

CENTRAL FLORIDA'S

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

March 2019

Lake/Sumter Edition - Monthly

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## COLORECTAL CANCER

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**LIFESTYLE  
CHOICES  
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# TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

## TIRED & ACHING LEGS?

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

## WHAT ARE VARICOSE VEINS?

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

## WHAT CAUSES VARICOSE VEINS?

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

## WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

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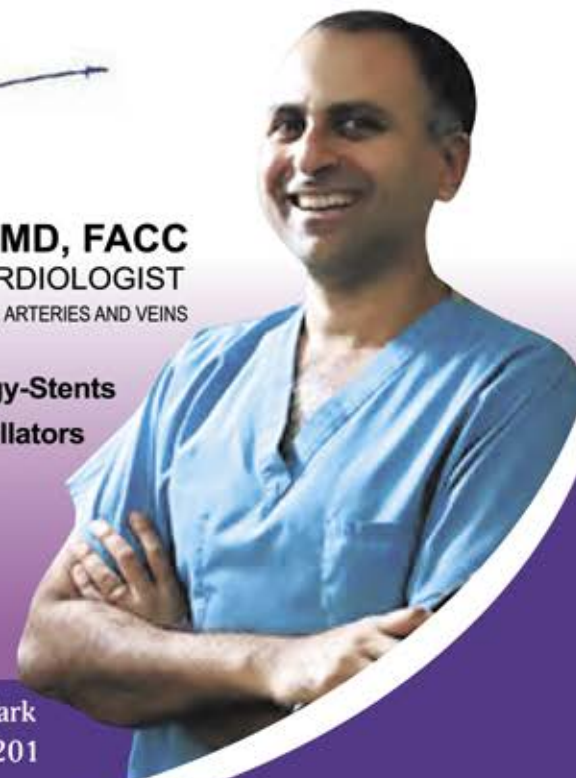
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# EYELID SURGERY

## GIVING YOUR OUTLOOK A LIFT

**S**agging upper lids and baggy, swollen or inward- or outward-turning lower lids can impair peripheral vision (which can include upward, downward and side views) as well as cause discomfort, invite infection and make people look perpetually tired or haggard. Certain eyelid conditions may be inherited, but most often these problems develop with age as the skin becomes less elastic and vulnerable to the effects of time and gravity.

Board-certified Comprehensive Ophthalmologist, **Shelby Terpstra, DO**, is one of Central Florida's most experienced and respected eyelid surgeons, and has performed thousands of procedures to correct drooping, sagging, baggy and inward/outward-turning eyelids, helping patients enjoy a wider field of vision, greater comfort and a more refreshed appearance.

During consultation, Dr. Terpstra examines the eyelids and manipulates them manually to assess a patient's improvement in vision



Shelby Terpstra, DO

and/or appearance. Eyelid surgeries are customized to each patient and his or her problem(s), which may be one or more of the following:

### **Dermatochalasis - Excess Skin**

The skin of the eyelids is especially fragile, and over time it can stretch and droop over the eye or collect in folds under it, cutting vision by as much as half. This is not only a nuisance, it can also be dangerous, as people can't see what's on the floor, overhead or off to the side, creating a risk of injury. Blepharoplasty is a surgery that reduces the amount of skin and excess fat in the upper and/or lower lids, creating better vision and a more rested, youthful look.

### **Ptosis - Drooping of Upper Eyelid**

Often running in families, ptosis is a condition in which the upper lid drapes over the eye, reducing side and central vision and making people look tired or medicated. Without treatment, ptosis can lead to astigmatism (flattening of the eyeball) and amblyopia (so-called "lazy eye"), making it a medical problem in addition to a cosmetic one. "Correcting ptosis is a matter of reducing the slack in the muscle that lifts the eyelid," says Dr. Terpstra. "It is a procedure that produces noticeable improvement in both field of vision and appearance."

### **Entropion - Inward Turning of the Lower Lid**

When the lower eyelid twists inward, it forces lower lashes and eyelid skin to rub against the eye, creating irritation, redness, excess tearing and discomfort, as well as a susceptibility to eye infections. Surgery can correct the position of the eyelid, providing improved function and comfort.

### **Ectropion - Outward Turning of the Lower Lid**

A drooping, outward-turning lower eyelid leaves the eye vulnerable to dryness, redness, excess tearing and infection, and makes it look irritated and unsightly.

A quick surgical procedure can help normalize the lid, making eyes look and feel better quickly.

Eyelid surgery is quite safe and usually quick, with recovery ranging from a day or two to several weeks, depending on the procedure(s); bruising and swelling vary by patient and account for the bulk of recovery. Pain is usually minimal and relieved by over-the-counter medications like acetaminophen or ibuprofen. In cases where eyelid disorders significantly reduce one's vision, corrective surgery may be covered by insurance.

*"My patients report being able to do things that many thought they'd have to give up, like reading, driving and other activities requiring adequate peripheral vision," says Dr. Terpstra. "They're also delighted by how much more rested, relaxed and refreshed they look and feel. Seeing their happiness delights me, too."*

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ADVANCED CATARACT SURGERY

# CHOLESTEROL NUMBERS

## Are Directly Affected By The Foods We Eat

**M**arch is National Nutrition Awareness Month. The food we put into our bodies has a lot more to do with our overall health than most people are aware—including our cholesterol numbers. Along with a good exercise routine and regular blood work, physicals, and medications, cholesterol levels can naturally be lowered with the proper foods.

A big part of lowering your LDL or low-density lipoprotein is by adding soluble fiber, omega 3 fatty acids, monounsaturated fatty acids or MUFAs, powerful antioxidants and lutein into your diet. Some of the following foods listed below can lower your “bad” cholesterol levels by 5-10% within just a few weeks. But for these nutrients to make the most effective decrease in your cholesterol, you must adhere to an overall healthy diet. You can’t eat fried chicken and then eat an apple and think you’ll get the benefit. You’ll need to make a plan to eliminate the processed foods in your diet.

- Cholesterol Lowering Foods
- Garlic
- Oatmeal and Oat Bran
- Pears
- Apples
- Prunes
- Beans
- Red wine
- Fatty fish (salmon and sardines)
- Nuts
- Black tea
- Spinach
- Olive Oil

Garlic can limit plaque buildup in the arteries and should be consumed raw if possible. You can achieve this by adding a few minced cloves at the very end of your cooking or add it to your salsa, salad dressings, or hummus spread.

Soluble fibers are found in foods like beans, apples, pears, prunes, and oats. When bile acids are removed from your blood, the liver must use cholesterol to produce more bile. This is where soluble fiber comes into play. It binds to the bile acid and therefore lowers the cholesterol in the body.

Oats contain a compound called beta-gluten. When digested, beta-gluten essentially absorbs LDL in the bloodstream. People that eat oatmeal or oat bran several times a week can see a significant improvement in their cholesterol level.



Fatty fish contain omega 3 fatty acids, which also aid in lowering LDL. They are a healthy alternative to saturated fats that are found in other animal protein and lard.

Red wine is thought to help to lower cholesterol through the polyphenol antioxidants. It’s best to drink in moderation, as too much wine has a counter effect on the heart.

Spinach and other leafy greens contain an antioxidant called lutein. Lutein is a dominant anti-fat lipid element that when eaten on a regular basis can reduce your cholesterol considerably.

Black tea, in particular, has been shown to reduce LDL by up to 10% in as little as a month in some patients. Drinking it iced or hot, you can’t go wrong, but keep the sugar to a minimum, as sugar counteracts the effectiveness of the compounds in the tea.

Avocado and olive oils are excellent forms of MUFAs or monounsaturated fatty acids. These MUFAs lower LDL by replacing saturated fats like butter or margarine. Avocado is also an outstanding source of fiber.

It’s always best to speak directly with your physician before completely changing your diet or exercise program. Your doctor will construct a precise plan to suit your specific needs and incorporate some of the foods mentioned above along with a coordinated strategy.

## Dr. Vallabhan

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# Should You go to the ER or Urgent Care?

*Dr. Kandavanam weighs in on the benefits of visiting an Urgent Care Facility*

**W**hen your child, you, or a loved one has a fever, sprained ankle, ear infection or gets overheated, it can be quite scary, and the emergency department (ED) may not be the best choice for treatment.

There is another option. Urgent care facilities are an excellent alternative to the ED unless of course, it's a life-threatening situation, during which you should always seek treatment at an Emergency Department. Urgent care facilities such as Leesburg Regional Medical Center Urgent Care can treat many injuries and illness from broken bones and sore throats, to poison ivy rashes and tetanus shots.



#### **Raj Kandavanam, MD**

Raj Kandavanam, MD, is a board-certified family medicine physician with Central Florida Health Medical Group, specializing in the treatment of all aspects of primary care and sports medicine.

Dr. Kandavanam is trained to treat a number of urgent care conditions including allergies, bladder and urinary tract infections, ear, and eye infections, childhood illnesses, headaches and migraines, respiratory infections, minor cuts, bruises and burns, skin conditions, sore throats as well as sprains, strains, and fractures. He is the medical director for the Urgent Care Center conveniently located on the campus of Leesburg Regional Medical Center.

