

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

November 2018

Marion Edition - Monthly

www.HealthAndWellnessFL.com

  **FREE**

**MOVE IT
OR LOSE IT!**

**The Importance of Movement
on Health and Well Being**

**NATIONAL HOSPICE
AND PALLIATIVE
CARE MONTH**

**ERECTILE
DYSFUNCTION**

Is Not a Viagra Deficiency!

**7 SURPRISING BENEFITS OF
STAYING FIT AS YOU AGE**

See Clearer. Hear Better. Look Younger.



www.ocalaeye.com | 352-622-5183

Benefit from a wide range of services and expertise to compliment your lifestyle in our Ocala and Villages locations.

Whether it is state of the art eye care, optical, aesthetics, or hearing services, the options offered by our experienced medical staff will help you achieve your desired outcomes with little downtime. We believe you should look, feel, and hear your best.

- >> **CATARACT**
- >> **LASIK**
- >> **OPHTHALMOLOGY**
- >> **NEURO-OPHTHALMOLOGY**
- >> **CORNEA**
- >> **OPTOMETRY**
- >> **GLAUCOMA**
- >> **OCULOPLASTICS AND AESTHETICS**
- >> **RETINA**

Cataract & Comprehensive Ophthalmology



Mark A. Jank, M.D.



John S. Deaton, D.O.



Michael Morris, M.D., F.A.C.S.



Peter J. Polack, M.D., F.A.C.S.



Jodie A. Armstrong, M.D., F.A.C.S.



Mohammed ElMallah, M.D.



Hina N. Ahmed, M.D.



Hussain Elhalis, M.D.

Optometry Physicians



Kathryn Mar Jip Pomakis, O.D.



Charles F. Paglia, O.D.



Vivi Fretland, O.D.

Retina Specialists



Chander N. Samy, M.D., F.A.C.S.



Robert J. Kraut, M.D.

Oculoplastics



Sara Kim, D.O.



Vishwanath Srinagesh, M.D.

Market Street At Heath Brook
4414 SW College Road
Ocala, FL 34474

The Villages Office
1950 Laurel Manor Drive, Suite 250
The Villages, FL 32162

200 West Office
8520 S.W. State Road 200
Ocala, FL 34481

Magnolia Office
1500 S.E. Magnolia Ext., Suite 106
Ocala, FL 34471

Ocala Eye Surgery Center
3330 S.W. 33rd Road
Ocala, FL 34474



Perseverance. A powerful element in fighting cancer.

Edith Picallo has persevered through tough challenges in her 70 years — immigrating from Cuba, losing her husband to cancer, raising three kids alone and beating cancer twice. A new stage 4 lung cancer diagnosis had her wondering if she had what it took to beat it again. Her initial prognosis was severe — less than a year to live. But when she found Florida Cancer Specialists, her doctor conducted genomic testing to personalize her therapy. The result — her tumor shrank 47 percent in just six months. Now, three years after her diagnosis, Edith's story shows that when hope and science join forces, great outcomes can happen.

"Florida Cancer Specialists did a genetic test to determine the right medicine for me and my lung cancer, and it is working."

-Edith Picallo, Cancer Survivor

Where Hope is Powered by Science™

FindHopeHere.com

 **FLORIDA CANCER**
SPECIALISTS
& Research Institute
World-Class Medicine. Hometown Care.

Proud to serve patients at our three Ocala locations.

Patrick Acevedo, MD
Mohammad K. Kamal, MD
Shilpa Oberoi, MD

Vipul Patel, MD
Craig Reynolds, MD


Vaginal dryness putting you through a sexual dry spell?

Learn more about our FemTouch treatment for improved vaginal health.

The FemTouch treatment is a fast, simple, in-office procedure that uses a vaginal laser to address several, vaginal health-related issues. During the procedure, the CO2 fractional laser gently ablates the vaginal lining to help stimulate collagen production and remodel vaginal tissue. Improved overall vaginal health is restored along with a stronger, tighter vaginal wall.



352.391.6000
advancedurologyinstitute.com



Ocala Dental Care

OCALA DENTAL IMPLANT CENTER

SPECIAL SENIOR RATES

General Dentistry When You Need Us

Implants • Dentures • Dental Lab On Premises
Same Day/Emergency Care
Cosmetic and Restorative Dentistry

Located Near Best Buy in Shady Oaks Plaza on Hwy 200 | 2415 SW 27th Ave., Ocala

www.OcalaDentalCare.com • 237-6196

M-F / 8-5 • Credit Cards Accepted




MHC MEDICAL
HEALTH CENTER

gotomhc.com



SPOTLIGHTING

ENDOCRINOLOGY CLINIC



CHANDRAMOHAN NANJAPPA, MD



LISA YOUNG, MD



KATRINA AGITO, MD

Highest Quality of Health Care

Diabetes/Thyroid/Endocrine Disorders

ACCEPTING NEW PATIENTS - 352-274-9455

1714 SW 17th Street, Ocala, FL 34471 | Monday - Friday 8:00 a.m. - 5:00 p.m.

CONTENTS

NOVEMBER 2018

- | | |
|--|--|
| <p>6 Lung Cancer Screening
Am I a Candidate?</p> <p>8 7 Surprising Benefits of
Staying Fit as You Age</p> <p>9 Progress Against Lung Cancer</p> <p>10 Do You Know The Signs
& Symptoms of Cataracts?</p> <p>11 Move it or Lose It! The Importance
of Movement on Health and Well Being</p> <p>12 Advanced Treatment for
Overactive Bladder</p> <p>13 The Impact of Alcohol
Consumption for a Diabetic Patient</p> <p>14 3D Imaging Minimizes Time and
Cost of Dental Procedures</p> <p>16 A Ground breaking Device is
Proving to be the Next Generation
of Neuro Biological Stimulation</p> <p>18 Shoulder Joint Replacement</p> <p>19 Melatonin with Omega-3:
Not Just for Sleep</p> | <p>20 Colorectal Cancer is Preventable,
Treatable and Heatable</p> <p>21 Erectile Dysfunction is
Not a Viagra Deficiency!</p> <p>22 November is National Hospice
and Palliative Care Month</p> <p>23 Medical Marijuana
The Natural Alternative</p> <p>24 Home Health Care Month:
Stay in Your Home, But Get the
Care You Need</p> <p>25 What You Should Know About
The Diabetes, Stroke and Heart
Disease Connection</p> <p>26 November is Healthy Skin Month</p> <p>27 Diabetic Neuropathy:
How Physical Therapy Can Help</p> <p>28 Local Attorney Patrick L. Smith
Offers Flat Fee Estate Planning Services</p> <p>29 Does Your Life Insurance
Policy Measure Up?</p> <p>31 Spiritual Wellness:
The Pastor, The Widow, and The Doctor</p> |
|--|--|

CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR - Lisa Minic



Central Florida's Health & Wellness Magazine can be found in over 900 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239-588-1200
cristan@gwhizmarketing.com

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2018. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

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

WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

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

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

WHAT RESULTS CAN YOU EXPECT?

Technological advances in evaluation and treatment methods allow spider and varicose veins to be treated more effectively and safely than ever before.



OUR SERVICES

- | | |
|--|--|
| <ul style="list-style-type: none"> • CARDIOLOGY CONSULTATION • EXERCISE STRESS TESTING • NUCLEAR STRESS TESTING • ECHOCARDIOGRAPHY • EVALUATION OF HEART VALVE DISORDERS • EVALUATION OF CORONARY ARTERY DISEASE • EVALUATION OF HYPERTENSION (HIGH BLOOD PRESSURE) | <ul style="list-style-type: none"> • EVALUATION OF CHEST PAIN AND SHORTNESS OF BREATH • EVALUATION OF CARDIAC ARRHYTHMIAS • EVALUATION OF FAINTING (SYNCOPE) • EVALUATION OF FATIGUE • CHOLESTEROL DISORDERS (DYSLIPIDEMIA) • PREOPERATIVE SCREENING • WEIGHT LOSS AND NUTRITIONAL CONSULTING |
|--|--|



Heart OF THE VILLAGES

Bryan Carter, MPA-C
8575 NE 138th Lane, Lady Lake, FL 32159
(352) 674-2080
Toll Free: 1-855-432-7848 (Heart 4 U)
www.heartofthevillages.com



LUNG CANCER SCREENING AM I A CANDIDATE?

Heavy, long-term smokers are at increased risk of developing lung cancer, the leading cause of cancer death in the US. Lung cancer typically produces no symptoms at first. By the time indications such as chronic cough, hoarseness, shortness of breath, unexplained weight loss, bloody sputum or phlegm show up, cancer has usually spread outside the lung, where it is most often impossible to treat.

Luckily, provided it is caught before symptoms occur, lung cancer is highly treatable, making regular screening an important tool in saving lives.

What's the difference between screening and diagnostic testing?

Diagnostic testing is performed when there is evidence of disease and a diagnosis is needed. Screening is a preemptive measure used to catch disease before symptoms appear, when disease is most easily treated. Low Dose Computed Tomography, or LDCT, is a painless, noninvasive lung cancer screening used to catch lung cancer in its earliest stages, using 90% less ionizing radiation than a standard CT diagnostic scan, and enabling your doctor to treat disease before it spreads.

Who should get LDCT screening?

The preventative medicine experts of the United States Preventive Services Task Force recommend annual LDCT screening for people meeting the following criteria:

- Aged 55-80 years old
- Heavy smoker – Currently smokes or quit within the past 15 years
- Has reached 30 pack years – smoked 1 pack a day x 30 years; 2 packs a day x 15 years, etc.
- Has no symptoms or history of lung cancer
- Has not had a chest CT in the past 12 months

I meet the criteria – now what?

Simple – talk to your doctor or clinician right away. Let him or her know you might be a candidate and ask about the risks and rewards of early cancer detection using LDCT screening. It is a quick, painless test that could very well save your life. If you are not eligible, you may still benefit from a Chest CT, which reveals detailed images of the lungs.

You qualify for a Low-Dose CT Screening if:



Asymptomatic

No symptoms of fever, chest pain, new shortness of breath, new or changing cough, unintended weight loss, hemoptysis, active pneumonia



55-77 Years Old



Heavy Smoker

Currently smokes or has quit within the past 15 years



30+ Pack-Years

Packs smoked per day, times number of years spent smoking
(2 packs/day) x (15 years) = 30 pack-years



No Personal History

of lung cancer and no history of a CT chest scan within past 12 months (for an initial screening)



Referred by a Doctor or Clinician



(352) 671-4300
www.RAOcala.com

Marion County's only full-service imaging center, providing a full circle of care - *centered on you.*



PET/CT

COGNITIVE IMPAIRMENT— EFFECTIVE TREATMENT BEGINS WITH THE RIGHT DIAGNOSIS



#DetectionSpecialists



ACR Accredited - PET & CT



Board Certified, Fellowship-Trained Radiologists



Board Certified, Fellowship-Trained Radiologists (left to right):
Fredric C. Wollett, MD; Ralf R. Barckhausen, MD;
Malcolm E. Williamson, II, MD

Cognitive impairment has different causes and responds to specific treatments, making an accurate diagnosis vitally important. An estimated 20% of people diagnosed with Alzheimer's disease have been incorrectly diagnosed, meaning they have likely been given the wrong treatment for their problem.

