

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

January 2019

Lake/Sumter Edition - Monthly

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YOUR HEART HEALTH**

**MAKE A NEW
YEAR'S RESOLUTION:
More Experiences, Less Stuff**

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TO GET
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-Edith Picallo, Cancer Fighter

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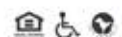
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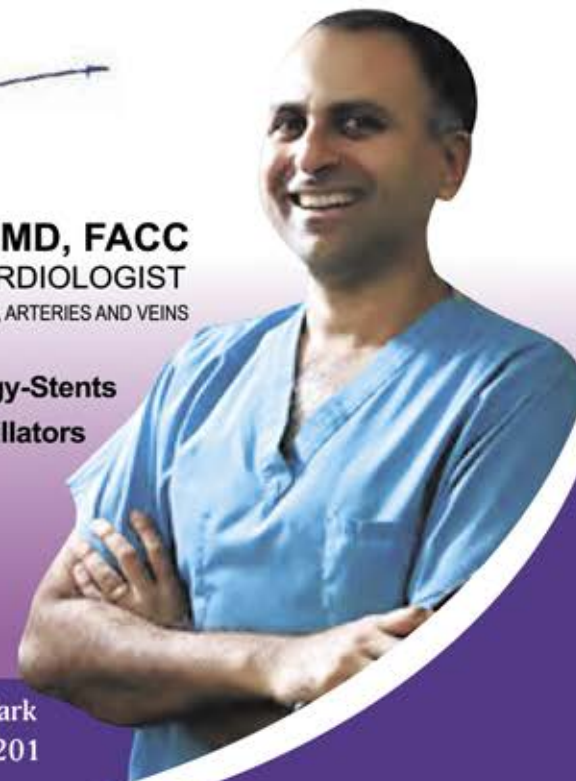
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CONSIDERING CONTACT LENSES? Dr. Lindsey Walsh Has the Answers.

Contact lenses are very thin glass, plastic or silicone lenses that fit over the cornea to correct near- or far-sightedness as well as astigmatism. If you wear or are considering contact lenses, Lindsey Walsh, OD offers some tips on how to get the most out of them.

What Contact Lens Types Are There?

Dr. Walsh: "The variety of lenses available now is amazing. Soft lenses are made of pliable plastic or silicone and hold water, making them more comfortable than hard lenses. Soft contact lenses are designed to be disposed of regularly, depending on the type. Standard daily wear lenses are removed at night and with proper care can last up to six months, making them the most cost effective choice. Daily disposables are discarded after a day of wear so they don't have to be cleaned, making them hygienic and hassle-free. Disposable contacts are removed nightly and discarded after about two weeks of wear. Extended wear can be worn overnight for seven consecutive days and nights, while silicone continuous wear lenses may be worn up to 30 consecutive days and nights, for maximum ease. Hard lenses are more durable and last longer, but they can leave eyes more prone to infection, so I suggest using them only if you find soft contact lenses to be inadequate to correct your vision. People who previously thought soft lenses might not offer enough correction should come in and see me, because advances in soft multifocal lenses make them suitable for more patients than ever before."

What Are Multifocal Contact Lenses?

Dr. Walsh: "Multifocal contact lenses provide functionality at most distances, enabling clear vision for about 80% of most people's day-to-day tasks. I tell patients that my goal is to get them smoothly through the grocery store - seeing down the aisles, up and down



the shelves, and across the fronts of labels - without having to reach for their glasses. For the remaining 20% of tasks involving fine details, most people are happy with a pair of +1.00 readers worn over their contact lenses, making it a very easy solution.

"You can also choose colored contacts, which can make eye color more brilliant, enhance contrast in outdoor settings, and make contacts easier to see and handle."

Who Shouldn't Wear Contacts?

Dr. Walsh: "I don't recommend contacts for children under age 9 or for people with a history of corneal infection or who suffer from chronic dry eye. Most other people can easily wear one of the new generation of contact lenses, giving them a comfortable alternative to glasses."

If you're ready to try contacts for the first time or would like to upgrade your present contacts to extended wear, continuous wear, daily disposable, colored or advanced multifocal lenses, visit your local Lake Eye and see how comfortable clear vision can be.

Lindsey Walsh, OD
Doctor of Optometry

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HOW TO IMPROVE YOUR HEART HEALTH

T.E. Vallabhan, MD, FACC

The health of the heart and vascular system are affected by many things like, stress, substance abuse and genetics, but the main offenders of heart disorders are being overweight, poor dietary habits, having high blood sugar levels and living a sedentary lifestyle.

Too Much Sugar

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. 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.

Too Much Salt

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

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

Keeping your sodium low is one of the major keys to keeping your blood pressure and heart healthy. Eating whole foods is imperative to keeping your sodium



levels in check and also to make you healthier, by lowering cholesterol and upping the amount of antioxidants and nutrients you get from your meals.

Improve Your Diet

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

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

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

Exercise

Talk with your physician about the right exercise plan for you. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, improves nutrient and oxygen rich blood flow and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

There have been significant studies on the benefits of water activities for individuals that suffer from cardiac diseases and disorders. These cases have proven that the level of oxygen in the blood increases in water, which is ideal for most vascular issues. The oxygen consumption (VO₂) is three times greater in water than on land. Working large muscle groups leads to this uptake of oxygen or VO₂, but doing a lot of running and legwork on land increases the heart rate at a greater level than with water-based therapy. For obvious reasons, maintaining a lower heart rate is ideal for those suffering from any heart ailments.

Dr. V

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The Negative Stigma Associated with Mental Health Issues

Dr. Jessica Peterson, psychiatrist, treats adults to geriatrics, and her experience includes substance abuse rehabilitation; behavioral, depressive and psychotic disorder treatment, consultative therapy, emergency visits, and general psychiatry. Dr. Peterson is the Medical Director of the Leesburg Regional Medical Center (LRMC) Senior Behavioral Health Center.

We caught up with Dr. Peterson to find out more about mental health issues and the stigma that unfortunately often coincides with the disorders and treatment.



Q: When anxiety and depressive disorders are left untreated, what kind of long-term damage or implications can arise?

A: Failure to treat depression and anxiety can result in a variety of negative outcomes, ranging from feeling "run down" and "overwhelmed" to having great difficulty functioning in all aspects of everyday life. Depression and anxiety can cause permanent changes in our body's chemistry, which can make it both mentally and physically impossible to complete even the simplest tasks. Concentration and motivation are two of the biggest areas impacted by depression and anxiety, which can cause us to withdraw from our work and social lives. This creates a "vicious cycle", which can lead to worsening mood and greater difficulty fulfilling responsibilities. This combination can make it very difficult to experience joy and pleasure in life.

Q: When should a person seek help?

A: The sooner, the better. I recommend asking for help if you start to feel unable to function like you used to. This can mean something different for everyone. If you are feeling "down", "drained", and not like yourself, it's a good idea to at least be screened for depression and anxiety. There are many treatment options out there, and the sooner you start asking about them, the sooner you can gain access. I am a firm believer that "everyone can benefit from therapy"; so there really is no better time to seek help than NOW.



Q: How can we as a society learn to overcome the negative stigma that is often associated with mental health issues?

A: I believe the negative stigma that exists around mental health stems from a lack of understanding and a fear of being perceived a certain way. Education is key to fight this negative stigma, and this can be accomplished by both clinicians and patients. Keeping an open dialogue regarding mental health is crucial, and these conversations should be had in a setting that is easy to access, and keeps these issues at the forefront of society. By working together to shed light on the prevalence of mental health issues and the importance of mental wellness, we can improve access to resources and help all individuals realize that they are not alone. We are all fighting our own demons, and to struggle at times is to be human.

About Dr. Jessica Peterson, DO

Dr. Jessica Peterson is a psychiatrist and is affiliated with Leesburg Regional Medical Center. Dr. Peterson was Chief Resident of Psychiatry at University Hospital and Medical Center, in Tamarac, FL, and she received her medical degree from Nova Southeastern University College of Osteopathic Medicine.