Dr. Kandavanam earned his medical degree at the Ross University School of Medicine in North Brunswick, New Jersey, and completed his residency at the University of Oklahoma in Oklahoma City.

**We caught up with Dr. Kandavanam to find out more about the services offered at the Leesburg Regional Medical Center Urgent Care Center.**

**Q: What sets your urgent care facility apart from the rest?**

**A:** Our center is affiliated with the hospital, so it's incredibly convenient for patients who come in with something like abdominal pain because we can coordinate their imaging needs with the radiology department. The radiologists are onsite, so they are able to get the diagnosis and reports turned around very quickly. It's not uncommon for a patient to arrive early in the day, have an ultrasound, CT scan or MRI, and get their results back all in the same day.

Our Urgent Care offers extended hours from 8 a.m. until 8 p.m. every day, which is helpful for those who are not able to get an appointment with their primary care physician right away.

**Q: Why should people utilize urgent care?**

**A:** It's generally faster than going to the ED. In most instances, most patients are treated and released within an hour of their arrival. If a patient has minor injuries like a sprain, cold, cough or even broken bones, it's faster medical care, at a lower price.

Because we are connected with the hospital, it's helpful that the patient portal system is available so that they can easily look up their records or reports.



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We also communicate with the patient's primary care physician (PCP) and provide them with helpful handouts, notes and diagnostic reports to take to future appointments. It's important for us to be available for the patient's urgent needs, but to make sure they return to their doctor for follow-up visits.

**Q: What are some of the top reasons that patients utilize urgent care?**

**A:** There are numerous reasons people see us, from sore throats, skin infections, school sports physicals, vaccinations, colds and flu, sprains, heat exhaustion, animal bites, the list goes on and on. We're here for the community for a multitude of conditions.

Central Florida Health Medical Group was established in 2012 to meet the emerging need for hospitalist and specialty care in Lake and Sumter counties. The medical group comprises board-certified physicians across multiple specialties who excel at providing high-quality patient care. Central Florida Health collaborates with other area providers to offer coordinated care with support from Central Florida Health hospitals, outpatient clinics, and laboratory services.

# Childhood Obesity Can Cause Major Health Concerns Into Adulthood

**B**eing overweight can cause serious long-term health issues, but the statistics of childhood obesity are staggering. More than 100 million children worldwide are considered obese, and in the United States, 1 out of 3 children are diagnosed as clinically overweight.

Over the past few years, there has been nearly a 20% increase in the obesity rate of children and teens. This is calculated by the BMI (body mass index) of children being above the 85th percentile in comparison to children of the same sex and age in weight.

Why are so many kids having trouble with weight gain? Two major offenders are not being active enough and eating an unhealthy diet full of sugar, fat and complex carbohydrates.

Many children do not move enough throughout the day; they live sedentary lives, so much so that they can be equally compared to the inactivity level of older adults in their 60's and 70's. Some children sit in front of the television, computers, or play electronic gaming devices far more frequently throughout their day than they get exercise. They need more physical movement to burn calories adequately.

**Childhood obesity can lead to the following diseases and disorders:**

- High blood pressure
- Diabetes
- Asthma
- Sleep apnea
- Musculoskeletal disorders
- Arthritis
- Heart disease
- Cancer
- Stroke

**We caught up with Dr. Otegbeye, a Pediatric Hospitalist with Leesburg Regional Medical Center (LRMC) to find out more about his concern and treatment for childhood obesity**



**Q: What health complications are likely for children with obesity?**

**A:** There are numerous health issues associated with childhood obesity like type 2 diabetes, high blood pressure, elevated blood cholesterol, liver disease (fatty liver), bone and joint problems, respiratory problems such as asthma, sleep disorders such as difficulty breathing while asleep (sleep apnea), earlier than normal puberty or menstruation.

Other psychological issues can be eating disorders such as anorexia or bulimia.

Obese children are more likely to be teased and bullied and more likely to bully others. They may have poor self-esteem and may feel socially isolated, have increased risk for depression, poorer social skills, high stress and anxiety, behavior and/or learning problems as a result of psychological difficulties related to childhood obesity.

**Q. In your pediatric experience are you implementing any protocols for weight management and education for children and their parents/guardians?**

**A:** While we take care of predominantly acute conditions in the hospital, we do have a lot of experience with children with special health care needs including obesity. We encourage children to eat more vegetables and fruits and less soda (sugary drinks) and "junk" food. It's important to teach and encourage physical activity and decrease sedentary activities that include watching TV and playing video games. We often refer obese children to specialists to help them lose weight and make healthy choices throughout their childhood and into their adult lives.

Getting your child the proper help now is critical for them to be able to live long-lasting, healthy, productive lives. There is a time when professional medical assistance is essential.

**Dr. Ayodeji Otegbeye**

Dr. Ayodeji Otegbeye, better known as "Dr. O" is the Medical Director of Leesburg Regional Medical Center's Pediatric Hospitalist Program, and the President and Founder of Central Florida Pediatrics Intensive Care Specialists and Night Lite Pediatrics Urgent Care. Dr. O is the Medical Director of Children's Medical Services in the Central Florida Region (Orange, Seminole, Osceola and Brevard Counties).

Dr. Otegbeye completed his residency and fellowship at Cook County Hospital in Chicago, Illinois. He is board certified in Pediatrics, Internal Medicine and Pediatric Critical Care.

He is a Fellow of the American Academy of Pediatrics, member of the American College of Physicians and Society for Critical Care Medicine. He specializes in pediatric critical care with special skills and interest in pulmonary medicine.

**Leesburg Regional Medical Center**

As a premier healthcare provider, LRMC takes pride in providing progressive, innovative technology, along with building strong relationships with patients, families, physicians and residents of the communities it serves. LRMC has a broad range of high-quality and award-winning services in cardiovascular care, orthopedics, minimally invasive surgery, comprehensive diagnostic services, labor and delivery, neurosurgery and more.

The hospital's mission is to improve the health and quality of life of the individuals and communities it serves.

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# LIFESTYLE CHOICES HELP PREVENT CANCER

Diet, exercise and getting recommended screenings can lessen your risk of cancer.

According to the National Institutes of Health, certain lifestyle choices can lessen the chances an individual has of developing cancer. However, even though most Americans know that choices such as quitting smoking, protecting skin from sun damage, eating a healthy diet, exercising more and getting the recommended screenings reduce the risk of cancer, following these recommendations can often be difficult. Although targeted treatments for cancer have improved survival rates, and there are more breakthroughs on the horizon, the best option for most of us is still prevention.

## SKIN CANCER AFFECTS 1 IN 5 AMERICANS

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer, called basal cell and squamous cell carcinomas, are highly curable. Melanoma, the third most common skin cancer, is much more dangerous.

By now, most people know that a sunscreen should be used when they are going to be outdoors, even for a short period of time. However, not all sunscreens are created equally. For maximum protection, oncologists recommend a sun protection factor (SPF) of 30 or greater, regardless of skin color or ethnicity. Other recommendations include avoiding tanning beds or sunlamps and examining your skin, head to toe, every month for any changes. You should also have a dermatologist, or your primary care physician examine your skin annually.

## SMOKING AND CANCER

According to the Centers for Disease Control (CDC), cigarette smoking is the number one risk factor for lung cancer. It's estimated that in the United States, smoking causes about 90% of lung cancers; smokers are 15-20% more likely to get lung cancer than non-smokers. Tobacco products such as cigars or pipes also increase the risk for lung cancer, as well as throat and mouth cancers. Even smokeless tobacco has been proven to increase the risk of oral cancer, throat cancer, stomach and pancreatic cancer.

## ANOTHER REASON TO STOP SMOKING – BLADDER CANCER

Bladder cancer is the 5th most commonly diagnosed cancer in the U.S. This year, it is estimated nearly 15,000 people will die from the disease. But here's a real shocker; people who smoke are four times as prone to the malignancy as nonsmokers – especially women. About half of all bladder cancer cases in women age 50 and older are



now traceable to smoking. In addition, current smokers are four times as likely to develop bladder cancer as people who have never smoked.

## THE ROLE OF DIET IN PREVENTING CANCER

Although no particular food or diet product can prevent cancer, there is growing evidence that diet can play a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Likewise, 30-40% of certain types of breast cancer have been linked to what we eat, especially if our diet is a contributing factor to obesity. A diet that is high in fruits, vegetables, legumes and whole grains, and low in animal fat, processed foods and sugar, are generally considered healthier and can boost your immune system to help fight diseases such as cancer.

## REDUCE YOUR CANCER RISK WITH HEALTHY LIFESTYLE CHOICES

Each year, over half a million Americans die of cancer; the startling news is that about one-third to one-half of these deaths are linked to lifestyle choices and, potentially, could have been prevented. Start reducing your risk of cancer by making these choices in your life:

- Get to and stay at a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.
- Stop smoking – or better yet, never start.
- Wear sunscreen with an SPF of at least 30.
- Get recommended screenings such as colonoscopies, PAP smears and mammograms.
- Let your doctor know if there is a family history 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.