RAO's Board Certified and fellowship-trained radiologists subspecialize in PET/CT imaging, which combines two important tests in one scan, helping your radiologist rule out Alzheimer's when it is not the cause of cognitive impairment, and provide an accurate diagnosis, so appropriate treatment can begin.

A PET/CT scan from RAO provides more than information –
it can give you peace of mind.



**RADIOLOGY
ASSOCIATES**
OF OCALA, P.A.

(352) 671-4300 • RAOcala.com

We are proudly contracted with a variety of insurances and file all claims with the exception of non-contracted HMO's. Please visit our website for a detailed list of who we are contracted with. Contracted insurances are subject to change.



MEDICAL IMAGING CENTER
AT WINDSOR OAKS



By Jennifer Marie Toro Galarza, MD
Board certified in Internal Medicine

7 Surprising Benefits of Staying Fit as You Age

It's easy to get discouraged by physical fitness as you get older. Your aerobic capacity decreases with time, especially after age 45 or so, which means you have to work harder to see the same results.

But an active lifestyle can be incredibly valuable for older adults — modest amounts of light exercise can carry real benefits and even reverse some of the effects of aging.

Though Dr. Jennifer Toro-Galarza, who practices at Florida Hospital locations in Ocala and Lady Lake, can treat a broad spectrum of disorders that affect older adults, she would prefer to help her patients avoid them altogether.

"Many of the health problems that come along with age, like arthritis, heart disease and diabetes, are really preventable illnesses," Dr. Toro-Galarza says. "I know exercise doesn't always come easily for my older patients, but I've seen firsthand how some patients experience life-changing benefits from moderate exercise."

Dr. Toro-Galarza says these benefits can help your mind as well as your body. Along with keeping your brain active, working your body is the best way to remain sharp as you age.

"Your brain is changing throughout your life, but study after study has found these changes aren't destiny," she says.

Here are seven benefits of exercise to take advantage of at every age:

1. Stronger bones: Though it's natural to wonder about the risk of injuring yourself while exercising, the bigger risk is not exercising at all. Lifting weights and doing other weight-bearing exercises (like walking, climbing stairs and tennis) actually makes your bones more dense, helping them resist fracture.



2. Improved skin healing: It does take longer for injuries and wounds to heal as we get older. However, one study found that older adults who exercised regularly saw their wounds heal up to 25 percent faster.

3. Hold onto your memories: Again, some changes in memory are normal. But the connection between body and mind holds true here, too. Perhaps because it increases blood flow to the brain, regular exercise has been shown to boost memory and thinking skills in general.

4. Finding balance: Dizziness is second only to back pain as the leading cause of doctor's visits for those over age 65. It's easy to overlook, but balance is no trivial matter, as getting around safely is a core part of staying independent. Balance is like a muscle, and strengthening it takes practice. Consider the Florida Hospital Sports Medicine and Rehabilitation Program.

5. Staying on your feet: Even if you feel independent without exercise today, your future self may not be. Research published in the Journal of the American Geriatrics Society shows that a lack of exercise can make it more difficult to get out of chairs or climb stairs in the future.

6. Holding onto your muscles: It's not all about cardio. Muscle-strengthening can help slow your decline in muscle mass. The Centers for Disease Control and Prevention suggests lifting weights, resistance bands, push ups, sit ups, gardening and yoga as good examples of weight training.

7. Fitness isn't just weight: While weight management is important for older adults, exercise may be just as — or even more — critical. A study published in Preventive Medicine found older women should worry more about exercising than about the number on their scale. Staying fit produced a much greater health benefit than a controlled diet did.

Fitness guidelines suggest older adults should get two and a half hours of vigorous activity or five hours of moderate-intensity activity, according to the Centers for Disease Control and Prevention. In both cases, that should be paired with working out your muscles twice a week.

What does "moderate" or "vigorous" activity mean? If you're exercising at moderate intensity, by taking a brisk walk, for example, you will be able to talk but not sing. At a vigorous intensity, you probably won't be able to put more than a few words together without catching your breath.

Because different people tire at different rates, these levels of intensity are different for everyone. What matters is that you tailor your activity for your own fitness level — not what level you think you should be at, or what level others are at.

Dr. Jennifer Toro-Galarza believes in removing barriers to exercise in order to make the healthy choice the easy one. She's all about helping her patients enjoy the sharper mind and more resilient body that fitness can bring.

To schedule an appointment with Dr. Toro-Galarza, call 352-674-4136 or visit FHPhysicianGroup.com.



PROGRESS AGAINST LUNG CANCER

According to the American Cancer Society, lung cancer is the leading cause of cancer deaths in the United States. More people die of lung cancer in a year than from breast, prostate, colon and pancreatic cancer combined. Lung cancer is the second most common cancer in both men and women – it ranks just behind prostate and breast cancer, respectively.

EARLY DETECTION SAVES LIVES

Although there have been some real advances in the treatment of lung cancer, the average five-year survival rate for lung cancer in the U.S. is only 16.3 percent, unless it is detected early. If the disease is detected early, while it is still localized within the lungs, the five-year survival rate soars to 52.6 percent. So, your chances of surviving lung cancer are three times greater when it is detected early. If it is found while still in Stage 1, which is the earliest stage, there is an average five-year survival rate of over 80 percent.

The bad news is that only about 15 percent of all lung cancer cases are diagnosed at an early stage because, often in the early stages, there are no real symptoms. That is one of the reasons why regular screenings are so important – especially if you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years.

Recent studies have found that, through the use of low dose spiral CT scans of the chest, lung cancer can often be detected in its early stages before it becomes incurable, or even before a patient is showing symptoms. This type of screening can detect early stage cancers that cannot be seen on traditional chest X-rays. Check with your physician to see if you could benefit from a CT lung scan. Researchers are also exploring other detection tools, including a blood-based test. So far, however, results are mixed.

IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade, including the development of medications known as targeted therapies, which interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment more effective and safer for patients.



About 85 percent of all cases of lung cancer occur in people who are smokers or have smoked in the past. The remaining 15 percent of cases occur in non-smokers, for reasons not yet fully understood.

Newer immunotherapy treatments have significantly improved survival rates for some lung cancer patients. A recent study, presented at the American Association for Cancer Research (AACR) Annual Meeting in April 2017, demonstrated that, for a small subset of patients, immunotherapy can work for a very long time.

LUNG CANCER RESEARCH INVESTIGATES MANY POSSIBILITIES

Many clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective. Especially important for older patients who may have other health problems, doctors are studying these combinations to discover if treatment outcomes can be further improved. Sometimes, chemotherapy is also being used in combination with some targeted therapies and has been shown to improve survival rates.

With some types of lung cancer, research has shown that receiving chemotherapy before radiation or surgery may actually be helpful. Chemotherapy may shrink the tumor, making it easier to remove it with surgery. It may also increase the effectiveness of radiation and it can destroy hidden cancer cells at the earliest possible time.

More research needs to be developed for even more effective treatments for lung cancer. Currently, there are no cures for lung cancer and even the best options don't help all patients. However, doctors are able to offer more treatment options with better outlooks for patients than a decade ago.

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.

 **FLORIDA CANCER**
SPECIALISTS
& Research Institute
World-Class Medicine. Hometown Care.

Ocala

1630 SE 18th St.
Suite 602
Ocala, FL 34471

Ocala

2820 SE 3rd Court,
Suite 200
Ocala, Florida 32674

Ocala West

4600 SW 46th Court
Building 200, Suite 330
Ocala, FL 34474

For more information, visit FLCancer.com

Do You Know The Signs & Symptoms of Cataracts?

According to the American Academy of Ophthalmology, Cataracts affect more than 24.4 million Americans age 40 and older, and by age 75, more than half of that demographic will have advanced cataracts.

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

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

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

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

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

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

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

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

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

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



www.ocalaeye.com
352-622-5183

Market Street At Heath Brook
4414 SW College Road, Ocala, FL 34474

Magnolia Office
1500 S.E. Magnolia Ext., Suite 106, Ocala, FL 34471
(352) 622-5183

The Villages Office
1950 Laurel Manor Drive, Suite 250
The Villages, FL 32162
(352) 430-3356

200 West Office
8520 S.W. State Road 200, Ocala, FL 34481
(352) 854-0052

Ocala Eye Surgery Center
3330 S.W. 33rd Road, Ocala, FL 34474
(352) 873-9311

THE OCALA EYE TEAM

Ophthalmologists:

Mark A. Jank, M.D.
John S. Deaton, D.O.
Michael Morris, M.D., F.A.C.S.
Peter J. Polack, M.D., F.A.C.S.
Jodie A. Armstrong, M.D., F.A.C.S.
Mohammed K. ElMallah, M.D.
Hina N. Ahmed, M.D.
Hussain Elhalis, M.D.
Vishwanath Srinagesh, M.D.

Optometrists:

Kathryn Mar Jip Pomakis, O.D.
Charles F. Paglia, O.D.
Vivi Fretland, O.D.

Retina Specialists:

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

Accepting New Patients!
Oculoplastic Surgeon:
Sarah Kim, D.O.

Move it or Lose It!

The Importance of movement on health and well being

If you've been sick and stayed in bed a few days you probably felt much weaker when initially returning to your daily routine. That is because inactivity causes a loss of muscle mass and function in men/women of ALL ages. Any joint or muscle that is not used regularly will lose part of its function. It has been shown that muscle loss can occur in as quick as 24 hours and within 7 days of immobility there is a 3% loss in muscle mass within the thigh muscles. Movement is important!

Benefits of Movement:

• *Maintain ease of physical movement:*

With inactivity movement typically becomes more difficult, heavier, weaker, and stiffer and is accompanied with pain and discomfort. Lack of movement leads to tightening muscles, tendons and ligaments leaving joints feeling stiff and uncomfortable.

• *Mood and Stress reduction:*

Endorphins are released during physical activity. They create a natural feeling of wellbeing and decreasing feelings of stress.

• *Sleep:*

Movement promotes better sleep patterns. Individuals who are active have an easier time falling asleep compared to those who are sedentary.

• *Energy:*

Daily movement helps to combat fatigue and improve energy levels. Sedentary individuals who begin to participate in regular movement reported increased energy levels and decreased fatigue!

• *Health:*

Improved cardiovascular health. Your heart is made up of muscular tissue and strengthens with activity like other muscles in your body. Movement also improves bone density, digestion and immune function. It also aids in the prevention of chronic disease.



