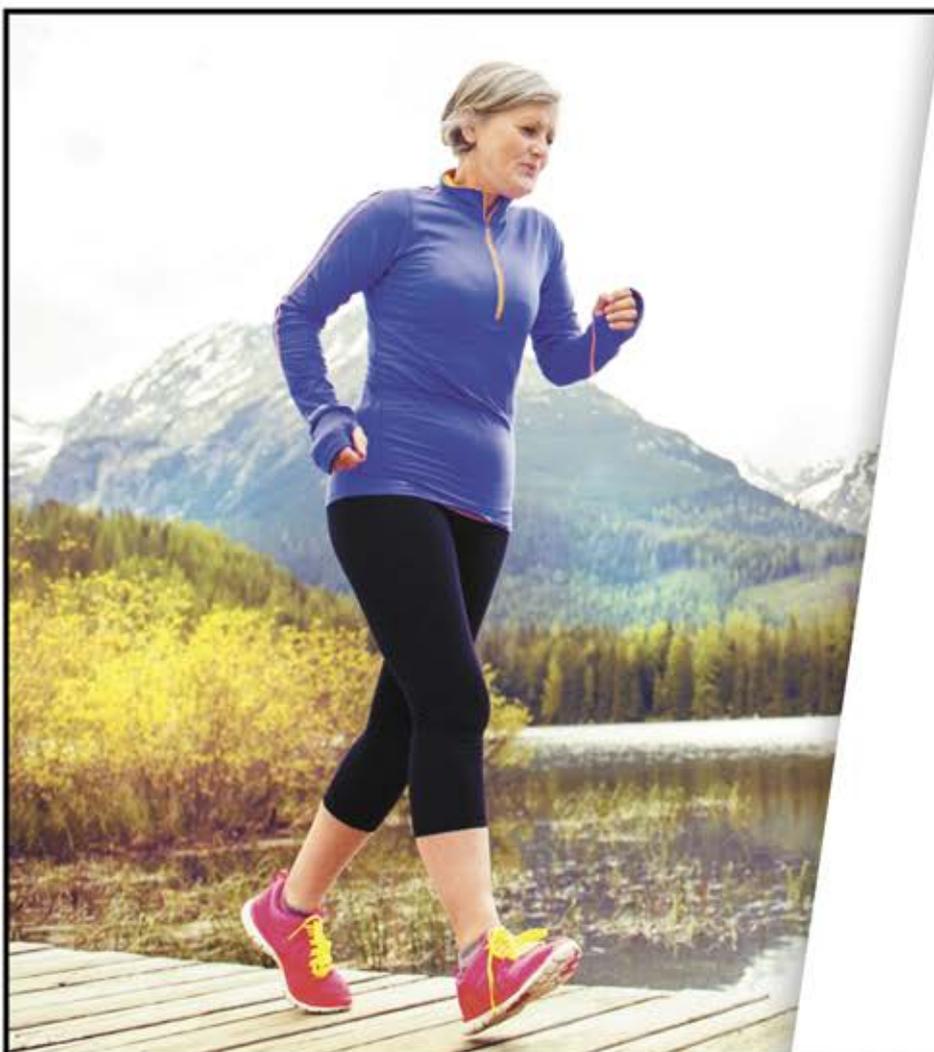
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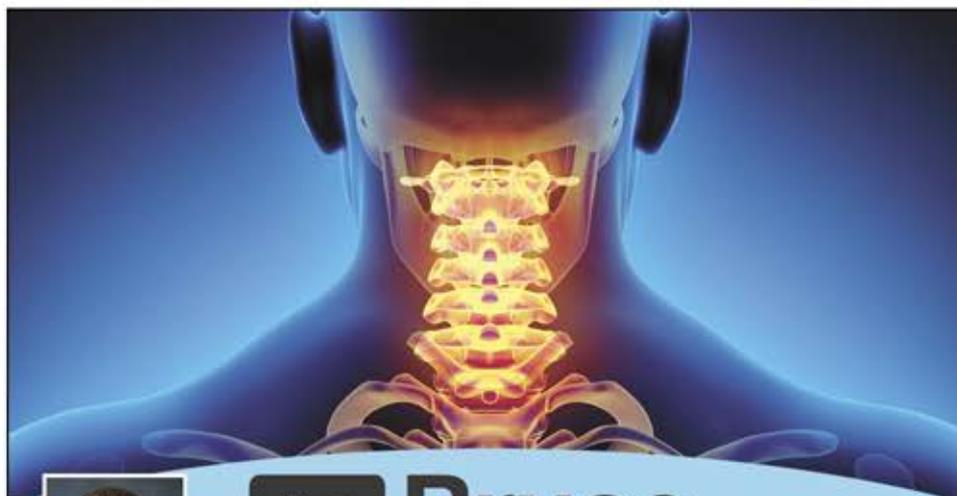
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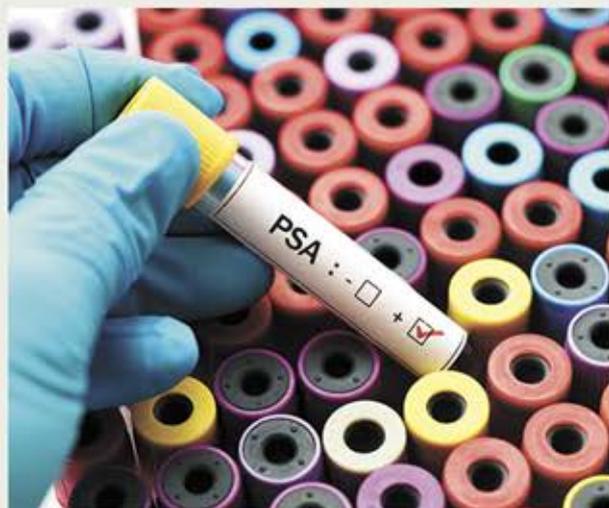
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MRI – A BREAKTHROUGH IN THE DIAGNOSIS OF PROSTATE DISEASE

Prostate cancer affects one in six American men, and is the second leading cause of cancer death in males ages 50 and older. The primary signifier of the possible presence of prostate cancer is an elevated level of a protein produced by the prostate gland called prostate-specific antigen, or PSA. Elevated PSA levels are easily detected through a simple blood test, but, because PSA levels naturally rise with age, what's considered normal can vary over time. Some men experience sudden increases in PSA protein that, while still within the normal range for their age group, may indicate the onset of prostate disease. To discover changes early, the Board Certified radiologists of RAO and other health agencies recommend that men ages 40 – 70 get a PSA test every two to four years, and that those with elevated or rapidly-rising PSA levels get tested annually so that cancer can be diagnosed before it has a chance to spread to other organs, when it can be difficult or impossible to treat.

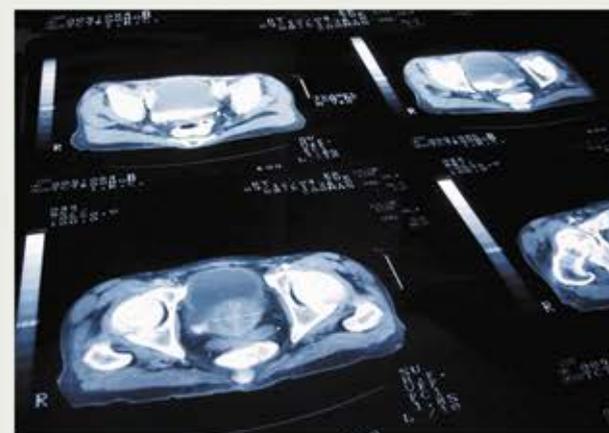


Higher-than-normal PSA levels alone don't indicate cancer – in fact, most of the time PSA levels rise because of other causes, like aging or problems that may still require treatment or monitoring, like infection, abscess, inflammation or prostatic hyperplasia, which is a benign enlargement of the prostate gland. To find out what's behind rising PSA levels and catch changes in the prostate early, RAO offers a breakthrough in diagnosis, magnetic resonance imaging (MRI) of the prostate.



Unlike practices that rely on ultrasound or computed tomography (CT) for secondary prostate analyses, RAO prefers the superior imaging capacity of high field MRI technology, which delivers more power than high-performance MRI and many times the power of a standard open MRI, without the exposure to ionizing radiation of CT and the comparatively limited detail of ultrasound. As the leading local provider of MRI prostate imaging, RAO and its team of subspecializing radiologists are capable of discovering even the tiniest changes and anomalies, for earlier discovery of cancer and other problems. High field MRI scanning helps your radiologist and referring clinician establish a diagnosis more rapidly and accurately than ever before.

Remember, when caught in time, prostate cancer is highly treatable and survivable. If you're 40 or older, talk to your clinician about PSA testing and what levels are right for you. And when secondary testing is required, consider the higher standard in prostate examination, high field MRI from RAO. Nothing else is as safe and accurate in the fight against prostate cancer.