Jessica Peterson, DO

Leesburg Regional Medical Center (LRMC) Senior Behavioral Health Center
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Urinary Incontinence

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

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

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

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



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

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

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

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

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



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May-Thurner Syndrome:

A Vascular Disorder Affecting Mostly Women

By Bryan Carter, MPA-C, Phlebology-Surgery

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

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

Symptoms

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

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

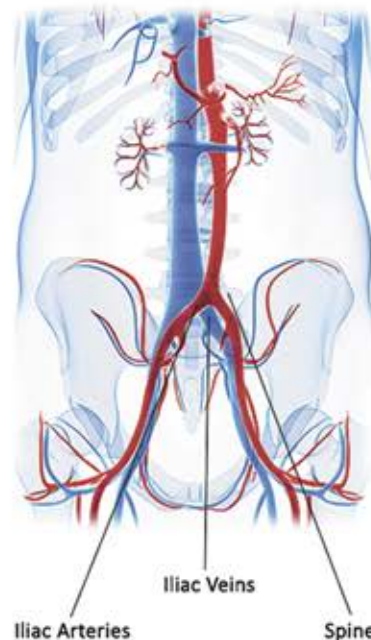
Risks

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

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



Iliac Veins & Iliac Arteries In The Pelvic Area



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

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

Treatment

With DVT's, and those caused by May Thurner Syndrome, the treatment is standard. A stent needs to be placed in the vein and/or artery to open the blood flow, as well as prescribing medication for anticoagulation, like warfarin or another blood thinner to prevent future clotting complications.

Making an appointment with a person that specializes in venous disease is your best place to start.

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

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



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GAINSWave:

Treating Men's Sexual Health

This month's testimonial is bit different than the others we have done because it concentrates on a subject that is sometimes difficult to discuss - Sexual Wellness. Although it can be an uncomfortable topic for men, it is extremely common. This is especially true for men ages 40-70 years of age. Our client, Karl Von Behren, was willing to take on the task of sharing his story on this very sensitive subject.

Karl became a client of TNT several months ago in our GAINSWave program. GAINSWave is a proven protocol for men that improves sexual performance, treats ED and keeps the penis healthy. The TNT GAINSWave program is designed to help men seeking to enhance their sexual pleasure and performance.

Sexual Wellness was not the main reason Karl was looking for medical help. You see, Karl was a very active 82-year-old. He was an avid tennis player, enjoyed playing golf, and loved gardening. But this all changed several years ago when he started having severe fatigue in his legs and lower back. His lower body problems became so bad that he eventually had to give up most all of his activities. Karl went from overly active to couch potato.

"I was going to several doctors trying to find out what was wrong," states Karl, "My neurologist thought that I needed back surgery to try to alleviate the problem, but no surgeon wanted to touch me, and I didn't want to have surgery."

Karl switched to another Neurologist hoping he would have better luck at determining the cause of his severe leg fatigue. "This neurologist did every test there was and still could not figure out what was causing it," says Karl. "I was basically told that there was nothing that could be done for me."

Karl had also been diagnosed several years earlier with early prostate cancer. After serious discussion with his doctor, Karl had decided not to do anything at the time other than monitor his PSA levels. Karl was also experiencing some issues in the bedroom. "Most men in their 70's and 80's think it's normal to slow down sexually. But I did not agree," smiles Karl, "I have a wonderful marriage and was still very attracted to my wife of 60+ years. But 'junior' was just not functioning as he should be." Karl began to wonder if the prostate and sexual issues could be part of what was causing his lower body fatigue.



Shortly after his last visit to one of his doctors, Karl saw TNT's ad about a free GAINSWave seminar and decided to see what it was about. "I came to the seminar at TNT, where Lori Esarey shared all the latest studies and treatment options for Erectile Dysfunction," says Karl, "However, what really grabbed my attention was hearing from one of TNT's clients, John, who had been recently been through the GAINSWave program." John explained that GAINSWave works by using high-frequency acoustic waves to open exiting blood vessels in the penis, stimulating the growth of new blood vessels, and eliminating micro-plaque. The result is increased blood flow in the penis resulting in stronger, harder, and more sustainable erections. "John also mentioned that the lower part of his legs would turn a purplish color but after several GAINSWave treatments the discoloration was gone," states Karl, "I knew that I had to give this program a try. I had nothing left to lose."



Karl started seeing results very soon after starting the GAINSWave program at TNT. "By my 7th treatment I saw a dramatic change. "Intimacy with my wife was a totally different experience now," smiles Karl. "I was able to please my wife and 'junior' was back to functioning as it had when I was much younger."

Not only were his experiences in the bedroom better, but Karl's leg fatigue started to dissipate. "I was able to be more active and for longer periods of time," says Karl. Now he is back to playing tennis at least once a week and has returned to one of his true loves- gardening.

But that's not all that has changed in Karl's life. "I decided to see what the nutritional aspect of TNT is all about," says Karl. He went through TNT's metabolic evaluation, and after meeting with Lori has begun working on his nutritional issues. "After attending several of the classes that TNT offers, I started to realize that I had been eating bad most of my life. Now I have stopped eating dairy and sweets and have noticed a big difference in how I feel and how I look."

Karl's closing words of advice to other men, "If you are experiencing problems sexually, there is nothing to be embarrassed about. GAINSWave really works. And might solve more than just one problem you are experiencing."

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At TNT, their goal is to empower you to achieve your optimal state of health. Their vision is to create a wellness mindset momentum that is infectious—leaving obesity, illness, and disease behind—for lives that are truly healthy. Looking better, feeling better and functioning optimally is the key to a life of vitality! Let them help you achieve wellness for life!

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Debilitating Migraine Headaches:

Local Neurologists can treat the Source of your Pain

By Nisha Sinha, MD

If you suffer from migraines, you're not alone. Nine out of ten adults in the U.S. suffer from severe headaches, and women are three times more likely than men to develop migraines. Painful headaches can affect individuals occasionally, frequently, or daily. While some are sharp and piercing, others may be dull and throbbing, but most migraines cause debilitating pain and nausea. What do you do when you suffer from a pounding headache? Usually, nonsteroidal anti-inflammatory drugs (commonly referred to as NSAIDs) like ibuprofen are ineffective at reducing pain, and they certainly don't address nausea and vomiting that are so commonly associated with migraines. If you have four or more migraine headaches per month, you are at risk for developing chronic migraines.

Several conditions and dietary influences exacerbate migraines. These include the following:

- Allergies
- Bright lights
- Bulged discs
- Cheese
- Chocolate
- Preservatives
- Hormonal imbalance
- Hypermobility syndrome (joint disorder, usually genetic)
- Neck arthritis
- Red Wine
- Sleep deprivation
- Stress
- Strong odors
- Tight neck and shoulder muscles
- Weather conditions (barometric pressure)

Some individuals have prodrome, defined as an early sign or symptom that often indicates the onset of a disease before more diagnostically specific signs and symptoms develop. Prodrome can precede migraine episodes. Some of the symptoms of prodrome are fatigue, mood swings, food cravings and environmental stimuli to lighting and odors.



If you suffer from frequent headaches, it's best to avoid the triggers that cause your specific migraines. When headaches do not respond to over the counter pain medications, Neurologists typically prescribe medications like triptans that work to disrupt the migraine's initial onset. Stronger narcotics may be prescribed depending on the patient's specific needs and overall condition. However, when patients have severe vomiting or nausea, it can be challenging to keep pills and capsules down, so injectables or inhalation medications are available in these cases.

Dr. Sinha focuses on the specific conditions of each patient. If hormonal imbalance or sleep disorders are prompting headaches, she treats those particular conditions. Dr. Sinha also prescribes all natural supplementation for some of her patients who require or want a more holistic approach. In many severe cases, supplementation or prescription medications are not enough.

"This is an exciting time in headache management," says Dr. Sinha. "There are new migraine treatments on the market which were just approved by the FDA. These new drugs are in a group called calcitonin gene related peptides (CGRP) and often work faster and safer than medications previously prescribed for migraines." The CGRP drugs are self-administered by the patient in the comfort of their own home. "I have started many patients on this class of therapy with great results."

Nisha Sinha, MD

Nisha Sinha, MD strives to establish lasting relationships with her patients through comprehensive and compassionate care for those with neurologic disorders. Her extensive medical training has emphasized that the needs of the patient always come first. Dr. Sinha recognizes the importance of strong collaborative partnerships with referring providers and welcomes the opportunity to work cooperatively in addressing each patient's unique needs while developing comprehensive plans for their continued care.