As you can see daily movement is important no matter who you are! No matter what your age or your activity level any movement counts. Amount and intensity varies for each individual. Physical therapists can help in the prescription of specific exercise for patients having difficulty with movement following injury, surgery or disease.

So stop the excuses and move it or lose it!

****Don't forget the time change on Sunday, November 4, 2018. We "Fall" back and gain an hour! Use that hour to be active! Your body will thank you for it!**



We here at Life Care of Ocala are here to improve the health of the community for which we serve. As part of this vision, we provide a team of highly skilled Physical, Occupational, and Speech Therapists and the latest in cutting edge rehabilitation technology such as the AlterG anti-gravity treadmill and the Biodex balance system to help you regain your independence and facilitate you reaching your personalized goals.

Please call Life Care Center of Ocala today at (352) 873-7570 if you have any questions or think we can help you maintain your functional independence.

****References:**

University of Copenhagen article "Inactivity reduces muscle strength" Gram, Hansen Ph.D.

"Movement" from www.ndhealthfacts.org/wiki/movement

Article "Deconditioning: the consequence of bedrest." Campbell, ARNP

Advanced Treatment for **OVERACTIVE BLADDER**

Have you tried treatment for overactive bladder and still suffer from any of the symptoms below?

- ✓ Urgency to get to the restroom in time
- ✓ Increased frequency of urination
- ✓ Getting up at night 2 or more times to urinate
- ✓ Wearing adult protective undergarments or pads
- ✓ Inability to empty your bladder completely
- ✓ Curbing your usual activities because you must be near a restroom at all times

If you are a man or woman who said yes to any of these, then you should know about some of the advanced therapies that are available and can drastically improve your quality of life.

Commonly used therapies such as behavioral modification, bladder training and medications are a first line of therapy for overactive bladder (OAB). Unfortunately, in many patients, these do not work or don't work well enough. Some patients may even be unable to tolerate the common side effects of medications such as dry mouth, dry eyes or constipation. If you or someone you know has OAB, the use of sacral neuromodulation or Botox may be the answer. In a specialty trained urologists' hands these treatments can succeed where others have failed.

SACRAL NEUROMODULATION

Sacral neuromodulation (SNM) allows regulation of the nerves that go to the bladder. This works by sending messages back to the brain to regulate the "on-off" switch for bladder function. A simple way to think of SNM is as a pacemaker for the bladder. It can help to bring your bladder function back to normal function if it is too active or even underactive.

SNM is approved by the FDA for the treatment of refractory OAB, urge incontinence and urinary re-tenion. Currently one company (Medtronic Inc., Minneapolis) produces this SNM device for international use under the name InterStim®. In Europe, it is also



used successfully to treat bowel dysfunction including severe constipation, fecal urgency, frequency and fecal soiling. This is possible because there are nerves in the pelvis that work on both the bladder and bowel.

SNM is a very appealing option to patients due to its high success rate (up to 80%) and a unique trial phase. This trial phase of 3 to 7 days is called a percutaneous nerve evaluation (PNE) and is a simple procedure that places a thin temporary lead next to the nerve that controls bladder function. This can be placed using local anesthesia or light sedation and takes minutes to perform. This gives the patient the ability to "test drive" the device without going through the full implant. It also helps patients to gain insight on just how much the InterStim could help them. At the end of the trial, the leads are removed in the office without damaging the nerve.



855-298-CARE
Advancedurologyinstitute.com

If the PNE is successful in reducing symptoms, it is likely that the full implant will work in these patients. The InterStim uses an implantable lead and small battery that are placed for long-term treatment of OAB or urinary retention. Once placed, the InterStim can last up to ten years depending on its use. The battery can be easily changed under local anesthesia. After implan-

tation, the InterStim is virtually undetectable even in a bathing suit. This device can drastically improve a patient's quality of life.

BOTULINUM TOXIN (Botox)

Botox injections are another option in the treatment of OAB. The Botox is placed directly in the bladder muscle for treatment of OAB and urge incontinence.

This is done with a simple cystoscopy (small telescope) and can be done under local anesthesia or sedation. It works by binding to nerve endings allowing for relaxation of the bladder muscle. This has been shown to improve symptoms in up to 70% of patients and up to 60% of patients will have complete resolution of their OAB or urge incontinence. Botox, however, only lasts 6 to 9 months and needs to be repeated. The FDA considers this an off-label use even though it has been used successfully for years. Use of Botox in the bladder carries no greater risk to the patient than cosmetic procedures.

These are only a few of the many options that can significantly improve quality of life. A full range of treatments for OAB and any other urologic concerns are offered at Advanced Urology Institute.

The Impact of Alcohol Consumption for a **DIABETIC PATIENT**



Alcohol acutely blocks the production of glucose in the liver, so drinking alcohol can cause a dangerous drop in blood glucose. If your blood glucose drops too much, the liver may not be able to use its stored glucose to raise your blood glucose level.

The danger for people with diabetes is that if they drink excessively, their liver's ability to balance glucose production is impaired. Chronic use of alcohol contributes to higher glucose levels because of the additional calories, increased body weight and its potential effects on insulin sensitivity.

We all know the guidelines of the healthy version of drinking. A glass of wine or liquor for women and two for men is usually the allotted daily amount recommended for the health benefits to transpire. Despite the health claims of moderate drinking, not everyone should drink. Do not drink if you can't control your intake or abuse alcohol, are pregnant or trying to become pregnant, take medications that interact with alcohol, have a medical condition that alcohol affects negatively, or if you plan to operate machinery or drive a vehicle.

In diabetics and non-diabetics alike, alcohol plays a significant role in our bodies overall health. A full 24 hours after an episode of drinking, your immune system is more susceptible to disease and infection. Your brain can be severely affected by alcohol. Have you ever woken up dizzy, with a headache, unable to remember everything that happened the night before? This is due to the adverse effect that alcohol has on our brains. The neurons and neurotransmitters in the brain are responsible for a multitude of functions from memory recall, motor senses, to movement and coordination. These tiny pathways and transmitters can show both short-term and long-term damage after bingeing or prolonged alcohol use.

Because the liver removes toxins, including those from drinking alcohol, it can be overworked and stressed. If you have diabetes, it's important to test your blood sugar levels before, during and after consuming alcohol.

The functions that are damaged by alcohol abuse are often longstanding. If you stop drinking, some of the damage will lessen, or improve like problem-solving, memory recall, attention span, and motor functions, but this will take time. Researchers usually see improvements to the brain after several months or years after abstinence takes place.

Along with diabetic complications, drinking can increase your risk of certain cancers, like breast cancer, oral, esophageal, liver and throat cancer. It also harms the blood vessels in your pancreas, which inhibits digestion and damages the liver. The livers of alcoholics usually develop fatty deposits known as fatty liver disease. These implications can contribute to more severe disorders like cirrhosis or fibrosis of the liver.

Heavy drinking also damages the heart, which can lead to heart palpitations and irregular beating, high blood pressure, heart attack, stroke, and cardiomyopathy, since diabetics are at high risk of cardiovascular disease, it's imperative to take caution before consuming alcohol.

*To schedule an appointment, please call
352.274.9900, or visit their website at gotomhc.com*

Tips from The American Diabetes Association:

- If you have diabetes, do not drink on an empty stomach or when your blood glucose is low, since your risk of low blood glucose increases after drinking.
- If you choose to drink, follow the rules above and have it with food. This is mainly important for those on insulin and other diabetes pills that can lower blood glucose by making more insulin.
- Don't skip a meal if you are going to drink. (If you use carbohydrate counting to plan meals, it is important to understand how the drinks you choose affect your blood glucose and often your insulin dose will need to be decreased if having more than one drink)
- Wear an I.D. that notes you have diabetes. If you are in a setting where people are drinking alcohol, hypoglycemia may be mistaken for being drunk.
- Watch out for craft beers, which can have twice the alcohol and calories as a light beer.
- For mixed drinks, choose calorie-free drink mixers like diet soda, club soda, diet tonic water or water.
- As with anyone with or without diabetes, do not drive or plan to drive for several hours after you drink alcohol. ⁽¹⁾

April is Alcohol Awareness Month, and the National Council on Alcohol and Drug Dependence shines a light on the first weekend in April every year as the weekend of abstinence. If you have trouble avoiding alcohol for those three days, they encourage you to speak to your physician or therapist about getting help.

With careful planning, you can control your diabetes in any situation. The endocrinology team at SupER Urgent care's mission is to provide you with high quality medical services and compassionate care. They will coordinate your visit with your primary care physician.

(1). Diabetes.org, 2018, Adapted from the book Diabetes Meal Planning Made Easy, 4th Edition, written by Hope S. Warshaw, MMSc, RD, CDE, a nationally recognized expert on healthy eating and diabetes.



CHANDRAMOHAN NANJAPPA, MD



LISA YOUNG, MD



KATRINA AGITO, MD

MHC ENDOCRINOLOGY CLINIC

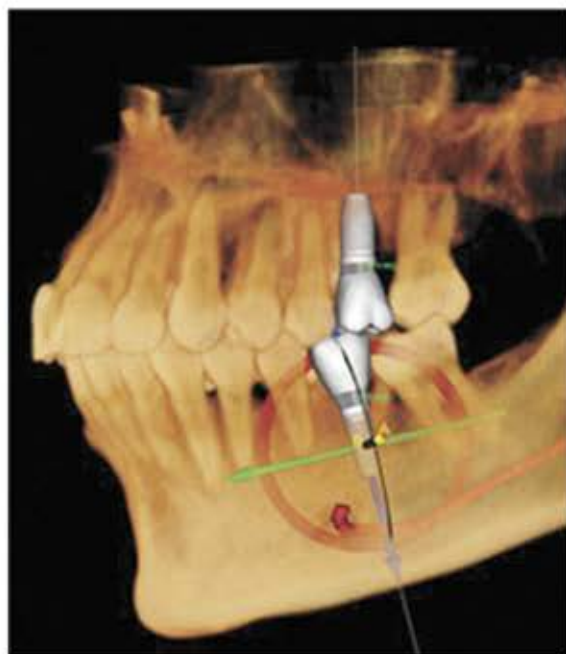
1714 SW 17th St, Ocala, FL 34471
352.274.9455 | www.gotomhc.com

3D Imaging Minimizes Time and Cost of Dental Procedures

Physicians have relied on computerized axial tomography scans (CAT) for many years. CAT scans are an X-ray procedure that uses many different X-ray images with the help of computers to generate cross-sectional or even 3D views of internal organs and structures within the body. A knee replacement surgery, for example, would never be performed without first examining 3D imaging.

More recently, however, implant dentists have begun to rely on 3D imaging techniques to provide them with a detailed view of the mouth and skull. The advantage that 3D imaging holds over regular dental X-rays is that bone structure, bone density, tissues, and nerves can be viewed clearly.