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Board Certified, Fellowship-Trained Radiologists (left to right):
John M. Cain, MD; Kerry B. Raduns, MD; John S. Scales, MD



Lung cancer is the #1 cause of cancer death in the US. By the time symptoms of lung cancer develop, such as coughing, wheezing or shortness of breath, it is usually too late to treat.

If you are or were a heavy smoker, a Low Dose Computed Tomography screening can catch changes in the lungs early, when treatment is usually highly successful. Our Board Certified, fellowship-trained radiologists subspecialize in CT scanning, for an extra measure of accuracy.

If you're 50 or older and are or were a heavy smoker, talk to your doctor about a Low Dose Computed Tomography scan from RAO. This painless test takes only minutes, and can help ensure you'll be around for years to come.



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5 BENEFITS OF PRIMARY CARE

IN AN INCREASINGLY COMPLEX MEDICAL WORLD, HAVING ONE DOCTOR WHO KNOWS YOUR HEALTH HISTORY HAS BECOME HIGHLY IMPORTANT.

ACCORDING TO Research that has been done by health journals, including Health Affairs, it was found that patients who have a primary care provider benefit from better management of chronic diseases, lower overall health-care costs and a higher level of satisfaction with their care. Here are the five most important ways building a relationship with a primary care provider –generally considered to include the specialties of internal medicine, family practice, obstetrics and gynecology, and pediatrics – can improve health care for you and your family.

Continuity - Having a single physician who has seen you for everything from bellyaches to immunizations to blood-pressure control means having a health resource who knows your history. When you have an appointment, you don't have to explain that there's heart disease in your family or list the medications you're taking and in what doses – it's all in your medical record already.

Convenience - Within a primary care practice you can access a wide variety of health services: preventive care and screenings; care for chronic conditions such as asthma, hypertension and diabetes; and acute care for problems like cough and high fever.

Health maintenance - Your primary care doctor can help you avoid health problems. Based on the doctor's examination and your medical history, he or she can determine whether you're at increased risk for conditions like diabetes, cancer and heart disease, and then help you take steps to prevent them from developing.

Early detection - Regular checkups and contact with a single physician make it more likely that any health issues will be detected early, when they're most treatable.

Better communication - When patients know their physician and the practice staff, visits are less stressful and more productive. It's easier to talk about sensitive issues with someone you know in a familiar setting than with a stranger in a strange place.



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PROSTATE CANCER UPDATE

Although some younger men do get prostate cancer, the risk increases with age. According to the National Cancer Institute, more than 70 percent of all prostate cancer patients are over the age of 65, and about 75 percent of all men over the age of 80 will have some form of prostate cancer. In addition to age, other risk factors include ethnicity, genetic factors and diet. African-American and Latino men have a greater risk of developing prostate cancer than Caucasian men; Asian and Native American men have the lowest risk. There is also evidence that diet plays a role in the development of prostate cancer. Studies have found a higher incidence of prostate cancer in men whose diets are high in fats (particularly animal fats) and low in vegetables. A family history of prostate cancer also increases the chances of developing the disease.

IMPROVEMENTS IN TREATING PROSTATE CANCER

As scientists continue to look for more genetic mutations that could be potential targets for new treatments of advanced prostate cancer, targeted therapies are also being developed for patients with non-metastatic prostate cancer. Many advances in the treatment of prostate cancer have occurred in the past decade including new surgical procedures and improvements in radiation therapy. Both of these have proven to be extremely effective and, in many instances, to have minimal side effects. Advances in both hormonal therapy and chemotherapy have made the disease much more manageable so that even if it can't be cured, a patient can still experience a good quality of life while living with prostate cancer.

There are five major treatment options for men diagnosed with prostate cancer:

- **Active surveillance** - During active surveillance, your doctor will carefully monitor your prostate cancer on a regular basis – usually every 3 to 6 months. Some prostate cancers grow so slowly that they will never lead to death or even cause any symptoms. Closely monitoring this type of prostate cancer is often the best treatment option.
- **Hormone therapy**: There are several types of hormone therapy, however, the overall goal of each type is the same: to either reduce the levels of male hormones (also known as androgens) or to prevent the hormones from reaching the prostate gland cells. Since androgens stimulate prostate cells to grow, reducing the overall level of androgens in the body can often shrink a tumor or make it grow at a slower pace.



About 1 in every 7 men in the U.S. will be diagnosed with prostate cancer during their lifetime. Other than skin cancer, prostate cancer is the most common form of cancer in American men.

- **Radiation**: Radiation treatment uses high-energy beams to destroy cancer cells. New and improved techniques such as conformal radiation therapy (CRT) and intensity modulated radiation therapy (IMRT) use computers to map out the prostate and deliver focused radiation to cancer cells while sparing healthy surrounding tissue.
- **Surgery**: Prostate cancer surgery is used to remove either the whole prostate or part of it. Surgery is most often recommended for men with early stage prostate cancer, however it can be used for later stages as well. If cancer has spread to the lymph nodes, the surgeon may not remove the prostate and suggest another type of treatment.
- **Chemotherapy**: Chemotherapy is the administration of anti-cancer drugs, either through IV injection or by mouth in pill form. Chemotherapy is not usually given unless the cancer has spread outside of the prostate gland. This also becomes an option when the cancer no longer responds to hormone therapy.

World-Class Cancer Treatment Close to Home

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

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



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For more information, visit FLCancer.com

Dental Plaque & Periodontal Disease Can Affect Your Overall Health

Oral health has a lot more to do with their overall health than you may be aware of. The plaque build-up on teeth, says a lot about the plaque build-up in the bloodstream, arteries, and organs. The same is true of periodontal disease and inflammation of the gum tissue. If this infection and bacteria are left untreated, your vital organs will most likely be negatively affected with disease by the germs and microorganisms that attack the delicate immune system.

Arterial plaque is caused by excessive build-up of fat deposits, high cholesterol, and disease. While the plaque in the arteries, known as atherosclerosis, is very different than dental plaque, they correlate due to oral plaques bacteria and inflammatory response, which can cause an adverse systemic reaction via bacteria entering the bloodstream. Dental plaque causes periodontal disease and those with gingivitis are two times more likely to have a vascular disorder like heart attacks and strokes.

Achieving and maintaining optimum oral health is essential for your overall wellbeing.

Periodontal Disease Can Attribute to:

- Infections
- Heart Disease
- Strokes
- Diabetes
- Child Birth Issues
- Headaches
- Cancer
- Other Disorders

Treatment

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



provide you with options to get your mouth healthy again. These include deep scaling's, gingival grafts, laser treatment and pocket reduction procedures. Periodontists must complete three more years of specialized training along with their DMD to become a specialist.

Prevention

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

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

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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Ocala Eye Has a *New Location* and Exclusive Services!

The end of September marks the Grand Opening of Ocala Eye's new Heath Brook office location. Ocala Eye patients will be able to see great, hear better and look younger at the new location in the Heath Brook at Market Street Plaza, located directly above Panera Bread.

The office will offer the same level of care and expertise patients have come to expect from Ocala Eye's team specializing in cataracts, glaucoma, cornea and retinal diseases, along with a few additional services to better meet their patients wants and needs.

The Heath Brook office will offer a full suite of services including:

- Eye exams
- Eyeglasses
- Contact lenses
- LASIK
- Hearing
- Aesthetics

Eye Care:

Patients of Ocala Eye benefit from a wide range of eye care options to improve their vision and enhance their lifestyle with as little downtime and discomfort as possible. The solutions and treatment options they recommend to improve eye care are always tailored to every individual patient's needs, budget and lifestyle.

Whether it's stylish eyeglass frames and advanced lens technology available at Ocala Eye Optical, or precise and safe surgical options mastered by their ophthalmologists, improving your vision without compromise is their number one priority.

Optical:

Ocala Eye offers comprehensive and convenient optical services. Their optical centers are staffed by experienced and licensed opticians dedicated to helping you find the prescription eyewear and sunglasses right for your lifestyle, your needs, and your budget.

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No glasses. No contact lenses. Just pure, clear vision from the doctors you trust.

The LASIK procedure is a life-changing event, allowing you to see precise detail in the world



around you. Countless patients say they wish they had gotten LASIK sooner because the clarity and visual freedom is something they've hoped for their whole lives. And thousands of procedures later, Ocala Eye's list of happy patients continues to grow every day. Your evaluation and the LASIK procedure are performed at the state-of-the-art Ocala Eye Surgery Center.

Hearing:

Did you know that by age 65 one out of every three adults experiences hearing loss? Much like age-related changes to your eyesight, the ability to hear a full range of sound can diminish so gradually over the years it's hard to notice. Hearing loss is progressive and degenerative.

Continued hearing loss can contribute to increased isolation, anxiety and depression; and, there is a link between untreated hearing loss and the development of dementia and Alzheimer's disease.

Fortunately, the highly trained and compassionate experts at Ocala Eye Hearing Services use the latest diagnostic technology to identify and treat a wide variety of hearing issues and disorders.

Aesthetics:

Ocala Eye Aesthetics offers a full range of skin rejuvenation services, from nourishing facial treatments with all-organic products to appearance enhancing medical procedures.