Dr. Sinha specializes in Electromyography (EMG), nerve conduction studies, Electroencephalogram (EEG), as well as cognitive and memory evaluations.

Neurological Conditions Dr. Sinha Treats:

- Neurodegenerative disorders: Dementia, Alzheimer's disease, memory loss
- Parkinson's disease
- Strokes, TIA
- Seizures/Epilepsy
- Neuropathy and neuropathic pain
- Neuromuscular disorders
- Multiple sclerosis
- Myasthenia Gravis
- Headaches and migraines
- Coordination and balance problems
- Restless Leg Syndrome
- Traumatic brain injury
- Vertigo/dizziness
- Visual disturbances

Nisha Sinha, MD

Dr. Sinha is currently a member of the medical staff at The Villages® Regional Hospital. She is board-certified in neurology by the American Board of Psychiatry and Neurology and was fellowship-trained in clinical neurophysiology. Additionally, Dr. Sinha is a member of the American Academy of Neurology and the American Association of Neuromuscular and Electrodiagnostic Medicine.

If you or someone you know has migraine headaches or other neurological conditions, please call Dr. Sinha's office at (352) 751-8790.

Central Florida Health Medical Group – Neurology
1400 North U.S. Highway 441
Sharon Morse Building, Suite 524
The Villages, FL 32159
352.751.8790

*Accepting Medicare and most private insurances

Chronic Pain:

Finding Relief with Physical Therapy & Manual Stretching

When chronic pain affects the neck, back, hands, feet or hips, difficulties arise when trying to get through even the most menial daily tasks. The surrounding muscles begin to tighten as they try to overcompensate for the pain and protect the injured area. These tight muscles can create tension headaches, impaired mobility, and limitations on range of motion.

Chronic Pain can lead to depression, addictions, anxiety, stress, isolation, and even suicide. Finding relief from pain is critical to having the quality life you deserve. Avoiding surgery and being over medicated should be at the forefront of most people's minds when dealing with chronic pain. However, many of these individuals would do almost anything to relieve their agony.

Over 116 million people suffer from various types of chronic pain disorders ranging from fibromyalgia, osteoarthritis, neuropathy, back, hip and neck pain just to name a few. Whether trauma or degenerative diseases have caused your pain, the consensus is usually the same; people want their pain to go away.

Physical therapy is the leading way to relieve pain and discomfort at its core for many individuals. Therapeutic manual stretching and exercising provide real results in controlling pain for countless patients. The CDC (Centers for Disease Control and Prevention) also launched new guidelines recently, recommending the use of physical therapy for chronic pain.

Arthritis

Arthritis is an inflammation of the joints. Some of the common arthritic symptoms are joint pain, stiffness, warmth, immobilization, and loss of range of motion, fatigue and inadequate blood flow. Two of the main types of arthritis are Osteoarthritis (OA) and Rheumatoid Arthritis (RA). With Osteoarthritis, wear and tear damages the cartilage in the joints and causes



friction between the bones rubbing together. Injury or infection usually causes Rheumatoid Arthritis. RA is an autoimmune disease that causes the body to attack its own lining of the joints and membranes; this results in painful swelling and inflammation. Most people may find that there is little to no relief with over the counter NSAID's like ibuprofen.

Physical therapy and manual stretching offer arthritic joints and sore surrounding tissues much needed relief and over time, the individual will see more and more improvement in their pain level.

Back Pain

Unfortunately, back pain affects up to 80% of individuals at some point in their lives. Studies show that for those who suffer from back pain, the symptoms often come in persistent, continuous episodes. This is why being proactive about physical therapy treatments and techniques can help to alleviate or lessen these intervals of pain.

For patients suffering from back pain, the first step to recovery is to receive a proper diagnosis so the cause of the symptoms can be determined. Physical therapists are trained to administer flexibility and strengthening tactics along

with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results.

Examples of Stretching Exercises to Relieve Pain

Hands: make a fist with the thumb on the outside and hold for 30 seconds. Open the hand abruptly with the fingers spread wide. Repeat six times.

Back: lying flat on your back, bring one leg in towards the chest with the leg bent. Put your arms or hands around the back of the bent leg and gently pull towards your chest. Switch legs and repeat 10 times.

Patient 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, mobility and communication 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 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

Navigating the Maze of Assisted Living

Selecting an assisted living community can be a daunting task. Much like finding the perfect house, choosing the right assisted living residence requires a thorough inventory of your loved one's wants and needs, doing research, taking tours, and asking for guidance along the way.

Today's assisted living communities often offer residents a robust menu of personal care services and activities. However, because the offerings vary so widely, it is critical to do your homework. Rest assured that whether you are searching for yourself or for your parents, we can help you navigate the maze.

List Your Wants and Needs

Start by compiling a list of needs and preferences. A 100% match might be impossible to find, so consider prioritizing the list. If you are doing this for your parents, try using a series of short visits with your parents and siblings to develop the list.

Here are some questions to think about:

- Is it important to be near friends or relatives?
- Is a small or large community preferred?
- How much and what type of personal care services are needed?
- What activities and amenities are of interest?
- Do you want a community that will allow you to "age in place" by offering a comprehensive range of services that can address additional needs in the future, so you can avoid another move later on?

Do Your Research

Next, compile a list of assisted living communities in the geographic areas you prefer. Look in the phone book, on the Internet, ask people you know you have been through this process, and check with local elderly services organizations.

As you conduct your research, consider who owns the community. Are they financially stable, able to invest in the staffing, programming, and capital improvements? Are they experienced operating assisted living facilities? Do they have a good reputation? You should find that a few places such as Trinity Springs rise to the top of the list.

Visit the Communities

The most important part of the decision-making process is visiting the places that match the needs and wants you outlined. It's a good idea to limit your visits



to no more than two communities in one day. As you tour, be prepared with a list of questions. Also take notes so you can remember which places had certain aspects that really impressed or bothered you.

Request an activities calendar and ask about excursions to shopping malls or community events. If possible, have lunch there with some of the current residents. Visit the facilities more than once and at varying times of the day to get a complete feel for the lifestyle at the community. During these visits, talk with staff members and residents.

Make the Right Choice for You

Finally, meet again as a family group to review the choices and rate how they stack up against your checklist. As you compare costs, be sure you understand what the care packages include, what additional fees or costs may be assessed, and what funding options they offer. There is no exact science to choosing an assisted living

community, but careful research and informed decisions will help you find a place that you will be glad to call home.

Care comes with just the right amount of comfort at Trinity Springs, where we have an abundance of ways to make life more enjoyable – from help with daily activities to incredible meals and attentive personal service. Here, assisted living is not just a program, it is a philosophy. Residents enjoy private, apartment-style living- with all the personalized care and attention they need to thrive.



trinity springs

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MORE PEOPLE LIVING WITH CANCER

The evolution of cancer treatment over the last 40 years has resulted in better outcomes for patients; today more people are living with cancer than ever before.

Cancer is an illness unlike any other. Many people mistakenly believe that cancer refers to one disease that occurs in many different parts of the body, but in reality, cancer is not just one disease. The term “cancer” is the general name for a group of over 100 diseases in which abnormal cells begin to grow uncontrollably. No matter what type it is, cancer is the result of a malfunction in the genetic mechanisms that control and regulate cell growth. Cancer can affect blood, bones, and over 60 different organs of the human body.

Through research, we have learned that each person’s cancer is a unique disease because every tumor or malignancy has its own distinctive DNA. This discovery has resulted in many new and highly-effective targeted treatments and immunotherapies that are based on a patient’s unique genetic profile. Genetic sequencing of a patient’s tumor can help identify which drugs or treatments will be most effective for that individual.

DAMAGE TO DNA CAN RESULT IN CANCER

DNA is the genetic material that makes up every cell. When DNA becomes damaged or changed, it produces mutations in genes that affect normal cell growth and division. Gene mutations can be inherited from a parent, or, more commonly, are acquired during a person’s lifetime due to environmental factors such as ultraviolet radiation from the sun or cigarette smoking. Other mutations occur for still unknown reasons, resulting in various types of cancer.

In addition to unregulated cell growth, when a cancer occurs it means there is also a failure in the immune system’s ability to recognize these abnormal cells and destroy them. When normal cells become old or damaged, they die and are replaced with new cells. However, the growth of cancer cells is different from normal cell growth. Instead of dying, cancer cells continue to grow and form more abnormal cells. Cancer cells can also invade other tissues, something that normal cells cannot do.