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



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### Villages North

1400 N US Highway 441, Suite 924  
Lady Lake, Florida 32159

For more information, visit [FLCancer.com](http://FLCancer.com)

# Do You Have A Ticking Time Bomb in Your Leg?

By Bryan Carter, MPA-C, Phlebology-Surgery

**H**ave you ever noticed sensations in your legs that made you wonder if you should see a doctor, but since they seemed to subside, you ignored the symptoms away? Many people overlook the life-threatening warning signs that could lead to an embolism. If you've experienced swollen legs, tingling, burning or itching sensations in your legs, a feeling of heaviness, aching, cramping, or skin discoloration, you could have Deep Vein Thrombosis.

Every year, nearly one million people are affected by deep vein thrombosis, and sadly, approximately 100,000 of these cases end in death! These are grim statistics since the treatment is minimal and so readily available to patients. Along with the common indicators mentioned above, nearly half of the individuals that are affected by DVT have no symptoms at all. Unfortunately, the majority of these people do not realize that they have a medical issue until it's too late!

## What is Deep Vein Thrombosis (DVT)?

DVT's are a blood clot that can form in the legs or arms. When a blood clot breaks free, it can travel to the lungs or brain and causes an embolism, which is when the thrombus or blood clot is moving through the vessels or arteries. If it lodges in the lungs, it can cause death, and if it travels to the brain, it will cause a stroke, along with the probability of death. If you have any discomfort in your limbs, it's imperative that you see a specialist.

## What Causes DVT?

When a vein's inner lining is damaged, by either trauma, biological, or chemical factors, blood clots can form deep inside the vein. Varicose veins are an indicator of deep vein thrombosis. When veins are impaired, they can lead to more severe health issues. A medical professional will be able to report whether or not your symptoms are superficial, or unsafe and in need of restorative treatment.

Although it can happen to anyone, the most common factors that put you at risk for DVT is sitting for extended periods of time. If you are driving long distance, traveling by train, bus or plane, or perhaps you're deskbound at work,

these lengthy episodes of sitting can all lead to deep vein thrombosis. Other causes are vascular malformations, pelvic tumors, a family history of varicose veins, smoking, being overweight, pregnancy and an overall sedentary lifestyle.

## Symptoms:

- Prominent varicose vein
- Heavy aching legs
- Leg swelling
- History of a previous clot
- Family history of blood clotting
- No Symptoms

Because the veins and arteries balance each other out, when a person experiences chronic symptoms, it's critical to see a physician. If the veins are damaged, it's not unusual that the arteries are not pumping blood efficiently either. DVT's and Chronic venous insufficiency can be fatal and must be treated to prevent further damage to your circulatory system and your overall health.

Celebrity and Pro Tennis player Serena Williams suffered a DVT, which led to a pulmonary embolism. Thankfully she had a successful emergency surgery that saved her life. Shortly after having heart surgery, television host, Regis Philbin, also suffered from a DVT. He developed pain in his calf, and after further investigation, the clot was discovered. Luckily, he too was treated and had a successful outcome. However, NBC News journalist, David Bloom, wasn't so fortunate. He was killed by a DVT while reporting on the war in Iraq.



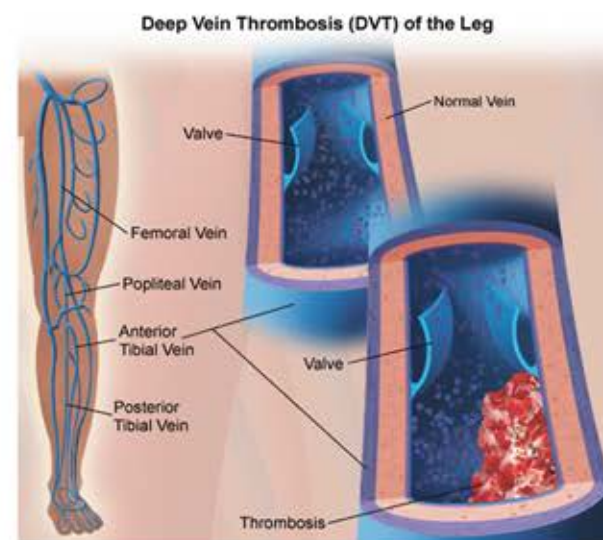
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If you or a loved one has any of the venous symptoms or risk factors discussed above, you must seek medical attention immediately! Making an appointment with a phlebologist, which is a vascular surgeon specializing in venous disease is your best line of defense against this common disorder.

## Treatment Options for Venous Insufficiency

- Compression Stockings
- Gradient Compression Devices
- Increased Exercise
- Medications
- Surgery (Usually through minimally invasive catheters, or ultrasound)

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

# ED: Getting Treatment Early is Best, but it's NEVER too Late

## Don't Just Mask your Symptoms

**E**rectile Dysfunction (ED) is deeply related to vascular health. Many men that begin to experience ED have little idea that they need to treat the arteriosclerosis in the penis as well as in their body. Most standard medical practitioners will start a man on the "little blue pill," but this only masks the symptoms of ED and it definitely doesn't treat the cause.

Any man that is showing signs of erectile dysfunction should seek alternative and thorough medical assistance from a physician that not only understands the disorder but one that also offers the most advanced treatment to address your overall health.

TNT (Total Nutrition & Therapeutics) uses the most advanced groundbreaking technology, which utilizes high-frequency shockwaves to break up the plaque in the penis. This technology is called GAINSWave.

### Treat ED's Cause with GAINSWave

The standard treatments for erectile dysfunction are prescription medications or injections that cause an erection for a limited amount of time. However, there is a better way than the standard of care by actually treating erectile dysfunction at its core. The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through sound waves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronie's disease (scar tissue) as well as enhance sexual performance.

### Younger Men Should Seek Treatment Early

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible. The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that GAINSWave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be.

Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. GAINSWave is based on a series of over 30 clinical studies showing a greater than 75% success rate in treating Erectile Dysfunction (ED).



### How to Get Started?

TNT has been helping men regain control of their ED and identifies the exact cause of your sexual health to create a customized treatment plan. Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. GAINSWave is based on a series of over 30 clinical studies showing a greater than 75% success rate in treating Erectile Dysfunction (ED).

**TNT offers free monthly seminars to find out more about GAINSWave.**

Call them to day to schedule your appointment at  
(352) 259-5190.



**If you want drug-free alternative options for your health needs, TNT treats both male and female patients who desire alternative therapies to get to the root cause of their conditions.**

### Total Nutrition & Therapeutics

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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# How On-Site Healthcare Improves Quality of Life

**T**he master-planned community of Ave Maria, Florida has been recognized as one of Florida's fastest growing communities with a focus on an active lifestyle for its residents. Healthcare, however, also plays an important role in the quality of life for its 5,000 residents. Ave Maria is currently home to a walk-in clinic, dentist, veterinarian, hearing center, holistic physical therapy provider and chiropractor. Braden Clinic just received the nod of approval from the state of Florida when it received its certificate of need to begin construction of a 25-bed hospital in Ave Maria.

"Ave Maria is home to active adults and young families, where essential medical services play an important role whether it's cardiac care or obstetric care," states Andrea McLendon, marketing director for Ave Maria Development. "By providing our residents several different types of healthcare directly in-town and a few minutes from their home, we can give them quality of life and peace of mind." According to Healthy People 2020, regular and reliable access to health services can prevent disease and disability, detect and treat illnesses or other health conditions, increase quality of life, reduce likelihood of premature death, and increase life expectancy.

The town of Ave Maria has been designed as self-sustaining, with all daily conveniences located in-town and within a short distance of residential neighborhoods. A fully amenitized lifestyle awaits new home buyers featuring a central Town Center with shops, restaurants, medical offices, fitness center, and Publix Supermarket. Outdoor recreation in-town includes private waterpark with resort and lap pools, concession and beach volleyball, outdoor amphitheater, miles of biking and walking paths, Panther Run Golf Club at Del Webb, tennis and bocce courts, and basketball, baseball and soccer fields. A full-time lifestyle director assists in programming free town events including outdoor concerts, arts festivals, weekly farmer markets, holiday events, and monthly first Friday themed social events.




Setting the pace for new home sales in Southwest Florida, the town of Ave Maria has been named the fastest-selling community for the past five consecutive years as well as the 2018, 2017, 2016 and 2015 Community of the Year. It is located approximately 40-minutes from the sugary sand beaches of Naples and 70-minutes from the vibrant city life of Ft Lauderdale. At its

build out, the town may include up to 11,000 residences, and 1.7 million square feet of retail, office, and business park uses in its 4,000 acres. A welcome center is open daily, and visitors are encouraged to take a tour. To visit Ave Maria, take I-75 southbound to Exit 111, follow the signs east to Ave Maria, a little over 3 hours from The Villages. For more information, please visit [www.avemaria.com](http://www.avemaria.com) or call 239-352-3903.