Ocala Eye's licensed medical aesthetician works in conjunction with their experienced physicians to ensure every procedure performed will help you look younger and achieve the results you desire.

In addition to their cosmetic eyelid and facial surgery options performed by their ophthalmologists, Ocala Eye Aesthetics offers treatments to enhance appearance, address pigmentation concerns, and nourish skin cells.

They utilize all organic products in conjunction with skin therapy techniques such as facials, microdermabrasion, and anti-aging treatments to ensure their patients look and feel younger.

To schedule your appointment and receive premier eye, ear, and skincare, please contact Ocala Eye at any one of their convenient locations.

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- Hussain Elhalis, M.D.
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Optometrists:

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- Charles F. Paglia, O.D.

Retina Specialists:

- Chander N. Samy, M.D., F.A.C.S.
- Robert J. Kraut, M.D.

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What You Can Do To Lower Your High Cholesterol and Decrease Your Cardiovascular Risks

Cholesterol is a natural substance that the body produces through the liver. It's waxy and circulates through the bloodstream, feeding the heart and brain. But when cholesterol is derived from foods like saturated fats and trans fats, the body overproduces LDL, which is the "bad" cholesterol.

HDL is the "good" cholesterol our bodies crave. Without HDL, our brains would not function properly, and we would suffer from other bodily disorders, like heart attacks and strokes. HDL helps to remove the bad cholesterol (LDL) from the body. High levels of LDL may also adversely affect overall health by causing atherosclerosis (plaque in the arteries), cardiovascular disease and other disorders.

Cholesterol Numbers:

Your total cholesterol is made up of both LDL and HDL numbers. Your family doctor may order tests in order to check your numbers. The healthiest combination of both types of cholesterol measures HDL, good cholesterol,) around 40, and LDL, bad cholesterol,) around 100.

Risk Factors:

Cholesterol, along with triglycerides in the blood, can form atherosclerosis, which as previously mentioned is the plaque that builds up in the arteries. Excessive plaque can increase the chances of a coronary heart attack, heart disease, stroke and other related issues. Triglycerides are the fat that is stored in the bloodstream from the excess fat in our diets. Triglycerides combine with the high LDL level and create harmful plaque build up.

Diet & Exercise:

Because high levels of LDL and triglycerides are both associated with food intake and the body's inability to burn fat, adopting healthier habits can help lower cholesterol naturally.

- Eat a healthy diet
- Quit smoking (contributes to atherosclerosis)
- Start a regular exercise program
- Cut back on alcohol and processed foods

Schedule an annual exam with your physician to check your cholesterol levels on a regular basis. If you have high cholesterol, your doctor may prescribe medication to help lower the overall cholesterol levels. In addition to medication, a change in diet can help to decrease LDL and Triglycerides, as well as raise your HDL to optimum levels.

Incorporate Healthy Foods and Nutrients in Your Diet
A significant contributor to successfully lowering LDL is the addition of soluble fiber, omega-3 fatty acids, mono-saturated fatty acids (MUFAs), powerful antioxidants and lutein, to your diet. However, in order to see the benefit of ultimately lowering bad cholesterol, an overall healthy diet must be maintained. This includes decreasing, and in some cases, completely eliminating processed foods from your diet. Cholesterol lowering foods can drop your bad cholesterol levels by 5-10% within a few weeks; your cardiologist can speak with you about a personalized dietary plan.

Medications:

The most common cholesterol lowering drugs are statins. In recent years there have been other medication developments that may help to lower your total cholesterol levels.

It's best to speak with your physician before changing your diet or exercise program. Your doctor will develop a strategy to suit your specific needs, along with a coordinated medication and lifestyle strategy.

One Health Center, OHC

One Health Center features all the specialists you will need for your complete health, making it truly a one-stop for better health. From cardiology to endocrinology and from vision to dentistry, your entire healthcare needs will be met by their state of the art urgent care facility in Ocala.

OHC Cardiology Clinic Services:

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- Cardiology Fellowship



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Consultation:

Patients with cardiac conditions requiring consultation and investigation can be referred. Echocardiography, exercise tolerance testing and stress echocardiography, medication reconciliation, will be facilitated on the day of their consultation.

Consultative Cardiology:

In an effort to provide the optimum level of care to their patients, OHC Cardiac Clinic partners with other community-based health care providers including patient's Primary Care Physician to assess and jointly manage complex cardiac conditions. This team base approach will allow their patients to access an expanded base of services at one location.



LEONARD SAVINO, MD

OHC CARDIOLOGY CLINIC
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The Art of Aging: Skilled Nursing Makes Quality of Life a Reality

Aging is a beautiful thing, but sometimes the quality of life can be less than stellar if we are sick, feeble, have cognitive decline, or simply aren't able to care for ourselves the way we used to.

For caregivers, this can also be a stressful time when faced with life-changing decisions for their loved one. Progressive diseases and disorders can be difficult to accept by the entire families support system. Understandably, many caregivers unselfishly want to be there for their loved one. They may feel a sense of obligation and pride in taking care of them. Although this is a loving idea, it can become quite difficult to continue trying to care for your loved one your own. Expert medical attention is the best alternative to provide a higher quality of life for the patient. That's where skillfully trained medical professionals can help. They can provide respite for the caregiver, allowing them time for themselves and dedicated 24-hour care for the patient.

By knowing that their loved one is well cared for by professionals that completely understand their struggles, disease state, or disorder, and the correct steps to support them, caregivers and the patient can take comfort in knowing that professionals are there to walk with them, and to help them along this journey.

The Art of Aging

Aging well in the correct facility is key. Making the right decision about where you or your loved one will live out their lives is a critical decision. There are so many choices, but once you begin looking into a skilled nursing facility, narrowing down an appropriate home is easy. When you want the best life, a happy life, a well-cared for life, there is no better nursing home around than Life Care Center of Ocala.

Why Life Care Center of Ocala?

The difference is in the quality of care and the well-thought-out home-like facility that provides state of the art amenities and healthcare right on campus. Nestled in the heart of Ocala, Florida,

the horse capital of the world, Life Care Center of Ocala is a perfect choice of nursing homes. Their facility, located within four miles of West Marion Community Hospital and Munroe Regional Medical Center, provides the best patient and resident care possible. With a full team of nurses, therapist, and an onsite physician, Life Care Center of Ocala offers the best of care within a loving atmosphere.

Life Care Center of Ocala features a number of homelike comforts, as well as many indoor and outdoor areas for families to gather. The amenities include:

- Always available menu
- Beauty salon and barber shop
- Cable TV
- Coffee shop
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- Computer access
- Computer class
- Conference room
- Day rooms
- Dessert cart
- DVD players and movie library
- Facility transportation services
- Family dining room
- Family/Resident councils
- Fine dining
- Fireplace
- Flexible visiting hours
- Garden



- Beauty salon and barber shop
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- Private rooms
- Religious services
- Restaurant-style dining
- Three courtyards
- TV lounge
- Wireless Internet

With endless possibilities of activities, social gatherings, games, restaurant-like dining, and healthcare, Life Care Center of Ocala is the way most of us would like our aging process to happen. When we think about growing older, socializing, feeling secure, safe and well cared for, we can be at peace knowing that such a place exists and they treat their residents like family.

If you are looking to make the transition into a skilled nursing facility for yourself or a loved one, call Life Care Center of Ocala to book your tour today. Please call (352) 873-7570.



CHIROPRACTIC CARE FOR SHORT-TERM AND LONG-TERM HEALTH

By Dr. Paul Bruce

Chiropractic care is the one form of health care that keeps on giving. Chiropractic care certainly helps people to recover from short-term health problems, but this powerful method of healing also helps people stay well and assists in preventing new problems from developing.

Your chiropractor treats a wide variety of musculoskeletal problems. Neck pain, back pain, pain that travels from the neck to the arm and hand, pain that travels from the back to the leg and foot, headaches, and muscle spasms are conditions commonly treated by chiropractic care. Your chiropractor also treats many types of exercise- and sports-related injuries, such as rotator cuff injuries, tennis elbow, wrist sprains, knee injuries, ankle sprains, and shin splints. Repetitive stress injuries such as carpal tunnel syndrome are also treated by chiropractic care. Also, chiropractic care may be a valuable addition to treatment for sleep disorders, digestive problems, menstrual cramps, asthma, and various allergies. Chiropractic care may also be of great assistance during pregnancy, in helping to relieve neck pain and back pain and to ease the process of delivery.

Chiropractic care can be beneficial for so many health problems owing to the fact that chiropractic care directly affects the functioning of your nerve system. Your nerve system, consisting of your brain, spinal cord, and nerves that branch out to the rest of your body, is your master physiologic system. Your nerve system, by sending signals to every cell, tissue, and organ in your body, controls all the other systems. Your heart relies on the nerve system so that it can pump blood at the right time and in the right amount. Your small intestine relies on the nerve system so that it can complete the digestion of food and transmit usable nutrients to the bloodstream. Your white blood cells and other immune system agents rely on the nerve system so that they can quickly identify and destroy foreign invaders such as bacteria and viruses.