HOW EFFECTIVE IS CANCER TREATMENT TODAY?

There have been remarkable advances in the treatment of cancer, especially over the past two decades. Today, millions of people are surviving cancer and most oncologists feel that cancer is becoming more like a chronic disease, such as diabetes or hypertension. In other words, even though no cure has been found yet, the disease is something that can be managed, and people can live with cancer for many years.



Early detection and diagnosis, as well as advances such as immunotherapy and targeted treatments—most of which are available in pill form—are making it possible to live with cancer and continue to have a good quality of life; some of these newer treatments have actually produced virtual cures for many types of cancer.

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.

CLINICAL TRIALS LEAD TO TOMORROW’S TREATMENTS AND CURES

Through a strategic partnership with Sarah Cannon Research Institute, one of the world’s leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In the last three years, the majority of new cancer drugs approved for use in the United States were studied in clinical trials with FCS participation, prior to approval.

In addition to a robust clinical research program, Florida Cancer Specialists offers a number of services, such as an in-house specialty pharmacy, an in-house hematopathology lab, and financial counselors at every location. Patients can now receive the most advanced care, including immunotherapies, chemotherapy, targeted treatments and cutting-edge, precision technologies, at the same location where they see their oncologist and get their lab tests done, not only increasing convenience for patients, but also improving their quality of life.

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Leesburg West

1600 West Main Street
Leesburg, FL 34748-2811

Tavares

4100 Waterman Way
Tavares, FL 32778

Villages Buenos Aires

1503 Buenos Aires Blvd
Building 140
The Villages, Florida 32162

Villages Cancer Center

1400 N US Highway 441
Suite 540
The Villages, Florida 32159

Villages North

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For more information, visit FLCancer.com

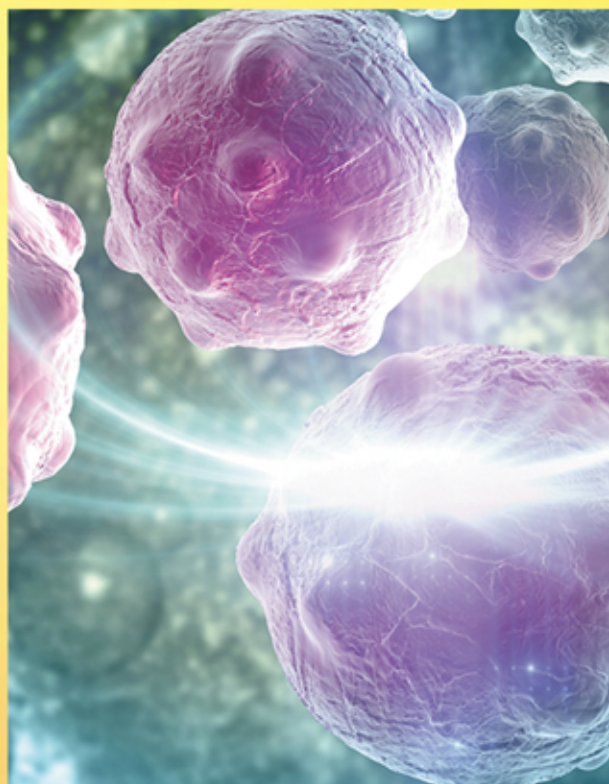
Weapons of “MASS” Destruction

Some of you may have heard the term “mass”, when your doctor is describing a lesion, tumor, or suspicious lump in your body. You may have also heard of a biopsy, which is a surgical procedure to remove a small sample of a mass and send it to a lab to determine if it is malignant (a cancer) or benign (not a cancer). Further testing can indicate not only the type of cancer you have, but its genetic origin as well. If you learn that your mass is cancerous, you could qualify for an ablation. Put quite literally, an ablation destroys the malignant mass completely, leaving behind little chance for it to return and spread to healthy tissue and bones. What would you think if an ablation were an option for you?

Surgically removing a mass involves anesthesia, making an incision, and removing a portion of healthy tissue. The incision must then be sealed with stitches, which may require lengthy healing time. Imagine instead, a targeted treatment which terminates cancerous tumors in the lungs, liver, kidneys and bones using extreme temperatures, hot or cold, to destroy the tumors without causing damage to healthy surrounding tissue. This procedure, known as an ablation, is performed under image guidance, through a small incision under conscious sedation, and allows you to return home after a few short hours to recover in the peacefulness of your own bed!

Let’s discuss the various “weapons of mass destruction” often used during the ablation procedure.

Cryoablation (using cold gases such as liquid nitrogen or argon to freeze), Radio-Frequency or RF ablation (heat), and Microwave ablation (also heat) are some of the options used to treat tumor masses that are three centimeters or smaller in size. Injecting chemo



drugs and radioactive substances directly into a mass can destroy it or slow its growth as well. Each of these options causes cell-death to a specific area, while keeping the surrounding tissue alive and healthy.

The technique to ablate a mass involves image guidance using Magnetic Resonance Imaging (MRI), Computed Tomography (CT), or even Ultrasound to help guide a needle, electrode or probe into the cancerous tumor. The needle is attached to a line which feeds microwaves, gases to freeze, or radio frequency energy to burn tumors, from a machine which generates the various types of energy through the needle and into the tumor. A trained specialist can control the energy used to destroy the mass so as to protect the surrounding tissue.

Until recently, many of these machines were only available in hospitals and research centers due to their immense size. Over the years they have become more portable and some are available outside of a hospital in approved outpatient centers for use by Interventional Radiologists, who use image guidance and minimally invasive techniques to promote your safety, with much less trauma and much lower costs to you and your insurance company.

The MIT Precision Shooting Team, created and trained by Dr. Mark Jacobson, is an exceptional team of technologists who are specially trained to assist in “targeting”

tumors for biopsies using CT or Ultrasound image guidance. Having successfully performed thousands of biopsies in their outpatient Interventional Radiology center in Lady Lake, Florida, the MIT Precision Shooting Team also brings its skillset to the procedure room to assist in tumor ablations with Dr. Jacobson.

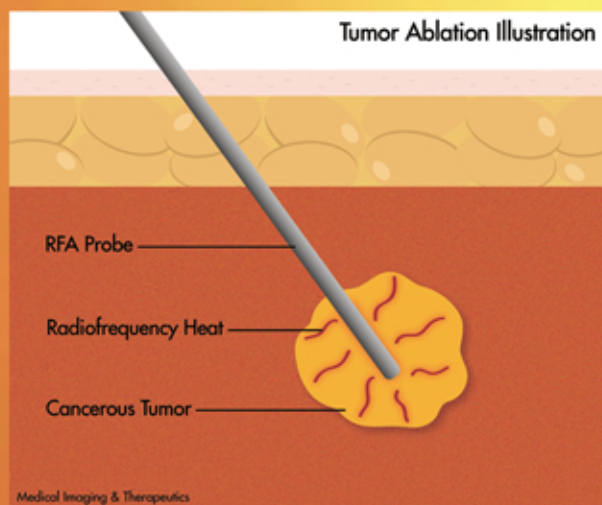
Under the expertise of Dr. Jacobson, MIT, Medical Imaging & Therapeutics is a training center for Residents and Fellows of the Department of Interventional Radiology of the University of Florida School of Medicine.

About Dr. Mark Jacobson

Dr. Jacobson performs thousands of image guided interventional radiological procedures each year in his Lady Lake center and is the “go-to provider” for these procedures, not only because of the number of procedures performed and numerous



happy patients, but also because an outpatient surgical facility is a center of choice over a hospital for minor procedures not requiring general anesthesia. MIT has no procedure related infections, no history of hospital acquired diseases, is certified by the Florida Board of Medicine, is cost effective for you and your insurance company, and patients prefer the calm nurturing setting with pleasant professional staff. Local, as well as out of town physicians entrust Medical Imaging & Therapeutics for many various treatments for their patients. MIT is affiliated with the University of Florida College of Medicine as an Interventional Radiology training center for physicians in the interventional radiology residency and fellowship program.