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# How to Avoid Prostate Cancer and Other Prostate Problems

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

## What is the Prostate?

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

## Tips to Avoid Prostate Trouble

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

### 1) Exercise Regularly.

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

### 2) Reduce the amount of eggs you consume.

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



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

### 3) Eat plenty of seeds.

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

### 4) Eat lots of tomatoes.

Tomatoes contain lycopene, a substance known to prevent prostate cancer. But to enjoy maximum benefit, you need to cook them, as the lycopene is

released when tomatoes are heated. Since garlic and olive oil are also good for the prostate, try frying tomatoes in a small amount of good-quality olive oil along with chopped garlic. If you prefer not to fry them, you can grill or even bake them.

### 5) Take a zinc supplement.

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

### 6) Take a turmeric supplement.

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

### 7) Take a PSA test.

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

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





# Do Your Loved Ones Need Assisted Living?

**F**or most aging people, it is difficult to accept help when completing routine tasks such as preparing food, taking medications, or even walking round without falling. As their family, you must acknowledge the changes you notice and help them realize that they may enjoy a better quality of life with assisted living.

Nobody likes the idea of having to move into an assisted living situation, but as people get older it often becomes a necessity. Most people look up to their parents as they grow up, and the idea that they may one day not be able to live independently is difficult. Parents and their children may deny that any kind of assisted living is necessary, but this denial will only end up doing more harm than good in the long run.

If you have elderly parents, or other loved ones, chances are that they will be able to live independently for the rest of their lives. Unfortunately, chances are just as good that they will need some kind of assistance as they reach the ends of their lives.

Here are some signs that your parents might need some level of assisted living.

## Changes in Weight

Weight changes can happen for a number of reasons. A person's metabolism often changes as he or she gets older, so some weight loss or gain might occur even in the healthiest of people. However, extreme weight loss can also be an indicator that people are unable to leave the home to buy groceries or feed themselves. Weight gain and weight loss may also be an indicator of memory loss. Many elderly people simply forget to eat, or they might forget that they've already eaten recently and prepare another meal for themselves. Keep an eye on your parents' weight; extreme changes could be an indicator that they need assisted living.

## Poor Hygiene

Assisted living and independent living facilities allow aging parents to live a more active, safe life.

Poor hygiene may also be an indicator that an elderly person can no longer live independently. If you notice that your parents have developed really bad body odor, bad breath or that they are often wearing dirty clothes, it may be because they are unable to take care of themselves.

## Falls and Mobility-Related Injuries

One of the biggest reasons why people need assisted living is because they are no longer as mobile as they once were. Many mobility issues can be solved by



adding handrails, non-skid floors and other accommodations to the home, but if your parents are still suffering fall-related injuries it may be time to consider an assisted living facility.

## Behavioral Changes

Assisted living facilities are great at helping those living with dementia maintain as independent a life as possible. Obviously, not everybody will be aware of their own dementia or behavioral changes, so it's up to you to pay close attention to your parents as they get older. If you notice some serious changes in mood or behavior, it might be time for some kind of intervention. If you can't keep a close eye on your parents or their behavior, you might want to talk to those close to them. Ask their friends and neighbors if they've noticed any changes in their behavior that would be alarming. If things change too much, you should consider assisted living, especially if those behaviors cause them to become more confrontational or violent than they've been in the past.

## Serious Financial Issues

Sudden and serious financial issues such as neglecting to pay bills or paying the same bill twice, participating in obvious scams and excessive gambling can also be signs that a parent needs

assisted living. Forgetting to pay bills or paying bills twice could be a sign of memory loss, and excessive gambling and falling for scams is definitely a sign of poor judgment and a possible sign of dementia. While you don't need to pry into your parents' finances if there is no cause for alarm, you should keep close tabs on their money if you suspect they are suddenly being irresponsible with it.

If you noticed any of these, or other alarming things, while visiting with loved ones during the holidays, it is time to learn about the benefits of assisted living facilities.



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# Colorectal Cancer Awareness and Prevention

Dr. Dariano, D.O.

**D**espite advances in diagnosis and treatments, colorectal cancer is still one of the most frequently diagnosed types of cancer. While incidence is decreasing for the most commonly diagnosed age group population, ages 65-74, the rate is increasing for young and middle-aged adults. According to the American Cancer Society, those born around 1990 actually have double the risk of developing colon cancer, and quadruple the risk of developing rectal cancer in comparison to those born around 1950. Clearly, more work needs to be done.

While statistics may feel frightening, there is hope. Evidence is mounting with what can be done to prevent colorectal cancer, even in higher risk populations. While it may seem redundant, as the prevention to many conditions remain similar, this is even more of a reason to practice healthy lifestyle habits. The first step is recognition. Become aware of your body and know what is normal, and what might need to be investigated further. Knowledge is always power. Especially at the beginning, symptoms of colorectal cancer may be vague, which emphasizes the importance of knowing what's normal. Abdominal pain, change in bowel habits, blood in the stool, fatigue, and unintentional weight loss may all be signs.

With advances in technology, our society has become more sedentary, which is likely a factor in why younger people are increasingly developing colon cancer as sedentary lifestyles have an increased risk of developing colorectal cancer. The solution is simple – get up and move. Set an alarm, get a smart watch, get a dog (bonus – dogs improve mood and decrease risks of heart disease), take the stairs, park further away, dance, walk during your lunchtime, every little bit of movement counts. Find movement you enjoy, and stick with it.

Studies showing increased risk of colorectal cancer for Americans are based largely off of those consuming the Standard American Diet, with meat as a staple. To prevent colorectal cancer, eat more plants. Vegetarian and pescovegetarians (vegetarians who also consume fish) have a lower risk of developing colorectal cancer in their lifetime. Red meat, especially when cooked at a high temperature is especially suspect, and should be avoided. Alcohol can also increase your risk for developing colorectal cancer.



Focus on healthier eating by incorporating more plants including vegetables, fruits, beans, nuts, seeds, and whole grains, and drink green tea. Increased consumption of beans alone can cut pre-cancerous colorectal polyp recurrence by 65%. Green tea is considered protective, and may also prevent recurrent polyps. Vegetables and fruits are the preferred foods of healthy gut bacteria, otherwise known as probiotics, which can also protect your colon.

Another concerning potential contributor to colorectal cancer is the increase in environmental toxins. Studies are suggesting that increased exposure to polychlorinated biphenyl (PCB) pollution, organochlorine pesticides, and asbestos and others can all be adding fuel to the fire. Know your surroundings, and prevent exposure when possible.

Assess and address metabolic syndrome, which is characterized by excess abdominal fat, elevated cholesterol and blood pressure, and glucose levels. In vitro studies show these characteristics put you at an increased risk for the development of cancer in general. The fight against metabolic syndrome means more plants, and more movement, among other strategies. Your efforts against one condition double as protection against others, as well.

Turmeric has gained popularity in the United States and has historically been a principle spice in Indian cuisine. Men and women in India have significantly lower risks of developing colorectal cancer, as well as many other cancers. While many focus on turmeric as a supplement, the use of the herb in food preparation is beneficial, and easy to do. As with everything else, quality is imperative.

Although the news of increased risk of colorectal cancer for the younger population is disappointing and may feel daunting, the time to act is now. Use food and lifestyle in your favor and arm your body with the tools to stay healthy. Be aware of your genetic risk of developing colorectal cancer, let your doctor know of any new gastrointestinal symptoms, and get your colonoscopies according to guidelines.

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.

*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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# Orthopedics and the Advantages of Stem Cell Therapy

Over 35 years ago, stem cells were studied for their positive regenerative effects at the University of Cambridge. Since that time, stem cell regenerative medicine has come a long way with numerous research trials and studies that show the efficacious benefits to various age groups, and for many different medical issues. Stem Cell treatment can ease arthritis and chronic pain. It can also restore and heal injuries like bunions, rotator cuff, tendon and ligament tears, as well as labral and cartilage damage.

In orthopedics stem cells are typically derived from fat, bone marrow and the blood platelets of the adult patient, but when were dealing with age related injuries or aging degenerative effects like arthritis, the stem cells from a 70-year-old, are not going to be as beneficial in healing the body. At the Advanced Orthopedics Institute (AOI), the surgeons are dedicated to giving you the best quality care with top outcomes, and that's precisely why they use OrthoFlo by Mimedex. OrthoFlo is a stem cell allograft taken from amniotic fluid.

#### Mimedex cites the following:

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*OrthoFlo is a human tissue allograft that is derived from amniotic fluid, donated by mothers delivering healthy babies by scheduled Caesarean section.*

*Amniotic fluid, in utero, naturally functions to protect, cushion and lubricate.1 Key elements of amniotic fluid include growth factors, carbohydrates, proteins, lipids, electrolytes, and other nutrients, as well as hyaluronic acid (HA), a principle component that provides viscosity and lubrication in the synovial fluid that surrounds joints.*



*OrthoFlo is an amniotic fluid allograft, which helps to cushion, lubricate and protect the joint. OrthoFlo is procured and processed in the United States according to standards and regulations established by the American Association of Tissue Banks (AATB) and the United States Food & Drug Administration (FDA)."*

Along with OrthoFlo, Advanced Orthopedics Institute also uses Mimedex's AmnioFix.