But your nerve system can break down, in a sense, if spinal nerve interference is present. Such nerve interference, caused by irritation and inflammation of spinal nerves, is caused by loss of full mobility of spinal vertebrae. Limited spinal motion irritates the muscles that move the spinal bones and the ligaments that hold those bones together. Inflamed spinal muscles



and spinal ligaments cause spinal nerve inflammation. The immediate result is distortion in the quality and flow of information sent from the brain to the rest of the body. Too much or too little information is sent to the cells, tissues, and organs. The messages they receive are the wrong messages, or the messages arrive at the wrong time. The outcome is decreased functioning and/or inappropriate functioning of many other physiologic systems. Thus, spinal nerve interference is one of the primary causes of the many problems that may bring a person to his or her chiropractor's office.



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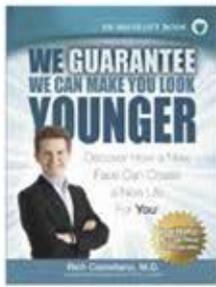
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September is Prostate Cancer Awareness Month

How to Avoid Prostate Cancer and Other Prostate Problems

If you are a man approaching middle age, make it a priority to get to know, love, and care for your prostate. Ignore this little organ at your peril! Roughly half the male population of North America and Western Europe will have enlarged prostates by their mid-50s. And prostate cancer remains frighteningly common.

What is the Prostate?

The prostate is a gland, about the size of a walnut, found just below a man's bladder. It releases seminal fluid, and during orgasm, contracts to allow ejaculation. Unfortunately, as men age, the prostate often enlarges, sometimes up to four times the size it would be in a healthy 20-year-old. This is largely the consequence of natural hormonal changes, especially the decreasing levels of testosterone and its conversion into DHT.

Tips to Avoid Prostate Trouble

Prostate trouble can be distressing (having to get up three or four times a night to urinate, suffering from unwanted leakage at work, and so on), as can the medical examinations and treatments. To avoid these problems, not to mention prostate cancer, try the following:

1) Exercise Regularly.

Exercise helps boost the immune system and reduce stress. But make your exercise gentle. Do not take up cycling or riding horses, as these activities can damage the prostate. Yoga is particularly good. If you attend a class, ask your teacher if there are any exercises she would recommend, especially those that target the pelvic area.

2) Reduce the amount of eggs you consume.

Researchers at Harvard University conducted a study into 1,000 men in the early stages of prostate cancer. They found that those who ate an egg a day doubled the risk of their cancer metastasizing. The culprit is thought to be a compound



known as choline. According to Dr. Michael Greger, an American physician and author of *How Not to Die*, who quotes from the Harvard study in his book, choline may also increase your chances of developing prostate cancer in the first place.

3) Eat plenty of seeds.

Sunflower, sesame, pumpkin, and above all, flaxseeds are all good for the prostate. They are packed with essential fats, but more importantly, they contain zinc, which is vital for a healthy prostate. Flaxseeds are also packed with lignans, proven to slow the growth of prostate cancer cells in petri dishes and possibly in human bodies as well.

4) Eat lots of tomatoes.

Tomatoes contain lycopene, a substance known to prevent prostate cancer. But to enjoy maximum benefit, you need to cook them, as the lycopene is released when tomatoes are heated. Since garlic and olive oil are also good for the prostate, try

frying tomatoes in a small amount of good-quality olive oil along with chopped garlic. If you prefer not to fry them, you can grill or even bake them.

5) Take a zinc supplement.

Zinc supplements have been shown to slow benign prostatic hypertrophy (BPH), a condition which involves the enlargement of the prostate. Zinc interferes with the conversion of testosterone into DHT, a hormonal trigger for prostate enlargement. And zinc deficiency is common among those diagnosed with prostate problems. However, make sure you buy a good quality brand.

6) Take a turmeric supplement.

Turmeric, hailed by some as nature's wonder drug, may also have benefits for the prostate. Curcumin, found in turmeric, is thought to inhibit the compounds responsible for prostate enlargement. Those who take turmeric supplements also reduce their risk of incontinence and urinary infection. When the prostate goes wrong, it tends to become swollen and inflamed; turmeric is a well-known anti-inflammatory.

7) Take a PSA test.

This stands for Prostate Specific Antigen. If your PSA levels are elevated, this may mean your prostate is becoming enlarged; it may even indicate the early stages of cancer.

Difficulties with the prostate are so common that most men will experience them at some point, even if it is merely the annoyance of having to urinate several times a night. Unfortunately, modern medicine is still far too reactive. In other words, the medical establishment waits for you to get sick, then treats you. The key is to not get sick in the first place. And that is especially true of the prostate.



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May-Thurner Syndrome:

A Vascular Disorder Affecting Mostly Women

By Bryan Carter, MPA-C, Phlebology-Surgery

Blood is carried toward the heart through our veins, and is called venous flow; blood is carried away from the heart through our arteries and is called arterial flow. Because proper blood circulation aids the body's movement of nutrients and oxygen to the extremities, heart, brain and other organs, it's imperative to maintain and improve our arterial and venous blood flow as we age. However, it's not uncommon for arteries and veins to fluctuate directional flow, but with May Thurner Syndrome, it can lead to dangerous outcomes like impinged blood flow and DVTs (deep vein thrombosis).

The right iliac artery and the left iliac vein intersect within the pelvis. With May Thurner Syndrome, the left iliac vein can become "kinked" from the pressure of the right iliac artery, pressing it against the lumbar spine, and in turn, may cause the blood flow to become partially or fully blocked. This is how dangerous DVT's can form. Females suffer from this disorder more commonly than men.

Symptoms

The bad news is May Thurner Syndrome rarely shows signs and symptoms. Small indicators may be swelling in your left leg and/or some discomfort or the following.

- Enlarged veins
- Leg feels heavy
- Skin color changes
- Swollen leg
- Warmth
- Pain

Risks

- Blood clotting factors (medications, health-related or genetics)
- Hormonal Medications (birth control, menopause)
- Child birth
- Dehydration
- Scoliosis
- Spinal compression
- Female

DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep in within the legs. Vascular malformations, pelvic tumors or sitting for long periods of time are some of the risk factors that go along with DVTs.



DVTs are life-threatening, as they can lead to a pulmonary embolism. Thankfully, surgical solutions save lives. Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death. These are grim statistics since the treatment is minimal and so readily available to patients. It's unfortunate that there still seems to be more of a reactive process, than a proactive plan. Speaking to your physician is vital if you or a loved one have any of the venous symptoms or risk factors discussed above.

Diagnostic testing includes contrast venography, duplex ultrasonography, or other imaging of the iliac venous and arterial flow.

Treatment

With DVT's, and those caused by May Thurner Syndrome, the treatment is standard. A stent needs to be placed in the vein and/or artery to

open the blood flow, as well as prescribing medication for anticoagulation, like warfarin or another blood thinner to prevent future clotting complications.

Making an appointment with a phlebologist, which is a vascular surgeon specializing in venous disease is your best line of defense against this common disorder.

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

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



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A Warm Welcome to Dr. Janet Ter Louw

RAO is delighted to announce an ideal addition to our radiology team, Dr. Janet Ter Louw, who will be working at our Women's Imaging Center. Dr. Ter Louw graduated magna cum laude from Florida State University, where she garnered a Bachelor of Arts degree in humanities and a Bachelor of Science degree in biochemistry. She went on to the University of Florida, where she earned a Master of Science degree in nutritional science before attending the University of Miami Miller School of Medicine. After earning her doctorate and completing her post-grad internship at UM, Dr. Ter Louw served her residency in diagnostic radiology at the Medical University of South Carolina, where she also completed her Fellowship in breast imaging. Dr. Ter Louw has engaged in extensive medical, educational and research projects and published research on specific imaging modalities.

Dr. Ter Louw joins WIC Medical Director Dr. Amanda Aulls in having more than an exemplary education and experience in women's imaging services, but also a firsthand understanding of the importance of related diagnostic tools, such as 3D mammography™ exams, stereotactic biopsy, pelvic imaging and other lifesaving medical tests.

"I'm thrilled to be joining the region's first and only comprehensive women's imaging practice," says Dr. Ter Louw. "As such, I think it's important to have women doctors onsite. It engenders an atmosphere of empathy and practical knowledge of how patients should be treated. I'm eager to employ all I've learned and practiced to help women receive the best possible care, guidance and outcomes."



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Alleviate the Stress of Buying or Selling a Home

Although many people think spring and summer is the best time to buy or sell a home, the housing market here in Florida is year round. When you are considering selling or purchasing a home, one of the best ways to eliminate unnecessary stressors is to be prepared from the beginning stages.

Buying:

For both buying and selling it's important to do some research on comparable homes in the area. Know your price and limitations before you even begin to look at houses or to list yours.

Buying is usually a little more fun than selling, as it's typically an exciting time to make suitable transitions in your life. Other things to consider ahead of time are the location of the house or neighborhood you're interested in. Is it near your work, or does it have a good school system? The size of the home matters; you don't want to go too small or too big. Compromising on size is not recommended.