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Oral Appliance Therapy for Sleep Apnea

By Dr. Richard Rozensky

Many people, an estimated 22 million Americans, have Obstructive Sleep Apnea or OSA. Unfortunately, approximately 80% of those people remain undiagnosed and untreated. During sleep, your muscles relax for periods of time resulting in partial blockage of your airway and causing pauses in breathing. When your airway is constricted, the amount of oxygen going to the brain decreases. This can happen hundreds of times per night, and can have lasting effects on your overall health. Studies have shown that Obstructive Sleep Apnea plays a large role in other medical conditions such as high blood pressure, weight gain, diabetes, and memory issues.

Sleep apnea can greatly affect your quality of life if left untreated, and can lead to conditions such as A-fib, and stroke. There are various treatment options available to those diagnosed, which can profoundly impact your life for the better. The gold standard, and first line of treatment that many sleep apnea patients utilize is a PAP device. However, even though this is the most effective form of treatment, many patients can not tolerate use of a PAP device. Most non-compliant patients cannot tolerate the mask, may be claustrophobic, or are allergic to the materials used in the PAP. We have also found that patients who travel often, find it difficult to transport their PAP machine. These patients choose instead to leave their apnea untreated, and put themselves at risk. Individuals such as this, are candidates for Oral Sleep Appliance Therapy or OAT.

Oral sleep appliances are portable and comfortable, resulting in a higher compliance rate than PAP devices. The American Medical Association, American Academy of Sleep Medicine, and The American Academy of Dental Sleep Medicine recommend OAT to be prescribed by a board eligible sleep physician and fabricated by a Dental Sleep Medicine Qualified Dentist. We not only have the qualifications but we are also Medicare providers,

Oral Appliance Therapy

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which allows us to bill your medical insurance for you. There are over a hundred FDA approved oral appliances which are covered by most medical insurance plans. If you have Sleep Apnea, and can not use a PAP device, don't live with a degrading quality of life.

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Losing Weight To Get Healthy

Find out how Christine Lost 65 pounds, 40 inches and so much more

Dr. Compton and his office in the Villages, Florida is now the exclusive provider of the Ideal Protein weight-loss system, which provides you with prepackaged meals, coupled with your own groceries that will have the weight falling off of you in no time. Ideal Protein is a scientifically researched solution to provide weight loss through a four-stage diet program.

Currently, more than 3000 medical practitioners in the US and Canada offer the Ideal Protein protocol for their patients to lose weight and reverse metabolic syndrome (a group of conditions that are associated with heart disease stroke and diabetes). Compton Chiropractic Care has four chiropractic physicians and two weight-loss coaches, all with backgrounds in nutrition and medicine to help facilitate the specific plan and to ensure your health is optimized. Each patient's health conditions, medications, blood work, recent cardiovascular and metabolic paneling is reviewed before starting the Ideal Protein protocol. Ideal Protein is a scientifically researched solution for safe and effective weight-loss.

At Compton Chiropractic Care your initial consultation will be a focused medical evaluation for diseases related to obesity and cognitive factors along with a physical examination. In addition, they will obtain a weight history, which includes past diet attempts. They will give thorough goals and expected outcomes. Many patients come to the clinic with undiagnosed diabetes, high cholesterol, thyroid disorders, abnormal liver tests, or obstructive sleep apnea. On your initial visit if you have not had recent blood work or an EKG performed their medical staff will ensure these tests are completed before starting the protocol, so that you may safely begin the program and as a guide for your three-month recheck. Overall Compton Chiropractic Care's Ideal Protein weight loss protocol will include weekly progress measurements and one-on-one nutrition counseling with a weight loss consultant, behavioral modification, and a prepackaged meal replacement plan.

A Weight Loss Testimony: Christine R. explains her personal experience with the Ideal Protein program at Dr. Compton's office.

Christine's Story:

"I knew I needed to lose weight. My weight loss journey was like a roller coaster, constantly losing and then regaining. My daughter introduced me to Ideal Protein, so when my husband and I moved to Florida to retire, I looked for a physician in the area that might offer the program, and I was fortunate to find Dr. Compton's office. That was April 7, 2017.



AFTER

**CHRISTINE
LOST 65
POUNDS &
40 INCHES**



It Just MAKES SENSE!

Here's what you can expect

- A nutrition program which includes a wide variety of delicious food
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- Reductions in weight have significant health benefits for high blood pressure, cholesterol reduction, metabolic disease management, diabetes and lowering A1C levels
- Expert guidance and professional support under the tutelage of your personal weight loss coach
- Unlike fad diets, the Ideal Protein Protocol has a beginning and an end
- Four distinct and unique stages help assist you in making permanent lifestyle changes, facilitating your optimal health

Attend a Free Workshop!

Free, no obligation workshops offered twice per month at Compton Chiropractic Care. This is a great way to discover the Ideal Protein Weight Loss Method in a friendly, no pressure environment.

Please call us for workshop times and to reserve your spot today as space is limited! 352-391-9467

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I hadn't been feeling well for a very long time; as a Type II Diabetic, I knew that my weight had a lot to do with my backaches, and my general sense of well-being or lack thereof. On top of that, when you move to a retirement community, there are always plentiful amounts of drinks and food being passed around, which made my situation worse, so I finally had enough and set up my appointment with Compton Chiropractic Care. I can't say enough good things about my weight loss coach. He is very passionate about the program and getting his clients motivated not only to lose the weight, but also to understand how health plays the most significant role in the protocol. He's a fantastic coach, but also a dedicated, empathetic person.

During my first consultation, my coach scheduled my initial lab work. I had an EKG, blood pressure, cholesterol and blood sugar test. All of my lab work was high, and I found out that my A1C level was through the roof at 8.

My goal was to lose 65 pounds by my birthday, which was November 2nd because I was turning 65. So for seven months, I was dedicated to the plan and worked one on one with my coach. I learned so much about food, nutrition, health, and wellness, and I'm happy to report that I lost all of the weight! I'm 65 pounds lighter, and my A1c level went down to 5.4 within the first three months of being on the program. All of my other issues like high cholesterol and high blood pressure are normalized without medication.

This is unlike any other diet program because you're not counting calories or points, and you're not overwhelmed with choices because there is a very specific diet in place. This is a program that teaches you what to eat and what to avoid to lose the pounds and to get healthy. You have to change your thinking for good because you're worth it! You'll need strength, discipline, and knowledge. This program helps you face situations head on. It teaches you not to hide, you learn the importance of weighing yourself consistently, and you learn to be honest about what you're eating. Along with their delicious variety of meal packages, you'll need to learn to prep nutritious food and stick to the rules. But once you see the weight coming off and you begin to feel better physically, the plan gets easier because you'll know exactly what you need to do every day.

You never feel deprived, because you can have chocolate chip pancakes, crispy treats, cappuccino and other pre-packaged delights that leave

you satisfied, all while you're learning about what foods to incorporate into your routine. It's very structured, but that's why it works! Because it's more than just losing weight, it educates you on your body's needs and overall health.

It's an enlightening experience, and I find it fascinating to continue to learn about wellness, the food industry, our culture and how weight affects many aspects of our lives. I'm constantly researching so that I can learn more and become even healthier.

On November 2nd, I celebrated life! I turned 65 and lost 65 lbs and 40 inches! I have become the healthiest I've been in a very long time, so I had a party! I invited 115 people to celebrate my birthday and my ability to reach my goals! It was wonderful, and I'm so happy to be able to encourage others now to do the same."

Diet

The Ideal Protein weight protocol is a medically derived protocol developed and refined over a twenty-year period. Dieters are provided 65% of their weekly groceries inconvenient, pre-packaged meals. Dieters will also have a choice of vegetables and lean meat each day to round out their dietary needs. Women typically average between 2 - 4 pounds of weight loss per week, while men can range between 4 - 6 pounds per week. The long-term success for dieters is realized through the one-on-one coaching, designed to motivate and educate, ensuring the knowledge and confidence to make better lifestyle choices once Phase Four has been reached. With over 3,000 medical practitioners in the U.S. and Canada offering the Ideal Protein protocol to their patients to lose weight and reverse metabolic syndrome, Compton Chiropractic Care has chosen to align our overall goal for meeting our patient's needs with this highly regarded and successful plan.