3D images can be completed in less than half a minute. This means that far less radiation enters the body than if a regular set of bitewing X-rays were taken. The main use for 3D imaging is as an aid to plan dental implant treatment and other oral surgery.



Dental implants are the most sophisticated replacement for missing teeth, but have historically proven to be time-consuming to place. 3D imaging vastly reduces the time it takes to place implants. It is thought that in the near future implants will be placed in a single visit because of this unique type of imaging.

How is 3D Imaging Used?

3D imaging is advantageous because it allows the implant dentist to magnify specific areas of the face. In addition, the implant dentist can easily view cross-sectional "slices" of the jaw, which makes planning treatment easier and faster.

Here are some of the main ways 3D imaging is used in dentistry:

- Assess the quality of the jawbone where the implant will be placed.
- Determine where nerves are located.
- Diagnose tumors and disease in the early stages.
- Measure the density of the jawbone where the implant will be placed.
- Pinpoint the most effective placement for implants, including the angle of best fit.
- Plan the complete surgical procedure in advance, from start to finish.
- Precisely decide on the appropriate size and type of implants.
- View exact orientation and position of each tooth.
- View impacted teeth.

Ocala Dental Care
OCALA DENTAL IMPLANT CENTER

2415 SW 27th Ave
Ocala, FL 34471
352-237-6196

www.OcalaDentalCare.com

How is 3D imaging performed?

3D images are quick and simple to perform. A Cone Beam Imaging System is at the heart of the 3D imaging scanner. The cone beams are used to take literally hundreds of pictures of the face. These pictures are used to compile an exact 3D image of the inner mechanisms of the face and jaw. The implant dentist is able to zoom in on specific areas and view them from alternate angles.

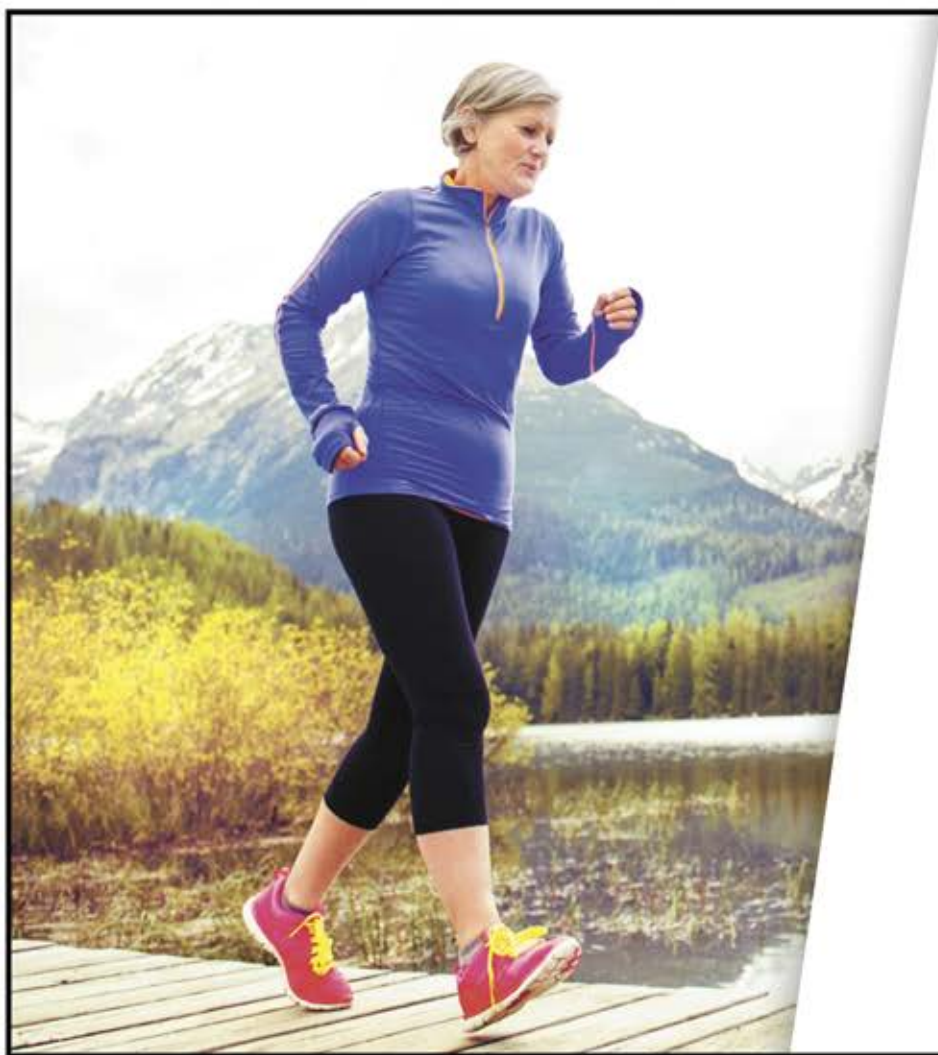
Previous patients report 3D imaging is comfortable. Additionally, the scanner provides an open environment, meaning that claustrophobic feelings are eliminated. 3D imaging is an incredible tool that is minimizing the cost of dental treatment, reducing treatment time and enhancing the end results of dental surgery.

"Smiling Reviews" from a Few of Our Patients

Truly pleasurable experience. Staff was attentive and the workmanship was efficient yet very, very thorough. Highly recommended. I have worked in healthcare for 20 years and i must say...absolutely Professional and courteous...Patient care was utmost in all the staff, dentists and hygienist's minds. Highly recommended!!! - Anthony C.

A pleasant staff and a friendly atmosphere. Very helpful staff scheduled my wife for her bothering her tooth. We got it quick and no problems the very next day. Thank you! - Valentine K.

Love this dental office! They are highly advanced in there procedures and have a super pleasant staff that took such great care of me making sure I felt comfortable and relaxed during my wisdom tooth extraction. I never felt so at ease at a dental clinic before until she took care of me at Ocala Dental Care. Will be seeing her again and will be going back again - Julie V.



Make Every Step Count

Call us today to reserve a recovery suite for your heart & vascular, joint & spine or other medical conditions.

Recover with quality & experience in mind.

Medicare & most insurance accepted

352.873.7570

2800 Southwest 41st St.
LifeCareCenterOfOcala.com



110157

MY SHOULDER IS A-OK THANKS TO AOI.



ADVANCED
ORTHOPEDICS
INSTITUTE

1400 N US Hwy 441, Suite 552, The Villages, FL 32159
phone 352.751.2862 fax 352.751.5541

goaoi.com

Central Florida's Health & Wellness Magazine



On the Web

HealthAndWellnessFL.com



On Facebook

facebook.com



On Twitter

twitter.com



In Your Inbox

Receive our monthly newsletter. Sign up online



Providing information 
that will promote living a healthy, well-balanced lifestyle.

Central Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

A Groundbreaking Device is Proving to be the **Next Generation of Neuro Biological Stimulation** For Healing and Function



Competitive Edge Performance is a physical therapist owned practice that was founded on the desire to provide a better patient experience than the standard of care set by traditional clinics. They take a personal interest in their clients' health and in them as individuals who have sought their expertise for their particular needs. That's one of the reasons they are always adding the latest technology to their treatment protocols.

Competitive Edge Performance has a cutting-edge device that helps individuals heal faster, improve performance levels, regain range-of-motion, and reach fitness goals quicker. If a movement dysfunction is contributing to your pain, keeping you injured, limiting your mobility, or robbing you of performance, then NeuFit's approach can help you.

The NeuFit & NEUBIE Scientific Details

NeuFit is a company that developed the NEUBIE, which stands for NEURO-BIO-ELECTRIC STIMULATOR. It is an electrical stimulation device that accelerates the client's progress in fitness and injury recovery. Contrary to popular belief it is not your typical TENS unit. NEUBIE is unique in that it uses direct current rather than alternating current, so it doesn't lock up your muscle when using it at high intensities. By using NEUBIE to stimulate the neurological system, you're able to get a full muscle contraction while still maintaining functional movement patterns.

The NEUBIE has helped people of all ages and in almost all situations, get out of pain, improve performance, sometimes avoid surgeries and get out of wheelchairs, and live life at a higher level.

Technology enhances natural processes; it doesn't replace them. The Nervous System controls virtually everything about the body. When you work neurologically, you can change everything else for the better - and do it much faster. We use advanced technology to accelerate your body's internal processes. When given the right signals, your body heals itself from injury, builds muscle, and creates good health.



Jason Waz, President of Competitive Edge Physical Therapy, states, "In more than 20 years in practice as a physical therapist, I can unequivocally state that I have never come across a technique or device that has a more profound effect on acute or chronic musculoskeletal pain as the NeuFit device. This is next-generation physical therapy at its finest. My mission is to introduce new technology to PT practices everywhere in order to improve outcomes well beyond the industry standard while providing a business model that will dramatically exceed the goals of the practitioner."

NEUBIE Benefits

- Injury Rehabilitation
- Burn Fat
- Reduce Pain
- Improve Performance
- Build Muscle
- Build Stamina

Word of mouth is always the best predictor of consumer satisfaction; here's what patients are saying about Competitive Edge Performance and NEUBIE provided by NeuFit:

"Amazing place, great staff, couldn't ask for more. Tore my pectoralis muscle, did treatment pre-surgery, the doctor commented on how easy the tendons were to work with, direct result of the pre-surgery treatments. Post surgery is going great, the doctor said I was a month ahead of schedule and that was just two weeks post op." —Chris S.

"Unbelievable results! Pain free after 20 years, after 10 sessions. You must give CEP a try, you won't be disappointed." —Tom B.

"Competitive Edge is where you come if you want to get off the couch and become active again. After major low back fusion, and becoming less and less active, my primary sent me here. Working with Daily, my (soon to be) assistant PT therapist was a pleasure. She knew when to push me and always listened to me. The Neufit technology they have, combined with conventional therapy, I am now able to bend, ride my bike, swim, and anything else that I would want to do. Jason and Daily, thank you so much for giving my life back. It feels great to be so active again."—Susan G.

Competitive Edge Performance (CEP)

They believe in the "care" part of healthcare. And they also believe in establishing partnerships and relationships with their clients based on the merits of old-fashioned hard work, respect for their clients' time and through the results they strive to achieve with each person who trusts them to do their best to help them get better. To CEP, there is no greater reward than exceeding expectations.

NeuFit has redefined electric stimulation. By making the nervous system healthier, the NEUBIE is the next generation of total neurological fitness. If you are a patient or active individual that is interested in this cutting-edge device to help you heal and improve your muscle function, please call Competitive Edge Performance today at (813) 849-0150.

If you are a practitioner interested in adding NEUBIE to your office procedures, please contact the NeuFit distributor today to find out how it can increase your patient satisfaction through healing, therapeutic recovery, and overall increases performance. Please email NeuPT Technologies at NeuPTTech@gmail.com or call (813) 849-0150.