You should also consider the total cost of the home, like HOA fees, repairs, maintenance, taxes and the mortgage. If you can, it's best to get pre-approved for your home loan as this will cut down on the time of purchase, as well as your total loan allocation.

Selling:

With summer storms just ending, now is the time to clean everything up! From gutter, yards, the exterior, and the interior, getting your home in tiptop condition is the key to attracting buyers.

Keeping your lawn mowed, trees trimmed and the house looking fresh with either pressure washing it, or painting the exterior are often overlooked by sellers, but never by the potential buyer.

If you have a lot of clutter in your house like toys, office supplies or paperwork on the counters, knick-knacks, boxes, or laundry, you must clean it up, organize and keep it kept away when you have a showing or open house.

Making sure your house is clean, smelling good and attractive to potential buyers is also of critical importance. If your agent or broker will be



showing your home, please make sure it's clean and fresh, open the blinds or drapes, spray a nice light fragrance, brew a fresh pot of coffee, or bake some fresh cookies to make it appear and smell more homelike.

Ask yourself what you'd want to inspect if you were buying a home. Do your appliances work; are they clean? Does your bathroom look updated or at least uncluttered and tidy? Make sure your air conditioning and heating system is in peak condition, and you may also want to have your roof checked.

With just a few simple tips, you can alleviate unnecessary stress before you even list your house. When you do decide to list, it's essential to go with an agent or broker that has experience.

Buying or selling a home is not an easy task. That's why partnering with an established real estate agent is crucial to making the process go as smoothly as possible.



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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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DISCHARGED FROM THE HOSPITAL?

Why Cardiology Follow-Up Care is Essential for Your Heart Health

If you have a cardiac episode that puts you in the Emergency Room or admits you to the hospital, one of the most important things you can do to ensure your cardiac health is managed properly is to see your cardiologist soon after you are discharged.

Cardiac episodes are scary, to say the least, but ignoring the source of the heart disorder, brushing off symptoms, going about your everyday life is, unfortunately, a common thing that many people do once released from the hospital. **Why is this so dangerous?** Well, to start, the symptoms most likely come back if not treated by your cardiologist. The next issue is that you may need to be on medication, have your medications changed, you may need to have further diagnostic testing done like a stress test or an angiogram. Whatever the case may be, after your cardiac hospitalization, you need to make an appointment with your cardiologist as soon as possible.

Those individuals with CHF (cardiac heart failure) are a prime example of why following up with a cardiologist is imperative. CHF patients often have incidents of fluid build-up, which can make it difficult for them to breath. They often feel as if they are drowning and call 911 frequently due to this terrifying sensation. When under cardiac care, their cardiologist can prevent these readmissions to the hospital by several means. The physician can prescribe medications to block fluid build-up, have a cardiac monitor through specific home health programs, and have specialists help with understanding nutrition and how to keep sodium at its lowest for CHF patients, which is extremely important.

If you are discharged from the hospital, calling your cardiologist to schedule an appointment is also vital because you may need further testing.

Diagnostic Testing

In today's modern medical world, we have so many tests that can pinpoint exactly what's wrong with our hearts; if only more patients would take advantage of getting tested to know where their risk factors and cardiac health fall, they would give themselves a jump start on living a much healthier life with greater longevity.

An **electrocardiogram (EKG or ECG)** measures the electrical activity of the heartbeat. If you are experiencing heart symptoms, this is usually the first test that will be administered in an office setting or in the ER. If there are any abnormalities, more testing will follow to eliminate issues, or in many cases, put the pieces together to find out what's causing your warning signs.

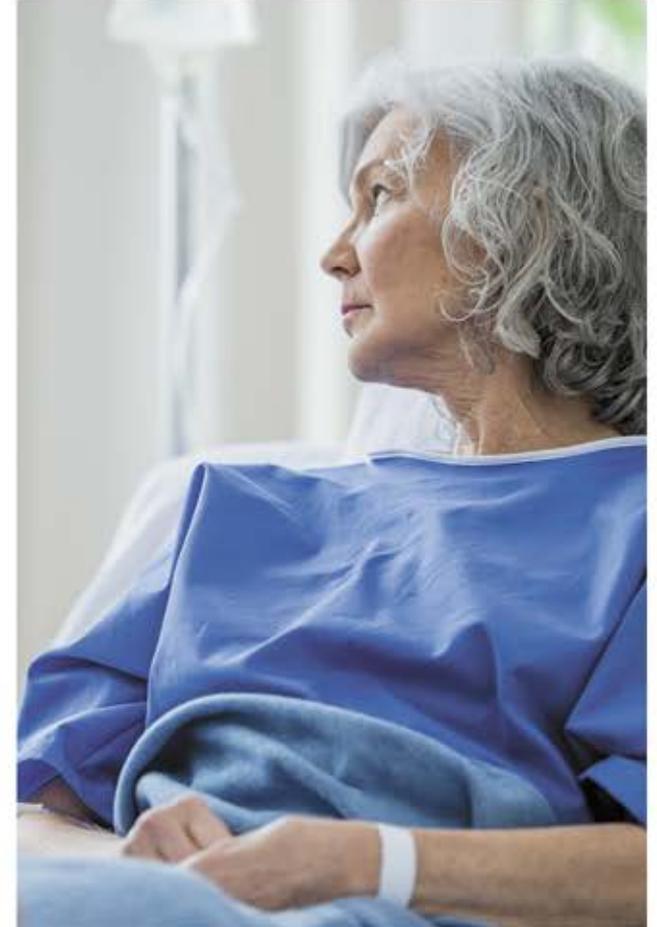
Stress tests are one of the most common methods to detect heart function during exercise and at rest. If you are unable to exercise, there are nuclear stress test options that utilize an injectable contrast to mimic the heart rate elevation of exercise, while you lie or sit down. Either way, a stress test is a staple to discovering the functionality of your heart.

Sometimes stress tests are not enough, and further testing like an **angiogram** is required to see how the inside (lumen) of the blood vessels, arteries, and heart chambers are working via CT imaging. An angiogram can show blockages and other blood flow abnormalities.

Many times cardiologists will ask patients to wear a **Holter Monitor** for anywhere from 24 hours to several days depending on your specific situation and risk factors. The monitor is a portable electrocardiography device that continuously monitors the rhythm and the heart's activity.

An **echocardiogram** is an ultrasound of the heart that can detect how the blood is pumping and it can also identify the size and thickness of the valves, chambers, and arteries.

Depending on your diagnosis and indicators, the treatment can vary from merely taking medications to having a non-invasive procedure, or a surgery. The best advice any cardiologist will give you is, "Don't ignore your symptoms!" If you have any heart irregularities or discomfort, seeking medical attention fast is imperative.



If you believe you are having a heart attack or stroke, call 911! If you're having initial symptoms that come and go, contact your cardiologist immediately. The same holds true for when you are discharged from the hospital—Call your cardiologist as soon as possible! They will keep you at your healthiest, alleviate readmissions to the hospital (which are costly) and provide detailed tweaks and recommendations for your specific heart issue.

Florida Cardiology Associates of Ocala

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.

Please call Florida Cardiology Associates of Ocala today at (352) 291-0019 to schedule your appointment.

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.

Cannabis - Curing Cancer

By Robert C. Goethe, MD

Lymphoma, leukemia and multiple myeloma are cancers of the blood. According to the National Foundation for Cancer Research, more than 1.2 million are either living with or in remission from a blood cancer. They account for 10% of new cancer cases in the US each year. The good news is that these cancers have significantly improved with new therapies. The majority of people will survive more than 5 years now. Ironically, often the more aggressive of these malignancies the better they respond to chemotherapy.

I have the good pleasure of knowing Hayden Fouke of Inverness Florida. He runs Nature Coast Cannabis Enterprises which is a non profit organization that seeks to promote medical cannabis and industrial hemp. What gives him the great enthusiasm for this venture is that he is a cancer survivor and he attributes this to medical marijuana. Over 10 years ago, at the age of 69, he was diagnosed with multiple myeloma and began chemotherapy for it in 2008. Not for cure but just to try to control its growth and spread. Hayden also began using medical marijuana and has now well exceeded his life expectancy and is also measuring as low as you can go for his tumor markers. Hayden is just one of many people who anecdotally have experienced cancer suppression with cannabis.

Another well known story is that of Rick Simpson, a Canadian who fell off a ladder at work and had an head injury. He suffered with dizziness and tinnitus afterwards and was treated vigorously by his physician, but nothing seemed to help. That is, until he discovered marijuana. Years later, he developed skin cancer on his arm and neck. Rather than seek surgery, he treated it topically with cannabis oil and in 4 days it was gone. Rick Simpson became a major advocate of this extract and to this day people still use his simple recipe to make Rick Simpson oil (RSO).