Activity Levels

While physical activity is an important addition to any diet as it boosts metabolism and increases weight-loss - it is not necessary on the Ideal Protein program. Our philosophy is the more healthy you begin to feel once you are experiencing a reduction in weight, the more your energy levels will increase, and your need to create and comply with daily activities will simply become a part of your routine. Ideal Protein has specified emails that will help encourage dieters to move as their energy levels increase, but there is no set daily exercise requirement for the protocol.

Compton Chiropractic Care, LLC. is an independently owned and operated and authorized to sell Ideal Protein products and services. Ideal Protein disclaims any express or implied statement of weight loss performance or other benefits that are not made by Ideal Protein. See www.idealprotein.com for more details.



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Make a New Year's Resolution: More Experiences, Less Stuff

A new year brings new goals for the 12 months ahead. What's on your list of New Year's resolutions? If your goal is a happier life, consider this: research says that Americans who choose experiences tend to be happier than those who opt for "stuff"—material things.

Visit a New Spot

Most travel writers will agree—travel somewhere you've never been before. It's good for emotional agility and personal growth. And traveling to a new destination does not always mean somewhere far away. Just a little over a three-hour drive from the Villages and a two-hour drive away from major metropolitan cities such as Miami and Fort Lauderdale, Ave Maria is one of the newest gems of Southwest Florida, replete with old Florida treasures and landscape. Take time to discover the town of Ave Maria and its beautiful architecture, most notably the oratory and Ave Maria University, with a free 45-minute trolley tour.

Expand Your Food Palate

Resolve to expand your culinary horizons this year by learning a new recipe made with an exotic fruit or test your taste buds by guessing the secret ingredient in an award-winning BBQ sauce. And you may have had a traditional margarita on the 'rocks' but have you have tried a spicy, cilantro-infused margarita? Try something that takes you outside your culinary comfort zone. Ave Maria is a great place to try this with upcoming foodie events.

- **Farmers Market:** Every Saturday in Town Center from 9 a.m. to 2 p.m.
- **Sunshine State Steak Cook-Off:** January 26 from 2 to 7 p.m. in the Town Center
- **Margarita & Taco Festival:** March 23 from 12 to 3 p.m. in the Town Center

Explore Your Creative Side

Whatever the skill or talent is that you have been ignoring, exploring it can help boost your creativity. By exploring creative pursuits, you can find new happiness. For some people immersing yourself in the beauty of nature is one way to be one with your art, for

others, exploring the talents of other artist helps expand their creativity. Ave Maria offers many opportunities to spark your creativity including:

- **Orange Jeep Tours:** Journey through unspoiled terrain in search of the ultimate photograph. These tours are 2.5 hours long and depart at either 7 a.m. or 5:30 p.m. to give photo enthusiasts optimal light for capturing wildlife, in their natural habitat. Learn more by visiting OrangeJeepTours.com.
- **Arts & Craft Festival:** Located in the Town Center, the festival features; fine art, handmade crafts, vintage goods, gifts, and specialty food vendors.
 - February 5- 10 a.m. to 5 p.m.
 - February 6 – 10 a.m. to 4 p.m.
 - March 30 - 10 a.m. to 5 p.m.
 - March 31 - 10 a.m. to 4 p.m.

Dance Like Nobody's Watching

Work on your technique or dance like nobody's watching - either way, a few special events in Ave Maria are the perfect place to get your groove back.

- **Live Music:** Every Thursday in the Town Center from 1 to 4 p.m. Bands rotate weekly and include Wendy Renee, Patchouli, Mason Williams Duo, Jeff Hughes, Steely Pan, Bernie Green Duo, and Jim Blackburn.
- **Blues, Brews & BBQ:** February 23 from 12:30 to 5:30 in the Town Center featuring live bands, food, and vendors.




Free Trolley Tours **Every Tuesday 11am-2pm**
Live Music **Every Thursday 1-4pm**
Farmer Markets **Every Saturday 9-2pm**

Ave Maria, Florida

Ave Maria is a place where neighbors are friends, the golf cart is the preferred method of transport, and each day holds the possibility of a new experience. At Ave Maria, you don't just live here; you come alive here. Begin your 2019 with a road trip to a new destination—Ave Maria, Florida.

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Ketamine for Pain Management

In the U.S. over 100 million people reportedly suffer from some form of chronic pain. Most people can relate to having experienced physical pain in their lifetimes, but to have to live with that pain on a daily basis can become intolerable. Neuro-pathic pain syndromes are the root cause of many individuals chronic discomfort. Neuropathic pain syndromes are related to disorders like diabetes, fibromyalgia, CRPS, Lyme disease and migraines to name a few.

The most common treatment for neuropathy is to mask it with narcotic prescription pain medications. Narcotics like Opioids are highly addictive, and our state is currently leading the country in abusing the drug and overdose episodes. The CDC reports that nearly half of all opioid-related deaths are due to the narcotic being prescribed for pain-related circumstances.

Many pain medications have adverse effects. In addition to common side effects, patients also develop tolerance which requires increasing doses of medication to effect the same relief over time. The other issue of course is withdrawal. Weaning off opioids and similar classes of medications such as benzodiazepines and nerve medications must be done slowly and carefully so patients do not suffer from symptoms of withdrawal.

Clearly, patients need alternatives when dealing with certain chronic neuropathic pain conditions. Ketamine infusion therapy, can provide an effective alternative when conventional modes of therapy are not helping patients adequately.

A recent study conducted at Thomas Jefferson University Hospital involved 61 patients with intractable migraines. Of the 61 patients in the study, 75% showed a decrease in the intensity of their headaches after receiving low dose IV Ketamine infusions over five days. On a scale of 0 to 10 (10 being the highest), the self-reported pain score from patients was on average 7.5 before the initiation of the study and 3.4 at the conclusion of the IV Ketamine infusions.

IV Ketamine is currently used to help treat neuropathic pain syndromes such as CRPS, fibromyalgia, trigeminal neuralgia, migraines, and herpetic neuralgias. There is a growing body of evidence to support that it may have long-term effects for pain relief.

In recent FDA and other professional associated studies, patient results with ketamine show: Reduced pain, Decreased depression, Diminished suicidal thoughts and episodes and Rapid ability to reverse depression and its symptoms

There are varying protocols with respect to the dosages, number of infusions and length of time for each infusion. In general, patients receiving IV Ketamine infusions for chronic pain syndromes undergo from 3-8 initial infusions on consecutive days with each one lasting 2-3 hours. For mental health patients, the infusions last 1 hour and range from 2-3 infusions a week for a total of 6 initial infusions.

Ketamine IV therapy impacts pain relief, mood, and anxiety and can result in positive treatment outcomes for the following disorders:

- Severe or Chronic Depression
- Chronic Pain
- Bipolar Disorder
- Obsessive Compulsive Disorder (OCD)
- Post-Partum Depression (PPD)
- Post-Traumatic Stress Disorder (PTSD)



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Why Are So Many Adults Needing Rotator Cuff Repairs?

What to Expect if your Shoulder requires treatment

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

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

Details of Rotator Cuff Tear

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

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



Diagnosis and Treatment

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

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

Three standard surgical approaches include:

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

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

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

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

Your Recovery

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

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



John T. Williams, Jr., M.D.

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

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Cornerstone Hospice Focused on Each Patient's Life, Not End-of-Life

Submitted by Cornerstone Hospice and Palliative Care

Nearly 60 years after the end of World War II, former US Army Sergeant and Villages resident Charles Mellott was honored for his service during a special ceremony, surrounded by family and friends. The Cornerstone SALUTES! ceremony was arranged by the Cornerstone Hospice social worker who was part of the team that ensured the 93-year-old lived his last days in comfort and with dignity.

Mr. Mellott's cardiologist had recommended Cornerstone to care for Mellott. His daughter said the time was right. "It took a huge load off of my 90-year-old mother as a caregiver," says Del Hunt. "She was then able to prepare for his passing.

Hunt said the Cornerstone Hospice team treated her father with compassion. "They spent time getting to know him personally, listening to him with their undivided attention. He looked forward to the routine visits from his nurse and she became his friend," said Hunt. The hospice team even coordinated care with her parents' assisted living facility.

"When our teams collaborate on a patient they aren't focused on how this person is going to die, but rather how he'll live out his last days, and that his family receives the necessary support to allow for it," said Chuck Lee, President and CEO of Cornerstone Hospice.