FACELIFT SPECIALIST



BEFORE



AFTER

*Results Typical and Do Vary

YOU ARE INVITED FACIAL BEAUTY SOCIAL MIXER

Wednesday, November 14th
Waterfront Inn Seminar, The Villages

Tuesday, December 4th
Waterfront Inn Seminar, The Villages

Tuesday, December 11th
Hilton Hotel Seminar, Ocala

LUNCH IS SERVED

Surgical or Non-Surgical
STOP Wasting Money on Temporary Fillers

Breakthrough Long-Term Filler
Dr. Rich is #1 BellaFill Injector

Grand Prize Raffle
(Up to \$1200 value)

CALL NOW

Limited Seating

888-875-3223



IMAGELIFT®

ImageLift.com

**Free
Book!**

**+3,500
Facelifts**

**Double
Board Certified
Facial Plastic
Surgeon**

Dr. Castellano



THE VILLAGES
877.346.2435

Follow on [youtube.com/ImageLift](https://www.youtube.com/ImageLift)
or [FB.com/ImageLift](https://www.facebook.com/ImageLift) to Win!

PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HRS OF RESPONDING TO AD FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.

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



ADVANCED
ORTHOPEDICS
INSTITUTE

(352) 751-2862

1400 N US HIGHWAY 441
SHARON MORSE MEDICAL OFFICE BUILDING, SUITE 552
THE VILLAGES, FL 32159-8975

Melatonin with Omega-3: Not Just for Sleep

By Bo Martinsen, MD

Some 25 years ago, many of my patients at my clinic in Norway were working for an international IT company that required them to travel frequently. Seeing how exhausted they would be from their travels, I explored possible remedies. Back then, melatonin was starting to be touted as a jet lag aid, so I suggested my patients try it out.

For some patients, melatonin seemed to help. But it also struck me that melatonin's effects seemed to vary greatly from one person to another in terms of sleep. After a year or two, I became less fascinated by melatonin's sleep-inducing abilities and did not talk about it frequently.

Fast forward two decades and my interest in melatonin has renewed as I've found that the benefits of this molecule extend far beyond that of sleep. Researchers today are exploring the role of melatonin in cancer medicine, aging, and immune health. In addition, there is a small body of research that has started to look at the synergy between melatonin and my specialty, omega-3 fatty acids. From the research, it appears that melatonin and omega-3s increase the benefits of one another and may also be instrumental for protecting the powerhouse of the cell – the mitochondria – from damage.

What Is Melatonin?

Melatonin is a molecule that's indispensable for life. Secreted by the brain's pineal gland in response to darkness, melatonin helps regulate our circadian rhythm. It is also found plentifully in the intestinal tract, liver and retina, working simultaneously as a scavenger of cancer cells, an anti-inflammatory agent, and as a powerful antioxidant.

This antioxidant function is what initially drew me back to melatonin. Studies indicate that melatonin can protect omega-3 fatty acids from lipid peroxidation, a process in which free radicals attack and damage molecules. If an omega-3 molecule becomes damaged by exposure to oxygen, for instance, it's prevented from carrying out its functions in the cell. Omega-3s are highly susceptible to lipid peroxidation because of their many double bonds. That's why melatonin's potential ability to shield these vulnerable fatty acids from damage could be instrumental for maintaining the safety and efficacy of foods and supplements that contain omega-3s.

How Melatonin and Omega-3 Work Together

Aside from protecting them from lipid peroxidation, melatonin also seems to promote the absorption of omega-3 fatty acids in the body. Studies show that,

when taken together, melatonin increases the levels of the EPA omega-3 fatty acid in the brain, thus improving the omega-6 to omega-3 ratio. This is also significant since scientists note the benefits of EPA for specific cell types involved in reducing neuroinflammation.

Intriguingly, omega-3 fatty acids also appear to be helpful for the body's production of melatonin. Because omega-3 fatty acids make up a part of the pineal gland, some scientists believe that the pineal gland may actually be synergistically regulated by the omega-3 molecules.

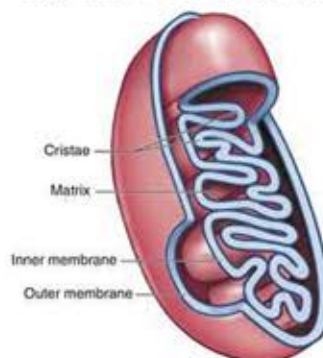
Melatonin and Omega-3s May Fight Aging

Perhaps most interesting of all is how melatonin and omega-3 may work together to fight aging via supporting the mitochondria.

If you don't remember from your biology class, here is a reminder: The mitochondrion functions as the cell's powerhouse, providing the energy our cells need to function. It is also connected with cellular aging. It's believed that, if we can improve mitochondrial functioning and prevent damage to these important cell structures, we can delay the onset of age-related chronic diseases.

Both melatonin and omega-3 appear to come together to protect the mitochondria from damage. Research reveals that the omega-3 fatty acid DHA is important for optimal mitochondrial function. And in a recent study, it was also discovered that melatonin "exhibited a protective effect on mitochondrial function."

While scientists are still trying to understand the intricacies of whether mitochondrial damage is a cause or symptom of aging, it is clear that omega-3 and melatonin are crucial for optimal mitochondrial functioning. Take a look at the mitochondrion, an intricate



labyrinth of membrane surface. Omega-3 molecules make up a significant portion of this membrane. And it is here that the omega-3 molecules meet melatonin during energy creation, directly on the inside surface of the membrane.

New Formulations for Optimal Health

The more we discover about melatonin and omega-3s, the clearer it becomes that these molecules belong together. Omega-3 rich foods often contain high levels of melatonin. Cod liver oil, for instance, is a good source of both, but during the regular refining process, almost all of the natural melatonin is lost.

By combining melatonin and omega-3s together again, perhaps we can work towards smarter formulations for optimal health. We found that when we added melatonin directly into our omega-3 oil, the results were different than taking melatonin alone or as a tablet. While more research is still needed on this partnership, these early findings are promising.

About Dr. Bo Martinsen

Dr. Martinsen is an omega-3 specialist, innovator, and advocate for natural foods. As co-founder of Omega3 Innovations, he has created multiple patented technologies for medical devices designed to improve consumer compliance. He is also the creator of several medical food products that combine dose-effective ingredients of omega-3 fish oil with soluble fibers and other nutrients. Before Omega3 Innovations, Dr. Martinsen practiced medicine in Norway, focusing on occupational and preventive medicine.



Call us at 941.485.4400
www.omega3innovations.com



Colorectal Cancer is Preventable, Treatable and Beatable

By Digestive Health Associates

Colon Cancer is often a silent disease that has no symptoms. On average, lifetime risk is one in twenty people will develop colon cancer. This is a cancer that is preventable. Beginning at age 50 (age 45 for African Americans according to American College of Gastroenterology), all men and women should be screened for colorectal cancer. The colorectal cancer screening tests are divided into two groups: cancer prevention tests (colonoscopy, flexible sigmoidoscopy, CT colonography) and cancer detection tests (fecal immunochemical test – FIT, stool occult blood, stool DNA tests). Everyone should discuss the pros and cons of these screening modalities with their physicians. The cancer prevention tests are preferred over the cancer detection tests.

A colonoscopy is considered the gold standard of colorectal cancer screening methods for its ability to view the entire colon and both detect and remove polyps during the same procedure. Recent studies have shown that colon cancer rates have decreased with increased screening by colonoscopy.

What is Colorectal Cancer?

Colorectal cancer is cancer of the colon (large intestine) or the rectum. It develops from adenomatous polyps (grape-like growths that can appear on the lining of the colon and rectum) that may become cancerous over time.

FACTS:

- Colon Cancer is the third most frequently diagnosed cancer in both men and women with an estimated number of over 135,430 new cases in 2017 (American Cancer Society)
- An estimated 50,260 deaths are expected to occur in 2017 from colorectal cancer which makes it the second leading cause of cancer related deaths when men and women are combined (American Cancer Society)
- Colon cancer is preventable – early screening allows for removal of polyps that may progress to cancer
- Colon cancer is treatable and beatable when detected early (5 year survival rate is 90% when colon cancer is found early at a localized stage and treated early)
- Less than 40% of colorectal cancers are found early because screening rates are low. Only 65% of adults, age 50-75 are current and up to date on colorectal screening (Center for Disease Control and Prevention)



Symptoms

Unfortunately, not everyone with colon cancer may experience symptoms early on.

Alarm symptoms may include:

- Change in bowel habits such as diarrhea, constipation, vomiting
- Feeling that your bowel does not empty completely
- Unexplained weight loss
- Constant tiredness
- Blood in stool (either bright red blood or black, tarry stools)
- Finding that your stools are more narrow appearing than usual
- Gas, bloating, fullness, cramping

Cancer does not always cause pain so it's important not to wait to feel pain before seeing your physician if you experience any of these symptoms.

Who is at Risk?

- Men and women age 50 and older
- People with personal or family histories of colorectal cancer or benign (not cancerous) colorectal polyps
- People who smoke
- People who are overweight or obese, especially those who carry fat around their waists.
- People who are not active and don't exercise
- People who drink alcohol in excess, especially men
- People who eat a lot of red meat (such as beef, pork or lamb) or processed meat (such as bacon, sausage, hot dogs or cold cuts)
- People with personal histories of inflammatory bowel disease (such as ulcerative colitis or Crohn's disease)
- People with family histories of inherited colorectal cancer or inherited colorectal problems

DIGESTIVE HEALTH ASSOCIATES, PA

BHEEMA SINGU, M.D.

Board Certified Gastroenterologist

352-840-1001

7558 SW 61ST AVE., UNIT 1, OCALA FL 34476

What else can be done to prevent the development of colorectal cancer?

First and foremost get screened regularly to find and remove polyps, also:

- A high fiber (vegetables) and low fat diet. Consume a healthy diet with an emphasis on plant sources; specifically:
 - Choose foods and beverages in amounts that help achieve and maintain a healthy weight. Eat 5 or more servings of a variety of vegetables and fruits each day.
 - Choose whole grains over processed (refined) grains.
 - Limit your consumption of processed and red meats.
- In addition to maintaining a healthy weight, adopt a regular, vigorous exercise plan
- Cessation of smoking

What is a colonoscopy?

Typically the most unpleasant part of having a colonoscopy is the bowel prep prior to having the procedure. This is one of the most important steps of the process. In order to safely maneuver through the natural curves of the colon and adequately see the lining, the colon must be cleaned and free of stool. You will be prescribed a cleansing method, which usually involves drinking a flushing solution, laxatives, and/or enemas. In most cases, you are asked to consume only clear liquids and eat no solid food the day before your procedure. Your physician will provide advice on which medications are safe to use up until the day of your colonoscopy.