*"AmnioFix® is a composite amniotic tissue membrane minimally manipulated to protect the collagen matrix and its natural properties. AmnioFix® reduces scar tissue formation, modulates inflammation in the surgical site, enhances healing, and acts as a barrier."*

After years of accomplishment, Stem cell therapy is being utilized in many different medical specialties as it's finally receiving the credentials that it has proven to provide. Scientists are discovering new ways that stem cells are able to assist in healing. One of these ways is to fight viruses. Stem cells are also being made into vaccines and immunotherapeutic treatment. In orthopedics, stem cell therapy provides the following advantages:

#### Stem Cells Benefits

- Allows the body to heal itself naturally
- Reduces treatment time
- Quicker recovery time
- Restores degenerative tissue
- Lowers risk of infections
- Often alleviates surgery completely
- Can be used to improve healing rate after surgical procedure

*AOI is at the forefront of orthopedics. Dr. John T. Williams, Jr. specialties are hip and knee replacements, and knee revisions. Dr. Alfred J. Cook Jr., specializes in sports medicine, shoulder surgery and replacements, rotator cuff repairs, and knee procedures including arthroscopy. Both doctors use innovative early prevention treatments for arthritis.*

To find out more about stem cell therapy, or your other orthopedic needs, please call Advanced Orthopedics Institute at (352) 751-2862.



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



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Dr. Mark Jacobson

# What is the MIT Difference?

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

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

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

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

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

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



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

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

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

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

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



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# Avoiding Oral Pain? Don't Suffer in Silence!

**T**oday, there are so many advancements in dentistry that make getting your dental health issues taken care of—a breeze. If you have dentures and over the years they've become loose, or are causing sore spots on your gums, it's because they don't fit properly any longer. When teeth are missing, the bone in the mandible (lower jaw) and the maxilla (upper jaw) will start to deteriorate over time. Once this takes place, you'll need to have your dentures adjusted. This is a simple fix.

There is not much worse agony, then when your mouth has some sort of pain. Whether it's from the aching nerve endings in a tooth, swollen sore gingival tissue, loose teeth, or an ill-fitting denture, don't suffer in silence, because oral pain can easily be treated.

If you'd like to feel more confident about your smile and enjoy the comfort of not having dentures or partials, then getting dental implants is the best solution. Over the past several decades, dental implantology has advanced into one of the leading procedures performed conveniently right in the dental office. It's now safer and easier than ever to get permanent replacements for a single tooth, or for multiple ones. In some cases, where patients have full dental arches needing to be replaced, dental implants can be strategically fixed into the bone, which will be the foundation that the dentures adhere to. This actually helps to salvage the healthy bone that you have within your jawline, much more so than with dentures alone. This is because the dental implants stimulate your bone and will contribute to the new regenerate of bone due to the bite occlusion and proper pressure needed for this formation. This process is called an implant-supported denture.

Using cone beam scanners, lasers and digital radiography, this cutting-edge technology, allows dental implants to be placed optimally without the need of scalpels or sutures. After the titanium posts are placed, your bone will integrate even more securely over a short period of time, making the "roots" of the implant strong and firm. In many cases, these teeth will be stronger than the patient's original tooth structure. The crown or prosthetic teeth are made to match your other teeth in size and shape. To the visible eye, these crowns will appear to be your beautiful natural teeth.



The cone beam scanner is a three-dimensional image of your teeth, soft tissue, nerve endings and bone formation. This advanced 3D technology allows for optimal treatment planning for countless procedures.

A hybrid denture is also an option for individuals that are missing several teeth in a row but do not wish to wear a partial denture because they prefer something more permanent. The hybrid denture is more like a fixed bridge, but it covers the empty spaces between teeth, without having to shave down existing teeth like with a traditional bridge. The hybrid denture adheres securely to the surrounding teeth, making it an ideal choice for many patients.

The best treatment option is, of course, to be proactive in your dental health. If you have loose teeth, or some form of gingivitis, or advanced periodontal disease, then seeing your dentist is critical to avoid losing teeth and also to treat the bacteria in your mouth. Bacteria and gingival disease is a fairly good indicator of your overall health. When your mouth has microorganisms causing disease, getting it treated will prevent it from spreading further into your system.

At Laurel Manor Dental, their dentists are highly trained in these procedures, and they take great pride in your getting you to your most optimal dental and oral health. Laurel Manor Dental goes one step further because they have an onsite specialist in periodontal disease and prosthesis. Her name is Dr. Lucia Roca.



After receiving her Doctor of Dental Surgery degree, Dr. Roca spent an additional three years studying at the University of Connecticut School Of Dental Medicine. She was then accepted into the University of Medicine and Dentistry of New Jersey/Rutgers where she performed clinical research, completed her periodontics residency and earned her Masters of Dental Science degree.

As a member of the American Dental Association and the American Academy of Periodontology, Dr. Roca has worked tirelessly to help bring dental care to those in need from the city streets of Newark, NJ to the rural villages of Guatemala. Her dedication and continual interest in acquiring new dental knowledge have deep ties, as Dr. Roca's parents are both dentists, and she herself is now married to a dentist. Dr. Roca takes satisfaction in explaining the best treatment options for her patients in English, Spanish or Italian!

If you or someone you love is in need of a dental consultation for any of the issues mentioned above, or for other general dental needs or concerns, please call Laurel Manor Dental at (352) 430-1710, or visit [laurelmanordental.com](http://laurelmanordental.com).

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# Finding Your Optimal Melatonin Dose

By Bo Martinsen, MD

**M**elatonin is a molecule indispensable for life. Found in most plants and living organisms, melatonin contributes to a wide range of physiological functions as an antioxidant, hormone, and anti-inflammatory agent.

In spite of its varied benefits, melatonin is still best known for its role in improving sleep and reducing jet lag. Unfortunately, there is also a lot of confusion surrounding melatonin, particular in terms of dose.

## How Much Melatonin Do You Need?

The dose necessary to get benefits from certain supplements, like omega-3 fatty acids, has always appeared to be relatively stable. For an adult with chronic inflammation, studies routinely suggest the optimal dose ranges from 3 to 4 g of EPA/DHA omega-3s per day.

But when it comes to melatonin, there are huge variations from one person to another. Studies use anywhere between 1 – 100 mg of melatonin per day to document clinical effects. Furthermore, it appears that the same dose given to individuals can have very different outcomes. Consider, for instance, one study, which found that the same 10 mg melatonin dose given to a group of people could cause over 50 times higher levels of melatonin in the blood from one person to the next.

This dose discrepancy is on full display when you read anecdotes of people's wildly different experiences taking melatonin. For instance, some people report having gotten too high a dose with only 1 mg. Others say they only feel effects with 15 mg or more of melatonin a night.

Dose variation will constitute the biggest challenge for melatonin research in the future since most clinical trials use one fixed dose. This may mean that a large number of participants will either get too high or too low a dose, impacting the results of the study.

The good thing, however, is that melatonin seems to be safe even in people who may be taking too high a dose for their needs. Studies routinely use between 20 – 100 mg/day with no significant safety concerns.

## Why Do People Need Different Doses of Melatonin?

The pineal gland naturally produces melatonin to help regulate our sleep cycle. And because melatonin

is in part naturally produced in the body, the melatonin dose a person may need is influenced by a number of factors, including age, genetics, and the number of melatonin receptors in the cell.

Factors like diet may also make a difference; certain foods, including tomatoes, olives and walnuts, contain notable amounts of melatonin.

Lifestyle and medication use also play a role. For example, beta-blockers are known to knock out the body's melatonin balance and influence sleep negatively. Similarly, light pollution and exposure to blue light at bedtime can shut down the body's natural melatonin secretion.

To make matters more complicated, the bioavailability of consuming melatonin tablets is famously low, ranging from 3 to 33 percent. Bioavailability can also be influenced by other factors, like the amount of enzymes breaking down the molecule and the amount of liquid present when the melatonin is absorbed. This is one of the reasons that we believe melatonin added to omega-3 oils, like in our Omega Restore™, could help improve bioavailability.

## Are There Side Effects to Getting Too Much Melatonin?

If a person gets too much melatonin, they may experience some unpleasant effects. Some people report that if they get too high a dose, they might wake up early, wake up frequently during the night, or in a few cases, not to sleep at all. Vivid dreams or nightmares are other symptoms.

On the positive side, these are not long term effects, and typically only last for a day. In addition, the effects are strongly dose dependent; if a person gets too high a dose, studies show that reducing the dose will also diminish the side effects.

Finally, it's important to remember that sleep is influenced by more than melatonin. For this reason, it can be beneficial to take one's starting melatonin dose for 5 – 7 days before determining whether you need to adjust the dosage.