Each Cornerstone Hospice patient is cared for by members of what is called a "multidisciplinary team" which includes a physician, nurses, nursing

assistants, a chaplain, a social worker and a specially-trained volunteer. The team addresses symptom control, pain management, and emotional and spiritual support expressly tailored to the patient's needs and wishes.

Hospice focuses on caring, not curing and, in most cases, care is provided in the patient's home. It also is provided in freestanding hospice centers, hospitals and long-term care facilities or wherever a patient resides.

Due to misconceptions about what hospice provides, patients often are brought in too late when much discomfort and strain has already been experienced by the patient and the family.

Patients may be eligible for hospice services when a doctor certifies a patient has a terminal illness and a life expectancy of six months or less. Hospice services are available to patients of any age, religion, race, or illness and are covered under Medicare, Medicaid, and most insurance plans.

Cornerstone provides special services to ensure overall comfort and support including its nationally recognized seven-day care model which ensures continuity in the care team and improved communications amongst staff and the patient, the Pet Peace of Mind program, bereavement counseling and Cornerstone SALUTES! for veteran patients. Cornerstone SALUTES! is a comprehensive hospice program respectfully celebrating veterans' service to our country, at home and abroad, and providing care that recognizes the challenges unique to military families.



Cornerstone Hospice volunteer Retired Col. Paul Farineau salutes Charles Mellott at a Cornerstone SALUTES! ceremony. Cornerstone's veteran volunteers provide honorees with a certificate, a commemorative pin and a salute to thank veterans for their service to our country.

"Veterans often have emotional and physical conditions related to their service which require additional insight from the care team," said Lee. "With one in four people dying today being a veteran, we take extra steps to help them during their last days."

"Words could not describe how that made my dad feel. He was finally recognized for his service to this great country. He appeared to be more at peace and held his head higher. I feel in my heart it did bring closure for him," said Hunt.

About Cornerstone Hospice

Cornerstone Hospice is a leading community-owned provider of end-of-life care in Central Florida. For 34 years Cornerstone has set the standard for hospice care as we serve more than 7,000 people in Lake, Sumter, Orange, Osceola, Polk, Hardee and Highlands counties each year. For more information, to donate, or to volunteer, call 866-742-6655 or visit www.CornerstoneHospice.org

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Why You Should Get Your Omega-3 Index Measured

By Anne-Marie Chalmers, MD

Have you heard about the omega-3 index? Since 2004, scientists have been suggesting it as a tool for measuring a person's risk of cardiovascular disease, in a similar way to how cholesterol levels are used today. The more research comes out, the more researchers believe that the omega-3 index is something we all need to be paying closer attention to.

What Is the Omega-3 Index?

The omega-3 index is simply a measure of the amount of EPA and DHA omega-3 fatty acids in the red blood cells. The higher the number, the more EPA and DHA you have in your body.

Having a low omega-3 index number is considered a higher risk factor for developing coronary heart disease and other cardiovascular health issues. Your risk depends on where your number falls on the scale:

- Less than 4% is considered high risk ("undesirable")
- 4 – 8% is considered intermediate risk ("intermediate")
- Above 8% is considered low risk ("desirable")

The studies exploring omega-3 index levels have found intriguing results, including:

- People with low omega-3 index levels were 10 times as likely to die from sudden cardiac death compared to people with higher omega-3 index levels.
- Those with the highest omega-3 index levels had a 33% reduction in risk of mortality, compared to the people with the lowest levels.

The omega-3 index may also be helpful for assessing health risks beyond cardiovascular disease. Studies are currently investigating the relationship between omega-3 index levels and mental health issues, like depression, cognitive function, body weight, and eye health issues.

Why the Omega-3 Index Matters

Measuring your omega-3 index level allows you to evaluate how much EPA and DHA is actually integrated into your cells, and how much is available for fundamental metabolic functions.

This is important because, even if you eat fish multiple times per week, your fish might contain more or less omega-3s depending on the fish species, time of year, and the cooking method. Similarly, taking fish oil supplements isn't always straightforward, as the amount absorbed can be impacted by dose, formulation, genetics, age, gender, medication-use, and lifestyle.

If you get your omega-3 index measured, you'll know if your current efforts are sufficient. This knowledge is especially important since even health-conscious people are not always aware of their omega-3 intake. One survey found that in a group of people with omega-3 index levels in the intermediate risk range, some 30% believed they were consuming enough omega-3s.

Tips to Improve Your Omega-3 Index

Americans on the whole consume too few omega-3s from fish or fish oil, and as a result, most of us also have low omega-3 index levels. A recent study of global omega-3 index levels found that an estimated 95% of Americans had an omega-3 index of 4 or below, putting them in the high risk category.

These poor numbers do not compare well with other developed nations. In Japan, for instance, the average omega-3 index is more than double that of the average American, with some surveys reporting that Japanese men consume over 100 g (approximately 3.5 oz) of fish daily.

The good news is, even if your omega-3 index is low, you can fix it. Increasing your dietary intake of EPA and DHA omega-3s by eating fatty fish and taking a fresh fish oil supplement is strongly correlated with increased omega-3 index levels. So, if your omega-3 index level needs improving, you can:

1. Eat More Fatty Fish

Salmon and small fish like sardines and mackerel are excellent sources of omega-3s.

2. Commit to Taking an Effective Dose of Fresh Fish Oil

Studies show it can take between 1800 – 2000 mg of EPA/DHA daily to move a person's index by 4-5 percentage points. Notably, to get this dose, you'd need to consume at least 6 regular fish oil capsules daily (This dose discrepancy could also help explain why many omega-3 supplements fail to deliver results).

We typically find that when people routinely consume one tablespoon (or a single vial) of our Omega Cure® oil, their omega-3 index levels measure around 10 – 12%. That said, there can be variations between people.

3. Practice These Dietary Changes for at Least 4 Months

Before reassessing your omega-3 index, it's important to remember that it takes some time for the omega-3 fatty acids to be fully-absorbed by the body.

4. Reduce Consumption of Omega-6s

As you work on increasing your omega-3 intake, make a conscious effort to simultaneously decrease your omega-6 intake. This means dramatically lessening consumption of omega-6-rich processed foods like pizzas, doughnuts and fries, as well as synthetic sweeteners and vegetable oils.

This article was abbreviated from a longer version published on omega3innovations.com. For the full text and references, visit:

<https://omega3innovations.com/blog/why-everybody-should-get-their-omega-3-index-measured/>

About Anne-Marie Chalmers, MD

Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. Dr. Chalmers practiced emergency, family, and preventive medicine in Norway for many years. Today, she serves as the co-founder and president of Omega3 Innovations.



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Medical Marijuana is a Viable Treatment Option: What You Should Know About it's History & Progress

By Robert C. Goethe, MD

Marijuana has been used as an effective and safe medicine for thousands of years in almost all civilizations including the USA. At that time, aspirin, opium, and cocaine were being discovered and touted as better drugs. There was also a financial incentive to outlaw the plant by factory owners who saw the cannabis plant (hemp) as a huge threat to the value of tracts of land with trees they owned for making paper. Hemp was a lot cheaper to make into paper than trees.

So, marijuana became illegal and kept a pretty low profile for about 35 years, and its reputation tarnished by the DEA classifying it as a dangerous narcotic (it is not a narcotic and there has never been an overdose fatality). Severe legal penalties were passed for its possession or use.

In the 1960's and 70's marijuana had a resurgence in popularity as the drug of choice amongst the younger "hippie" generation. It became the symbol of the anti-war and anti-establishment movement. The government powers at the time went a step further in squelching the drug by getting the DEA in 1972 to categorize it as a Schedule 1 narcotic. This put it in the same category as LSD, ecstasy, and cocaine. But unlike the other drugs classified as Schedule 1, marijuana was not physically addictive or capable of killing you and it was useful as a medicine.



In the ensuing years between 1972 and now, marijuana did not go away. Several other countries continued to recognize its value as a medicine. In the 1990's, scientists in Israel found cannabis to have more useful components than just the THC that people liked to get high. There were several other compounds called cannabinoids that had various effects but did not cause euphoria. These components have various receptors in your body that control pain, mood, the immune system, suppress certain types of cancer, relieve nausea, cure insomnia, control seizures etc. And even in this country, even though illegal, people began to rediscover these medicinal benefits and started to demand its legal availability. California was the first state to allow legal marijuana in 1996 and it took off without any major problems. It wasn't long before other states started following California's lead, and we now have 29 states with medical marijuana and many predict that soon all states will.