A colonoscopy is typically an outpatient procedure. You can expect to spend less than half a day for completion. Sedatives will be administered to produce a relaxed state. Your gastroenterologist will maneuver the colonoscope through your bowel. Air is placed into the colon for distention to allow good visualization. In some people this can create cramping. Turning the colonoscope around corners of the colon can also cause discomfort. These are two of the main reasons patients are given sedation. If polyps are found in your colon, your physician will remove them. Polyp removal does not produce pain. Biopsies will also be obtained if any other abnormal tissue is seen. The exam itself usually lasts 15-45 minutes. You will recover from the medication effects quickly. You should plan not to drive a vehicle the rest of the day.

Please contact our office or talk with your physician about screening for colorectal cancer. It could save your life.



Erectile Dysfunction is Not a Viagra Deficiency!

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



If the television commercials and Viagra marketing campaigns are true, you must have a deficiency in their drug, right? In today's world, most patients are savvy. They read up on new technology, treatments, and alternative therapies. Most people would never believe that the little blue pill is treating their erectile dysfunction (ED) if they understood the difference between masking symptoms (short-term) and treating or curing the cause of the condition (long-term).

For men who have not experienced erectile dysfunction, they don't understand the devastation that goes along with the disorder. For those that have experienced ED or who are experiencing it at the present time, they want solutions, and they want things to be back to the way they once were. ED is devastating to the man experiencing it and to his partner. His partner may question his faithfulness, or think that it's their fault by assuming the love has faded and the attraction must no longer be there.

Erectile DYSfunction—how can anyone determine the cause of the DYSfunction if they don't understand the complexity of normal erectile function? My goal is not to mask the symptoms with drugs like Viagra, but to determine the cause of the dysfunction and return the body to normal function! ED is a symptom, and Viagra, injections or other drugs do not cure it.

Erectile dysfunction is the inability to achieve and maintain an erection adequate for intercourse to the mutual satisfaction of the man and his partner.

Understanding that these changes are not part of the normal aging process without any answers in sight is critical. **THERE ARE ALTERNATIVE TREATMENT OPTIONS, AND THEY WORK!** They not only treat the root cause, but they can in many cases cure the disorder altogether.

In my office, in-depth evaluations and diagnostic testing are completed to measure nitric oxide levels, neurotransmitter activity, hormone imbalances, and contributors like atherosclerosis (plaque buildup) or scar tissue from radiation therapy or other medical treatments.

It is recognized that testosterone plays a significant role in libido and ED, but to evaluate testosterone properly requires determining all the factors that affect hormone production, its reaction at the gene level and its proper detoxification. Many hormones affect ideal testosterone function including estrogen, dihydrotestosterone, androtestosterone, DHEA, prolactin, thyroid hormones, insulin, and cortisol. It is recognized that only 5% of hypogonadal (low physiological levels of testosterone) men are currently in treatment. Hypogonadism affects 4 to 5 million men! Typically, testosterone declines 1% per year from the age of 30, and these declinations come with steep adverse health effects.

Come to our free clinic every Thursday to learn more about medical marijuana! Call for more information.

Numerous studies indicate that low testosterone is associated with increased risk of the following:

- Type II diabetes
- Metabolic syndrome
- Stroke
- Dementia
- Vascular disorders
- Heart disease
- Frailty
- Inflammation
- Cancer

Proper testosterone therapy has been demonstrated to:

- Improve erectile function and libido
- Improves psychological disposition
- Improve mood and sense of well-being
- Improve energy
- Improved body mass, strength, and stamina
- Improve bone density

At my office, I evaluate every aspect of ED, not only to improve your sexual condition, but also to return your entire body to optimal health and normal functioning.

About Doug 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

Douglas C. Hall, M.D.

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

352-629-7955

www.douglaschallmd.com

1317 SE 25th Loop, Ocala, FL 34471

November is National Hospice and Palliative Care Month

35 YEARS AND COUNTING....

Submitted by Hospice of Marion County

When a group of healthcare providers, doctors, nurses and clergymen, got together around the table at the old Brahma Restaurant on the corner of Pine and 17th Street back in 1980, little did they know that their efforts would create the county's only not-for-profit hospice organization, employing nearly 400 people with multiple supporting companies serving 2,500 patients every year. Today, Hospice of Marion County (HMC) is celebrating its 35th anniversary, looking back with pride and boldly into the future to maintain its mission of providing "exceptional compassionate end-of-life care to our community."

One of those people at the table is still practicing at HMC. David F. Elliott, MD, who became the first volunteer medical director of the fledgling agency in 1983 continues part time and is a comforting presence to staff as well as patients. When he reflects on his years with HMC, Dr. Elliott says he never ceases to marvel at the role faith holds for those facing death. A practicing Catholic, he has found that families with a strong spiritual base seem to fare better than those without: "Both faith and family ties have remarkable power for these patients and can make the transition less difficult. Even if someone is alone but once had close family bonds, it makes a difference in the way they face their own passing."

While the philosophy of hospice care never wavers, the way care is delivered has evolved as quickly as technology. New methodologies and pharmacology now ensure patient comfort and family assistance 24-hours a day, every day of the year. What started as a volunteer-based support system is now a multidisciplinary team of professionals, including palliative care physicians and advanced registered nurse practitioners. While 85 per cent of patients receive care at home, others may choose a hospice house when staying at home is no longer an option. Hospice houses are home-like facilities that provide round-the-clock nursing for those who require a higher level of care

"Looking ahead," says CEO Mary Ellen Poe, "we see more opportunities to provide excellent care by collaborating with physician offices, hospitals, home care agencies and nursing/assisted living facilities. Together we can have a positive impact on the quality of life of each person in our care."

"As we close the chapter on our 35th anniversary, we open the door to the future," she continues. "Hospice of Marion County stands ready on the threshold of experience, excellence and innovation, always with the mission statement at the core of everything we do every day. That's our promise. Today, tomorrow and into the future."

**GOOD MORNING,
MARION COUNTY!**

**NOVEMBER
IS NATIONAL HOSPICE MONTH**
Wake up to coffee, conversation and
celebration of our 35th year

**You're invited to a community event
at the Elliott Center**
November 5, 2018 10 a.m.
3231 SW 34th Ave, Ocala, FL, 34474

Call Jessica McCune, (352) 854-5231 or email
jmccune@hospiceofmarion.com to reserve your seat.

**HOSPICE
OF MARION COUNTY**
Feel better. Live better.

Medical Marijuana - The Natural Alternative

By Bob Goethe, MD

Medical marijuana is catching on in Florida. We are now well past 130,000 patients on the registry and it is predicted there will eventually be over 400,000 patients using cannabis in Florida. We have been getting great results with chronic pain patients- back pain, migraines, fibromyalgia, severe arthritis. These folks are often on narcotics, Gabapentin and steroids. These drugs can be addicting and have some serious side effects. Cannabis can usually replace these medications and has an amazing safety profile. And it works! Parkinson's and seizure patients find good control of symptoms as do people with Crohn's disease and irritable bowel syndrome. PTSD patients and those with similar conditions like severe anxiety and panic attacks find low dose cannabis soothes anxiety and promotes sleep better and safer than Xanax, Ambien and Klonopin. Cancer patients appreciate it for its anti nausea effects as well as its appetite stimulating ability. Plus, there is some recent research showing cannabis seems to slow down cancer cell growth and augment the efficacy of chemotherapy. It's an amazing natural medicine and we should be very grateful that Florida has become progressive enough to recognize this.

Now there are 31 states that allow medical marijuana and the list is growing rapidly. People seem to be waking up to the very strange and unfair way cannabis has been demonized by the federal government and incorrectly placed into the category of a Schedule 1 drug, which says it is a dangerous, addicting drug with no clinical usefulness. This is wrong. Even the government knows this. While we have all these hoops to jump through and government intrusion into our ability to access it, the FDA has been granting patents to drug companies on the ingredients in the plant that it claims are dangerous and not useful. THC, the ingredient in the



plant that causes euphoria, has been around as Marinol the synthetic drug for years. It can be used for nausea in cancer patients and appetite for AIDS patients. CBD, the other main compound in the cannabis plant, has been recently been bestowed a patent to GW pharmaceuticals who basically just took the compound out of the plant, put it in a vial and now sell it as a prescription for seizure patients for about \$32,000 a year. It is not even a fraction of that price when obtained from the natural plant, but that is not a fact that the FDA/ Pharmaceutical companies want you to know.

Besides the continued ban on the natural plant whilst at the same time endorsing companies that purify and sell its extracts under drug patents, there is another reason to be concerned about what is going on with this plant politically. Almost all studies have shown that to achieve the best results from cannabis, whether for cancer or for seizures or anxiety, the whole plant extract works much better than any particular molecules extracted and purified from the plant. Pharmaceutical companies can extract and purify the individual components and mark up the price but in fact whatever they come up with lacks the potency of the whole plant which contains over a hundred cannabinoids besides THC and CBD as well as these molecules called terpenes. This effect is known as the entourage effect. That's why medical cannabis is preferred by cancer patients over Marinol (pure THC) and Plant extract with THC and CBD works

better than pure THC or CBD to inhibit cancer growth. It's thought that whole plant extract works better than pure CBD which now is sold as Epidiolex for the before mentioned \$32,000 a year for prescription.

One common misconception about medical cannabis is that people take it to get high. People don't seek medical marijuana to get high, they seek it to treat their medical condition. The products used medical are typically fairly high in their CBD concentration which works well as an anti-inflammatory and anti-anxiety medicine and also counteracts the THC euphoric effect. Most people don't want too much of the euphoric effect, at least in the day time and so they will use a product during the day that relieves the symptoms without any psychoactive effect and then may choose a product for night time use that makes them sleepy. That's one of the things people need to adjust to. When you have a medical marijuana card, you can pick your own products and adjust the dose with the help of your physician.

I have been amazed at the success we have seen with medical cannabis. If you want to learn more, go to our website compassionclinicflorida.com

We do frequent seminars in Crystal River and the Villages and we are always available to answer questions and dispel myths at 362-601-4200.

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

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

Feel better. Live better.

Families encounter many challenges on the road of life.

When advancing illness affects your family, hospice care may be the right choice...because when you feel better, you live better. And living well is what life is all about.



HOSPICE
OF MARION COUNTY
Feel better. Live better.

At Hospice of Marion County, we care about you and your family. Find out if our care is the right choice for you.

Hospice of Marion County • 3231 SW 34th Ave, Ocala, FL
352-873-7400 • www.hospiceofmarion.com

DO YOU QUALIFY FOR MEDICAL CANNABIS?



Dr. Bob's
Compassion Clinic
COMPASSIONCLINICFLORIDA.COM

The Villages
17051 US Hwy 441
Summerfield FL 34491

Crystal River
9030 W Ft Island Trail, Suite 11B
Crystal River, FL 34429

Fast / Affordable / Compassionate

352-601-4200

www.compassionclinicflorida.com

- Cancer
- Crohn's
- Epilepsy
- Glaucoma
- HIV/AIDS
- Seizures
- Multiple Sclerosis
- Parkinson's
- PTSD
- Chronic Pain
- ALS



Dr. Bob Goethe
Anesthesiologist

Home Health Care Month: Stay in Your Home, But Get the Care You Need

Nearly 24 Million Americans have COPD. Most of them are over the age of 40 and have a history of smoking, or being subjected to respiratory irritants such as chemicals and pollutants.