*This article was abbreviated from a longer version published on [omega3innovations.com](http://omega3innovations.com). For the full text and references, visit:*

<https://omega3innovations.com/blog/finding-your-optimal-melatonin-dose/>



## About Dr. Bo Martinsen

Dr. Martinsen is an omega-3 specialist, innovator, and advocate for natural foods. As co-founder and CEO of Omega3 Innovations, he has created multiple patented technologies for medical devices designed to improve consumer compliance. He is also the creator of several medical food products that combine dose-effective ingredients of omega-3 fish oil with soluble fibers and other nutrients. Before Omega3 Innovations, Dr. Martinsen practiced medicine in Norway for 20 years, focusing on occupational and preventive medicine.



Call us at 941.485.4400  
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# PEMF Therapy 101:

## Heal Your Pain Naturally By Targeting The Root Cause

**D**ysfunctional cells are the root cause of all chronic pain, illness and disease. Dysfunction begins when the electromagnetic energy of a healthy cell membrane potential drops below 70 ÷ 90 mV (millivolt). What does this mean?

We have been receiving Pulsed Electromagnetic Fields (PEMF), from the Earth, since the day we were born. Every cell in our body requires this electromagnetic energy to properly carry out its functions and communications within our body. PEMF Therapy naturally replicates the electromagnetic fields of the Earth, feeding our bodies the energy necessary to heal and to boost our immune system.

The human body contains approximately 100 trillion cells. Each of these cells relies on electromagnetic energy to stimulate the production of ATP (which is our energy) to correctly metabolize, communicate with other cells and keep organs and tissues in homeostasis or a state of balance. When our body is in homeostasis, we tend to be healthier, have more energy and are prepared to have our bodies heal should injury or pain arise. Specially designed electromagnetic impulses, called Pulsed Electro-Magnetic Field Therapy (PEMF) can actually help to restore the cells energy and repair damaged cells.

### What Causes Dysfunctional Cells?

We were designed to be hunters and gatherers walking barefoot 30 to 40 miles per day to survive. Today the average American spends most of our days on cement slabs, either in our homes or at work, which unfortunately blocks much of the electromagnetic energy the Earth is producing for us. Plus, the



average American only walks less than half a mile per day. This combination has led us to become electromagnetically deficient.

Stress, environmental pollution, sedentary lifestyles and poor diet, add to many people becoming

affected by illnesses and insufficient energy. However, when electromagnetic fields (PEMF) are applied to the body, it can self-regulate and even self-heal in a much more efficient and greater rate.

If the body is continually exposed to toxins and waste, cell damage will occur. When the cells are fed oxygen and nutrients through the electromagnetic field (PEMF), the waste and toxins will filter out, while increasing energy, oxygen and blood flow to your cells allowing the body to begin to heal.

### How Is PEMF Therapy Healing Your Pain and Improving Your Health?

Pain is often felt in the body due to some form of inflammation. PEMF Therapy will rapidly begin to decrease inflammation anywhere in the body with pulsed electromagnetic fields that penetrate all the way through the body. Red Blood cells are separated and arteries are enlarged allowing for better blood flow and greater oxygen throughout the body while detoxing the cellular waste.



Magna Wave PEMF therapy for neuropathy is safe to use and has no adverse effects.

But the most important result of a pulsating magnetic field or PEMF, which no other modality can deliver, is to stimulate cell metabolism. This action is thought to cause a chain of processes in the body that could lead to improvement of health without side effects. A cell produces its energy, called ATP (Adenosine Triphosphate). This energy is necessary for the function of the body, building up and breaking down molecules, and transporting substances across cell membranes. To produce energy a cell needs oxygen and about 90 other substances including enzymes, glucose, and nutrients. In addition to energy, cells also produce carbon dioxide, water, and waste products. To be able to execute and control all these processes properly, good cell metabolism is required. Therefore, the cell needs a membrane potential of 70 ÷ 90 mV (millivolt). Whenever this electrical potential drops, active metabolism is impaired. Low-performance levels and chronic disease are the results. Ultimately, every illness is the consequence of impaired cell metabolism.<sup>1</sup>

1. Magna Wave, "Magna Wave PEMF Technology," magnawavepemf.com, Louisville, KY, 2018

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# Fighting Illness, Anxiety and Pain with CBD Oil

**T**here are countless ongoing peer-reviewed studies on the medical outcomes of utilizing Cannabis as a drug therapy in patients that have cancer, multiple sclerosis, HIV/AIDS, cognitive damage, rheumatoid arthritis, PTSD, epilepsy, ALS, Crohn's, Parkinson's, Lupus, and many other disorders. CBD oil is also a viable alternative for many patients wanting the healing properties of cannabis and its potent antiviral and anti-inflammatory effects without the mind-altering psychoactive effects of cannabis with THC (tetrahydrocannabinol). THC is the mind-altering, euphoric component of marijuana that gives you the "high" feeling.

The treatment for diseases like cancer, epilepsy and other chronic disorders require a higher dose of CBD oil in tincture form, and it's imperative to seek out products that are regulated and distributed by a reputable practitioner that is experienced with understanding a patient's disease or disorder. MMD Holistic Medicine & Wellness Center specializes in providing their patients with the highest-quality of CBD that is pharmaceutical grade, manufactured in the U.S.A., certified to prove potency; and it's also grown, packaged and distributed under the most comprehensive quality control. The brand is called Grasshopper Manufacturing, which is a pharmaceutical grade line of full spectrum Hemp CBD that the company created specifically for doctors and pharmacists.

#### **Recent studies have shown the following health benefits of CBD oil:**

- Reduces anxiety
- Improves sleep
- Relieves pain
- Alleviates Seizures
- Controls & eases muscle spasm
- Anti-nausea
- Anti-psychotic
- Anti-tumor factors
- Brightens skin
- Cancer cell death
- Cancer cell growth inhibitor
- Fights viral infections



- Reduces beta-amyloid plaque
- Reduces cognitive impairment
- Reduces Seizures/anticonvulsant
- Reduces inflammation
- Relaxes organs and tissues

#### **How Does CBD Work?**

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to cannabis (full spectrum hemp CBD/medical marijuana). The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with CBD, creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like mood, sleep, immunity, pleasure, memory and much more.

CBD or cannabinoids can treat many different forms of diseases and disorders with little THC. CBD is not the only cannabinoid found in cannabis; in fact, over 100 cannabinoids have been discovered so far. The full spectrum hemp contains CBD along with many other cannabinoids that have been used for centuries by many cultures for medicinal purposes.

CBD oil is an excellent alternative for patients that would benefit from cannabinoids alone, while other more complex medical cases may require the additional advantages of THC combined with CBD in the marijuana plant.

#### **Who can benefit from CBD?**

Almost everyone can benefit from CBD. CBD is an all-natural product that helps maintain overall health. Research on the potential health benefits of CBD oil is ongoing, so new therapeutic uses for this natural remedy are still being discovered.



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# Digestion and Tea

**O**ur digestive system is essentially what keeps our bodies fueled and running smoothly. The digestive system is the main track that food and drinks follow from the mouth, down the gastrointestinal track (GI), and are then released in the form of waste. The digestive system allows for the nourishment of our bodies through maintaining the ease in which passage is allowed. Our bodies need nutrients from food and water to stay healthy and to work correctly. Proteins, fats, carbohydrates, vitamins, minerals, and water are all nutrients. The digestive system breaks down nutrients into smaller parts that your body can absorb and use for energy, growth, and cell repair.<sup>1</sup> In many cultures and places different kinds of teas and spices are used to ease and stimulate the digestion process. Teas and spices have both been known to aid in stomach discomfort, gas, bloating and in acid reflux.

The Spice and Tea Exchange has many wonderful options for wellness. From digestive help to sleep aids, anti-inflammation and metabolism boosters there are options for everyone. Focusing on digestion some of the teas that are recommended would be Ginger Turmeric, Marrakesh Mint, Craving Crusher and Mint Basil. A few examples of some digestive-aiding spices are lavender, rosemary, rose petals, hibiscus, fennel, dandelion root and catnip. A few more well-known options are chamomile, licorice root, lemongrass and peppermint. All of these spice options can be steeped in the form of a tea as well.



*Roy G. Biv and Lilac Lavender, two limited release teas, will be available March 28th.*

Spring is time to get outdoors and exercise. It's time to enjoy the warm weather and to enjoy a lovely tea combination that suits your mood or needs. There are thoughtful combinations of herbs and spices that can help calm many conditions and ailments leaving the body feeling rejuvenated. These creative and delicious tea combinations are sure to leave your body (with your digestive system in particular) feeling soothed, relaxed and very well taken care of.

Roy G. Biv is a green tea blend containing chamomile and lemongrass (both known for calming effects). Hibiscus is added, which is high in antioxidants to fight colds, butterfly pea flowers another type of antioxidant, and a splash of citrus.

Lilac Lavender is a bold black tea that originates in South India. It contains lavender buds, which are known to have both calming and digestive properties. Coupled with the smell of lavender its heavenly.