In November 2016 Florida passed Amendment 2 by a vote of 71.3% in favor which allowed medical marijuana to be recommended by certain physicians and used by certain patients. Florida limits its use to cancer, epilepsy, glaucoma, AIDs, HIV positive, PTSD, ALS, Crohn's disease, Parkinson's, Multiple Sclerosis, and chronic nonmalignant pain. To set up the program, the Florida legislature gave the job to the Florida Medical Association, an entity (like much of the legislature) did not understand medical marijuana and were opposed to its existence. Thus, getting to the point we are at now has been a struggle, but it's here now.

Several factors have worked against the legalization of medical marijuana in Florida. Pharmaceutical companies, some portions of law enforcement, and a few politicians are fighting hard against this. But it's been discovered now and many Floridians are reaping the benefits. About 90,000 now have their cards. Keep an open mind and if you suffer from any of the conditions in Florida that can be treated, take some control of your health care and learn more about it as a viable option.



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

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Anesthesiologist

Chronic Obstructive Pulmonary Disease (COPD): What you Need to Know

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 breathe. They frequently feel as if they are drowning and call 911 often due to this terrifying sensation. This is why it's important to speak to your physician about your COPD treatment and the best at home care techniques to keep you safe and comfortable.

Depending on the stage of the disease, some patients might need to consider home health care or private duty nursing. 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. Your physician is still in charge of your medical care, and all reports from the home health team are reported to your primary care doctor.

Having a disorder like COPD is challenging with continual progressive changes and side effects. Talking to your physician about any fluctuations in your health or symptoms is critical.

COPD Symptoms

- Coughing
- Producing phlegm
- Wheezing
- Shortness of breath with normal activity
- Blue tinge to fingernails
- Fatigue

COPD Treatment

- Bronchodilators
- Steroids
- Pulmonary rehabilitation
- Oxygen therapy



- Exercise
- Breathing exercises
- Diet
- Smoking cessation

Many former and current smokers are diagnosed with COPD. November is National Smoking Cessation Month.

Realistic advice to help you quit smoking

- Get rid of all tobacco & lighters
- Plan ahead. Talk to your doctor now about smoking cessation programs, treatment options and medications.
- Let your family and friends know that you're quitting
- Find a new hobby to stay busy
- Avoid the same old routine that allowed you the convenience of smoking
- Keep track of the money you save, write it down everyday and make a tally
- At the end of each week that you continue to not smoke, treat yourself to something nice.
- Don't give up! It's not easy, but it's worth it to quit.

By quitting smoking you can alleviate additional damage to your lungs and allow them to heal, reduce your risk of coronary artery disease, stroke and cardiovascular disease.

Statistics According to the U.S. Department of Health and Human Services

- Within 20 minutes of quitting, your heart rate will decrease
- Within 12 hours of quitting, the carbon monoxide levels in your blood will decrease to normal
- Within 3 months of quitting, your risk of a heart attack decreases and your lungs will begin to work better

- After 1 year, your added risk of coronary artery disease is half that of someone who smokes
- After 5 years, your risk of stroke is the same as that of a nonsmoker
- After 10 years, your lung cancer death rate is about half that of someone who smokes
- After 15 years, your risk of coronary artery disease is the same as that of a nonsmoker

If you have a persistent cough or are experiencing unusual respiratory symptoms, please make an appointment with your physician now. It's better to be proactive than reactive when it comes to your health. If you let symptoms linger, that's when they turn into progressive, advanced diseases.

Rivers Family Medicine continues to provide their patients with the highest quality of care; they are continually looking for innovative methods of working together with their patients to ensure that they are not only aware of but also involved in the management and improvement of their patient's health.

Rivers Family Medicine welcomes Dr. Erin Dariano. Dr. Dariano has been practicing Family Medicine in Lima Ohio at Lima Memorial Hospital for the past seven years. Dr. Dariano, D.O., Completed her undergraduate degree at Bowling Green State University, and her medical degree at Ohio University College of Osteopathic Medicine. She is a board certified D.O., Doctor of Osteopathic Medicine. Dr. Dariano is committed to providing thorough, compassionate, mindful care for her patients.

To schedule an appointment with Rivers Family Medicine, please call (352) 205-4302.



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- Infection
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- Heart attack
- Stroke
- Nerve damage
- Allergic reactions to anesthesia
- Post-surgical pain

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

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

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

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Your Secret Weapon for the New Year

By Alex Anderson

In August of 1996, I was having breakfast with a pastor that I admired. He did not come from a privileged family, but his life was full of good things. He was very blessed in every way. He had started his church a year and a half earlier, and it was flourishing. He had a beautiful, healthy family. His finances were abundant. He was a VFR pilot and flew a twin engine Cessna to speaking engagements. There were many other things to admire about him as a person and as a Bible teacher.

As we talked that morning, I could not help myself, so I had to ask him how he had become so blessed. I had never met anyone, especially in ministry, quite as successful at such young age.

Here is what he shared.

He said that when he was a struggling student in school to become a minister, the president of the school had personally mentored him...then he stopped in the middle of his story, looked at me and said something that completely surprised me. "But the real key to my success is something the president gave me. That one thing changed everything in my life. And since you asked I'll give it to you if you'll follow me to my office." I eagerly finished my coffee, got into my car and hurried to his office. I don't believe in magic but I do believe that God wants to bless our lives. What my friend gave me has caused my life to be blessed in every sense of the word, and so I want to give it to you as Your Secret Weapon for the New Year.

My friend called it, "His Daily Agreement with God." It's not fancy and not even grammatically correct, but the effects are powerful and have changed the lives of many people I have shared it with since then. It's a prayer that when used with **even a little bit of faith** touches the heart of God and He responds to it. You read it out loud twice (morning and evening) a day to God. Due to the limits of space...here is an excerpt (it's about three pages long). I renamed it.



My Daily Agreement with God's Will for My Life
Father in heaven, thank you that you are establishing me in Christ Jesus. According to Philemon 1:6 – "that the confession of my faith may become effectual by my acknowledging every good thing which is in me in Christ Jesus.

20__ is the best year of my life and today will be the greatest day of my life so far. During this year I will grow abundantly in every area of my life: Spiritually, Mentally, Physically, Emotionally, Socially, and Financially.

I know my Heavenly Father's voice and will hear no other. I am in His perfect will for my life. I am diligent to do my Father's will and speak only that which is pleasing to Him. I am a yielded vessel.

You, Holy Spirit, are my friend and you give me the power to overcome the evil tendencies of my flesh so that I can submit to the Lordship of Jesus Christ in spirit and indeed.

No matter what the circumstance I have the mind of Christ and operate in His wisdom and ability and the peace of God keeps my heart and mind through Christ Jesus. I ask and receive grace daily to walk in holiness.

I don't have cares; I have cast them all on the Lord. Peace, righteousness, security, and triumph over opposition are my heritage from the Lord Jesus. In the middle of all my thoughts is your comfort that cheers me up and makes me full of joy and happiness. I am always a happy person. I rely on the Greater One who indwells me to equip me for the job God has called me to do.

Jesus has redeemed me from the curse of the law. Heavenly Father you are continually delivering me from the hands of my adversary.

Because I am always living with you as the Highest of all my thoughts, I will live in your favor. When I am in trouble I can call on You and You will give me Your immediate attention and come to my aid with honor and deliver me with dignity. My Father in Heaven blesses me to be a blessing.

I have the righteousness of Christ, and when God the Father looks at me He sees Jesus. Father God will never leave nor forsake me. This gives me the power to keep myself calm in the face of temptation and of adversity.

Bless me indeed. I ask that your hand would be with me. Deliver me from evil, both temptation, and harm. Lord, Help me to be a second mile Christian. Help me to remember that I am not my flesh, because of the beautiful Lord Jesus Christ who is in me Who is my hope of Glory...

Let me know what God does this year as you pray this prayer. For me, it's been quite amazing!

To your spiritual health,
Alex E. Anderson
 Senior Associate Pastor at
 Bayside Community Church

P.S. HAPPY NEW!! If you want the complete copy of *My Daily Agreement with God's Will for My Life*, I would be glad to email it to you. Just go to alexanderson.org

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