There are a lot more anecdotal stories about cannabis curing cancer. Cancers ranging from gliomas (brain cancer) to pancreatic cancer to basal cell carcinomas. But what to believe? Why so many anecdotes but no clinical trials? This is because marijuana and all its derivatives have been categorized as a Schedule 1 drug in this country since 1972. The federal



government and DEA have shut out the possibility of research on patients and if you do a google search you find traditional sources often say, "Although there has been some indication that marijuana might be useful for (insert disease), there have been no clinical trials and therefore it cannot be recommended." Its a catch 22.

No one will argue that medical cannabis is extremely useful for cancer patients because it increases appetite, decreases nausea with chemotherapy, alleviates pain and elevates mood. Nothing works better. There are lots of very expensive drugs including Marinol (which is a synthetic THC) but patients report nothing works as well as the natural plant.

But does cannabis really suppress/kill cancer too?

There have been some really promising findings now coming out of research, mostly from other countries. It has been found that the marijuana plant contains over 100 different molecules called cannabinoids. THC and CBD being the two best know ones. Our bodies have receptors for these molecules in the brain, nervous system GI system and lymphatics. Yes, cancer cells have receptors for cannabinoids too. It appears that when cannabinoids bind to cancer cells, they impede growth of the tumor, starve its blood supply and lead to cancer cell "apoptosis". This means the cancer cells self destruct. These qualities have been well documented in the laboratory.

Here is an example of a paper published by the International Journal of Oncology last year with the title "Anticancer effects of Phytocannabinoids used with chemotherapy in leukemia cells can be improved by altering the Sequence of Administration." This study showed that cannabis had significant anticancer effects on leukemia cell cultures and when cannabis was used along with chemotherapy, the cancer inhibition was even more remarkable. The mixtures of the different cannabinoids like what come from natural plant worked better than pure isolates of THC or CBD. This is a pretty amazing finding. Not only did it show that cannabis works, but it demonstrated that it is the mixture of the cannabinoids like what comes from the natural plant that work best. But you can bet pharmaceutical companies are hot on this trail. The problem for them is the most effective medicine is the whole plant, and they can't patent that.

Back to lymphoma and other cancers. These patients automatically qualify for medical cannabis in Florida. We see patients with all kinds of cancer in our clinics, some with newly discovered cancers that will need chemotherapy soon. Some with cancers in remission, some probably cured but with continuing symptoms that the patient wants to address. I don't think it's too far off when clinical trials will be done and cannabis will be found to cure or lessen the impact of cancer growth. In the meantime, I encourage people to read up on this new science and consider we may have been snubbing, for the last 80 years, one of the best medicines we have.



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

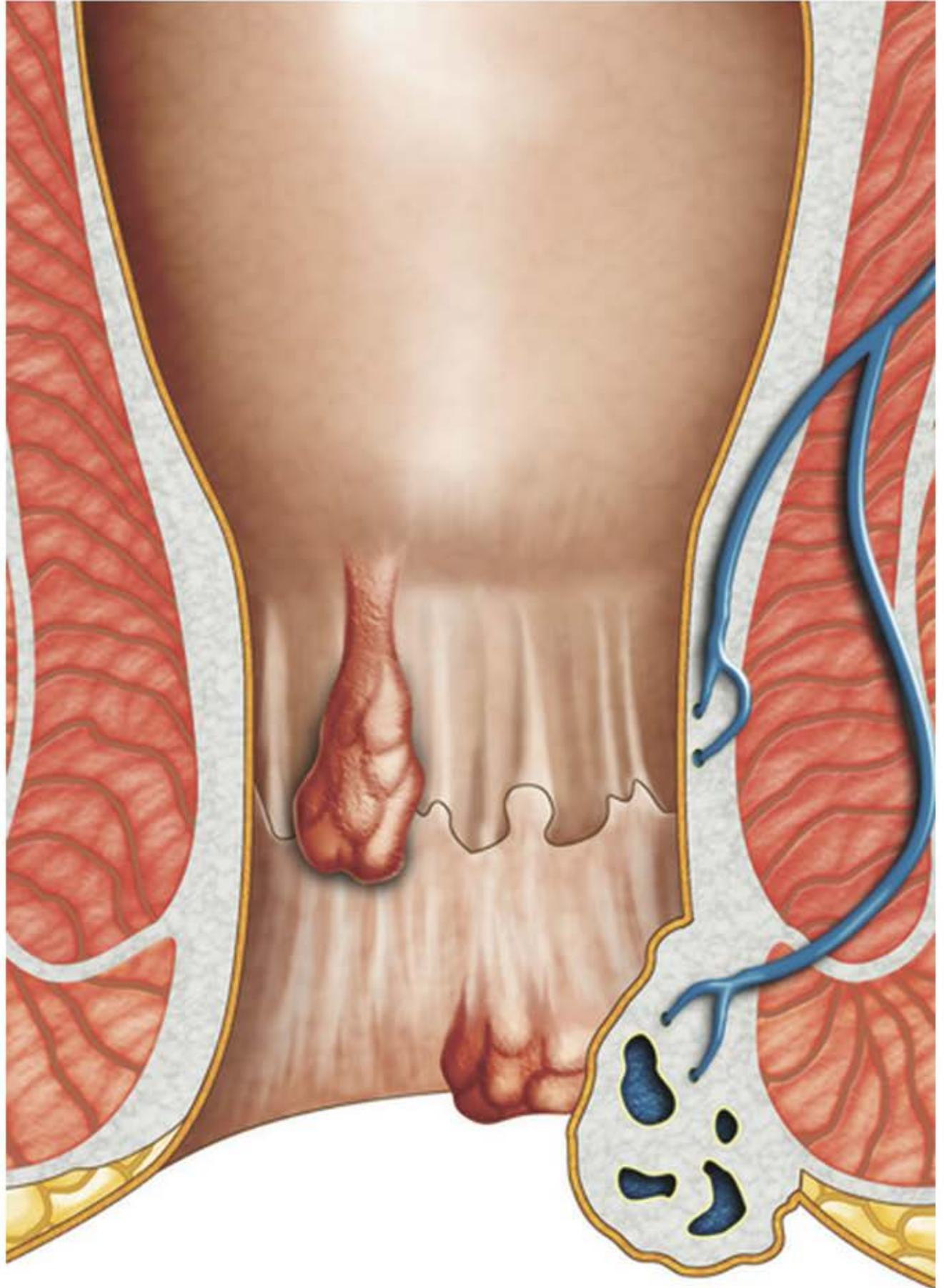
Got HEMORRHOIDS?

Hemorrhoids have been the butt of jokes for many decades. All of us have seen the commercials selling the likes of hemorrhoid treatments such as creams, ointments, liniments, pads, soaks, pillows and wipes. I'll bet you can even remember a party or two where these items were given as gag gifts. Fact is that hemorrhoids are no laughing matter if you're the one on the receiving end. They can be very painful, itchy, cumbersome and downright messy!

How do hemorrhoids form? What are hemorrhoids anyway? Well let me explain. There are many muscles intertwined in the formation of the rectum and anus. However for our purposes we will focus on two of them, the internal and external sphincters. These types of muscles are found in many places in the GI tract and work as valves that open and close tightly to regulate flow of materials. These types of muscles require a rich Arteriole vascularity (blood supply) for oxygenation and energy needs. Networks of veins are located around these muscles which collect deoxygenated blood for transport back to the heart and lungs. Hemorrhoids are formed when these small veins become engorged with blood and expand.

There are two types of hemorrhoids, internal and external. Most everyone is familiar with external hemorrhoids. They are located on the outside of the anal canal and are covered with the surrounding skin. They form from the network of veins located on the outside of the external sphincter muscle. They appear as a darker red to blue colored flap or balloon shaped nodule protruding around the anal opening. Often they are painful as there are many sensory nerves located on the external side of the anus.

Internal hemorrhoids as you might guess are located on the interior side of the anal canal at the anal-rectal junction. They are formed from vein networks on the inside of the internal sphincter muscle. These hemorrhoids are not commonly seen and are usually painless as there are few sensory nerves associated with them. Occasionally they can enlarge enough to protrude through the anus and when visualized are usually bright to dark red with a very thin membranous covering.



There are many things that can contribute to the formation and enlargement of hemorrhoids such as; heavy lifting, constipation, overzealous personal hygiene, pregnancy and labor . Any activity which causes prolonged abdominal contractions can force more blood into the rectal area causing engorgement of the venous structures and the formation of hemorrhoids.

Signs and symptoms of hemorrhoid vary between internal and external hemorrhoids. External hemorrhoids commonly present as protrusions around the anal opening which can be very painful and itchy. Most of the time when external hemorrhoids flare the symptoms will subside on their own and they will shrink back to their normal state. However, occasionally when the hemorrhoid becomes engorged, a blood clot will form and blood cannot escape the tissue. This is called "thrombosis" and is an extremely painful complication. Itching is caused by increased mucus production and inflamed tissue expansion and contraction. Less commonly, external hemorrhoids can rupture, bleed and become infected.