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Hours: Monday – Saturday, 10:00 am – 9:00 pm

Sunday, 12:00pm – 5:00pm

Please stop in and visit. Find a bud and sip life's sweet moments together. Take time to relax with a cup of tea and enjoy the wonderful health benefits it can offer your body.

The Blue Raspberry Crush is a beautifully colorful herbal tea consisting of lemongrass, raspberry leaves, and butterfly pea flowers. Many women also appreciate raspberry leaves and they are known to support healthy menstruation and help with cramps.



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# The Right Food May Be Wrong For You

By Compton Chiropractic Care



**Y**ou've seen your doctor, but nothing seems to explain the cause of these symptoms. Well get ready to change everything you ever thought you knew about your diet, nutrition and how to be healthy! Compton Chiropractic is now offering a new test that pinpoints exactly what foods are toxic to your body so you can stop feeling lousy, tired moody, or bloated.

Years ago scientists discovered your body has an internal chemical balance that is as unique to you as your fingerprint. Likewise, every food you eat has its own "chemical imbalance"; a unique set of natural or man-made chemicals. As your body reacts differently to each and every food, the food you eat each day will enhance proper body chemistry, or disrupt the correct balance. In fact, 95% of the patients that are tested show that one or more foods they regularly eat cause a toxic reaction in the body. You might not even notice these inflammatory reactions. Most of them work at a cellular level, and may cause symptoms that you will not notice right away. Nutritious foods you eat (like corn, soy, egg whites, green pepper or chicken for example) may actually act like an invader to your body. When you eat foods that form inflammation in your system, those foods can cause harmful, chronic problems with your health.

## What can I do?

Compton Chiropractic is now partnering with Immunolabs in order to determine how your body reacts to the foods you eat is through a test called a Bloodprint. This simple blood test pinpoints the foods that support healthy body chemistry and those that are toxic to you.

This is not a standard blood test nor is it a regular food allergy test that most doctors order. While most doctors test life-threatening types of allergic reaction, this bloodprint tests for foods that are slowly causing inflammatory responses in your body. This could explain why you are experiencing chronic pain or flare ups of autoimmune reactions (such as rheumatoid arthritis psoriatic arthritis, multiple sclerosis etc).

## What makes immunolabs different to other diet problems?

It is simple, we help you find foods that your body does not want you to ingest. Then, Immunolabs offers a customized meal plan for your exact body chemistry including special reporting available on 154+ foods. Your custom meal plan will include "good" foods and eliminate any toxic foods. This nutritional plan will also work to remove cravings, eliminate binge eating and line up your food intake with your unique body chemistry in order to achieve and maintain your ideal weight as well as decreasing inflammation in your body. Immunolabs will continue to work with you in order to improve your diet by offering personalized coaching phone sessions with trained health advisers and a free online forum.

With foods that support healthy digestion and proper functions you can unleash your physical, emotional, and mental energy. Set up a consultation today so you can start a pathway to experiencing better health and a positive outlook to a new glow in health!

## Ask yourself if you experience any of the following:

- **Musculoskeletal:** osteoarthritis, rheumatoid arthritis, multiple sclerosis, gout, neuropathy, thyroid dysfunction, Addison's Disease, diabetes, lupus erythematosus?
- **Digestive Tract issues:** belching, bloated feeling, constipation, diarrhea, nausea, passing gas, stomach pains, vomiting, Irritable Bowel Syndrome, Diverticulitis, Celiac's Disease?
- **Ears:** Drainage from ear, ear aches, ear infections, hearing loss, itchy ears, ringing in ears?
- **Emotions:** Aggressiveness, anxiety/fear, depression, irritability/anger, mood swings nervousness?
- **Energy and activity:** Apathy, fatigue, hyperactivity, lethargy, restlessness, sluggishness?
- **Eyes:** Blurred vision, dark circles, itchy eyes, sticky or swollen eyelids, watery eyes?
- **Dizziness:** Faintness, headaches, insomnia, light-headedness?
- **Joint and Muscles:** aches in muscles, arthritis, feeling of weakness, limited movement, pain in joints, stiffness?
- **Lungs:** Asthma, bronchitis, chest congestion, difficulty breathing, shortness of breath, wheezing?
- **Mind:** Confusion, learning disabilities, poor concentration, poor memory?
- **Mouth and Throat:** Canker sores, chronic coughing, gagging, sore throat, swollen tongue, lips, or gums?
- **Nose:** excessive mucous, hay fever, sinus problems, sneezing attacks, stuffy nose?
- **Skin:** acne, dermatitis, eczema, excessive sweating, flushing/hot flashes, hair loss, hives, rashes itching?
- **Weight:** binge eating, compulsive eating, cravings excessive weight, underweight, water retention?
- **Other:** anaphylactic reactions, chest pains, frequent illness, genital itch, irregular or rapid heartbeat, urgent urination?



**Dr. Compton shares the ways that many residents have become his patient's:**

**First:**

- Many patients come directly to our office as referrals are not necessary.
- Others tend to start at their Primary care Physicians office (PCP). The PCP will evaluate and treat with medication. Then the patient presents to our office.

**Second:**

- We evaluate and treat the patient while working with the PCP if indicated.
- We treat as needed based on the patient's presentation (3-10 visits). Should we fail to see results quickly we recognize the need to progress the case. This means advanced imaging and orthopedic consultation.

Doctor Compton states that, "some patients will require surgery for pain relief", however in most cases he can postpone or prevent surgery for his patients.

The Doctors at Compton Chiropractic have received additional education on the Cox Technique among others. This conservative treatment has been shown to decrease disc pressure by approximately 75% thus allowing relief of the signs and symptoms of disc related pain (Sciatica).

The average treatment time is only about 15 minutes and most patients report feeling better in just a few visits.

**Patient Testimonial**

*"I suffered from sciatica for 25 years until a friend told me about Doc. After 4 treatments I was back on the golf course and out of pain." - K.R.*

Doctor Compton's office is located in The Palm Ridge Plaza off CR 466 and they accept all major insurances. Office hours are M-F from 9am to 5 pm.



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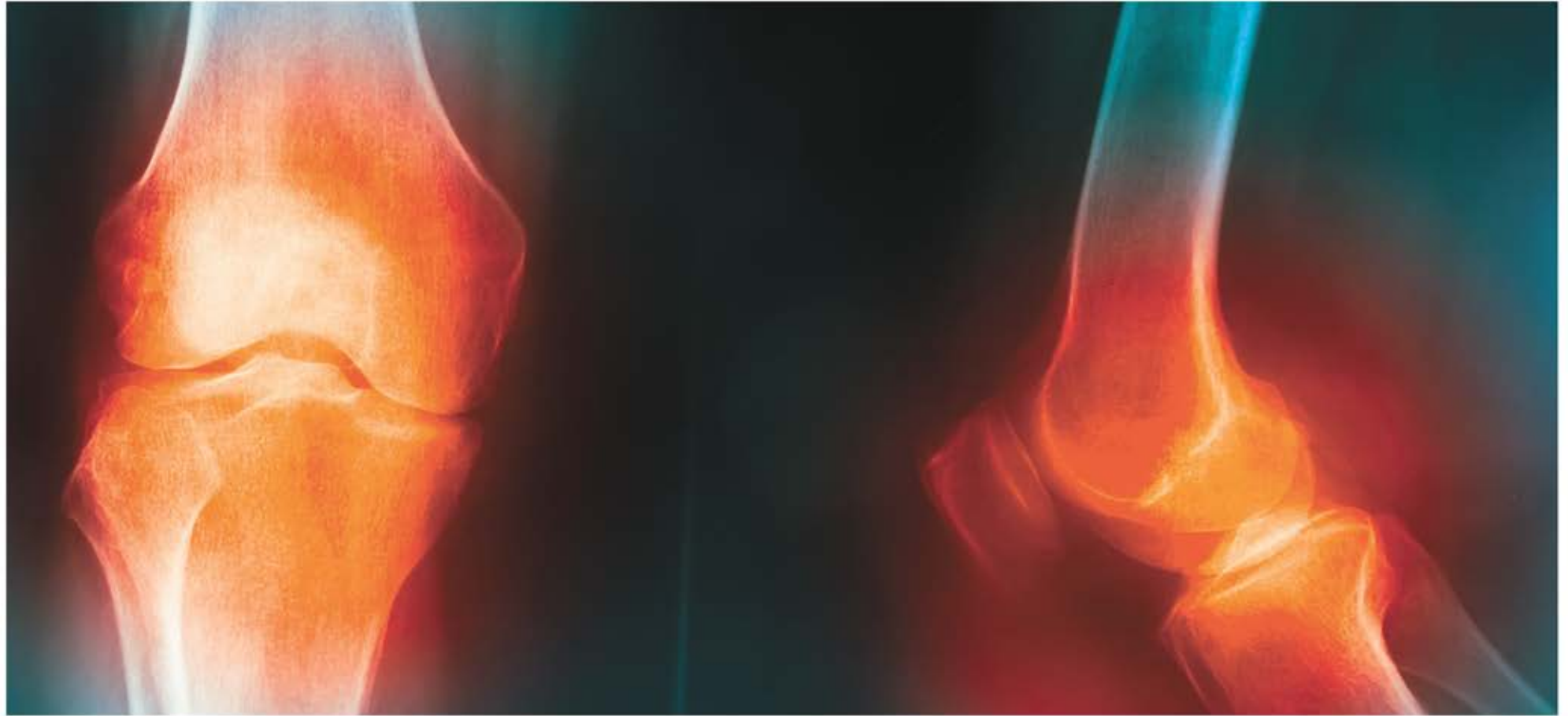
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B.S. Biology Sciences

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# AVOID KNEE REPLACEMENT SURGERY

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By Physicians Rehabilitation



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- Infection
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- 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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# What is Carpal Tunnel Syndrome (CTS)?