COPD is a disease that is encompassed by chronic bronchitis, emphysema, and asthma, causing shortness of breath, productive coughing and inflammation of the airways. It is a progressive lung disease with no cure. Most patients are put on steroids (oral and inhaled), bronchodilators and antibiotics.

Individuals with COPD often have incidents of fluid build-up, which can make it difficult for them to breath. They frequently feel as if they are drowning and call 911 often due to this terrifying sensation. When under home health care, their team of nurses and medical director can prevent these readmissions to the hospital by several means. The medical team can prescribe medications to block fluid build-up, have a daily vital reading monitored by a home health program, and have specialists help with understanding nutrition, and how to keep calm and learn to breathe more functionally through the episodes.

The AARP reports that 89% of the aging population of patients want to remain in their home. It's important for individuals to maintain their independence even though they may require some form of temporary assistance.

Having a disorder like COPD is difficult to maintain control of, if you live alone. Seeking a qualified home health care company to assist you or your loved ones through these life-altering situations is essential.

Stay in the comfort of your home; age in place, but get the care you need.



Laurie Ann Truluck and her TEAM of Realtors love to work with people moving to the Ocala/Marion County area so that they can share their love of their community and help them find their niche. Laurie Ann and her team members take pride in going the extra mile

to not only help our customers find or sell their Marion County home but also to find connections here that make their transition smooth and exciting.

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



Laurie Ann Truluck TEAM

Sellstate Next Generation Realty

Laurie Ann and TEAM would love the opportunity to work with you!
Call **352-877-3887** or find them on the web at **www.latocalahomes.com**, **www.ocalaneighborhoods.com** or on Facebook and other social media sites.



6125 SE 11th Street, Ocala, FL 34472

Better than new 3 bedroom plus office that could be used as bedroom/2.5 baths Murphy Kaufman Fall 2016 Model Home ready for new owners as Seller got transferred. Luxury vinyl plank floors in main areas, large tile in baths, carpet in BRs. Beautiful kitchen w/ black stainless Samsung appliances, white subway backsplash, 12' island w/ lots of storage & terra stone counters. Split plan w/ pocket door to close off guest rooms. Large master suite w/ walk in closet, garden tub & shower. Multi sliders open completely to tiled patio w/ electric & ceiling fan/light. 6' vinyl privacy fence w/ 4' and 12' gates. Tankless water heater, Taexx tubes for pest control and termite bond. All cabinet drawers are equipped with soft close feature.

Call today or check this beautiful property out on our website www.latocalahomes.com for more information!

What You Should Know About The Diabetes, Stroke And Heart Disease Connection

High blood sugar and cardiovascular disease have more in common than most people are aware. In our country nearly 30 million people have diabetes, and a vast majority of our population unknowingly has what's known as prediabetes, which quickly escalates into the disease within a short amount of time. If you have diabetes, it's critical that you see a cardiologist because it's not a matter of, "will I have heart issues," but rather "when."

Heart disease and the issue of high blood glucose are very closely associated because of many risk factors contributing to what's known as metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders.

Insulin is a hormone that helps move sugar into the blood for energy, in the case of an insulin resistant person, they have too much sugar, and the body cannot adequately utilize the source. This leads to weight gain, obesity, and subsequently, a more sedentary lifestyle. Leptin is a hormone that helps regulate body weight by sending signals to the hypothalamus in the brain. When the signals are damaged, the body becomes leptin resistant, and a person may often feel extremely hungry and irritable, which contributes to a vicious cycle of overeating foods that are high in sugar and unhealthy fats.

In recent years, metabolic syndrome has become a commonly identified risk factor for cardiovascular disease because a vast amount of Americans are overweight and their bodies become inflamed; this inflammatory response affects their vascular structures. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes a hardening of the arteries.

Unfortunately, Sugar has become a major staple in the American diet. The normal fasting blood sugar levels should be around 70-99 mg/dl. The normal A1C, which measures the blood glucose level, should be below 5.7%. With diabetes and even prediabetes, these levels are at an unhealthy height and can be very hard to lower without major intervention with medication, exercise, dietary changes, and a lifestyle overhaul.

Metabolic Syndrome is caused by high lipid counts, high blood sugar, being overweight, eating a poor diet (sugar cravings), abdominal fat, high blood pressure (greater than 130/85 mmHg), and a lack of exercise. The risks associated are heart disease, diabetes, and stroke. Once you have metabolic syndrome, you must lose weight, lower your lipid levels, and reduce hypertension and combat stress. At this point, merely lowering your blood glucose is not enough. This is precisely the reason why so many people with diabetes that reduce their blood sugar, still are at high risk for cardiac episodes.



Florida Cardiology Associates of Ocala

Florida Cardiology Associates of Ocala is 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.





Laurie Ann Truluck TEAM
Sellstate Next Generation Realty

(352) 877-3887 office
www.latocalahomes.com
www.ocalaneighborhoods.com
latruluck@gmail.com
1720 SE 16th Avenue, Bldg 200, Ocala, FL 34471




FLORIDA CARDIOLOGY ASSOCIATES OF OCALA



Ramon Luis Torres, MD, FACC

Full Cardiology Services Provided:

- Nuclear Stress Testing
- Cardiac & Vascular Ultrasound
- Coumadin Clinic
- Pacemaker Clinic
- Lipid Testing
- Diagnostic and Interventional Cardiac & Peripheral Vascular Procedures

(352) 291-0019

OCALA: 40 SW 12th Street B-201 (Next to Ocala Regional)

November is Healthy Skin Month

November is here! The American Academy of Dermatology has declared November as National Healthy Skin Month to raise awareness about the importance of keeping skin healthy all year-round. The AAD encourages patients to schedule checkups with their dermatologist and to review their skincare routines. Because your skin is your body's largest organ, it is a key player in maintaining your immune system. It is very important to treat your skin as part of your overall health.

Dermatology Associates is celebrating this month by reminding you to take some time during this busy holiday season to take an extra-close look at your skin and day-to-day skincare regimen. There are many things you can do all year long to keep your skin healthy and protected.

Healthy Skin Solutions

Get checked out: The fall and winter months are some of the best times to get your skin checked simply because your skin is most likely at its palest, which helps your dermatologist spot any irregularities.

Remember the ABCDE's of melanoma:

- **Asymmetry** – If you were to draw a line through your mole, would the sides match?
- **Border** – The borders of a mole should be solid and smooth not uneven or blurry.
- **Color** – Moles should be uniform in their color. Having a variety of colors could be a warning sign.
- **Diameter** – Moles are, for the most part, relatively small and should be less than the size of a pencil eraser.
- **Evolving** – Moles which have changed in size, color, or shape or have new symptoms such as itching, crusting, bleeding, or itching should be checked immediately.

Don't skip out on sun protection: Just because summer is over doesn't mean it's okay to forget the sunscreen! Harmful UVA rays are year round, not just during the summer. UVA rays penetrate deeper and are considered the "aging" rays. Apply sunscreen every day and make it part of your daily routine.



Say NO to tanning beds: You may be tempted to lay in a warm tanning bed when the weather gets cooler, but avoid this potentially harmful temptation. Every year, more than 400,000 cases of skin cancer may be related to indoor tanning. Using a tanning bed can increase your risk of developing melanoma, the deadliest type of skin cancer, as well as causing you to age faster, leading to wrinkles and age spots. A lot of people think tanning beds are safer than outdoor sun exposure, but this is not so. Consider using a self-tanner, which gives your skin a beautiful and natural looking glow as a healthy and safe alternative to tanning beds

Treatments for your skin: This time of year is the best time to start in-office treatments such as chemical peels or laser treatments to repair damage done to your skin during those hot summer months. An exfoliating peel treatment

promotes the shedding of old skin, which helps to brighten and restore your complexion just in time for the holidays. Intense Pulse Light (IPL) is used to treat sun-induced damage on the face, neck, chest, and hands including brown pigmentation, age spots, redness, and broken blood vessels. It is safe, non-invasive and is customized to the individual patient's skin.

From medical dermatology services to cosmetic procedures and treatments, our commitment is to restore and maintain the health of your skin.

Sources:

"What to Look for: ABCDEs of Melanoma." What to Look for: ABCDEs of Melanoma | American Academy of Dermatology, www.aad.org/public/spot-skin-cancer/learn-about-skin-cancer/detect/what-to-look-for.

"Indoor Tanning." Dangers of Indoor Tanning | American Academy of Dermatology, www.aad.org/media/stats/prevention-and-care.

Diabetic Neuropathy: How Physical Therapy Can Help

Roughly, 29 million Americans have diabetes. Many of these cases are undiagnosed, but for those individuals that struggle with the disease, symptoms of diabetic neuropathy can be debilitating.

Diabetic neuropathy is a progressive disease that affects nearly 200,000 new patients per year. Understanding the disease state is complex, but in short, having high blood sugar levels, along with low blood and oxygen supply, damages the nerves throughout the body. This damage generally affects the long peripheral nerves that feed sensations to the legs, feet, and toes from the spinal cord, through communication with the brain. If your condition has progressed, you may feel nerve damage sensations in your upper extremities as well.

Peripheral Neuropathy Symptoms

- Numbness
- Tingling
- Burning sensations
- Painful aching
- Joint inflammation
- Joint damage
- Balance issues
- Skin discoloration & texture changes
- Muscle cramps
- Feelings of stiffness
- Non-healing foot & ankle ulcers

Once the peripheral nerves are damaged, there is no cure. Along with medications and drug therapies, there are proven methods to lessen



the symptoms of peripheral diabetic neuropathy. Physical medicine provides alternative therapeutic and rehabilitating procedures that can offer significant pain relief and limit drug dependency. Physical therapy helps with balance and can reduce the risk of falls.

When you have diabetic neuropathy, your feet and legs can feel so numb that you may trip, fall and injure yourself just by trying to get through normal daily activities. This can be dangerous for obvious reasons. Along with dietary changes, orthopedic shoes and compression stockings, physical therapy can help.



Physical & Occupational Therapy Benefits

- Manual stretching
- Hip & Ankle Alignment Strategies
- Decompression
- Massage therapy
- Electrical nerve stimulation
- Help with daily tasks & Living
- Cold laser treatment

Patient & Occupational Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, and mobility is critical.

Physical therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical & Occupational therapy.

To find out more or to schedule your appointment, please contact Innovative Therapies Group today.

Innovative Therapies Group, Inc.
352-433-0091 | innovativetherapiesgroup.com

DIGESTIVE HEALTH ASSOCIATES, PA BHEEMA SINGU, M.D.