Treatment of external hemorrhoids generally includes a high fiber diet, adequate hydration and stool softeners if constipation is a problem. Straining to have bowel movements should be avoided. The excessive rectal hygiene and the use of wet wipes are cautioned as this can irritate the area and increase inflammation around the area. The use of topical ointments such as Preparation H, Hydrocortisone rectal cream and Tuck's pads can help relieve symptoms of pain and itching and reduce inflammation. Soaking in warm bath water keeps the area clean and relaxes muscles around the rectum which will allow engorged blood to drain from the hemorrhoids better. The use of donut pillows keep weight and pressure off of the area reducing discomfort and decrease further irritation and inflammation.



When complications such as thrombosis, excessive bleeding or infection occur your doctor may need to perform procedures such as a hemorrhoidectomy or incision and drainage.

Most of the population have internal hemorrhoids and are unaware of them unless they have been seen during a screening colonoscopy. When they enlarge, internal hemorrhoids most commonly present with bright red rectal bleeding (hematochezia). This usually is noticed after a bowel movement when streaks of blood are seen on the toilet tissue, streaking on the outside of the stool or a few drops of blood in the toilet bowl. Occasionally internal hemorrhoids can become large enough to protrude down into the anal canal which obstructs stool passage, making defecation more difficult.

Treatments of internal hemorrhoids include rectal suppositories and creams which reduce inflammation and shrink hemorrhoid tissue. Procedures such as rubber band ligation, cauterization or coagulopathy are performed on large obstructive or bleeding internal hemorrhoids.

Prevention of internal and external hemorrhoid enlargement includes a high fiber diet with adequate hydration to prevent constipation and straining. When people have chronic constipation they may need to use a stool softener or laxative to achieve soft stools. I also tell patients to limit time spent on the toilet "go when you need to and leave."

Hemorrhoids often are the cause of rectal pain, itching and bleeding. However, there are many more serious conditions such as anal/rectal cancer, colon cancer, anal fissures, abscesses and Irritable Bowel Diseases which also share these symptoms. If you should experience these or other symptoms such as new growths or bowel changes an immediate medical evaluation should be completed by your friendly neighborhood gastroenterologist. After a complete evaluation and other more ominous sources of the symptoms are ruled out, don't be surprised if the doctor says "Got Hemorrhoids."

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Functional Medicine and Alternative Treatment Options

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

In traditional western medicine, the condition's symptoms are typically the only aspect treated. However, this old way of thinking and managing patients is changing, as medical professionals begin to embrace and understand that Functional Medicine plays an immense role in not merely masking symptoms or treating one condition with pharmaceuticals, which often causes adverse side-effects and additional disorders to arise.

What is Functional Medicine?

Functional medicine is integrative medicine and health treated in an upstream pattern with a complete look at a person's lifestyle, genetics, environmental, and social factors. The relationship of focusing on the whole person, disorder, and cause enhances precise optimal health and healing.

Dr. Douglas Hall, M.D. uses an integrative approach to medicine. He offers age management medicine for women and men to optimize health. Dr. Hall will evaluate you and tailor a patient-specific treatment plan to maximize your potential. Using evidence-based medicine, their diagnostic and treatment services are directed towards promoting health. Dr. Hall has been practicing Western, Functional and Integrative Medicine for many years; he believes that each patient is unique, requiring his or her own treatment that is different from anyone else's.

In addition to Health and Wellness, Dr. Hall's practice incorporates medical marijuana to treat certain illnesses and disorders in acute conditions and chronically ill patients.

The History of Cannabis

Marijuana was first used for medical purposes. Over 4000 years ago, Asian Emperors utilized cannabis for its healing properties, noting exceptional improvements in edema issues. They also knew that it decreased anxiety and apprehension while boosting health in many individuals. In ancient Greece and Egypt, cannabis was reported in many manuscripts, describing its use for medical conditions such as eye disease, joint inflammation and as an anesthetic. Over 300 years ago, it was touted as a means to reduce depression. Cannabis has even been reported to reduce the menstrual complications of Queen Victoria. In the



early 1900's, the United States began growing cannabis for pharmaceutical companies to formulate it into medications.

Recreational Cannabis vs. Medical

Recreational Marijuana is legal in a few states, but for the most part, it is very different than the medical version. Firstly, recreational use cannabis is grown with very high levels of THC (tetrahydrocannabinol), which is the mind-altering, "high" component of marijuana. The other element of marijuana is CBD (cannabinoids), which has many health benefits and doesn't have the psychoactive effect of THC. And secondly, recreational marijuana is not regulated; therefore, users are rarely certain of the actual amounts of THC or CBD they ingest or inhale.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD and THC by merging directly with our cells. Our natural endocannabinoid system works synergistically with both CBD and THC, creating a multitude of beneficial reactions in the body, including unique healing abilities.

Florida's Medical Cannabis

There are different levels of medical marijuana, some with higher THC, some with very low THC depending on the disease being treated. In Florida, medical marijuana is highly controlled and operates very efficiently under vigorous guidelines.

Florida Marijuana Law's Qualifying Conditions Include:

- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Seizures
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Crohn's disease
- Parkinson's disease
- Multiple sclerosis (MS)
- Chronic nonmalignant pain caused by a qualifying medical condition or that originates from a qualifying medical condition and persists beyond the usual course of that qualifying medical condition
- Patients can be considered for alternative disorders

About Dr. Douglas C. Hall, M.D., OB/GYN, and Functional Medicine Specialist

Dr. Douglas Hall was born in Indianapolis, Indiana in 1941. He received his undergraduate and medical degrees at the University of Florida, trained in functional medicine at the Institute of Functional Medicine in Gig Harbor, Washington, and served in the U.S. Air Force Medical Corp. Dr. Hall has 44 years experience in practice, with 25 in functional medicine. He is a member of the Age Management Medicine Group, the American Medical Association, the American Academy of Anti-Aging Medicine, the American Chiropractic Association Council on Nutrition, the Endocrine Society, and the Institute of Functional Medicine. In addition, he is a recipient of the Honor of the Diplomat of American Clinical Board of Nutrition.

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

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

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Finding Balance Through Tai Chi: Reduce the Risk of Falls and Back Pain

As we age, many people find it more difficult to get around and maneuver their way throughout their daily activities. Perhaps you're worried about tripping over uneven pavement or flooring. Maybe you are already using a cane or walker, but still feel apprehensive about your stability, or maybe you have already had the traumatic experience of falling and now need assistance.

Having your gait (stride) checked by a professional therapist is extremely helpful for many individuals with age-related symptoms, and also for people with recent injuries that have an inhibited sense of balance.

A physical therapist will work with you one on one to evaluate your balance, walking ability, foot rotation, steadiness, and control. The therapist will devise a fall prevention program specifically for you in mind. In recent studies, Tai Chi has proven to be an excellent source in helping individuals to gain their balance back by retraining the body to walk stronger with more stability. In addition, the meditative concept stimulates balance and body awareness, as it also helps to build muscle definition with minimal force on the joints.

Tai Chi is a form of exercise that focuses on shifting weight from one foot to the other in a rhythmic pattern. This type of exercise is known to increase balance and prevent falls, especially in the aging population. Tai Chi also alleviates back pain by fostering the flexion and suppleness of the practitioner through recurrent, lengthening, body positioning.



According to the AARP, "Tai chi practitioners learn to "sink into the earth and feel the connection with their feet," which can help them negotiate uneven surfaces, explains international tai chi fitness expert Scott Cole. A 2015 study published in the journal *Arthritis & Rheumatism* found the exercise can also help with osteoarthritis, the most common joint disease in midlife, by improving mobility, reducing stiffness, and helping ease pain.

But tai chi, believed to be a centuries-old adaptation of martial arts moves according to the precepts of Chinese medicine, does more than just loosen up your limbs. "When people practice tai chi, there's a decrease of stress hormones produced by the sympathetic nervous system, which can help lower heart rate and blood pressure," says Irwin. "That's similar to the kinds of gains that happen immediately after engaging in more strenuous exercise." What's more, by going through the motions with knees slightly bent, you're working the largest muscle groups in the body – the glutes and quadriceps – which are the first to atrophy as we age.

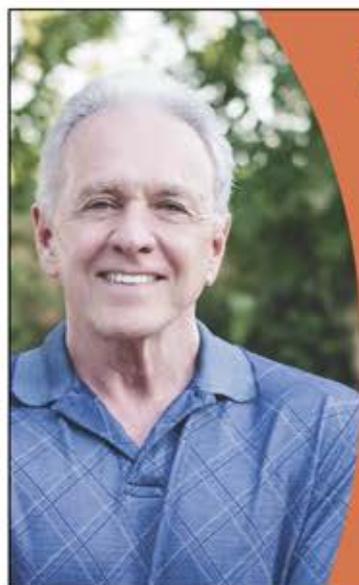


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References:
AARP, B Stepko, "The ancient martial art is a beginner-friendly, low-impact workout" AARP.com, April 16, 2018



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Using Omega-3 Supplements to Treat Dry Eyes

By Anne-Marie Chalmers, MD

If you stare at a computer screen all day, have reached the plus-55-years-old stage of life and have had a cataract operation, it's likely you have all the makings of a serious dry eye problem.