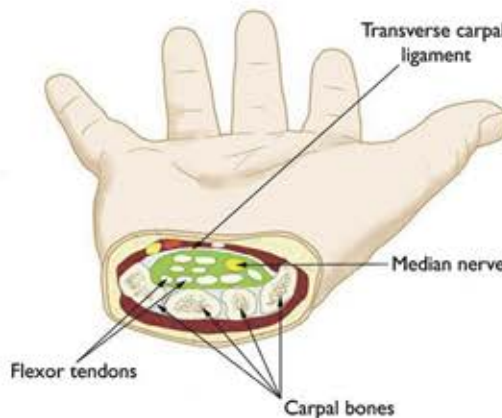
Every year, a significant number of patients see a physician complaining of hand numbness, tingling, and pain. Many of these patients are assumed to have nerve compression in the neck area and come to the doctor's office with an MRI of the cervical spine. Some may even have had surgery performed in the neck area with little or no relief. The reason the pain persists may be because they have been given the wrong diagnosis.

What they might really be experiencing is known as Carpal Tunnel Syndrome (CTS), caused by compression of the median nerve at the wrist. The carpal tunnel is a pathway made of ligaments creating a tunnel through which the nerve travels. In addition to the median nerve, tendons also travel alongside the nerve. If the carpal tunnel becomes narrowed for any reason, this will cause compression on the nerve and tendons. For example, if any of the ligaments forming the tunnel get swollen, inflamed or thickened, this will limit the space available for the nerve and tendons to go through and the person may become symptomatic. It is commonly considered to be an occupational condition due to repetitive movements at the wrist.

## Symptoms Associated with Carpal Tunnel Syndrome

In the beginning, a feeling of numbness and/or tingling in the hands is a very common symptom of CTS. Patients often complain that this sensation wakes them up at night.

The symptoms are improved by shaking their hands or hanging them over the side of the bed. Others report dropping things or having trouble



opening jars or making a fist. When patients wait too long to seek treatment, they can develop muscle loss in the hands with weakness of the thumb.

## CTS Risk Factors:

- Obesity
- Diabetes
- Smoking
- Alcoholism
- Thyroid disorders
- Trauma to the wrist or hand
- Repetitive motion activities such as typing, writing, cycling, golfing, and tennis can exacerbate the symptoms

## Several Ways to Diagnose CTS

The Neurologist will initially evaluate the patient by getting a medical history and conducting a physical exam. If CTS is suspected, an electromyogram and nerve conduction velocities test will be done to confirm the diagnosis.

According to the American Academy of Orthopedic Surgeons, "In most patients, carpal tunnel syndrome gets worse over time, so early diagnosis

and treatment are important. Early on, symptoms can often be relieved with simple measures like wearing a wrist splint or avoiding certain activities.

"If pressure on the median nerve continues, however, it can lead to nerve damage and worsening symptoms. To prevent permanent damage, surgery to take pressure off the median nerve may be recommended for some patients."

## Treatment Options

If CTS is caught early enough, treatment with a wrist splint or a course of hand therapy may be all that is necessary. Hand Therapy utilizes modalities to decrease inflammation and increase circulation for the median nerve and flexor tendons within the carpal tunnel. Joint block tendon gliding exercises, as well as, nerve glides improve function. Patient education should include information on preventive measures to prevent range of motion that exacerbates symptoms.

Hand therapy with the use of modalities, to decrease inflammation and increase circulation to the median nerve and flexor tendons within the carpal tunnel. As well as patient education on joint block tendon gliding exercises as well as nerve glides to improve function. Education should also include, information on preventative measures, to prevent range of motion that exacerbates symptoms.

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# Spring Clean Your Diet

## Whittle Away Calories - A Little Here and There

**T**he formula for weight loss sounds simple: You need to burn more calories than you take in. That usually means moving more and eating less.\* But does the thought of cutting back on what you eat leave you, well ... hungry?

Here's a secret: You may not have to do anything drastic. Consider this three-step, no-diet, no-denial approach from UnitedHealthcare Florida's chief medical officer, Dr. Mayrene Hernandez. It may help you shave calories on your way to weight-control success:

### Step 1: Examine and plan

**Play detective.** Record what you eat and drink every day — for about a week — in a food diary. You can make your own — or use an app. Then look over your entries — and note essentials and extras. Essentials are foods that give your body energy and nutrients. These are healthy items such as fruits, veggies, whole grains, low-fat dairy products and lean sources of protein. Extras are often sugary or fatty foods with few nutrients. You don't have to give up these treats entirely. But ask yourself how you might cut back; sharing a dessert or French fries, switching to single serving bags are two easy ways to cut calories in half (or more).



Preparing a shopping list in advance and including healthy snack items helps manage spontaneous shopping. Also look for individual portion sizes, which while may cost a little more, are more effective in helping cut calories, encourage mindful eating and avoid the eating out of the big bag or box habit.



Having a visual such as what a healthy plate looks like posted on your refrigerator, along with keeping a diary and/or tracking what you eat via a Fitbit type watch or app, are effective tools to find ways to improve what you eat and whittle away calories.

**Rethink how you eat.** Do you finish your child's leftovers? Nibble nonstop at work? Overindulge when you're stressed? Try to identify times you eat when you're not truly hungry. Think of ways you can switch up your behavior. Maybe that means having the kids clear the table, packing nutritious bites in small portions for work or making a cup of tea instead of grabbing a sugary soda when you feel tension rising.

**Shop smart.** Head to the grocery store with a list of healthy foods in hand. And don't go in hungry. Shop after a meal or hearty snack, when goodies are less likely to tempt you.

### Step 2: Trim at the table

**Downsize dishes.** Dish up your meals onto smaller plates or bowls. You'll still feel like you're getting plenty. But the portions will stay modest. This trick can work for beverages too.

**Savor the flavor.** Enjoy every bite — and eat slowly. It gives your mind time to get the message that your stomach is full.

### Step 3: Be a savvy snacker

**Tap into water.** Drink up throughout the day. Quenching your thirst first may help take the edge off hunger.

Aim for eight 8 oz, glasses per day, one upon rising, one before each meal or snack and then a couple throughout the day and you have met your goal!



Before hitting the cookie jar or bag of chips, drink a big glass of water. Often times, what you may think is hunger is actually more attributable to being thirsty. Aim for eight 8-oz glasses or six 12-oz bottles per day (try to use reusable bottles) and try replacing at least one sugary soda or juice with water instead. Add in slices of lime, cucumber or lemon to add some flavor.

**Ready yourself for snack attacks.** You don't have to give up between-meal munchies. Just have healthy options on hand, such as whole fruit, fresh veggies, or plain popcorn with a little garlic powder or your favorite salt-free seasoning.

**Unpack your bags.** Do you sometimes eat straight from a package of crackers, nuts or chips? Even if you make a healthy choice, it's easy to lose track of how much you've had. So serve yourself a small portion — and put the package away. Or pack up single servings in small baggies or containers that you can grab on the go.

For more free tips on healthy eating and living, visit [www.uhc.com/health-and-wellness](http://www.uhc.com/health-and-wellness).

\*For general good health, most people should aim for at least 2.5 hours of moderate-intensity physical activity a week. But to lose pounds or maintain a weight loss, you may need more. Ask your doctor what your goals should be. For safety's sake, talk with your doctor before significantly increasing your activity level.

*Dr. Mayrene Hernandez is the chief medical officer for UnitedHealthcare Florida. She is also part of part of UnitedHealth Group's South East Clinical Services Leadership Team, where she oversees hospital inpatient management as one of the medical directors for Orlando.*





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

Submitted by Cornerstone Hospice and Palliative Care

**N**early 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](http://www.CornerstoneHospice.org)



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



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

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

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

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

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

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

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## Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do NEED friends.

Solomon, the wisest man that ever lived said, *"As iron sharpens iron, so one person sharpens another."* Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, *"A man who has friends must himself be friendly..."* Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

*<sup>3</sup>Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, <sup>4</sup>not looking to your own interests but each of you to the interests of the others.* Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do you find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

Tim Neptune is the lead pastor of Venture Church. For more information, visit [www.venturenaples.com](http://www.venturenaples.com).



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