CONDITIONS TREATED:

- Acute Pancreatitis
- Cholelithiasis or Cholecystitis
- Constipation
- Diverticulitis
- Esophagitis
- Gastritis and Duodenitis
- Gastrointestinal Hemorrhage
- Hemorrhoids
- Intestinal Obstruction
- Intussusception
- Irritable Bowel Syndrome (IBS)
- Malignant Neoplasm of Esophagus
- Peptic Ulcer Disease

CALL TODAY! 352-840-1001

7558 SW 61ST AVE., UNIT 1
OCALA FL 34476

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



Changing lives...
One patient at a time!

352-433-0091
www.innovativetherapiesgroup.com



- Occupational Therapy (Hand Therapy)
- Physical Therapy
- Speech Therapy
- Massage Therapy

(MM30672)

Ocala
2801 SW College Rd
Ocala, FL 34474

Summerfield
14031 Del Webb Blvd
Summerfield, FL 34491

Lady Lake
929 US-27 #301
Lady Lake, FL 32159

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



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

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

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

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

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

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

PATRICK L. SMITH, Attorney At Law **Joseph F. Pippen, Jr. & Associates**

Consultation:	FREE
Power of Attorney:	\$95.00
Living Will:	\$50.00
Basic Will:	\$75.00
Trust Package:	\$695.00
PROBATE • TRUST ADMINISTRATION	

Tune in Saturdays at 8am on FM90.3 WIMF for
"Ask An Attorney" where you can call in
with your legal questions.



www.ATTYPIP.com (352) 241-8760
406 South Dixie Avenue • Fruitland Park, FL 34731

The hiring of a lawyer is an important decision that should not be based solely upon advertisement. Before you decide, ask me to send you free written information about our qualifications and experience.

DOES YOUR LIFE INSURANCE POLICY MEASURE UP?

What You Should Know

Did you know that your life insurance plan might not be portable? What does that actually mean? Well, if your employer provides a group life insurance plan, those typically are written to move with you through your transitions. For example, if you make a career move, retire or are laid off, you may lose your life insurance coverage.

As we age, there is no telling what life might entail for us; this is especially true for our health and the health of our loved ones. New York Life offers a better way. They have an elite plan called the "Employee Whole Life." The Employee Whole Health is portable and will be yours to keep, trust and rely on as make changes in your life.

The Benefits of NY Life's Employee Whole Life Includes:

- Easy application process
- Guaranteed to never increase in cost regardless of your age or health
- Easy on your budget
- Available to your Spouse, children, and grandchildren

Smart businesses and organizations from large hospital groups, Developers, Manufacturing to smaller companies and local businesses are discovering that New York Life has their employee's best interest in

mind and are offering this Employee Whole Life for their organizations. **THIS PROGRAM COSTS NOTHING FOR AN EMPLOYER TO OFFER, SINCE ITS PAYROLL DEDUCTED**

The difference isn't just the exceptional benefits; it's also the dedication of their agents, like Edward Martinez, Jr. of Maitland Florida. Edward makes it his top priority to be personally available to his accounts with by phone, email or in person to make certain that they are receiving the best service and to answer any issues or concerns that might arise.


The Employee Whole Life Plan's application has very few if any health questions, so the process takes just a few minutes total to complete. The insurance premiums are automatically deducted from the employee's paycheck, and the best part is that the policy guarantees to gain cash value and is yours to keep if you ever decide to cancel your policy. Backed by New York Life, with the highest ratings and trusted name, this plan is top of the line.



To find out more, please contact Edward Martinez, Jr. today at 352-895-4643.



New York Life Insurance Company
495 North Keller Rd. Suite 150
Maitland, FL 32751
352-895-4643 (cell)
407-648-8292 (fax)



NOVEMBER SPECIAL

Urine test are available at Medical Detective to determine your level of glyphosate. Please pick one up ASAP so you can determine your risk.

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

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

352-629-7955
www.douglaschallmd.com
1317 SE 25th Loop, Ocala, FL 34471





The Company You Keep

Agent New York Life Insurance Company
495 North Keller Rd. Suite 150
Maitland, FL 32751

352-895-4643 (cell)

emartinez09@ft.newyorklife.com

EDWARD MARTINEZ • AGENT • FL #W132068

Life Insurance. Retirement. Investments.

KEEP GOOD GOING



A Fitting Snack for Holiday Festivities

The to-do list for holiday hosts seems to be a never-ending one, starting with planning, guest lists and preparation then ending with goodbyes and cleanup. The hours of work that go into a festive get-together are almost always worth it in the end, and family members surely appreciate the hospitality – especially when it comes to food.

When hosting for the holidays, it can be a challenge to accommodate all of your guests' favorite tastes while factoring in dietary preferences and restrictions. Building out a balanced menu, like other parts of hosting, starts with devising a thought-out plan.

To help accomplish this task without cooking up personal dishes for everybody in the house, consider these simple tips:

- **Request that guests RSVP.** Assuming you have a basic understanding of which friends and family members adhere to special diets, knowing exactly who is coming can be a major help before heading to the store.
- **Think back to past festivities.** Try to remember which dishes were hits at last year's party, and which ones were hardly touched. Maybe the appetizers that disappeared in a flash will be good ideas to repeat this year.
- **Create dishes that fit (almost) everyone.** While you can't control guests' flavor preferences, it is possible to whip up snack trays, main courses, desserts and more that fit a multitude of dietary restrictions. For example, these Bacon, Baked Brie and Cranberry Holiday Melts feature Crunchmaster Multi-Grain Crackers for a gluten-free, non-GMO, low-sugar, tasty crunch. Because they're made with wholesome ingredients, these simple snacks are crafted to fit nearly every healthy lifestyle. Plus, if multiple family members adhere to vegetarian lifestyles, you can simply omit the bacon.
- **Add "warning" labels.** Despite your best efforts, it can be nearly impossible to create foods every single person can enjoy. If you make a dish containing a common allergen, such as peanuts, simply place a card next to the bowl, tray, plate or pan that informs guests of the ingredients included.

For other recipes, coupons, tips and nutritional information, visit crunchmaster.com.



Bacon, Baked Brie and Cranberry Holiday Melts

Prep time: 10 minutes

Cook time: 5 minutes

Servings: 6

24 Crunchmaster Multi-Grain Crackers, Sea Salt flavor

24 small slices Brie cheese

1/4 cup prepared cranberry sauce

2 slices bacon, cooked and crumbled



Heat broiler to high and position rack in center of oven. Arrange crackers in single layer on foil-lined baking sheet.

Top each cracker with slice of Brie, 1/2 teaspoon cranberry sauce and sprinkle of bacon. Broil 1-2 minutes, or until cheese is melted.

Tip: For vegetarian option, substitute chopped hickory-smoked almonds or pecans for bacon.

Nutritional information per serving: 200 calories; 13 g fat; 7 g saturated fat; 45 mg cholesterol; 350 mg sodium; 11 g carbohydrates; 1 g fiber; 4 g sugar; 10 g protein.

The Pastor, The Widow, and The Doctor

By Alex Anderson,
Senior Associate Pastor at Bayside Community Church

A pastor went to visit a widow. She greeted him with a warm smile. She invited the pastor in and offered him a cup of coffee. As they sat at the kitchen table in her modest home and talked the pastor began to realize how poor the widow was. Not only was the home in need of repair, which included a new roof, but she wore clothes that were very clean and neat, like the inside of her home, but were tattered and in need of replacing.

The pastor was moved with compassion for the widow and felt bad for even drinking her coffee. He began to pray in his heart how he could help the widow.

Under the circumstances, she was surprisingly buoyant. She never complained and had a smile on her face.

Her husband died less than two years earlier. He had been a blue-collar worker all of his life and made very little income. He did not leave any money for retirement nor did he have life insurance.

Out of compassion, he asked how she was doing financially knowing that she was not able to work due to health problems. As a small crease formed on her forehead she paused and looked into her coffee cup and hesitated but with a little more nudging from the pastor she shared her financial situation.

Her only income was a little less than \$500 per month from Social Security and she obviously had no savings. In addition to her home needing thousands of dollars in repairs, she owed thousands of dollars in medical bills. Her words began to settle into the pastor's hearts with an uneasy sick feeling. "How could anybody live on less than \$500 per month" was his first thought and the second was, "What could be done about it?" His internal prayer to God was "This has to be fixed, Lord. She must not live like this any longer."

The pastor thought, "The moment I get in my car I'll call the church treasurer and immediately have money given to her." He also decided to leave her



with the hundred dollars in twenties he had in his wallet, hoping to leave it in a way that she would find after he left.

As they continued to talk the pastor had a thought that he knew came from the Father in Heaven but he wrestled with the very idea. He decided to obey Holy Spirit and asked the widow a very personal question that could have seemed inappropriate and taken the wrong way under the circumstances. So he asked her permission first to ask the question since it could be a very sensitive issue. She said she trusted that he heard from God and would like to hear the question.

So he asked, "Do you tithe?"

For a moment she just sat and stared at him. And after gathering herself she looked him in the eye and said, "No. Not really. In the past my husband and I would give a little here and there but we did not honestly give God ten percent of our income. Why do you ask?"

The pastor, who know the real reason God instituted tithing, began to teach the widow. After about thirty minutes had gone by the widow's eyes lit up

and she said, "Do you mean to tell me God uses the tithe as a way of getting the things I need to *me* and He's not trying to get something *from me*?" The pastor smiled and said, "Of course. The truth is God doesn't really need the money for Himself. Yes, the tithe is used by the church for expenses and to help others, but it so much more than that."

The pastor could see a glimmer of hope in the widow's eyes. After they had finished talking the pastor prayed for the widow and as he was leaving quickly put his cash in his empty coffee cup while the widow was looking the other way.

The widow began to tithe that week and over the following months, a young doctor learned of her needs and, after talking with his wife, kind of adopted her. With great joy, the doctor and his wife replaced the widow's roof, bought her a newer model car, and helped her with many other financial needs. The doctor even reported that his own practice began to experience record growth shortly after he began to help the widow.

I know the pastor in this story very well and it gave me great encouragement to learn of how the Lord had responded to the widow and the young doctor's faith. With our natural mind, it makes no sense to give when you don't have enough, but the difference is to whom it is given.

There once was a credit card commercial that had the tagline, "What's in your wallet?" So my question is, "What's in your hand?" And if you put it in God's hand with a small amount of faith, what could happen?

To your spiritual health,

Alex E. Anderson

Senior Associate Pastor at

Bayside Community Church

Author, *Dangerous Prayers*

alex.anderson@alexanderson.org

www.dangerous-prayers.com

mybayside.church


From check-ups to giddy-ups.

And a network of specialists
to get you there faster.

Emergency Care

Heart & Vascular
Women's Care
Primary Care
Orthopedics
Bariatrics

 FHOcala.com

 (352) 467-7850