And you are not alone. Americans spend an astounding \$3.8 billion on dry eye symptom relief every year. Unfortunately, the majority of dry eye treatments options, such as saline solutions and topical lubricants, can be inconvenient and uncomfortable to apply. In addition, the results are often disappointing.

New research on the dry eye front is prompting more ophthalmologists and optometrists to recommend another treatment option: Increase the intake of omega-3 from fish and fish/cod liver oil.

Why would getting enough omega-3 be important for helping treat dry eye symptoms? Because at the heart of most dry eye problems, chronic inflammation is wreaking havoc.

Inflammation in the Dry Eye

A long list of drugs, dry heat or air conditioning, long term contact lens wear, smoking, and diseases like Sjogren's Syndrome all contribute to increasing the prevalence of dry eyes. However, the principal cause of dry eyes seems to be the dysfunction of the Meibomian gland, thanks to chronic inflammation.

The Meibomian glands are located behind the eyelids. Their role is to produce the fats for the tears, which prevents the tears from evaporating and leaving the eye surface unprotected.

Inflammation disturbs the production and secretion of the lipids emitted by the Meibomian glands. The Meibomian glands create a mixture of lipids containing cholesterol wax esters, diesters, triacylglycerol, free cholesterol, phospholipids and free fatty acids. When the inflammation kicks in, however, the quality of that lipid mixture is changed, making it stiffer and more viscous. As a result, the lipids cease to effectively protect the tears and eye surface, resulting in familiar dry eye symptoms.

Omega-3: The Body's Natural Inflammation-Damper

It is worth noting most patients with dry eyes have an overproduction of inflammation signals, meaning the patient's inflammation response is going into hyperdrive.



But what do the omega-3 fatty acids have to do with the Meibomian glands? Scientists speculate that the omega-3 fatty acids work in two different ways to reduce inflammation in the eye. First, the omega-3s suppress the inflammation within the Meibomian glands by inhibiting the inflammation signals. In addition, they also help the meibum lipids become more fluid.

The Research on Omega-3 and Dry Eyes

Besides exploring the theory behind how omega-3 works in the eye, researchers have also been studying the practical application of omega-3 supplementation on patients with dry eye symptoms.

So far, the results are quite promising. To name just a few:

One 2015 study suggested that omega-3 supplements could help relieve computer-related dry eye symptoms, adding more data to a growing body of research. A 2013 placebo controlled, double blind randomized study found that 65 percent of patients who received omega-3 supplements experienced significant improvement of their dry eye symptoms within 3 months.

Furthermore, an investigation on Meibomian gland cells showed that EPA and DHA from fish oil reduced inflammation markers. In addition, the researchers found that the EPA and DHA increased the production of Resolvin D1. This is significant since Resolvin D1 helps restore the tissue back to its non-inflamed state.

At Omega3 Innovations, we have also been doing our own research on dry eyes. In the spring of 2015, a pilot study using one vial of Omega Cure® Extra Strength (3000 mg EPA/DHA) once a day found that 70% of the participants experienced relief from the symptoms of chronic dry eyes within three to four weeks.

Quality, Consistency and Dose Matter

While the research on omega-3 supplements and dry eyes is exciting, it is important to keep in that mind that quality, consistency and dose do matter. Some studies suggest the anti-inflammatory effects of omega-3 don't kick in unless you get a dose equal to at least 2700 mg of EPA/DHA (roughly 8 – 10 regular fish oil capsules) daily.

In addition, as the studies above suggest, consuming enough omega-3 isn't a quick fix when it comes to improving dry eye symptoms. It may take anywhere from 3 to 12 weeks of consistent daily use before you start feeling a difference. Finally, using an oil with a low oxidation level (meaning a fresh oil) will increase the potency factor.

Considering the Future of Dry Eye Treatment Options

With the increasing use of computers and an ever-aging population, the number of people affected by dry eyes symptoms will undoubtedly continue to grow. To combat the issue, we will need lower cost, effective treatments options.

Looking at above research, omega-3 supplementation could be one such answer – and one that could have a bigger health impact than treating the eyes. As one of the participants in our study commented, using Omega Cure Extra Strength not only reduced her need for eye drops and gave her more comfort when using contact lenses. It also helped improve her focus and made her skin and hair softer.

About Anne-Marie Chalmers, MD

Anne-Marie Chalmers, MD, is the co-founder and president of Omega3 Innovations. Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. In Norway, Dr. Chalmers practiced emergency, family, and preventive medicine for many years. Her research and development work has included nutraceuticals (especially omega-3) and medical delivery device systems to facilitate ingestion of multiple medication combinations.



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Estate planning does not need to be an expensive or time-consuming process, according to Attorney Patrick L. Smith.

Whereas many attorneys bill their clients by the hour to handle their planning, Attorney Smith offers a complimentary consultation and has instituted a flat-fee system for his services. For example, a basic Will is a flat charge of \$75.00 and a Non-Tax Trust Package is \$695.00. This allows clients to know their costs from the start of planning and to determine their estate planning needs without surprises. Although Attorney Smith primarily practices in estate planning and asset protection, he regularly works to connect his clients with a network of attorneys to provide them with complete, affordable legal advice.

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

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

In addition to giving legal advice live over the radio, Attorney Smith is known for donating his time and legal services to multiple churches and charitable organizations in the community.



Attorney Smith offers free seminars on a wide variety of legal topics for civic groups, clubs and other organizations, to inform them about the law and their legal rights.

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

More information about Attorney Smith can be found at Joseph F. Pippen, Jr. & Associates' website: www.attypip.com. For your free consultation or to have Attorney Smith speak at your

event or group, you may reach him at his Fruitland Park office by calling (352) 241-8760.

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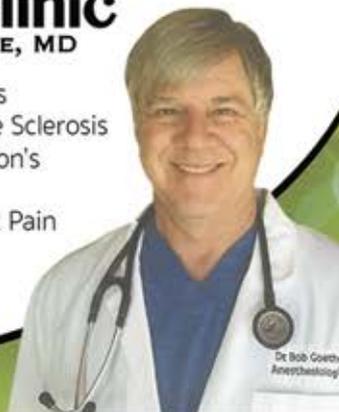
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A CHANGE IN DESTINY

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

Jerry sat patiently in his shiny black Chevy Silverado in the same spot by the playground like he had done for the last four weekends. He reached over and picked up a brown paper bag, took out and slowly unwrapped his favorite mid-morning snack...a peanut butter and banana sandwich. Jerry would only use the creamy peanut butter because the crunchy kind made his teeth hurt...a problem he had lived with ever since he had barely survived a kick in the head by one of his grandfather's horses at three years old.

As he sipped his black coffee and ate he smiled to himself and wondered why he had not thought of this earlier in his career. It was the easiest money he had ever made and was a lot easier than painting houses for that no good father of his.

Across the street about three-quarters of a block away a man came out of his house, opened the door of his suburban and started the engine. The exhaust on that cold November morning created a small fog of burnt gasoline fumes that rolled down the sloped driveway towards the street. The man shortly went back inside of the house and left the suburban running.

Jerry took the last sip of his black coffee and looked at his dashboard clock and thought...'right on schedule'.

Before he could look back at the house all four doors of the suburban were open and a young family was piling in...headed for church like they had been doing for the last four Sundays.

As the suburban pulled away from the house Jerry cranked his truck, glad to have the heater on, and drove past the house with a smile. He circled the block behind the house to a vacant wooded lot, parked his truck, walked through the lot, jumped the back fence and...robbed the home.

As Jerry told me this story I could sense the remorse in his heart as his eyes began to tear up. He had already paid for his "sins" against humanity...twenty-two years in prison.



I have heard many stories like Jerry's over the years as a pastor, but how he ended it compelled me to share.

Jerry had not been a violent criminal, as a matter of fact, he was a very gentle soul and was a model inmate, even to the point of being paroled a couple of times for good behavior but he would shortly end up back in prison.

In his own words, "Back then, when I would get paroled I would still hang out with the wrong crowd. They would even say the same thing to me that the other inmates would say when I got paroled...'see you soon'."

According to Jerry the last time in the prison something happened that changed his destiny and it was why he was not still there.

Local churches sent people into the prison and held church services for the inmates. Jerry was one of those who became a Christ follower through that ministry.

Jerry also realized that he needed new friends once he was on the outside again. And finally, he needed a new identity.

Jerry said that during the two years before he was finally released for the last time, he would go around and intentionally tell the other inmates what

his life was going to be in the near future. That he would not only be paroled early (he served 22 years of a total sentencing of 30) but once out, he would make new friends, go to church and obey the law.

All those things came to pass. Jerry kept his word and is a successful mid-level manager in a service company. He also believed that even though he was a convicted felon, God would provide an understanding employer.

As we wrapped up our conversation, with tears in his eyes, Jerry said that those were church-goers whom he had robbed - the very kind of people that were responsible for bringing him to a life-giving relationship with Jesus Christ.

Jerry's final words were..."God sure does have a strange sense of humor."

To your spiritual health,

Alex E. Anderson

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